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

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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.[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[1,7]:**

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

Secondhand smoke **exposure among adults can cause[1,7]:**

- **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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