

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

Donna Norkoli

Sault Tribe Strategic Alliance for Health
Project Coordinator

November 2008

- Partnership with Chippewa County Tobacco-free Living Coalition, Sault Tribe Tobacco Task Force, and the Sault Tribe Housing Authority
- Beginning of discussions with Joni Talentino, Sault Tribe Housing Director and Mariea Mongene, Resident Specialist Supervisor

Creating Awareness and Educating about Smoke-free Environments

- Developed packets of information to distribute to tenants
- Involved Tribal Youth Council to stuff packets and assist with distribution
- “Children Need Smoke-free Air” Campaign

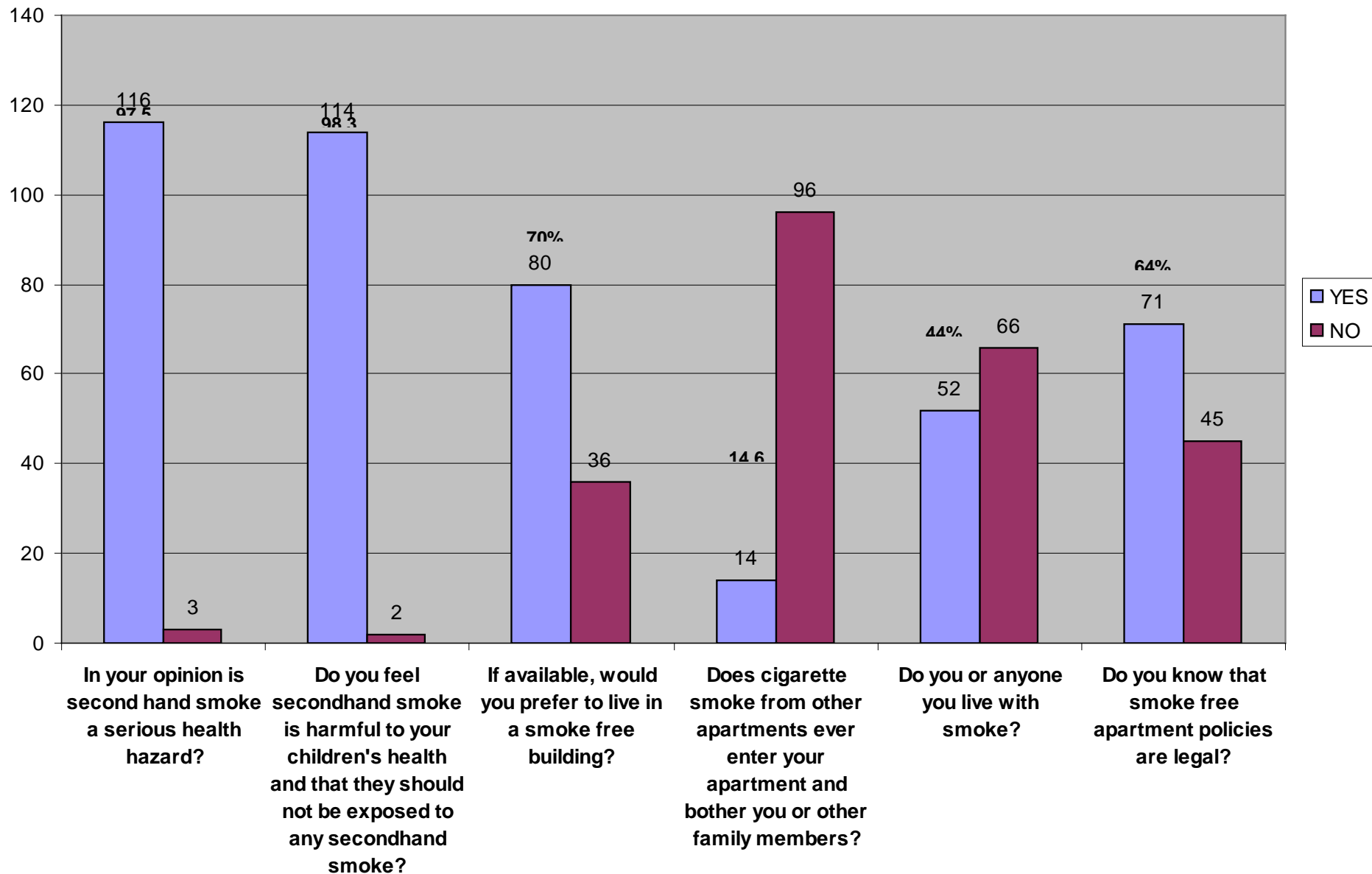
December 2008

Tenant Surveys

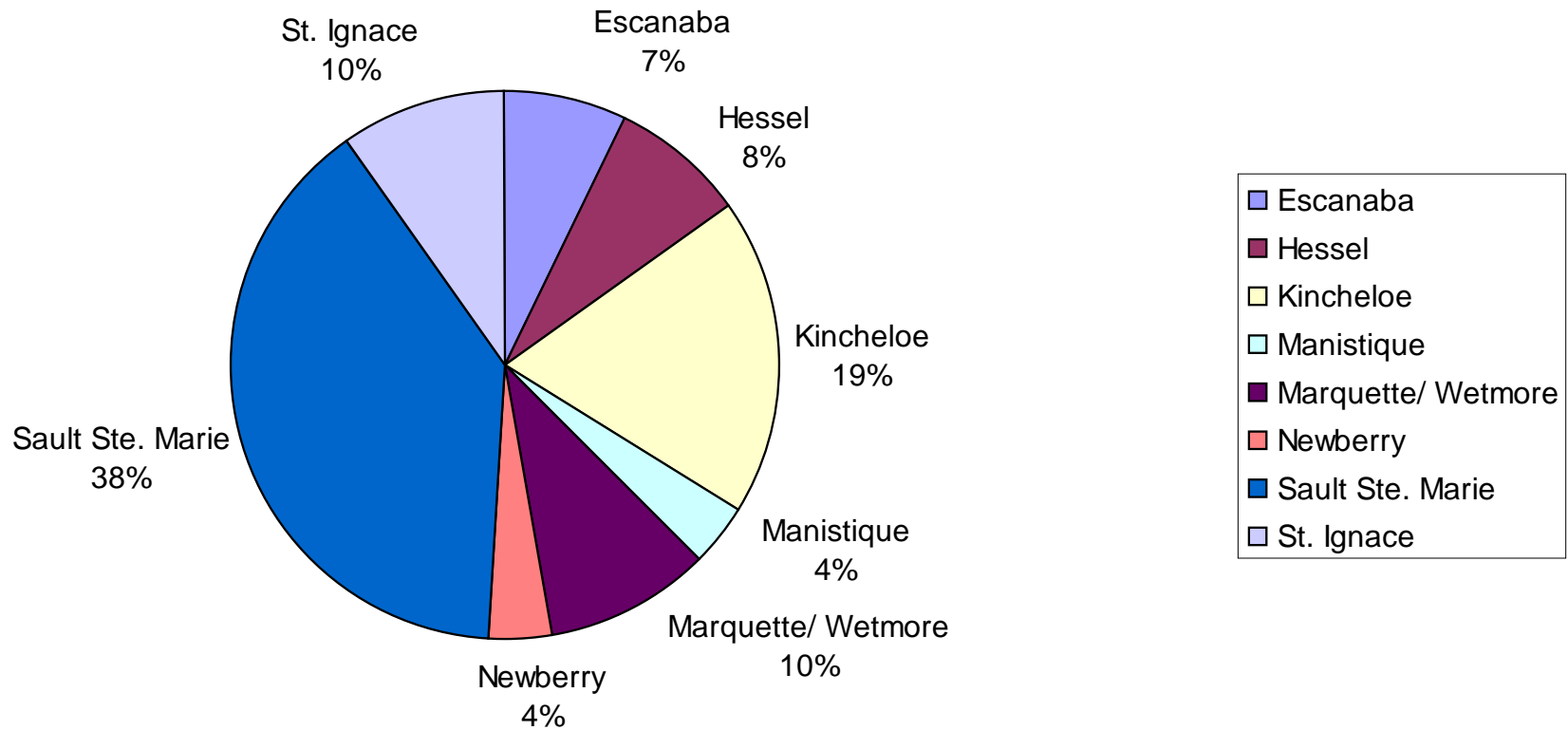
- Revised Model Tenant Survey from the Smoke-free Environmental Law Project
- www.mismokefreeapartment.org
- Sent survey to Mariea Mongene for approval by the Sault Tribe Housing Authority
- December 1, 2008 sent out 470 surveys with a self-addressed, stamped envelope
- Due by December 18
- Purchased four \$25 gift cards for a drawing as incentives for returning the survey

