

Secondhand tobacco smoke and multi-unit Housing: Translating research into public policy

Karen Wilson, MD, MPH

Debra and Leon Black Professor and Division Chief of
General Pediatrics and Vice-Chair for Clinical and
Translational Research

Icahn School of Medicine at Mount Sinai



Disclosure

- Research funding by the Flight Attendant Medical Research Institute through a grant to the AAP/Julius B. Richmond Center of Excellence

Julius B. Richmond Center of Excellence



...dedicated to protecting children from secondhand smoke (SHS), and ensuring that *all* clinicians ask the right questions about tobacco and SHS exposure





Ban Smoking in Public Housing

By Jonathan P. Winickoff | NEWSWEEK

Published Jun 27, 2009

From the magazine issue dated Jul 13, 2009

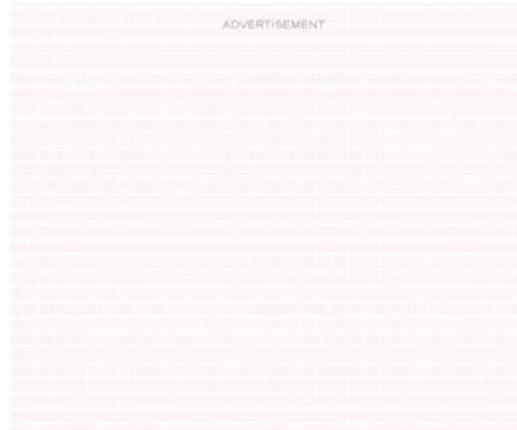
Ten years ago, I was the doctor for an 18-year-old with cystic fibrosis whose mother was a heavy smoker. The patient told me how she coughed, wheezed, and choked when she was at home. I became close with her; it seemed she was always in the hospital, and I couldn't help but think it was because she wanted to escape a toxic environment. Three years later, at 21, she died—more than 14 years before a person with cystic fibrosis could be expected to live at that time.

She is not the only young patient of mine to feel the effects of secondhand smoke. More must be done to address this suffering. President Obama's Family Smoking Prevention and Tobacco Control Act is a great step toward accomplishing this goal: it gives the FDA authority to regulate tobacco, especially as it pertains to minors. But change can't come fast enough for children from lower income levels, where rates of exposure to secondhand smoke are especially high—not surprising, given that poor adults smoke at higher rates. Children in densely populated public housing suffer the worst.

That's ironic, since these smoke-filled environments are subsidized by the same government that spends billions of dollars on secondhand-smoke-related disease. Public-housing programs receive federal taxpayer funding from the U.S. Department of Housing and Urban Development. HUD does not prohibit local public-housing authorities from making their buildings smoke-free, but it does not require it either. It should.

Across America, landlords of privately owned multiple housing units are implementing popular smoke-free policies; taxpayers funding public accommodations should demand the same. A smoke-free designation means higher property values, and lower fire risk, insurance, and clean-up costs. But most important, it means a healthier life for children.

Some people argue that smoke-free regulation weighs against our longstanding cultural values surrounding privacy and protecting the sanctity of our homes. These values are important. But when considering them against the health of a child who has never smoked but is suffering from tobacco exposure in his own



HOME PAGE TODAY'S PAPER VIDEO MOST POPULAR TIMES TOPICS | Get Home Delivery | My Account | Welcome, kaitlan18 | Log Out | Help

The New York Times **N.Y. / Region** Search All NYTimes.com

WORLD U.S. N.Y. / REGION BUSINESS TECHNOLOGY SCIENCE HEALTH SPORTS OPINION ARTS STYLE TRAVEL JOBS REAL ESTATE AUTOS

For Some Smokers, Even Home Is Off Limits



Robert Perry/The New York Times
Bryan Marc, 53, a smoker who lives at Tribeca Park in Manhattan, said a ban in apartments would be "absolutely absurd."
By C. J. HUGHES
Published November 15, 2009

The movement to ban smoking in New York City has grown so quickly that no place seems immune — certainly not restaurants or bars, and public beaches and parks may not be far behind. Now the efforts are rapidly expanding into the living room.

Related
Cairo Journal: Antismoking Fight Proves a Pyramid-Size Task (November 16, 2009)



Robert Perry/The New York Times
Bryan Marc, who lives in a non-smoking apartment on West 23rd Street, now goes to the street or the roof to smoke.



Robert Perry/The New York Times
1510 Lexington Avenue, which will be a non-smoking building.

Readers' Comments

More landlords are moving to prohibit smoking in their apartment buildings, telling prospective tenants they can be evicted if they light up in them.

This month, the Related Companies will ban smoking at some of its downtown apartment buildings because of health concerns about secondhand smoke, according to company officials.

Smokers who already live in any of these buildings will not be affected, according to Jeff Brodsky, a president of Related, which is a national developer with 17 buildings in Manhattan.

But any new renters must promise not to smoke at home, even if they continue to elsewhere.

Kenbar Management, a local developer, is going a step further. When its new project, 1510 Lexington Avenue, opens in December, smoking will be banned in all 298 units, in addition to private and shared terraces.

And the typical smoker's refuge — directly outside the building — is also off limits; tenants must agree not to smoke on any of the sidewalks that wrap around the building, which takes up most of a block in East Harlem, according to Kinne Yon, a Kenbar principal.

