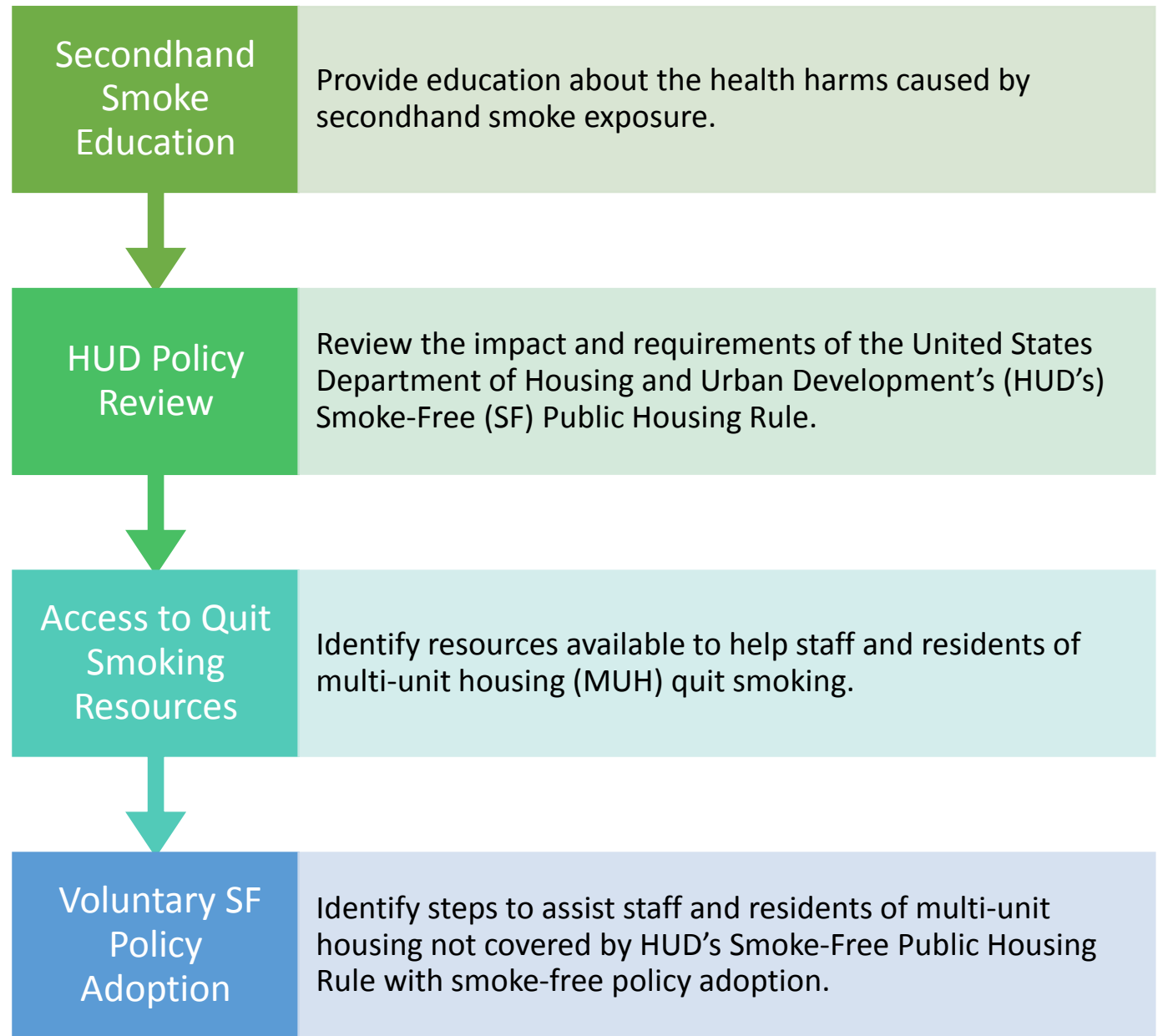




Smoke-Free Multi- Unit Housing Policies

Protecting Nonsmokers
from the Health Harms
Caused by Secondhand
Smoke Exposure

Presentation Overview



Secondhand Smoke (SHS)

- Secondhand smoke is smoke from burning tobacco products, such as cigarettes, cigars, or pipes.
- Secondhand smoke also is smoke that has been exhaled, or breathed out, by the person smoking.
- Tobacco smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.



