

# 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.<sup>1,2</sup>



- 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**.<sup>3,4</sup>



### 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.<sup>3,5</sup>
- **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**.<sup>5</sup>



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



A **majority** of multiunit housing residents want smoke-free building policies.<sup>5</sup>



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

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

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# 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.<sup>1</sup>

Opening **windows and using fans does not completely remove** secondhand smoke.<sup>1</sup>

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



## 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.<sup>1</sup>



Cleaning the air and ventilating buildings cannot get rid of secondhand smoke.<sup>1</sup>



Secondhand smoke causes disease and early death in children and in adults who do not smoke.<sup>1</sup>

## In the United States:



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



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



The **home is the main place** where **children** are exposed to secondhand smoke.<sup>1,2</sup>



### Secondhand smoke **exposure among babies and children can cause**<sup>17</sup>:

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



### Secondhand smoke **exposure among adults can cause**<sup>17</sup>:

- 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.<sup>8</sup>

**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](http://www.cdc.gov/statesystem)

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

## REFERENCES

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