

Smokefree Public Housing Workshop

September 25-26 2017, Atlanta, Georgia



Welcome Day 2

Beyond the Forum: Technical Assistance to State Teams

Sarah Shafir, MPH

Strategic Director, ACS



ACS-CDC Cooperative Agreement



Convening national experts and coordinating technical assistance support to state teams

ACS Comprehensive Cancer Control Team:

Program Director: Sarah Shafir

Program Manager: Lorrie Graaf

Program Coordinator: Todd Tyler

ACS Consultant: Kerstin Ohlander

Follow Up Technical Assistance to Teams



The Technical Assistance Advisory Group



- An advisory group will provide guidance and expert feedback on the technical assistance process
- Subject matter experts will share content knowledge and resources as well as expert advice on implementing evidence-based interventions

The Technical Assistance Process



What Will Technical Assistance Look Like?



- a) Hold Kickoff Call
- b) Survey of Teams
- c) Hold 3 TA Calls with State Teams
- d) Collect Data on Implementation Barriers
- e) Recommend Next Steps to Address Barriers (resources, strategies, working with other state teams, SMEs)

What Happens Next



- Finalize your team's action plan

Please submit your action plan to: kohlander@ocsconsult.com

- Complete survey to tell us your technical assistance needs
- Schedule your first state team call



THANK YOU



Panel 8:45 – 9:45 AM

Resources to Support Implementation

- **Christine Cheng, Moderator**
- **Rachel Riley, HUD**
- **Robin Scala, OSH**
- **Kristi Fultz-Butts, CDC**
- **Melanie Ruhe, NACCHO**
- **Thomas Carr, ALA**
- **Liz Williams, ANR**



https://portal.hud.gov/hudportal/documents/huddoc?id=smokefree_guidebk.pdf

Timing

HUD Guidebook: Implementing HUD's New Smoke-Free Policy in Public Housing

HUD • GUIDEBOOK  Implementing HUD's SMOKE-FREE POLICY in Public Housing

Recommended 18-Month Timeline

MONTHS 1-3


- Review HUD's rule. Check out HUD's Fact Sheets and Guidebook about the rule.
- Inform housing staff, advisory board, and residents of the final rule.
- Invite residents to an informational meeting.
- Continue to follow a standard process for annual plan review and amendments.
- Prepare materials for your resident meeting. You can find resources including PowerPoints on HUD's website.
- Provide your staff with talking points.
- Prepare a Frequently Asked Questions document.

MONTHS 4-6

- Host first resident town hall meeting explaining the policy, the health benefits of going smoke-free, and the implementation process. Record the residents' feedback.
- Invite representatives from the local health department, nonprofits involved in smoke-free initiatives, legal aid, and medical professionals to the meeting.
- Survey residents about their experience with secondhand smoke. You might ask residents how restrictive they would like the policy to be. Compile the results of the surveys and any other feedback. Use this information to help shape your policy.
- Identify partners that might assist residents who want to quit through their cessation journey.

MONTHS 7-9

- Formalize your PHA's smoke-free policy implementation and enforcement plans.
- Request feedback from the residents on the proposed smoke-free policy.
- Develop new leases, a lease addendum, and updated language for your PHA Plan. Use HUD's guidebook and suggested lease language to assist you.
- Obtain Housing Governance Board and Resident Advisory Board approval of your smoke-free policy and lease amendment.
- Educate and train your staff on the final policy and enforcement strategy.
- Formally notify your residents about the policy in a letter. Include the start date, how to request reasonable accommodations, and how to provide feedback about the policy. Explain that some tenants will sign new leases and others will sign lease addendums.
- Make sure the letter is easy to understand and written in the languages spoken by your residents.
- Work with resident youth to design flyers and/or signage about the policy. Flyers can include information about the policy, cessation support, or success stories.
- Begin posting information in your buildings and electronically (e.g., website, resident portal, email notice).

HUD • GUIDEBOOK  Implementing HUD's SMOKE-FREE POLICY in Public Housing

MONTHS 10-12

- Host an additional resident meeting. Announce the official policy and enforcement plan. Include information about the health benefits of the policy, the dangers of secondhand smoke and available cessation help.
- Begin signing lease addendums for tenants who aren't required to renew their lease before the policy starts.
- Sign new leases and renew existing leases to include the smoke-free policy.
- Possible approach: Have all residents over 18 years old initial beside the policy to ensure they have read it and understand it. Include the policy start date in the lease.
- Reach out to residents who may have difficulty complying with the new policy, such as people with a physical or mental disability. Develop a plan for helping them comply.

MONTHS 13-15

- Continue renewing and signing new leases to include the smoke-free policy.
- Host a final resident town hall meeting to address concerns and lay out the steps for implementation of the smoke-free policy.
- Engage partner organizations to schedule and provide cessation classes.
- Consider ordering magnets with information about the smoke-free policy for people to use inside their units.
- Begin building a smoking area, if your PHA decides to have one.
- Order smoke-free signs for the property.

MONTHS 16-18

- Ensure 100% of tenants have signed a lease or lease addendum with the smoke-free policy language included.
- Install the smoke-free signs around the property. Replace them if they are defaced.
- Ensure your staff is ready to enforce the policy.

LAUNCH YOUR POLICY

- Host a kickoff celebration to mark the implementation of the smoke-free policy.
- Maintain records of violations.
- Communicate with your residents, staff, and Housing Agency Governance Board often about the policy and the benefits.
- Respond to all requests for reasonable accommodation according to your protocol.

https://portal.hud.gov/hudportal/documents/huddoc?id=smokefree_guidebk.pdf

CDC/OSHA Resources for Smokefree Public Housing

ROBIN SCALA

HEALTH COMMUNICATIONS BRANCH

CDC OFFICE ON SMOKING AND HEALTH



CDC/OSH Resources - Website

Smoking & Tobacco Use

CDC's **OFFICE ON SMOKING AND HEALTH (OSH)** is the lead federal agency for comprehensive tobacco prevention and control. OSH saves lives and saves money by preventing and reducing tobacco use – the leading cause of preventable disease and death in the U.S.

Even if you haven't heard of OSH, you've probably seen or felt the impact of our work:

- On TV, Radio, and Billboards...
- On the Phone... 1-800-QUIT-NOW
- In the News...
- In Your Family...
- In Your Community...



FAST FACTS

Learn more about how cigarette smoking and secondhand smoke cause disease, disability, and death.



TIPS® CAMPAIGN

Hear personal stories from former smokers and access free resources, including Quitguide App and 1-800-Quit-Now.



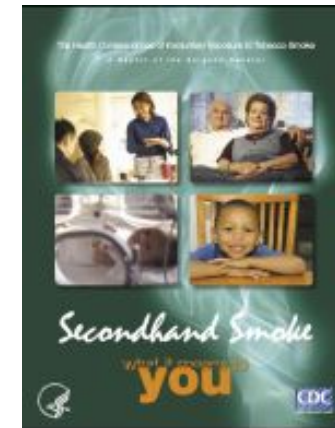
STATE FACT SHEETS

View National Tobacco Control Program fact sheets for all 50 states and the District of Columbia.



OSHDATA

Explore the STATE System and other tools for gathering comprehensive tobacco prevention and control data.



www.CDC.gov/tobacco

CDC/OSH Resources - Website

1 in 3
More than 1 in 3 nonsmokers who live in rental housing are exposed to secondhand smoke.