- COMMENTS
- EMAIL
- SEND TO PHONE
- PRINT
- REPRINTS
- SHARE
- CLOSE

HAVE A FANTASTIC THANKSGIVING

More Articles in New York Region »

Politics E-Mail
Keep up with the latest news from Washington with the Daily Politics e-mail newsletter. See Sample
karen_wilson@cornell.rochester.edu
Change E-mail Address | Privacy Policy

Published by Pantheon
READ MORE ABOUT THE BOOK »
VICE
BY JAKE ADELSTEIN

- E-MAILED BLOGGED SEARCHED
1. Panel Urges Mammograms at 50, Not 40
 2. Breaching a Barrier to Fight Brain Cancer
 3. Small-Business Guide: How to Market Your Business With Facebook
 4. Essay: Is Doomsday Coming? Perhaps, but Not in 2012
 5. Online Maps: Everyman Offers New Directions
 6. Design: Mistakes in Typography Grate the Purists
 7. Well: Vitamin D Shows Heart Benefits in Study
 8. David Brooks: The Nation of Futurity
 9. Scientist at Work: Nathan Myhrvold: After Microsoft, Bringing a High-Tech Eye to Professional Kitchens
 10. The TV Watch: Palin Onstage, Still Moving Off Message
- Go to Complete List »

What are the effects of secondhand smoke exposure?



Background

- Secondhand smoke (SHS) exposure is a significant source of morbidity within the pediatric population
 - Increased risk and severity of RSV bronchiolitis
 - 1.3 greater odds of hospitalization
 - 1.6 times greater risk of otitis media
 - 1.8 times greater risk of asthma
 - 2.0 times the risk of developing inflammatory bowel disease
 - 4.7 times the risk of developing metabolic syndrome
- Even very low levels of exposure have been associated with harmful effects in children:
 - Decreased serum antioxidant levels
 - Decreased cognitive abilities

What about very low levels?

- Yolton et al:
 - NHANES analysis examining cognition in children exposed to SHS
 - Significant inverse relationship between cotinine level and block design, reading, and math scores
 - Greatest decrease was at the lowest cotinine levels (.1-1 ng/mL)
- Particular disadvantage for poor children

Free market at work

- Increasing pressure from tenants to restrict smoking in private multi-unit housing
 - Most US residents *do not smoke*.
 - Most multi-unit housing residents want their buildings to be smoke free
 - Landlords see increased costs for cleaning up smoking apartments, increased fire risks, and increased complaints from tenants
- Municipalities also banning smoking in multiunit housing

Associated factors

- Factors associated with housing exposures:
 - Older apartments with thin walls, floors, and outdated ventilation systems
 - Through open windows and doorways
 - Drift from decks and porches
 - Communal areas
 - Outdoor exposures
- However even comprehensive air sealing and ventilation improvement often can't eliminate transfer
The most effective option is to ban smoking from all indoor and outdoor areas of the building

Non-health effects

- When non-smokers move into apartments previously occupied by smokers, they are exposed to tobacco residues, even after 2 months of vacancy and thorough cleaning.
- A study in CA concluded that having a smoking ban would save each property \$1339 per year.
- Smoking in apartments causes damage from fires, cigarette burns, and lingering odors.

Cigarette smoke residue on walls





Benefits of banning tobacco

- Parents who introduce a home smoking ban are more likely to quit smoking
- Parents who have a workplace ban are more likely to attempt to quit smoking
- Bans in workplaces and public buildings have resulted in decreased rates of:
 - Acute myocardial infarction
 - Stroke
 - Asthma

Evidence for incursion

- *The Journal of Anecdotal Medicine*

The Bacon Analogy



Residents of public housing

- 32% of households in public housing included elderly residents
- 35% included disabled persons
- 41% included children

Vulnerable populations are especially likely to live in public multi-unit housing

Studies on apartments

- Boston:
 - Kraev, et al studied nicotine concentrations in 49 low income multi-unit housing units
 - Detectable nicotine levels found in 94% of homes, including 89% of non-smoking homes
 - Residents of non-smoking homes who reported frequent tobacco smoke odor were exposed to higher nicotine concentrations
- New York City:
 - 46% had experienced an incursion
 - 9% had incursions daily

HEALTH LAW, ETHICS, AND HUMAN RIGHTS

Regulation of Smoking in Public Housing

Jonathan P. Winickoff, M.D., M.P.H., Mark Gottlieb, J.D., and Michelle M. Mello, J.D., Ph.D.

Although the hazards of exposure to tobacco smoke are well established, and laws mandating smoke-free indoor air are widespread, private homes have long been considered spaces beyond the legitimate reach of regulation. Reflecting this view, the federal government has not required public-housing units to be smoke-free. Historically, the Department of Housing and Urban Development (HUD) has maintained that although local Public Housing Authorities (PHAs) may opt to ban smoking, they are not required to do so.

This policy choice has important public health implications, given the difficulty of containing smoke in multiunit housing. More than 7 million people live in public housing in the United States,¹ with 4 in 10 units occupied by families with children.² Residents have had little recourse when they are exposed to tobacco smoke; however, policy and practice in this area are changing.

Over the past few years, many private landlords have made their housing units smoke-free for reasons of consumer demand, health, reduced fire hazard, lower insurance costs, and decreased cleaning costs. A small number of local governments have gone further, banning smoking in multifamily residential buildings. In public housing, however, no-smoking policies are rare. To date, only about 140 PHAs across the country (about 4% of the total) have reported that they have voluntarily banned smoking in the public-housing units they manage.³

On July 17, 2009, a shift in federal policy occurred when a key department within HUD issued a memorandum that "strongly encourages Public Housing Authorities (PHAs) to implement

tion of a nationwide ban on smoking in public housing would be desirable.

