





Welcome to the Webinar

Breathing Easy at Home: Partnering to Increase Smoke-Free Policies in Federally Assisted Housing

Featuring:

- **Kara Skahen**, Program Director, Live Smoke Free, Association for Nonsmokers-Minnesota
- **Patricia Baines-Lake**, Executive Director, Lansing Housing Commission, Michigan
- **Amy Moore**, Health Educator, Ingham County Health Department, Michigan

Moderator: **Rachel Cumberbatch**, AAAS Science & Technology Policy Fellow, U.S. Environmental Protection Agency

Wednesday, August 5, 2015



Learning Objectives

Participants will learn how to—

- Take action to promote and implement smoke-free policies in multi-unit housing.
- Communicate the importance and feasibility of smoke-free policy implementation and enforcement in multi-unit housing, particularly public housing.
- Partner with public housing authorities (PHAs) and privately owned multi-unit properties to adopt a smoke-free policy.
- Overcome barriers and offer support to property managers when implementing a smoke-free policy.



Agenda

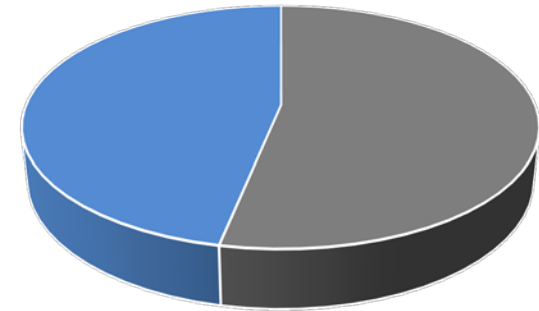
1. Describe the benefits of smoke-free housing policies and EPA's commitment to reducing asthma disparities through healthy housing.
2. Hear from experts in the field.
 - **Kara Skahen**, Program Director, Live Smoke Free, The Association for Nonsmokers-Minnesota
 - **Patricia Baines-Lake**, Executive Director, Lansing Housing Commission, Michigan
 - **Amy Moore**, Health Educator, Ingham County Health Department, Michigan



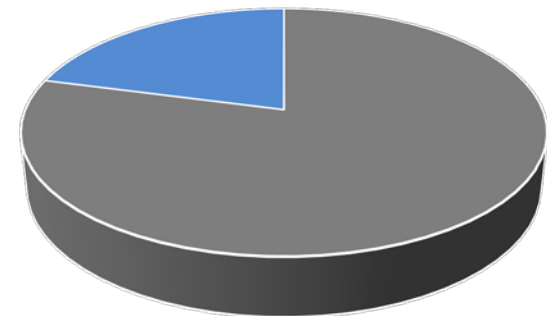
Why Smoke-Free Matters: Health Disparities

- The Surgeon General has concluded that there is no risk-free level of exposure to secondhand smoke (SHS).¹
- SHS is a universal asthma trigger, and more than half of children with asthma are exposed to SHS.
- SHS affects minorities and the poor disproportionately.³

Among children with asthma, 53.2% were exposed to SHS in 2005–2010.²



Among low-income children with asthma, 79.1% were exposed to SHS.²



¹ The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. 2006.

² Kit et al. 2013.

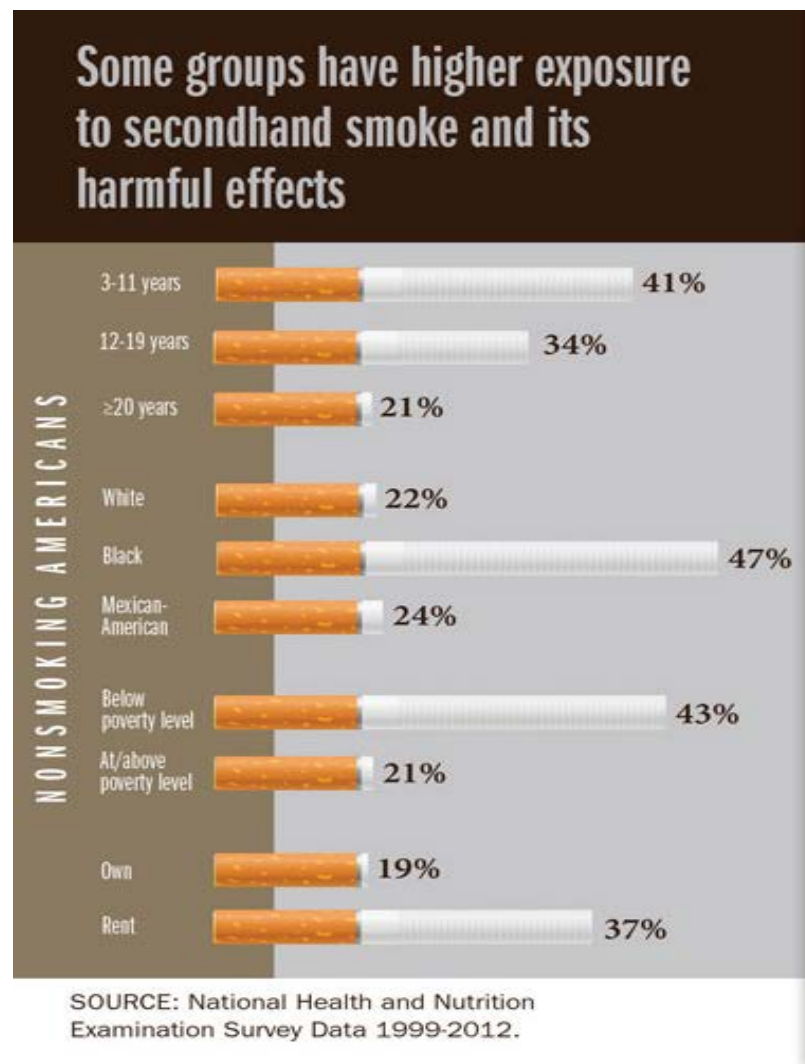
³ CDC. Vital Signs: SHS An Unequal Danger. 2015.