VitalSigns[™]
www.cdc.gov/vitalsigns/tobacco

mcrcc
media campaign
resource center

TOBACCO USE AND SECONDHAND SMOKE EXPOSURE IS HIGH IN MULTIUNIT HOUSING

- About **80 million (1 in 4) people** in the US live in multiunit housing, such as apartments.
- Many who live in public housing are especially affected by secondhand smoke, including **children, the elderly, and people with disabilities.**
- About **8 in 10** multiunit housing residents choose to make their own homes **smoke-free.**
- About **20 percent** of adults in multiunit housing use combustible tobacco products, which are a source of secondhand smoke exposure.

Among multiunit housing residents with smoke-free home rules, **34 percent** report that secondhand smoke involuntarily enters their homes from somewhere else in or around the building.

There is **no safe level** of **secondhand smoke exposure**

- Secondhand smoke can travel within multiunit housing and common areas through **doorways, cracks in walls, electrical lines, ventilation systems and plumbing.**
- Opening windows and using fans **does not completely remove secondhand smoke.**
- Heating, air conditioning and ventilation systems **cannot eliminate exposure to secondhand smoke.**

©2015



Secondhand smoke can infiltrate other units through hallways and stairwells.

Why when it comes to your health, talk to your building about making your apartment smokefree.

www.CDC.gov/tobacco

Cessation Support



- State & local cessation resources (e.g., state quitlines)
- 1-800-QUIT-NOW
- 1-855-DEJELO-YA (Spanish)
- Asian quitline (Chinese, Vietnamese, Korean)
- NCI text messaging service
- NCI smokefree.gov
- Coordination of resident cessation support with partners

Tips® Campaign Overview

A TIP ABOUT SECONDHAND SMOKE

NO ONE CHOOSES TO TAKE UP SECONDHAND SMOKING.

Nathan, Age 54
Ogala Sioux
Idaho

Secondhand smoke at work triggered Nathan's severe asthma attacks and caused infections and lung damage. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW**.
#CDCtips



A TIP FROM A FORMER SMOKER

Quitting isn't about what you give up. It's about what you get back.

Rebecca, age 57, Florida

Rebecca struggled with depression. She thought smoking would help, but it just made her more depressed. When she quit smoking it changed her life, mentally and physically. Now she runs 5ks and hopes to live to be one hundred.

You can quit smoking.

For Free Help, call **1-800-QUIT-NOW**.

#CDCtips



A TIP FROM A FORMER SMOKER

BE CAREFUL NOT TO CUT YOUR STOMA.

Shawn, Age 50, Diagnosed at 46
Washington State

Smoking causes immediate damage to your body. For Shawn, it caused throat cancer. You can quit. For free help, call **1-800-QUIT-NOW**.



Tips® Resources - Website

The screenshot shows the homepage of the Tips From Former Smokers website. At the top, there is a blue header with the text "Tips From Former Smokers®". Below the header are social media icons for Facebook, Twitter, and a plus sign, along with a language dropdown menu set to "English (US)". The main banner features a large image of hands holding a smartphone, with the text "Ready to Quit? Call 1-800-QUIT-NOW for FREE support" and a button labeled "MORE FREE QUIT TOOLS". Below the banner are four navigation tiles: "REAL STORIES", "DISEASE AND CONDITIONS", "ALL VIDEOS", and "TIPS IMPACT AND RESULTS". To the right of the main content is a vertical sidebar with six categories: "CAMPAIGN RESOURCES", "ABOUT THE CAMPAIGN", "FOR SPECIFIC GROUPS", "PARTNERS", "STAY CONNECTED", and "NEWSROOM".

Tips From Former Smokers®

Language: English (US)

Ready to Quit?
Call 1-800-QUIT-NOW
for FREE support

MORE FREE QUIT TOOLS

REAL STORIES
Hear the real stories of people living with smoking-related diseases and disabilities.

DISEASE AND CONDITIONS
Learn how smoking affects illnesses and conditions

ALL VIDEOS
View all commercials and videos from the Tips® campaign

TIPS IMPACT AND RESULTS
Learn how more than 5 million smokers have attempted to quit because of the Tips® campaign.

CAMPAIGN RESOURCES
Buttons, images, print ads, videos, podcasts, and more.

ABOUT THE CAMPAIGN
Overview and answers to frequently asked questions.

FOR SPECIFIC GROUPS
Learn more about how smoking and secondhand smoke affect specific groups.

PARTNERS
Free tools and materials for health care providers, faith-based organizations, and public health professionals to help people quit smoking.

STAY CONNECTED
Join the conversation about Tips and smoking-related topics on social media channels, including Facebook, Twitter, YouTube, and Pinterest.

NEWSROOM
Information for journalists, bloggers, and members of the press about the Tips From Former Smokers campaign, which features real people suffering as a result of smoking and exposure to secondhand smoke.

www.CDC.gov/tips

Tips® Materials to Support HUD Smokefree Public Housing Rule

- Smokefree Flyers (English & Spanish)
- Partner webpage
- Posters (English & Spanish)
- Geo-targeting digital Tips® ads



WHEN YOUR BUILDING GOES SMOKEFREE, WILL YOU?

Quitting smoking improves your health. It lowers your chances of getting:

- Heart disease and stroke
- Cancer
- Lung disease, including COPD
- Other smoking-related illnesses

"You have the power to make the decision to quit smoking. Some of the best things for me about quitting are enjoying food again, and being able to walk and not feel so out of breath."

Tiffany
Smoked a pack a day for 15 years. Now... smokeless.

Secondhand smoke contains poisons.
Breathing even a little can be harmful, especially for kids, older people, and those with health problems made worse by secondhand smoke. Smokefree policies protect everyone's health.

GET FREE SUPPORT TO QUIT SMOKING.

- 1-800-QUIT-NOW (1-800-784-8689) Speak with a quit smoking coach
- Smokefree.gov Online tools and support to quit smoking
- SmokefreeTXT Text QUIT to 47848 24/7 text messaging program
- QuitGuide Mobile app to build your skills to quit

1-855-DÉJELO-YA (1-855-326-5899) For help in Spanish

Visit CDC.gov/tips for real stories and resources from the *Tips From Former Smokers*™ campaign.

www.plowsharegroup.com/cdctips or www.CDC.gov/tobacco/mcrc

Smokefree Resource Flyers

AVAILABLE IN ENGLISH AND SPANISH

WHEN YOUR BUILDING GOES SMOKEFREE, WILL YOU?

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GET FREE SUPPORT TO QUIT SMOKING.

- 1-800-QUIT-NOW (1-800-784-8689)**
Speak with a quit smoking coach
- 1-855-DEJALO-YA (1-855-335-3569)**
For help in Spanish
- Smokefree.gov**
Online tools and support to quit smoking
- SmokefreeTXT Text QUIT to 47848**
24/7 text messaging program
- QuitGuide**
Mobile app to build your skills to quit



Visit CDC.gov/tips for real stories and resources from the *Tips From Former Smokers*™ campaign.

CUANDO SE PROHIBA FUMAR EN SU EDIFICIO, ¿DEJARÁ DE FUMAR?

Dejar de fumar mejora su salud. Reduce sus posibilidades de tener:

- Enfermedades cardíacas y accidentes cerebrovasculares
- Cáncer
- Enfermedad pulmonar, incluida la EPOC
- Otras enfermedades relacionadas con el tabaquismo

"Usted tiene la capacidad de tomar la decisión de dejar de fumar. Para mí, algunas de las mejores cosas de dejar de fumar son disfrutar la comida de nuevo y poder caminar sin sentir que me falta el aire".

Tiffany
Fumó un paquete diario por 15 años. Ahora ... no fuma.

El humo de segunda mano contiene sustancias tóxicas.
Respirarlo aunque sea un poquito puede ser perjudicial, especialmente para los niños, las personas de edad avanzada y aquellos con problemas de salud que empeoran con el humo de segunda mano. Las políticas que prohíben fumar protegen la salud de todos.

