



American
Heart
Association.

Smoke-Free Multi-Unit Housing



There is no safe level of exposure to secondhand smoke.

Smoke free housing creates a more healthy environment for residents and protects the value of the Housing complex

Benefits of Smoke-Free Housing

Financial Savings:

- Apartment turnover costs can be higher when smoking is allowed compared to the cost of turning over a smoke-free unit.
- Smoke-Free policies protect and maintain the value of your property by lowering the cost of refurbishment and repair.

Increased Marketability and Consumer Preference:

- Advertising units as nonsmoking makes them more desirable to new residents who either don't smoke or don't wish to live in smoky conditions.
- People know that secondhand smoke is harmful to their health and don't want the smell of someone else's smoke in their homes. Some insurance companies offer 5-10% reduction to landlords who do not allow smoking in their buildings.

Health and Secondhand smoke:

- Far too many people – especially children and the elderly – are exposed to secondhand smoke. This puts them at risk for chronic illnesses like heart disease and cancer.
- Secondhand smoke exposure remains higher among children, non-Hispanic Blacks, those living in poverty, and those who rent their housing.
- The operation of a heating, ventilation and air conditioning system can distribute secondhand smoke throughout a building.



Steps for Smoke-Free Policy

1. Develop a Smoke-Free Policy

Decide what the policy will include and when it will take effect, and then write or obtain lease language that reflects that decision.

2. Educate Residents

Once the policy is developed, take time to educate your residents. Let them know what the rule covers, reasons for the rule, effective date and provide them with quitting tobacco resources.

3. Implement the Rule

Implementation of the rule will depend on the type of lease, new leases or current leases.

4. Enforce the Rule

A smoke-free rule is just like any other rule you enforce. Having a consistent response to violations will make sure current and future residents, as well as staff, understand that this policy is clear and is handled just like any other policy.

How can we help?

The American Heart Association can help you take advantage of the excellent opportunities associated with smoke-free policy adoption and can provide you with the resources needed to give your residents what they need.

1. Provide ongoing technical assistance support in developing your smoke-free policy and providing sample documents.
2. Help with educating your residents about the new policy and provide tobacco education awareness.
3. Provide tobacco cessation resources to your residents who are ready to quit smoking.
4. Provide signage for your property to let staff, residents and visitors know that your property is smoke-free.

**Contact us to help make your property go
smoke-free at
ELPasoTx@heart.org**