SHS: An Unequal Danger

- One in 4 nonsmokers (58 million people) in the United States are still exposed to SHS.¹
- About 2 of every 5 children (15 million) are exposed to SHS.¹
- More than 1 in 3 nonsmokers who live in rental housing are exposed to SHS.¹

¹CDC. Vital Signs: SHS An Unequal Danger. 2015.



EPA's Commitment to Addressing Health Disparities

May, 2012

www.epa.gov/childrenstaskforce

President's Task Force on Environmental Health Risks and Safety Risks to Children



Coordinated Federal Action Plan to Reduce Racial and Ethnic Asthma Disparities

Priority Actions:

1.3 In homes, reduce environmental exposures.

- Encourage federal grantees who conduct home visits for asthma to adopt the relevant Task Force on Community Preventive Services' Community Guide recommendations, and encourage federal partners who support home visit programs to do the same (<http://www.thecommunityguide.org/asthma/multicomponent.html>).
- Recommend that owners and managers of federally assisted housing implement building-wide practices and policies that reduce exposures to secondhand smoke, pests, mold and other asthma triggers.
- Encourage state and local governments to consider strategies to help reduce exposure to secondhand smoke, pests, mold and other asthma triggers in homes.
- **Key Organizations Involved:** CDC, CPSC, DOE, EPA, HUD and USDA.

Priority Actions:

4.1 Reduce exposure to maternal smoking and environmental tobacco smoke (ETS; also known as secondhand smoke) among pregnant women and infants. There is evidence of an association between maternal smoking and ETS exposure during pregnancy and the development of wheezing illness and asthma in young children, although a causal relationship is not established. Reducing exposure to ETS may reduce the risk of wheezing in infants, which may influence the development of asthma or the progression of asthma severity later in childhood. Steps that can be taken, which also have other known health benefits, include:

- Promote smoke-free living in federally assisted housing.

Recommend that owners and managers of federally assisted housing implement building-wide practices and policies that reduce exposures to secondhand smoke, pests, mold and asthma triggers.



Kara Skahen

Program Director
Live Smoke Free
Association for Nonsmokers-Minnesota



Smoke-Free Multi-Unit Housing

**Partnering to Increase Healthy, Safe and Clean
Housing Opportunities**

August 5, 2015

Kara Skahen, M.S.W., M.P.P.
Program Director

Live Smoke Free Program



- A program of the Association for Nonsmokers-Minnesota.
- Based in St. Paul, Minnesota.
- The program has been working on smoke-free housing full time since 2007.
- Educates and assists building owners, managers, local policy makers, residents and housing industry professionals on smoke-free housing issues.

Secondhand Smoke

- Secondhand smoke contains more than 7,000 chemicals, including about 70 that cause cancer.
- Secondhand smoke is a known asthma trigger.
- The 2006 Surgeon General's Report concluded that **there is no risk-free level of secondhand smoke exposure.**
- In multi-unit housing, smoke can move easily through cracks in walls, electrical systems, ventilation, etc.



Source: Centers for Disease Control and Prevention, 2015

Secondhand Smoke

Exposure and Disparities

- Exposure can be measured by testing body fluids for a biomarker called cotinine.
- Exposure can cause asthma attacks, ear infections, respiratory symptoms/infections, heart disease, lung cancer and stroke.
- Symptoms from exposure can limit one's ability to lead a normal, active life.

Source: Centers for Disease Control and Prevention, 2015





Why Is Smoke-Free Multi-Unit Housing Important?