OBTENGA APOYO GRATUITO PARA DEJAR DE FUMAR

- 1-855-DEJALO-YA (1-855-335-3569)**
Hable con un asesor para dejar de fumar
- 1-800-QUIT-NOW (1-800-784-8689)**
Para obtener ayuda en inglés
- EspanoLaSmokefree.gov**
Herramientas en línea y apoyo para dejar de fumar
- SmokefreeTXT en Español**
Mande LIBRE al 47848 desde su celular Programa de mensajes de texto las 24 horas los 7 días de la semana



Visite CDC.gov/consejos para conocer historias de la vida real y recursos de la campaña *Consejos de exfumadores*™.

www.CDC.gov/tips

www.plowsharegroup.com/cdctips or www.CDC.gov/tobacco/mcrc

Ways You Can Leverage *Tips*®

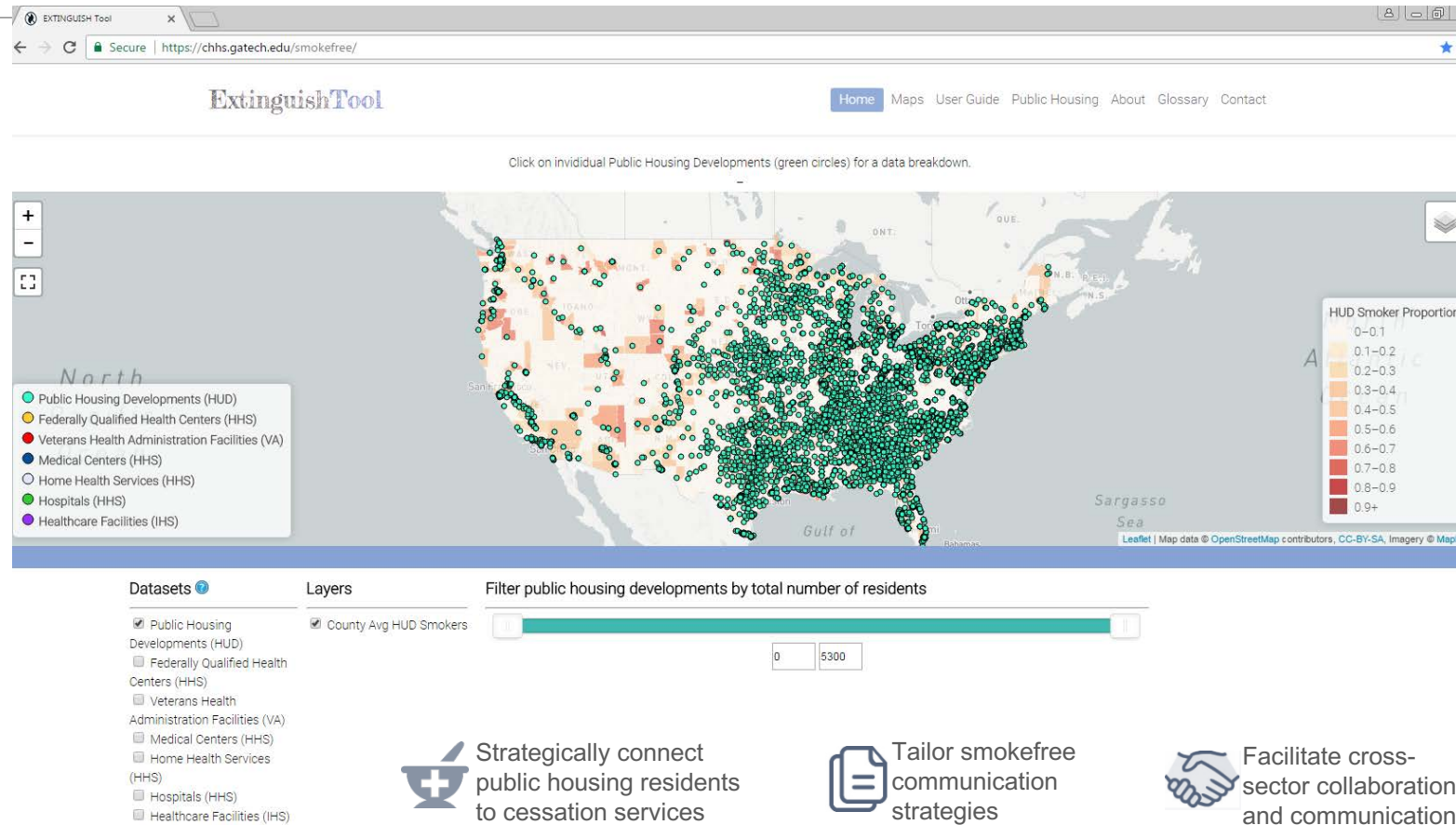
- Share *Tips*™ campaign resources with stakeholders
- Include *Tips*™ campaign materials (free videos, posters, flyers) in community locations and meetings
- Highlight *Tips*™ campaign on organization's website, and in other materials
- Share online quit guide and the 1-800-QUIT-NOW number with residents
- Connect with *Tips*® campaign partners



ExtinguishTool

<https://chhs.gatech.edu/smokefree>

Interactive map of **U.S. public housing developments & health care facilities** to support **smoking cessation** among public housing residents



Developed by a senior design team from Georgia Institute of Technology's Industrial and Systems Engineering Program.

Contact Information

Robin Scala
770-488-5488
Rscala@cdc.gov

General Public & General Tips™
Campaign Questions:
Tobacco Education Campaign (CDC)
tobaccomediacampaign@cdc.gov

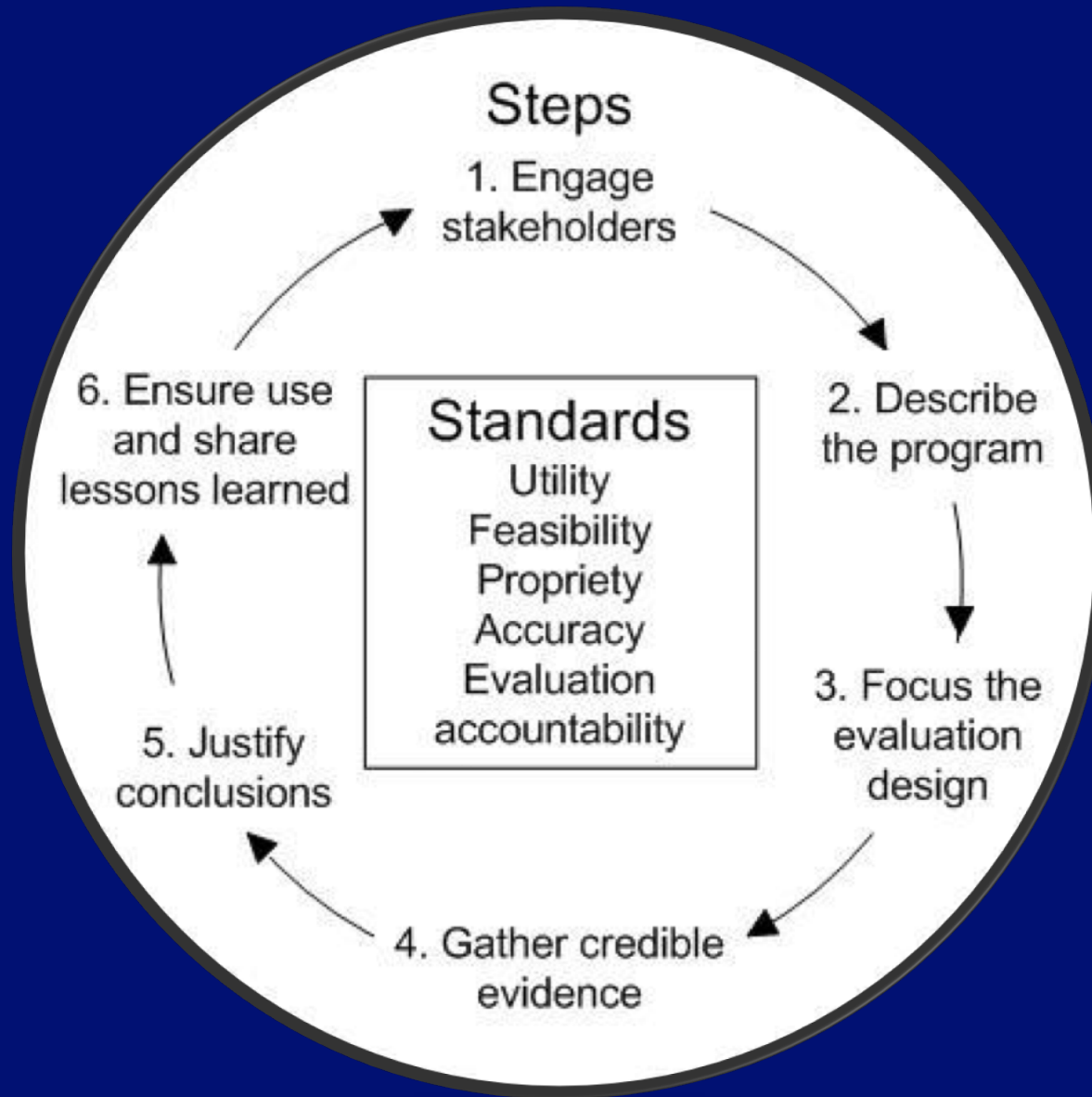
For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



