

**GREEN INITIATIVES:**  
**SMOKEFREE TRENDS**  
**MULTI-UNIT HOUSING**



**GASP**

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# Audience and Purpose

- Residential property owners and managers
- Housing industry professionals
- Policy makers ....
  
- Who would like to learn about the **economic and health benefits** of smokefree policies for multi-unit housing.

# Smokefree housing trend

- In recent years, Public Housing Authorities (PHAs) across the nation have taken the initiatives to create smokefree housing policies (house rule or lease amendment).
- As of August 2009, 120 PHAs in 17 States, have a smokefree policy.
- Examples of NJ PHAs with smokefree policies: Madison, Ocean City, Woodbridge, Summit.
- Behavior of smoking is restricted; not banning the person who smokes.

# NJ private settings 100% smokefree

- **2006 NJ Smoke-free Air Act (N.J.S. 26:3D-55) and 2007 NJ Dept of Health rules:**
  - Common areas of multi-unit housing (foyers, hallways, stairwells, laundry rooms, common rooms, elevators, etc.)
  - No wafting from outside to interior of building.
  - All college dormitories, public and private.
  - Faculty housing, rectories, convents when open to public, students, or a workplace
  - Nursing homes, residential healthcare facilities

- Drug treatment facilities
- Correctional facilities
- **Resource family homes/cars**
  - N.J.A.C. 10:122C-7.2(a)(3)
  - Defines resource family homes as foster homes, adoptive homes, family friend homes and relative care homes. NJ law requires to be smokefree:
    - Resource family homes
    - Vehicles transporting the resource family child
    - Outdoors when resource family child is present

<http://www.state.nj.us/dcf/divisions/licensing/RFmanual.pdf>

# Child custody based on SHS exposure

- New Jersey Family Courts review a checklist to determine child custody and visitation: **what is in the best interest of the child.** *Health and Welfare of the child* is one category in the checklist.
- **Two precedent setting NJ court cases:**
  - 1994 Unger v. Unger – can't smoke in home/car
  - 2003 Montufar v. Montufar – can't smoke in mother's/grandparent's homes and cars.

# Why smokefree multi-unit housing?

- **“Strongly encouraged”** by U.S. Department of Housing and Urban Development (HUD), July 2009 Notice
- HUD Healthy Homes program, supported by U.S. Surgeon General
- EPA/HHS Smokefree Homes and Cars Program for Head Start Families
- **“Green”** incentives
- Economics – reduced operating costs

# Why smokefree multi-unit housing?

- Reduce fire risk/damages
- Limit liability
- High market demand
- Support from associations and media
- Protect health
- Global trend

# Secondhand smoke migrates into units

- **SHS migrates, wafts, seeps:**

- from one apartment/condominium to another (through floorboards, electrical outlets, shared ventilation/heating units).
- ETS drifts from an indoor common area, like a hallway, into a private unit, and visa versa.
- ETS drifts up from a private patio/balcony or window, into the private unit above.
- ETS drifts from an outdoor common area, into a private unit.

# HUD Notice PIH-209-21 (HA)

- On July 17, 2009, HUD) issued a Notice:
  - “***PHAs are permitted and strongly encouraged*** to implement a non-smoking policy at their discretion”
  - “... in some or all of their public housing units”
  - “... this notice will enhance the effectiveness of the Department’s efforts to ***provide increased public health protection for residents of public housing.***”
  - “***Smoking is also an important source of fires*** and fire-related deaths and injuries.” (emphasis added)

# HUD Notice PIH-209-21 (HA)

- Notice refers to U.S. Green Building Council and Indoor Air Quality (IAQ) requirements:
  - “[Environmental Tobacco Smoke] ETS is known to be an indoor air pollutant; as a ***result it would be difficult for a PHA to achieve good IAQ in its buildings if residents are allowed to smoke***, especially indoors. “
  - “If a PHA does conduct renovations to improve IAQ ***without also implementing a non-smoking policy, the IAQ benefits of the renovation will not be fully realized.***”
  - ***A non-smoking policy is an excellent approach*** for those PHAs that are trying ***to achieve improved IAQ without the retrofit costs.***

# Implementing HUD Notice

- PHAs can create a 100% smokefree “**house rule**” or **model lease policy**
  - GASP can provide models/samples
- “PHAs should consult with their resident boards...” (HUD Notice, para. 4)
- **Grandfathering** only required for as long as the NJ state law requires.
- **See GASP brochure** for step-by-step implementation process.

