



National Center for Health in Public Housing
a project of North American Management

Smoke-free Housing: A Guide to Effective Design and Implementation Strategies

May 15, 2014 1:00PM-2:30PM EDT

Presenters:

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National Center for Health in Public Housing

- The National Center for Health in Public Housing (NCHPH), a project of North American Management, is supported in part by grant number U30CS09734 from the Health Resources and Services Administration. NCHPH provides training and technical assistance to strengthen the capacity of federally-funded health centers to increase access to health care, eliminate health disparities, and enhance health care delivery for the millions of residents of public and assisted housing.
- The mission of the National Center for Health in Public Housing (NCHPH) is to strengthen the capacity of federally funded Public Housing Primary Care (PHPC) health centers and other health center grantees by providing training and a range of technical assistance.

Facts

Secondhand smoke, also called Environmental Tobacco Smoke (ETS), can drift between units in public housing buildings¹.

There is no risk-free level of secondhand smoke exposure; even brief exposure can be harmful to health².

ETS is involuntarily inhaled by non-smokers¹.

ETS can cause or worsen adverse health effects, such as asthma¹.

1) Henriquez, Susie and Gant, Jon (2012). [Smoke-Free Policies in Public Housing](#).

2) Centers for Disease Control and Prevention. (2014). ["Secondhand Smoke \(SHS\) Facts.?"](#) Centers for Disease Control and Prevention.

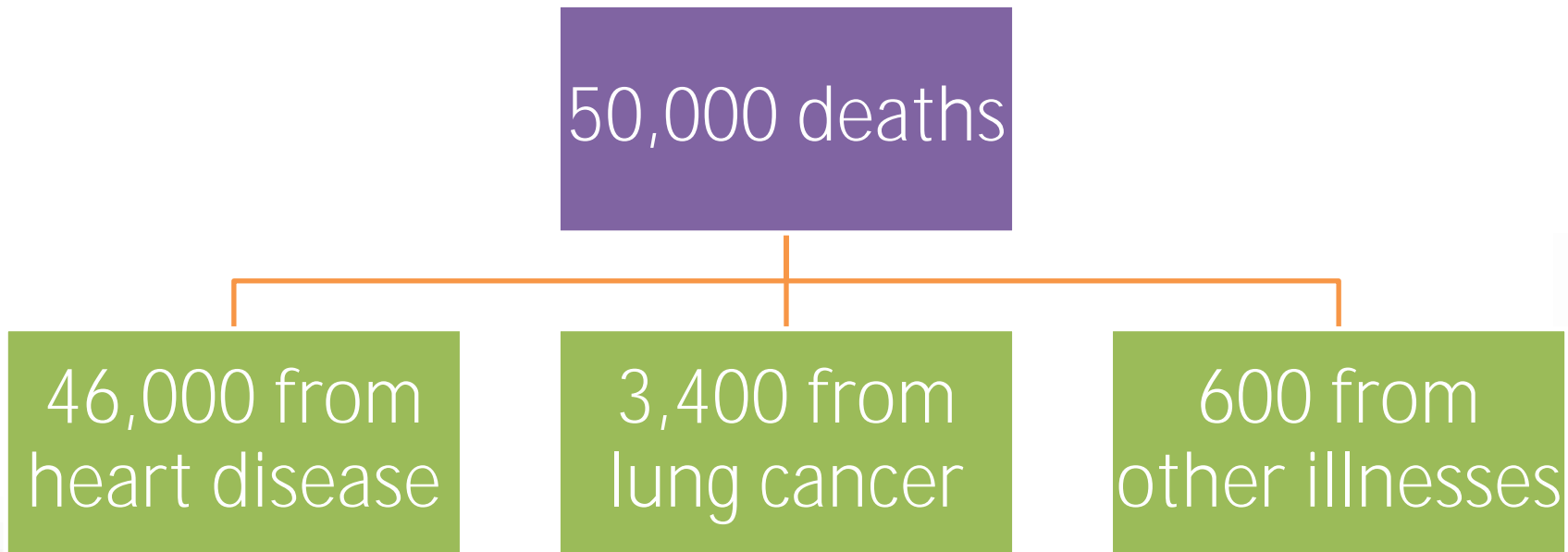
Facts

For those living with or near smokers, ETS can cause:

- Respiratory illness,
- Heart disease,
- Cancer,
- And other adverse health effects.

Facts

Secondhand smoke causes an estimated 50,000 deaths in adult non-smokers in the United States each year.



Facts

225 Public Housing Authorities and housing commissions across the country have implemented non-smoking policies.

The estimated annual cost savings from eliminating smoking in all U.S. subsidized housing is \$521 million.

- 1) Henriquez, Susie and Gant, Jon (2012). [Smoke-Free Policies in Public Housing](#).
- 2) Centers for Disease Control and Prevention. (2014). ["Secondhand Smoke \(SHS\) Facts.?"](#)
Centers for Disease Control and Prevention.

Resources

- [North American Quitline Map](#)
- www.smokefree.gov
- [State Tobacco Cessation Coverage](#)
- [Smoke-Free Housing Toolkit for Public Housing Authorities and Owners/Management Agents](#)
- [Smoke-Free Housing Toolkit for Residents](#)

Promoting Smoke-Free Housing:

Why it makes sense to establish Smoke-Free Housing Policies

National Center for Health in Public Housing
Webinar

May 15, 2014

U.S. Department of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes
Washington, DC



Overview

1. Background and history of HUD's Smoke-Free Housing Initiative
2. Current HUD Smoke-Free Housing notices
3. Policy Challenges Around Smoke-Free Public Housing
4. HUD Smoke-Free housing toolkits
5. Future Activities

50th Anniversary Surgeon General's Report on Smoking and Health

- Historical and trend information on tobacco use over last 50 years:
 - 2.5 million deaths have been among nonsmokers who died from diseases caused by exposure to secondhand smoke
 - More than 100,000 babies have died from Sudden Infant Death Syndrome, complications from prematurity, complications from low birth weight, and other pregnancy problems resulting from parental



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50th Anniversary Surgeon General's Report on Smoking and Health

- New findings on health effects of smoking:
 - Two more cancers are caused by smoking: Liver cancer and Colorectal cancer ? the second deadliest behind lung cancer
 - Smoking keeps cancer treatments from working as well as they should



50th Anniversary Surgeon General's Report on Smoking and Health

- Call to action? how we can end the continuing tobacco use epidemic:
 - Proven tobacco control strategies and programs, in combination with enhanced strategies to rapidly eliminate the use of cigarettes and other combustible, or burned, tobacco products, will help us achieve a society free of tobacco-related death and disease



Don't
Smoke
It
Stinks

History of HUD's Initiative

- Office of Lead Hazard Control and Healthy Homes organized a SF housing session at the National Healthy Homes conference in 2008.
- HUD Healthy Homes worked with HUD Office of Public and Indian Housing (PIH) to develop a notice encouraging public housing authorities (PHAs) to adopt SF housing policies (published July, 2009; reissued May, 2012)
- HUD Office of Multifamily Housing issued a similar notice in September 2010
- HUD released SF Housing Toolkits in June, 2012
- Federal Register Notice published 10/4/12 soliciting feedback on HUD initiative and best practices for implementation
- New Action Guide under development



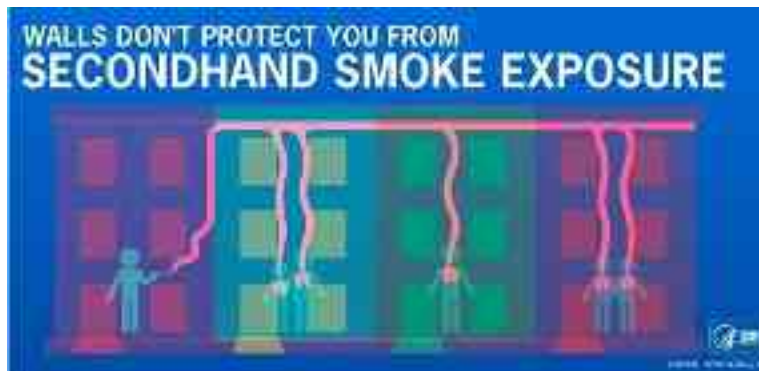
Why smoke-free housing policies?

- There is NO risk-free level of exposure to secondhand smoke, (The U.S. Surgeon General, 2006)
- Secondhand smoke is a known carcinogen
- SHS migrates between units in a multifamily building
- Smoking is the leading cause of fire deaths in multifamily buildings



SHS Migrates Between Units in a Multifamily Building

- Kraev et al. (2009) demonstrated that air in 89% of non-smoking units was contaminated with nicotine.
- Smoke migrates through shared ventilation, along air ducts, leak walls, doorways, electrical lines, plumbing
- ASHRAE (2010): At present, the only means of effectively eliminating health risk associated with indoor exposure is to ban smoking entirely.?