MONITORING PROGRESS AND IMPACT:
WAYS TO EVALUATE IMPLEMENTATION OF
SMOKE-FREE HOUSING POLICY, SYSTEMS, AND
ENVIRONMENTAL CHANGE EFFORTS

KRISTI R. FULTZ-BUTTS, MPH
CENTERS FOR DISEASE CONTROL AND PREVENTION
COMPREHENSIVE CANCER CONTROL BRANCH



**Framework
for Program
Evaluation
in Public
Health**

EVALUATION PLANNING

- Create evaluation plans during action planning
- Utility-focused
- Process Evaluation - from program start through completion
- Summative Evaluation - after project ceases



Step by Step – Evaluating Violence and Injury Prevention Policies

Brief 4: Evaluating Policy Implementation

This brief discusses the implementation of Step 3 of the CDC evaluation Framework as it applies to the second of the three main phases of policy evaluation: policy implementation evaluation.

Purposes of Policy Implementation Evaluation

Policy implementation evaluation can have multiple aims or purposes, including:

- Understanding how a policy was implemented.
- Identifying critical differences between planned and actual implementation.
- Identifying barriers to and facilitators of implementation.
- Documenting and comparing different intensities or variations of policy.
- Collecting information to support interpretation of future evaluations of policy impact.
- Documenting the relationships between logic model components and external influences.
- Improving the implementation process.
- Informing future policy development.

Policy implementation evaluation may focus on a number of different areas, including

- Components of the logic model, such as inputs, activities and outputs.
- Stakeholder attitudes, knowledge, and awareness.
- Facilitators of and barriers to implementation.

Figure 1. Illustrates where in the policy process implementation evaluation is focused.



TIMING OF EVALUATION PLAN FOR SMOKE-FREE POLICIES



BEFORE THE LAW
HAS PASSED OR
TAKEN EFFECT



WITHIN 1 YEAR OF
IMPLEMENTATION



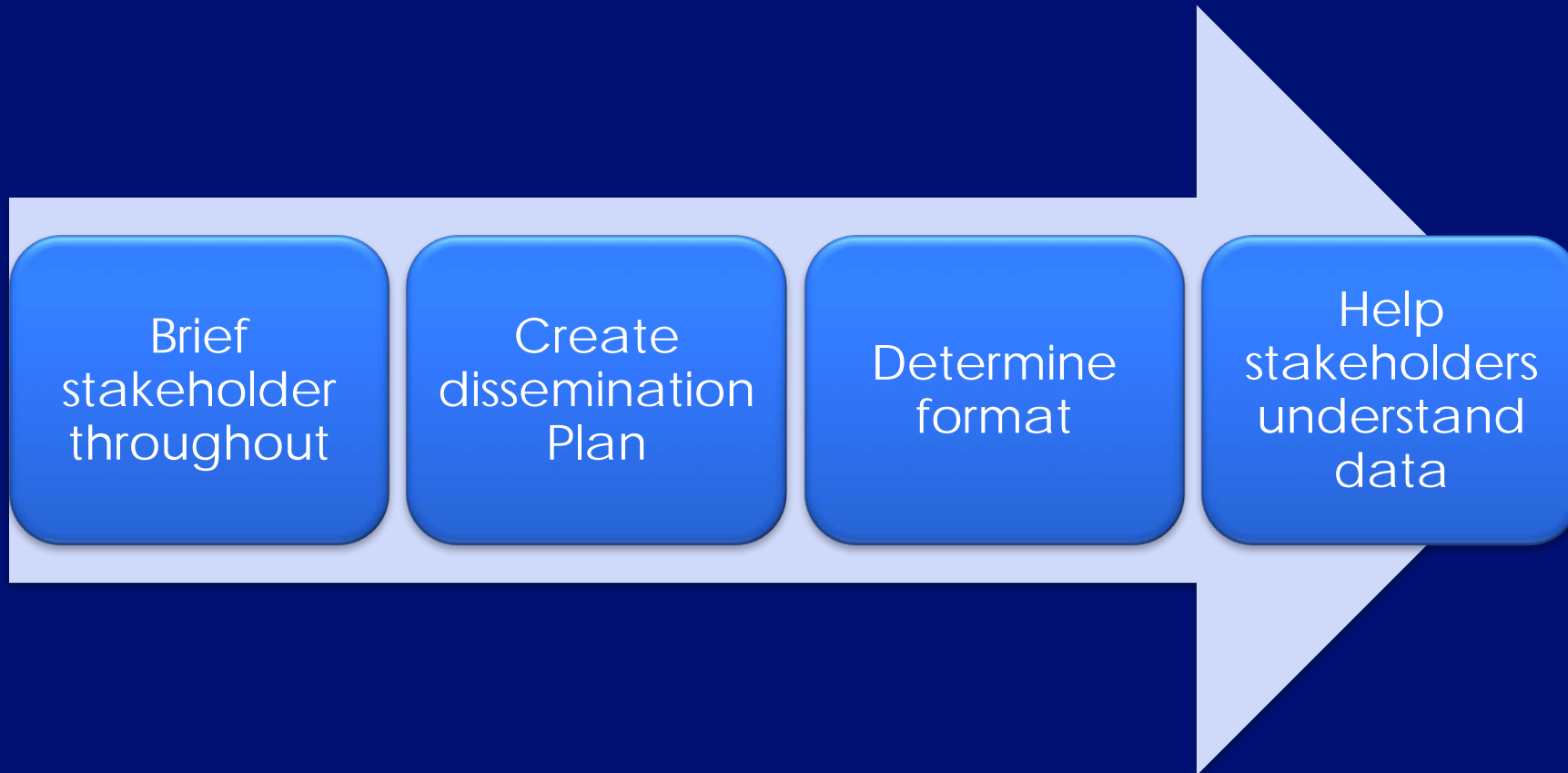
1 YEAR OR
LONGER

← STAKEHOLDER AGREEMENT →

Table 1. Timing of an Evaluation Plan for Smoke-Free Policies

Study	Before the Law Is Passed or Takes Effect	Within One Year of Implementation	One Year or Longer after Implementation
Public support	Assess support.	Assess support.	Assess support.
Compliance	Conduct baseline observations of smoking in hospitality venues.	Assess short-term compliance.	Assess long-term compliance.
Air quality monitoring	Measure baseline air quality in hospitality venues.	Measure short-term changes in air quality.	Measure long-term changes in air quality.
Employee health	Assess baseline worker secondhand smoke exposure and related health effects.	Assess short-term changes in worker secondhand smoke exposure and related health effects.	Assess long-term changes in worker secondhand smoke exposure and related health effects.
Economic impact	Identify available data sources and plan analyses.	As employment data become available, assess the law's impact on hospitality venues.	As taxable sales revenue data become available, assess the law's impact on hospitality venues.

