

# Sault Tribe Smoke-free Housing Initiative – Creating Healthy Places for Generations to Come



**Donna Norkoli, B. S. CHES**  
**Sault Tribe Community Transformation Grant**  
**Project Coordinator**



# 1. Coalition Building



- **Sault Tribe Tobacco Task Force**
- **Chippewa County Tobacco-free Living Coalition**
- **Sault Tribe Housing Authority**
- **Smoke-free Environments Law Project**

**November 2008**

**MI Smoke-free Apartment**

Where there's smoke, there can also be a smoke-free apartment. How you can make it happen.

# Other Key Partners

## Sault Tribe Youth Education and Activities

- Connection to tribal youth to assist with social marketing and media campaigns to gain support for smoke-free housing policies

## Local Media

- Inform public about the dangers of secondhand smoke and benefits of smoke-free housing
- Inform public about opportunities for training and advocacy
- Facilitate dissemination of our media campaign messages

## Michigan Department of Community Health

- Provide financial resources for social marketing campaign



# Stakeholders

## **Tribal Housing Tenants**

- Assist with education and advocacy to demonstrate to the Housing Authority the demand and need for smoke-free housing

## **Sault Tribe Housing Commission Board**

- Development, adoption, and enforcement of a smoke-free housing policy
- Designation of additional smoke-free units

## **Sault Tribe Board of Directors**

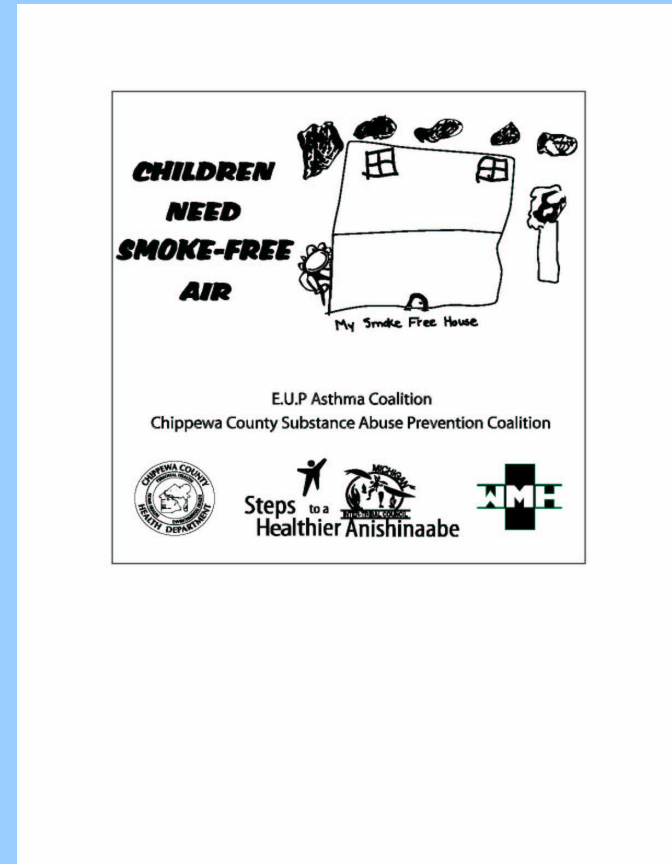
- Support for smoke-free housing

# **Create an Action Plan**

- **Guide to implementing a smoke-free housing policy for the Sault Tribe Housing Authority.**
- **Flexible guide that was subject to many changes along the way.**
- **Measurable objectives and a timeline were critical to our success and kept us moving forward towards our goal of increasing the number of smoke-free housing units within the Sault Tribe Housing Authority.**
- **Our action plan is the comprehensive result of lessons learned along the journey to implementation.**

