

GREEN INITIATIVES
SMOKEFREE HOUSING:
THE POWER OF POLICY



GASP

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Audience and Purpose

- National, state and local partners in housing and health
- Housing industry professionals
- Residential property owners and managers
- Policy makers
- Purpose: Learn about how smokefree policies for multi-unit housing align with healthy housing and green government initiatives, to promote health and save money.

Smokefree MUH policies have positive health effects

- Smokefree policies for multi-unit housing (MUH) and single-family homes play a key role in creating healthy environments and lifestyles.
- Positive health effects of smokefree environment on residents, on-site property management, contractors and visiting public health personnel.

Why smokefree multi-unit housing?

- Protect health
- Reduce fire risk/damages
- Economics – reduced operating costs
- Limit liability – disabilities, fair housing, fires
- High market demand
- Support from associations and media
- Global trend
- **Learn more @ <http://njgasp.org/housing.htm>**

Being green, being smokefree

What makes a building green?

- When efficiencies are gained in energy, water and material usage, and
- When advances are made in how the building positively impacts human health and the environment.

Effective green building can lead to:

- Reduced operating costs by increasing productivity and using less energy and water.
- Reduced environmental impacts by, for example, lessening storm water runoff.
- Seek to achieve not only ecological, but aesthetic harmony, between a structure and its surrounding natural and built environment.
- **Improved public and occupant health due to improved indoor air quality.**



Public expects *Green = Smokefree*

Public expects a green building to be healthy:

- Sustainable construction products.
- Environmental conservation.
- **Best air quality inside building, with no carcinogenic hazards such as secondhand smoke (SHS) and third-hand smoke (THS).**

Allowing smoking in a green building is inconsistent
with the branding of 'green':

- **Misleads the public, residents on the level of indoor air quality (IAQ).**
- **Diminishes the reputation** of the building's developers, owners and managers, and green certification process.

LEED Certification: Green Buildings

- **U.S. Green Building Council (USGBC)** is a Washington DC-based nonprofit, comprised of members from the building industry.
<http://www.usgbc.org/Default.aspx>
- Created the LEED green building certification program:
LEED = Leadership in Energy and Environmental Design.
- 3rd party certification process. Developers qualify for points from a checklist of options, to reach certification levels.
- USGBC derives income from project certification fees based on square-footage of the project and the LEED performance tiers (Platinum, Gold, Silver); LEED certified professional classes, etc.

LEED allows smoking in MUH

- LEED-certified properties receive benefits:
 - Good public relations, with LEED plaques and accolades.
 - Increase property values: higher rental fees, selling prices.
- **ISSUE: LEED allows smoking in MUH buildings even though LEED-certified as gold, silver or basic!**
- **Result: Unhealthy indoor air quality for residents because smoking-permitted.**
- ***Only Platinum* LEED-certified projects need to be 100% smokefree indoors.** Platinum is most expensive tier to meet criteria.

How secondhand smoke (SHS) migrates

- From one apartment/condominium to another (floorboards, electrical outlets, shared ventilation/heating units).
- Migrates between rooms within a unit or home.
- Drifts from indoor common area (hallway) into a private unit; visa versa.
- Drifts up from private patio/balcony/window, into the private unit above.
- Drifts from outdoor common area into private unit.

Catalyst: smokefree workplace laws

- **Smokefree workplace/public place laws change social norms about smoking and SHS/THS exposure, making them more unacceptable, including in home settings.**
- States and cities are enacting more smokefree air laws for public places and workplaces, resulting in **homes being on of the last places for indoor SHS and THS.**
- More than 25 states in the USA have comprehensive smokefree laws for workplaces and public places.

Smokefree public place/workplace laws address private settings

- **2006 NJ Smoke-free Air Act, 2007 Regulations:**
 - Common areas of multi-unit housing (common rooms, foyers, hallways, stairwells, laundry rooms, elevators, etc.)
 - Nursing homes, residential healthcare facilities.
 - Faculty housing, rectories, convents when open to public, students, or a workplace.
 - No wafting from outside to interior of building.

Other smokefree laws address private settings: NJ case study

- All college dormitories, public and private.
- Drug treatment facilities.
- Correctional facilities.
- Resource family homes, cars and outdoors
 - Foster homes, adoptive homes, family friend homes and relative care homes. (N.J.A.C. 10:122C-7.2(a)(3) at <http://www.state.nj.us/dcf/divisions/licensing/RFmanual.pdf>)

Child custody court decisions 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? The “Health and Welfare of the child”** is a category in that 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.
- **Other states** may apply child custody statutes.

Policy change by properties

- **In recent years, landlords, property managers, and Public Housing Authorities** (PHAs) across the nation have taken the initiatives to create smokefree housing policies (house rule or lease amendment).
- **Close to 200 PHAs in more than 17 States**, have created smokefree policies. NJ examples: Paterson, Madison, Ocean City, Woodbridge, Summit.
- **Private affordable and market rate housing** also creating smokefree policies for buildings, outdoors.

High Market Demand for SF MUH

- 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.
- **Market rate MUH housing views 100% smokefree policies as an amenity: residents willing to pay premium.**

Voluntary smokefree MUH policies lead to smokefree MUH rules/laws

- Local and county governments **enact smokefree housing ordinances** to extend smokefree policies into private settings:
 - California is leading the trend with local ordinances that create smokefree multi-unit housing properties.
- **Explore the smokefree housing cycle, from science to policy...**

Cycle: from science to policy change

1. Scientific studies show secondhand smoke (SHS) and thirdhand smoke (THS) hazards in the home.
2. Prominent public health officials take notice of scientific findings, make recommendations and promote smokefree housing initiatives.
3. Agencies add SHS, THS to Healthy Homes initiatives.
4. Public, private funding for educational resources.
5. Health advocates educate the community.
6. Property managers AND local, county and state policymakers create policy change.

Chronology of Science: 2006 Surgeon General's Report

Momentum for smokefree housing initiatives

- 2006 U.S. Surgeon General's Report, coordinated with
- CDC Recommendations
- 2007 EPA and HHS program efforts:
 - **Head Start smokefree homes/cars program**
 - **We Sabemos smokefree homes program**

U.S. Surgeon General's 2006 Report

- **The home remains the most serious venue for secondhand smoke exposure, moreso 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.

Protect at-home worker 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 Pet 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, 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



Fluffy  **Quits**.com

EPA Smokefree Homes Program for Head Start Families

- Review of 2002-2005 Head Start Program Information Report (PIR):
 - **asthma as the most frequently reported chronic health condition by Head Start programs nationwide.**
 - **Led to.....**
- **February 2007 Memorandum of Understanding (MOU) between EPA and U.S. Dept. of Health and Human Services (HHS).**

http://www.epa.gov/iaq/headstart/headstart_mou.html

2007 EPA Smokefree Homes Program for Head Start Families

- **Educate** staff, parents of Head Start, Early Head Start programs on importance of **reducing children's exposure to environmental asthma triggers and the harmful effects of secondhand smoke.**
- **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>

Planned 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>

EPA's Smoke-Free Homes for Head-Start Families



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. 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

EPA bilingual smokefree home brochures

Secondhand
Tobacco Smoke
and the Health
of Your Family



Make your home smoke-free. Secondhand smoke is the leading preventable cause of lung disease and other serious health problems in children.

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



Resquiere un hogar libre del humo de tabaco. El humo de tabaco es el principal responsable de la enfermedad pulmonar y otros problemas de salud graves en los niños.

