

## HOUSEHOLD SECONDHAND SMOKE

### Public Health Issue

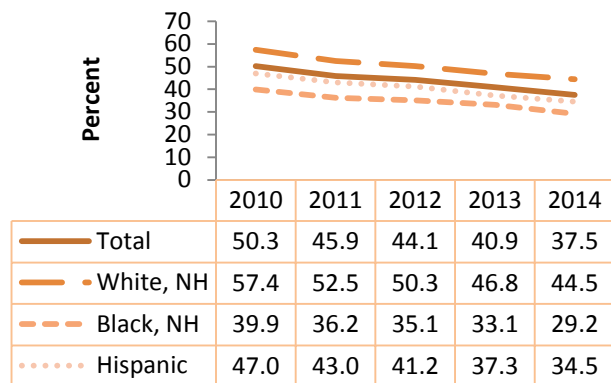
A 2006 report of the United States Surgeon General concluded that there is no risk-free level of exposure to secondhand smoke (SHS). Most children exposed to SHS are exposed in the home, which is also a source of exposure for adults [1]. The SHS exposure in adults is linked to a variety of health conditions including lung cancer, stroke, and coronary heart disease. Health issues related to SHS exposure in infants and children include respiratory infections, more frequent and severe asthma attacks, ear infections, and sudden infant death syndrome (SIDS) [2, 3].

Nationally, it is estimated that 88 million non-smokers were exposed to SHS in 2007-2008. Additionally, in 2007-2008, 5.4% of non-smoking adults lived with someone who smoked inside their homes, while 18.2% of children ages 3-11 years lived with someone who smoked inside their home [4]. In the past 50 years, 2.5 million adults who were non-smokers died because of SHS inhalation [2].

### Magnitude and Trend

In Florida, the prevalence of adults reporting exposure to SHS at home during the past seven days has remained fairly constant from 2008 (10.8%) to 2012 (9.0%). There has been a 25% reduction in the prevalence of youth (11-17) that report exposure to SHS in a room or car in the past seven days (50.3% in 2010 to 37.5% in 2014). Among non-Hispanic white youth (11-17) the SHS exposure rate was higher than the state prevalence, while non-Hispanic black and Hispanic youth had SHS exposure rates below the state prevalence from 2010 to 2014 (Figure 1) [7].

**Figure 1. Youth 11-17 SHS exposure by Race/Ethnicity, Florida 2010-2014**



Among households with no adult smokers, the national prevalence of homes with smoke-free rules increased from 56.7% in 1992-1993 to 91.4% in 2010-2011 (Florida increased from 64.8% in 1992-1993 to 94.5% in 2010-2011). For those households with at least one adult smoker, the national prevalence of smoke-free home rules increased from 9.6% in 1992-1993 to 46.1% in 2010-2011 (Florida increased from 13.2% in 1992-1993 to 57.1% in 2010-2011) [5].

From 2011-2014 there has been a decrease in youth 11-17 who report that smoking is allowed in their home. Among youth living in Multiunit Housing (MUH) the percentage of youth reporting that smoking is allowed in their home has decreased by 20.6% (from 10.2% in 2011 to 8.1% in 2014). Among youth living in a detached structure, the percentage reporting that smoking is allowed in their home has decreased by 10.5% (from 9.5% in 2011 to 8.5% in 2014) [7].

### National and State Goals

Healthy People 2020 has three objectives related to reducing SHS exposure. Objective TU-11.1 seeks to reduce the proportion of children aged 3 to 11 years exposed to SHS from 52.2% to 47.0%. Objective TU-11.2 seeks to reduce the proportion of adolescents aged 12 to 17 years exposed to SHS from 45.5% to

41.0%. Objective TU-11.3 seeks to reduce the proportion of adults aged 18 years and older exposed to SHS from 37.6% to 33.8% [6].