Residents of multi-unit housing are disproportionately

- Low-wage workers, people of color, the elderly and the young (under age 18)
- Struggling with poverty, chronic disease, mental illness and chemical dependency
- Exposed to secondhand smoke at disproportionately high rates

Members of these special populations often have

- Limited housing options
- Limited resources to move
- Limited access to health care

***Everyone deserves to have a
healthy, safe and clean place to call home.***

Smoke-Free Housing Benefits

- Protects priority populations from second- and third-hand smoke exposure.
- Encourages people who smoke to reduce their consumption or quit.
- Reduces cigarette-caused fires.
- Protects housing investments.
- Saves money for residents, property owners and taxpayers—smoke-free subsidized housing would save \$521 million a year.

(Centers for Disease Control and Prevention, 2013)



Smoke-Free Housing Is Gaining Momentum

- Who is going smoke-free?
 - Market-rate rental properties
 - Affordable rental properties
 - Public housing
 - Common interest communities (condos, townhomes, cooperatives)
- Smoke-free apartment buildings in the United States—
 - More than 600 public housing authorities
 - Boston, Minneapolis, Maine (statewide), etc.
 - Thousands of market-rate and affordable buildings
 - Many management companies are transitioning their entire portfolios



Smoke-Free Housing Is Gaining Momentum

- 349 members of an online global coalition of smoke-free housing advocates
- Advocates include:
 - Public health professionals
 - Private nonprofit organizations
 - Students
 - Social workers
 - Chemical dependency counselors
 - Asthma programs
 - Nurses
 - Medical professionals
 - Researchers

The Asthma Community and Smoke-Free Housing Policies: *A Natural Partnership!*

Smoke-free multi-unit housing policies

- Reduce or eliminate a common trigger of asthma in and around the home.
- Promote healthy in-home behaviors.
- Encourage cessation.
- Improve health outcomes for children and adults with asthma.



Case Study:

MN Department of Health



Completed a 3-year HUD-RETA (Reducing Environmental Triggers of Asthma) grant project to deliver asthma home-based services to 219 children living in low-income, multifamily housing throughout the Twin Cities.

Goals

- Reduce or eliminate triggers of asthma found in the home.
- Improve asthma self-management skills.
- Improve health outcomes for children who have asthma.

Method 1

- Conducted a series of in-home nurse visits.
- Inquired about asthma triggers in the home.
 - Secondhand tobacco smoke was reported as a trigger for 66.7% of participants in Minneapolis.
- Recommended no- or low-cost interventions that included encouraging smokers to quit and, when possible, the implementation of smoke-free building policies.



Case Study:

MN Department of Health



Method 2

- Funded a community partner to help successfully promote a smoke-free apartment policy in a very large, diverse apartment complex.
- Results (metro-wide)—
 - More symptom-free children
 - Improved asthma control
 - Fewer missed school/work days
 - Decline in health case service use and hospitalizations
 - Positive return on investment
 - Improved quality of life for children and their families



How Can I Support Smoke-Free Policies?

- Be knowledgeable about the smoke-free housing and cessation resources in your area.
- If available, connect clients to pre-existing programs for resources and support.
- Partner with renters to promote a smoke-free policy at their property.
 - Local and national resources are available to help
- Speak with the property manager, owner, or Board of Directors about adopting a policy.
- Track your smoke-free housing work.



Photo Credit: Kelly Corbin,
Olmsted County Public
Health Services

Tips for Outreach to Property Managers

- Know your audience.
 - Market rate (not subsidized) versus affordable or non-profit (subsidized)
- Emphasize the benefits of smoke-free policies for management.
 - Cost savings, protected investments, reduced fire risk
 - Health benefits for residents and staff
- Utilize testimonials and visuals.
- Highlight the FREE resources available.
 - Offer consultations, sample materials, signage, etc.



Tips for Working with Residents on Smoke-Free Policy Issues

- Seek input.
- Acknowledge and address resident concerns.
- Be positive and compassionate.
- Utilize culturally-appropriate messaging.
- Provide cessation resources.
- Engage social service providers and resident associations.



How Can I Support the Movement?

- Connect with a local smoke-free housing program.
- Incorporate efforts into current work, or start a local initiative.
- Participate in events that promote smoke-free policies.
- Fund community partners already working on smoke-free housing initiatives.
- Participate in, or create, a smoke-free housing coalition.
- Distribute information about the benefits to your colleagues and broader asthma networks.
- Educate property managers on healthy housing issues.

Connect With a Smoke-Free Housing Program Near You!

(1) Global Directory of Smoke-Free Multi-Housing Programs:
www.mnsmokefreehousing.org/organizations/Resources

(2) National Smoke-Free Housing Listserv:
Contact: tcsq@tcsq.org





Learn More: Free Webinars on Program Development

Phase 1: Understanding the Need for Smoke-Free Multi-Unit Housing

Stages of Smoke-Free Multi-Unit Housing Program Development

Continued...

