

Healthy Housing Advisory Council Presentation January 13, 2011

**Carol Riemer Coles
207 287 4626
carol.r.coles@maine.gov**

The Partnership For A Tobacco-Free Maine

- Prevent youth and young adults from starting to use tobacco
- Eliminate exposure to secondhand smoke
- Assist tobacco users who wish to quit
- Identify and eliminate tobacco-related health disparities

Why does the PTM support the Smoke-Free Housing Coalition?

- There were so many calls for help, especially from tenants who were experiencing health issues.
- Our belief has been that your home shouldn't be hazardous to your health.
- Smoke-free policies help tobacco users to quit, and also help keep youth from using tobacco.
- A coalition structure works well in Maine where collaboration is a way of life; and it's a great way to build capacity and sustainability.

Home Sweet Home ?

- The home has become the predominant location for involuntary exposure to secondhand smoke
- The home is where Mainers, like all Americans, spend about 69% of their time.
- Through voluntary policies, protection can be put in place to protect those who need to be protected.
- A home cannot be a healthy home when smoking is allowed anywhere in the home.

There is no safe level of exposure...

- According to two new CDC reports, about 46.6 million adults in the US smoke.
- A whopping 88 million nonsmokers are exposed to secondhand smoke.
- Nationally, 54% of all children 3-11 years are exposed; that is more than 1 out of 2!

Maine's has strong SHS laws:

- Smoking is banned in indoor workplaces and public places; as well as in cars when a child under 16 is present; in common areas of our state parks and historic sites.
- But the home environment is not protected by law and depends on voluntary policy.

The Breathe Easy Coalition

- Smoke-Free Housing Coalition of Maine
- Maine Tobacco-Free College Network
- Maine Tobacco-Free Hospital Network

Surveillance / BRFSS 2009

- 49.7% of current smokers strongly agree that people should be protected, and an additional 30.5% somewhat agree =80.2%
- But only 54.8% of current smokers do not allow anyone to smoke anywhere in their home.

BRFSS 2009 continued...

- 72.9% of former or never smokers believe that smoke from other people's cigarettes is very harmful; and an additional 25.6% believe it to be somewhat harmful, total=98.5%
- But only 88.6% do not allow anyone to smoke anywhere in their home.

Smoking rates vary among populations in Maine

- About 31% of pregnant women who are on Maine Care smoke during their pregnancy.
- 34.7% of adults without a high school degree smoke.
- Among all adults in Maine, the smoking rate is now in the 17% range.
- 75-90% of those with behavioral health and/or substance abuse issues smoke.

Thank you!

- Please let me know how I can be of help.
- This has been a wonderful opportunity for me and for Sarah & the Breathe Easy Coalition of Maine.
- You can reach me at 207.287.4626 or by email at carol.r.coles@maine.gov



Smoke-Free Housing
as a Healthy Homes Initiative



Smoke-Free Housing Coalition of Maine – who are we?

A non-profit group comprised of over 50 public health advocates, tenants, landlords, property managers, environmental health professionals, legal professionals and many others.

We educate and advocate for voluntary policy change.

The Smoke-Free Housing Coalition of Maine, along with the Maine Tobacco-Free Hospital Network and Maine Tobacco-Free College Network are initiatives of the Breathe Easy Coalition of Maine.

Why all the fuss?

Why is there such concern about **secondhand smoke** in workplaces, public places and living spaces?



Secondhand Smoke is Deadly

- Surgeon General says there is **NO** risk-free level of exposure. SHS is a **Group A carcinogen**– a substance known to **cause cancer in humans for which there is no safe level of exposure.**
- Secondhand smoke contains over **7,000 chemical compounds** – more than **69** of which are known to cause cancer in humans.
- Secondhand Smoke causes **30 times as many lung cancer deaths** as all regulated air pollutants combined.

Secondhand Smoke is Deadly

- Over 38,000 deaths annually in the United States are the result of secondhand smoke related diseases.
- Infants, children, and the elderly are extremely vulnerable to the negative effects of secondhand smoke.
- Secondhand smoke causes and worsens respiratory tract infections, such as pneumonia and bronchitis
- Secondhand smoke increases the risk of sudden infant death syndrome (SIDS) and middle ear infections in children



Secondhand Smoke is Deadly

- Secondhand smoke is of particular concern to elderly and disabled persons, especially those with heart or respiratory disease or disorders, such as emphysema, asthma, COPD, cardiovascular disease or allergies
- Children exposed to secondhand smoke in the home are 44% more likely to suffer from asthma
- Secondhand smoke is a major health threat to all persons with asthma and can sometimes be fatal

Secondhand Smoke is Deadly

Secondhand smoke is **as deadly** as vehicle exhaust, arsenic, lead, asbestos, and a host of other toxins

Thirdhand Smoke

- Thirdhand smoke is residual tobacco smoke contamination that remains after the cigarette is extinguished.
- Thirdhand smoke lingers on carpets, sofas, clothes and other materials after a cigarette has been put out.
- Children are uniquely susceptible to thirdhand smoke exposure.