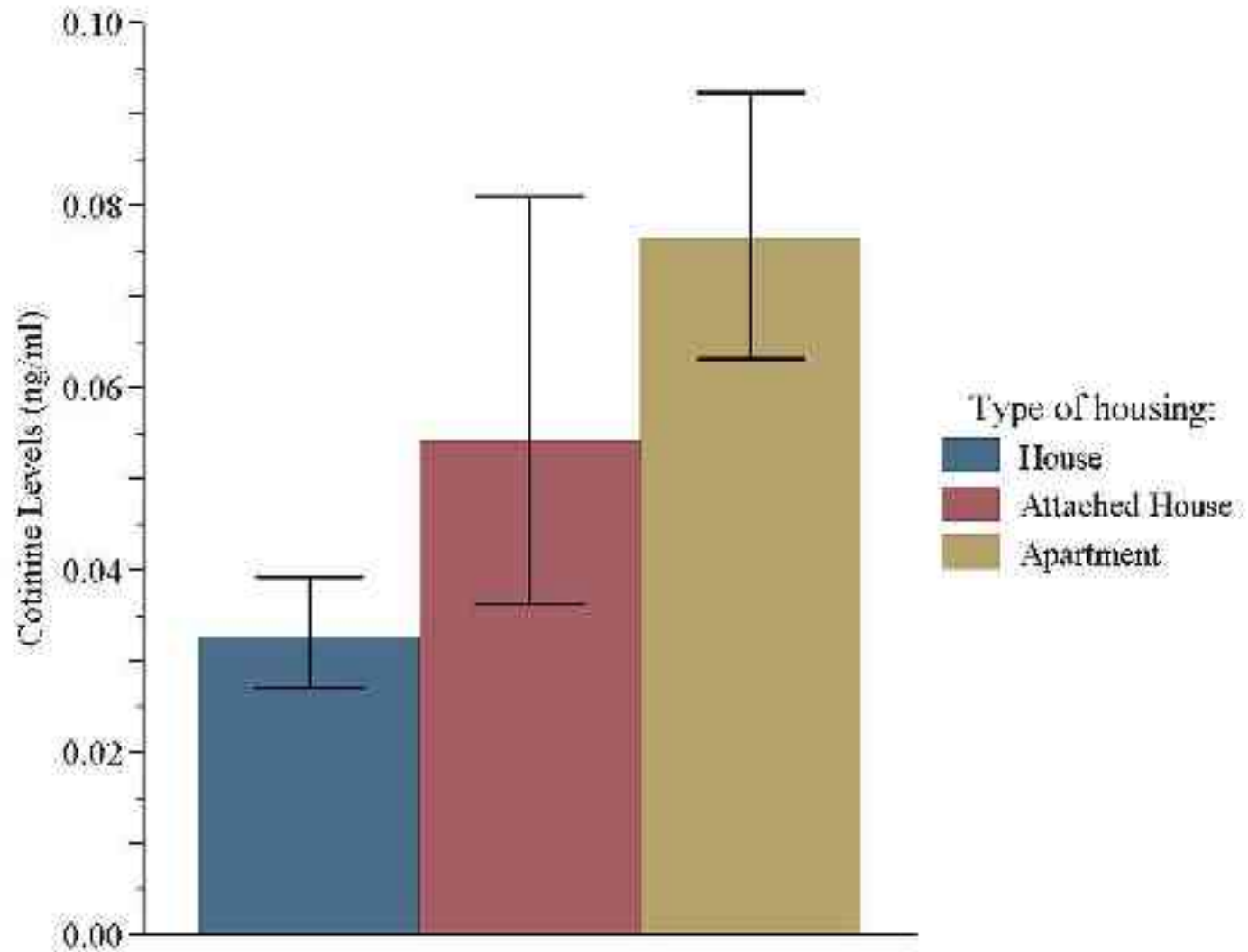


Study Showing Increased Nicotine Exposure in Children

- Cotinine is a metabolite of nicotine and serves as a biological marker for nicotine exposure
- 2001-2006 National Health and Nutrition Examination Survey (NHANES)
- Hypothesized and found that among children in households that do not allow smoking in their own home, children who live in apartments have a 140% higher cotinine level than children living in detached homes.
- This relationship persists when controlling for poverty and race/ethnicity



Cotinine levels in Children by Housing Type



Economic Benefits of Smoke-free Housing Policies

- Lower turnover cost - smokers' units may require extensive repainting, repair of burn damage, and replacement of carpeting, draperies, and upholstered furniture
- Smoking is a major cause of residential fires and the leading cause of fatal residential fires
- Owners and managers could be subject to legal action by tenants who experience health problems as a result of SHS infiltration



Smoke-Free Momentum

- Publication of Notices spurred increase in public housing authority decisions to go Smoke-Free
- Major housing authorities are adopting Smoke-Free policies (Boston, Seattle, Detroit, San Antonio, etc.)
- Many small housing authorities find SF policy relatively easy to implement



HUD Notices

- 2009 and 2012: HUD Office of Public and Indian Housing (HUD Notice PIH-2009-21 and PIH-2012-25) strongly encourages Public Housing Authorities (PHAs) to implement non-smoking policies in some or all of their public housing units. Developed with PIH and OLHCHH collaboration.
- September, 2010 and October 2012: HUD Office of Housing issued notice (H-2010-21) for owners/managers of federally subsidized private housing encouraging the adoption of smoke-free policies in some or all of their properties. Notice was reissued in 2012 with no expiration date (H 2012-22).

Common themes in PIH and Housing Notices:

- Adoption of SF policies is strongly encouraged, but not mandatory
- Health benefits outweigh risks to health, improves fire safety
- There is no Constitutional right to smoke?
- Owner/PHA/Board has discretion to apply policy to some or all of their housing units and decide how policies are structured; must comply with Fair Housing laws
- Access to smoking cessation benefits important; promote use of toll-free Quit-lines; partnerships with health department and medical providers

PIH Guidance

- PIH 2012-25 Notice (reissued with no expiration date)
- PHAs have discretion in design and implementation
 - Designating certain areas as smoke-free, etc.
 - Grandfathering existing smoking tenants allowed (but definitely not encouraged)
- Additional guidance:
 - Consult with resident board before adopting policy
 - Update annual plan to reflect change in policy
 - Revise lease agreement or house rules
 - Apply policy consistently in locations where policy is in place

HUD Smoke-Free Housing Toolkits

- Toolkits were developed with input from HUD Public Housing and Multifamily Housing offices
- Primarily used existing materials
- Joint cover letter from HUD, CDC, American Academy of Pediatrics and American Lung Association
- Sent to ~ 2,200 PHAs in the U.S. in January, 2013 and 300 resident representatives



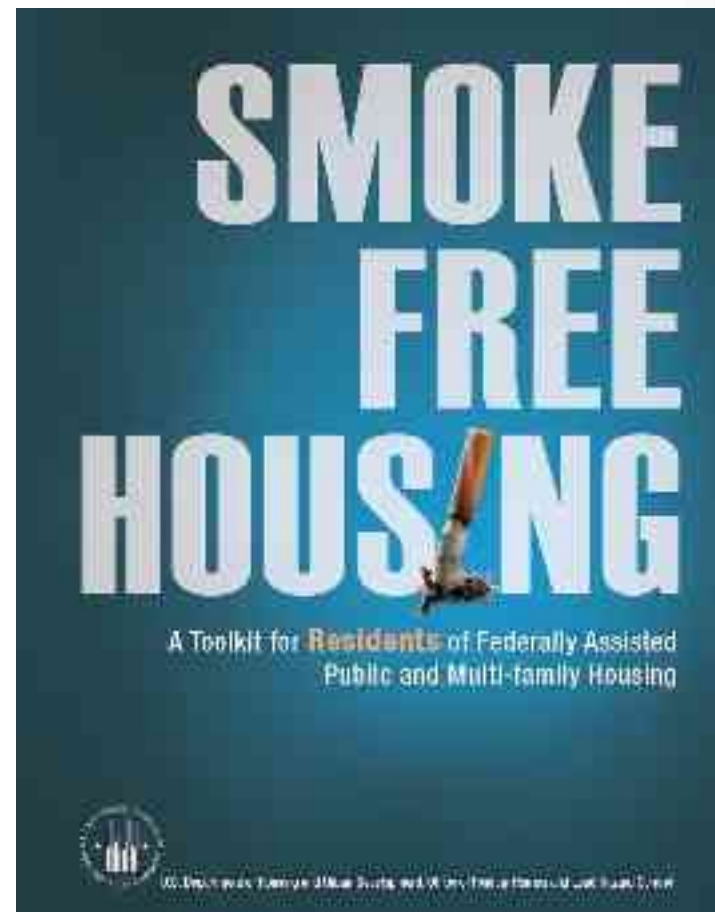
Toolkits

- Separate toolkits for Owners/PHAs and Residents
- Contains background information and sample documents for planning and implementation
- Both toolkits have detailed resource lists
- Available at:
<http://portal.hud.gov/hudportal/HUD?src=/smokefreetoolkits1>



