

Smoke-free Multi-Unit Housing

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- 2:33-2:48
- Big Picture
- Best Practices
- HUD Toolkit

Harms to Children of Tobacco Smoke Exposure

- Asthma
- Respiratory Infections
- SIDS
- Metabolic Syndrome
- Otitis Media
 - There is no safe level of exposure

Tobacco Exposure in a Smoke-Free Home



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

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

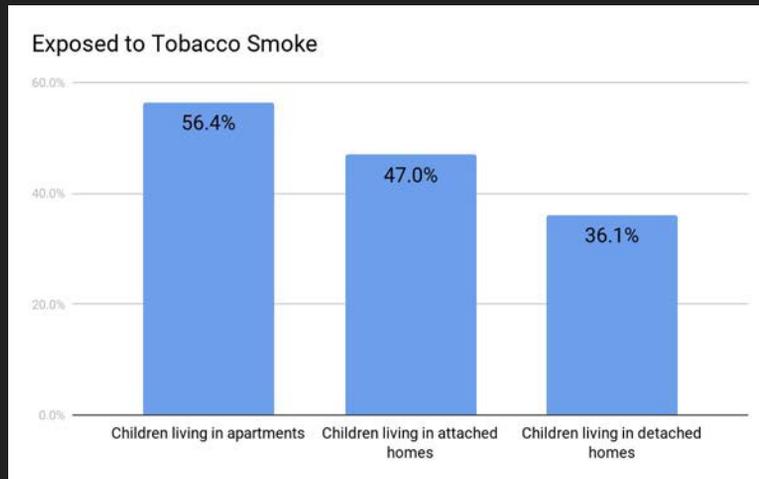


CDC.gov

- Tobacco smoke can migrate through walls, ductwork, windows, and ventilation systems of multiunit dwellings and potentially affect residents in other units far removed from the smoking area.
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- In New York City, where the prevalence of cigarette smoking is lower than the national average and there are strict smoking bans in bars and restaurants, a 2009 study found that the prevalence of elevated cotinine levels among nonsmoking adults was higher than the national average.
 - The authors speculated that contamination of multiunit buildings with tobacco smoke from other units may contribute to these surprisingly high cotinine levels, although no direct measurement of nicotine in the air was performed.
- 89% of low-income apartments with no smokers had detectable air nicotine concentrations.
 - Ellis et al, NTR (2009)

- Kraev et al, Tobacco Control (2009)

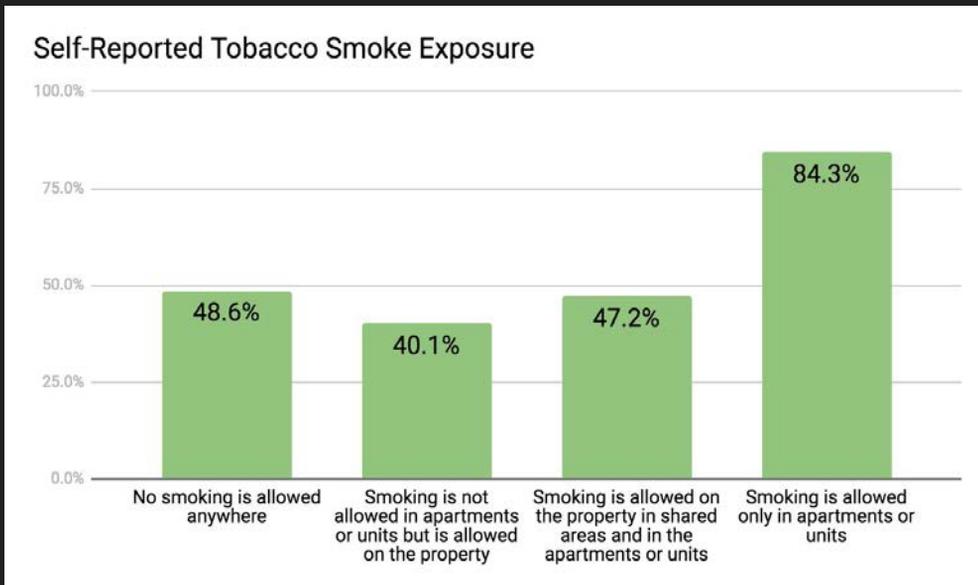
Tobacco-Smoke Exposure in Children Who Live in Multiunit Housing. Wilson et al. Pediatrics (2011)