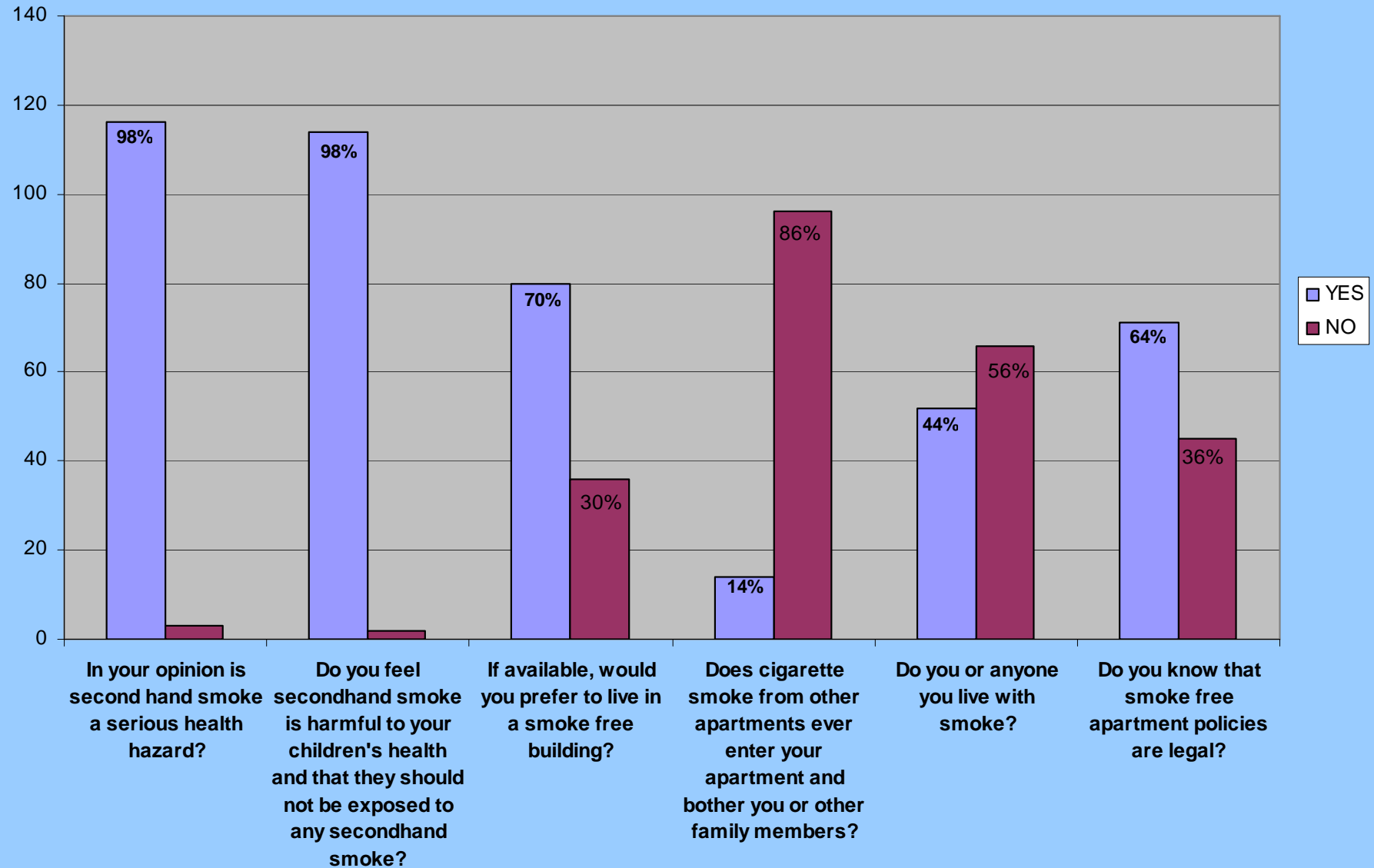
## 2. Gather Data and Background Info

- Tenant Surveys
- **CHANGE**  
Assessment
- Education: Tenant  
Packets



# Sault Tribe Housing Commission Tenant Survey

Completed December 2008  
119 of 470 Surveys Returned (25%)



# CHANGE

- **The Tobacco Use Module generated much discussion concerning the question “Does your agency have a 24/7 tobacco-free policy?”**
- **From this question, it was determined that the staff work in smoke-free buildings, but the residents had no protection from secondhand smoke.**



### 3. Demonstrate Need/Build Support

January 2009

Meeting with Sault Tribe Housing staff to discuss results of the Tenant Survey

Delivered an educational packet:

- Model Smoke-free Housing Policy
- Model Smoke-free Lease Addendum
- Sault Ste. Marie Housing Commission Policy
- Sample Tenant Letter
- Is There a Market for Smoke-free Housing?
- Clearing the Air – Units Article

# February 2009

- Presentation to the Sault Tribe Housing Authority asking for a proposal to make some of the Sault Tribe Housing buildings smoke-free
- The Housing Authority decided to survey tenants individually to determine if they wanted their building to be designated smoke-free. This would be a voluntary decision.
- Conference call with Jim Bergman of the Smoke-free Environmental Law Project to determine process and talking points for interviewing residents.

## Sault Tribe Housing smoking surveys conducted

**SUBMITTED BY SAULT TRIBE  
COMMUNITY HEALTH**

According to a tenant survey conducted by Sault Tribe Housing and Sault Tribe Community Health, 70 percent of tenants would prefer to live in a smoke-free building.

In December, Sault Tribe Community Health in partnership with the Chippewa County Tobacco-Free Living Coalition assisted Sault Tribe Housing to conduct surveys of tenants on their opinions about the dangers of secondhand smoke and their preferences about living in a smoke-free building. The Bahweting Anishnabek tribal youth council from Sault Area High School delivered packets of information to teach about the dangers of secondhand smoke to all tenants in Sault Ste. Marie, and Sault Tribe Housing delivered the packets to the other housing units in the service area.

Surveys were mailed to the tenants and those who returned completed surveys were eligible to compete for four \$25 Wal-

Mart gift cards provided by Sault Tribe Community Health. Winners were Jessica Issacson of Escanaba, Jonas Moses of Kincheloe, Fannie Aslin of Newberry and Lori Tallman of St. Ignace.

Of the 499 surveys mailed, 119 were returned. Ninety-seven percent of housing residents believe secondhand smoke is a serious health hazard and 98 percent believe children should not be exposed to secondhand smoke. Forty-four percent of respondents either smoke or live with someone who smokes.

"These statistics are very interesting," commented Donna Norkoli, Community Health educator. "This survey shows people are very aware of the dangers of breathing in secondhand smoke, especially for children. Even some of the residents who smoke do not want to live in a building where secondhand smoke is seeping into their unit. Comments showed that residents are going outside to smoke, especially if they have children

living in the house."

According to the 2006 surgeon general's report, the home is the place where children are most exposed to secondhand smoke and it is a major location of secondhand smoke exposure for adults. Breathing any amount of secondhand smoke is harmful to smokers and nonsmokers alike. Secondhand smoke is a serious health danger that causes heart disease, lung cancer and respiratory illnesses and it is consistently linked to a significant increase in both heart disease and lung cancer risks among adults. Eliminating smoking is the only way to fully protect people from exposure to secondhand smoke.

Regarding financial burdens, apartment owners understand the high maintenance and replacement costs associated with having units where smoking is allowed, resulting in nicotine and tar-stained walls, cigarette burn marks and carpets and upholstery that are permeated with tobacco smoke. They also

know the dangers of cigarette-caused fires. According to the U.S. Fire Administration, a division of the Federal Emergency Management Agency, smoking is the number one cause of preventable home fire deaths across the country. A lit cigarette accidentally dropped onto a chair or bed can cause a large fire in minutes.

"A smoke-free policy can dramatically reduce maintenance and replacement costs," said Julie Trotter, Chippewa County Health Department Tobacco-Free Projects coordinator. "This cost savings can be over \$2,000 to \$8,000 per unit. Furthermore, the nonsmoking rate for the adult population in Michigan is now almost 80 percent, which makes the market niche for smoke-free apartments enormous."

The Center for Social Gerontology, Inc. in Ann Arbor, Mich., operates the Smoke-Free Environments Law Project. "In 2004 when the Michigan Smoke-Free Apartment Initiative

began as a collaborative effort of the project and 10 local health departments covering 19 counties, it was almost impossible to find apartments that had smoke-free or no-smoking policies," said Jim Bergman, the center's co-director. "In four short years, smoke-free apartments now abound and are the clear trend. Hundreds of thousands of market-rate rental housing units are now covered by no-smoking policies.

Well over 15,000 units of 'affordable' housing are also smoke-free. And, 28 public housing commissions in Michigan have smoke-free policies for some or all their buildings, covering over 3,500 units."

For more information about the dangers of secondhand smoke or for assistance with quitting commercial tobacco, please call Sault Tribe Community Health at (906) 632-5210. To access the MISmokeFreeApartment Web site to learn more, go to [www.mismokefreeapartment.org](http://www.mismokefreeapartment.org).



