

# The Benefits of No-Smoking Policies



*HUD and the Office of Public and Indian Housing "strongly encourage public housing authorities to implement no-smoking policies in some or all of their units."*

— HUD Notice PIH-2012-25

*"The scientific evidence is now indisputable: secondhand smoke is not a mere annoyance. It is a serious health hazard that can lead to disease and premature death in children and nonsmoking adults."*

— US Surgeon General 2006



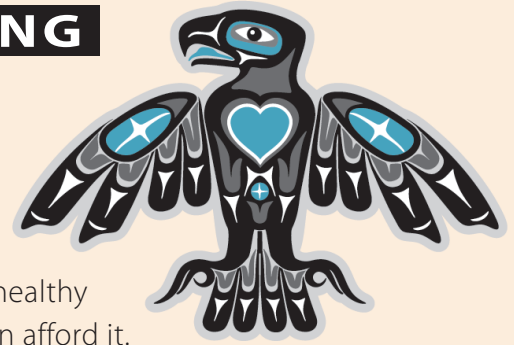
Oregon Smokefree Housing Project

THIS WORK FUNDED BY:

The Tobacco Prevention & Education Program  
Oregon Health Authority

## IN TRIBAL HOUSING

**Does your tribal housing mission statement contain the words "safe" or "healthy?"**



No-smoking policies ensure that safe & healthy housing is not a luxury for those who can afford it.

### ■ **No-smoking policies help tribal housing stay affordable.**

*"After a smoker moved out, we had to replace carpets, sheetrock, and seal surfaces with sealants. We even had to replace cupboards where smoke had settled in."*

—Patty Paulus, Housing Services Director, Aleutian Housing Authority, Alaska

### ■ **Most tribal members and tribal housing administrators want smokefree housing.**

Even though 38% of American Indians and Alaska Natives currently smoke, 80% do not allow smoking inside their own homes. Even amongst smokers, 68% have such rules in their own homes.<sup>1</sup>

In a survey of Northwest Indian Housing Association members, 94% said secondhand smoke was a health hazard and 71% thought no-smoking policies desirable for tribal housing.<sup>2</sup>

### ■ **No-smoking policies prevent fires.**

*"Smoke-free housing is a great step toward the prevention of devastating fires in Indian Country."*

—Thane Crozier, Safety Specialist, AMERIND Risk Management Corporation

### ■ **No-smoking policies are an easy and affordable way to improve indoor air quality for all residents.**

The American Society of Heating, Refrigerating, and Air Conditioning Engineers said, *"Currently, the only way to effectively eliminate health risks associated with indoor exposure [to secondhand smoke] is to ban smoking activity."*

### ■ **Most smokers want to quit. No-smoking policies move them in that direction.**

If a resident wants to learn about and get support to quit smoking, the Oregon Tobacco Quit Line can help! Either you or the resident can call the Oregon Tobacco Quit Line at 1-800-QUITNOW for free resources including counseling and, quite often, nicotine replacement therapy.

### ■ **Tribal tobacco prevention coordinators are eager to work with housing providers to adopt no-smoking policies.**

*"I worked closely with the Tribe's Tobacco Prevention Coordinator who helped us conduct tenant surveys, made presentations to our Residents Association and Housing Authority Board and linked smokers who wanted to quit with resources. She was great to work with."*

—Anne Cook, Executive Director, Coquille Indian Housing Authority

For information, tools and a list of tribal housing with no-smoking rules, go to [www.smokefreehousinginfo.com](http://www.smokefreehousinginfo.com)

**LANDLORDS WHO HAVE ADOPTED NO-SMOKING RULES SAY THEY WOULD NEVER GO BACK!**

<sup>1</sup> Oregon State Behavioral Risk Factor Surveillance System – Race Oversample 2004-2005, Oregon Health Authority  
<sup>2</sup> [http://smokefreehousinginfo.com/pdfs-docs/TribalHousing/NWIHA\\_MemberSurvey.pdf](http://smokefreehousinginfo.com/pdfs-docs/TribalHousing/NWIHA_MemberSurvey.pdf)