Health Harms Caused By SHS Exposure



There is no risk-free level of secondhand smoke exposure.



Since 1964, approximately 2,500,000 nonsmokers have died from health problems caused by exposure to secondhand smoke.

Health Harms Caused By SHS Exposure in Children



Ear infections



More frequent and severe asthma attacks



Respiratory symptoms (i.e. coughing, sneezing, and shortness of breath)



Respiratory infections (bronchitis and pneumonia)



A greater risk for sudden infant death syndrome (SIDS)

Health
Harms
Caused By
SHS
Exposure in
Adults

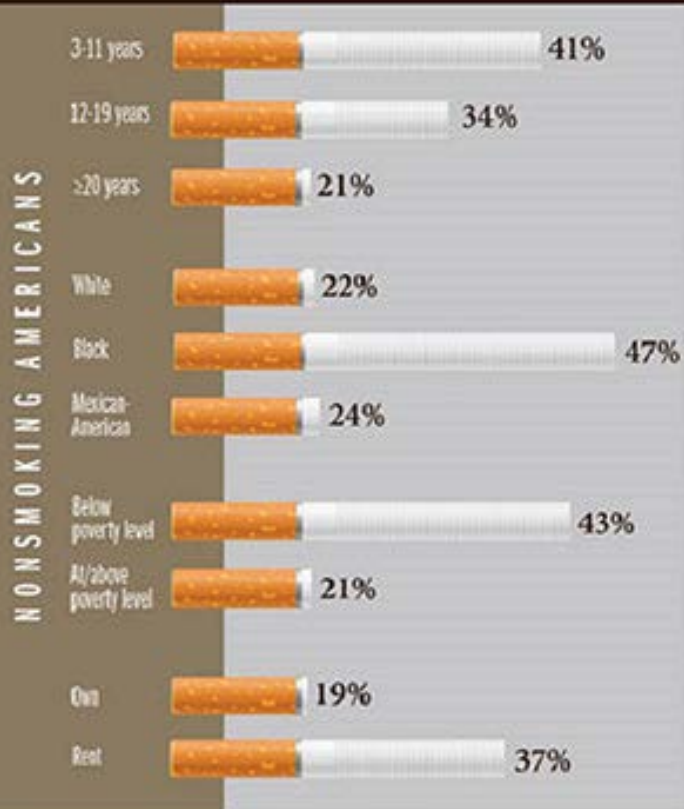


Heart Disease

Lung Cancer

Stroke

Some groups have higher exposure to secondhand smoke and its harmful effects



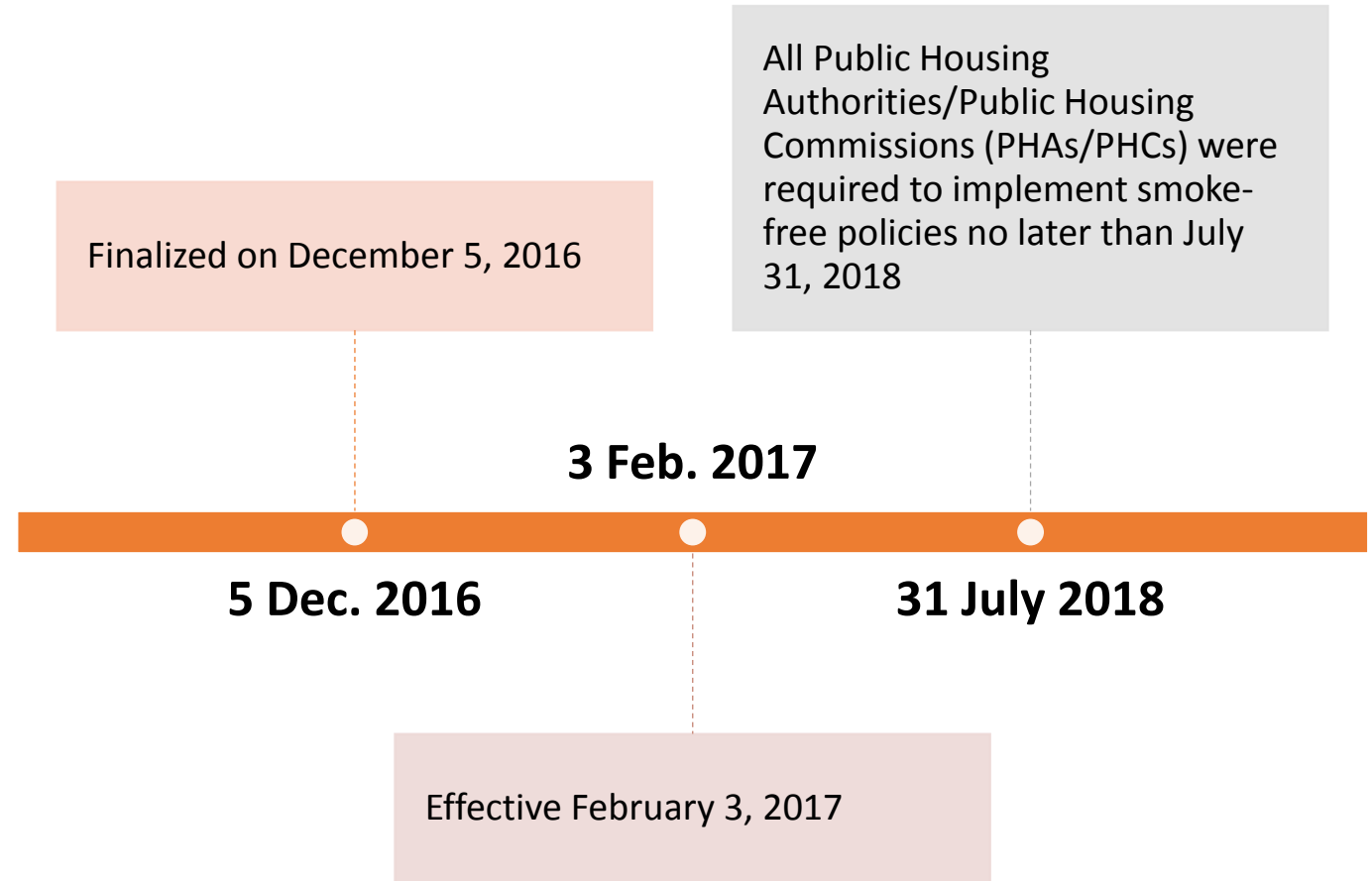
SOURCE: National Health and Nutrition Examination Survey Data 1999-2012.



Exposure to SHS Varies By:

- Age
- Race
- Income level
- Home ownership/rental

HUD Smoke-Free Public Housing Rule



Requirements of HUD SF Public Housing Rule

These areas are required to be smoke-free:

- All public housing units except for mixed-finance project units.
- All indoor common areas (e.g., community facilities, public housing offices, laundry rooms, daycare centers).
- Outdoor areas within 25 feet of public housing and administrative office buildings.

Use of these products is prohibited:

- Cigarettes, pipes, cigars, water pipe tobacco (hookahs).



Options for PHC's Under the HUD Rule

- Prohibit use of electronic nicotine delivery devices (ENDs)
- Designate additional SF areas (i.e. all grounds, playgrounds, etc.)
- Define enforcement procedures (i.e. acceptable evidence of violation, steps for enforcement of violations).

The U.S. Surgeon General concluded that aerosol from e-cigarettes can contain harmful substances.



More than **4** in **5** U.S. adults oppose e-cigarette use in indoor public places.

Wang TW, Marynak KM, Gentzke AS, King BA. U.S. adult attitudes about electronic vapor product use in indoor public places. *Am J Prev Med.* 2019;56(1):134-140.



The U.S. Surgeon General concluded that aerosol from e-cigarettes can contain harmful substances.