- 2001–2006 National Health and Nutrition Examination Survey (NHANES) to examine the association between types of housing and cotinine levels in children
- Limited the sample to children who lived in a household in which no member was reported to smoke inside the home.
- Also excluded any child who admitted to smoking.
- n=5,002
- Mean cotinine levels among those who were living in apartments (0.075 ng/mL) were higher than in those who were living in attached houses (0.053 ng/mL; $P < .01$) and detached houses (0.031 ng/mL; $P < .001$).
- Overall, using the detectable limit of 0.015 ng/mL as the tobacco-exposure cutoff, 84.5% of children who were living in apartments had a cotinine level that indicated recent tobacco-smoke exposure, compared with 79.6% of children who were living in attached houses and 70.3% who were living in detached houses ($P < .001$)
- Sensitivity analysis, using the higher cutoff of 0.05 ng/mL, showed exposure rates of 56.4% for children who were living in apartments, 47.0% for children who were living in attached homes, and 36.1% for children who were living in detached homes ($P < .0001$).
- This study is the first to document through human biological sampling that disseminated tobacco smoke from multiunit apartments may contribute to the actual exposure of children.

Tobacco Smoke Incursions in Multiunit Housing

Wilson et al, AJPH (2014)



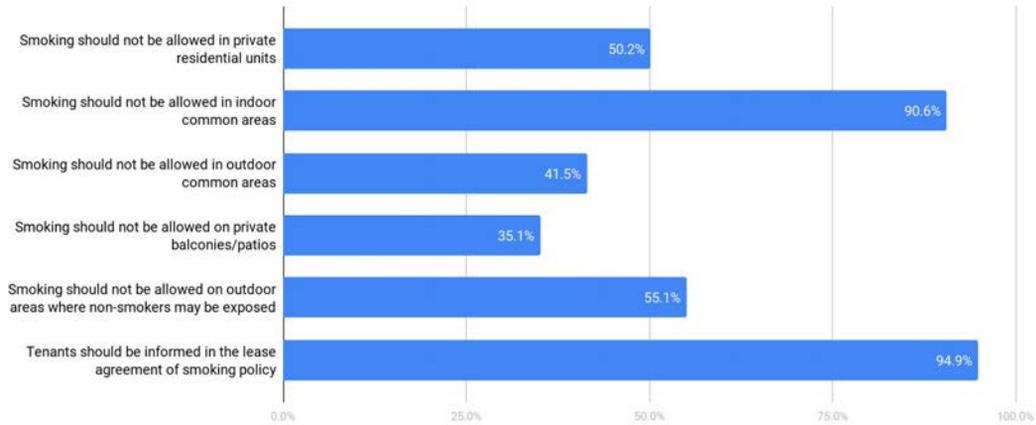
- Data are from the 2011 National Social Climate Survey of Tobacco Control
 - A nationally representative dual-frame survey of US adults
 - RDD frame, of 1735 eligible respondents contacted, 1500 (86.46%) completed surveys.
 - Internet panel frame, 2476 panelists were randomly drawn from the probability panel; 1597 responded to the invitation, yielding a final stage completion rate of 64.5%.
- Almost one quarter of respondents reported living in MUH (23.9%, n = 731).
- Of these, more than three quarters reported no smoking in their home for the past 3 months (76.8%, n = 562).
- 29.5% reported smoke incursions in their buildings.
- Of these, 16% reported incursions in their own unit, 36.2% of which occurred at least weekly.
- Government-subsidized housing and partial smoke-free

- policies were associated with a higher likelihood of reporting smoke incursions.
- Many residents of multiunit housing are exposed to tobacco smoke in their units and buildings.
- Partial smoke-free policies do not appear to protect residents and might increase the likelihood of incursions in residents' individual units.
- It is likely that restricting smoking to units only increases smoking behavior inside these units and therefore increases the likelihood of smoke drifting from one unit to another. Alternatively, residents who have chosen housing with smoking restrictions might be more aware of incursions and more likely to report.

