



healthier investments



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ASSET MANAGEMENT

Your property is an important investment. Going smoke-free will help you protect that investment by reducing damage to your property, preventing fires and avoiding liability. You may even be able to lower your insurance premiums. Ask your broker.

If you have residents who smoke inside, it is likely there will be damage to the units: burn marks on the counters, sticky yellow walls and fixtures, burned carpets, a lingering cigarette odor. With smoking residents, you also may need to replace air filters in units and in the building more often. Having residents smoke outside can avoid much of this costly damage. Landlords have reported cleaning costs are two to three times higher for a smoking unit.⁴

Going smoke-free will:

- Help you spend less time and money on cleaning, repairing, replacing and painting when apartments turn over, and can lower your maintenance costs during occupancy.
- Keep your units in better condition, making them more attractive to prospective residents and buyers if you decide to sell the building. It can reduce the risk of fires at your properties, making your building safer for your residents, and possibly even saving you money on insurance costs.



Going Smoke-Free Can Protect Your Property from Fires

The New York City Fire Department reports that cigarette smoking is a leading cause of fires in multiunit buildings, and a leading cause of fire-related death in New York City.⁵

A 2007 study of fire-related child deaths in New York City between 2001 and 2006 revealed that nearly a quarter (24%) were caused by matches or a lighter.⁶

According to the Federal Emergency Management Agency, residential fires caused more than \$6.5 billion in human and property costs in the U.S. in 2010.⁷

AVOID POTENTIAL LEGAL LIABILITY

Residents exposed to secondhand smoke have brought successful legal action against landlords and smoking residents, invoking constructive eviction and breach of the warranty of habitability. Residents with certain disabilities may also be able to request reasonable accommodations to protect them from secondhand smoke. By going smoke-free, you can reduce conflicts among residents, alleviating the demand on you to keep the peace.

Landlords who go smoke-free are happy with the results.

COST OF REHABILITATING A RESIDENTIAL UNIT

General Cleaning	\$240	\$500	\$720	■ Nonsmoking ■ Light Smoking ■ Heavy Smoking
Paint	\$170	\$225	\$480	
Flooring	\$50	\$950	\$1,425	
Appliances	\$60	\$75	\$490	
Bathroom	\$40	\$60	\$400	
TOTAL	\$560	\$1,810	\$3,515	

Data reflect surveys from housing authorities and subsidized housing facilities in New England. Collected and reported by Smoke-Free Housing New England, 2009.



healthier living

"The only way to fully protect yourself and your loved ones from the dangers of secondhand smoke is through 100% smoke-free environments."

— The U.S. Surgeon General, 2006



HEALTH HAZARDS OF RESIDENTIAL SMOKING

Secondhand smoke is a serious health hazard. It contains more than 7,000 chemicals, many of which are toxic or cause cancer. Secondhand smoke impacts everyone who lives or works in multifamily residences. Young children and the elderly, as well as people with chronic illnesses, are particularly vulnerable to secondhand smoke. These are the same populations that often spend the majority of their time at home.

Infant and Child Exposure

Children, on average, are exposed to more secondhand smoke when they live in multifamily housing. Children have little control over their air environment. The main place where children breathe secondhand smoke is in their homes, even in multifamily housing units where parents do not smoke. National research found that children living in nonsmoking *apartments* have a greater exposure to tobacco smoke than children living in detached nonsmoking *houses*.⁸

Secondhand smoke hurts babies and children.

Because their lungs and bodies are still developing, infants and children are hurt by secondhand smoke more than adults. Secondhand smoke exposure during and after pregnancy causes low birth weight and lung problems in infants, and is

a known cause or factor/contributor to Sudden Infant Death Syndrome (SIDS).⁹

Children who breathe secondhand smoke are more prone to bronchitis, pneumonia and ear infections. In children with asthma, exposure to secondhand smoke likely results in more frequent, and more severe, asthma attacks.

Adult Exposure

Secondhand smoke hurts adults. It is a known cause of heart disease, respiratory problems and lung cancer. Exposure to secondhand smoke can increase risk of blood clots, injure blood vessels and interfere with their repair.

The greater the exposure to secondhand smoke, the greater the risk of health consequences. Research has shown that creating smoke-free housing not only helps nonsmokers but helps smokers to smoke less, and it even helps a significant number of smokers to quit.³ Also, children who grow up in smoke-free homes are less likely to become smokers later in life.

Bottom line: Creating smoke-free housing is the healthiest option for all building residents and employees.



healthier air

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INDOOR AIR QUALITY

Until recently, health initiatives have focused on changing the behavior of smokers who live with nonsmokers, recognizing that tobacco smoke freely circulates within the home. In promoting smoke-free *buildings*, we are recognizing that the smoking habits of *neighbors* impact the health of nearby apartment occupants.

Just as the air we breathe is shared by everyone within a multifamily building, so is tobacco smoke. Many New Yorkers who do not allow smoking in their home report that tobacco smoke from other residential units drifts into their homes. There is constant air flow between apartments and building common areas. While the specific amount varies depending on the construction and location of the units, in some cases up to 65% of the air will come from other units.¹⁰ Detectable food aromas in a hallway, or within a unit where no one was cooking, is evidence of shared air in multiunit housing. Efforts to air-seal and ventilate apartments may reduce, but do not completely prevent, secondhand smoke from drifting into neighboring units. Some ventilation efforts actually increase the airflow between apartments.

According to the American Society of Heating, Refrigerating and Air-Conditioning Engineers

(ASHRAE), the organization that sets standards for ventilation, the only effective way to eliminate the health risks from exposure to secondhand tobacco smoke is not to allow smoking indoors.¹¹

Studies have shown that 57% of nonsmoking New Yorkers have elevated levels of cotinine in their bodies, an indicator of secondhand smoke exposure. This is well above the national rate of 45%, despite the fact that the smoking rate in New York City is lower than the national average.

The science is clear: Regardless of the walls between us, we share the air. Given the known health hazards of secondhand smoke, smoking at home is an issue for residents of multifamily buildings.

The U.S. Department of Housing and Urban Development Supports Smoke-Free Housing

Due to the hazards of residential smoking, the U.S. Department of Housing and Urban Development (HUD) issued a Notice in 2009 that “strongly encourages Public Housing Authorities (PHAs) to implement nonsmoking policies in some or all of their public housing units.” HUD followed up with a second Notice in 2010 encouraging multifamily housing rental assistance programs to go smoke-free.



Green Standards Promote Smoke-Free Buildings

Implementing smoke-free policies makes apartments cleaner and healthier for everyone and is a no-cost way to a greener building. The value of smoke-free housing has been recognized by at least two prominent environmental protection standards—the U.S. Green Building Council’s Leadership in Energy and Environmental Design (LEED) system and Enterprise Green Communities.

To be LEED-certified, buildings must have an environmental tobacco-smoke-control policy in

place. LEED recognizes prohibiting smoking in all indoor areas as a valid control.

Enterprise Green Communities is a national environmental standard that is now required of all new residential construction and substantial rehabilitations funded by the New York City Department of Housing Preservation and Development (HPD). To meet the standard, projects must accumulate a minimum number of optional points from a menu of green features. Choosing to implement a 100% smoke-free policy is a no-cost way for developers to earn optional points.