

# Respiratory Health Association

*Dedicated to Community Lung Health Since 1906*



Promote healthy lungs and fight lung disease through research, advocacy, and education.



# **SMOKE-FREE MULTI-UNIT HOUSING**

**SMOKE-FREE IS  
LEGAL**

**SMOKE-FREE IS  
PROFITABLE**

**SMOKE-FREE IS  
EASY**



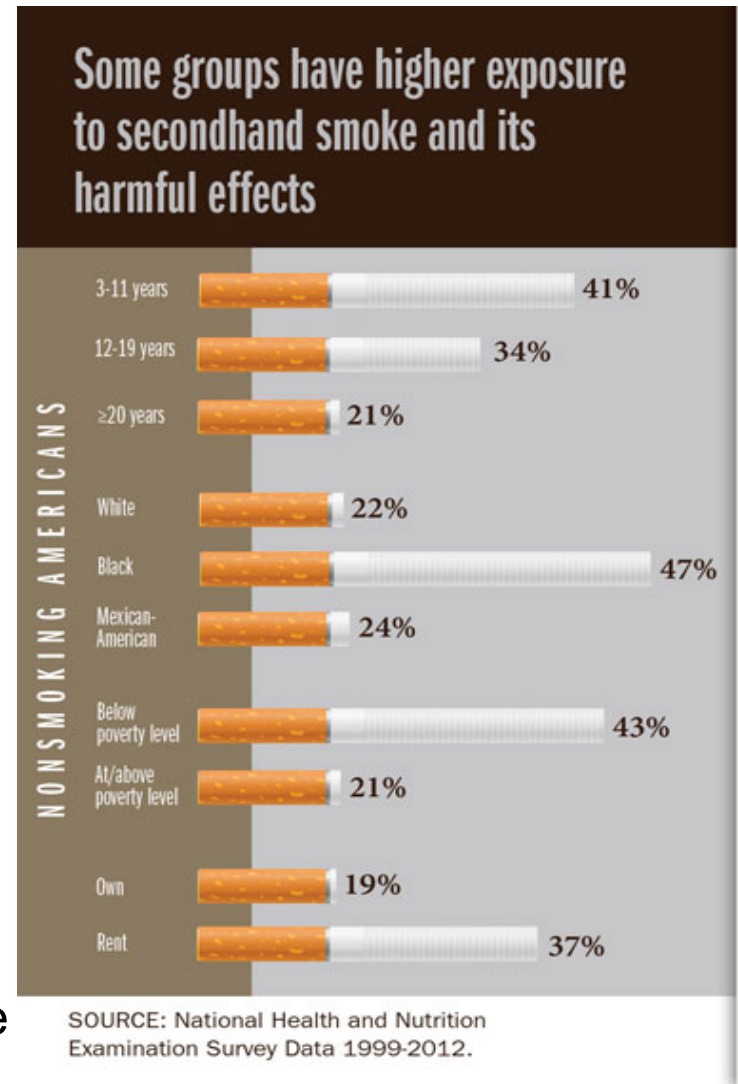
# Why Multi-Unit Housing?



- Up to 65% of air in MUH is shared
- More than one in three nonsmoking renters in MUH is exposed to SHS
- Children living in MUH where smoking is allowed have cotinine levels 45% higher than children living in detached homes.
- 90% of children with asthma who live in smoke-free homes can achieve good control of their asthma; drops to 50% for children living in homes with smoking

# Secondhand Smoke Exposure

- No safe level
- Consequences
  - Heart and lung disease
  - Premature death
  - Children exposed have increased risk for
    - Sudden infant death syndrome (SIDS)
    - Acute respiratory and ear infections
    - More severe asthma, other respiratory symptoms
- Responsible for over 49,000 deaths per year in United States
- More than 126 million nonsmokers in the US continue to be exposed to secondhand smoke in vehicles, workplaces, public places, and homes