EPA bilingual smokefree home brochures



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

“Smokefree” timeline for federal “healthy homes” initiatives

- Since 2007, “tobacco smoke” is listed on **HUD's website as a trigger for allergies and asthma.**

➤ Allergies

➤ Asthma



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

http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes/asthma

HUD's 7 Healthy Homes Principles

- In May 2008, HUD publishes ***Seven Healthy Homes Principles***. 5th principal addresses SHS....
 - "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.**"

http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes

HUD's *Help Yourself to a Healthy Home*

- In January 2009, HUD publishes *Help Yourself to a Healthy Home*, a 58-page guide addressing the impact of tobacco smoke on indoor air quality.
 - Living with a smoker causes/adds to breathing problems and heart disease. (pp. 2, 26)
 - Cigarette smoke makes indoor air quality unhealthy. (p. 4)
 - "Tobacco smoking causes cancer and other major health problems. It's unsafe for children to be around smokers. Second-hand or environmental tobacco smoke can raise children's risk of ear infections and breathing problems. It can trigger asthma attacks, too." (pp. 9, 14)

HUD's *Help Yourself to a Healthy Home*

- **Action Steps for Living in a Healthy Home:** "Do not smoke in your home or car. Never smoke near your children."
(pgs. 11)
- "Cigarette, cigar, or pipe smoke causes health problems, especially for people with asthma. It is best to quit smoking. Otherwise, smoke outside and away from children. Don't light up in your car, because smoke will linger there and affect children." (page 17)
- Tobacco smoke is a source of carbon monoxide. (page 25)

http://www.hud.gov/offices/lead/library/hhi/HYHH_Booklet.pdf

HUD's *Healthy Homes Strategic Plan*

- In June 2009, **HUD unveils its *Healthy Homes Strategic Plan*, to support the U.S. Surgeon General's 2009 *Call to Action to Promote Healthy Homes*.**
 - Part of a larger CDC Healthy Homes Initiative.
 - Partners: National Center for Healthy Housing, Alliance for Healthy Homes, Coalition to End Childhood Lead Poisoning.

http://www.hud.gov/offices/lead/library/hhi/hh_strategic_plan.pdf

<http://www.hhs.gov/news/press/2009pres/06/20090609a.html>

<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>

July 2009 HUD Notice PIH-2009- 21 (HA)

- **Ground-breaking HUD policy:**

“This notice strongly encourages PHAs to implement non-smoking policies in some or all of their public housing units.”

- Dangers of secondhand smoke exposure.
- Fire-related risks associated with smoking.
- Improving indoor air quality inside public housing, with minimal costs.
- Decreasing maintenance and turnover costs associated with smoking-permitted units.

July 2009 HUD Notice PIH-2009- 21 (HA)

- **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.”

July 2009 HUD Notice PIH-2009- 21 (HA)

- **U.S. Green Building Council and Indoor Air Quality (IAQ) requirements:**
 - **A non-smoking policy is an excellent approach for those PHAs that are trying to achieve improved IAQ without the retrofit costs.**

www.hud.gov/offices/pih/publications/notices/09/pih2009-21.pdf

July 2009 HUD Notice PIH-2009- 21 (HA)

- PHAs can create a 100% smokefree “**house rule**” or **model lease policy**.
- “PHAs should consult with their resident boards...” (HUD Notice, para. 4)
- **Grandfathering** only required for as long as the state law requires.
- **See GASP brochure** for step-by-step implementation process in English and Spanish <http://njgasp.org/housing.htm>

HUD's *Eco-Wise Newsletter**

September 2009: dedicated to smokefree housing MUH.

Health benefits + higher turnover costs to rehabilitate MUH smoking units to make it occupant-ready: more paint to cover smoke stains, clean ducts, replace stained window blinds, carpet, counters, fixtures damaged by cigarette burns and SHS/THS residue.

- **\$560 nonsmoking**
- **\$1810 light smoking**
- **\$3515 heaving smoking!**



*Published by HUD's Public Housing Environmental and Conservation Clearinghouse (PHECC). http://njgasp.org/HUD_sept09.pdf

Sept. 2010 HUD Notice H 2010-21

- **Follow-up to July 2009 HUD Notice.**
- Entitled, Optional Smoke-Free Housing Policy Implementation.
- **Clarifies July 2009 HUD Notice, new requirements:**
 - If PHA “implement[s] a smoke-free housing policy, must update their House Rules and Policies and Procedures, as applicable, to incorporate the smoke-free housing requirements.”

Sept. 2010 HUD Notice H 2010-21

- **Clarifies July 2009 HUD Notice, new requirements:**
 - “Encouraged to establish smoke-free policies that pertain specifically to their building and grounds including any common areas, entry ways, openings to the building (e.g. windows), and/or playground areas.”
 - Grandfathering current tenants is optional.
 - See more requirements @ <http://njgasp.org/10-21hsgn.pdf>

December 2010 U.S. Surgeon General's Report, *How Tobacco Causes Disease*

Key Recommendations:

- "No one should have to breathe secondhand smoke at work or in public places, and **parents should ensure that homes, cars and other places frequented by children are smoke-free.**"

<http://www.surgeongeneral.gov/library/tobaccosmoke/index.html>

December 2010 U.S. Surgeon General's Report, *How Tobacco Causes Disease*

- "Despite progress in making workplaces and public spaces smoke-free, **4 out of 10 non-smokers and more than 1/2 of children ages 3-11, are still exposed to secondhand smoke**, according to the Centers for Disease Control and Prevention.

http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf (pg. 15)

December 2010 U.S. Surgeon General's Report, *How Tobacco Causes Disease*

Chapter 9, A Vision for the Future:

- **Recommendation 9: State health agencies, health care professionals, and other interested organizations should undertake strong efforts to encourage parents to make their homes and vehicles smoke free. (pg. 16)**
- **Recommendation 14: Physicians should also urge parents to keep a smoke-free home and vehicles. (pg. 17)**

Appendix 9.2: *Ending the Tobacco Problem: A Blueprint for the Nation*, Committee on Reducing Tobacco Use: Strategies, Barriers, and Consequences, **Institute of Medicine**, 2007.

December 2010 U.S. Surgeon General's Report, *How Tobacco Causes Disease*

Chapter 9, A Vision for the Future:

- **Recommendation #15: Prohibit smoking in home and car.**
(pg 22)

Appendix 9.3: *Promoting Healthy Lifestyles: Policy, Program, and Personal Recommendations for Reducing Cancer Risk.* Recommendations Addressing Tobacco Use Prevention and Treatment; Environmental Tobacco Smoke Exposure, **President's Cancer Panel, 2006–2007 Annual Report.**

<http://www.surgeongeneral.gov/library/tobaccosmoke/report/chapter9.pdf>

NEW! CDC's Healthy Homes Manual, *Smoke-free Policies in Multi-Unit Housing*

- **Released May 2011**
 - For state and local Healthy Homes programs working to reduce secondhand smoke exposure in multi-unit housing.
 - Provides field-tested strategies, recommendations, best practices and tools.
 - Content from peer-reviewed research, practitioner interviews.
 - Manual intended to frame issues, provide guidance for programs.
- **Co-presenter Samantha Harrykisson to discuss details** (CDC Public Health Policy Analyst).

http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf

NEW! 2011 HUD Smokefree Housing Toolkits

- ***HUD developed new toolkits to help implement smokefree housing:***
 - For Owners
 - For Residents
- Listing of technical resource centers, e.g. Global Advisors on Smokefree Policy www.njgasp.org
- Expected to be available in Summer 2011!

Thirdhand smoke exposure in MUH

New concerns with thirdhand smoke (THS), which is SHS that lingers after extinguishing a cigarette, cigar.