Resident Toolkit Contents

- Health consequences of involuntary exposure to ETS
- EPA pamphlet on asthma triggers
- Legal options for tenants suffering from drifting ETS
- Resident organizing letter, sample petition, owner letter, communications record
- Steps for residents
- List of smoke-free housing agencies



Planning and Implementation Steps

- Planning Phase; resident survey and education; meetings (multiple languages if needed). Form partnerships (e.g., health clinics, ALA chapters, health depts.)
- Plan for cessation assistance for residents
- Provide lease addendum or house rules templates
- Implementation Phase: Will smoking be allowed anywhere on property? (e.g., back porches, smoking shelters)
-

Planning and Implementation Steps

- Planning Phase; resident survey and education; meetings (multiple languages if needed). Form partnerships (e.g., health clinics, ALA chapters, health depts.)
- Contact the local HUD Healthy Homes Field Representative for technical assistance if needed
- Plan for cessation assistance for residents
- Provide lease addendum or house rules templates
- Implementation Phase: Will smoking be allowed anywhere on property? (e.g., back porches, smoking shelters)

Role of Health Care Centers

- Track the illnesses you see in your patient populations and reach out to housing providers to inform them that changes in housing conditions can improve health
- Be committed to form a strong and lasting collaboration with the housing providers of your patients
- Explain to housing providers that health centers are assessing tobacco use and patients are being advised to quit at each visit

Role of Health Care Centers (2)

- Place information on smoke-free housing (HUD toolkits) in waiting room and suggest to patients that they recommend a smoke-free housing policy to their housing provider
- Provide education of housing providers and residents about hazards of smoking
- Find out and inform where local resources are to assist residents with cessation classes and medications
- Attend public events held by housing providers as part of the smoke-free housing policy team

Future Activities

- Work with HHS/HRSA to explore opportunities to target smoking cessation resources to PH residents in developments that have adopted SF policies
- Updated guidance document for adoption of SF policies in federal assisted multifamily housing (ETA Fall 2014)
 - User-friendly, readers identify with various voices?
 - Highlight best practices from successful smoke-free programs
 - Explain obstacles that were encountered and how they were overcome
- Planning a dedicated meeting of housing providers to talk about smoke-free (ETA Fall 2014)
- Establish a mechanism to track adoption of SF housing by PHAs

Regional HUD Resources

Region	OHHLHC	Contact Information
Region 1, MA, ME, NH & VT	Michael McGreevy	Michael.B.Mcgreevy@hud.gov 804-822-4832
Region 1, CT & RI	Sue Horowitz	Susan.I.Horowitz@hud.gov 212-542-7411
Region 2, NY & NJ	Sue Horowitz	Susan.I.Horowitz@hud.gov 212-542-7411
Region 3, DE, MD, PA & DC	Ed Thomas	Edward.A.Thomas@hud.gov 215-861-7670
Region 3, VA & WV	Mike McGreevy	Michael.B.Mcgreevy@hud.gov 804-822-4832
Region 4, GA, NC, SC, FL, TN, KY, AL & MS	Jonnette Simmons	Jonnette.G.Hawkins@hud.gov Office Telephone 678-732-2625
Region 5, OH, IL, IN & MI	Paul Diegelman	Paul.H.Diegelman@hud.gov 216-522-4058 x7656
Region 5, MN & WI	Abby Hugill	abby.d.hugill@hud.gov 303-672-5165
Region 6, TX, LA, OK, NM & AR	Karen Griego West	Karen.M.Griego-West@hud.gov 213-534-2458
Region 7, MO, KS, NE & IA	Eileen Carroll	Eileen.B.Carroll@hud.gov 678-732-2949
Region 8, CO, UT, ND, SD, MT & WY	Abby Hugill	abby.d.hugill@hud.gov 303-672-5165
Region 9, CA, HI, AZ & NV	Karen Griego West	Karen.M.Griego-West@hud.gov 213-534-2458
Region 10, ID, WA, OR & AK	Karen Griego West	Karen.M.Griego-West@hud.gov 213-534-2458

Thank you!!

Martin.J.Nee@hud.gov

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SF Toolkits are available at: <http://portal.hud.gov/hudportal/HUD?src=/smokefreetoolkits1>





Smoke-Free Policy Engagement Essentials

Presented by:

Melissa Sanzaro

Director of Special Projects Office

Providence Housing Authority



Slideshow Objectives

- Why Go Smoke Free?
- Conduct Internal & External Review to Prepare for your Smoke-Free Policy Approach
- Smoke-Free Policy Essentials-to include:
 - Planning Groups
 - Create a flexible workplan
 - Resident surveys and focus groups
 - Offer Smoking Cessation
 - Creative Marketing Materials and Outlets
 - Outreach Strategies
- Successes & Challenges





WHY GO SMOKE-FREE?

- 2009-HUD'S LETTER to PHAs encouraging them to prohibit smoking in their units
- PREVENTABLE PUBLIC HEALTH RISKS ASSOCIATED WITH SMOKING:
 - Smoking is the #1 preventable health risk associated with 1 of every 5 death in the U.S.
 - No level of secondhand smoke exposure is safe and it can travel through multi-family dwelling walls
- PREVENTION OF FIRES: Smoking is the #2 cause of residential fires and #1 cause of fire DEATHS in the U.S.
- REDUCE FINANCIAL BURDENS such as unit turn over costs, fire damage repairs, legal liability and insurance premiums

Where are you in the smoke-free world?

- How many PHAs in your state have a Smoke-Free Policy in place?
- How does your City & State view smoking policies?
- Evaluate your existing and future partnerships to form alliances and resources that can enhance your smoke-free initiative

Did you know?



R.I. has the highest cigarette tax in the U.S.

59% of the U.S. population does not have smoking bans on workplace, restaurants, and bars.

While R.I. has the a smoke free law that provides strong protection against exposure to SHS in workplaces and public places, 11 states STILL do not have statewide smoking bans.

Across the country, 112 public housing authorities have implemented Smoke Free policies (including Warwick, Lincoln, Newport, Pawtucket)

Slide created at Providence Housing Authority in 2011 for Board of Commissioner meeting

Healthier and Safer Housing



- A Smoke-Free Policy is compelling from a housing provider and property manager standpoint
- Surgeon General says there is NO risk-free level of SHS exposure
- SHS is a Group A carcinogen known to cause cancer in humans
- NO VENTILATION SYSTEM IS EFFECTIVE IN THE REMOVAL OF TOXINS
- Up to 65% of air is exchanged between multi-dwelling units
- \$5.7 billion spent on smoking-related fires in U.S. in 2012 and water and fire damage can take units off line for months

(U.S. Surgeon General report June 2006, Center of Energy and Environment, 2004 & [Fire Loss in the United States 2012](#), NFPA, 2013)

Reducing Financial Burdens

WHAT DOES YOUR ORGANIZATION SPEND? HOW CAN IT SAVE?

- What does your organization spend on unit turn overs each year?
- What does it spend on fire/water damage repairs due to smoking fire?
- Can you save money with your property insurance company?
- Reduce legal liability



Slide created at Providence Housing Authority in 2011 for Board of Commissioner meeting

Who Do You Serve?



- Extract information highlighting the hazards of second hand smoke, fire dangers specific to the demographic of the population that you serve
- Many elderly and disabled are susceptible to the health hazards associated with smoking, second hand smoke AND fires (OXYGEN TANKS)
- Families with infants, children and pregnant women are also predisposed to the negative effects of tobacco
- Does your resident population live in condensed high-rise communities? Apartment building style or townhouse structures?
- PREPARE YOURSELF FOR THE UPCOMING DISCUSSION. SMOKE-FREE POLICIES MAKE SENSE FROM BOTH AN AGENCY AND CLIENT PERSPECTIVE



SMOKE-FREE POLICY ESSENTIALS

- Planning Groups
- Create a FLEXIBLE workplan
- Pre & Post Surveying and Focus Groups
- Offer Smoking Cessation Services
- Effective Marketing Materials
- Engagement Strategies

Smoke-Free Planning Groups



Smoke-Free Policy
Task Force



Resident Leaders &
Residents

Partner or Grantee Meeting
are important too!