Public Support for Smoke-Free MUH

2015 National SCS-TC

Attitudes about Multi-Unit Housing Policies





Public Housing

- The U.S. Department of Housing and Urban Development (HUD) administers Federal aid to local housing agencies that manage the housing for low-income residents at rents they can afford.
- Approximately 1.2 million households live in public housing units, managed by some 3,300 HAs

- **WHAT IS PUBLIC HOUSING?**
 - Public housing was established to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities.
 - Public housing comes in all sizes and types, from scattered single family houses to highrise apartments for elderly families.
 - There are approximately 1.2 million households living in public housing units, managed by some 3,300 HAs.
 - The U.S. Department of Housing and Urban Development (HUD) administers Federal aid to local housing agencies (HAs) that manage the housing for low-income residents at rents they can afford.
 - HUD furnishes technical and professional assistance in planning, developing and managing these developments.
- **WHO IS ELIGIBLE?**
 - Public housing is limited to low-income families and individuals.

- An HA determines your eligibility based on: 1) annual gross income; 2) whether you qualify as elderly, a person with a disability, or as a family; and 3) U.S. citizenship or eligible immigration status.

Smoke-Free Public Housing Developments

- November 30, 2016: HUD announced that public housing developments in the U.S. will now be required to provide a smoke-free environment for their residents.
- All 3,100 PHAs must have a smoke-free policy in place by July 30, 2018
- No longer allows the use of “prohibited tobacco products” such as cigarettes, cigars, pipes, and water-pipes (hookah) in all living units, indoor common areas, administrative offices and all outdoor areas within 25 feet of housing and administrative office buildings.

- On November 30, 2016, the U.S. Housing and Urban Development (HUD) announced that public housing developments in the U.S. will now be required to provide a smoke-free environment for their residents.
- The final rule to restrict smoking in public housing went into effect on February 3, 2017.
 - No longer allows the use of “prohibited tobacco products” such as cigarettes, cigars, pipes, and waterpipes (hookah) in all living units, indoor common areas, administrative offices and all outdoor areas within 25 feet of housing and administrative office buildings.
 - While the rule does not include electronic cigarettes (e-cigarettes) or other electronic smoking devices, PHAs can choose to prohibit the use of e-cigarettes in their smoke-free policies.
 - Does not apply to Section 8 Housing
- More than 3,100 Public Housing Agencies (PHAs) across the country are required to implement smoke-free policies by

- mid-2018.
 - All PHAs must have a smoke-free policy in place by July 30, 2018.

The Good & The Bad

- The Good
 - PHAs will save an average of between \$16 million to \$38 million per year in reduced maintenance
 - Reduced fire risk will be \$38 million
 - An estimated \$497 million per year in health care and housing-related costs.
- The Bad
 - The list of “prohibited tobacco products” does not include e-cigarettes
 - The rule does not apply to Section 8 Public Housing

- Economic Benefits -
<https://www.hud.gov/sites/documents/FINALSMOKEFREEQ A.PDF>
 - PHAs will save an average of between \$16 million to \$38 million per year in reduced maintenance
 - Reduced fire risk will be \$38 million
 - An estimated \$497 million per year in health care and housing-related costs.

Public Support for Smoke-Free Section 8 Public Housing

- Many US residents live in publicly subsidized multiunit housing; few have smoking restrictions.
- Section 8 public housing vouchers are administered by the Department of Housing and Urban Development (HUD) to provide subsidies for low-income residents.
- HUD Final Rule which excludes Section 8 housing