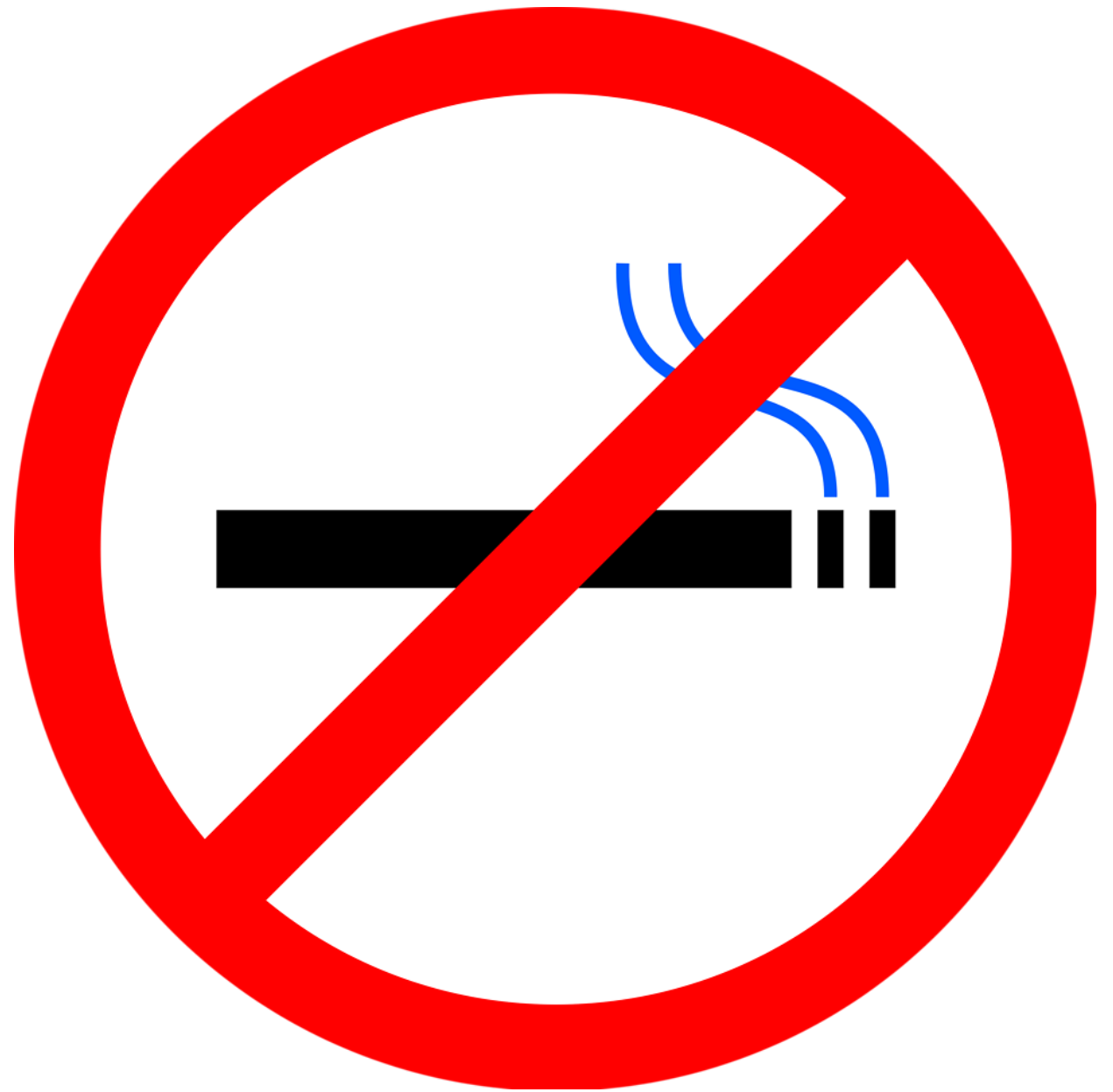
E-cigarette use in public places can:

- Expose bystanders to secondhand aerosol
- Make enforcement of smokefree policies challenging
- Influence the acceptability of tobacco use

U.S. Department of Health and Human Services. *E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.