- Embeds as residue on any surface: walls, in carpeting, furniture, on clothing, in hair, toys, etc.
- Carcinogens and toxins in THS may affect brain development in babies and young children.
- Young children crawl on carpeting and suck on clothing, upholstery, skin, etc. that has THS residue.

Thirdhand smoke health concerns

- Even if a parent who smokes outside the home, still subject their children to THS nicotine exposure:
 - **These children have up to eight times more nicotine in their bodies** than the offspring of non-smokers.
 - **Higher nicotine levels in babies who have family that smoke outside the home**, vs. babies live with only nonsmokers.
- Learn more about thirdhand smoke at http://njgasp.org/children_ths.htm

Thirdhand smoke concerns can lead to policy change

- **How thirdhand smoke harms others can motivate:**
 - Smokers to not smoke in the home.
 - Smokers to quit smoking.
 - Policymakers to create 100% MUH policies.
- **Economic data on how thirdhand smoke damages units can motivate:**
 - Property owners/management, policymakers and residents to not only create indoor 100% smokefree policies, but extend it to outside areas (100% or perimeter, playground areas, benches, by windows and doors).

National Center for Healthy Housing

- **Nonprofit dedicated to creating healthy housing.**
- **May 2009**, NCHH Training Center's training materials discuss the benefits of smokefree MUH policies.

“Avoid Contaminants – Essentials for Healthy Homes Practitioners Course”:

- **Why Avoid ETS: Related Health Effects (asthma trigger in children, respiratory infections).**
- **Spiking particulate levels, when measuring air quality in residential buildings.**

http://www.healthyhomestraining.org/Practitioner/Essentials_9_Contaminant-Free_5-6-09.pdf

National Center for Healthy Housing

- In September 2009, NCHH published *Reasons to Explore Smoke-free Housing*, a multi-page pamphlet as part of NCHH's **Green and Healthy Housing initiative**:
 - **Lower rehabilitation costs to turnover a smoking (\$560) vs. nonsmoking unit (\$3515)!**
 - Other cost saving measures and positive health effects from a smokefree MUH policy.

http://www.nchh.org/Portals/0/Contents/Green%20Factsheet_Smokefree.pdf

Economics: smokefree MUH reduces operating costs

- **Lower rehab costs** for smokefree units: no need to repair or replace carpeting, floors, fixtures, countertops or appliances damaged by burns, nicotine stains and thirdhand smoke.
- **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.**
- **Discounted property casualty insurance.**

Reduced Fire Risk and Damage

- **Smoking is lead cause of residential fires, causing injury and death, and costly property damage.**
- Smokefree reduces fire risk. Lowers fire-damage costs.
- **National Fire Prevention Association recommends no smoking during home oxygen use in any portion of a residence.**
- Smokefree housing policies are important for **senior housing**, where portable oxygen use by senior citizens may be more prevalent.
- Smoking near portable oxygen equipment has resulted in explosions and fires, leading to death and injury.

Smokefree policies may limit liability

In smoking-permitted MUH, nonsmoking tenants' exposed to SHS may lead to legal issues:

- Breach of warranty of habitability / quiet enjoyment.
- Nuisance / trespass.
- complaints under the Fair Housing Act.
- Workers entering units where smoking takes place:
 - Violations of state laws against discrimination.
 - Violations 2009 Americans with Disabilities Act Amendment Act.

Green Incentive\$ - HUD ARRA funding

- HUD's 2009 ARRA grant process awarded 1 point to applicants agreed to **“enforce a ‘no-smoking’ policy in all common and individual living areas in all buildings”**.
 - More points makes a PHA's application more competitive.
 - In Notice's *Strategy for Green Communities*. (pg 79)
 - Future HUD grants may include similar point award.

HUD 2009 Notice of Funding Availability (NOFA) for Capital Fund Recovery Competition Grants, American Recovery and Reinvestment Act of 2009.

<http://www.hud.gov/offices/pih/programs/ph/capfund/ocir/recoverynofa.pdf>

Green Incentive\$ - earn points

- **Enterprise Community Partners (ECP)** provides developmental capital funds and expertise, to enable developers to build/rehab homes that are healthier, more energy efficient and environmentally better.
- ECP launched **Enterprise Green Communities (EGC)**, a national "green building" affordable housing program.
- **EGC funding applicants must meet the EGC Criteria.** 2008 EGC Criteria was revised in 2011.
- <http://www.greencommunitiesonline.org/>

2011 EGC Criteria awards 9 points!

- **2011 Enterprise Green Communities Criteria** addresses aspects of design, development and operations. Mandatory and optional measures.
- To achieve EGC certification, all projects must achieve compliance with EGC Criteria **mandatory measures** applicable to that construction type.
- **New Construction** projects must also **achieve 35 optional points**; **Substantial and Moderate Rehab projects** must also **achieve 30 optional points**.

2011 Enterprise Green Communities Criteria 7.16

Awards nine (9) optional points to applicants if:

- **Implement and enforce a no-smoking policy in all common and individual living areas (2008), and with a 25-foot perimeter around the exterior of all residential projects (new for 2011).**
- The lease language must prohibit smoking in these locations, specify that it is a violation of the lease to smoke.
- **The no-smoking restriction applies to all owners, tenants, guests, and servicepersons.**

http://www.greencommunitiesonline.org/tools/criteria/EGC2011Criteria_final.pdf (p. 114)

Rationale for 2011 EGC 7.16 Criteria

- **Secondhand smoke is the third leading cause of preventable death in the country.**
- **Air filtration and ventilation systems do not eliminate the health hazards caused by SHS.**
- **Tobacco smoke from one unit may seep through** the cracks, be circulated by a shared ventilation system, or otherwise enter the living space of another.
- In addition to the negative health effects, smoking significantly increases **fire hazard and increases cleaning and maintenance costs.**

Criteria 7.17 points: 2008 vs. 2011

- The earlier 2008 Enterprise Green Communities Criteria 7.17 awarded **two points** to applicants that "enforce a 'no smoking policy' in all common and individual living areas in all buildings."
- 2011 7.17 Criteria now awards 9 points if 100% smokefree indoors, plus need 25 foot outdoor smokefree perimeter from building, must be in lease that it is a violation of said lease.

Developers receive tax credit incentive\$

- The federal and state governments offer financial incentives, *such as tax credits*, to developers who build or, acquire and rehabilitate, housing for low-income families and single residents.
- **LIHTC = Low Income Housing Tax Credits.**
- Developers of affordable rental housing **raise project equity (funding) by “selling” these tax benefits (tax credits) to investors**, who take a dollar-for-dollar credit against their tax liability over a period of years.
- Source: California’s Clean Air Project (CCAP), www.etr.org

Developers receive tax credit incentive\$

- **State finance mortgage agencies adopt tax-credit incentive programs - **Qualified Allocation Plans** - for low-income builders and affordable housing agencies.**
- **Some QAPs award optional points** to applicants who agree to adopt and enforce a smokefree policy. May require supplying quit-smoking resources to residents.
- **It's all about financial incentives:** Developers who agree to the QAP's smokefree housing policy will gain a competitive tax credit scoring advantage in their application.

How to get involved in tax credits?

Tobacco control and healthy housing advocates pitch QAP stakeholders:

- Government finance mortgage agency personnel involved with annual amendment of QAP.
- Government agency personnel spearheading 'green' affordable housing initiatives.
- Affordable housing developers who will benefit from adding in the smokefree policy tax credit.
- Investors who buy tax credits.