# HUD Healthy Homes Program

- **Tobacco smoke is listed on HUD's website as a trigger for allergies and asthma.**

<http://www.hud.gov/offices/lead/healthyhomes/allergens.cfm>

<http://www.hud.gov/offices/lead/healthyhomes/asthma.cfm>

- **HUD's strategic plan for their *Healthy Homes* program, supports the Surgeon General's June 2009 Call to Action to Promote Healthy Homes:**

<http://www.surgeongeneral.gov/topics/healthyhomes/transcript.html>

<http://www.hud.gov/offices/lead/hhi/index.cfm>

<http://www.hud.gov/offices/lead/healthyhomes/index.cfm>

# HUD Healthy Homes Program

- **The fifth of HUD's *Seven Healthy Homes Principles* addresses secondhand smoke:**

**"Keep your home Contaminant-Free:** Chemical exposures include lead, radon, pesticides, volatile organic compounds, and **environmental tobacco smoke. Exposures to** asbestos particles, radon gas, carbon monoxide, **and second-hand tobacco smoke are far higher indoors than outside."**

# Green Incentives

- **2009 Federal stimulus funding application *awards 1 point for 100% smokefree PHA policy*:**
  - HUD 2009 Notice of Funding Availability (NOFA) for Capital Fund Recovery Competition Grants under the American Recovery and Reinvestment Act of 2009
  - PHA agrees to “**enforce a ‘no-smoking’ policy in all common and individual living areas** in all buildings”
  - page 79 of Notice, "**Strategy for Green Communities**"  
<http://www.hud.gov/offices/pih/programs/ph/capfund/ocir/recoverynofa.pdf>
  - Application deadline August 2009; future grants may include similar point award for 100% smokefree policy.

# Green Incentives

- **U.S. Green Building Council's** silver, gold and platinum LEED designations:
  - **Platinum** designation only given to 100% smokefree buildings
- **Enterprise Community Partners' Green Communities** initiative
  - awards **2 points** (criteria 7.17): loans, grants and low-income housing tax credits
- 100% smokefree designation can provide other tax credits, financial incentives and benefits

# Economics – Reduced Operating Costs

- **Smoking unit rehabs cost between \$500 to \$8000!**
- Lower rehab costs for smokefree units: no need to repair or replace carpeting, floors, fixtures, countertops or appliances damaged by burns or nicotine stains.
- Faster turnover time for smokefree units due to less preparation and repainting (one coat of paint vs. wash, prime and paint walls).
- Less wear 'n' tear on ventilation systems.
- Discount on property casualty insurance.
- Lower fire risk means reduced damage costs.

# Reduced Fire Risk and Damage

- Smoking is lead cause of residential fires.
- Smoking near portable oxygen equipment has resulted in explosions and fires.
- National Fire Prevention Association recommends no smoking during home oxygen use in any portion of a residence.

# Limit Liability

- **Help avoid potential legal liability** due to nonsmoking tenants' exposure to SHS:
  - Breach of warranty of habitability / quiet enjoyment
  - Nuisance / trespass
  - complaints under the Fair Housing Act
  - Workers entering units where smoking takes place:
    - Violations of NJ Law Against Discrimination
    - Violations 2009 Americans with Disabilities Act Amendment Act

# High Market Demand

- Woodbridge and Summit PHAs report approximately 90% of PHA apartments are nonsmoking, prior to their smokefree policy.
- 80+% of New Jerseyans are nonsmokers; 70% of smokers want to quit.
- Fewer units vacated in a smokefree building; no smoke seepage problems that cause tenants to move.

# Support from Associations/Media

- **National Center for Healthy Housing**
  - **Green and Healthy Housing initiative**
  - ***Reasons to Explore Smoke-free Housing***  
(pamphlet)  
[http://www.nchh.org/Portals/0/Contents/Green%20Factsheet\\_Smokefree.pdf](http://www.nchh.org/Portals/0/Contents/Green%20Factsheet_Smokefree.pdf)
- July/August 2009 issue of *Apartment Insight* magazine article:  
***“The trend towards smokefree apartments is expected to spread across the nation, driven by consumer demand.”***

# Support from Associations/Media

- July 2009 Newsweek Letter to the Editor:  
*“Most important, [smokefree] means a healthier life for children.”*
- National Apartment Association’s UNITS  
December 2007 magazine article:  
*“Fortunately, what is in the best interest of resident health is also in the best interest of community owners’ bottom lines.”*

# Protect Health

- Protect family members, visiting social service workers and building maintenance workers from SHS:
  - **chronic exposure to secondhand smoke is almost as deleterious to one's health (80%), as being a pack-a-day smoker.**

2005 UCSF study published in the journal *Circulation*

# Protect Health

- **Protect family pets:**
  - SHS is especially hazardous for infants, children, the elderly, and people with chronic diseases, cancer, or breathing disabilities.
  - Cats exposed to SHS were twice as likely to develop the feline lymphoma.
  - Pets can develop respiratory infections, lung inflammation or asthma when breathing in SHS.  
[www.fluffyquits.com](http://www.fluffyquits.com), Erie-Niagara Tobacco-Free Coalition, New York



I love you...