The Case for Smoke-Free MUH	Getting to Know the MUH Industry	Building Your Smoke-Free MUH Program	Understanding Legal Issues
The importance of adopting smoke-free MUH policies	Assessing the MUH stock and learning what's important to the industry	Creating goals, materials, and procedures to sustain a program	Learning the local, state, and federal laws pertaining to MUH

Phase 2: Working Toward Smoke-Free Multi-Unit Housing Policy Adoption

...Continued

Stages of Smoke-Free Multi-Unit Housing Program Development

Strategies to Reach the Housing Industry	Working with MUH to Adopt a Policy	Providing Cessation in Smoke-Free Buildings	Working with Renters Exposed to Smoke	Program Sustainability
Getting your message to landlords	The policy adoption process	Helping current residents make the transition to a smoke-free environment	Empowering renters suffering from secondhand smoke drift	Partnering with other smoke-free MUH programs

View archives and recorded webinars at
www.mnsmokefreehousing.org/organizations/archivedweb



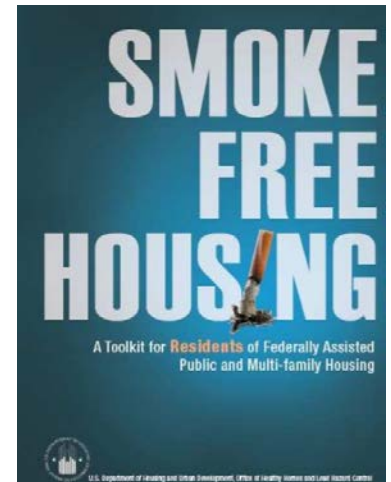
Resources to Help Build Your Program

Developing a Smoke-Free Multi-Unit Housing Program: A Guide for Tobacco Control Professionals

www.mnsmokefreehousing.org

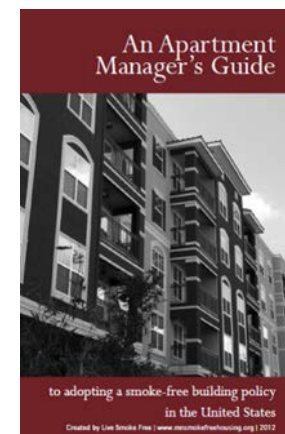


HUD's Smoke-Free Housing Toolkits for Residents, Owners and Managers



Resources for Smoke-Free Housing Advocates

An Apartment Manager's Guide to Adopting a Smoke-Free Building Policy in the United States



Smoking & Special Populations:

Addressing Myths & Reducing Barriers to Providing Smoke-Free
Housing for Individuals with Mental Illness, Chemical
Dependency or Those Who are Homeless

www.mnsmokefreehousing.org





Contact Information

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Patricia Baines-Lake

Executive Director
Lansing Housing Commission

Overview: Lansing Housing Commission

- The Lansing Housing Commission manages 833 multifamily rental units. There are 5 townhouse multifamily properties, one midrise (6 stories) and 235 scattered site—single family and duplex—units.
- The portfolio consists of 262 one-bedroom units, 200 two-bedroom units, 242 three-bedroom units, 97 four bedroom units and 32 five-bedroom units.

Why a Smoke-Free Policy?

The Lansing Housing Commission was motivated to develop a smoke-free policy in its public housing properties to address the—

- Adverse health effects of smoking
- Improve the internal unit environment
- Reduce the adverse effects smoking has on people with asthma (particularly children) (as highlighted by the Healthy Homes Grant)
- Address the disproportionate adverse affects smoking has on low-income households
- Unit turn costs
- Operating costs
- HUD encouraged Public Housing Agencies to adopt a smoke-free policy
- Prevent fire damage



What Is the Lansing Housing Commission Smoke-Free Policy?

- Effective July 1, 2011, smoking was prohibited in all property owned and operated by the Lansing Housing Commission (“LHC”).
 - The Policy applies to 100% of LHC’s portfolio.
 - The Policy was first introduced during our Annual Plan Process. Comments were received from the public that included concern about ability to stop the addictive behavior and evictions.
- The smoking ban is intended to improve the quality of air and the safety of residents and employees.
- Smoking is only permitted in specifically designated outside areas.
- Smoking outside of LHC-owned buildings shall be permitted only in designated smoking areas, which shall be at least 15 feet from a door, walkway, window or ventilation system.



What Is the Lansing Housing Commission Smoke-Free Policy?

- The policy became effective 1 year after Board approval.
- LHC partnered with the State of Michigan Health Department to offer smoking cessation classes.
- In addition to classes, interested parties were connected to free options for receiving smoking cessation medical support, including patches.