**U.S. Department of Housing and Urban Development  
Office of Public and Indian Housing  
Office of Healthy Homes and Lead Hazard Control**

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<b>SPECIAL ATTENTION OF:</b> Regional Directors; State and Area Coordinators; Public Housing Hub Directors; Program Center Coordinators; Troubled Agency Recovery Center Directors; Special Applications Center Director; Public Housing Agencies; Resident Management Corporations; Healthy Homes Representatives	<b>NOTICE: PIH-2009- 21 (HA)</b>  Issued: July 17, 2009  Expires: July 31, 2010  <hr/> <b>Cross Reference:</b> 24 CFR 903.7(b)(3) 24 CFR 903.7(c)(1)
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Subject: Non-Smoking Policies in Public Housing

1. **Purpose.** This notice strongly encourages Public Housing Authorities (PHAs) to implement non-smoking policies in some or all of their public housing units. According to the American Lung Association, cigarette smoking is the number one cause of preventable disease in the United States. The elderly and young populations, as well as people with chronic illnesses, are especially vulnerable to the adverse effects of smoking. This concern was recently addressed by the Family Smoking Prevention and Tobacco Control Act, P.L. 111-31, signed by the President on June 22, 2009. Because Environmental Tobacco Smoke (ETS) can migrate between units in multifamily housing, causing respiratory illness, heart disease, cancer, and other adverse health effects in neighboring families, the Department is encouraging PHAs to adopt non-smoking policies. By reducing the public health risks associated with tobacco use, this notice will enhance the effectiveness of the Department's efforts to provide increased public health protection for residents of public housing. Smoking is also an important source of fires and fire-related deaths and injuries. Currently, there is no Departmental guidance on smoking in public housing.

2. **Applicability.** This notice applies to Public Housing.

3. **Background.** Secondhand smoke, which is also known as environmental tobacco smoke (ETS), is the smoke that comes from the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers. ETS is involuntarily inhaled by nonsmokers, and can cause or worsen adverse health effects, including cancer, respiratory infections and asthma. The 2006 Surgeon General's report on secondhand smoke identifies hundreds of chemicals in it that are known to be toxic. The report (*The Health Consequences of Involuntary Exposure to Secondhand Smoke*) is located at [www.cdc.gov/tobacco/data\\_statistics/sgr/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/index.htm). Secondhand smoke causes almost 50,000 deaths in adult non-smokers in the United States each year, including approximately 3,400 from lung cancer and another 22,000 to 69,000 from heart disease.

Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke according to the U.S. Environmental Protection Agency (EPA) [www.epa.gov/smokefree/healtheffects.html](http://www.epa.gov/smokefree/healtheffects.html).

# HUD issues smoke-free recommendation

**BY LAUREN EVELEIGH, SAULT TRIBE COMMUNITY HEALTH, CHIPPEWA COUNTY TOBACCO FREE LIVING COALITION**

The U.S. Department of Housing and Urban Development's (HUD) Office of Healthy Homes and Lead Hazard Control and its Office of Public and Indian Housing recently issued new recommendations for non-smoking policies for public housing. These recommendations strongly encourage public housing authorities to adopt non-smoking policies in some or all of their public housing units.

These important recommendations could result in protection for residents of public housing across the country,



especially children, the elderly and people with chronic lung diseases. Residents of public housing are among those most at risk from unhealthy air from a variety of factors, including a high prevalence of secondhand smoke.

The American Lung Association strongly recommends that all public housing units adopt non-smoking policies to ensure no one – especially children, the elderly and those with chronic diseases – has to breathe dangerous secondhand smoke.

Because tobacco smoke can migrate between apartments in multi-unit housing, it can cause respiratory illness, heart disease, cancer and other adverse health effects in neighboring families. Exposure to secondhand smoke impedes the development of a child's lungs, aggravates asthma, often resulting in hospitalizations and causes scores of other health problems. Smoking is also a major cause of fires

and fire-related deaths and injuries.

Implementing non-smoking policies is also beneficial to landlords. Going smoke-free can save money by leading to maintenance savings, decreased risk of fire and improved resale opportunities. There are 31 Housing Commissions in Michigan with partial or 100-percent smoke-free policies in place. The Sault Ste. Marie Housing Commission adopted a smoke-free policy for three of their apartment buildings in December 2006.

The Menominee Housing Commission was one of the most recent housing authorities to implement a smoke-free policy, which took effect on Aug. 1,

2009, covering all 83 units for the elderly and 44 family units.

For more information on smoke-free housing policies, call the Chippewa County Tobacco-Free Living Coalition at (906) 635-3636 or 495-6409. For a list of smoke-free housing units available in your community, visit [www.mismoke-freeapartment.org](http://www.mismoke-freeapartment.org). For more information on tobacco cessation resources available in your community, call the Chippewa County Tobacco Free Living Coalition at the number listed above or contact Sault Tribe Community Health at 632-5210.

The HUD notice is posted at [www.hud.gov/offices/pih/publications/notices](http://www.hud.gov/offices/pih/publications/notices).

# Building Support Through Connecting with Health Observances



**Smoke-Free Places**

**Healthy Spaces, Smiling Faces**

**Go Smoke-Free for the  
American Cancer Society's  
Great American Smokeout  
on November 19, 2009**

**Chippewa County Tobacco-Free Living Coalition**

**Promoting Tobacco-Free Lifestyles  
and Smoke-Free Air**

**Chippewa County Health Department (906) 635-3636  
Sault Tribe Community Health (906) 632-5210**

## SMOKE-FREE HOUSING

A NEW FRONTIER  
FOR SMOKE-FREE AIR

*A STEP TOWARDS HEALTHIER COMMUNITIES*

*FREE INFORMATIONAL WORKSHOPS*

Tuesday December 1, 2009 (1:00 p.m.—3:00 p.m.)

Sault Tribal Health Center Auditorium (1st Floor)  
2864 Ashmun Street Sault Ste. Marie, MI

Wednesday December 2, 2009 (1:00 p.m.—3:00 p.m.)

Manistique Tribal Health Center Activities Room  
6596 W. US-2 Manistique, MI



### KEYNOTE SPEAKER

Mr. Bergman has over 42 years of experience in the fields of aging and law, with over 17 of those years in tobacco control, as well. He has been a leader on the international, national and state scenes in the areas of law, aging, tobacco control, and smoke-free multi-unit housing.