HEALTH IMPLICATIONS OF EXPOSURE TO TOBACCO SMOKE IN RESIDENTIAL BUILDINGS

The National Toxicology Program has identified more than 250 poisonous gases, chemicals, and metals in tobacco smoke, 11 of which are class A carcinogens.⁵ Numerous epidemiologic studies show that exposure to tobacco smoke can cause lung cancer and cardiac disease in nonsmokers,⁶ and the Surgeon General's report on involuntary smoking concluded that there is no safe level of exposure.⁵ Even brief exposures to tobacco smoke can adversely affect nonsmokers.⁷ Elderly or disabled persons with compromised cardiac or pulmonary function may be particularly susceptible. The rates and severity of asthma and other respiratory illnesses, as well as the rate of sudden infant death syndrome, are increased among children exposed to tobacco smoke.⁵

A resident who smokes in a single unit within a multiunit residential building puts the residents of the other units at risk.^{8,9} Tobacco smoke can move along air ducts, through cracks in the walls and floors, through elevator shafts, and along plumbing and electrical lines to affect units on other floors.^{5,10,11} High levels of tobacco toxins can persist in the indoor environment long after the period of active smoking — a phenomenon known as third-hand smoke.¹²⁻¹⁵ Tobacco toxins are distributed as volatile compounds and airborne particulate matter that are deposited

Objective

- To determine whether children who live in attached housing have higher cotinine levels than children who live in detached housing

Methods

- Data from the 2001-2006 National Health and Nutrition Examination Survey (NHANES)
- 4,782 children ages 6 to 18 years
- Housing type: Apartment, attached house, detached house
- Controlled for demographics and SES
- Cotinine cut off .015 ng/mL (HPLC)

Results

- Among children not living with a smoker:
 - 73% had cotinine levels indicating exposure
- Exposure by housing type:
 - 84% of children living in apartments
 - 80% of children living in attached houses
 - 70% of children living in houses
 - $p < .001$

Results

Cotinine level (ng/mL)	Single house	Attached house	Apartment	p-value
<.015	29.7	20.4	15.5	<.001
.015 - <.05	34.2	32.9	28.1	
.05 - <.1	33.1	40.1	48.9	
1 - <2	1.4	4.0	4.4	
2 and greater	1.6	2.6	3.1	

Results

Cotinine level (ng/mL)	Single house	Attached house	Apartment	p-value
<.015	29.7	20.4	15.5	<.001
.015 - <.05	34.2	32.9	28.1	
.05 - <.1	33.1	40.1	48.9	
1 - <2	1.4	4.0	4.4	
2 and greater	1.6	2.6	3.1	

Race by housing type (% exposed)

Variable		% exposed (95%CI)	p-value
House	White	68% (61, 74)	<.001
	African-American	89% (85, 92)	
	Hispanic	66% (60, 71)	
	Other	74% (60, 85)	
Attached house	White	76% (61, 86)	<.05
	African-American	92% (83, 96)	
	Hispanic	70% (52, 83)	
	Other	80% (54, 94)	
Apartment	White	99% (91, 99)	<.001
	African-American	96% (92, 98)	
	Hispanic	73% (64, 81)	
	Other	64% (40, 82)	

Race by housing type (% exposed)

Variable		% exposed (95%CI)	p-value
House	White	68% (61, 74)	<.001
	African-American	89% (85, 92)	
	Hispanic	66% (60, 71)	
	Other	74% (60, 85)	
Attached house	White	76% (61, 86)	<.05
	African-American	92% (83, 96)	
	Hispanic	70% (52, 83)	
	Other	80% (54, 94)	
Apartment	White	99% (91, 99)	<.001
	African-American	96% (92, 98)	
	Hispanic	73% (64, 81)	
	Other	64% (40, 82)	

Race by housing type (% exposed)

Variable		% exposed (95%CI)	p-value
House	White	68% (61, 74)	<.001
	African-American	89% (85, 92)	
	Hispanic	66% (60, 71)	
	Other	74% (60, 85)	
Attached house	White	76% (61, 86)	<.05
	African-American	92% (83, 96)	
	Hispanic	70% (52, 83)	
	Other	80% (54, 94)	
Apartment	White	99% (91, 99)	<.001
	African-American	96% (92, 98)	
	Hispanic	73% (64, 81)	
	Other	64% (40, 82)	

Results: Tobit regression analysis

- Controlling for SES, race/ethnicity
- White children living in apartments had a 208% increase in their cotinine level over those living in detached homes (p.003)
- Black children living in apartments had a 45% increase in cotinine over those living in detached homes (p=.024)
- Relationships for those of Hispanic and Other ethnicity were not significant.

What did we find?

- 9 of 10 white and African-American children who live in an apartment without a smoker in the home have evidence of tobacco smoke exposure.
- These children also have higher mean cotinine levels than those living in detached houses.
- This relationship persists even when controlling for socioeconomic status

Microsoft Find your 25th hour. Survey your employees → Microsoft Lync

ARTICLE

Microsoft Find your 25th hour. Microsoft Lync Survey your employees →

After the Supreme Court Verdict



LIVE EVENT

A look ahead for healthcare in America

How will the Supreme Court decision on healthcare impact patients, providers and institutions? Join us for a

Nonsmoking apartments still expose kids to smoke

Recommend One person recommends this. Be the first of your friends.

By Lynne Peeples
NEW YORK | Tue Dec 14, 2010 2:28pm EST

(Reuters Health) - Living in a nonsmoking apartment is no guarantee against the dangers of secondhand smoke, warns a new study that measured a nicotine byproduct in the blood of more than 5,000 children across the U.S.

Researchers found that among children in households where no one smokes -- at least not inside -- those who live in multi-unit complexes were exposed to an average of 45 percent more tobacco smoke than those who lived in detached houses.

The finding builds on growing evidence of secondhand smoke's pervasive presence and health hazards. The results may also light a fire under initiatives to make apartment buildings smoke-free and, combined with evidence from a separate new study, could encourage the use of exposure-mitigating tools such as air filters.