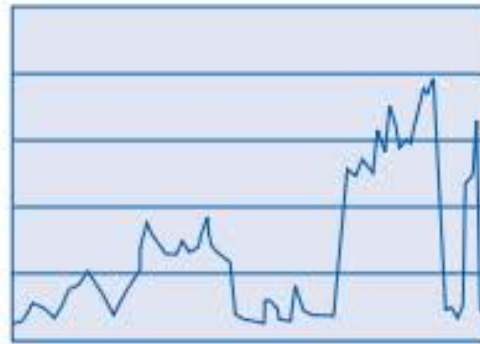
REPORTING EVALUATION RESULTS



RESOURCES



Evaluation Toolkit for Smoke-Free Policies



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



Resources

- CDC CCC Branch Evaluation Toolkit:
http://www.cdc.gov/cancer/ncccp/pdf/ccc_program_evaluation_toolkit.pdf
- Brief 4: Evaluating Violence and Injury Prevention Policies. Step by Step - Policy Implementation.
<https://www.cdc.gov/injury/pdfs/policy/Brief%204-a.pdf>
- CDC Evaluation Toolkit of Smoke-free Policies
- https://www.cdc.gov/tobacco/basic_information/secondhand_smoke/evaluation_toolkit/pdfs/evaluation_toolkit.pdf

QUESTIONS



KRISTI R. FULTZ-BUTTS, MPH

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American Lung Association Smokefree Multi-Unit Housing & Related Resources

Thomas Carr
Director, National Policy
Thomas.Carr@Lung.org

Smokefree Multi-Unit Housing Resources

- All resources and tools are available at [Lung.org/smokefreehousing](https://www.lung.org/smokefreehousing)

The screenshot shows the American Lung Association website. The top navigation bar includes links for ABOUT US, OUR INITIATIVES, LUNG HEALTH & DISEASES, SUPPORT & COMMUNITY, STOP SMOKING, GET INVOLVED, and DONATE. The main header features the American Lung Association logo, the phone number 1-800-LUNGUSA, and a search bar. The page title is 'Tobacco' and the breadcrumb trail is 'www.lung.org > Our Initiatives > Tobacco > Smokefree Environments > Smokefree Policies in Multi-Unit Housing'. A sidebar on the left lists 'Our Initiatives' with sub-links for LUNG FORCE, Research, Healthy Air, Tobacco, Oversight & Regulation of Tobacco Products, Cigarette & Tobacco Taxes, Tobacco Cessation & Prevention, Smokefree Environments, Reports & Resources, and Education and Training. The main content area is titled 'Smokefree Policies in Multi-Unit Housing - Steps for Success' and includes an introductory paragraph, a paragraph about secondhand smoke exposure, and a list of resources to learn more.

Smokefree Policies in Multi-Unit Housing - Steps for Success

The American Lung Association worked with experts around the United States to develop this online curriculum on how to implement a smokefree policy in multi-unit housing properties like apartments and condominiums.

Secondhand smoke exposure poses serious health threats to children and adults. For residents of multi-unit housing (e.g., apartment buildings and condominiums), secondhand smoke can be a major concern. It can migrate from other units and common areas and travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems.

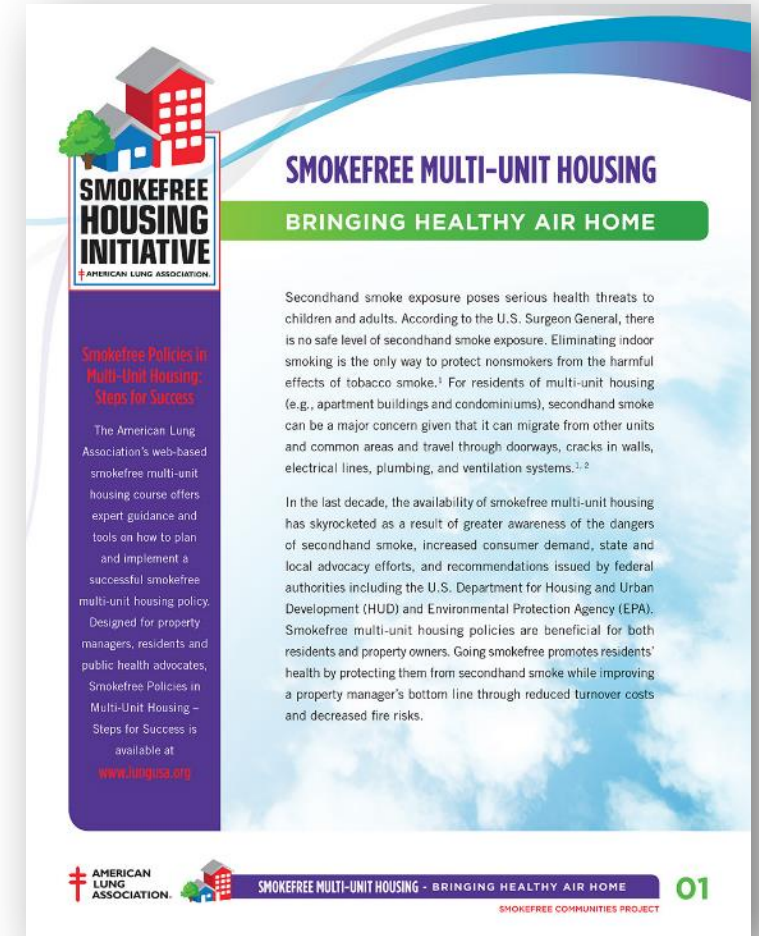
Learn more by reading our issue brief and factsheets:

- [Smokefree Multi-Unit Housing: Bringing Healthy Air Home](#) issue brief (Spanish version available [here](#)).
- [Factsheet for Multi-Unit Housing Tenants Being Exposed to Secondhand Smoke](#)
- [Factsheet for Property Managers on Effective Enforcement of Smokefree Policies in Multi-Unit Housing](#)
- [View videos and success stories from communities that have been working to make multi-unit housing](#)



Resources available at Lung.org/smokefreehousing

- **Smokefree Multi-Unit Housing: Bringing Healthy Air Home**
 - Issue brief provides an overview of why and how to implement a smokefree air policy
 - Available in English and Spanish
- **Fact sheets**
 - Fact sheet for multi-unit housing tenants being exposed to secondhand smoke
 - Fact sheet for property managers on effective enforcement of smokefree policies in multi-unit housing



