



Neighborhoods NOW 2015

The Health Effects of Living with Secondhand Smoke

Healthy People, Healthy County



Partnership for a Healthy Hamilton County

What is secondhand smoke?

- Tobacco smoke emitted from burning tobacco or that is exhaled by a smoker.
- Individuals nearby are called passive smokers due to involuntarily inhalation of smoke.



Partnership for a Healthy Hamilton County

What Makes SHS Harmful?

- **Nearly 4,000 chemical compounds including...**
 - Ammonia
 - Acetone
 - Arsenic
 - Carbon Monoxide
 - Formaldehyde
 - Methane
 - Nicotine
 - Benzene
 - Cyanide
 - Tar
 - Etc. ...



Partnership for a Healthy Hamilton County

What Makes SHS Harmful?

- Secondhand smoke presents immediate health effects on the body.
- Those who don't smoke but are regularly around smokers are exposed to the same health risks.
- Secondhand smoke contains more harmful substances because it is not filtered before its inhaled.



Partnership for a Healthy Hamilton County

Who is effected by SHS the most?

- Children
- Elderly
- Those who live in multi-family housing



Partnership for a Healthy Hamilton County

SHS effects on children

Secondhand smoke exposure leads to:

- Ear infections
- More frequent and severe asthma attacks
- Respiratory symptoms (coughing, sneezing and shortness of breath)
- Respiratory infections (bronchitis and pneumonia)
- Increased risk for sudden infant death syndrome (SIDS)



Partnership for a Healthy Hamilton County

It's not just the smoke...

- Tobacco smoke TOXINS are in house dust and on the surfaces of smokers' homes and cars.
- Infants and children ingest 2x the house dust as adults. **This might equate to as much as 20 times the exposure level of adults due to differences in weight and size.**



Partnership for a Healthy Hamilton County

SHS effects on adults

- 5 minutes – stiffens the aorta as much as smoking a cigarette
- 20-30 minutes – causes excess blood clotting, and increases the build up of fat deposits in blood vessels, increasing the risk of heart attack and stroke
- 2 hours – increases the chance of irregular heart beat (arrhythmia) and can trigger a fatal cardiac event or heart attack



Partnership for a Healthy Hamilton County

SHS & Multi-Family Housing

- Up to 65% of the air in apartments is shared between units.
- Enters through:
 - Air ducts
 - Wall and floor cracks
 - Elevator shafts
 - Crawl spaces



Partnership for a Healthy Hamilton County

What does smoking do to a home?

- Leaves a thick sticky residue on walls, cabinets, fixtures and furniture.
- Can damage an entire building if a fire starts, e.g., Evansville multi-unit fire.





Partnership for a Healthy Hamilton County

Are Smoke-free Policies Legal?

- Yes, smoke-free housing policies are legal.
- There is no federal, state, or local laws that prohibit a landlord or housing authority from adopting a 100% smoke-free policy.
- Smoking is not a legal right; smoke-free policies do not infringe on the legal rights of an individual.





Partnership for a Healthy Hamilton County

Legality

Not discrimination ...

- An individual's status as a smoker is not a protected category or recognized as a disability.
- There is no requirement for providing designated smoking areas.

But potential liability ...

Tenants with disabilities made worse by being exposed to their neighbors' secondhand smoke may seek legal action under the Americans with Disabilities Act or the Federal Fair Housing Act requiring a reasonable accommodation in their housing.



Partnership for a Healthy Hamilton County

HUD's position

- HUD encourages those who receive their funding to go smoke-free.
- They are in the process of determining language that could require HUD properties to be smoke-free.
- Most policies can only change at the end of the current lease term.



Partnership for a Healthy Hamilton County

Smoke-free Housing Indiana

The American Lung Association and the Indiana State Department of Health Tobacco Prevention and Cessation Commission are working together to assist multi-family communities implement smoke-free policies as well as provide cessation resources to residents.

- Website (INsmokefreehousing.com)
- Toolkit
- Directory of smoke-free properties
- Ability to bridge gaps between property managers, local public health coordinators and upper property management



Partnership for a Healthy Hamilton County



[ABOUT](#) [FIND SMOKE-FREE HOUSING](#) [LANDLORDS & COALITIONS](#) [RESOURCES](#) [CONTACT](#)

THE BENEFITS OF SMOKE-FREE HOUSING

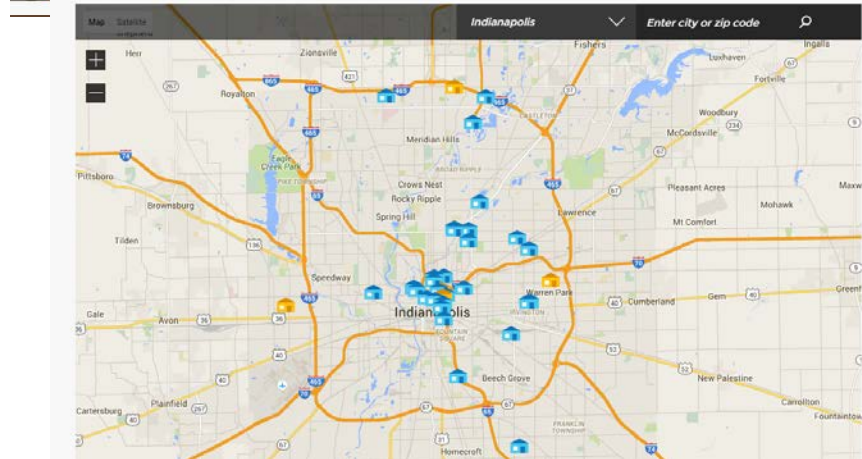
Welcome to Smoke-Free Housing Indiana. Adopting a smoke-free policy reduces property damage, fire dangers, and saves property owners and managers money. Smoke-free Housing Indiana is here to assist landlords in making their property smoke-free as well as provide tobacco free coalitions with the resources they need to further assist the properties in their communities who are interested in implementing a smoke-free housing policy.

[LEARN MORE](#)

GOING SMOKE-FREE CAN SEEM LIKE A BIG TASK TO TAKE ON BUT IT DOESN'T HAVE TO BE.

The following steps will help you have a better understanding of what needs to be done and provides resources to assist you in doing so.

- 6 SIXTH FLOOR: **IMPLEMENTATION AND ENFORCEMENT**
- 5 FIFTH FLOOR: **PROMOTE SMOKE-FREE POLICY**
- 4 FOURTH FLOOR: **INFORM RESIDENTS OF THE BENEFITS**
- 3 THIRD FLOOR: **SET A TIMELINE FOR CHANGE**
- 2 SECOND FLOOR: **DRAFT A POLICY**
- 1 FIRST FLOOR: **GAUGING RESIDENT READINESS**





Partnership for a Healthy Hamilton County

1-800-QuitNow

- Telephone-based cessation services
- Offered toll-free
- Evidence-based
- Proactive
- Coaches
- Nicotine replacement
- Specialized programs for youth and pregnant women
- Web Coach and Text2Quit





How Can We Work Together?

- Contact us if you're interested in smoke-free housing policy.
- Offer the Indiana Tobacco Quitline to tenants—PHHC can help!

Partnership for a Health Hamilton County

12933 Parkside Drive

Fishers, IN 46038

317-842-2603

317-842-4766

www.hamiltoncountyPHHC.com

Holly Wheeler, assistant director, interim TPC coordinator