

GOING SMOKEFREE MATTERS

MULTIUNIT HOUSING



There is no safe amount of secondhand smoke exposure.
The **home is the main place** many children and adults breathe in secondhand smoke.^{1,2}



- About **80 million (1 in 4) people** in the US live in **multiunit housing**, such as apartments, including about **7 million living in government-subsidized housing**.^{3,4}



What is government-subsidized housing?

When the government helps people pay their rent. Public housing is one type of subsidized housing.

- Each year, an estimated **28 million** multiunit housing residents are **exposed to secondhand smoke in their home or apartment** that came from somewhere else in their building like a nearby apartment.^{3,5}
- **Every person** living in multiunit housing **deserves to breathe smokefree air**.

Smokefree



Approximately **1 in 3** multiunit housing residents are covered by **smokefree building policies**.⁵



About **8 in 10** multiunit housing residents have chosen to make their own homes smokefree.⁵



A **majority** of multiunit housing residents want smoke-free building policies.⁵



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

www.cdc.gov/tobacco



This project is supported in part by Region 6 Behavioral Healthcare through funding provided by the Nebraska Department of Health and Human Services/ Tobacco Free Nebraska Program as a result of the Tobacco Master Settlement Agreement.

Did You Know?

Secondhand smoke can travel into an apartment from other apartments and common areas through doorways, cracks in walls, electrical lines, ventilation systems and plumbing.¹

Opening **windows and using fans does not completely remove** secondhand smoke.¹

Heating, air conditioning and ventilation systems cannot eliminate exposure to secondhand smoke. In fact, these systems can distribute secondhand smoke throughout a building.¹



What is secondhand smoke?

It is the combination of smoke from the burning end of a cigarette and the smoke breathed out by a smoker.

When a person smokes near you, you can be exposed to secondhand smoke.



The Surgeon General concluded:



There is no safe level of secondhand smoke exposure.¹



Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.¹



Secondhand smoke causes disease and early death in children and in adults who do not smoke.¹

In the United States:



Approximately **58 million** (1 in 4) nonsmokers are exposed to secondhand smoke.⁶



About **2 in 5** children (including 7 in 10 black children) are exposed to secondhand smoke.²



The **home is the main place** where **children** are exposed to secondhand smoke.^{1,2}



Secondhand smoke **exposure among babies and children can cause**¹⁷:

- Sudden Infant Death Syndrome (SIDS)
- Lung problems
- Ear infections
- Asthma attacks



Secondhand smoke **exposure among adults can cause**¹⁷:

- Heart disease
- Stroke
- Lung Cancer

Smokefree rules or policies:

- **Improve** Air Quality
- **Improve** Health
- **Reduce** Secondhand Smoke Exposure
- **Receive** Public Support
- **Reduce** Smoking in Youth, Young Adults, and Adults



Smokefree policies in multiunit housing can improve health and save money.

If all public housing in the United States was made smokefree, it would **save \$153 million each year**, including



\$43 million in costs from cleaning

apartments where people have smoked



and **\$16 million in costs from fires** caused by smoking.⁸

Savings would be even greater if all multiunit housing across the country went smokefree.

To learn more about your state's smokefree policies, go to: www.cdc.gov/statesystem

To learn more about the health consequences of smoking and secondhand smoke exposure go to: www.cdc.gov/tobacco

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