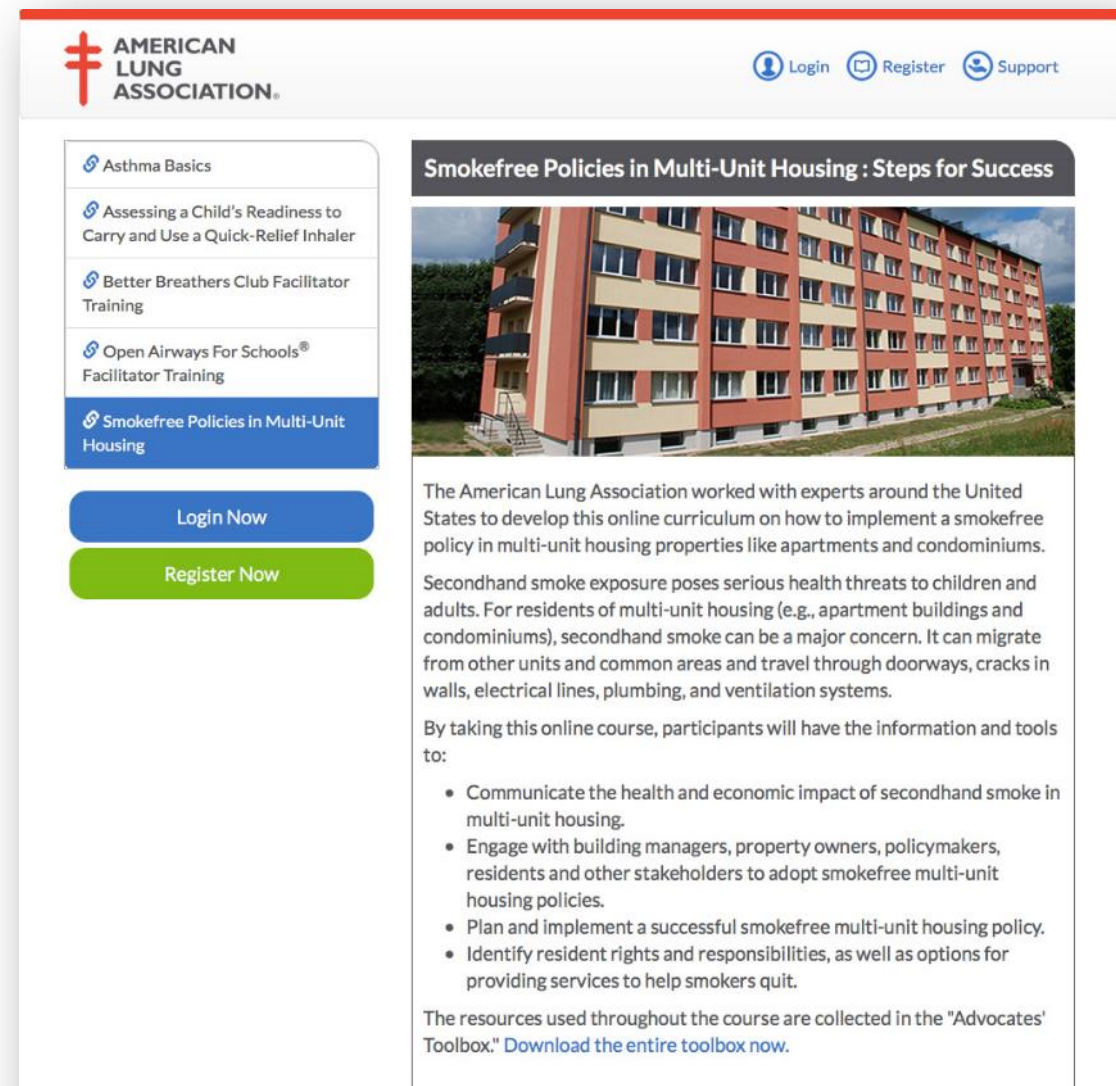
Resources available at Lung.org/smokefreehousing

- **Animation explaining how secondhand smoke migrates throughout a building**
 - Can be tagged and used as a PSA



Smokefree Policies in Multi-Unit Housing: Steps for Success

- **Free online course**
- **Intended audiences:**
 - Property managers/owners
 - Residents
 - Public health advocates
- **Topics covered in the course:**
 - Health and economic impact of secondhand smoke in multi-unit housing
 - Engaging with stakeholders
 - Planning, implementing and enforcing a successful smokefree policy
- **Advocates' Toolbox available separately**



The screenshot shows the American Lung Association website. At the top left is the logo, and at the top right are links for Login, Register, and Support. A sidebar on the left lists several courses, with 'Smokefree Policies in Multi-Unit Housing' highlighted in blue. Below the sidebar are 'Login Now' and 'Register Now' buttons. The main content area features a title 'Smokefree Policies in Multi-Unit Housing : Steps for Success' above a photograph of a multi-story apartment building. Below the photo, the text explains that the American Lung Association worked with experts to develop an online curriculum on implementing smokefree policies in multi-unit housing. It notes that secondhand smoke exposure poses serious health threats to children and adults. A list of goals for participants is provided, including communicating the health and economic impact, engaging with stakeholders, and planning and implementing a successful policy. At the bottom, it mentions that resources used are collected in the 'Advocates' Toolbox' and provides a link to download it.

AMERICAN LUNG ASSOCIATION.

Login Register Support

Asthma Basics

Assessing a Child's Readiness to Carry and Use a Quick-Relief Inhaler

Better Breathers Club Facilitator Training


Open Airways For Schools® Facilitator Training

Smokefree Policies in Multi-Unit Housing

Login Now

Register Now

Smokefree Policies in Multi-Unit Housing : Steps for Success



The American Lung Association worked with experts around the United States to develop this online curriculum on how to implement a smokefree policy in multi-unit housing properties like apartments and condominiums.

Secondhand smoke exposure poses serious health threats to children and adults. For residents of multi-unit housing (e.g., apartment buildings and condominiums), secondhand smoke can be a major concern. It can migrate from other units and common areas and travel through doorways, cracks in walls, electrical lines, plumbing, and ventilation systems.

By taking this online course, participants will have the information and tools to:

- Communicate the health and economic impact of secondhand smoke in multi-unit housing.
- Engage with building managers, property owners, policymakers, residents and other stakeholders to adopt smokefree multi-unit housing policies.
- Plan and implement a successful smokefree multi-unit housing policy.
- Identify resident rights and responsibilities, as well as options for providing services to help smokers quit.

The resources used throughout the course are collected in the "Advocates' Toolbox." [Download the entire toolbox now.](#)

Hosted by **AliveTea**

Lung Association Freedom From Smoking® Cessation Program

- Voluntary, interactive and supportive
- Addiction-based model with behavior change focus
- Supports use of cessation medications
- Multiple options available:
 - Freedom From Smoking in-person group clinic *
 - Freedom From Smoking Plus
 - Lung HelpLine *
 - Freedom From Smoking self-help guide *