Tweet 0

Share

Share this

R+1 0

Email

Print

Related News

[Smoking bans may benefit kids with asthma](#)
Tue, Dec 14 2010

[Could acupuncture be used to treat "lazy eye?"](#)
Mon, Dec 13 2010

[Low vitamin D not](#)

Login or register

Latest from My Wire ▲

Objective

- To examine factors associated with tobacco smoke incursions into multi-unit housing in a nationally representative sample of US adults

Methods

- 2011 Social Climate Survey
- Nationally representative online panel sample
 - Knowledge Networks
- Fielded September-November 2011
- Completion rate of 65%
- Survey included questions on:
 - Type of housing- single family attached, single family detached, apartment
 - Tobacco smoke incursion: defined as smelling tobacco smoke in one's building or unit
 - Personal smoking behaviors and home smoking bans
 - Demographics, presence of children, building smoking restrictions
 - Attitudes about smoking in multi-unit housing

Methods

- Participants were included if they:
 - Reported living in multi-unit housing
 - Reported that no one had smoked in their home during the previous 3 months
- Chi-square analyses and regression models were done using SPSS
- Data were weighted to be nationally representative

Results

- 323 eligible respondents
- 54.4% female
- Average age: 42.6 years
- Residence policy:
 - 37 % reported smoking is allowed anywhere
 - 16% reported smoking is allowed only in units
 - 20% report that smoking is not allowed
 - 28% don't know
- 31% reported incursions in their building
 - 49% of these reported incursions in their unit
 - 38% reported weekly unit incursions
 - 12% reported daily unit incursion

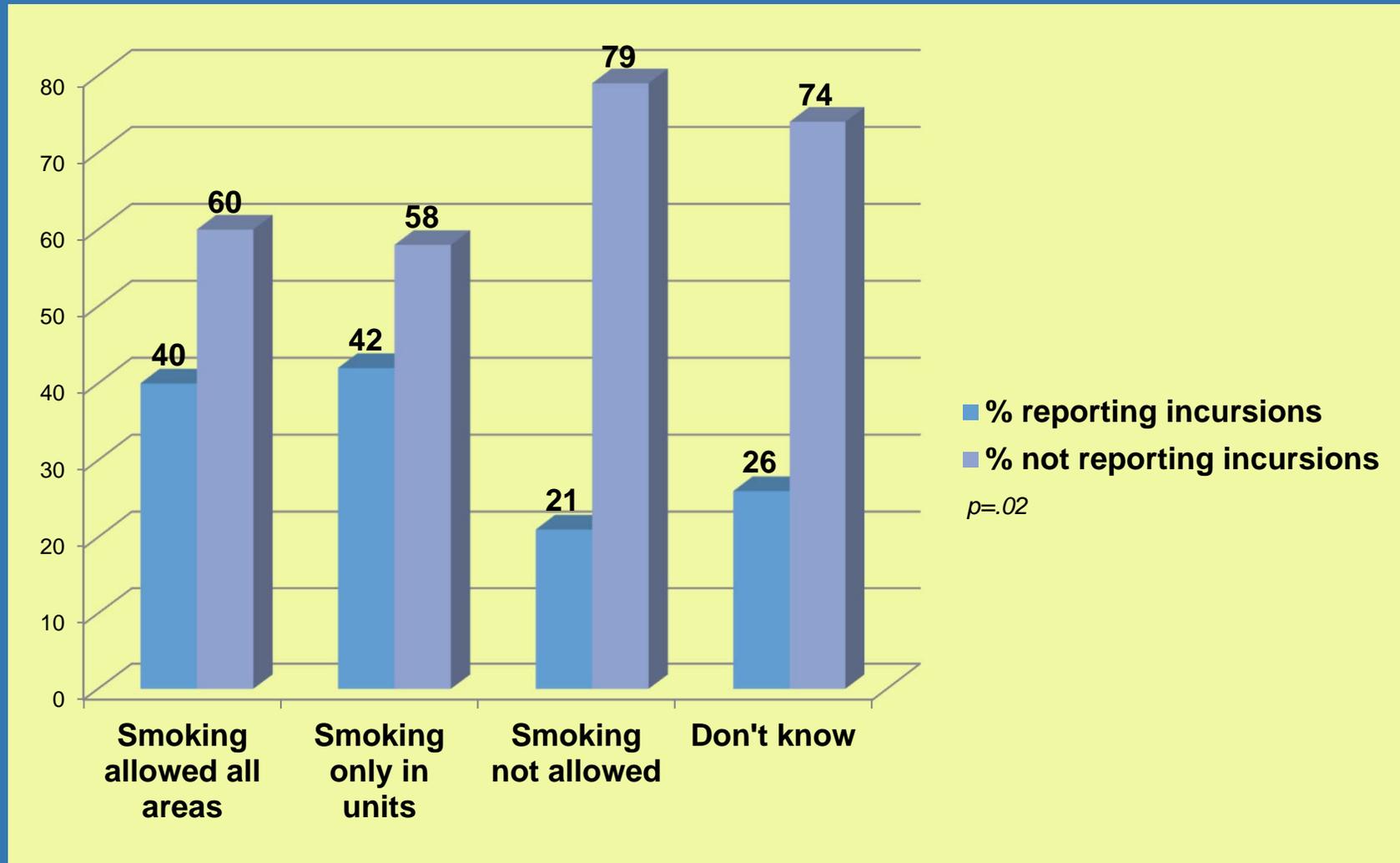
Building incursions by demographics

Variable	% reporting building incursion	% not reporting building incursions	P-value
Living in subsidized housing	50	50	.004
Not in subsidized housing	27	73	
Less than HS education	77	23	.000
High School	26	74	
Some college	25	75	
College grad	30	70	
White, non Hispanic	28	72	.080
Black, non Hispanic	30	70	
Other, non Hispanic	24	76	
Hispanic	47	31	
Multiracial	40	60	
Male	36	64	.057
Female	27	73	
Child in household	41	59	.005
No child in household	26	74	