An additional highlight extends to the exterior of buildings and states:

“Smoking outside of LHC owned buildings shall be permitted only in designated smoking areas, which shall be at least 15 feet from a door, walkway, window or ventilation system. In addition, smoking areas shall be located sufficient distances from the buildings and walkways so that secondhand tobacco smoke does not enter the buildings and to ensure residents and guests can avoid walking through secondhand tobacco smoke to enter or leave LHC owned properties.”

The Policy will be expanded to specifically address—

- E-cigarettes
- Marijuana (currently addressed in our drug prohibition policy)

Enforcement Approach

LHC's Policy states—

Employees and residents who smell tobacco smoke from the inside of LHC-owned buildings are to report this to the office as soon as possible. LHC's management staff will identify the source of the smoke and take appropriate action when deemed necessary.

Each resident signs a copy of LHC's Smoke-Free Policy, which states—

TENANT CERTIFICATION

- ✓ I have read and understand the above smoking policy and I agree to comply fully with the provisions. I understand that failure to comply may constitute reason for termination of my lease.

We approach enforcement by—

- Providing options to eliminate the unacceptable behavior
- Educating the residents of LHC properties
- Site Managers issuing verbal then written warnings

Enforcement Approach

LHC seeks to avoid evictions whenever possible by using a combination of the following—

- Meeting with the court to educate the judges on the policy
- Meeting with Legal Aid to explain the policy objective
- Arriving at court-ordered solutions. For example, in conjunction with Legal Aid, we reached an agreement with a resident who scrubbed their walls and agreed to stop smoking in their unit, and a community group repainted the unit as the settlement.
- As a last resort, LHC evicts policy offenders. Three households have been evicted because of smoking violations.

What Is Working

The policy has been effective because of resident and staff support of the policy.

Residents quickly realized the importance of Healthy Smoke-Free Homes based on education provided by the State Department of Health and a Healthy Homes Grant.

Children became the champions of the Policy because they want to live healthily.

LHC has assessed the effectiveness of the policy for all properties by—

- The reduction in rehab costs
- Observing ashtrays are largely a decorating phenomena of the past
- Declining complaints regarding tobacco smoke



1st and 2nd Hand Smoke Is a Public Health Threat

Why Is Smoke-Free HOUSING Important?

HEALTH BENEFITS

The State of Michigan's Health Department indicates smoking adversely affects children and adult health outcomes, specifically:

- Children and adults with asthma;
- Respiratory challenges; and
- Allergies.

Living in a smoking environment increases hospital stays and hospital readmissions.



1st and 2nd Hand Smoke Is a Public Health Threat

The Lansing Housing Commission (“LHC”) entered into a contract with the Department of Public Health to provide services for households adversely affected by asthma approximately 5 years ago.

The Health Department enlightened LHC on the adverse health consequences smoking has on asthma sufferers. The Department of Health—

- Encouraged LHC to adopt a smoke-free policy;
- Spoke in favor of adoption of the smoke-free policy at LHC’s board meeting; and
- Provided data to residents and the board on the adverse health effects of 1st and 2nd hand smoking.



1st and 2nd Hand Smoke Is a Public Health Threat

LHC has benefited from the partnership with public health, and citizens have also benefited. The policy has been effective because of resident and staff support of the policy.

- Residents quickly realized the importance of Healthy Smoke-Free Homes based on education provided by State.
- Children became the champions of the Policy because they want to live healthily;
- Department of Health and a Healthy Homes Grant.
- Residents are more educated about smoking hazards.
- Residents have embraced smoke-free policy.
- Residents report violators.

LHC has assessed the effectiveness of the policy for all properties by:

- The reduction in rehab costs.
- Observing ashtrays are largely a decorating phenomena of the past.
- Declining complaints regarding tobacco smoke.

Property Managers State: “Smoking inside of buildings is costly.”

The cost of turning a unit and maintaining a unit with an occupant who smokes is costly.

- Employees are adversely affected by 2nd hand smoke, resulting in absenteeism.
- It costs twice as much—sometimes 75% more—to rehab a unit occupied by a smoker.
- It is more difficult to rent a unit previously occupied by a smoker.



Benefits of Smoke-Free Living

- Nonsmoking and smoking residents support the Smoke-Free Policy.
- The cost of unit turns has been reduced more than expected. LHC has reduced the cost of painting and unit prep (reduction = \$1500–\$2,000 per unit) since the nonsmoking policy went into effect.
- LHC has a long-term partnership with the State Department of Health which results in green approaches to extermination and maintenance.
- Children with asthma residing in LHC properties have free access to public health resources.
- Children who live in a smoke-free environment have less allergic and breathing issues.
- Residents of high rise buildings can exit and enter free from exposure to secondhand smoke.



