

WHY SMOKE FREE?

More than one-third of adult public housing residents in the US smoke—totaling approximately 400,000 smokers, putting other residents and staff at risk of negative health effects.

Smoke-free policies protect the health of residents and staff by preventing exposure to secondhand smoke in their homes. Smoke-free policies do not require smokers to stop smoking, but they cannot smoke inside or within 25 feet of buildings.

Secondhand smoke is unhealthy

Smoke that travels from smokers' units into non-smokers' units is called "secondhand smoke."

- There is no way to prevent secondhand smoke from traveling between units.
- Smoke outside a building can travel into units through windows and vents.

Breathing any amount of secondhand smoke is unhealthy. Many serious health problems can be caused by secondhand smoke:

- Stroke, lung cancer, and heart disease in adults
- Asthma, respiratory infections, and ear problems in children
- Sudden Infant Death Syndrome (SIDS) in young children
- Worsened health conditions for seniors and people with disabilities

Benefits of smoke-free housing

Reducing exposure to secondhand smoke helps protect the health of everyone, especially children and the elderly. In addition:

- Making smoking less convenient sometimes provides a motivation for smokers to cut down or quit completely.
- Children who grow up in a smoke-free setting are less likely to start smoking.

Other benefits of smoke-free housing include:

- Less litter, improved property appearance, and more enjoyable public spaces
- Reduced risk of fire

Learn more at www.BuildingSuccessSmokefree.org.