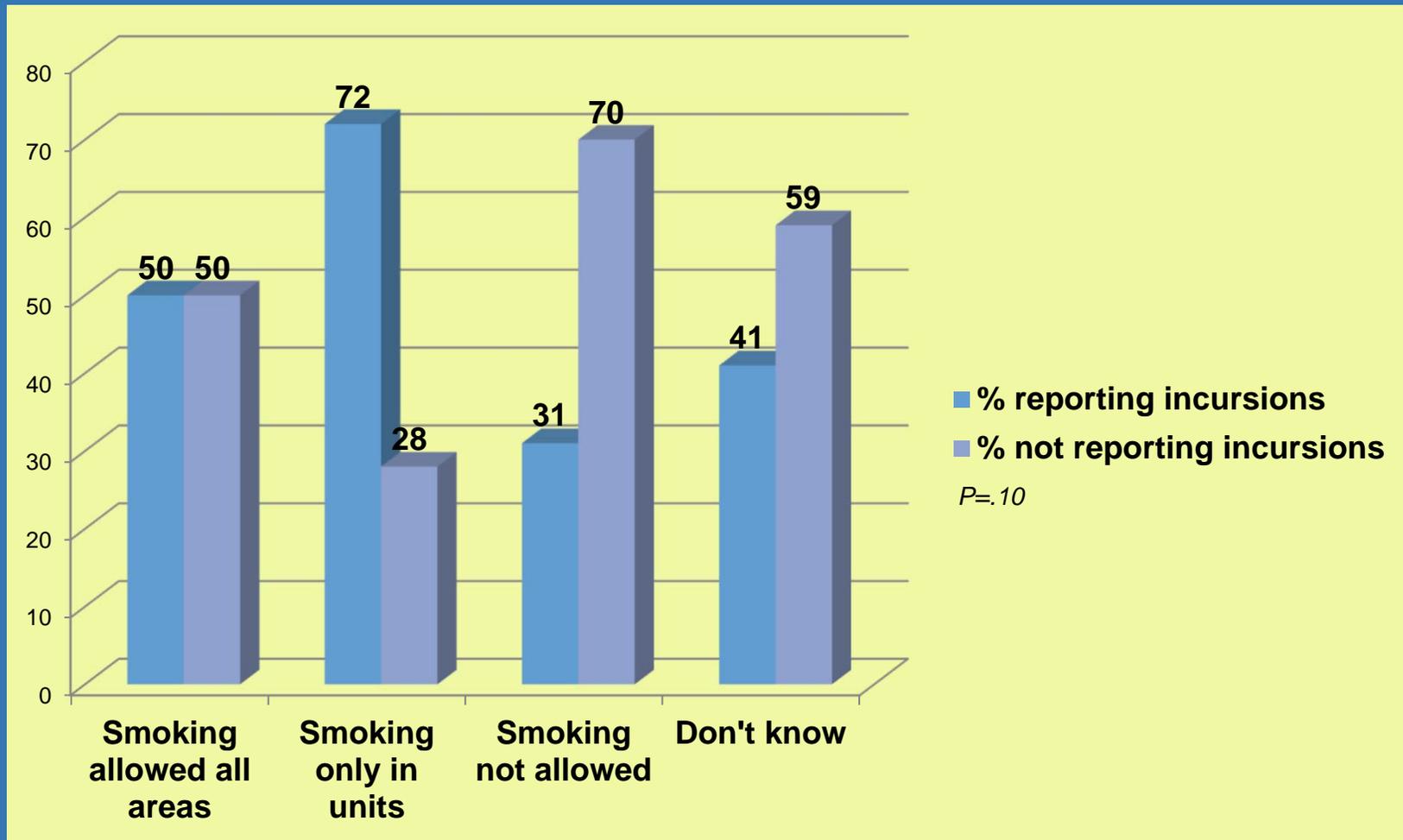
Unit incursions by demographics

Variable	% reporting unit incursions	% not reporting unit incursions	P-value
Receive government assistance	46	54	.143
Does not receive assistance	48	52	
Less than HS education	82	18	.03
High School	40	60	
Some college	43	57	
College grad	44	56	
White, non Hispanic	41	59	.003
Black, non Hispanic	80	20	
Other, non Hispanic	0	100	
Hispanic	59	41	
Multiracial	50	50	
Male	51	49	.673
Female	47	53	
Child in household	34	66	.009
No child in household	60	40	

Restrictions by reported *building* incursions



Restrictions by reported *unit* incursions



Regression model on building incursions

Variable	Odds ratio	95% CI
Age 18-24	2.7	0.7-10.2
Age 25-44	1.0	0.4-2.6
Age 45-64	2.5	0.9-6.7
Age >64	<i>ref</i>	
Gender	1.9	1.0-3.4
Kids in household	1.9	1.0-3.6
Smoke free policy- allowed anywhere	2.7	1.3-6.0
Smoke free policy- allowed in units	2.0	0.8-5.1
Smoke free policy- not allowed anywhere	<i>ref</i>	
Living in subsidized housing	3.7	1.4-10.0
Less than high school	4.9	1.1-21.7
High school	.48	0.2-1.0
Some college	.90	0.5-1.8
College grad	<i>ref</i>	