Smoke-Free Policy Task Force

MEET MONTHLY

- ✓ Executive Director
- ✓ Project Manager
- ✓ Resident Leaders
- ✓ Legal Staff
- ✓ Property Management Staff
- ✓ Facilities Management Staff
- ✓ Resident Services Staff
- ✓ Tenant Selection Staff
- ✓ Security Staff
- ✓ Partner Representatives
- ✓ Board Member if feasible



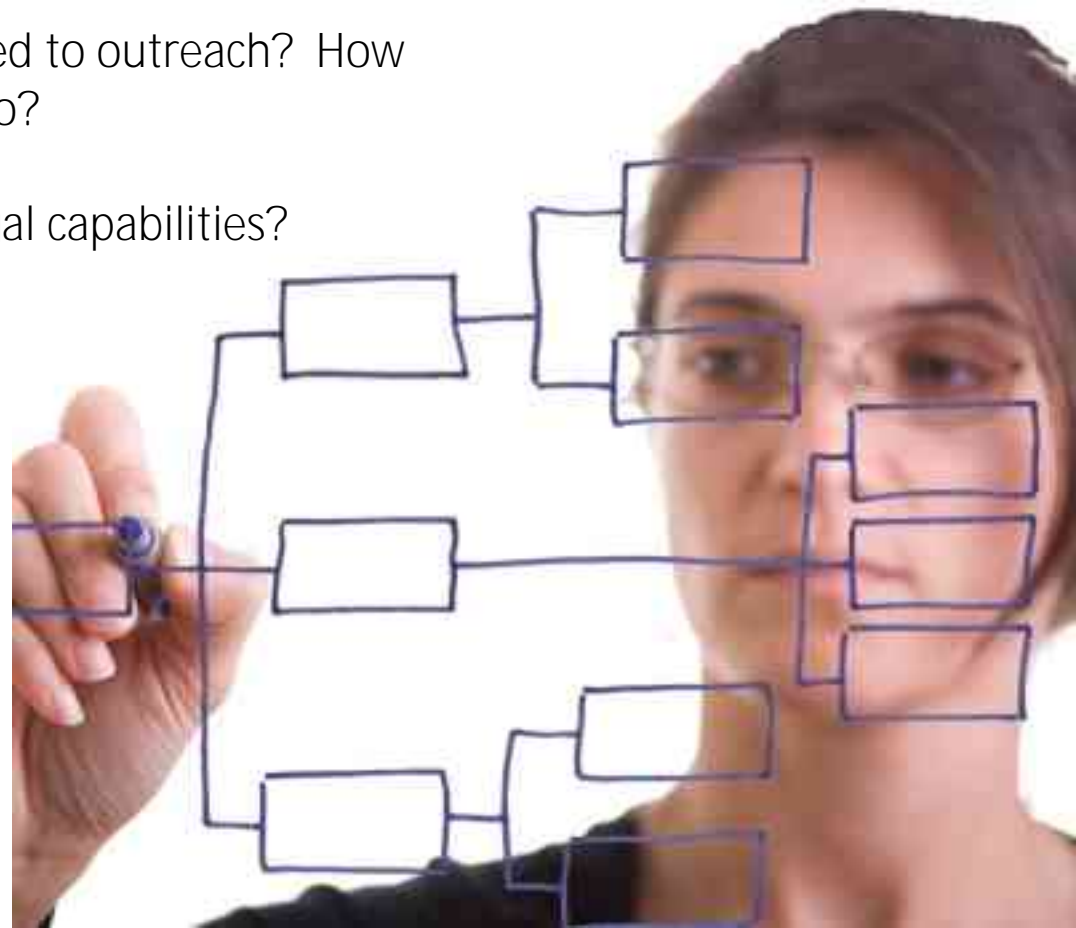
Resident Leaders & Residents

- Foster interest and give a platform for feedback-empowers residents
- Provides resident perspective which allows you to formulate a program that will work
- They do NOT have to be 100% positive, negative aspects help
- Can educate and inform
- Build momentum for participation levels-word of mouth is effective
- Builds valuable relationships



Create a FLEXIBLE WORKPLAN for Your Smoke-Free Policy

- Do you have or need funding? Are there time frame limitations?
- What is the period of time dedicated to outreach? How large/small is your housing portfolio?
- What are your staff resources? Legal capabilities? Resident relationships?
- Project Manager is the most important as they have to be committed. Even employees can be skeptical.
- **WORKPLAN MUST BE FLEXIBLE**



INITIATING



- Internal & External Scanning
 - HA Vision
- Surveys & Discussion (Focus Groups or Resident Advisory Board input)
 - Funding & Partnership Potential (should include Smoking Cessation)
 - Initial Legal Review

PLANNING



- Board Approval
- Formation of Task Force
- Extensive Legal Research & Design
- Outreach Strategy Design
- Flexible Workplan Development with Task Force

EXECUTING



- Through your OUTREACH and TRAINING, PREPARE residents/staff
 - Simultaneously offer Smoking Cessation
- Establish Signage & Designated Smoking Areas
- Post SF Policy & Legal Documentation Roll Out

PHA Resident Surveys

PRE-SURVEY:

High-Rise (347/989):

27% Smoke

83% Supported

62% of respondents want to quit

Family Pilot (177/555):

34% Smoke

88% Supported

52% of respondents want to quit





Resident Focus Groups

- Most residents were in favor because they felt that smoke made their homes & building smell badly
- Smokers complained about the cost and challenges of quitting smoking (favorite topic)
- Many did not know or believe that smoke travelled from unit to unit
- Residents wanted to know what type of health hazards caused by SHS exposure
- This upset smokers-they wanted to believe that smoking was their vice-not something that hurt their neighbor
- Most were in favor of outside Designated Smoking Areas-although the elderly smokers said that in the winter-they would not go outside
- Many became concerned about their grandchildren's health
- Resident asked about the fire safety walls between units due to their fear of smoking fires/oxygen tanks
- Some residents believed that they had the right to smoke in their apartment

Offer Smoking Cessation Services

Evaluate the existing community health centers, hospitals, City or Department of Health programs that offer smoking cessation.

Both of the Health Centers that the PHA used were **FEDERALLY QUALIFIED HEALTH CENTERS**

- Locations/Distance/? Mobile
- Target Population Served/Languages
- Type: Sessions/Nicotine Replacement Therapy (length of sessions)
- Health Insurance Barriers for uninsured/underinsured
- Funding Sources & Requirements
- Aligned Mission/Vision



Smoking Cessation Service Considerations



👤 ATTEMPT to offer on-site Quit Resources in coordination with Smoke-Free Policy (if available—can you begin these services before the SF Policy roll out?)

👤 Introduce counselors/agency to your residents more than once through presentations, events, raffles, sign-up opportunity

👤 Market their services extensively in your community

👤 Track the participation levels with HIPAA in mind



Offering Cessation Can Be Challenging



Effective Marketing Materials

Second Hand Smoke is MORE deadly than vehicle exhaust, arsenic, lead, asbestos and a host of other toxins.



**The Providence Housing Authority
believes in the right to breathe clean air**

**The Providence Housing Authority
cree en el derecho de respirar aire puro**



**THANK YOU FOR NOT
SMOKING IN THIS BUILDING**

**GRACIAS POR NO
FUMAR EN ESTE EDIFICIO**





**Smoke Doesn't Know
When You Fall Asleep**

**El Humo no Sabe
Cuando Usted Se
Queda Dormido**



Protect Yourself and Your Family from Secondhand Smoke

You Have a Right to Breathe Smoke-Free Air Where You Live and Play!

THERE IS NO SAFE LEVEL OF EXPOSURE TO SECONDHAND SMOKE

- Secondhand smoke can cause asthma, bronchitis, and ear infections in children; lung disease, heart disease, and cancer in adults and the elderly
- Secondhand smoke causes asthma and allergy attacks, headaches, and makes lung problems worse
- Every year, secondhand smoke causes **THIRTY-NINE** thousand of premature deaths in the U.S.
- Secondhand smoke is toxic and dangerous for your health



Some steps to take to protect your family

- Make sure family members and friends do not smoke in or near your apartment
- If someone in your family or friend smokes make sure they do it in a designated area far from doors or windows
- Make sure you and your family and friends are well educated on the dangers of smoking and secondhand smoke
- If you smoke, look for help to **QUIT!**



Frequently Asked Questions and Answers

Q1. Is it legal to ban smoking in an apartment building or public housing units?