Sault Tribe Housing Commission Tenant Survey

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



Residential Areas of Survey Respondents



January 2009

Meeting with Mariea Mongene 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

- Press Release to the Win Awenen Nisitotung (Sault Tribe Newspaper) regarding the results of the survey
- 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.

U.S. Department of Housing and Urban Development
Office of Public and Indian Housing

Office of Healthy Homes and Lead Hazard Control

SPECIAL ATTENTION OF: NOTICE:PIH-2009- 21 (HA)

Regional Directors; State and Area Coordinators; Public Housing Hub Issued: July 17, 2009

Subject: Non-Smoking Policies in Public Housing

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.

EASTERN UPPER PENINSULA

Local housing commissions adopt smoke-free policies

By LAUREN EVELEIGH
For The Evening News

EASTERN UPPER PENINSULA — 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 units in multiunit 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 currently 31 Housing Commissions in Michigan with partial or 100% smoke-free policies in place. The

Sault Ste. Marie Housing Commission adopted a smoke-free policy for three of their apartment buildings in December of 2006. The Menominee Housing Commission was one of the most recent housing authorities to implement a smoke-free policy, which took effect on August 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 (906) 495-6409.

For a list of smoke-free housing units available in your community, visit www.mismokefreeapartment.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 (906) 632-5210.

The HUD notice is posted at www.hud.gov/offices/pih/publications/notices/09/pih2009-21.pdf.

To talk to our office staff or to get your subscription, call **The Evening News 632-2235** from 8:30 a.m. to 5:30 p.m. Monday-Friday; 9 a.m. to noon Sunday. Offices are closed Saturday.

HUD issues smoke-free recommendation

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

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Learn even more at
MISmokefreeApartments.org

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The HUD notice is posted at www.hud.gov/offices/pih/publications/notices.

November – December 2009

Jim Bergman of the SFELP presented to the Sault Tribe Housing Authority at a Board Workshop and conducted community workshops

- Made the case for Smoke-free housing
- “It’s legal, it’s good for business and it protects health”



MI Smoke-free Apartment



Smoke-Free Housing: A New Frontier for Smoke-Free Air

Sault Ste. Marie Dec. 1, 2009 & Manistique Dec. 2, 2009



Smoke-Free Policies are Legal

- As the HUD letters have stated:
“The right to smoke or not to smoke is not a right that is protected under the Civil Rights Act of 1964 because smokers are not a protected class under federal law.”



MI Smoke-Free Apartment

Cleaning costs:

Smoking residue increases cost of rehabilitating apartment when smoker moves out.

Owners estimate it costs \$500 to \$8,000 more to rehab an apartment in which a smoker lived than a non-smoker.

Fires:

Nationally:

Smoking was the cause of just 9% of apartment fires, but smoking was the cause of 40% of deaths from apartment fires

NFIRS, 2002



Secondhand smoke problem

Secondhand smoke cannot be controlled

by ventilation or air cleaning: On June 30, 2005, the American Society of Heating, Refrigerating & Air-Conditioning Engineers (ASHRAE) issued their latest position document on secondhand smoke. It states: “At present, the only means of effectively eliminating health risk associated with indoor exposure is to ban smoking activity.” www.ashrae.org



Smoke-free Households Are the Norm and Increasing

In 2002, 58% of Michigan households were smoke-free -- U.S. Surgeon General's Report on Secondhand Smoke, 2006

