

Smoke-free Public Housing: HELPING SMOKERS QUIT

E-newsletter #6, December 2019

Thank you for your interest in Smoke-free Public Housing: Helping Smokers Quit, a collaboration of the American Cancer Society, North American Quitline Consortium, and Smoking Cessation Leadership Center, generously funded by the Robert Wood Johnson Foundation. We have created a [best practices/FAQ document](#) that we are revising and updating with lessons learned as we continue our work. Read on for more information, and visit smokefreePHA.org or contact [Becky Slemons](#).

Great American Smokeout events held Nov. 21 in project communities

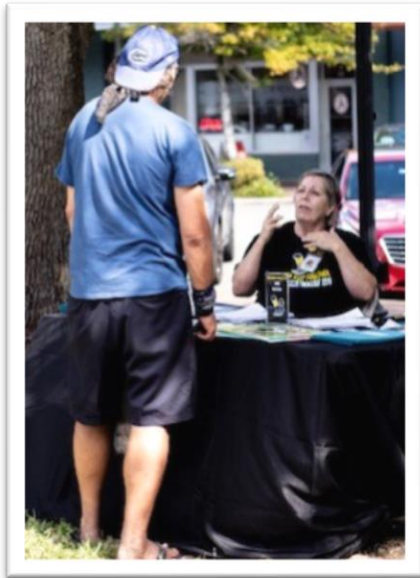
The community health centers, public housing agencies, and quitlines involved in the Smoke-free Public Housing: Helping Smokers Quit initiative recently celebrated the [Great American Smokeout](#), a nationwide event for more than 40 years that seeks to help people who smoke start the journey toward a smoke-free life. The events took place onsite at either the PHA or CHC and focused on helping public housing residents learn more about how to quit smoking for good. Hundreds of people turned out to fun events in San Francisco, CA; Winter Haven, FL; Louisville KY; St. Louis, MO; Lancaster, PA; and Florence, SC. Each community put its own spin on the event, from a lineup of food trucks and entertainment, to a quit ceremony for those who have taken part in cessation classes, to a festive health fair complete with food with a chance to win prizes, to going door-to-door with giveaways and more information. The CHCs, PHAs, and quitlines brought in community partners, snacks, and prizes to make each event attractive and effective.

San Francisco, CA – An in-person health and nutrition fair and week-long social media event resulted in a lot of interest from people in the neighborhood.



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Winter Haven, FL – The event featured quit-smoking help and information around food trucks, local entertainment, and community tobacco-free partners, culminating in a performance by the high school marching band.



Louisville, KY – A quit ceremony for those who have taken steps to quit tobacco, food, giveaways, and more enhanced a community atmosphere.

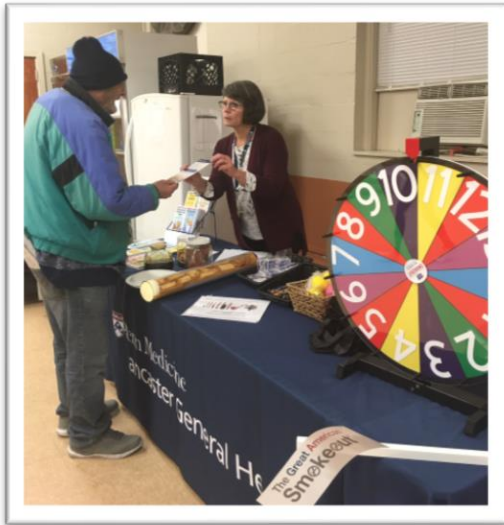


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St. Louis, MO – Folks braved a cold, rainy day as the CHC and PHA arranged the Smokeout event around a scheduled turkey giveaway from a local foundation.



Lancaster, PA – A health fair with lots of food and fun brought people in to learn more.



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Florence, SC – Team SC provided residents with health screenings, cessation resources, educational games, frozen turkey raffles, and a DJ for music and dancing.



CDC celebrates 15 years of 1-800-QUIT-NOW

The Centers for Disease Control and Prevention (CDC) and the National Cancer Institute launched the [National Network of Tobacco Cessation Quitlines in 2004](#), which allowed quitlines to go nationwide for the first time using the 1-800-QUIT-NOW number. 1-800-QUIT-NOW is the national portal to a network of state quitlines. Quitlines offer evidence-based support—like counseling, referrals to local programs, and free medication—to people who want to quit tobacco. The National Network has made quitline services available to people in every state, the District of Columbia, Guam, and Puerto Rico, and millions of callers have taken advantage of these services. In fact, since its launch, 1-800-QUIT-NOW has received more than 10 million calls. Learn more about the history of quitlines in the United States and about continuing quitline innovation on the [CDC's page commemorating 15 years](#) of the National Network.

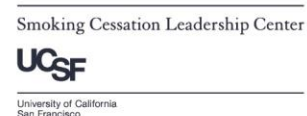


To celebrate, you can get [FREE Quit Now cards](#) from SCLC to help promote the national quitline service to smokers, family members, and providers. They provide an easy, fast, and effective way to refer smokers to the plethora of resources available to help smokers quit. [Order here.](#)

And don't forget about the plethora of resources featured in CDC's [Tips from Former Smokers](#) campaign, including posters, flyers, print ads, videos, commercials, and more. In addition, CDC has created a [1-800-QUIT-NOW video series](#) to help people have successful quit attempts by better understanding what a quitline can do for them.