### Who should attend?

*Landlords, Apartment Managers/Owners, Realtors, Rental Managers, Health Educators, Prevention Specialists, Housing Commission Officials, Tenants, and other Community Members*

### Sponsored by:

*Sault Tribe Community Health—Strategic Alliance for Health Project  
Chippewa County Health Department—Chippewa County Tobacco Free Living Coalition  
Smoke-free Environments Law Project, Ann Arbor, MI*

*For more information, contact Donna Norkoli at (906) 635-8844 or email [dnorkoli@saulttribe.net](mailto:dnorkoli@saulttribe.net) or Julie Trotter at (906) 635-3636 or email [jtrotter@chippewahd.com](mailto:jtrotter@chippewahd.com)*

SMOKE-FREE HOUSING WORKSHOP

12/14/09

## A Step Towards Healthier Communities

By Julie K.O. Trotter  
Chippewa Co Health Department

The housing marketplace is changing rapidly, and smoke-free is the hot new amenity! Community members across the Upper Peninsula had the opportunity to attend a free workshop entitled Smoke-free Housing: The New Frontier for Smoke-Free Air on December 1 in Sault Ste. Marie and on December 2 in Manistique. The workshops were hosted by the Sault Tribe's Strategic Alliance for Health Project, the Chippewa County Health Department's Tobacco Free Living Coalition, and the Smoke-free Environments Law Project out of Ann Arbor, Mich. The workshops focused on educating landlords, apartment owners/managers, realtors, tenants, and other interested community members on the feasibility and benefits of implementing smoke-free housing policies. The keynote speaker was Mr. Jim Bergman, an attorney of the Smoke-free Environments Law Project and Co-Director of the Center for Social Gerontology. A lawyer by training and an advocate by instinct, Mr. Bergman has over 42 years of experience in the fields of aging and law, with over 17 of those years in tobacco control.

The smoke-free apartment initiative, which is a voluntary policy approach, began in 2004 as an education and awareness campaign. Since then, there have been vast changes in the arena of smoke-free housing with the number of smoke-free housing units increasing drastically. Landlords and tenants alike are beginning to see the many obvious benefits of smoke-free apartment policies, including that they result in significant cost savings, reduce fire risk and damage, remove a serious health risk, and are good for business.

According to Mr. Bergman, more and more people are making the choice to have smoke-free homes by saying "You can't smoke

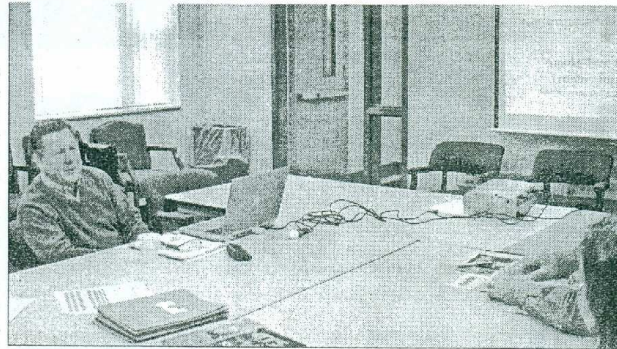


PHOTO COURTESY OF CHIPPEWA COUNTY HEALTH DEPARTMENT

Jim Bergman discusses smoke-free apartment initiative with workshop participants during the Smoke-free Housing: The New Frontier for Smoke-Free Air workshop earlier this month.

around me, the cat, the kids, the curtains or the carpets". This attitude has been gaining popularity during recent years as the public becomes more aware of the health dangers of secondhand smoke in the air and thirdhand smoke on surfaces in the form of the toxic residue left behind after smoke fades away. According to the 2006 Surgeon General's Report on Secondhand Smoke, there is no risk-free level of exposure to secondhand smoke and the only way to fully protect yourself and your loved ones is through 100% smoke-free environments

Bergman also emphasized that smoke-free policies are indeed legal. Neither federal nor state law prohibits an owner from making their rental properties totally smoke-free. The Department of Housing and Urban Development (HUD) also states that public and subsidized housing operators are free under federal and state laws to make their buildings smoke-free as long as they adhere to state law notice requirements. Furthermore, landlords who choose to implement smoke-free policies will avoid possible legal action which may be sought by any residents who are negatively impacted by secondhand smoke.

The general consensus among landlords who have implemented

smoke-free policies is that such policies are good for business and that enforcement is not an issue. The market for smoke-free housing is huge in that about 80% of U.S. and Michigan adults do not smoke and many smokers also do not want smoke in their homes. Mr. Bergman noted, "When you drive down the street at 7 a.m. with 20 degree temperatures and see people smoking outside - these are not nature lovers, these are people who have made the choice not to smoke in their homes".

As of November 2009, there are over 133 housing authorities in 19 states with smoke-free policies, including 32 in Michigan. There are also hundreds of thousands of units of smoke-free market-rate housing all across the U.S. including companies of all sizes ranging from large multi-state companies to small companies and single-family home rentals.

For more information about the smoke-free apartment initiative, please contact the Sault Tribe's Strategic Alliance for Health Project at (906) 635-8844, the Chippewa County Health Department's Tobacco Free Living Coalition at 635-3636, or the Smoke-free Environments Law Project at (734) 665-1126 or visit [www.mismokefreeapartment.org](http://www.mismokefreeapartment.org).

## **4. Review sample policies/Draft policy**

**March 2010**

Jim Bergman developed draft policies for Tribal Housing which were sent to Sault Tribe Housing Director for review

Assistant Housing Director drafted a final policy and resolution with approval from the Housing Director



# **SAULT STE. MARIE TRIBE OF CHIPPEWA INDIANS HOUSING AUTHORITY**

## **SMOKE-FREE HOUSING POLICY**

### **SECTION 1. PURPOSE**

Numerous studies have found that tobacco smoke is a major contributor to indoor air pollution, and that breathing secondhand smoke (also known as environmental tobacco smoke) is a cause of disease in healthy non smokers.

The Housing Authority Board of Commission has declared that certain Tribal Housing homes, located in the Seven-County service area of the Sault Ste. Marie Tribe of Chippewa Indians, shall be designated as smoke free. Smoking is not permitted in any inside area of the designated homes.

RESOLUTION \_\_\_\_\_  
Smoke Free Housing Designation

WHEREAS, the Sault Ste. Marie Tribe of Chippewa Indians is a duly organized Indian Tribe under the Indian Reorganization Act of June 15, 1934 (48 stat. 37) and;

WHEREAS, the Sault Ste. Marie Tribe of Chippewa Indians Housing Authority, is organized by Tribal Ordinance, and;

WHEREAS, the Sault Tribe Housing Authority Board of Commission adopted the Smoke Free Housing Policy on April 19, 2010, and;

WHEREAS, the Smoke Free Housing Policy states any properties designated smoke free must be done by Commission approval at the regularly monthly meeting;

WHEREAS, the construction of three elderly tri-plexes planned for the Sault Ste. Marie housing site and the following Duplexes located in the Kincheloe Housing site will be designated Smoke Free;

17 & 19 Shadow Wood  
5 & 7 Hope Lane

1 & 3 John Patrick  
87 & 89 Kincheloe

NOW, THEREFORE, BE IT RESOLVED, the Sault Tribe Housing Authority Board of Commission does adopt by resolution the attached Smoke Free Housing Policy.