Competitive Scoring Incentives by State

- **Maine:** 1 point for 100% smoke-free building policy, AND offer access to a smoking cessation program. **Maine's Tobacco HelpLine phone number** should be available to all residents of the Project, through the resident service coordinator. (2007+).
- **Minnesota:** 1 point for 100% smokefree indoor policy (2010+).
- **St. Paul and Minneapolis, MN:** each 1 point for 100% smokefree indoor policy (2009+).
- **Dakota County, MN:** 1 point 100% smokefree indoor policy (2012).
- **Washington County, MN:** Recommending 2012 QAP add 1 point.

Competitive Scoring Incentives by State

- **New Hampshire:** 2 points for 100% smokefree indoor policy (2009, 2010).
- **Arizona:** .5 point for 100% smokefree indoor policy.
- **California:** 1 point if at least 50% of the units within a building are smoke-free and contiguous. (2006+).
- **Vermont:** Considered adding 100% smokefree to criteria in 2011. Reviewing options on how to cope with tenants who smoke, esp. military personnel and senior citizens.

Popularity of smokefree QAP points

- In 2009, **New Hampshire** began awarding 2 points for 100% smokefree property commitments.
- Result: 1 point award so popular in years 2009 and 2010, that 90+% of NH affordable housing is smokefree.
- Due in large part to advocacy efforts, plus only a handful of affordable housing developers in NH, most of whom decided to go smokefree for their properties.
- For 2011 QAP, NH removed the 2 point award because financial incentive no longer needed.

Popularity of smokefree QAP points

- In 2006, the **California Tax Credit Allocation Committee** (TCAC) added a one-point option if at least 50% of the units within a building are smoke-free and contiguous.
- In the first round of applications in 2007, **24 of the 69 projects** that applied for federal LIHTCs from TCAC, **requested the smoke-free point.** (2007 LIHTC monthly report)
http://www.smokefreeapartments.org/Registry_Pix/Jack%20Nichol%27s%20Article.pdf
- As of Summer 2007, **38 out of 74 California housing authorities were recipients** of these tax credit points.
<http://asthmaregionalcouncil.org/uploads/Healthy%20Homes/SmokeFreePaperFINALcolor.pdf.pdf>

Popularity of smokefree QAP points

- In 2009, Minneapolis and St. Paul, both sub-allocators of tax credits in Minnesota, adopted a smoke-free point system. Low-income housing developers are awarded 1 point for committing to a 100% smoke-free building policy and including a non-smoking clause in lease agreements.
- The smoke-free point became available in the first round of 2009 applications. **In the 1st year in Minneapolis, 3 out of 9 applicants used the point, and 1 out of the 3 prospective smoke-free projects received funding. In St. Paul, 1 out of 4 applicants took the point and also received funding.**

Source: Warren Ortland, JD., Public Health Law Center, Minneapolis, MN

In 2010, Minnesota adopted 1 point

- **“One (1) point** will be awarded for projects that will institute and maintain a written policy* **prohibiting smoking in all the units and all common areas within the building/s of the project. The project must include a non-smoking clause in the lease for every household. “**
- **“Projects awarded a point in this scoring criteria will be required to maintain the smoke-free policy for the term of the declaration.”**

“*The written policy must be submitted with the application and should include procedures regarding transitioning to smoke-free for existing residents and establishment of smoking areas outside of units and common areas if applicable. Consequences of violating the smoke-free policy are determined by owner but must be included in the written policy.”

Source: Warren Ortland, JD., Public Health Law Center, Minneapolis, MN

Housing industry support

- **April 2011 issue of *UNITS Magazine***, published by the National Apartment Association. **Management companies are implementing "a smoke-free policy to stay ahead of the curve"**, as many industry experts predict government-mandated non-smoking standards for the multifamily housing industry in the next five to 10 years."
- **January 2011 issue of *UNITS Magazine*: [top trends of "What's In and Out" in apartment living](#). **Making the OUT list is "clouds of cigarette smoke"**.**

Housing Industry Support

- **January 2010 issue of *UNITS Magazine*:** two Chicago apartment complexes discuss smokefree housing pluses.
- **December 2007 issue of *UNITS Magazine*:**
 - ***“Fortunately, what is in the best interest of resident health is also in the best interest of community owners’ bottom lines.”***
- **July/August 2009 issue of *Apartment Insight* magazine:**
 - ***“The trend towards smokefree apartments is expected to spread across the nation, driven by consumer demand.”***

Support from Media

- **April 3, 2010 cover story in *Washington Post's* advertising section for rental apartments entitled, "Smoke-free Apartments: A Healthy Choice for Renters".**
- **July 26, 2009 *Las Vegas Review-Journal* article, "Smoke-Free Apartments Get Healthy Response".**
- **July 2009 *Newsweek's* Letter to the Editor:**
 - ***"Most important, [smokefree] means a healthier life for children."***

International public health support for smokefree homes

- World Health Organization (WHO)
- UICC World Cancer Campaign: 2007-2012
- Canada, UK, other jurisdictions

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 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

WHO's European Environment & Health Committee

- **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>

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/>

UICC World Cancer Campaign: 2007-2012



Today's children



tomorrow's WORLD

Cancer Prevention starts NOW

Canada's campaign: smokefree homes and 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

- Keep it Outside Campaign

www.keepitoutside.com/keepitoutside.asp

United Kingdom smokefree campaign

www.gasp.org.uk/page554.htm



Tobacco cessation resources for residents

- **Provide when transitioning to smokefree MUH.**
- **State/federal quitlines:**
 - **Quitline** sponsored by NJ Dept of Health and Senior Services' Office of Tobacco Control, federally funded.
 - **Free and discounted smoking cessation programs** and/or meds via quitline phone counseling.



Use online resources, social media tools to help residents quit smoking

- CDC: www.smokefree.gov, www.gov/tobacco, www.women.smokefree.gov
- U.S. Surgeon General www.surgeongeneral.gov/tobacco
- U.S. Military www.ucanquit2.org
- American Legacy Foundation www.becomeanex.org
- iphone app mobile access
- Mayo Clinic <http://www.mayoclinic.com/health/quit-smoking/MY00433>
- Share contacts with private local quit centers for in-person cessation treatment; may offer group sessions at MUH. NJ quit resources at http://njgasp.org/quit_tobacco.htm

Federal CDC quit tobacco resources: websites, mobile text messaging, apps

www.smokefree.gov

www.smokefree.gov/apps



CDC quit smoking programs for women

Help mom's quit smoking:

http://www.cdc.gov/tobacco/calendar/may/mothers_day/index.htm?cid=tobacco_021



CDC: <http://women.smokefree.gov/>

<http://www.facebook.com/smokefree.women>

<http://twitter.com/#!/smokefreewomen>



I took the
**Smokefree
Monday
Pledge!**



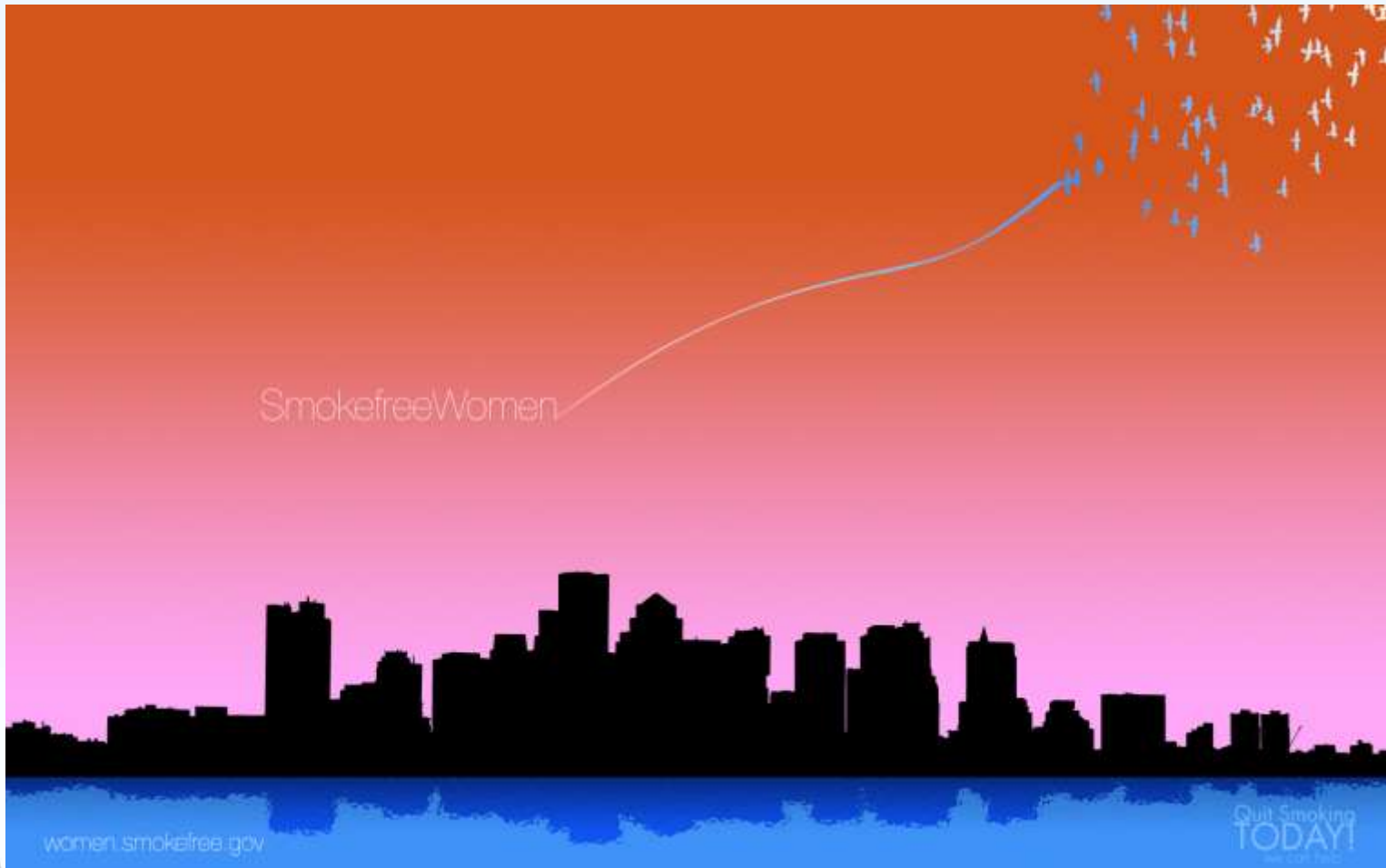
Quitting smoking
happens **one**
craving at a time.

One decision
at a time.

One Monday
at a time.

Learn more at
women.smokefree.gov

<http://women.smokefree.gov> computer wallpaper



CDC's quit smoking e-cards

<http://smokefree.gov/ecards/index.aspx>



U.S. Military www.ucanquit2.org

U.S. Depts of Defense and Veterans Affairs collaborate to provide veterans with comprehensive cessation support.

Thinking about quitting, ready to quit, *help someone quit.*

Air Force

Army

Marines

Navy

Coast Guard



U.S. Military online quit program, QuitTips mobile texts, wallet quit cards



TIPS TO HELP YOU QUIT

- ★ Remember why you want to quit. Post a picture of someone special to you and remember that they're counting on you.
- ★ Set a quit date. To make sure you stay motivated, make it special.
- ★ Find support in friends and family on the sidelines at our group. Show how you're doing — or when things get tough.
- ★ Stick with it. Withdrawal symptoms will decrease as you go to use tobacco. Remind yourself when withdrawal hits you — get focused on doing so.
- ★ Prepare for challenges. Practice what you can do to cope. No sweat, right? You face it.

We can help you quit smoking or chewing V.

HM OBE 906

Quit tobacco. Make everyone proud.

Do it for yourself and for everyone who cares about you.

4 Steps to Quitting Tobacco

1. THINKING ABOUT QUITTING
2. PREPARING TO QUIT
3. QUITTING
4. STAYING QUIT.

Ready to quit? We can help. Visit www.usmilitary.com

Conclusions

- **Holistic approach to defining a green building** encompasses more than sustainable construction and materials.
- **Human behavior can diminish the benefits of green construction and materials**, rendering a building less sustainable and unhealthy to live in.
- **Smokefree policies positively impact resident health** – by providing healthy indoor air quality for residents and can help residents who smoke to quit.
- **Lead to changes in social norms** about the impact of SHS and THS on residents, visitors and pets.
- **Encourages healthy lifestyles** for communities and persons of all ages.

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CDC' Smoke-Free Policies In Multiunit Housing Manual

Samantha Harrykissoon, JD, MPH

Centers for Disease Control & Prevention

National Healthy Homes Conference

Denver, CO

June 22, 2011



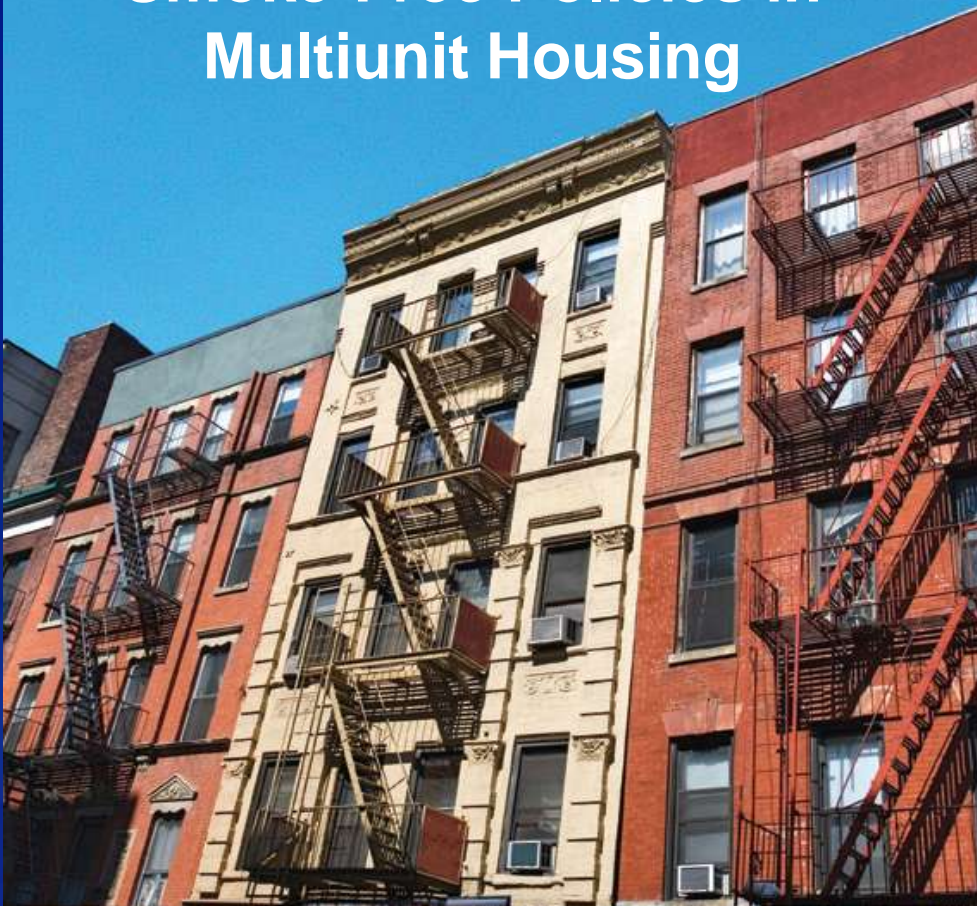
National Center for Environmental Health
Division of Emergency and Environmental Health Services (DEEHS)