Medical Marijuana and Smoke-Free Housing

- Maine's Medical Marijuana Act doesn't affect smoke-free policies: "A landlord may prohibit the smoking of marijuana for medical purposes on the premises of the landlord if the landlord prohibits all smoking on the premises and posts notice to that effect on the premises."
- Housing that receives federal funding (such as public housing authorities) fall under federal laws and use of marijuana, including for medicinal purposes, is prohibited.



Secondhand Smoke is Deadly

- No Ventilation System is effective in removal of toxins from the air – up to 65% of air is exchanged between units
- Secondhand smoke cannot be controlled by ventilation or air cleaning: On June 30, 2005, the American Society of Heating, Refrigerating & Air Conditioning Engineers (ASHRAE) issued their latest position document on secondhand smoke, which states: **“At present, the only means of effectively eliminating the health risk associated with indoor exposure is to ban smoking activity.”**

Secondhand Smoke is Deadly

- Americans spend approximately 90% of their time indoors, 65% of their time in the home.
- Almost everyone who lives with somebody who smokes indoors is exposed to secondhand smoke. Children and teens are more likely than adults to live in homes where someone smokes indoors.
- About 54% of children (aged 3–11 years) are exposed to secondhand smoke. **Children are most heavily exposed at home.**



So...

To be a **Healthy Home**, it must be a
Smoke-Free Home!



Additional Reasons for Smoke-Free Housing

- **Smoking damages residential property:**
 - Costing landlords more money
 - Poses a fire hazard (leading cause of residential fire deaths in Maine and the United State)
 - Causes cigarette burn damage to carpets, counters, etc
 - Leaves smoke residue on walls and curtains



Additional Reasons for Smoke-Free Housing

- The smoke-free housing initiative is supported by key federal agencies including the CDC, EPA and HUD.
- The Department of Housing and Urban Development has released two notices encouraging smoke-free housing for public housing authorities (2009) and subsidized housing (2010)
- Smoke-free housing messaging is becoming a part of the growing Healthy Homes and Green Housing initiatives.





Smoke-Free Housing in Maine

Who is adopting policies in Maine?

- Public Housing Authorities
- Private Developments (subsidized and market-rate)
- “Mom and Pop” Landlords
- Condominium Associations
- Behavioral Health Facilities
- Group Homes and Transitional Housing Developments
- Nursing and Assisted Living Facilities



Smoke-Free Housing in Maine

- 78% of tenants surveyed throughout the state of Maine prefer to live in a smoke-free environment
- 45.5% of Maine landlords report that they have a written smoke-free policy for at least one of their buildings





Smoke-Free Housing in Maine

Smoke-Free Public Housing Authorities in Maine:

Auburn Housing Authority
Bar Harbor Housing Authority
Brewer Housing Authority
Cumberland Housing Authority
Fort Fairfield Housing Authority
Lewiston Housing Authority
Old Town Housing Authority
Portland Housing Authority
Sanford Housing Authority
Southwest Harbor Housing Authority
Waterville Housing Authority
York Housing Authority

Bangor Housing Authority
Bath Housing Authority
Brunswick Housing Authority
Ellsworth Housing Authority
Houlton Band of Maliseet Indians H.A.
Mount Desert Island Housing Authority
Pleasant Point Passamaquoddy H.A.
Presque Isle Housing Authority
South Portland Housing Authority
Tremont Housing Authority
Westbrook Housing Authority

Resources

- Smoke-Free Homes Pledge – families can pledge to keep their homes smoke-free and will receive a free smoke-free fun pack



- Free housing registry with smoke-free housing listings
www.MaineHousingSearch.org
- Education materials (fact sheets, brochures, sample policies, video, etc); Support materials (window clings, magnets, key chains) – all available for free from the Smoke-Free Housing Coalition of Maine



For More Information

Partnership for a Tobacco-Free Maine

www.TobaccoFreeMaine.org

Carol Coles, 287-4626

carol.r.coles@maine.gov

Smoke-Free Housing Coalition of Maine

www.SmokeFreeforME.org

Sarah Mayberry, 874-8774

breathe.easy.maine@gmail.com