Regression model on unit incursions

Variable	Odds ratio	95% CI
Age 18-24	8.9	1.4-56
Age 25-44	2.6	0.6-11.7
Age 45-64	9.9	2.2-44.4
Age >64	<i>ref</i>	
Gender	2.0	0.0-4.6
Kids in household	.40	0.2-1.0
Smoke free policy- allowed anywhere	3.2	0.9-10.1
Smoke free policy- allowed in units	3.4	0.9-12.3
Smoke free policy- not allowed anywhere	<i>ref</i>	
Living in subsidized housing	3.9	1.0-14.2
Less than high school	6.4	1.4-30.0
High school	.47	0.16-1.4
Some college	.83	0.3-2.1
College grad	<i>ref</i>	

Discussion

- Nearly a third of MUH residents with non-smoking homes report smelling tobacco smoke in their building
- Half of these residents report incursions into their own units
- Building incursions are more common for those residents who:
 - Have children
 - Have a less than high school education
 - Receive government subsidies for their housing
- Buildings with the strongest smoke free policies were least likely to have residents reporting smelling smoke
 - Allowing smoking only in units did not seem to have a strong protective effect

Conclusions

- Subjects living in multiunit homes with Comprehensive Smoke Free Policies were least exposed to tobacco smoke incursions from neighboring apartments.
- Partial smoke free policies, such as allowing smoking within individual units, were not protective against smoke incursions.
- Given the health impacts of even low levels of SHS, these data provide justification for expanding smoke free policies in MUH to minimize health impacts.

Fly the coop for less!
TRAVEL DEALS: SICILY, MEXICO, SOUTH AFRICA, HAWAII

GET THE DEALS
DealChicken

Study: Secondhand smoke permeates apartments

By Alan Mozes, HealthDay

Posted 4/30/2012 04:20:18 AM

Recommend | Tweet 0 | Email | Print | +

A new survey of American apartment dwellers reveals that upwards of a third of non-smoking residents sniff the stench of secondhand smoke in their building's public spaces, while almost half smell it within their own homes.

Ads by Google

Prostate Cancer Treatment

Learn What Your Doctor Doesn't Know
1 Week No Recovery Few Side Effects

www.ColoradoCyberknife.com

Prostate Cancer Treatment

Groundbreaking Protocol in Atlanta
Survival Data on Over 14,000 Men

www.ProstRoision.com

Prostate Cancer Survivors

Does Your Hospital Publish Their
Prostate Cancer TX Results? We do.

cancercenter.com/cancer-statistics

"As a pediatrician, I have had a lot of feedback from parents who have been telling me that this is really a significant issue for them," study author Dr. Karen Wilson said. "But I do think for many people this is a relatively new concept to think about, in terms of looking at the situation and the potential impact, and then being able to do something about it."

Wilson is the section head of pediatric hospital medicine at Children's Hospital Colorado and an assistant professor of pediatrics at the [University of Colorado School of Medicine](#). The findings were set for Sunday presentation at the annual meeting of the Pediatric Academic Societies in Boston.

The survey focused on the experiences of 323 nationally representative respondents and was conducted by the American Academy of Pediatrics Julius B. Richmond Center of Excellence, a group aimed at safeguarding children from cigarettes and secondhand

Videos you may be interested in



Emel Sande on med school, life in Scotland



Pregnancy: What to Expect Week 11



How to Relieve Joints?
[EverydayLifestyles.com](#)

by Taboola
More videos

POLITICAL

ELECTION 12 **AD TRACKER**

Watch. Weigh in. Discuss.

WATCH NOW

Most Popular

Stories

- Sunscreen forbidden at schools and camps
- Analysis: Victory for Obama now, but what of...
- One dead, 2 wounded in Fort Bragg shooting

Videos

- Raw Video: Supporter of SCOTUS health care law decision

The New York Times

ADVERTISEMENT

U.S.

Increasingly, Smoking Indoors Is Forbidden at Public Housing



Craig Dilger for The New York Times

Residents at Franklin Towers, a public housing high-rise in Portland, Me., obeying a requirement that they smoke outdoors. On Jan. 1, Maine will become the first state where all public housing authorities will have banned smoking.

[2 more images](#)

By KATHARINE Q. SEELYE
Published: December 18, 2011

AUBURN, Me. - Glenys Cushman was grabbing a quick cigarette here the other day outside her federally subsidized apartment. The rules say no smoking inside or within 25 feet of the entrance, and though she hates having to go outside, she has come to accept it.

"My neighbor is on oxygen," said Ms. Cushman, 53, who is on disability herself. "And I can't quit. I tried. I get too worked up without smoking. So I come out here."

In 2004, the Auburn Housing Authority became the first authority in Maine and one of the first in the country to ban smoking in public housing, and it has served as a model. On Jan. 1, Maine will



HUD > SmokeFree Toolkits

Smoke-Free Multifamily Housing

Print Friendly Version SHARE

FROM THE HUD PRESSROOM:

Smoke-Free Multifamily Housing Toolkit Podcast: [Click Here!](#)

Smoke-Free Housing Press Release
[HUD, HHS AND HEALTH GROUPS ANNOUNCE NEW SMOKE-FREE HOUSING TOOLS](#)
Toolkits help federally assisted housing managers to adopt smoke-free policies

Toolkits for Owners/Management Agents and Residents

These Smoke-Free Housing Toolkits are provided by the U.S. Department of Housing and Urban Development (HUD) in partnership with the American Academy of Pediatrics, the American Lung Association, and the U.S. Department of Health and Human Services. They are a compilation of existing educational, "how-to" and resource brochures, pamphlets and other information designed to assist owners/management agents and residents of public and assisted multi-family housing who want safer and healthier homes.

The contents of the two Toolkits differ based on the intended audience. Both toolkits contain information on health effects of smoking, a synopsis of the Surgeon General's 2006 report of the harmful effects associated with exposure to secondhand smoke, Frequently Asked Questions, the HUD smoke-free housing Notices from the Offices of Public and Indian Housing and Multifamily Housing, a list of some Public Housing Authorities that have smoke-free policies, and a list of resources for more information. Other documents in the toolkits are audience-specific.