* Available in Spanish

FreedomFromSmoking.org



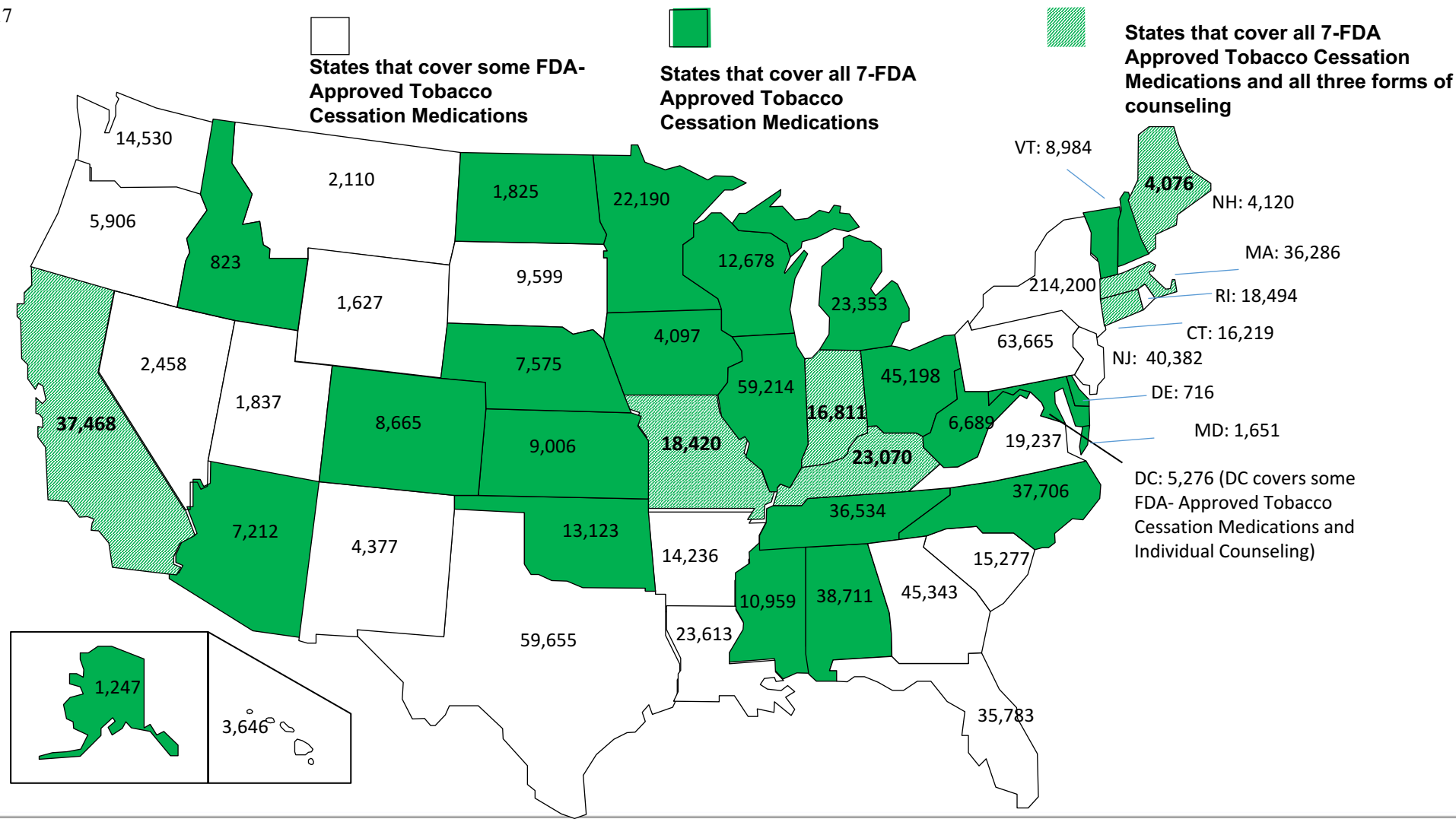
Smoking Cessation for Low-Income Housing Residents Project

- Two-year project running 7/1/17 – 6/30/19
- Funded to work in 14 states: Arizona, Colorado, Georgia, Indiana, **Kentucky**, **Louisiana**, Maryland, Missouri, New Jersey, Nevada, **Ohio**, **Texas**, Virginia & Wisconsin
- American Lung Association staff will work with local community partners to:
 - Develop or enhance relationships with Public Housing Agencies and other low-income housing providers
 - Train on-site “cessation navigators” to promote quit attempts via brief interventions with their friends and neighbors that use tobacco
 - Promote available cessation resources for those ready to make a quit attempt
 - Provide cessation services including Freedom From Smoking to residents



Standard Medicaid Coverage for Tobacco Cessation Treatment Overlaid with Number of PHA Units by State

Last updated: September 14, 2017



Key Considerations in Six States

Medicaid Coverage:

- All 6 states cover some medications
- 3 states (IL, KY, OH) cover all 7 medications
- Coverage of counseling varies widely by state
- 5 of the 6 states have expanded Medicaid
- 5 states have barriers to access treatment i.e. co-pays, prior authorization

Other Key Issues:

- All 6 state quitlines provide some NRT
- Number of public housing units per state varies from 23,000- 214,000
- Number of adult Medicaid enrollees varies from 284,500- 2,888,700

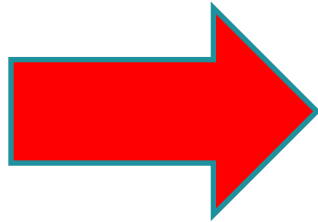
Where to Find What Your State Medicaid Program Covers for Cessation

www.Lung.org/CessationCoverage

State Cessation Coverage

The American Lung Association supports state policies that give smokers easy access to all treatments proven effective to help them quit. This includes:

- Fully funding state tobacco control programs including quitlines
- Providing a comprehensive, easily-accessed tobacco cessation benefit to all Medicaid enrollees and state employees, and through other state-run health insurance plans
- Ensuring all private health insurance plans cover a comprehensive, easily-accessible tobacco cessation benefit



State Tobacco Cessation Coverage Database

Find out which treatments your state covers to help smokers quit. [Learn more »](#)

Tobacco Cessation and the Affordable Care Act

Learn how the Affordable Care Act affects what treatments are covered to help smokers quit. [Learn more »](#)

Tobacco Cessation Coverage Factsheets and Reports

The American Lung Association's repository for tobacco cessation policy materials, including factsheets and other helpful resources. [Learn more »](#)

Finding American Lung Association Resources/Reaching Us

To find our smoking cessation resources:

- [Lung.org/ffs](https://www.lung.org/ffs)
- [FreedomFromSmoking.org](https://www.freedomfromsmoking.org)

To find our smokefree multi-unit housing resources:

- [Lung.org/smokefreehousing](https://www.lung.org/smokefreehousing)

To reach your local American Lung Association office:

- [Lung.org](https://www.lung.org)
- 1-800-LUNG-USA




PROPERTY MANAGERS GUIDE TO ADOPTING A SMOKEFREE POLICY



SMOKING CESSATION
*Frequently Asked Questions for
Residents of Smokefree Housing*



 **IN 3** PEOPLE WHO
SMOKE IN THE
U.S. HAVE BEEN
DIAGNOSED WITH
MENTAL ILLNESS

SMOKING CESSATION
*Get the Facts: Smoking Cessation
and Mental Illness*



SMOKING CESSATION

Tips & Tools for Managing Cravings in Smokefree Housing



WWW.SFPUBLICHOUSINGMN.ORG

**SMOKE-FREE PUBLIC HOUSING:
HEALTHIER AND SAFER LIVING FOR MINNESOTANS**

**PROPERTY MANAGERS &
DIRECTORS**

RESIDENTS

**LEARN ABOUT THE NEW SMOKE-FREE PUBLIC HOUSING RULE AND FIND FREE
TOOLS FOR SMOKE-FREE LIVING.**



Resources for Public Housing at

www.no-smoke.org/publichousing.html

Staff are also available to provide **trainings & presentations** about implementing & enforcing smokefree policies for **PHAs and/or health partners**.

For Health Departments & Health Partners

- Supporting Implementation of HUD's Smokefree Public Housing Rule
- Suggested Resources to Develop for Your Smokefree Housing Project

ANRF AMERICAN NONSMOKERS' RIGHTS FOUNDATION
Defending your right to breathe smokefree air since 1976

**Supporting Implementation of HUD's Smokefree Public Housing Rule:
Recommendations for Health Departments and Public Health Partners**

The U.S. Department of Housing and Urban Development (HUD) [issued a final rule](#) that requires Public Housing Agencies/Authorities (PHA) to adopt and implement a smokefree policy for all public housing properties in order to protect the health and safety of all residents, and to reduce maintenance costs and fire risk. The rule went into effect on February 3, 2017, after HUD issued a proposed rule in November 2015, which was open for public comment for three months.