Why Should You Support Smoke-Free Housing

Smoking adversely affects everyone! Those who do not want to breathe smoke, taxpayers and children! You can help to reduce the public health impact of smoking by policy changes and advocacy. Nonsmoking policies have positive results:

- Healthier citizens
- Fewer hospitalizations
- Shorter hospital stays
- Less costly medical expenses
- Lower operating expenses

Contact Information

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Amy Moore

Certified Prevention Specialist
Ingham County Health Department

Ingham County Health Department

- Located in Lansing, Michigan, and covers the seventh largest population center in Michigan
- Federally qualified health center (FQHC)
- Runs 12 medical clinics and supports 16 different languages
- Preferred refugee community and serves a large and diverse refugee population
- Clinics serve more than 20,000 clients per year and public health division serves the entire community
- Agency has made it a priority to alleviate the burden of preventable chronic conditions and high ER utilization rates



Property Management Outreach Suggestions

- Assess data using RentLinux website advanced search.
- Compare market-rate, subsidized, elderly and disabled.
- Intervene with property management coalitions.
- Create targeted strategies using community feedback and data.

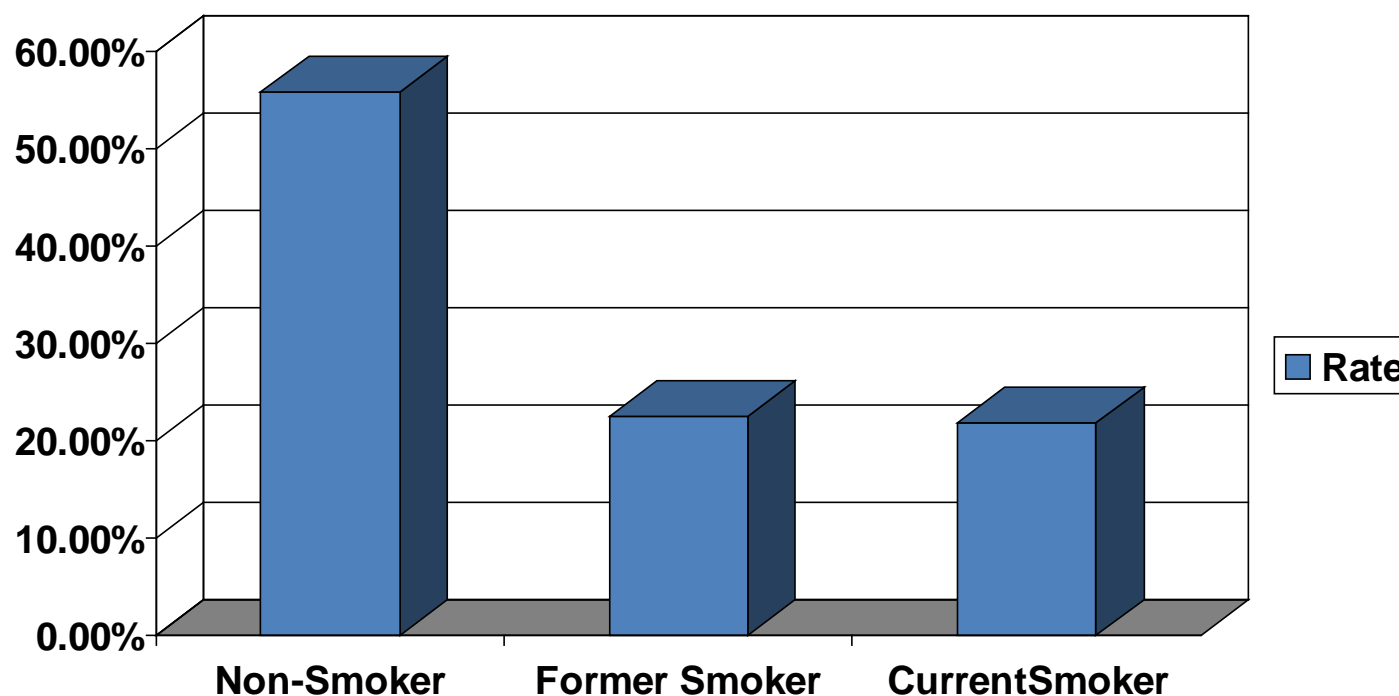
Smoke-Free Housing; Legal and Easier Than You Thought!