Yes. It is completely legal for a landlord or housing authority to make their units and buildings smoke-free. There is nothing under Federal or Rhode Island law that prohibits the establishment of smoke-free policies in multi-unit dwellings. In fact, the U.S. Department of Housing and Urban Development (HUD) has been encouraging housing authorities to adopt smoke-free housing policies since 2008.

Q2. Does this mean that smokers can't live there?

No. Smoke-free housing policies restrict smoking and are about clean indoor air – not smokers. Residents and their guests must refrain from smoking indoors, but a smoke-free policy does not limit who can live in or visit an apartment.

Q3. Is secondhand smoke really a big deal?

Yes. Tobacco smoke contains over 4,000 chemicals, 200 of which are known poisons, and more than 50 of which are known cancer-causing agents. The physical impacts and health risks associated with exposure to secondhand smoke are real. Secondhand smoke is more deadly than vehicle exhaust, arsenic, asbestos, lead, and other toxins. Secondhand smoke is a Class A carcinogen, which means it is a cancer-causing agent, and there is no safe level of exposure.

Secondhand smoke can travel through doorways, windows, wall joints, plumbing spaces, light fixtures, and between units, which can adversely affect the health of families in neighboring units. Children exposed to secondhand smoke are more likely to have lung problems, ear infections, and severe asthma from being around smoke. Eliminating smoking in indoor spaces is the only way to fully protect non-smokers from exposure to secondhand smoke.



Q4. Aside from the health benefits, are there other advantages to smoke-free housing?

Yes! Smoke-free policies save money and make buildings safer for both property owners and tenants. Implementing smoke-free policies dramatically reduces the risk of fire in homes. Smoking is a leading cause of residential fires and the number one cause of fire deaths in the U.S. Sadly, one in four people killed in home fires is not the smoker whose cigarette caused the fire.

In addition, smoke-free policies will dramatically reduce wear and tear and save on cleaning and painting costs. The residue left behind by smoking contains toxins that damage both homes and health. On average, it costs an estimated \$3,000 or more to turn over a vacant smoking unit than a vacant non-smoking unit. This money would be better spent on improving conditions for all residents rather than repairing damages caused by smoking.

Q5. How will smoke-free leases be implemented?

Providence Housing Authority is making all buildings smoke-free, using a phase-out policy across the City, beginning with the five high rises in March, 2011, when tenant lease agreements are renewed. The policy will eventually be implemented across all PHA dwellings in Providence.

Q6. How are smoke-free policies enforced?

No Smoking rules are enforced just as any other lease or housing authority. They are largely self-enforcing. Landlords and property managers consistently report that enforcement is easy. Violations, should they occur, are handled like any other lease or rule violation, such as noise or pets.

Q7. Is there help available for me or someone I know who is trying to quit smoking?

Yes! Providence adults who are uninsured and underinsured (defined as a lack of access to a minimum of 6 weeks of cessation classes and nicotine replacement therapy) who want to quit tobacco have free services available through the Providence Community Health Centers through March 2012. Please contact 401-464-0400 to find out more information.

The PHA is proud to provide our residents the right to clean air...



**Coming Soon to the PHA...
SMOKE-FREE LIVING**
*Everyone deserves the right to
clean air!*



No smoking will be allowed in any apartments or common areas of PHA buildings.

- **Second hand smoke is MORE DEADLY** than vehicle exhaust, arsenic, asbestos, lead, & other toxins
- Smoking is a leading cause of residential fire and the **NUMBER ONE CAUSE OF FIRE DEATHS** in the U.S.
- Smoke-free housing **PROTECTS THE HEALTH** of all residents
- There are **no federal, state, or local laws** that prohibit a housing authority from adopting a 100% smoke-free policy

RESOURCES and SUPPORT will be available to smokers interested in quitting



Providence Housing Authority
100 Broad Street
Providence, RI 02903
www.pha-providence.com



**PHA introduces a
Smoke-Free
Policy in
5 high-rises**

**Spring
2011**

*Carroll Tower
Dexter Manor
Dominica Manor
Kilmartin Plaza
Parenti Villa*

**83% of PHA residents
support a Smoke-Free Policy**

Residents deserve THE RIGHT TO BREATHE smoke-free air

Secondhand smoke from cigarettes is a public health risk, can travel through multi-apartment building walls and air vents, and can have damaging effects on every resident's health. The PHA's Smoke-Free Policy will become part of our lease in the Spring of 2011. This policy states that residents and their guests will no longer be able to smoke in their apartments and will only be able to smoke at exterior Designated Smoking Areas. These Designated Smoking Areas will be clearly marked at each development for your use.

The PHA understands how difficult it is to quit smoking. Residents who do smoke will have access to a FREE QUIT SMOKING PROGRAM at each building. Services such as counseling, nicotine patch, gum and lozenge therapy can assist you in giving up this life-threatening habit. If you are interested in receiving assistance, please call Sally or Sabrina from the Providence Community Health Center at 780-2520.

Once the Smoke-Free Policy is implemented, your Management Office and Resident Service Coordinator are available to answer any questions that you may have regarding this policy.

SMOKE DOESN'T NEED AN INVITATION

Second hand smoke doesn't knock on your door or ring a bell. It just comes right in without an invitation. The best way to avoid being exposed to second hand smoke is to NOT allow it in your building. 83% of the Providence Housing Authority residents support a Smoke-Free Policy.

Get involved by going to tobaccofreeprovidence.com.

AT THE PROVIDENCE HOUSING AUTHORITY: HEAT, ELECTRICITY AND SMOKE-FREE AIR ARE INCLUDED

Millions of people who live in apartments are exposed to secondhand smoke every day. It travels through air vents, elevators and stairwells, putting everyone at risk, but especially children, pregnant women, and the elderly. The best way to avoid being exposed to second hand smoke is to NOT allow it in your building. 83% of the Providence Housing Authority residents support a Smoke-Free Policy.

Get involved by going to tobaccofreeprovidence.com.



Tobacco Doesn't Run My Life

I Quit
Smoking
for
FREE

FREE
Patches
FREE
Gum

TOBACCO
FREE
PROVIDENCE

401-780-2520
Providence Community Health Centers

Quit Smoking for FREE/Dejar fumando GRATIS

Counseling and Medicine available in building
Sesiones de Grupo en su edificio y Medicinas



Patches/Parches
Gum/Goma
Lozenges/Pastillas



If you are interested in quitting smoking, please call:
Si es interesado a dejar el fumar, llama a:

Register Today/Regístrate Hoy



Sally Mendzela and Sabrina Soares

780-2520



Marketing Material Outlets

- Exterior Signage (partnerships can enhance this to beyond building signage)
- Interior Flyers & Posters in Common Areas such as Community Rooms, Elevators, Laundry Room, Management Offices
- Newsletters
- Resident Letters
- Messages in Rent Mailer
- Website & Social Media Ads & Taped Interviews
- Presentations/Meetings/Events