As of July 31,
2018, 100%
of Public
Housing
Commissions
Are Smoke-
Free



Helping
Interested
Staff and
Residents
Quit Smoking

Increase awareness of and ensure access to tobacco
dependence treatment options.

Michigan Tobacco Quitline

- 1-800-784-8669
- <https://michigan.quitlogix.org/en-US/>

Online services (i.e.
smokefree.gov)

Local services (i.e. Freedom
from Smoking classes, 1-1
counseling)

What the HUD SF Public Housing Rule Does Not Cover

Subsidized
MUH housing

Section 8
MUH housing

Market-rate
MUH housing

Current Status of Smoke-Free Multiunit Housing



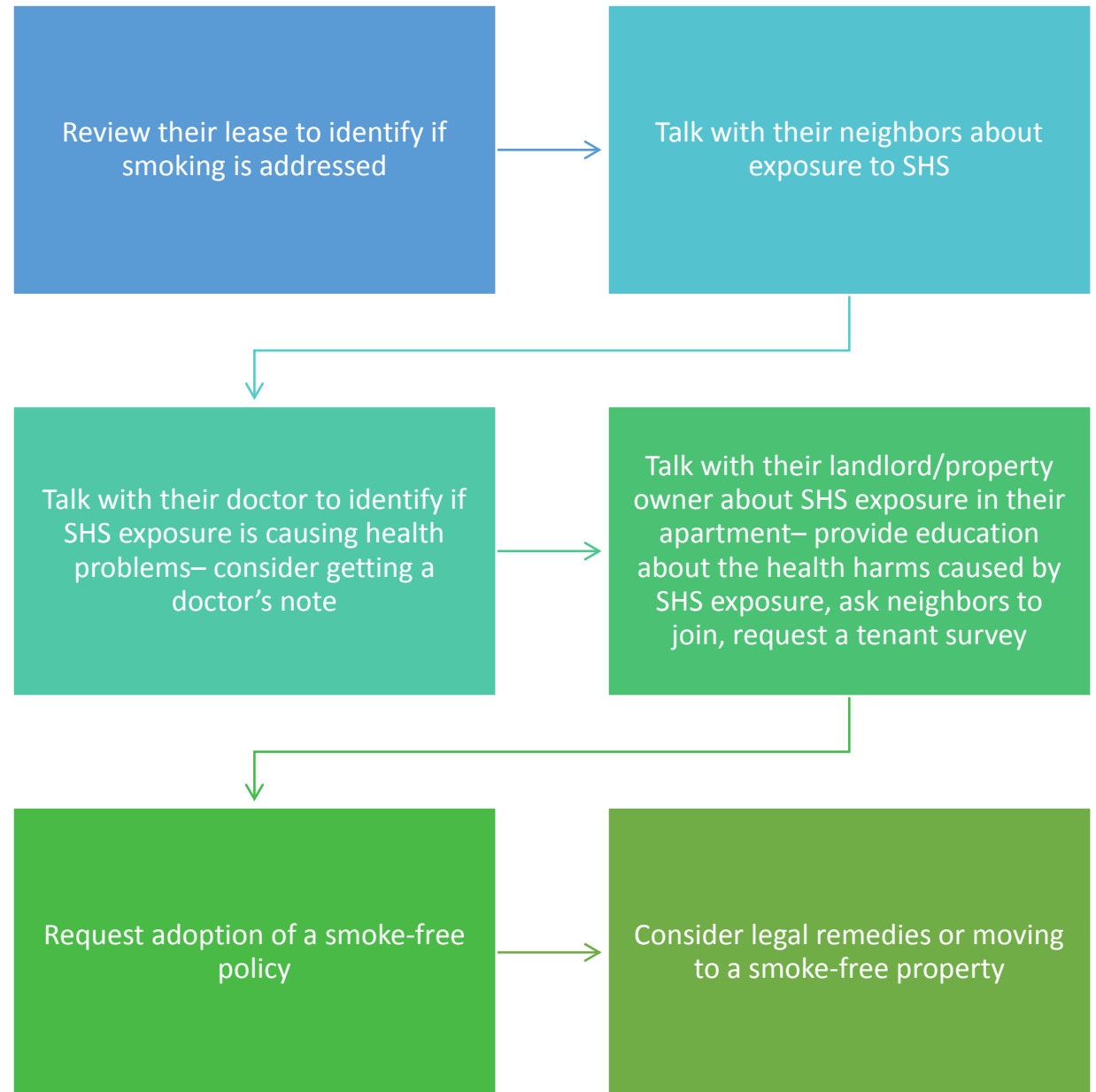
- 100% of Public Housing Commissions are smoke-free
- Approximately 1 in 3 multiunit housing residents are covered by smoke-free housing
- Approximately 8 in 10 multiunit housing residents have chosen to make their own homes smoke-free
- A majority of multiunit housing residents want smoke-free building policies
- Annually, an estimated 28 million multiunit housing residents are exposed to secondhand smoke in their home or apartment that came from elsewhere in their building
- The home is the main place where children are exposed to secondhand smoke