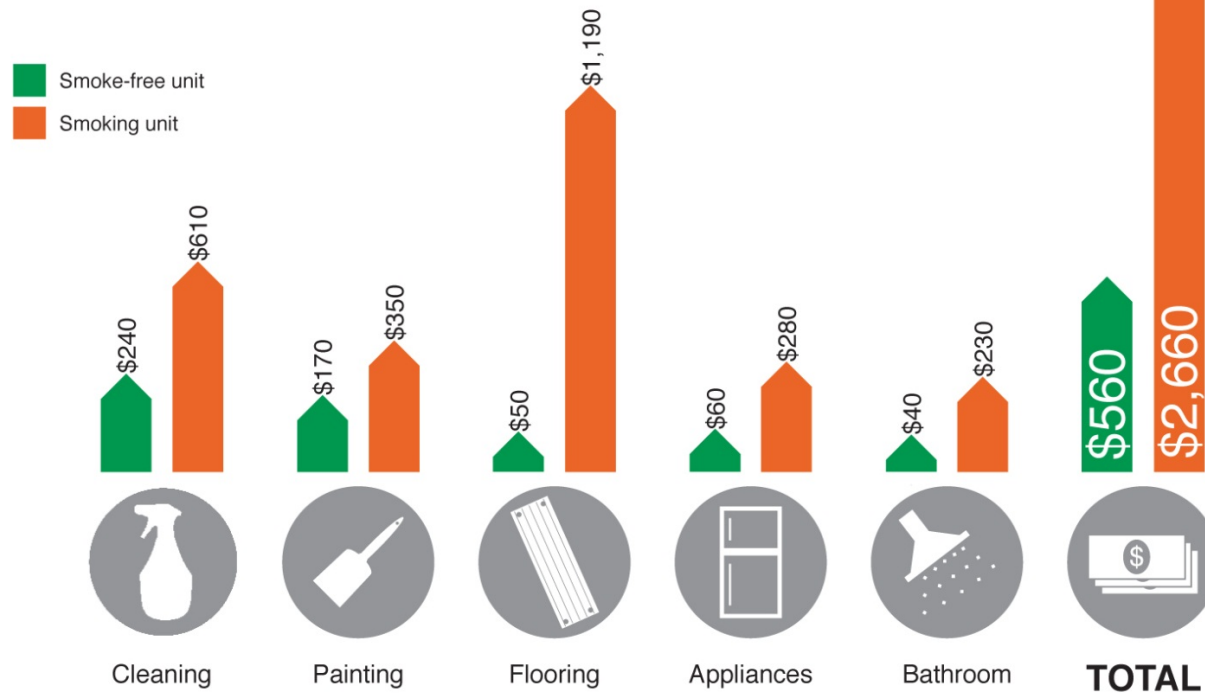
# Thirdhand Smoke

- The **residue** from smoke that is absorbed by porous surfaces (carpeting, drapes, upholstery) and creates a sticky film on non-porous surfaces (walls, countertops, appliances)
- Children are the most vulnerable to the hazards of thirdhand smoke