HUD thanks its partners in the process and the developers of the smoke-free housing materials for giving permission to use the documents in this publication.

[Smoke-Free Housing Toolkit for Public Housing Authorities and Owners/Management Agents](#)

[Smoke-Free Housing Toolkit for Residents](#)

[Link to pdf file Joint letter from partners](#)

[Note to Public Housing Agencies](#)

WHAT'S HAPPENING:

[Meeting on Smoke-Free Multi-Unit Housing](#), August 14, 2012, Kansas City, MO: In conjunction with the **[National Tobacco Control Conference](#)**, the American Lung Association is hosting a one-day ancillary meeting on smoke-free multi-unit housing, with an emphasis on affordable housing. HUD and the CDC Office on Smoking and Health will participate in this meeting. The meeting will provide participants with information on approaches that have proven successful in this

Community Planning and Development

Developing Viable Communities



COMMUNITY PLANNING DEVELOPMENT

LEARN MORE

Open Government Initiative



HUD.GOV/Open

LEARN MORE

HUD News
HUDNews

 **HUDRockyMtns #HUD Secretary Announces Disaster Assistance for Colorado Fire Victims** [ow.ly/bUH18](#)
2 hours ago · reply · retweet · favorite

 **HUDNews SOHUD speaks at the WH Sustainability Summit in WDC, to lift up communities that have diverse housing, transpo. & and econ. plans.**
19 hours ago · reply · retweet · favorite



American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



Dear Reader:

The U.S. Department of Housing and Urban Development, the Department of Health and Human Services, the American Academy of Pediatrics, and the American Lung Association are joining together to protect everyone living in federally assisted multifamily housing from the dangers of secondhand smoke. Since 2009, HUD has strongly encouraged Public Housing Agencies to adopt smoke-free buildings to protect the health of residents, and now urges federally assisted multifamily property owners to go smoke-free. To assist you in this process, HUD has developed smoke-free housing toolkits to provide user-friendly information on making all buildings smoke-free. There are materials for landlords, including Public Housing Agencies, and for resident organizations.

The U.S. Surgeon General has warned that breathing secondhand smoke for even a short time is dangerous. Children, the elderly and disabled, and low-income and other disadvantaged individuals and families are the most likely to suffer from breathing secondhand smoke. Secondhand smoke causes heart attacks and lung cancer and it makes asthma worse. Smoke-free housing is especially important for kids. Secondhand smoke can hurt their growing lungs, and kids and teens with asthma have difficulty breathing. Secondhand smoke is also associated with Sudden Infant Death Syndrome (SIDS). Research has demonstrated that smoke does not stay contained within individual apartments and as a result can harm residents in non-smoking apartments. For more information on the harmful effects of secondhand smoke on children, please visit the website of the American Academy of Pediatrics at www.aap.org/richmondcenter.

Smoke-free housing benefits landlords and managers as well. It reduces fires caused by smoking. In 2007, over 140,000 fires were started by cigarettes, cigars and pipes in the U.S. causing \$530 million in property damage, according to the National Fire Protection Association. Twenty-five percent of people killed in smoking-related fires are not the actual smokers, with many being children of the smokers, neighbors or friends. Smoke-free housing also saves on property maintenance costs from cleaning and painting stained walls and ceilings and repairing burn marks left by smoking. Less damage means less expense to get a unit ready for a new resident. It is completely legal to go smoke-free, and all smoke-free policies don't have to look alike.

Smoking is a powerful addiction and people who smoke need help to quit. There are ways for smokers to get help quitting, including by calling 1-800-QUIT-NOW (1-800-784-8669/TTY 1-800-332-8615). Smokers can also talk with their doctors and other healthcare providers, or visit the American Lung Association's website at www.lung.org.

Everyone deserves the right to breathe clean air. Please join us by going smoke-free and making sure that smokers know how to get help quitting. While there will be challenges along the way, everyone will benefit from smoke-free multifamily housing!

Sincerely,

Jon L. Gant
Director, Office of Healthy Homes
and Lead Hazard Control
U.S. Department of Housing and Urban Development

Charles D. Connor
President and CEO
American Lung Association





American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



Dear Reader:

The U.S. Department of Housing and Urban Development, the Department of Health and Human Services, the American Academy of Pediatrics, and the American Lung Association are joining together to protect everyone living in federally assisted multifamily housing from the dangers of secondhand smoke. Since 2009, HUD has strongly encouraged Public Housing Agencies to adopt smoke-free buildings to protect the health of residents, and now urges federally assisted multifamily property owners to go smoke-free. To assist you in this process, HUD has developed smoke-free housing toolkits to provide user-friendly information on making all buildings smoke-free. There are materials for landlords, including Public Housing Agencies, and for resident organizations.

The U.S. Surgeon General has warned that breathing secondhand smoke for even a short time is dangerous. Children, the elderly and disabled, and low-income and other disadvantaged individuals and families are the most likely to suffer from breathing secondhand smoke. Secondhand smoke causes heart attacks and lung cancer and it makes asthma worse. Smoke-free housing is especially important for kids. Secondhand smoke can hurt their growing lungs, and kids and teens with asthma have difficulty breathing. Secondhand smoke is also associated with Sudden Infant Death Syndrome (SIDS). Research has demonstrated that smoke does not stay contained within individual apartments and as a result can harm residents in non-smoking apartments. For more information on the harmful effects of secondhand smoke on children, please visit the website of the American Academy of Pediatrics at www.aap.org/richmondcenter.