MUH
Properties
and
Voluntary SF
Policy
Adoption

It is legal for MUH properties to adopt a smoke-free policy— there is no legal or constitutional right to smoke

Adopting a building-wide smoke-free policy is the best way to protect all residents from SHS exposure

Steps Residents Can Take

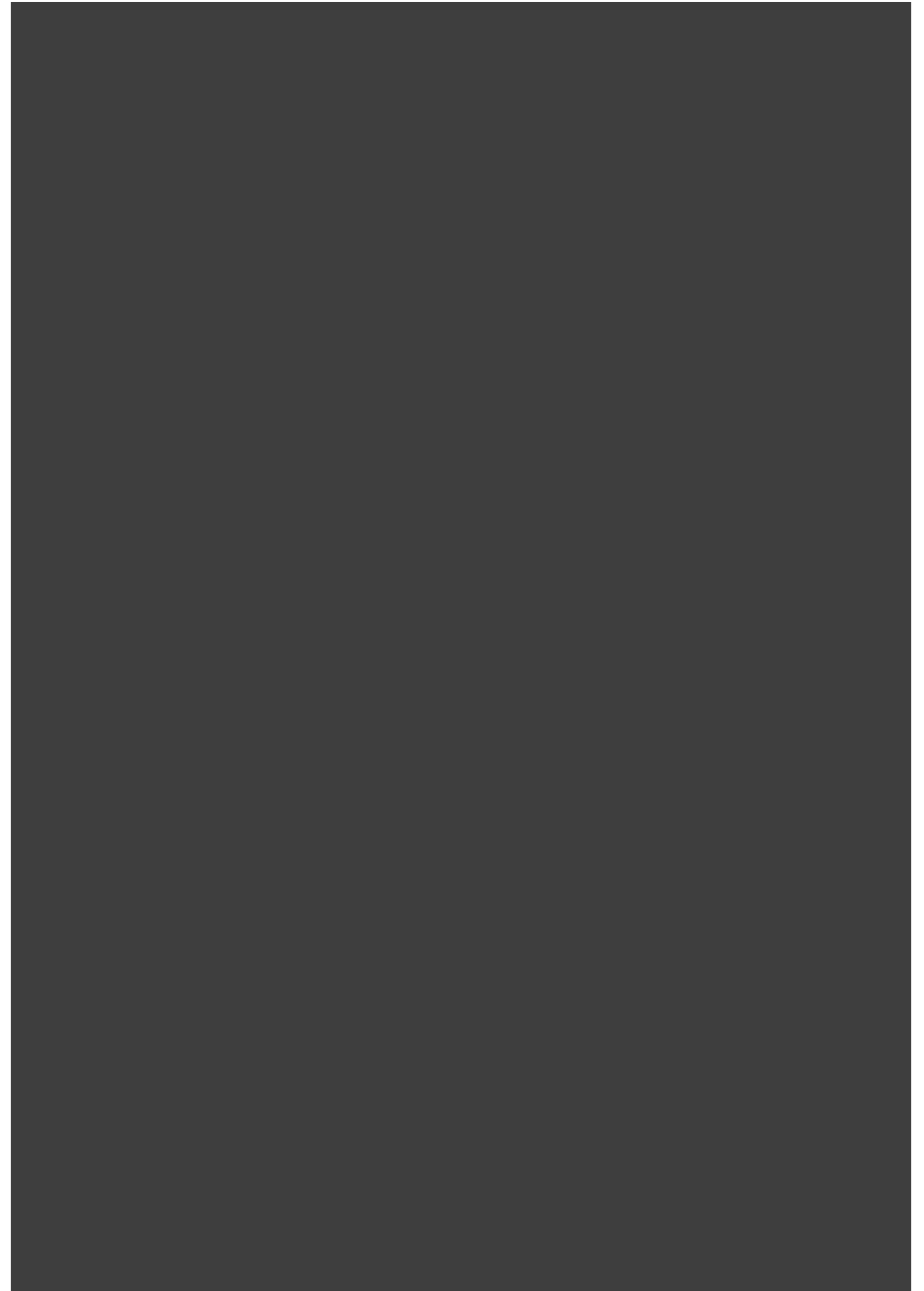


Adapted from American Lung Association’s “Is Secondhand Smoke Infiltrating Your Apartment or Condominium” factsheet.

<https://www.lung.org/assets/documents/tobacco/secondhand-smoke-infiltrating.pdf>



Benefits of SF Housing Policies for Property Owners





Benefits of SF Housing Policies for Property Owners

Prohibiting smoking in subsidized housing would yield annual cost savings of approximately \$497 million, including \$310 million in secondhand smoke-related health care, \$134 million in renovation expenses, and \$53 million in smoking-attributable fire losses (these estimates included costs savings for U.S. public housing— which are now smoke-free— of approximately \$153 million per year)

Source: King BA, Peck RM, and Babb SD. National and state cost savings associated with prohibiting smoking in subsidized and public housing in the United States. Preventing Chronic Disease. October 2014. <https://www.ncbi.nlm.nih.gov/pubmed/25275808>.