Balance flexibility & follow-through
to bring marketing strategies to life



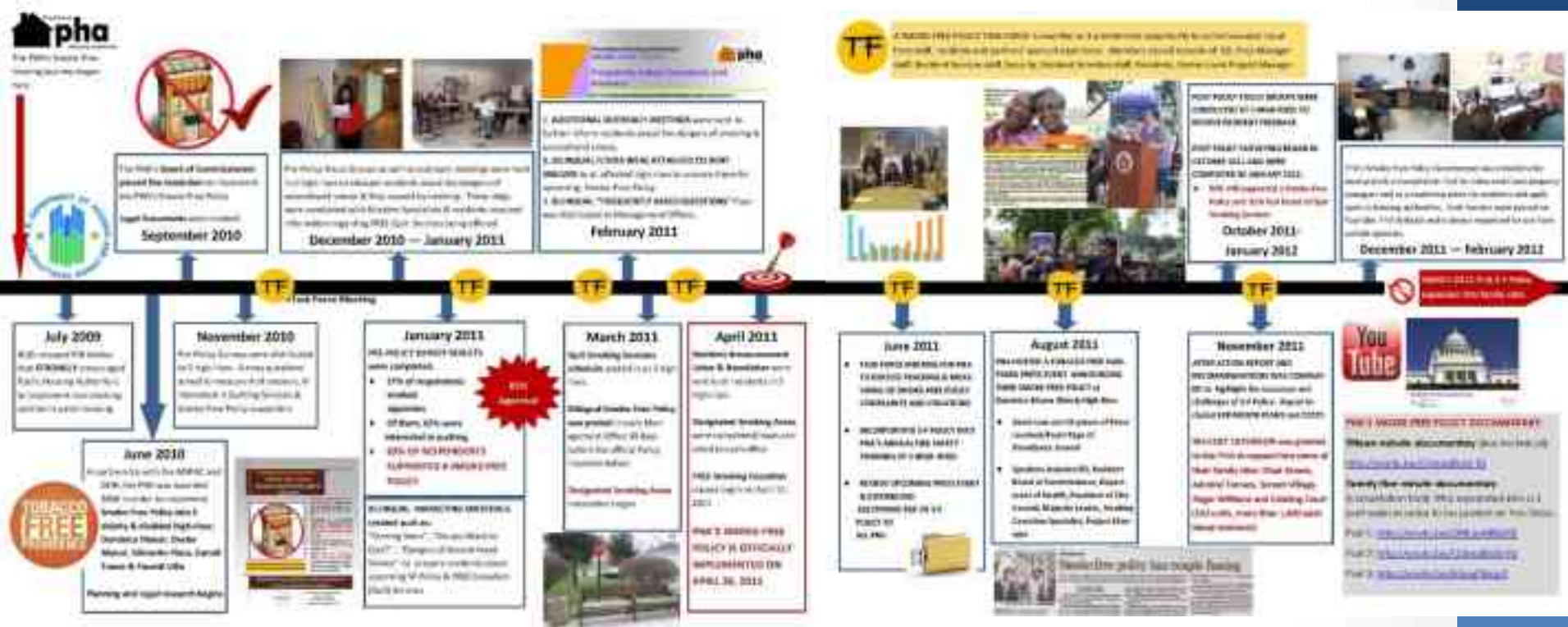
Be Creative with Combination Opportunities

- Surveys & Focus Groups serve as insight to your policy discussion points & platforms
- Partner Presentations at Management Meetings
- Present Smoke-Free at FIRE SAFETY or HEALTH events
- Report Quitting Success Stories
- Appreciation & Recognition Events (residents/staff)



Offer Raffles & Refreshments

Engagement Strategies



Extensive Outreach Makes the Difference

MAXIMIZE RESOURCES AND INCREASE PARTICIPATION LEVELS BY COMBINING SMOKE-FREE DISCUSSIONS WITH EXISTING MEETINGS:

SMOKE-FREE DISCUSSION OPPORTUNITY	NUMBER PER YEAR
Combined Smoke-Free Policy Meeting w/ annual Fire Safety Training (concentrating on fire hazards, injury and death stats & oxygen tanks)	1 per YR X 9 sites
Board of Commissioners Meetings	11 per YR
RAB Meetings	6-8 per YR
Monthly Resident Association Meetings	8 per YR X 9 sites
Monthly Resident/Management Meetings	12 per YR X 9 sites
HA or Other Community Events	Tobacco Free Providence Campaign, Father's Day Events, Public Safety Events, Minority Health Events, Seatbelt Safety Event, Back to School Event, Earth Day

Successes & Challenges



Successes

- Beginning of Social Change-smoke free public housing movement is growing
- Education and Awareness about Secondhand Smoke, Smoking Cessation resources, Smoking bans can reduce hazards and costs to agency/residents (19% of focus group members found that the Smoke-Free Policy made them think about healthier lifestyles)
- Creation of Task Force-unified and prepared agency properly
- Comprehensive Approaches send the message that residents will see smoking bans in other properties and places
- More than 100 residents participated in Smoking Cessation
- Enhanced the Fire Safety and Health Training
- Nourished Partnerships for expansion and future consultation
- Smoke-Free Documentary reaches beyond the City of Providence



PHA Quit Smoking Success Stories



A Parenti Villa Resident's Smoking Cessation Success Story

Mukala Oyenuga has been a resident at Parenti Villa for 4 years. Mukala had been smoking for 30 years. Recently the Providence Housing Authority has enforced a Smoke-Free Policy and residents were given the opportunity to quit smoking without cost with the assistance of the Providence Community Health Center (PCHC)'s Smoking Cessation services.

Mukala has been participating in the program since the first week of February 2011. Prior to attending the PHA's on-site Smoking Cessation sessions, he attended another smoking cessation program at St. Joseph's Hospital. Mukala continues to attend the smoking cessation program at both locations and has not smoked in 22 weeks! He has achieved this with his strong will and encouragement of support services. PCHC's counseling sessions are also accompanied by Nicotine Replacement Therapy which includes patches, lozenges or gum as an aid to stop smoking.

A Kilmartin Plaza PHA Employee Tells Her Smoking Cessation Story

My name is Elizabeth Perreault and I have been a permanent employee of the PHA for five years. I have been smoking cigarettes for eleven years, since I was about 17 years old. My motivation for trying to quit is the health of my 16 month old son. I really had no idea how much second and third hand smoke really affected my son's life. I thought that by not smoking around him would put him in the safe zone but I found out from the smoking cessation class that it does still affect him. They taught me that cigarette smoke and the chemicals from the cigarettes stay on your clothing and the walls in your home. So even though I thought I was keeping the chemicals away from him I really wasn't and that is what motivated me even more to quit. I was smoking about a pack of cigarettes a day when I started the smoking cessation classes. I have not completely quit but I am continually striving for success. With the help of the smoking cessation classes I have been able to cut back on smoking tremendously. I am now smoking 1-2 cigarettes a day with the help of patches and gum. I continued my journey into the second class with hopes of quitting completely by the end.



A Dominica Manor Resident/ PHA Commissioner's Story

Dolores A. Casella, a longstanding PHA Commissioner and resident of Dominica Manor for 22 years, has smoked for 50 years. Within that time period, she has tried quit smoking 8 times with no success. Dolores decided to participate in her building's weekly Smoking Cessation seminars. Where she began at smoking a pack a day (20 cigarettes), she has reduce her smoking habit to 4 cigarettes a day! She has found a safe haven in her Smoking Cessation classes: "It is like therapy," she says. She's been able to pinpoint the cause of her wanting to smoke and is working really hard to be able to overcome it and be able to say that she's a non-smoker. Dolores wants to encourage all smokers to try one of these classes it can change their lives. Unknowingly, she has sent a strong and positive message as a leader in her community.

SMOKE-FREE TOOLKIT AND DOCUMENTARY AVAILABLE

The Providence Housing Authority (PHA) created a smoke-free policy TOOLKIT, called *The Right To Breath Clean Air*. The toolkit provides insight into the documentation collected at various stages of policy development during both phases of the PHA's Smoke-Free Policy. The Right to Breath Clean Air TOOLKIT can be found in PDF format on the main page of the PHA's website:

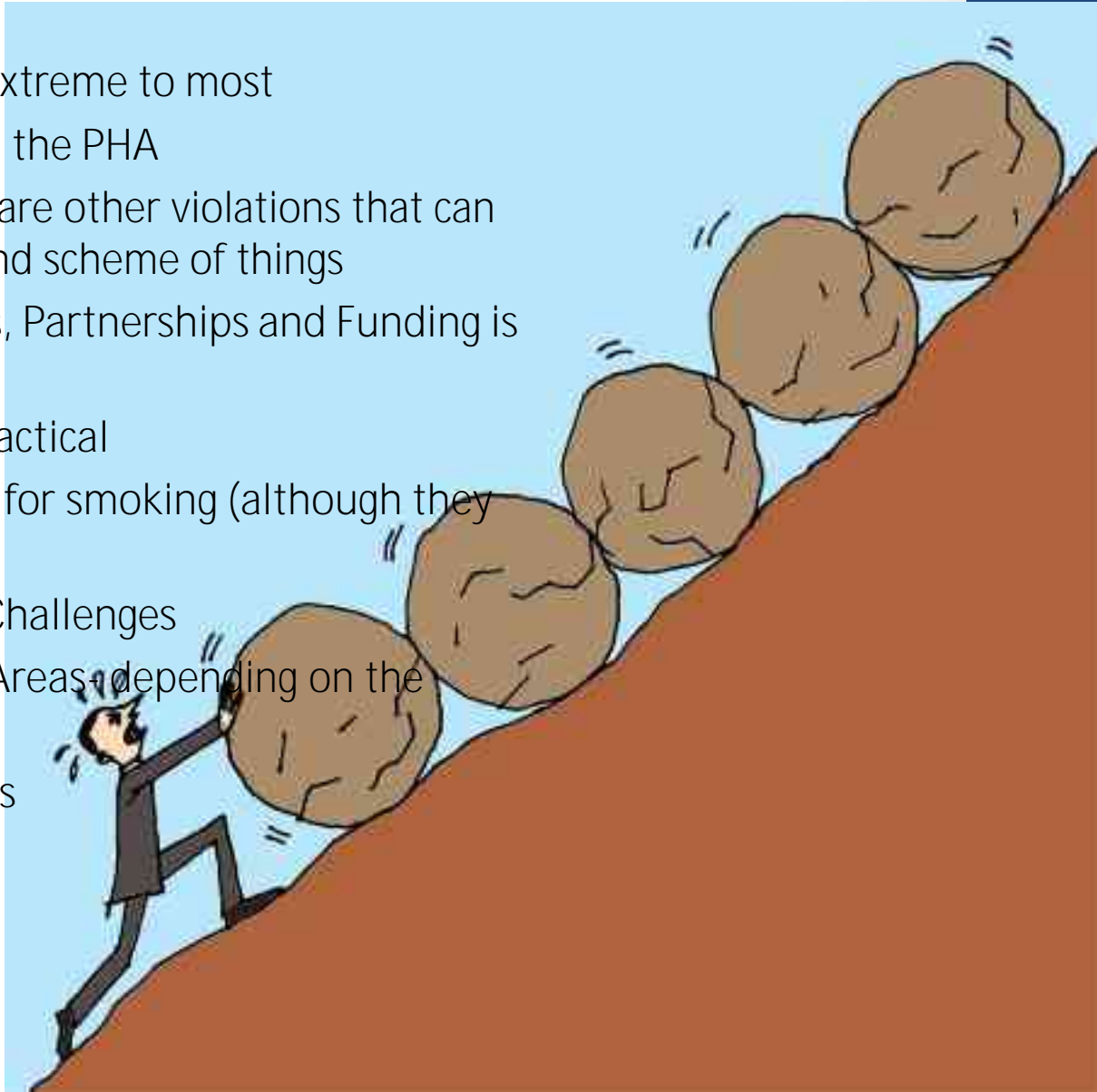
www.pha-providence.com

The PHA's **Smoke-Free Policy DOCUMENTARY** (14 minute version) can also be found on the above mentioned website page.



Challenges

- Eviction for Smoking Seems Extreme to most
- Board Approval was CLOSE at the PHA
- Tracking is tough when there are other violations that can be more important in the grand scheme of things
- Smoking Cessation Resources, Partnerships and Funding is scarce
- Enforcement is not always practical
- Rare court findings that evict for smoking (although they are on the rise)
- Outreach Participation Rate Challenges
- Cost of Designated Smoking Areas depending on the design of your site
- Human Resources/Staff Limits



The End



Smoke-Free Multi-Unit Housing: Creating Healthy Environments Where it Matters Most

Anna Stein, JD, MPH

Legal Specialist

NC Division of Public Health



Smoke-Free Housing: Legal Issues

Smoke-Free Housing Policies are Legal

- There is no constitutional protection for smokers
 - Smokers are not a protected class
 - Smoking is not a fundamental right
- There are no federal legislative or regulatory barriers to the implementation of smoke-free housing policies
- In all states, landlords can voluntarily implement smoke-free policies
- In most states, municipalities have the authority to ban smoking in multi-unit housing
 - So far, the only municipalities that have done this are in California

Potential Liability Issues for Landlords over Secondhand Smoke

- Violation of the implied warranty of habitability
- Violation of the implied covenant of quiet enjoyment
- Constructive eviction
- Negligence
- Reasonable accommodations for people with breathing problems or other health problems under the Fair Housing Act

Legal Options for Residents who are Exposed to Secondhand Smoke

- <http://changelabsolutions.org/publications/legal-options-tenants-shs>

Legal Options for Tenants Suffering from Drifting Tobacco Smoke

April 2007 (revised December 2012)

If tobacco smoke drifts into your apartment from a neighboring unit, causing you illness or discomfort, you may wonder whether you can take legal action. Suing your neighbor or landlord is an option, but it should be your last resort. Lawsuits are time consuming, expensive, and contentious, and the outcome is always uncertain. In a lawsuit regarding drifting tobacco smoke in an apartment building, the result is especially unpredictable because very few cases, and no state laws, are directly relevant.

Before suing, you should try to reach an agreement with your neighbor to limit where and when s/he smokes. You also could ask your landlord or property manager to make certain areas of the building smokefree. In addition, you could work to pass a law in your community to address the problem of drifting



Illustration by Janet Collins
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Using the Fair Housing Act to Protect Disabled Residents

<http://changelabsolutions.org/publications/disability-laws-tobacco-smoke>

How Disability Laws Can Help Tenants Suffering from Drifting Tobacco Smoke

June 2008 (revised August 2009)

If you have a medical condition made worse by secondhand smoke drifting into your apartment, federal and state disability laws might help you address the problem. Depending on the nature of your disability, your landlord may be required to make changes to reduce your exposure.

Disability Laws

California and federal disability laws are designed to ensure that people with disabilities have an equal opportunity to access and enjoy their homes.¹ If you rent, your landlord or property manager can be required to make reasonable changes to the rules to accommodate your disability.² A tenant with a hearing impairment, for example, may ask



Illustration by Janet Wood
© California Department of Public Health

have severe asthma, allergies, chemical sensitivities, or other respiratory conditions that limit their ability to breathe.⁶ Whether you are legally considered disabled will depend on the particular facts of your situation.

Smoke-Free Housing: Activity in North Carolina

www.smokefreehousingnc.com

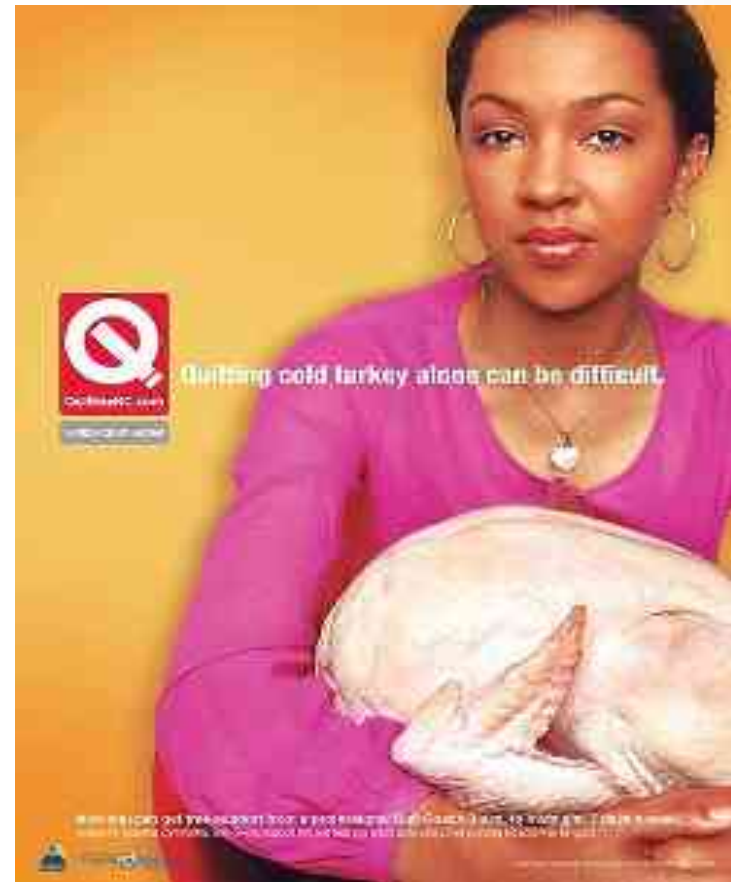


Health Department Outreach to the Housing Industry

- Giving presentations on the benefits of smoke-free policies at housing conferences
 - Southeastern Affordable Housing Management Association
 - Carolinas Council for Affordable Housing
 - NC Housing Authorities?Directors Association
- Conducting lunch and learns for local property managers
- Speaking before housing authority boards
- Assistance to management companies which are taking their properties smoke-free

Assistance to Housing Providers

- State and local health departments have assisted with:
 - Providing information sessions to residents on the health impacts of smoking and secondhand smoke
 - Conducting resident surveys
 - Providing resources to help residents quit smoking
 - Other health-promoting services for residents



Resident Brochure

SMOKE FREE MULTI-UNIT HOUSING

A Guide for Residents and Their Families

Why Our Property is Smoke-Free

Healthier Living For Everyone

Secondhand smoke may cause asthma attacks, cancer, and heart disease. It is especially harmful to pregnant women, children and older adults. The American Society of Heating, Refrigeration and Air Conditioning Engineers found that secondhand smoke can easily move between apartments. They recommend eliminating smoking indoors to protect the health of all residents!