In 2005, 73.1% of Michigan adults said smoking was not allowed in their home
-- 2005 Michigan Adult Tobacco Survey

In 2005, 81.8% of Michigan adults said no one had smoked in their home in last 7 days
-- 2005 Michigan Adult Tobacco Survey

Concerns

- It is a goal of Tribal Housing to provide affordable housing for Tribal members
- If a housing unit were designated smoke-free and a Tribal member wanted a unit where he or she were allowed to smoke then the Board would technically be denying them housing
- We emphasized that a person who smokes may live in the smoke-free unit – they just can't smoke inside. There is no designated distance from the unit that someone may smoke in the Tribal policy.

Media Conducted to Promote Policy Adoption

- Press Releases – Pre and Post Workshops
- Radio Interviews – Pre Workshops
- Great American Smoke-out SF Housing Campaign

Great American Smoke-out Sticker

Smoke-Free Places



Healthy Spaces, Smiling Faces

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

Smoke-free housing workshop: a step toward healthier communities

BY LAUREN EVELEIGH,
COMMUNITY HEALTH
EDUCATOR

The housing marketplace is changing rapidly and smoke-free is the hot new amenity! Community members and landlords across the Upper Peninsula had the opportunity to attend a free workshop entitled *Smoke-free Housing: The New Frontier for Smoke-Free Air* on Dec. 1 in Sault Ste. Marie and on Dec. 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.

The workshops focused on educating landlords, apartment owners and managers, realtors, tenants and other interested community members on the feasibility and benefits of implementing smoke-free

housing policies. The keynote speaker was 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, 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 Bergman, more and more people are making the choice to have smoke-free homes by saying, "You can't smoke around me, the cat, the kids, the curtains or the carpet." 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 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 percent 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. Under the Department of Housing and Urban Development (HUD), 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 percent of U.S. and Michigan adults do not smoke and many smokers also do not want smoke in their homes.

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.

SMOKE-FREE HOUSING WORKSHOP

A Step Towards Healthier Communities

By Julie K.O. Trotter
Chippewa Co Health Department

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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.

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January 2010

- Housing Authority Board members decided to make three of the eight new Housing Units in Odenang, to be constructed in 2011, smoke-free
- More interviews with residents were conducted and 4 duplexes in Kincheloe want to voluntarily go smoke-free
- Housing authority will be adding a question to their application- “Would you prefer smoke-free housing?”

March 2010

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

April 19, 2010

**Sault Tribe Housing Authority
adopted a Smoke-free
Housing policy for designated
buildings.**

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.

Next Steps

Media Campaign

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

- **Recognition event**
- **Signage for buildings**
- **Brochure and ads regarding the dangers of thirdhand smoke**

Signage for designated smoke-free buildings



Sault Tribe Housing Authority

An effort of the Sault Tribe Strategic Alliance for Health Project

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

Recognition Event



Nicotine Dependence Program

- **Sault Tribe Community Health provides culturally sensitive commercial tobacco cessation services to Tribal members**
- **We will promote our program with Sault Tribe Housing tenants**

Enforcement

- **Signage – Welcoming rather than prohibitive**
- **Provide cessation to residents and people in violation**
- **Celebrate the success!**
- **Promote support from Tribal leaders and other community members**

Evaluation

Short Term Measures

- **Increase in number of smoke-free units**
- **Number of residents affected**
- **Pre and Post tenant surveys to measure change in attitudes and behaviors**
- **Enforcement issues**

Long Term Outcomes

- 1. Increased percent of Housing units under Tribal jurisdiction that have been designated smoke-free**
- 2. Residents of Housing under Tribal jurisdiction have decreased exposure to secondhand smoke**
- 3. Decreased use of commercial tobacco among residents of Tribal housing**

Applications are available to become a partnering community with The Sault Tribe Strategic Alliance for Health for the fiscal year 2011/2012 beginning October 1, 2011.

A stipend of \$3000 will likely be available to assist with implementation of your project.

Questions ?

Thank You!

Donna Norkoli, Strategic Alliance for Health Project Coordinator

Sault Tribe Community Health

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