Resources
to Assist
MUH
Properties
with
Voluntary SF
Policy
Adoption

American Lung Association

<https://www.lung.org/our-initiatives/tobacco/smokefree-environments/multi-unit-housing/>

Americans for Nonsmokers' Rights

<https://no-smoke.org/resources-tools-smokefree-multi-unit-housing/> (sample tenant surveys, signage, policies)

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/tobacco/infographics/policy/pdfs/going-smokefree-matters-multiunit-housing-infographic.pdf>



Secondhand
**smoke can
infiltrate** into
other units
**through
hallways** and
stairwells.

Don't be shy when it comes to your health. Talk to your building manager about making your apartment smokefree.



CDC.gov

MDHHS Tobacco Prevention and Control Program— We are here to help!

Provide

Provide technical assistance and resources to residents, staff, and property owners, managers, and landlords

Connect

Connect MUH property owners and residents to local resources

Connect

Connect MUH property owners and residents with policy-related technical assistance from the University of Michigan Smoke-Free Environments Law Project



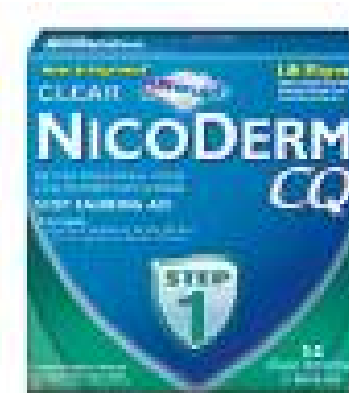
The Michigan Tobacco Quitline

What Does the Quitline Do?