Safer Living For Everyone

Smoking is the leading cause of death from fires in homes. Smoke-free housing decreases the threat of fires caused by smoking.



"I'm an asthmatic. Sometimes I wake up at night, choking from other people's smoke. I've had fewer asthma attacks when the smoke-free policy goes into effect."

Catherine M. NC Resident

How This Affects Your Lease

- The smoke-free policy will be a part of your lease.
- The policy will describe all the details of being smoke-free.
- You will be able to remain living in your home as long as you abide by the policy.
- You will be asked to sign a lease addendum agreeing to follow this new policy on October 1st.
- The policy changes start on January 1, 2014.
- These changes will apply to all residents and their guests.

To talk to an expert quit coach call QuitlineNC toll-free at: 1-800-QUIT-NOW (1-800-784-8669)
Spanish speakers please call: 1-855-Deleto-Ya (1-855-325-3568)
TTY 1-477-777-8534 Or visit: www.QuitlineNC.com

Did You Know?

- 20 Minutes after quitting your heart rate drops to a normal level
- 12 Hours after quitting your oxygen level returns to normal
- 2 Weeks after quitting your urge to smoke decreases

FREE Help to Quit Smoking

QuitlineNC



When you call the free QuitlineNC, you can expect:

- To talk with a Quit Coach, develop an individual quit plan and set a quit date
- A support booklet mailed to your home
- Referrals to local support where available
- Medication information to assist you in quitting
- A phone and / or web coach, available 24/7

1-800-QUIT-NOW (1-800-784-8669)

Fara Espanol por favor llame a: 1-855-Deleto-Ya
(1-855-325-3568)

TTY: 1-477-777-8534

www.QuitlineNC.com

Learn About Medications for Quitting

www.smokefree.gov/quitline/medications

More Help



Smoke-Free Phone Applications help you set goals, track daily habits, view progress, and keep you motivated.
www.smokefree.gov/apps/

Facebook App: UBQuitOut
www.facebook.com/appcenter/quitline

Placeholder for Local Programs

Optional Placeholder
for Company Logo

2012 Survey of NC Public Housing Authorities (n=93)

- 36% of PHAs reported having some sort of smoking restriction in place on one or more of their properties (e.g., in common areas, community rooms, grounds, offices or units)
- 4 PHAs had one or more properties with smoke-free units: Wilmington, Charlotte, Wilson, and Pender County
- 35% of PHAs were considering setting future smoking policies
- In 2013, the Northwest Regional Housing Authority and Oxford Housing Authority passed smoke-free policies for all of their properties

2013 NC Affordable Multi-Unit Housing Survey

- The NC Division of Public Health obtained lists of properties subsidized by HUD, NC Housing Finance Agency (tax credit), and USDA Rural Development
- In July, August, and September, sent email and/or paper surveys to 1,865 properties to assess current smoking policy inside buildings and on grounds
- 1063 properties returned survey (57% response rate)

Smoke-Free Policy Prevalence in NC Affordable Housing, 2013

	Allowed in all	Allowed in some	Not allowed in any	N/A
<i>Rule type</i>	%	%	%	%
Rules about smoking in indoor common areas (hallways, laundry rooms, community rooms, and offices)	9.8	3.6	69.6	17
Rules about smoking in outdoor common areas (parking lots, playgrounds, lawns, and swimming pools)	67.2	22	10.8	--
Rules about smoking in outdoor private areas (patios, porches, and balconies)	65.4	6.5	7.9	20.2
Rules about smoking in residential units	81.2	2.4	16.5	--

Key Findings from the Affordable Housing Survey

- Turnover costs higher in units where smoking allowed
- Evictions for violations of smoke-free policies are rare
- No difference in occupancy rates between smoking-allowed and smoke-free properties
- Staff time spent on smoking issues same or reduced as a result of smoke-free policies



Image: AC Vents from a non-smoker's unit and a smoker's unit, Mary Gillett

Smoke-Free Housing: Resources

http://www.njgasp.org/Smoke-Free_Multi-Housing_Global_Directory_current.pdf

Global Directory of Smoke-Free Multi-Housing Programs



Tobacco Control Network

http://www.ttac.org/TCN/members/state_reps-toc.html

TOBACCO CONTROL NETWORK (TCN)

Tobacco Control Network Members

- [TCN Officers and Regional Representatives](#)
- [Network of State/Territory Tobacco Control Contacts](#)

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Minnesota	Wisconsin
Missouri	Wyoming

TOBACCO CONTROL NETWORK

ttac

4/24/04

Webinars for Public Health Professionals

<http://www.mnsmokefreehousing.org>



Free Educational Opportunities!

Live Smoke Free



Property Managers



Renters



Organizations



Find a Smoke-Free Building

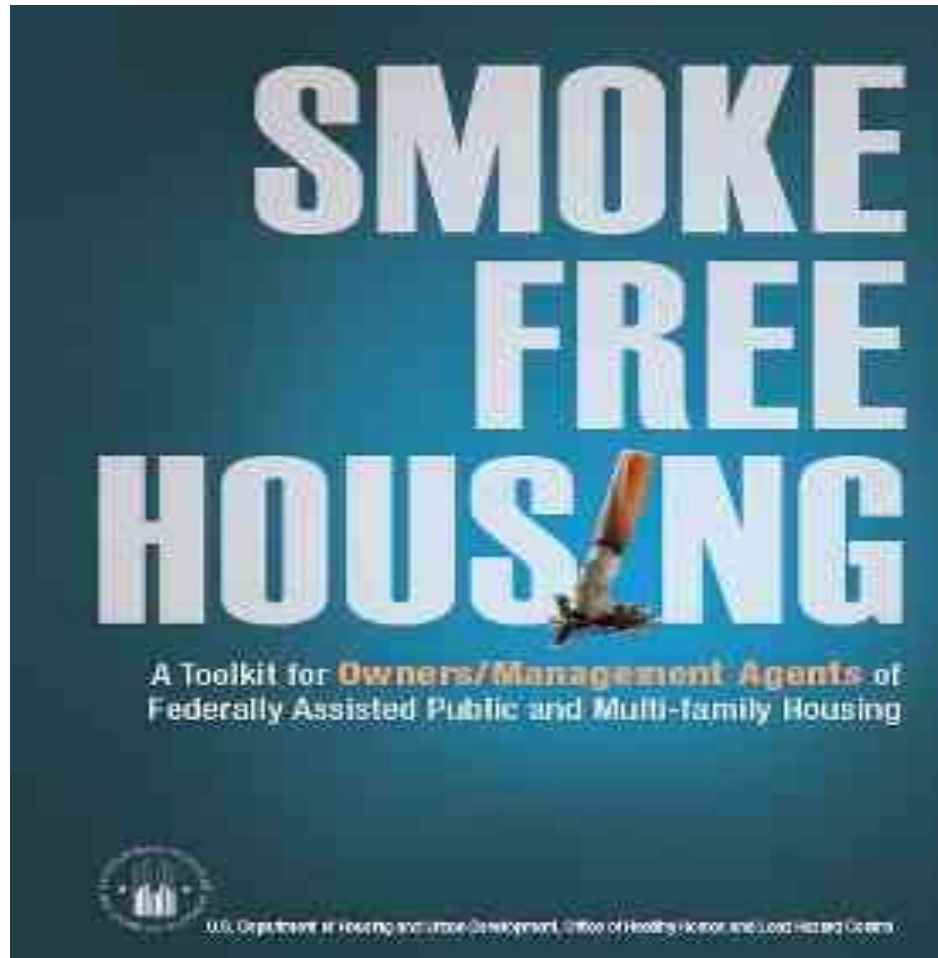
Managers List Your Smoke-Free Building



Video: Benefits of Smoke-Free Housing

HUD Toolkits for Owners/Managers and Residents

<http://portal.hud.gov/hudportal/HUD?src=/smokefreetoolkits1>



Policy Can Motivate Change



Mary L. 77 years old Smoking 62 years

- Mary expressed at a group meeting how she felt about the policy change

When we rented here this was our home, our castle to live in. I pay my rent, I keep my bills paid. It feels just like when you snatch a toy away from a child.?

- Mary, 2 weeks later, after she decided to join a smoking cessation class

We had 4 heart attacks. My doctors have been talking to me about quitting smoking. The smoke-free policy has been the push to get me started.?

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Q&A

- If you would like to ask the presenter a question please submit it through the questions box on your control panel
- If you are dialed in through your telephone and would like to verbally ask the presenter a question, use the  icon on your control panel and your line will be unmuted.

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The Westin Alexandria, Alexandria, VA

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What to Expect

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View webinar here to learn more about this year's event: <http://bit.ly/T76UEY>

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