Can your comprehensive cancer coalition make a difference for those who need lung cancer screenings?

Fewer than 5% of eligible Americans were screened for lung cancer last year. Written specifically for comprehensive cancer control programs/coalitions, [Policies and Practices for Prevention: Lung Cancer Screening Programs](#) describes how National Comprehensive Cancer Coalition grantees can increase awareness about lung cancer screening programs, including cigarette smoking cessation, for persons at high risk for lung cancer. Examples of lung cancer screening-related activities are also provided.



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SCLC harms of nicotine webinar recording now available

The Smoking Cessation Leadership Center at the University of California, San Francisco recently held a webinar on the health effects of nicotine. "[A Comprehensive Look at the Health Effects of Nicotine](#)". During the webinar, cardiologist, medical toxicologist, and UCSF Emeritus Professor of Medicine and Bioengineering & Therapeutic Sciences Neal L. Benowitz, MD:

- Described major safety concerns for nicotine, independent of combusted tobacco
- Identified nicotine levels and pharmacokinetics from various tobacco products, and implications for addiction and disease risk
- Explained potential effects of nicotine on the developing fetal and adolescent brains
- Described cardiovascular and respiratory concerns from nicotine with use of electronic nicotine delivery devices (ENDS)

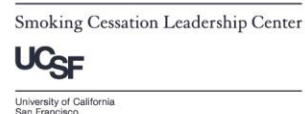
New survey of Colorado housing authorities illustrates smoke-free rule implementation successes, challenges

Group to Alleviate Smoking Pollution (GASP) of Colorado recently completed a survey of the 40 housing authorities in Colorado that were required to implement the HUD smoke-free rule in June 2019. The survey sought to obtain information about the rule implementation experience; determine basic knowledge of dangers of secondhand smoke from tobacco and marijuana, and vapor from electronic nicotine delivery systems (ENDS), commonly called e-cigarettes or vapes; and determine attitudes toward implementing smoke-free rules in other types of housing. Eighty percent (33) of the PHAs responded to the survey. While contained to Colorado, the results of the survey could help other areas understand more about post-implementation attitudes.

Among other findings, the survey found that:

- 63% report implementation was very successful, 37% somewhat successful
- 78% report receiving no complaints or fewer complaints about smoke drift than before rule implementation
- 85% of respondents do not know if the policy has helped staff or residents quit smoking
- 84% indicate they have not had to evict a resident
- Six respondents said the policy saves them \$5,000 a year in damage, e.g., repairs to units, maintenance
- 56% report they have had no compliance challenges, while 41% said they have
 - These challenges include:
 - Determining the source of the smoke
 - Catching resident or visitor violators
 - Proving a violation
 - People concerned about their right to smoke, including new tenants
 - Federal versus state rules on marijuana.
- 96% of respondents believe secondhand tobacco smoke is harmful to some degree
- 78% of respondents believe secondhand marijuana smoke is harmful to some degree
- 67% of respondents believe electronic smoking device emissions are harmful to some degree
- 88% of PHAs surveyed say they would support ordinances or laws requiring a smoke-free policy in housing that is similar to the HUD rule

For more information, contact [Peter Bialick](#).





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Are you part of the Global Directory of Smoke-free Housing Programs?

Live Smoke Free, of the Association for Nonsmokers Minnesota, will be updating the [Global Directory of Smoke-Free Housing Programs](#). This “living” document exists to help those working on smoke-free housing worldwide better connect with each other and each other’s services. If you have any updates, edits, or additions to make please contact [Jack Ayim](#) by December 31, 2019.

News you can use

- **Toolkit available to help PHAs with compliance and enforcement of the smoke-free rule**
Clean Air For All has [resources and tools](#) to assist public housing agencies in promoting compliance and enforcement of a smoke-free housing policy. It features tips and ideas to help residents and connection to additional assistance and smoking cessation resources. Also, anyone interested in smoke-free public housing news, events, training, and resources can [sign up for Clean Air For All’s updates](#).
- **American Lung Association offers smoke-free housing online training**
Through funding from the Robert Wood Johnson Foundation, the Smokefree at Home Project has enabled the American Lung Association to update and improve the Smokefree Policies in Multi-Unit Housing Steps for Success online training course. The online course was designed to help smokefree housing advocates, partners and property managers implement smokefree policies in multi-unit housing properties like apartments and condominiums. To view the course and learn more about smokefree housing, please register [here](#).
- **Want to learn more about quitline services in your state?**
 1. [NAQC Quitline map](#) provides a profile for each state quitline with information on services offered and how to connect with the quitline.
 2. [NAQC Annual Survey of State Quitlines](#) PowerPoint presentation will give you valuable information on state quitline budgets, services, utilization, demographics and outcomes.
 3. What does a quitline do? [CDC has created videos](#) to illustrate what smokers can expect when calling a quitline and the support they can receive to quit smoking for good.
- **SCLC Holiday Webinar Bundle offers free CME/CEU**
In addition, a **holiday webinar bundle promotion lets you earn up to 22.5 credits of FREE CME/CEU** with code **HUD20**. Topics include engaging health professionals around cessation, state and community approaches to tobacco control, quitlines, behavioral health, smoke-free public housing, smokeless tobacco, online interventions for cessation, pharmacotherapy, tobacco harm reduction, veterans and tobacco, health systems change for tobacco cessation, e-cigs and vaping, FDA regulations, and non-daily smokers. It’s online learning at your own pace. [Click here for more information and to register for a collection](#).