**CERTIFICATION**

We, the undersigned, as Chairman and Secretary of the Sault Ste. Marie Tribe of Chippewa Indians Housing Authority, certifies that the Housing Commission is composed of 7 members, \_\_\_\_ members constituting a quorum were present at the meeting thereof duly called, noticed, convened and held on the \_\_\_\_ day of \_\_\_\_\_, 2010; that the foregoing resolution, was adopted at the said meeting by an affirmative vote of members \_\_\_\_ for, \_\_\_\_ against, abstaining; and that said resolution has not been rescinded or amended in any way.

\_\_\_\_\_  
Kenneth Ermatinger, Chairperson  
Sault Ste. Marie Tribe of  
Chippewa Indians  
Housing Authority Commission

\_\_\_\_\_  
Shirley Goudreau, Secretary  
Sault Ste. Marie Tribe of  
Chippewa Indians  
Housing Authority Commission

**Sault Tribe Housing Authority  
Low Income Rental and  
Rental Assistance Application**

Received by: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Applicant Name: \_\_\_\_\_

Co-Applicant Name: \_\_\_\_\_

**Section 1: REQUEST FOR HOUSING ASSISTANCE**

**Assistance Desired**

Indicate type of housing assistance you are requesting (check all that apply)

Low Rent  (If rental, please mark below the waiting list (s) you would like to be placed on) Rental Assistance

Escanaba  Hessel  Kincheloe  Manistique  Marquette

Newberry  Sault Ste. Marie  St. Ignace  Wetmore

What is your family's current housing situation? Own  Rent  Live with family  Other

Have you ever been a STHA participant? Yes  No  If yes, when and where?

How much is your current house payment? \$

Would you prefer smoke free housing?

How much do you pay for utilities each month?  
(do not include cable, internet or phone) \$

Yes  No   
(your answer does NOT effect selection preference)

# 5. Pass Policy

- Sault Tribe Housing Director and Assistant Housing Director finalized the policy and resolution
- Presented to Housing Authority Board of Commission
- Policy passed in April 2010 and Resolution designating smoke-free units passed in May 2010



Photo courtesy Sault Tribe

Celebrating the first Sault Tribe Housing Unit designated as smoke free are family members, from left, Rodney Leask, Peyton Leask, Cathie Menard, Diana Leask, Debra Leask, Rebecca Leask (holding sign) and Kim Mills holding grandson Landon Thomas Gaskin next to their smoke free home.

#### TOOLS

1 COMMENTS

FACEBOOK

DIGG

EMAIL THIS ARTICLE

PRINT THIS ARTICLE

## Michigan tribe establishes smoke-free tribal housing

By Staff reports

Story Published: Jul 29, 2010

(Story Updated: Jul 23, 2010)

SAULT STE. MARIE, Mich. – The Sault Ste. Marie Tribe of Chippewa Indians has become the first tribe in Michigan – and fifth in the nation – to establish smoke-free housing units for tribal members.

The Sault Tribe Housing Authority recently celebrated the opening of smoke-free homes for eight tribal families (four duplex units) in Kincheloe, Mich. Additional smoke-free housing units will be established in future years, under a new policy adopted earlier this year by the Sault Tribe Housing Authority Commission.

“Providing a healthy living environment for tribal members is our main goal,” said Sault Tribe Housing Director Joni Talentino. “We want to give our members the opportunity to join the nationwide

movement toward becoming smoke free.”

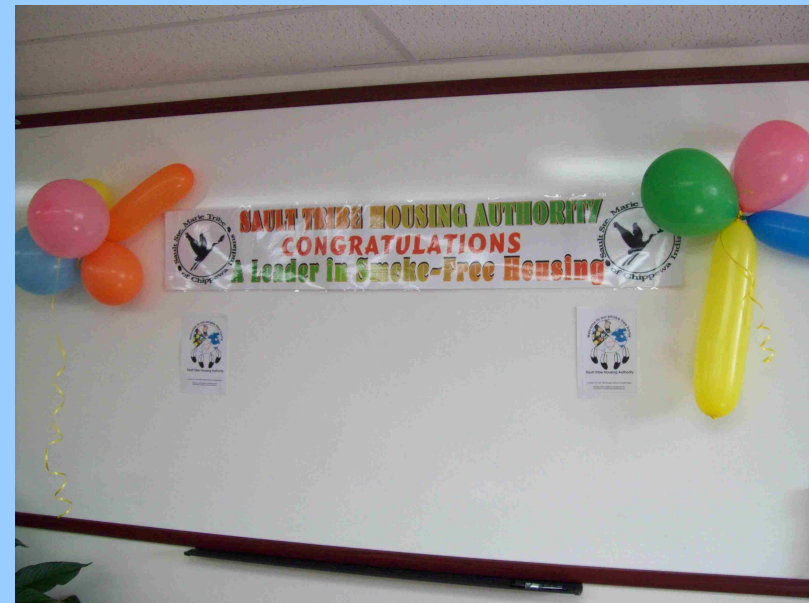
All of the smoke-free units are full.

Starting in November 2008, as an initiative of the Sault Tribe Strategic Alliance for Health Project, the Sault Tribe Tobacco Task Force, the Sault Tribe Housing Authority, the Sault Tribal Youth Council, the Chippewa County Tobacco-Free Living Coalition, the Smoke-Free Environments Law Project and the Michigan Department of Community Health worked together to adopt the policy and establish the smoke-free housing units. Other supporters of the policy included the Tribal Youth Council and Smoke-Free Environments.

“Many tribal and non-tribal entities worked hard on obtaining this status,” said Donna Norkoli, project coordinator of the Sault Tribe Strategic Alliance for Health Project. “It truly could not have been done without these partnerships.”

## 6. Enforcement/Evaluation

- **Recognition Event**  
– Celebrate the Policy
- **Signage/ Window Clings**
- **Cessation Opportunities**
- **Media and Education**
- **Evaluate the policy**



# Media Campaign

The Michigan Department of Community Health partnered with the Sault Tribe to promote and increase smoke-free housing units through a media campaign.