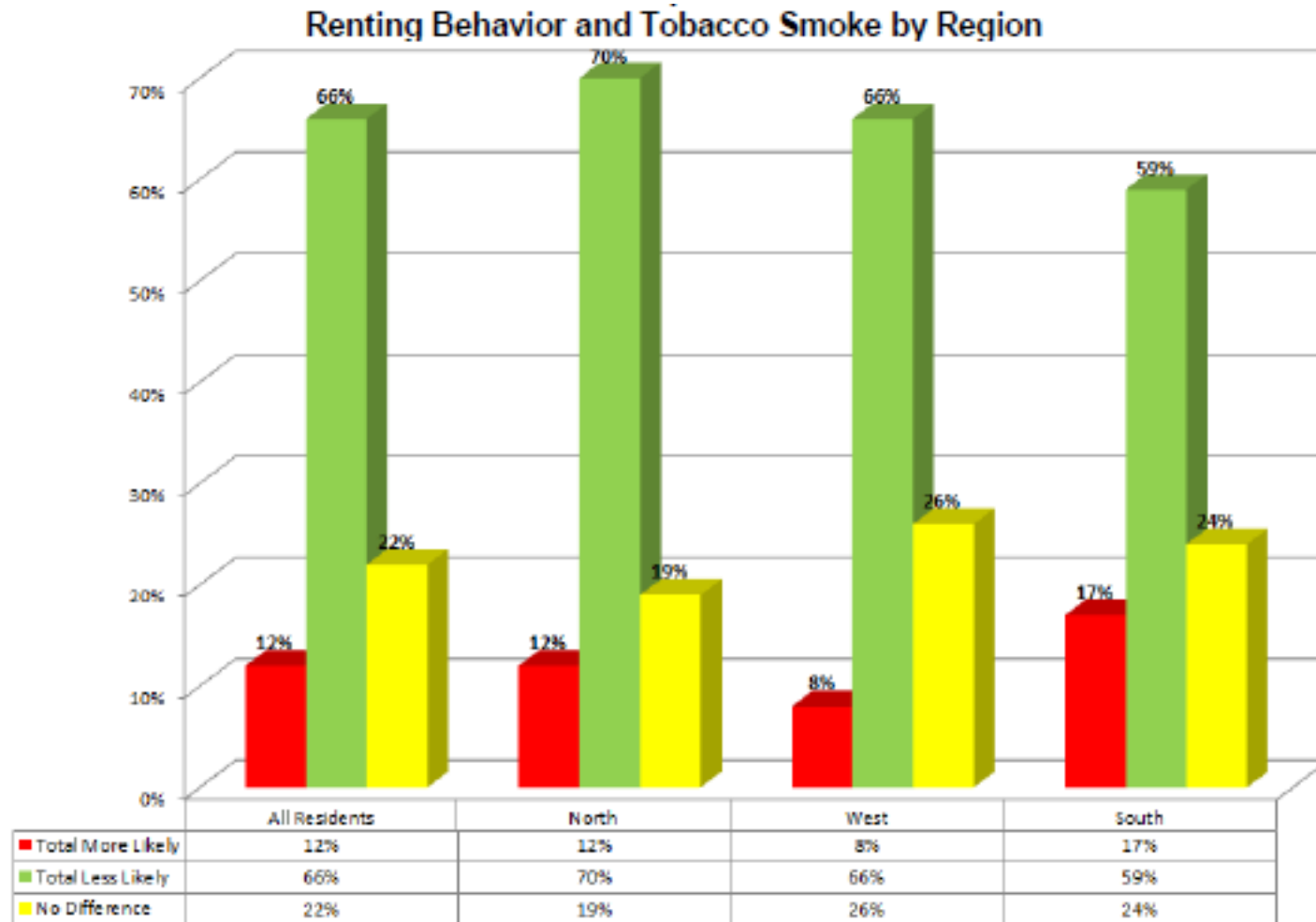
# It's profitable.

Going smoke-free protects your investment and your tenants. Smoking is a leading cause of residential fires, and allowing smoking increases turnover costs.



Data reflects surveys from housing authorities and subsidized housing facilities collected and reported by Smoke-Free Housing New England, 2009.

# Smoke-Free Housing is Popular with Renters



April 2013 Fako & Assoc.

# Smoke-Free Housing is Legal

- No federal law prohibits smoke-free buildings
- No indefinite “grandfathering” required
- Smokers/smoking not protected by the U.S. Constitution
- Nicotine addiction not a protected disability
- Allowing smoking can be a legal liability
- Smoke-free housing highly encouraged by HUD, CDC, Department of Agriculture, National Multiunit Housing Council, National Apartment Association, and many local health departments





# Housing Authorities and Subsidized Housing

- 2009/2012 HUD Notices to Housing Authorities & 2010/2012 Notices to subsidized housing
  - “Strongly encourages” smoke-free policies
- HUD Smoke-free Housing Toolkits
- 2013 economic study \$541M annual cost savings if smoking prohibited in all subsidized housing
  - \$341M healthcare expenditures
  - \$108M renovation costs
  - \$72M smoking-attributable fire loss
- Pending 2015 rulemaking



