



# Smoke-Free Housing at a Glance

## About this strategy

Grantees will work with individual property managers or owners to adopt voluntary smoke-free policies by including the model lease addendum in their lease. The primary goal of this strategy is to decrease Minnesotans' secondhand smoke exposure in their homes. The secondary goal is to promote access to quit services.

**Additionally, all SHIP grantees will work with local public housing authorities to implement the smoke-free rule.** For specific SHIP guidance, please refer to the HUD Smoke-Free Rule at a Glance document and incorporate these activities and timelines into your Smoke-Free Housing work plan.

## What does the evidence say?

Secondhand smoke affects the health of users and nonusers alike. According to the 2006 Surgeon General's report, there is no safe level of exposure to secondhand smoke. An estimated 41,000 of tobacco-related deaths are the result of secondhand smoke exposure. Secondhand smoke causes heart disease, stroke and lung cancer in adults and a number of additional health problems in infants and children, including asthma, respiratory infections, impaired lung function, ear infections and sudden infant death syndrome (SIDS).

Studies show that despite attempts to seal and ventilate individual units, air movement from one unit to another, or throughout an entire multi-unit building, can expose non-smoking residents and children to secondhand smoke. Studies evaluating smoke-free housing policies demonstrate substantial reductions in secondhand smoke exposure among residents after policy implementation.

## Activities

**Community Assessment and Planning:** *Document and define public health problem, assess community needs and readiness, and identify policy opportunities.*

- Review of existing training modules and recommended reading list in SFH Guide complete
- Community Housing Assessment complete
- Identify tobacco-related disparities in community
- Housing targets and priorities determined

- Assess property manager of rental or owner-occupied multi-unit housing for knowledge, readiness and opinions

**Community Education and Engagement:** *Build support and implement the policy change*

- Develop and implement a manager and community outreach plan. Examples may include sponsoring landlord lunch and learns, presentations at crime prevention meetings, quarterly educational mailings, routine 1:1 check-in calls, promotion in partners' newsletters and websites, partner with fire department or city on fire prevention activities, leverage existing activities like Healthy Homes or Great American Smoke Out campaigns, etc.
- Develop and implement public education activities about secondhand smoke exposure
- Assess renters' tobacco use, knowledge, readiness and opinions (before and after policy implementation)

**Supporting Policy Adoption and Implementation:** *Build capacity and sustainability*

- Monitor policy implementation and assist with implementation needs and enforcement concerns
- Build and maintain manager relationships
- Engage the media to educate about the dangers of secondhand smoke and policy changes

## Priority populations

Gaps or exceptions in clean indoor air laws that allow smoking in multi-unit housing can disproportionately affect many Minnesotans. Multi-unit buildings are home to many segments of the population, including priority populations experiencing health inequities, such as seniors, youth and young adults, racial and ethnic minorities, and lower income households and individuals.

## Requirements

- Grantee must use the model lease addendum. All smoke-free housing policies must meet the minimum requirement – all indoor spaces must be 100 percent smoke free.
- The inclusion of e-cigarettes is strongly encouraged.
- Grantees must promote existing cessation services to residents in buildings that go smoke free.
- Grantees are expected to assist all inquiring managers and renters in your area who seek smoke-free housing assistance including common interest communities like condos, townhomes and cooperatives.
- Any materials and signage developed with grant dollars must be approved by MDH before production. Grantees may request smoke-free signage at no cost from ANSR or ALA *while supplies last*.
- Grantees cannot use funds for designated smoking area signs or similar items (e.g. ashtrays) that promote tobacco use.

- Management companies span the state and do not stop at grantees' boundaries. When working with a specific company, please reach out to other grantees who may be affected and determine a joint approach. Minnesota Smoke-Free Housing Advocates Basecamp site is a great mechanism to achieve coordination across the state.

## Important dates

**July 2017** SFH topics will be presented at the annual SHIP meeting.

**Winter 2018** Tobacco-free living strategies will be a focus of regional meetings.

*SFH grantee connect meetings (call in option) facilitated by the Association for Nonsmokers-Minnesota take place every fourth Tuesday from noon to 1 pm.*

## Resources

The [SHIP Smoke-Free Housing Guide](#) has a comprehensive list of resources. Additional resources can be found here:

- [Minnesota Smoke-Free HUD Resources](#)
- [HUD Resources](#)
- [CDC Resources](#)

ANSR also maintains a *Minnesota Smoke-Free Housing Advocates* Basecamp site (separate from the MDH-operated Basecamp site). Email [Kara@ansrmn.org](mailto:Kara@ansrmn.org) for access.

Communities are strongly encouraged to work with their assigned technical assistance provider for further guidance and policy planning.

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(06/14/2017)

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