Healthy Homes Manual

Smoke-Free Policies in Multiunit Housing

Available at:
www.cdc.gov/healthyhomes



Purpose

- ❑ *State and local healthy homes programs that are working to reduce secondhand smoke in multiunit housing.*
- ❑ *Manual provides field-tested strategies, recommendations, best practices, and tools.*
- ❑ *Content draws on research and interviews with practitioners.*



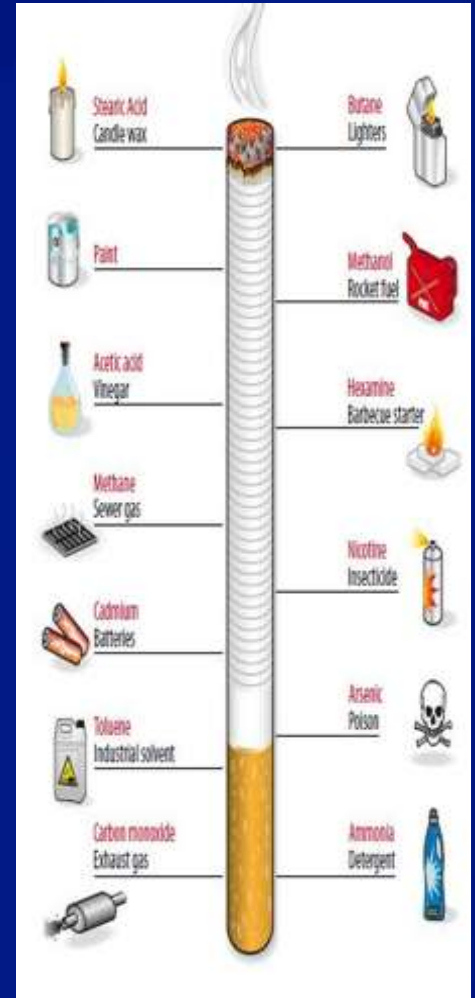
What Is Secondhand Smoke?

□ Also known as...

- *Environmental tobacco smoke (ETS)*
- *Passive smoking*
- *Involuntary smoking*

□ Secondhand smoke is a mixture of gases and fine particles that include:

- *Smoke from a burning cigarette, cigar, or pipe tip;*
- *Smoke that has been exhaled or breathed out;*
and
- *More than 700 chemicals, including hundreds that are toxic.*



Secondhand Smoke Exposure

- ❑ **Many in the United States continue to be exposed to secondhand smoke:**
 - *An estimated 88 million nonsmokers were exposed to secondhand smoke in 2007–2008.*
- ❑ **Children are at particular risk for exposure to secondhand smoke:**
 - *53.6% of young children (aged 3–11 years) were exposed to secondhand smoke in 2007–2008.*
 - *While only 5.4% of adult nonsmokers in the U.S. lived with someone who smoked inside their home, 18.2% of children lived with someone who smoked inside their home in 2007–2008.*

Secondhand Smoke Health Effects: Children

- ❑ **In children, secondhand smoke causes the following:**
 - *Ear infections*
 - *More frequent and severe asthma attacks*
 - *Respiratory symptoms (e.g., coughing, sneezing, shortness of breath)*
 - *Respiratory infections (i.e., bronchitis, pneumonia)*
 - *A greater risk for sudden infant death syndrome (SIDS)*



Secondhand Smoke Health Effects: Adults

❑ Heart Disease

- *For nonsmokers, breathing secondhand smoke can increase the risk for heart attacks.*
- *Nonsmokers who are exposed to secondhand smoke at home or work increase their heart disease risk by 25–30%.*
- *Secondhand smoke exposure causes an estimated 46,000 heart disease deaths annually among adult nonsmokers.*

❑ Lung Cancer

- *Nonsmokers who are exposed to secondhand smoke at home or work increase their lung cancer risk by 20–30%.*
- *Secondhand smoke exposure causes an estimated 3,400 lung cancer deaths annually.*

