

SMOKEFREE ENVIRONMENTS FOR SUPPORTIVE HOUSING



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For downloadable information on smokefree casinos, go to www.njgasp.org and click on *Smokefree Gaming*.

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Supportive Housing

- **Supportive housing** is community housing, owned by or leased to **a person with a disability or other special need**.
- **SHANJ's mission** is to **promote and maintain** a strong supportive housing industry in New Jersey:
 - **Strengthening** the capacity of member organizations to provide supportive housing services **through information**.
 - **Educating** **policy makers, elected officials, and the public** on the use and benefits of the supportive housing model.

Source: www.shanj.org

GASP's Mission

- **Two-fold:**
 - **Smokefree air for nonsmokers**
 - **Tobacco free lives for children**
- **Mostly funded by the State Department of Health.**
- **Educate: benefits of smokefree environments.**
- **Information to share on the health/economic benefits of smokefree policies for supportive housing, e.g. HUD's July 2009 Notice to public housing authorities (PHAs), to strongly encourage smokefree housing policies.**

What can SHANJ Members do?

- Learn about how smokefree housing can benefit supportive housing residents.
- Educate local PHAs, property managers/owners, public on the benefits of smokefree supportive housing:
 - PHAs, property managers/owners can create a 100% smokefree “**house rule**” or **lease policy**
 - GASP can provide models/samples
 - “PHAs should consult with their resident boards...” (HUD Notice, para. 4)
 - **See GASP brochure** for step-by-step implementation process suggestions.

Basic 101:

Secondhand smoke is dangerous

- **Class A carcinogen** (asbestos, benzene).
- **SHS kills 50,000 Americans per year.**
- 2005 UCSF study published in the journal *Circulation*:
 - **chronic exposure to secondhand smoke is almost as deleterious to one's health (80%), as being a pack-a-day smoker.**
- More than 250,000 children's ear, nose, infections, per year.
- 2006 U.S. Surgeon General's Report.
- World Health Organization.
- 2006 NJ Smokefree Air Act.
- More than 100 smokefree municipal laws in NJ.

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)
- **For pregnant women and their unborn child, SHS can lead to:**
 - An increase in fetal mutation
 - Increased risk of miscarriage
- **Smokefree homes protect children, pregnant women, nonsmoking adults, esp. with health conditions, and sets a good example.** [chapters 5 and 10, surgeongeneral.gov/library/secondhandsmokereport]

Where is secondhand smoke in multi-unit housing?

- Secondhand smoke (SHS) enters a private unit or common areas:
 - **from one apartment/condo unit 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.**

Supportive housing owners and tenants benefit from smokefree housing:

- Breathing disabled, asthmatic, COPD
- Cardiac disease, other chronic diseases and health problems exacerbated by secondhand smoke (e.g. diabetes).
- On portable oxygen... fire safety issue of neighbors smoking.
- Family members, caretakers, social service workers should not be exposed to secondhand smoke.
- Pets suffer from secondhand smoke exposure.

Federal and State Disability Laws

- Americans with Disabilities Act Amendment Act, amended January 2009:
 - **May protect a person with a “perceived “ or “intermittent” disability**
 - **May protect a person who is permanently breathing disabled, or temporarily breathing disabled** due to SHS exposure, in their unit or common areas of their multi-unit building.
- NJ Law Against Discrimination

NJ laws that ban secondhand smoke migrating into private unit

- 2006 NJ Smokefree Air Act bans secondhand smoke migrating from:
 - **A private unit into a common area (hall, stairs, common rooms, etc.)**
 - **Outdoors into a common area**
- State and local nuisance codes may apply if smoke wafting into a private unit:
 - **An apartment above outdoor dining area**
 - **Law to protect general health and welfare of people, concerns with noxious fumes**

Private settings required to be smokefree by New Jersey laws

- All college dormitories, public and private
- Resource family homes and cars N.J.A.C. 10:122C-7.2(a)(3)
- Faculty housing, rectories, convents when open to public, students, or a workplace
- Common areas of multi-unit housing
- Ocean City Housing Authority residential units
- Nursing homes
- Residential healthcare facilities
- Drug treatment facilities
- Correctional Facilities

SHS problem persists in multi-unit housing

- Even with federal, and NJ state and local laws, **GASP receives many complaints from tenants and condo owners about secondhand smoke drifting into their units**, who are not protected by the 2006 NJ Smokefree Air Act or other NJ regulations.
- **Good news for public housing. July 2009 HUD policy notice strongly encourages public housing authorities to create smokefree policies.** Due to positive feedback on individual PHA smokefree policies across the nation.

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.**
- Behavior of smoking is restricted; not banning the person who smokes.
- Examples of NJ PHAs with smokefree policies: **Paterson, Madison, Ocean City, Woodbridge, Summit.**

July 17, 2009 HUD Notice PIH-209-21 (HA)

- “Public Housing Authorities 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 refers to U.S. Green Building Council, 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.**

“Green” Incentives benefit local PHA

- **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.

High Market Demand for smokefree public housing

- **Fewer units vacated** in a smokefree building; no smoke seepage problems that cause tenants to move.
- Woodbridge and Summit PHAs report approximately **90% of PHA apartments are nonsmoking**, prior to their smokefree policy.
- 84% of New Jerseyans are nonsmokers; 70% of smokers want to quit.

NJ state-sponsored quit program

- 84% of adult NJ population does not smoke.
- 16% do smoke; 70% of smokers want to quit.
- State quit program 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**

Secondhand Smoke Health Impact on Pets:

- **Pets can develop respiratory infections, lung inflammation or asthma when breathing in SHS.**
- Pets play with tobacco, cigarette butts, chew, etc. If eaten, can be toxic to pets.

[source: www.fluffyquits.com, Erie-Niagara Tobacco-Free Coalition, New York]

- **Cats exposed to SHS were twice as likely to develop the feline lymphoma; risk tripled with 5 years of SHS exposure.**
- Two smokers in house, 4 times more likely.

[sources: 2002 American Journal of Epidemiology;

<http://news.bbc.co.uk/2/hi/health/2165722.stm>

www.livescience.com/animals/070831_pets_smoking.html]



I love you...



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

Remember, when you smoke
so does your pet!



WNY
Veterinary
Medical
Association




Erie-Magara
Tobacco-Free
Coalition



For help call
1.800.QUIT.NOW

SMOKEFREE and SO FREAKIN' HAPPY



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FluffyQuits.com

Reduced Fire Risk and Damage with Smokefree Housing Policy

- 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 of Property Managers, PHA

Help avoid potential legal liability for property owners, managers, 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

Federal and Global Support for 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 on funding applications and financing.
- ✓ **UICC World Cancer Campaign 2007-2012**: “To provide a smokefree environment for children (‘no smoking in homes’)”.
- ✓ **World Health Organization Policy Recommendations:**
 - Use public education to reduce smoking in the home.

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."**

U.S. Surgeon General's 2006 Report

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

- chronic exposure to secondhand smoke is almost as deleterious to one's health (80%), as being a pack-a-day smoker.

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/

2007 U.S. EPA Campaign: Smoke-free Homes and Cars Program

- 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>



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 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)

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