...but the smoke is *killing* me!

Remember, when you smoke  
so does your pet!



WNY  
Veterinary  
Medical  
Association



Erie-Niagara  
Tobacco-Free  
Coalition

ex

For help call  
1.800.QUIT.NOW

**SMOKEFREE and SO FREAKIN' HAPPY**



# Medical and public health community support

- U.S. Surgeon General's Report; EPA, HHS
  - Head Start smokefree homes/cars program
  - We Sabemos smokefree homes program
- CDC Recommendations
- World Health Organization
- Canada, UK, other countries

# U.S. Surgeon General's 2006 Report

- **The home remains the most serious venue for secondhand smoke exposure, more so than workplaces. In the U.S.:**
  - Almost 60% of children ages 3-11 (approx 22 million children) are exposed to SHS.
  - 25% of children ages 3-11 live with at least one smoker.
- **Smoke-free rules in vehicles and homes can reduce SHS exposure among children and nonsmoking adults (Section IV).**

# U.S. Surgeon General's 2006 Report

- **Health effects of SHS on children:**

- sudden infant death syndrome
- preterm delivery
- low birth weight
- childhood cancer risks

(Ch. 5, pp. 242-243)

- **Studies show that SHS can lead to:**

- An increase in fetal mutation
- Increased risk of miscarriage

# U.S. Surgeon General's 2006 Report

- **Smokefree homes protect** children, pregnant women, nonsmoking adults, esp. with health conditions, and sets a good example.

<http://surgeongeneral.gov/library/secondhandsmokereport> , chapters 5 and 10.

# EPA Smokefree Homes Program for Head Start Families

- A review of the 2002-2005 Head Start Program Information Report (PIR) shows **asthma as the most frequently reported chronic health condition by Head Start programs nationwide.**
- **February 2007 MOU between EPA and U.S. Dept of Health and Human Services (HHS)**  
[http://www.epa.gov/iaq/headstart/headstart\\_mou.html](http://www.epa.gov/iaq/headstart/headstart_mou.html)

# EPA Smokefree Homes Program for Head Start Families

- **To educate** staff and parents of Head Start and Early Head Start programs on the importance of reducing children's exposure to environmental asthma triggers and the harmful effects of secondhand smoke.
- **To promote and distribute** EPA's Asthma and Smoke-Free Homes Program messages and educational materials to Head Start and Early Head Start programs.

<http://www.epa.gov/iaq/headstart/index.html>

<http://www.epa.gov/smokefree/index.html>

- **Outreach to 1 million Head Start families:**
  - Community events
  - Brochures, placemats, decals
  - Smokefree homes action kit CD-Rom
  - Pledge posters
  - Booklets on local programs promoting smokefree homes

<http://www.epa.gov/smokefree/>

<http://www.epa.gov/iaq/headstart/index.html>

<http://www.epa.gov/smokefree/publications.html>



# 2007 U.S. Surgeon General's campaign

- Announced September 18, 2007.
- **Goal: reduce SHS exposure to children younger than 7 years old, to 6% by 2010.**
- Partner with parents and community groups.
- Pediatricians to screen children for parents who smoke, distribute cessation materials.
- **Sabemos “We Know” toolkit** for Hispanic community, on protecting children from SHS.  
[http://www.cdc.gov/tobacco/secondhand\\_smoke/sabemos/](http://www.cdc.gov/tobacco/secondhand_smoke/sabemos/)

# 2007 U.S. Surgeon General's campaign

- **Smokefree Homes for Headstart Families**
  - **Federal program** (U.S. Surgeon General, U.S. Environmental Protection Agency, U.S. Department of Health and Human Services, Administration for Children and Families, and American Academy of Pediatrics)
  - **to work with the Head Start program on smokefree homes initiative**

<http://www.surgeongeneral.gov/pressreleases/sg09182007.html>

[http://www.cdc.gov/tobacco/secondhand\\_smoke/index.htm](http://www.cdc.gov/tobacco/secondhand_smoke/index.htm)

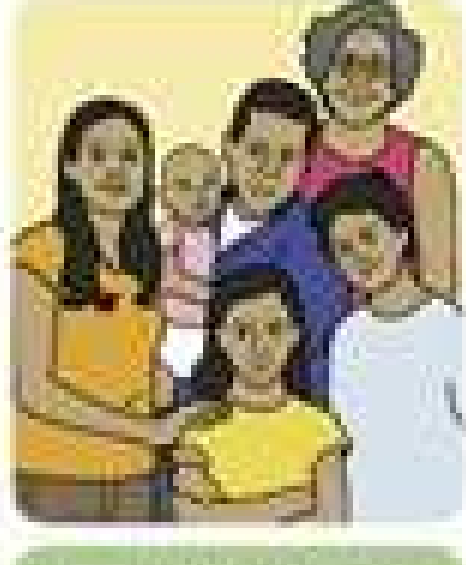
# EPA bilingual Smokefree home brochures