PHAs provide affordable housing to low-income families, seniors, and people with disabilities. More than 600 PHAs have already implemented smokefree policies, and HUD's rule will help ensure that all of the 2 million people living in public housing owned by 3,300 PHAs have the ability to breathe smokefree air at home.

What does HUD's smokefree public housing rule require?

HUD's rule states that each PHA must implement a smokefree policy within 18 months of the effective date, which means that all policies should be in effect by August 2018. The process of adopting and implementing a smokefree policy should be planned thoughtfully and time should be taken to educate and build support among both building managers and residents.

PHA's must prohibit smoking in all indoor areas of PHA properties—including all individual units—as well as within 25 feet of buildings. Smoking is defined in the rule as using prohibited tobacco products including hookahs, but not electronic smoking devices (e-cigarettes). Smoking marijuana is not specifically mentioned, but it is not permitted because marijuana use remains illegal under federal law. HUD specifies that PHAs are able to go beyond the minimum required provisions to add further smokefree restrictions, such as covering playgrounds or all outdoor property, or prohibiting the use of electronic smoking devices (e-cigarettes).


HUD's rule applies to both multi-unit and freestanding (scattered site) public housing properties, but does not cover tenant-based or project-based Section 8 properties, nor tribal housing authorities. While these other types of HUD-funded properties are not required to go smokefree, this rule is an excellent opportunity to reach out to educate and encourage them to consider a smokefree policy.

How can we support the implementation of HUD's smokefree public housing rule?

Below are some tips for Departments of Health and other public health partners about what can be done to prepare for the implementation of HUD's smokefree rule. By providing assistance to local PHAs, you can help increase the likelihood of a smooth adoption and implementation of their smokefree policy.

Read [Implementing HUD's Smoke-Free Policy in Public Housing](#). This guide from HUD provides an excellent overview of the rule and practical steps on how PHAs can implement and enforce smokefree policies. It includes useful examples from PHAs that have already implemented a policy, as well as sample resources that can assist them in the process.

2530 San Pablo Avenue, Suite J • Berkeley, California 94702 • (510) 841-3032 / FAX (510) 841-3071
www.no-smoke.org • anrf@no-smoke.org



For Public Housing Agencies

1. Steps to Go Smokefree tip sheet
2. Model Smokefree Policy Language for Public Housing
3. Model Smokefree Lease Addendum

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Defending your right to breathe smokefree air since 1976

Model Smokefree Lease Addendum

Date: _____ Property Name: _____ Apartment/Unit Number: _____
Tenant Name(s): _____
Tenant Address: _____

Tenant and all members of Tenant's family or household are parties to a written Lease with Landlord. This Lease Addendum states the following additional terms, conditions, and rules, which are hereby incorporated into the Lease, effective _____ [recommended 60-90 days following date of Lease Addendum]. A breach of this Lease Addendum shall give each party all the rights contained herein, as well as the rights in the Lease.

1. Purpose and application of Smokefree Policy. The parties desire to mitigate (i) the irritation and known adverse health effects of secondhand smoke; (ii) the increased maintenance, cleaning, and redecorating costs from smoking; (iii) the increased risk of fire from smoking; and (iv) the higher costs of fire insurance for a non-smokefree building. Tenant acknowledges that the smokefree policy established by this Lease Addendum is applicable as follows:

___ In all properties owned or managed by Landlord or
___ In this property and the following other properties owned or managed by Landlord:

2. Definitions:
"Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, including hookahs and marijuana, whether natural or synthetic, in any manner or in any form. "Smoking" also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form.

"Electronic Smoking Device" means any product containing or delivering nicotine or any other substance intended for human consumption that can be used by a person in any manner for the purpose of inhaling vapor or aerosol from the product. The term includes any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, e-hookah, or vape pen, or under any other product name or descriptor.

3. Smokefree Building and Grounds. Tenant agrees and acknowledges that the premises to be occupied by Tenant and members of Tenant's household shall be designated as a smokefree living environment. Tenant and members of Tenant's household shall not smoke anywhere in the apartment unit rented by Tenant, including any associated balconies, decks, or patios; in the common areas of the building where the Tenant's dwelling is located, including, but not limited to, community rooms, community bathrooms, lobbies, reception areas, hallways, laundry rooms, stairways, offices, and elevators; or in any of the common areas or adjoining grounds of such building or other parts of the rental community, including entryways, patios, and yards, nor shall Tenant permit any guests or visitors under the control of Tenant to do so.

For Property Managers & Staff

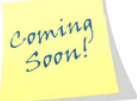

ANRF AMERICAN NONSMOKERS' RIGHTS FOUNDATION

Defending your right to breathe smokefree air since 1976

Enforcement Tips for Building Managers and Maintenance Staff

It is helpful to plan for enforcement of a smokefree policy when your building first starts considering the policy change. The goal is to work with residents to achieve compliance and set an expectation of responsibility and respect for having a healthier and safer smokefree living environment for all residents.

Below are enforcement recommendations for smokefree policies, which are based on steps that property managers have found to be useful for helping to achieve compliance in their buildings.

- **Send a letter to residents about the policy before it goes into effect.** Explain where smoking is and is not allowed, that all residents, guests, and staff must follow the rule, how to report a violation, what the process is for addressing violations, and the consequences for not complying. 
- Remind residents that the smokefree policy does not mean that people who smoke must quit or move out. It simply means that they need to go outside to smoke. Promote programs that residents can contact for support with quitting or reducing smoking.
- Post smokefree signs at all entrances and in common areas as a visual reminder of the policy.
- **Decide on a plan to address smoking complaints and violations.** Building managers and maintenance staff should meet with the entity that adopted the policy (public housing agency, building owner, management company, etc.) to decide on the plan. Public housing building managers must also meet with Resident Councils to agree upon progressive enforcement steps.
 - ➔ Put the plan in place for responding to complaints, documenting reported violations and evidence, progressive enforcement steps—and notify residents about the plan.
- A smokefree policy is like any other building policy. Enforce it using similar procedures you have in place for addressing other lease violations about noise, pets, trash, etc.
- **Document each reported violation and evidence of the violation.** Decide what will serve as evidence that a person is violating the policy. Seeing a person smoke where smoking is not permitted is key evidence, but it does not have to be the only evidence that smoking is occurring. 
 - ➔ Evidence may include: seeing cigarette butts, an ashtray on a counter, new burn marks or smoke damage, maintenance staff smelling smoke during a visit, and reports from neighbors about seeing or smelling drifting smoke on specific dates and times.
- **Encourage community-supported compliance.** Let residents know how they can anonymously report a suspected violation. Residents are one of the best enforcement tools. Most people want to live in a building where they don't have to breathe secondhand smoke, and they tend to speak up if they are being exposed—especially when they know a policy is in place and is being violated.
- **Keep a log.** Encourage residents and staff who report seeing or smelling smoke to keep a written log of dates, times, and locations when they smell the smoke and/or see evidence of smoking activity. This is helpful information that can demonstrate a pattern.

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1. Benefits of Smokefree Buildings

2. Tips for Housing Providers on Talking with Residents

3. Enforcement Tips for Building Managers & Maintenance Staff

For Resident & PHA Education

- Secondhand Smoke in Housing infographic
- Fact sheets on:
 - Secondhand smoke
 - E-cigarette aerosol
 - Secondhand marijuana smoke



Team Planning 10:00 – 1:00 PM

- Action Planning Sessions
- Lunch
- Poster Preparation

Poster Sessions 1:00 – 1:45 PM

- **Teams Present Their Plans in Main Room**



Closing Remarks 1:45 – 2:00 PM

Brian King,
Office on Smoking and Health, CDC



Adjourn 2:00 PM

THANK YOU