King, B A, et al. "Cost-savings associated with prohibiting smoking in US subsidized housing." Am J Prev Med 2013

# Case Study: Chicago Tobacco Prevention Project (2010-2012)

## Chicago Housing Authority

- Smoke-free housing pilot program in four complexes – 370 units covering 980 residents
- Cessation programming for >2,000 residents
- Trained >100 on-site clinicians in “Ask, Advise, Refer”



# Chicago Tobacco Prevention Project, Cont...

## Private, Multi-Unit Housing

- >3,000 units of smoke-free housing created
- Broad reach – from Gold Coast to low income
- Media component

**CHICAGO RENTERS WANT SMOKE-FREE APARTMENTS**

Market research shows that Chicago renters want 100% smoke-free buildings. And that's good news for you.

Smoke-free properties keep your tenants happier, healthier and safer. Plus, by eliminating smoking in units, you protect your investment from smoke damage and fires.

If your property's not smoke-free, why are you waiting? We've got free tools to help you get started.

[www.ChicagoSmokeFreeHousing.com](http://www.ChicagoSmokeFreeHousing.com)

CHICAGO TOBACCO PREVENTION PROJECT

The graphic features three stylized apartment building icons on the left. The text is in white on a green background. At the bottom, there are three logos: the Chicago Tobacco Prevention Project logo, the City of Chicago logo, and the Respiratory Health Association of Metropolitan Chicago logo.

**LIVE SMOKE-FREE**

**BREATHE SMOKE-FREE**

**RENT SMOKE-FREE**

Learn more about going smoke-free.

The graphic consists of four horizontal bars of different colors: dark blue, green, orange, and grey. The text is in white. The grey bar at the bottom is shaped like an arrow pointing to the right.

# Private Housing Case Study: Thresholds

## *Breathe Easy*

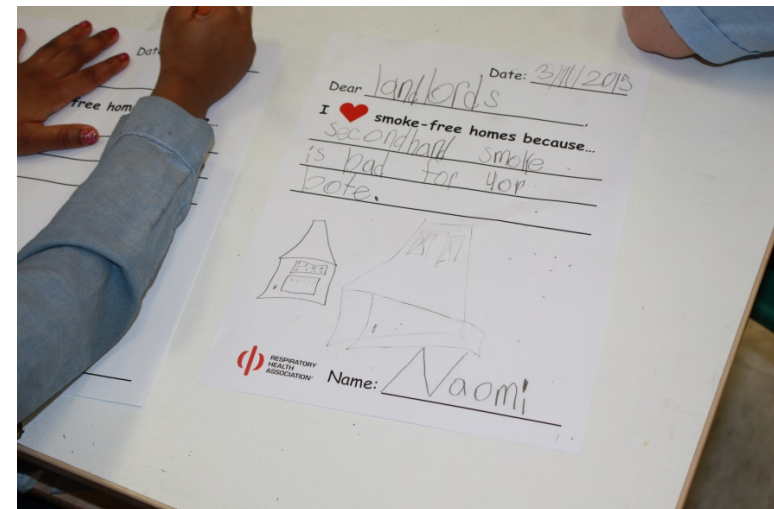
- Jan 2013 – Rowan Trees (45 units) in Englewood
- Jan 2014 – Buffett Place (51 units) in Lakeview
- Aug 2015 – Grais Apartments (44 units) in Rogers Park
- Fall 2015 – Austin Apartments (57 units) in Austin



**IMPACT: 197 units made smoke-free.**

# Advocacy Case Study: Village Leadership Academy

- Kindergarten class *voluntarily* selected smoking in the home as an issue affecting their community
- Students did research, wrote letters to landlords in their community, and created a public service announcement
- Presentation for Senator Mattie Hunter



# Ongoing Work: Healthy Hot Spot



**Smoke-Free is Legal, Profitable & Easy**  
 A toolkit for property managers and owners to make their multi-unit buildings smoke-free



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5	Engage your residents
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8	Sample smoke-free materials
9	Smoke-free building checklist
10	Smoking questionnaire
11	Model smoke-free lease addendum

*Making suburban Cook County healthier one spot at a time through partnerships for tobacco-free living.*



This project made possible by funds received from the Illinois Department of Public Health. This toolkit was provided by Respiratory Health Association and adapted by CCDPH for suburban Cook County.