- Referral to local programs
- Intensive counseling proactive sessions
- Unlimited reactive calls for one year
- Free NRT to the uninsured & others
- Self-help materials
- Text and/or email messaging
- Online interactive coaching
- Fax, online, or e-referral for health care providers

Nicotine Replacement Therapy

- Michigan Tobacco Quitline NRT
 - All participants medically screened- some conditions require a medical consent form from physician
 - Patches, Gum and Lozenges offered to eligible groups
 - Up to 8 weeks of NRT available
 - Shipped directly to the participant's home
 - Only available to those 18 and older
 - No cost to the participant
 - Prenatal must have signed approval from physician



Medicaid Coverage

- Begin January 1, 2016
- Medicaid plans are contractually required to cover ALL tobacco dependence treatment medications without:
 - Copay
 - Prior authorization
 - Step therapy (try another medication first)
 - Annual limits
 - Lifetime limits

Outline Summer Promotion

The Michigan Tobacco Quitline has updated their intake and we are ready to start promoting our summer nicotine replacement therapy program. The program will be available to all enrollees through September 30. This will help complement the Tips from Former Smokers campaign which will be also be running through the summer. All enrollees will receive up to 8 weeks' worth of the gum, patch, or lozenge.

Below is a recommended social media post:

“Quit tobacco your way! Now through September 30, the Michigan Tobacco Quitline is offering 8 weeks of FREE quit medications to all new enrollees. You can choose between nicotine patches, gum or lozenges. You can also choose the coaching program that is best for you by enrolling in our telephone program or our online coaching program. Call 1-800-QUIT-NOW (784-8669) or visit online at <https://michigan.quitlogix.org>”

Help! I Have A Question About the Quitline.

- Coaches CAN answer questions about how the Quitline works.
- Coaches CANNOT answer questions about your clients. That is protected information.
- Best Practice for questions:
 - Call your consultant
 - Call Karen Brown at 1-517-335-8803.
- If you have a client question, do not email client names. You can leave a voicemail message as Karen's phone is password protected.

A TIP FROM A
**FORMER
SMOKER**

DO YOUR HEART A FAVOR. QUIT SMOKING.

Roosevelt, Heart attack at age 45
Virginia

Smoking causes immediate damage to your body. For Roosevelt, it caused his heart attack. Your heart attack risk drops as soon as you quit smoking. The Michigan Tobacco Quitline can help! Call 1-800-784-8669 or visit <https://michigan.quitlogix.org> You can get up to 8 weeks of the patch, gum or lozenge to help you quit if you enroll by September 30, 2019.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
www.cdc.gov/tobacco

A TIP FROM A
**FORMER
SMOKER**

**18 years in the military
and my biggest battle
was against cigarettes.**

*Brian, age 60
Air Force Veteran
Texas*

Brian smoked and got heart disease. He went from serving his country overseas to spending his life in emergency rooms and operating rooms. Finally, he quit smoking and, years later, got a heart transplant that saved his life.

You can quit smoking.

*For free help, call
1-800-QUIT-NOW.*



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention
CDC.gov

#CDCTips

You have many choices to help you quit. The Michigan Tobacco Quitline is here to help. The Quitline offers both telephone and online coaching programs.

If you enroll now through September 30, 2019, you can also receive up to 8 weeks of the nicotine patch, gum or lozenge.

Contact the Michigan Tobacco Quitline at 1-800-784-8669 or <https://michigan.quitlogix.org>

**MICHIGAN
TOBACCO QUITLINE**

1.800 **Quit.Now** ||
784.8669

A TIP FROM A
FORMER
SMOKER

LET YOUR KIDS INSPIRE YOU TO QUIT.

Beatrice, Quit at age 37
New York

Nick age 11
Dear Mom, Smoking.
Thank you mom for
I know you can do
hard thing to do but
course you are saving
I'm lucky to have parents
and Daddy cause my
parents would probably say
just a kid" but you are the
in the world! :)



There are a lot of reasons to quit smoking.
Don't stop trying until you find yours.
Call the Michigan Tobacco Quitline at 1-800-784-8669
or visit <https://michigan.quitlogix.org>. Free nicotine
replacement available through September 30, 2019.



U.S. Department of
Health and Human Services
Center for Disease
Control and Prevention
CDC.gov/cdc

Questions?

Jim Harrington

Public Health Consultant

MDHHS Tobacco Section

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