Secondhand Tobacco Smoke and the Health of Your Family



Segunda mano humo de tabaco puede causar graves problemas de salud en los miembros de su familia. Este folleto le ayuda a comprender mejor los riesgos de la exposición al humo de tabaco y le ofrece consejos para reducirlos.

El humo de tabaco en el medio ambiente y la salud de su familia



El humo de tabaco en el medio ambiente puede causar graves problemas de salud en los miembros de su familia. Este folleto le ayuda a comprender mejor los riesgos de la exposición al humo de tabaco y le ofrece consejos para reducirlos.

# NJ Quit Programs

- Sponsored by the NJ Dept of Health and Senior Services' Comprehensive Tobacco Control Program
- Offers free and discounted smoking cessation programs
  - QuitCenters – in person cessation programs
  - Quitnet – computer
  - Quitline – phone counseling
- [nj.quitnet.com](http://nj.quitnet.com)

# Canada's campaign for smokefree homes/cars

- Sponsored by Canadian Ministry of Health
- Make your home and car smoke-free: A guide to protecting your family from second-hand smoke

[www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/second-guide/index\\_e.html](http://www.hc-sc.gc.ca/hl-vs/pubs/tobac-tabac/second-guide/index_e.html)

- Keep it Outside Campaign

[www.keepitoutside.com/keepitoutside.asp](http://www.keepitoutside.com/keepitoutside.asp)



# MAKE YOUR HOME AND CAR SMOKE-FREE

## Did You Know?

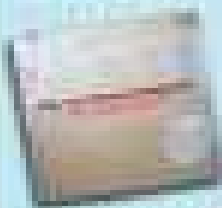
Second-hand smoke has been linked to serious health and asthma complications (and even death) in children. Now, just one choice by adults (children, too, in their parents' presence) can greatly lower children's risk of these complications. Many parents are unaware that some of the actions they are taking to protect their children from their home are not effective. Smoking a cigarette, having a fire burning in a fireplace, smoking in another room or going to an outdoor smoking area can all expose children to second-hand smoke.

[GoSmokefree.ca](http://GoSmokefree.ca)



## Protect Your Family

Make sure you don't smoke and consider banning the use of tobacco products from your home, car and other enclosed spaces.



Canada

# United Kingdom smokefree campaign

[www.gasp.org.uk/page554.htm](http://www.gasp.org.uk/page554.htm)



# Support from Global Health Experts

- UICC World Cancer Campaign 2007-2012:
  - Theme is “Today’s children, tomorrow’s world”
  - **“To provide a smokefree environment for children (‘no smoking in homes’)”**

<http://www.worldcancercampaign.org/>



# WHO Policy Recommendations: May 2007

- Health Impact of SHS on children
  - Respiratory Illnesses and Symptoms
  - Worsens asthma; causes new-onset asthma
  - Reduces lung growth and development
  - Causes middle ear disease
  - Causes Sudden Infant Death Syndrome
- **Home is often the highest source of SHS exposure for children.**

[http://www.who.int/tobacco/resources/publications/wntd/2007/pol\\_recommendations/en/index.html](http://www.who.int/tobacco/resources/publications/wntd/2007/pol_recommendations/en/index.html) citing: *Summary of findings of the California EPA, 2005; U.S Surgeon General's Report, 2006*

# WHO Policy Recommendation #4 (May 2007)

- **Use public education to reduce smoking in the home:** smokefree legislation increases the likelihood that people will make their homes smokefree. (p. 6)
- **“Policies need to be developed** to address this setting, if public health is to be adequately protected.” (p. 21)

[http://www.who.int/tobacco/resources/publications/wntd/2007/pol\\_recommendations/en/index.html](http://www.who.int/tobacco/resources/publications/wntd/2007/pol_recommendations/en/index.html)

# European Environment & Health Committee (World Health Organization)

- Children are entitled to grow and live in healthy environments, in the spirit of the Convention on the Rights of the Child of November 1989.
- Implement the Framework Convention on Tobacco Control (FCTC), and reduce the exposure of children to SHS.

Children's Environment and Health Action Plan for Europe , June 2004.  
European Environment and Health Committee, WHO Regional Committee  
for Europe. <http://www.euro.who.int/document/e83338.pdf>



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