- 2016 APHA Poster

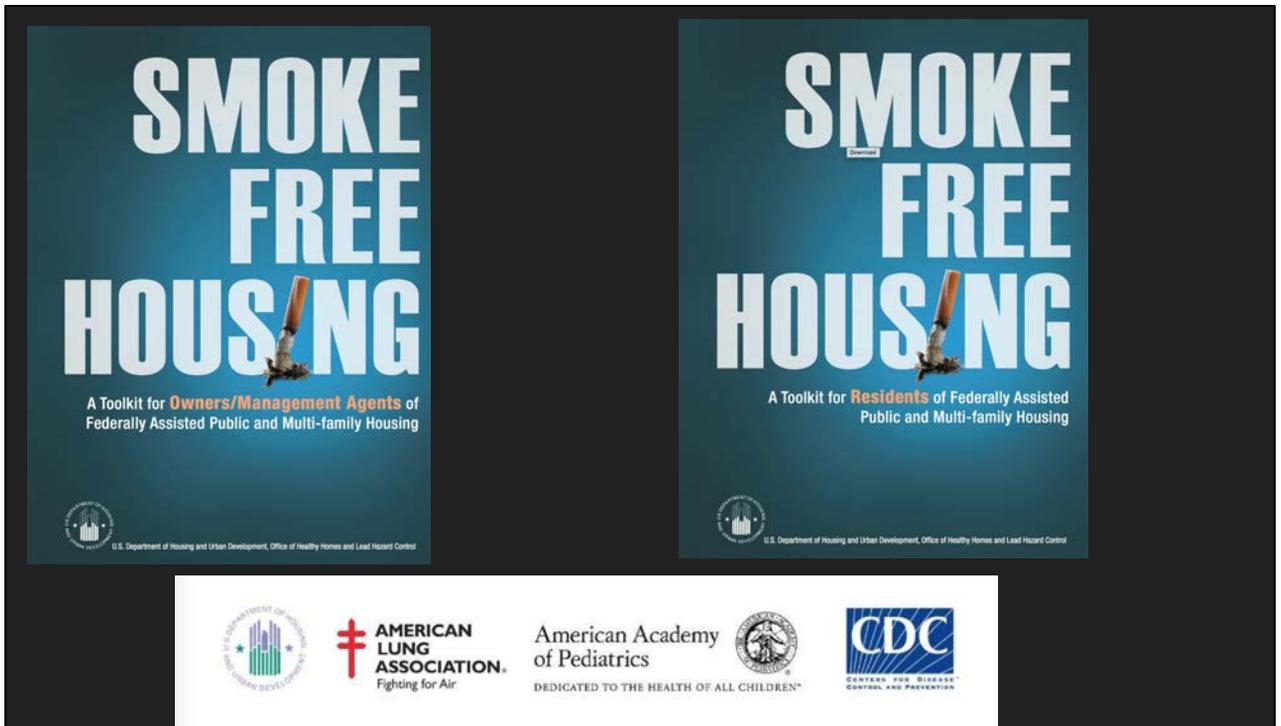
TABLE 2. SUPPORT FOR PROHIBITING INDOOR SMOKING EVERYWHERE INSIDE BUILDINGS THAT HAVE SECTION 8 HOUSING UNITS.

	Support	p
Overall	70.8%	
Housing		
Lives in Multiunit Housing	70.4%	
Lives in Detached Housing	71.0%	ns
Subsidized Housing		
Yes	64.5%	
No	71.1%	p=.088
Smoking Status		
Never Smokers	75.6%	
Former Smokers	69.9%	
Current Smokers	50.8%	p<.001

TABLE 3. SUPPORT FOR A SECTION 8 POLICY TO PROHIBIT SMOKING ONLY INSIDE OF UNITS WITH SUBSIDIES, BUT ALLOW SMOKING IN NON-SUBSIDIZED UNITS.

	Support	p
Overall	38.2%	
Housing		
Lives in Multiunit Housing	33.3%	
Lives in Detached Housing	40.0%	p=.001
Subsidized Housing		
Yes	37.4%	
No	38.4%	ns
Smoking Status		
Never Smokers	40.2%	
Former Smokers	36.2%	
Current Smokers	34.5%	p=.041

- Most U.S. adults support prohibiting smoking in all units in MUH buildings with any Section 8 subsidies.
- Adults who would be impacted by a smoke-free rule, those who live in MUH buildings, are less supportive of a policy that would not apply to all units in buildings with Section 8 subsidies.
- There were no differences between rural and urban respondents
- This policy preference has implications for protecting the health of the 4.9 million tenants who receive subsidies and their neighbors.
- Smoke-free housing should be available to all.



- Education Materials
 - The Health Consequences of Involuntary Exposure to Secondhand Smoke
 - Secondhand Tobacco Smoke and the Health of Your Family
 - Clean Your Home of Asthma Triggers
- Organizing Tools
 - Going Smoke Free: Steps for Residents
 - Home Pledge Kit

Best Practices

- Smoking Disclosure Laws
- Prohibit smoking in apartments, duplexes, and similar residences
 - Common indoor areas
 - Individual units
- Prohibit smoking in adjacent outdoor areas
- Prohibit smoking in all indoor and outdoor areas of property

- Several cities, including Oakland, California, Buffalo, New York and Duluth, Minnesota have enacted similar policies. Smoking disclosure laws do not mandate smokefree units or buildings but require owners to inform prospective residents of smoking policies and the location of smoking and nonsmoking units