Smoke-free housing benefits landlords and managers as well. It reduces fires caused by smoking. In 2007, over 110,000 fires were started by cigarettes, cigars and pipes in the U.S. causing \$530 million in property damage according to the National Fire Protection Association. Twenty-five percent of people killed in smoking-related fires are not the actual smokers, with many being children of the smokers, neighbors or friends. Smoke-free housing also saves on property maintenance costs from cleaning and painting stained walls and ceilings and repairing burn marks left by smoking. Less damage means less expense to get a unit ready for a new resident. It is completely legal to go smoke-free, and all smoke-free policies don't have to look alike.

Smoking is a powerful addiction and people who smoke need help to quit. There are ways for smokers to get help quitting, including by calling 1-800-QUIT-NOW (1-800-784-8669/TTY 1-800-332-8615). Smokers can also talk with their doctors and other healthcare providers, or visit the American Lung Association's website at www.lung.org.

Everyone deserves the right to breathe clean air. Please join us by going smoke-free and making sure that smokers know how to get help quitting. While there will be challenges along the way, everyone will benefit from smoke-free multifamily housing!

Sincerely,

Jon L. Gant
Director, Office of Healthy Homes
and Lead Hazard Control
U.S. Department of Housing and Urban Development

Charles D. Connor
President and CEO
American Lung Association



HUD rule

- Tobacco smoking to be prohibited in HUD multiunit housing
 - Aside from Section 8 or vouchers
 - All indoor areas, and outdoor areas within 25 ft
 - PHAs may have outdoor smoking areas outside of 25 ft
- Final rule: December 5th, 2016
- Effective :February 3, 2017
- Enforcement begins: August 3, 2018

Other information

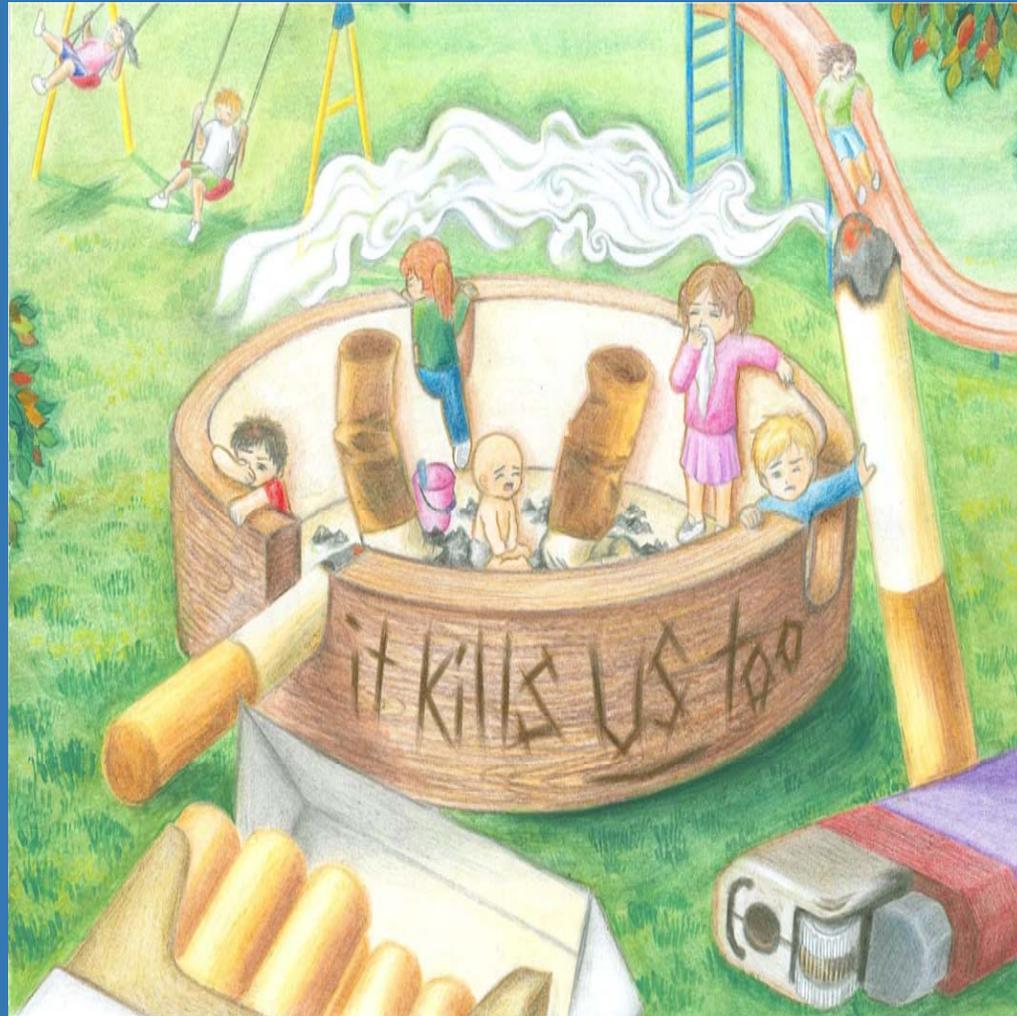
- Electronic cigarettes are NOT included
- Recommendations for graduated enforcement
- Smoking restrictions must be on lease

In summary

- Tobacco smoke incursions happen, and may be measured in children
- Reducing smoking in multi-unit housing can protect children and other vulnerable populations
- Public opinion can drive research questions
- Research can shape public policy

Special thanks to:

- Coauthors:
 - Jonathan Winickoff
 - Jonathan Klein
 - Robert McMillan
 - Mark Gottlieb
 - Sarah Wesgate
 - Sue Tanski
- And the Richmond Center staff!



Jessica Lin 1st Place winner, FAMRI/ AAP/Richmond Center Art Contest 2009