Included: Signage, Radio ads, TV ads, Thirdhand Smoke Brochure, Landlord and Tenant Tips Table Tents, and Tenant Surveys

The Sault Tribe Housing Authority and the Sault Tribe Tobacco Task Force are proud to announce that the Sault Tribe Housing Authority has adopted a smoke-free housing policy!



*Your attendance is requested to celebrate this great milestone with the key partners and Tribal families that made this possible*

Please join us to recognize the leadership of the Sault Tribe Housing Authority on Monday, July 19<sup>th</sup>, 2010:

- A photo and brief recognition will take place at 10:30 a.m. at 3 John Patrick Lane in Kincheloe.
- Hors d'oeuvres and a press conference will follow at the Sault Tribe Housing Authority office located at 154 Parkside Drive.

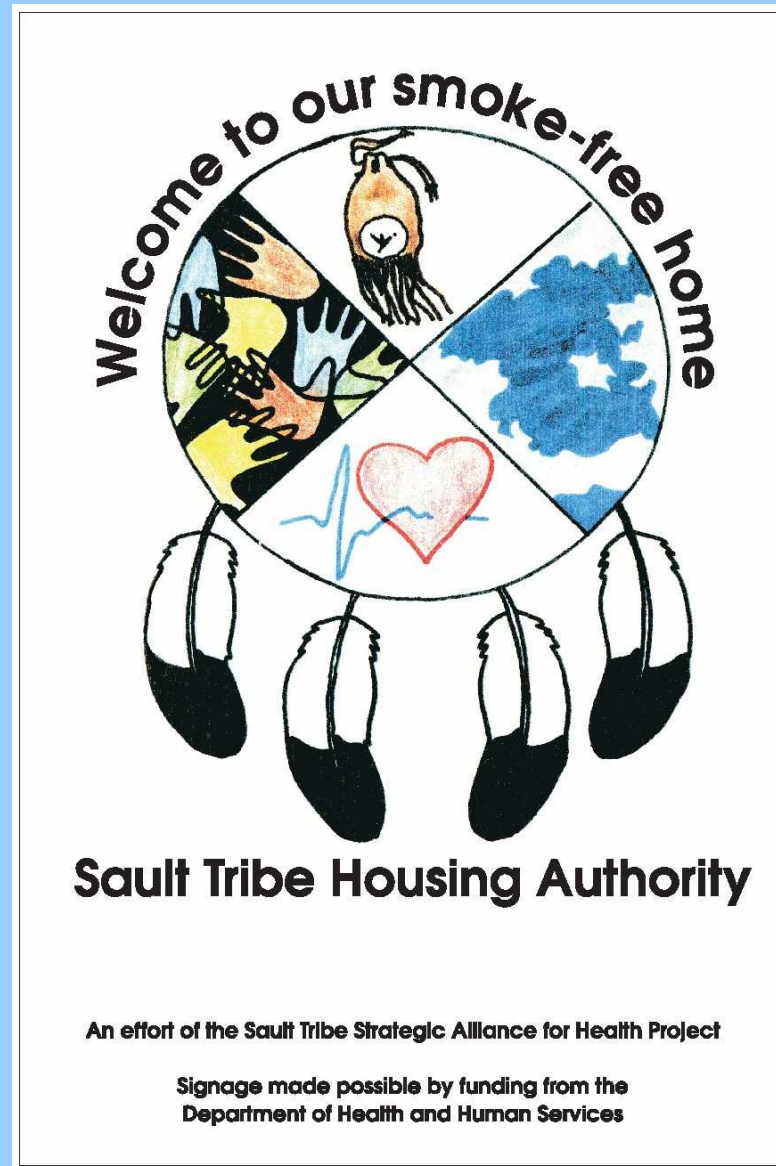
*For more information, please contact  
Cathie Menard at (906) 495-1450*

# Smoke-free Housing Recognition Event





# Signage for designated smoke-free housing units



## Riding the Fence

Ambivalence is confusing at best

It's sitting on the fence to rest

There's nothing worse than a war in your mind

It's peace inside you need to find

Ask yourself are you taking right action

And are you creating self-satisfaction

Sometimes what seems best in the moment

Will later only cause you torment

Yes, making a choice, without a doubt

Can be very difficult to think about

What will it be – this or that?

Make a change or stay where you're at?

Deciding is the golden key

For when you do, it will be

Then set your goal and make your plan

Be consistent with your stand

So why not take the bull by the horns

Decide on your actions, regardless the thorns

Prioritize what's best all around

Get off the fence safe and sound

Self-control will be your sword

Self-reliance will be your reward

Discipline will be your defense

To win your war and get off the fence



- Kim (Sakis) Alford

## Are You "Ambivalent"?

It is well known that smoking and chewing tobacco can cause disease and are harmful to your quality of life. Smoking can even cause harm to those around you.

But at the same time, you may find enjoyment or pleasure from cigarettes, cigars or chewing. It may even relax you.

So on one hand - you want to smoke, and on the other hand - you want to quit. You find yourself sitting on the fence with mixed feelings about making the choice to quit. This is called *ambivalence*.

There is no perfect time to quit. *Right now* is the best time to consider getting off the fence.

When you are ready to quit, call us at 906-632-5210 or call your local tribal health center.

### What is "Cessation"?

It means: a temporary or final ceasing of an action; to stop

### What is "Ambivalence"?

It means: mixed feelings or emotions; uncertainty about making a choice

## Are You Ready To Quit?

Sault Tribe  
Nicotine  
Dependence  
Program



Committed To Giving You Our Very Best

Sault Ste. Marie  
Tribe of  
Chippewa Indians

Community Health Services  
906-632-5210

Making your home and car smoke-free are easy steps toward keeping your family healthy and safe!



**Remember:**  
**Your Family Deserves a Smoke-Free Home!**

**Sources:**

1. Centers for Disease Control and Prevention. Office on Smoking and Health. Health Risks of Secondhand Smoke. Retrieved from [http://www.cdc.gov/tobacco/quit\\_information/smokefree/index.cfm](http://www.cdc.gov/tobacco/quit_information/smokefree/index.cfm).
2. Americans for Nonsmokers' Rights. *Secondhand Smoke*. Retrieved from <http://www.no-tobacco.org/asthma/asthma.html#S27>.