Florida collects data on youth (11-17) exposure to SHS in a room or a car during the past seven days and adults (18+) who were exposed to SHS at home during the past seven days. Florida has met the goal of “by December 31, 2015, reduce the percentage of Florida youth, ages 11-17, that were exposed to secondhand smoke in a room or car during the past seven days from 50.3% (2010) to 45.3%.” Data from the 2014 Florida Youth Tobacco Survey shows that 37.5% of Florida youth (11-17) reported exposure to SHS in a room or car in the past seven days [7]. This objective will be re-baselined. Florida is still working towards the goal of “by December 31, 2015, reduce the percentage of Florida adults who were exposed to secondhand smoke at home during the past seven days from 8.6% (2010) to 7.7%.” Data from the 2012 Florida Adult Tobacco Survey show that 9.0% of Florida adults report exposure to SHS at home during the past seven days [8]. In 2009-2010, overall exposure to SHS among Florida adults was 48.7%, ranking 34<sup>th</sup> among states [9].

### Current State Programs and Initiatives

The Bureau of Tobacco Free Florida (BTFF) provides media and education campaigns that address tobacco use and exposure to secondhand smoke in general. The program has aired one television ad specific to secondhand smoke exposure in the home. In terms of smoke-free homes policy efforts, the Bureau focuses upon the multiunit housing setting through its 67 county-based Community Based Interventions grantees. Focusing upon multiunit housing also provides the opportunity to partner with state and national organizations that support this issue. The U.S. Department of Housing and Urban Development (HUD) has issued memos to all of their properties encouraging the adoption of smoke-free policies in HUD supported properties. [10, 11] The U.S. Department of Agriculture, which provides housing subsidies for multiunit housing in rural communities, has issued similar guidance to their properties [12]. The BTFF has also formed a partnership with the Florida Apartment Association that supports voluntary smoke-free policy efforts. The south Florida office of the American Lung Association in Florida received a grant to work on smoke-free multiunit housing and has been a great collaborator on this policy issue for grantees in the counties in the southern part of the state.

In collaboration with the Florida Association of Healthy Start Coalitions, and the March of Dimes, training was provided statewide to local health department and Healthy Start staff on the evidence based Smoking Cessation Reduction in Pregnancy Treatment (SCRIPT) Program. In addition, Florida’s Quitline offers tobacco users in Florida three easy and free ways to quit. Cessation services are provided by phone (the Quitline), online (Web Coach) and in person. All services are available free of charge. The minimum age allowed to receive services differs based on the service selected. Each service provides free nicotine replacement therapy if it is medically appropriate.

### Public Health Strategies and Practices

Efforts to promote individual smoke-free home pledges have been conducted by many organizations including the American Lung Association and the Environmental Protection Agency. However, it is very difficult to measure the reach and effectiveness of these individual voluntary pledge programs. In the case of smoke-free multiunit housing, adoption of the policy is also voluntary for the management of the property, but for the individual residents who are signing a smoke-free lease or addendum, there is a contractual obligation to comply with the terms of the agreement. This creates a greater likelihood of compliance and a more concrete measure of the reach of the policy. The BTFF addresses SHS issues both through media-based general SHS education and through a focused policy effort that targets multiunit housing. The 2006 U.S. Surgeon General’s report discussed the infiltration of SHS in multi-unit housing and supported the adoption of smoke-free policies [13]. Local grantees in all 67 counties have been engaged in these policy

efforts since 2010. Another reason the BTFF focuses upon MUH is because studies show that the greatest exposure to SHS in a home setting occur in MUH. [14]

## DOH Capacity

The FDOH contracts with grantees in each of the 67 counties in Florida to establish community tobacco control partnerships and coordinate tobacco policy efforts including pursuing voluntary smoke-free multiunit housing (SFMUH) policies. Funding levels for the grantees vary based upon county size and tobacco use prevalence. Current grant funding has allowed the FDOH to work with the smoke-free multiunit housing policy in all counties for the last three years. However, this policy area could benefit from increased focus upon multiunit housing properties in Florida's large and metro counties. Metro counties can have thousands of properties. The BTFF grantees have multiple tobacco policy areas in which they are required to focus their efforts. Increased funding could be directed toward increasing smoke-free housing efforts in counties with a large number of multiunit housing properties. The FDOH is currently having success in identifying smoke-free properties and assisting properties in making the decision to establish and implement new policies. Our smoke-free properties inventory has increased from 34 in 2010, the first year of the SFMUH focus, to 761 properties in the fall of 2014. The number of counties with Public Housing Authorities (PHA) that have passed smoke-free policies increased from zero when the SFMUH program started to nine PHAs in the fall of 2014. All of the PHA policies have been implemented with assistance from BTFF grantees. The number of MUHs now covered by a smoke-free housing policy is 99,972.

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