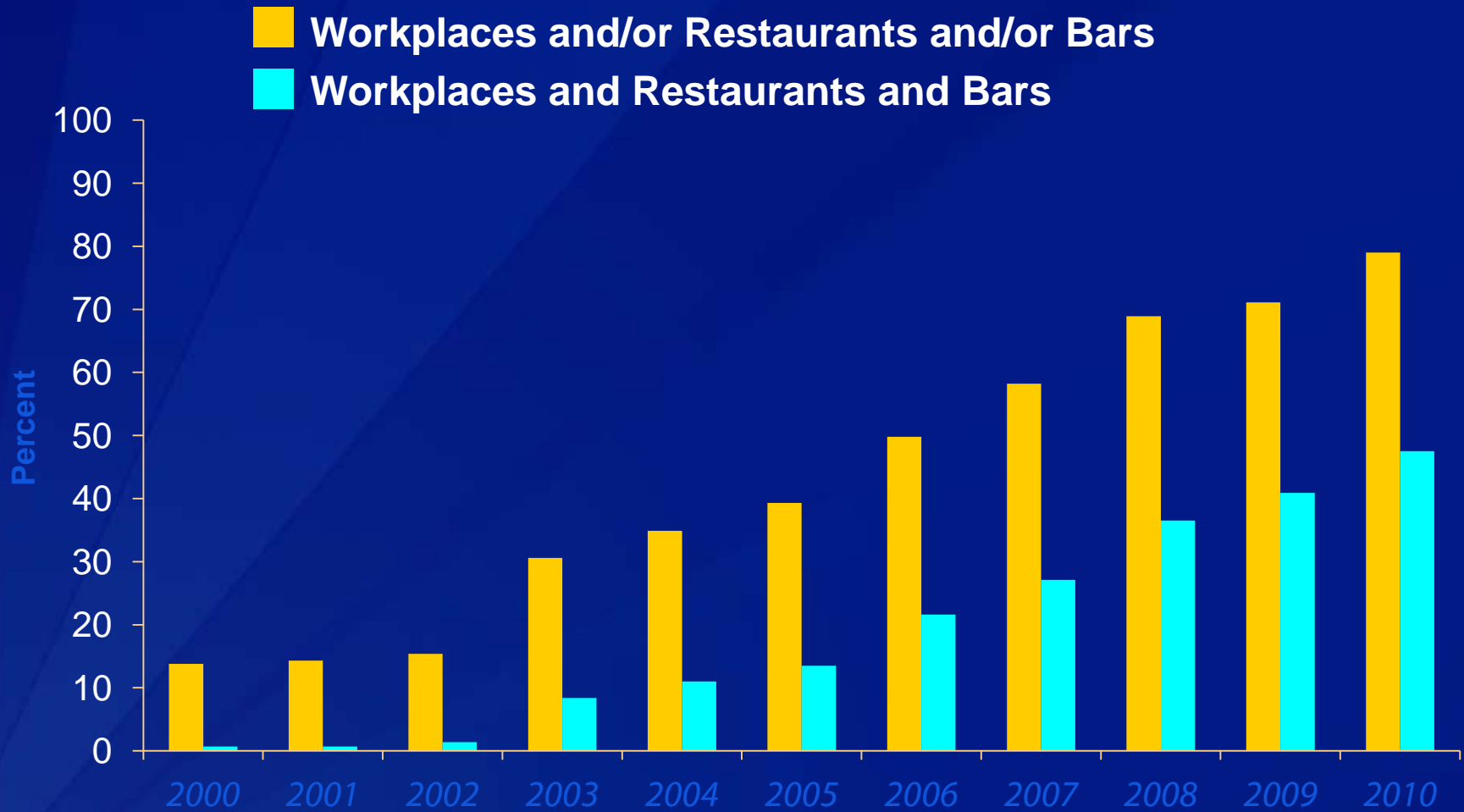


State Smoke-Free Indoor Air Laws for Private Worksites, Restaurants, and Bars



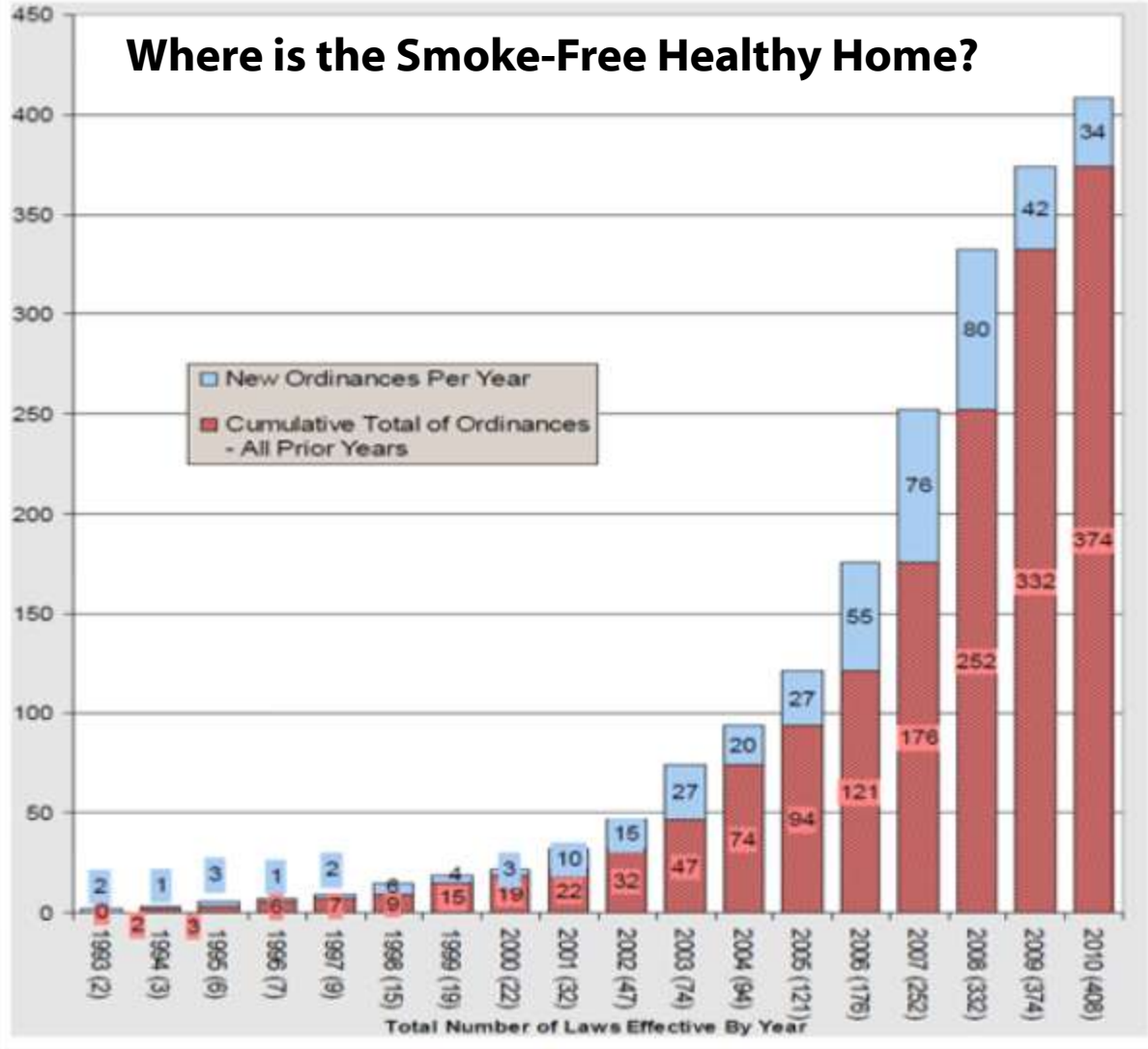
Laws in effect as of December 31, 2005

Proportion of U.S. Population Covered by Local and State Smoke-Free Laws, 2000-2010