**Resources:**

For more information on smoke-free housing and how to protect your family from secondhand & thirdhand smoke:

- Sault Tribe Members may call 906.632.5210
- All Michigan residents may visit [www.mismokefreeapartment.org](http://www.mismokefreeapartment.org) or call 734.665.1126
- All Michigan residents may also visit [www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

For more information on how to quit smoking:

- Sault Tribe Members may call 906.632.5210
- All Michigan residents may call the Michigan Tobacco Quit Line at 1.800.784.8669 (1.800.QUIT.NOW)

*Additional resources may also be available at your local Health Department*

**Sault Tribe Community Health Services**

2884 Ashmun Street  
Sault Ste. Marie, MI 49783  
906.632.5210

*Structure made possible by funding from the Department of Health and Human Services*

**Clean Air & Good Health**

**Your Family Deserves a Smoke-Free Home**



What you should know about secondhand and thirdhand smoke and how to protect your family

## SMOKE-FREE MULTI-UNIT HOUSING: CHANGING THE LANDSCAPE OF MICHIGAN AND AMERICA

[www.mismokefreeapartment.org](http://www.mismokefreeapartment.org)



Please join us for a reception to learn more about the smoke-free housing movement in Michigan and across the country. Jim Bergman of the Smoke-free Environments Law Project will be available for discussion, to address questions, and to provide a wealth of information about the health, safety and financial benefits of smoke-free housing policies!

**Monday, October 4, 2010, 2:00 - 3:30PM**  
Chippewa County Health Department  
St. Mary's Room; 508 Ashmun Street, Suite 120  
Sault Ste Marie, MI 49783

*There is no cost for this event. Refreshments will be served.*

Jim Bergman, J.D. has over 42 years of experience in the fields of aging and law, with over 17 of those years in tobacco control, as well. He has been a leader on the international, national and state scenes in the areas of law, aging, tobacco control, and smoke-free multi-unit housing.



#### Who should attend?

Landlords, Apartment Managers/Owners, Realtors, Rental Managers, Health Educators, Prevention Specialists, Housing Commission Officials, Tenants, and other Community Members

For more information, please contact Julie Trotter at (906) 635-3636 or email [jtrotter@chippewahd.com](mailto:jtrotter@chippewahd.com) or Donna Norkoli at (906) 635-8844 or email [dnorkoli@saulttribe.net](mailto:dnorkoli@saulttribe.net)

To RSVP, please contact Tonya Joss @ (906)635-3647 or email [tjoss@chippewahd.com](mailto:tjoss@chippewahd.com)

Sponsored by:  
Chippewa County Health Department - Tobacco-Free Living Coalition - Sault Tribe  
Project - Smoke-free Environments Law Project  
This event was made possible by funding from the Department.

Visit us at [www.chippewahd.com](http://www.chippewahd.com)

## Clearing the air on smoke-free housing

Smoke-Free Environments Law Project visits

BY RICK SMITH

In an effort to educate folks about the wisdom and benefits of living, working and playing in smoke-free environments, the Smoke-Free Environments Law Project of the non-profit Center for Social Gerontology of Ann Arbor, Mich., is on tour throughout Michigan working with local health and housing officials and other citizens. The Sault Tribe Strategic Alliance for Health is one of the leaders for the crusade in the Upper Peninsula.

One of the main goals of the campaign is to encourage housing commissions and other landlords to adopt smoke-free housing policies for residential units. James Bergman, co-director of the center, said recent surveys show about 70 percent of tenants favor the establishment of smoke-free policies, but only about 30 percent of available rental

housing has such policies in place.

"Michigan is out in the front on the issue," said Bergman. He noted it was only a few years ago when smoke-free housing was, for all practical purposes, non-existent. But change is coming as people learn that adopting smoke-free policies is good for the health and pocketbook of all concerned. As an example, Bergman pointed out 45 housing commissions in Michigan have adopted smoke-free policies for residential buildings, 10 of those commissions are in the Upper Peninsula.

"Seeds we've sown are starting to sprout," he added.

"We're probably getting close to critical mass where more and more landlords are getting on board," Bergman noted, indicating that narrow profit margins typical of rental housing expand when  
*See "Smoke Free Housing," Page 10*

# Smoke-free Housing Presentations and Reception



Dave Martin and Julie Trotter, Chippewa County Health Dept.; Jim Bergman, Center for Social Gerontology; Donna Norkoli and Michelle Conway, Sault Tribe Strategic Alliance for Health (L-R), begin a day of presentations, media interviews and a reception to educate the local citizenry about the benefits of smoke-free housing on Oct. 4 in Sault Ste. Marie. (Photo by Rick Smith.)



## Smoke-Free Public and Affordable Housing Initiative

**Landlords ~  
Did You  
Know?**



- It costs \$500 - \$5000 or more to rehab an apartment where smoking has occurred. ([www.mismokefreeapartment.org](http://www.mismokefreeapartment.org))
- 80% of Michigan adults and 90% of those age 65 and over do not smoke. (Centers for Disease Control BRFSS 2007-2008)
- There is NO safe level of exposure to secondhand smoke. (US Surgeon General's Report 2010)
- New research suggests that thirdhand smoke—the toxic residue left behind where smoking has occurred, is also harmful to health—especially for babies and young children. (Americans for Nonsmokers' Rights 2009)
- 85% of Michigan residents choose to make their home smoke-free. ([www.mismokefreeapartment.org](http://www.mismokefreeapartment.org))

**Save Money and  
Protect Health with  
a Smoke-Free  
Policy!  
Ask Us How!**

### For More Information:

Chippewa County Health Department ~ Tobacco-Free Projects ~  
Call (906) 635-3636 or E-mail [jtrötter@chippewahd.com](mailto:jtrötter@chippewahd.com)  
OR  
Sault Tribe Strategic Alliance for Health Project  
~ Part of the CDC's Healthy Communities Program ~  
Call (906) 635-8844 or E-mail [dnorkoli@saulttribe.net](mailto:dnorkoli@saulttribe.net)

Visit: [www.healthysaulttribe.com](http://www.healthysaulttribe.com) ~ [www.mismokefreeapartment.org](http://www.mismokefreeapartment.org) ~ [www.chippewahd.com](http://www.chippewahd.com)

Made possible by funding from the Department of Health and Human Services



## Smoke-Free Public and Affordable Housing Initiative

**Tenants ~  
Did You  
Know?**



- There is NO safe level of exposure to secondhand smoke. (US Surgeon General's Report 2010)
- New research suggests that thirdhand smoke—the toxic residue left behind where smoking has occurred, is also harmful to health—especially for babies and young children. (Americans for Nonsmokers' Rights 2009)
- 100% smoke-free housing policies protect health! Tell your landlord that you want to live in a smoke-free home!