1. Is it legal?
2. Will I lose tenants?
3. How is it enforced?



What Resonates With Housing Providers: Tobacco Use Trends

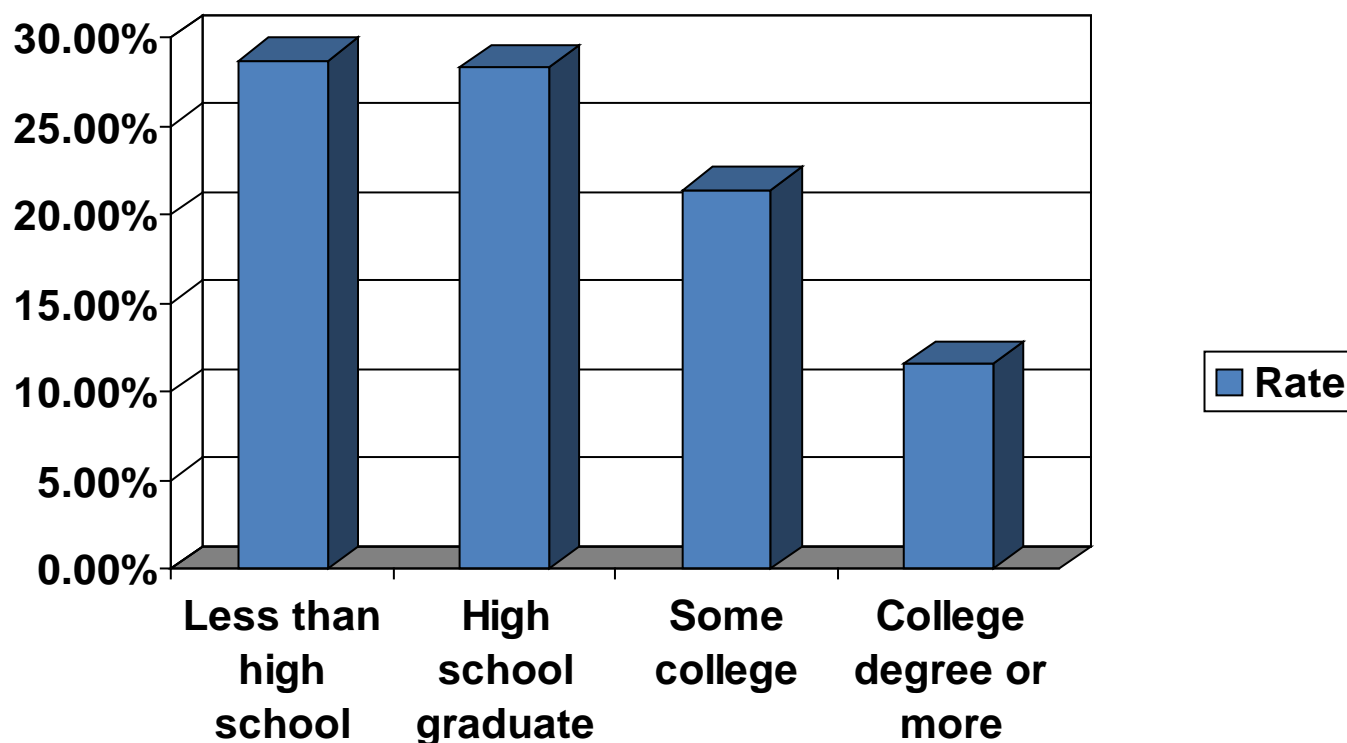
2010 Smoking Rate in the Capital Area





What Resonates With Housing Providers: Tobacco Use Trends

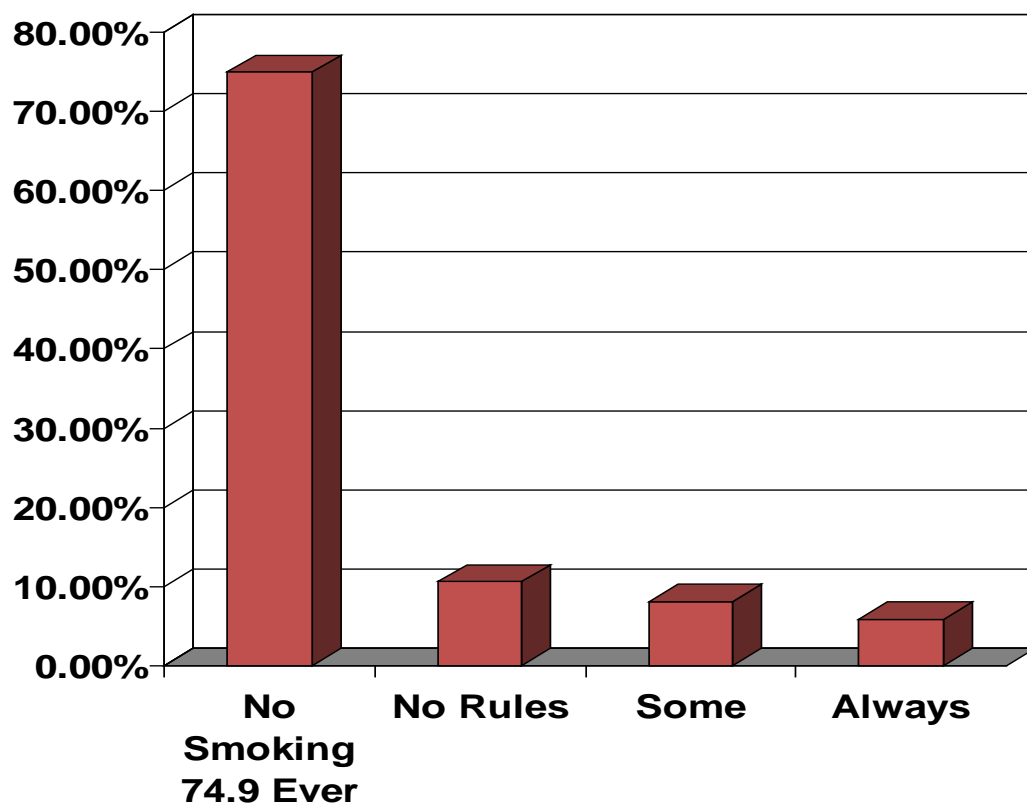
2010 Smoking Rate by Education





What Resonates With Housing Providers: Tobacco Use Trends

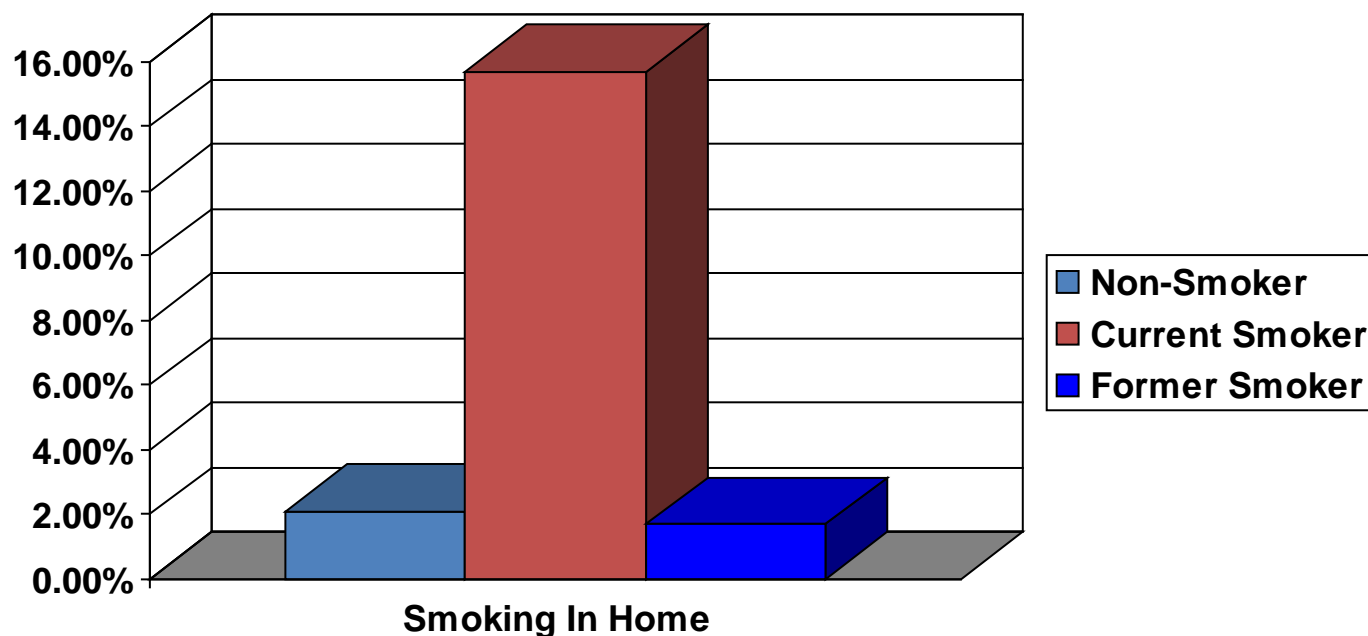
2010 Smoking Rules in the Home





What Resonates With Housing Providers: Tobacco Use Trends

Smoking in Home by Smoking Status





Public Health Partnering With Asthma Programs

- Promotion of cessation opportunities
- Other common interests, such as bedbug presentation, pest management, walking programs and insurance enrollment
- Case management/patient navigation
- Attorney General opinion: medical marijuana laws



Contact Information

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Additional Resources

- RentLinx website: www.rentlinx.com
- MISmokeFreeApartments website: www.mismokefreeapartment.org
- “Model Lease Provisions” in the AsthmaCommunityNetwork.org Resource Bank
- “Smoke-Free Air Law: Attorney General Opinion” in the AsthmaCommunityNetwork.org Resource Bank
- “Smoke-Free Housing; Legal and Easier Than You Thought!” in the AsthmaCommunityNetwork.org Resource Bank



Conclusion of the Webinar

Breathing Easy at Home: Partnering to Increase Smoke-Free Policies in Federally Assisted Housing

Moderator: Rachel Cumberbatch, AAAS Science & Technology Policy Fellow, U.S. EPA

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