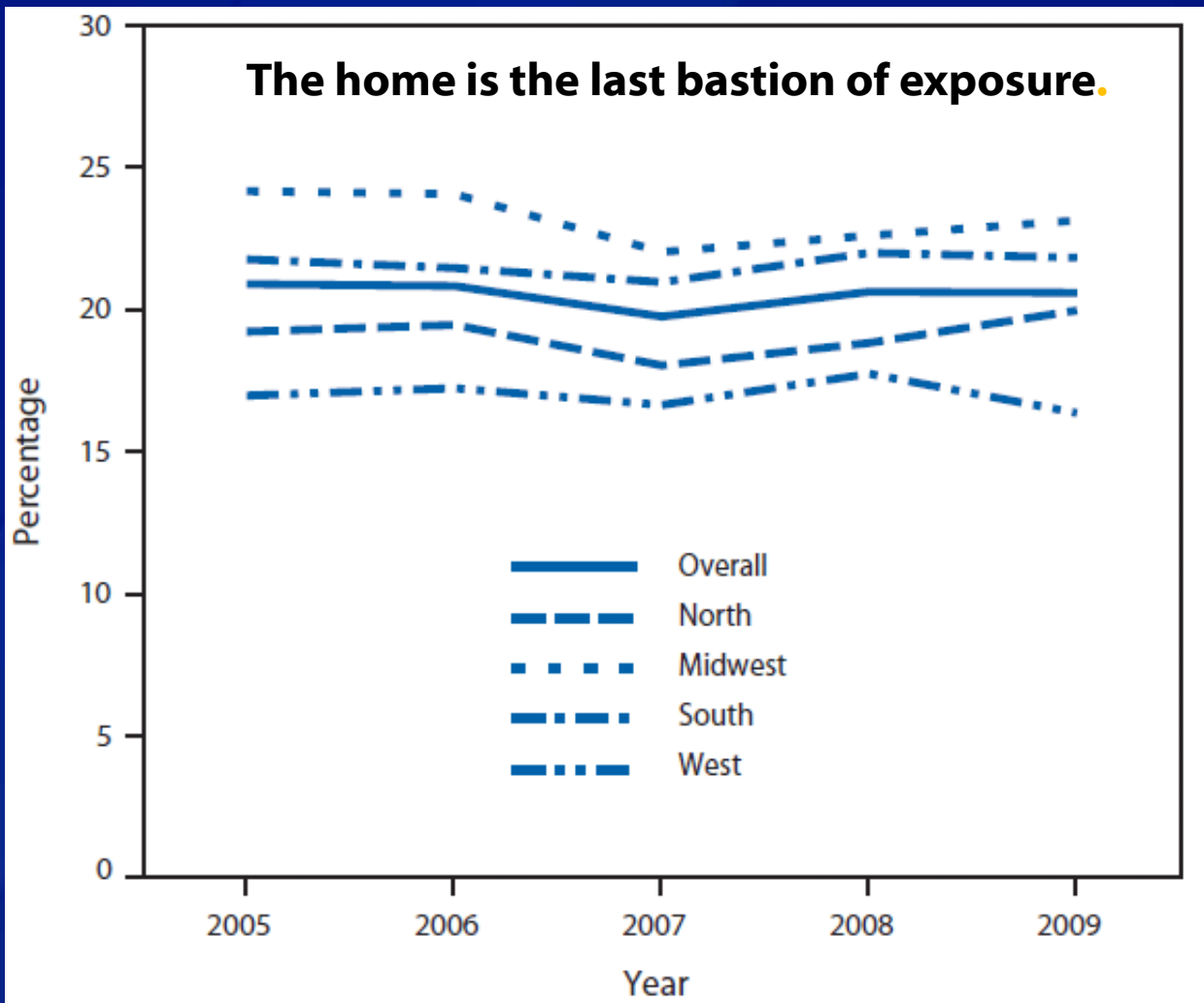


American Nonsmokers' Rights Foundation. Population Estimates provided by RPM Consulting, LLC using ESRI demographic data.. Population figures are as of December 31 for each year except 2010. Population figures for 2010 are as of October 1.

Where is the Smoke-Free Healthy Home?



Growth in U.S. Smoke-Free Policies



Percentage of adults aged ≥ 18 years who were current smokers, by geographic region, 2005--2009

Morbidity and Mortality Weekly Report (MMWR), Vol. 59, 2009

- Secondhand smoke

- Radon
- Fire hazards
- Fall hazards
- Allergens
- Lead
- Pesticides
- Moisture
- Volatile organic compounds
- Smoke and carbon monoxide detectors
- Private drinking water wells

- Universal design
- Construction materials
- Handicapped accessible



- Safe food handling and storage

- No smoking rules

- Improve nutrition
- Increase physical activity
- Improve parenting skills
- Improve coping and conflict management skills

- Access to sidewalks and green space
- Environment friendly

- Smoke free community

Where is Smoking in a Healthy Home?

Target: Multiunit Family Homes

- ❑ *Large potential for exposure*
- ❑ *Legal precedent*
- ❑ *Higher proportion of vulnerable populations*
- ❑ *Higher rates of smoking among renters*
- ❑ *Up to 60% of indoor air is shared*
- ❑ *High frequency of smoke complaints*
- ❑ *Demonstrated tenant support, even among smokers*



Multiunit Family Homes

- ❑ *Secondhand smoke can infiltrate through air ducts, cracks in floors and walls, stairwells, hallways, elevator shafts, plumbing, electrical lines, and open windows.*
- ❑ *60% of airflow in MUH facilities can come from other units.*
- ❑ *Nearly 50% of MUH residents report that they have experienced secondhand smoke infiltrating their home.*



Smoke-Free Policies

- ❑ *Smoke-free policies can apply to indoor common areas (lobbies, laundry rooms, corridors)*
- ❑ *Outdoor common areas (swimming pool, picnic and barbecue areas)*
- ❑ *Individual units*
- ❑ *Some or all parts of the buildings*



Incentives For Operators

□ It's good for your bottom line :

- *Going smoke-free lowers the risk of fires and accidental injuries which can reduce insurance costs.*
- *Going smoke-free reduces cleaning and maintenance costs.*
- *Going smoke-free reduces potential legal liability.*



Concerns by MUH Operators

❑ Common myths expressed by operators:

❑ *It's illegal to bar tenants from smoking*

- *No, laws prevents operators from adopting smoke-free policies.*

❑ *Smoke-free policies make it difficult t attract new tenants*

- *Survey findings show that most tenants prefer smoke-free policies.*

❑ *Enforcing a smoke-free policy would be difficult*

- *No evidence exists that enforcement is difficult, in fact operators of MUH with existing smoke-free policies state they are more likely to keep the policies in place.*

Approach to Smoke-Free Healthy Homes

1. *Collaborate with existing tobacco organizations*
2. *Coordinate efforts*
3. *Communicate to target audience*
4. *Build capacities and strengthen resources*



1. Collaborate

□ Key Tasks

- *Develop and sustain partnerships*
- *Establish roles and responsibilities with partners*
- *Use co-branding, shared resources, joint trainings and communication frameworks*
- *Train staff and volunteers to conduct outreach*



2. Coordinate

□ Key Tasks

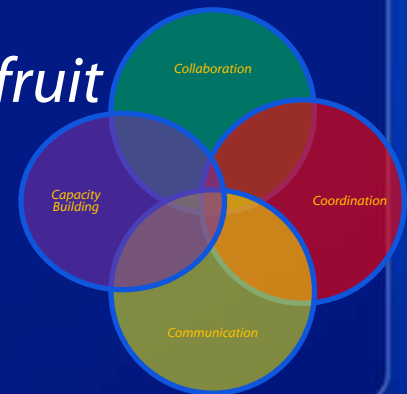
- *Research and analyze existing smoke-free policies and programs*
- *Identify key gaps in resources*
- *Conduct community assessments*
- *Research funding opportunities*
- *Plan for data collection*



3. Communicate

□ Key Tasks

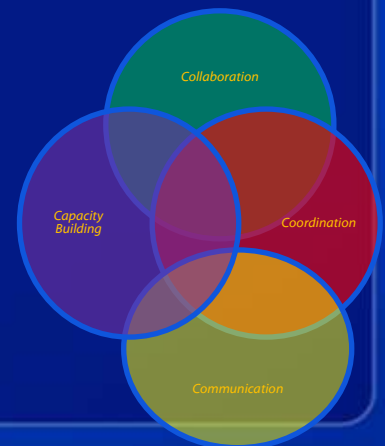
- *Develop multiple outreach forms and mechanisms*
- *Utilize existing messaging amplifiers (newsletters, radio, events)*
- *Tailor education and outreach*
- *Focus on decision makers and low hanging fruit*



4. Capacity Building

□ Key Tasks

- *Elicit feedback, gather data and evaluate programs, resource use, and staff experience*
- *Develop training and education at all levels*
- *Support local policy efforts to address SHS*
- *Document and share best practices between owners/managers and provide them with information on communicating smoke-free policies.*



Inherent Opportunity for Healthy Homes

- ❑ *Preventable health impact for tenants*
- ❑ *Demonstrated tenant support*
- ❑ *Multiple owner incentives*
- ❑ *Multiple existing resources available for outreach*
- ❑ *Tie in with existing indoor air focus*
- ❑ *Transfer of existing skills, experiences, and resources*
- ❑ *Opportunities for partnerships on health education*
- ❑ *Policies are achievable, demonstrated, and popular*



Other Components of the Manual

- ❑ *Talking Points and Education materials*
- ❑ *Planning for a Smoke-Free Policy*
- ❑ *Adopting, Implementing and Enforcing a Policy or ordinance*
- ❑ *Model lease Agreement*
- ❑ *Legal Basis*
- ❑ *Model Letters*
- ❑ *Surveys*
- ❑ *Signage*
- ❑ *Sample Implementation Guide for Owners/Manager*
- ❑ *State Examples*



Thank You,

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(404) 639-7408

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E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

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National Center for Environmental Health

Division of Emergency and Environmental Health Services (DEEHS)