**Get the Facts  
about Smoke-Free  
Housing Policies!  
We can help!**

### For More Information:

Chippewa County Health Department ~ Tobacco-Free Projects ~  
Call (906) 635-3636 or E-mail [jtrötter@chippewahd.com](mailto:jtrötter@chippewahd.com)  
OR  
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Call (906) 635-8844 or E-mail [dnorkoli@saulttribe.net](mailto:dnorkoli@saulttribe.net)

Visit: [www.healthysaulttribe.com](http://www.healthysaulttribe.com) ~ [www.mismokefreeapartment.org](http://www.mismokefreeapartment.org) ~ [www.chippewahd.com](http://www.chippewahd.com)

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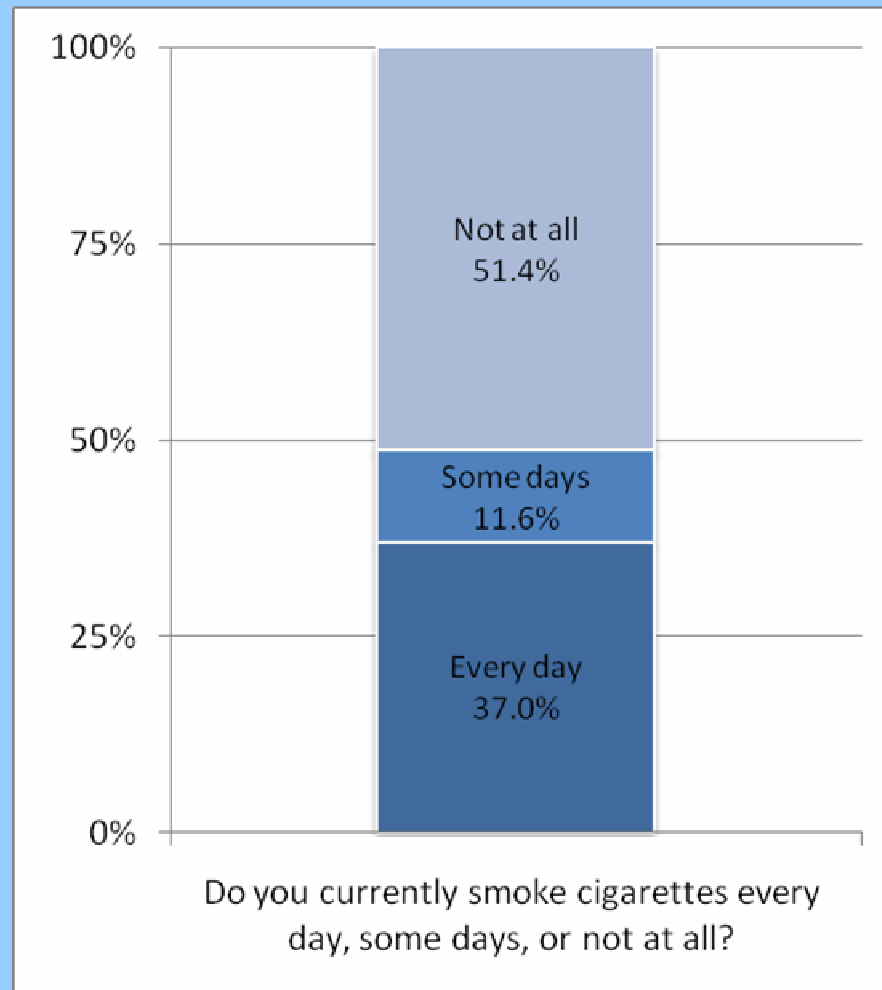
- Thirdhand smoke radio ads recorded by Youth Education and Activities students
- TV ad creating awareness of dangers of thirdhand smoke

# **Smoke-free Housing Tenant Surveys January 2011**

- **As a follow-up to the initial survey conducted in December 2008, in January 2011 a short survey was mailed to all 480 Sault Tribe Housing units.**
- **Incentives included a raffle for four \$25 gift cards.**
- **138 responses were collected by mid-February, for a response rate of 28.8%. This response rate was slightly higher than the 2008 survey, which had a response rate of 25.3%.**
- **Data analysis was done by the evaluation team at the Michigan Public Health Institute using statistical analysis software.**

# Current smoking status among survey respondents

**48.6%** of survey respondents reported smoking everyday or some days





# Preference on Smoke-Free Housing

- Overall, half of respondents (50.7%) would ideally prefer to live in a smoke-free home or building.
- Among respondents who smoke every day, 14.3% would prefer to live in a smoke-free home.

*“I do wish sites could all be smoke-free. My son has asthma and it is hard on him to be subjected to second-hand smoke.”*

*“If you want to smoke, go outside – especially for your children’s sake!”*



RESOLUTION 04-18-11A

**Smoke/Tobacco Free Playgrounds**

**Housing Authority**

154 Parkside

Kincheloc

Michigan

49788

**Phone**

906.495.5555

**Fax**

906.495.5981

WHEREAS, the Sault Ste. Marie Tribe of Chippewa Indians is a duly organized Indian Tribe under the Indian Reorganization Act of June 15, 1934 (48 stat. 37) and;

WHEREAS, the Sault Ste. Marie Tribe of Chippewa Indians Housing Authority, is organized by Tribal Ordinance, and;

WHEREAS, tobacco use is the single most preventable cause of death and disease in the US, as well as in Sault Ste. Marie, MI, leading to more deaths than most other leading causes combined; and,

WHEREAS, tobacco use in and around recreational facilities creates the peculiar circumstances of young people being encouraged and coached by adults to do things beneficial to their health, while at the same time they observe adults and older youth using tobacco products and/or adversely affected as the result of exposure to secondhand smoke and spit saliva from chewing tobacco, and;

WHEREAS, to help role model non-smoking behavior to children and youth; to provide children, youth and their families with a safe, tobacco-free environment;

NOW, THEREFORE, BE IT RESOLVED, that the Sault Ste. Marie Tribe of Chippewa Indians Housing Authority Commission does hereby approve the Smoke/Tobacco Free Playground Resolution, which will include all housing sites playgrounds and will be enforced by signage on each site, as presented.





*Opening Soon*

*This is a Smoke-free Housing Project*

**Sault Tribe Housing Authority**



Banner made possible by funding from the Department of Health and Human Services

**August 2011**

**Sault Tribe Housing Commission  
Board designates one more  
duplex smoke-free!**

**February 2013**

**Sault Tribe Housing Commission  
Board designates one more  
duplex smoke-free!**

# **Key Steps in Policy Change**

**IT TAKES TIME!**

**November 2008.....**

**Ongoing**