Cook County DEPT of Public Health  
 Promoting health. Preventing disease. Protecting you.

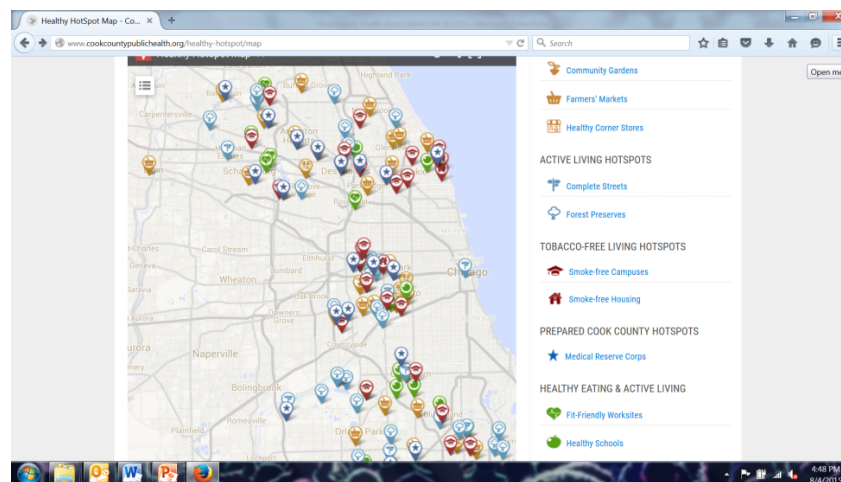
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## Smoke-Free Housing

**WHAT IS IT?**  
 Smoke-free housing is housing where smoking is not allowed inside, this can include both single family homes and multi-unit buildings. Smoke-free housing can be identified by smoke-free protections included within the tenants lease agreement. Within multi-unit housing smoke can seep into attached units through cracks, light

**ABOUT HEALTHY HOTSPOT**  
 Initiative Overview  
 Healthy HotSpot Map  
 Places That Can Affect Your Health  
 Our Partners

**HEALTHY HOTSPOT CATEGORIES**  
 Healthy Eating



Healthy HotSpot Map - Co...  
 www.cookcountypublichealth.org/healthy-hotspot/map

Community Gardens  
 Farmers' Markets  
 Healthy Corner Stores

**ACTIVE LIVING HOTSPOTS**  
 Complete Streets  
 Forest Preserves

**TOBACCO-FREE LIVING HOTSPOTS**  
 Smoke-free Campuses  
 Smoke-free Housing

**PREPARED COOK COUNTY HOTSPOTS**  
 Medical Reserve Corps

**HEALTHY EATING & ACTIVE LIVING**  
 Fit-Friendly Worksites  
 Healthy Schools

# We can help!

- We can provide **free** technical assistance:
  - Meetings with property managers and ownership;
  - Toolkits (for manager/owners);
  - Educational presentations to residents;
  - Educational materials (handouts for residents);
  - Cessation information;
  - Connection to Illinois Tobacco Quitline;
  - Sample lease addendum language; and
  - Smoke-free signage, window decals, magnets, and door hangers.

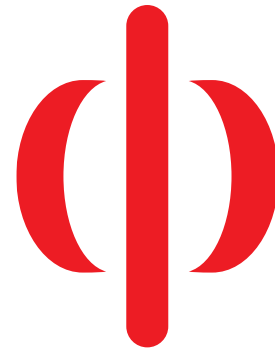
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