


Smoke-free Buildings: Challenges and Solutions

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Policy Analyst
Smoking and Health Action Foundation

Canadian Co-operative Housing Federation's Manitoba 2016 Spring Education Event

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Agenda

- Welcome and Introductions
- Tobacco Overview
- Smoking and Multi-unit Housing
- Why a Smoke-free Policy?
- Legal Issues
- Implementing a policy
- Trends
- What people are saying about Smoke-free Housing?

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Welcome and Introductions



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Welcome and Introductions



← Me and my family

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Welcome and Introductions



My Co-op




Welcome and Introductions



Helping increase options for smoke-free living




Supported by Ministry of Health and Long-Term Care




Welcome and Introductions

We receive over 300 calls per year about smoking in multi-unit housing as well as support calls from other organizations .



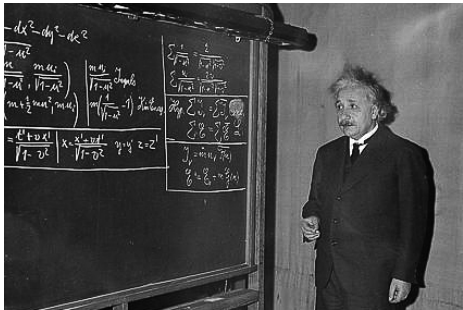
7




Welcome and Introductions

Smoking policies are complex

- Health issues
- Property issues
- Balancing rights




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Welcome and Introductions

Where are you from?

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Welcome and Introductions

How many are considering a smoke-free policy in your co-op?

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Welcome and Introductions

How many have a policy in-place?



Welcome and Introductions

How many need to be convinced that this is a good idea?

Tobacco Overview

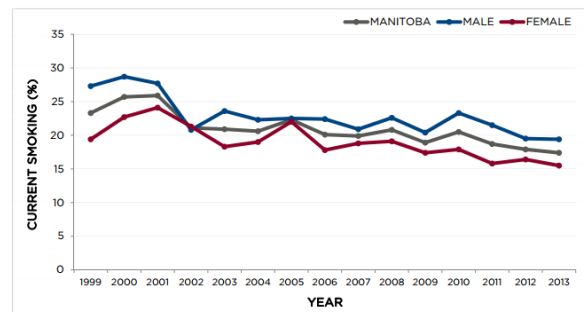
Expectation of cleaner air much higher today

- Public places
- Workplaces
- Many homes



Tobacco Overview

FIGURE 2.12: CURRENT SMOKING PREVALENCE* BY SEX, MANITOBA, 1999-2013

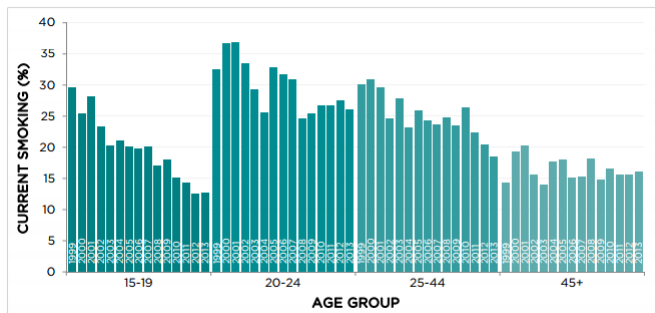


*INCLUDES DAILY AND NON-DAILY SMOKERS
DATA SOURCE: CTUHS, 1999-2010; CTADS, 2013



Tobacco Overview

FIGURE 2.13: CURRENT SMOKING PREVALENCE* BY AGE GROUP, MANITOBA, 1999-2013




*INCLUDES DAILY AND NON-DAILY SMOKERS
DATA SOURCE: CTUMS, 1999-2012; CTADS, 2013



Tobacco Overview

4 % of children regularly exposed to second hand smoke at home in Manitoba



Tobacco Overview

15 cigarettes per day is the average for daily smokers in Manitoba

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Tobacco Overview

That is 5475 cigarettes per year




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SMOKE-FREE HOUSING ONTARIO

Tobacco Overview

A toxic mix of more than 4,000 chemicals




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SMOKE-FREE HOUSING ONTARIO


Tobacco Overview

Third-hand Smoke

- Residual tobacco smoke contamination
- Volatile organic compounds off-gas for days, weeks, months...
- Reacts with other chemicals to form secondary pollutants like potent "tobacco-specific nitrosamines" (TSNAs)
- Experts on third-hand smoke recommend 100% smoke-free homes and vehicles.




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Tobacco Overview

- Severe asthma attacks
- Respiratory infections
- Ear infections
- Sudden Infant Death Syndrome (SIDS)
- Heart disease
- Lung cancer



No safe level of exposure

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Multi-unit housing

- Apartments
- Townhouses
- Partitioned houses
- Second Suites



Melrose Place

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Smoking and Multi-unit Housing

Exposure potentially lengthy in home environments



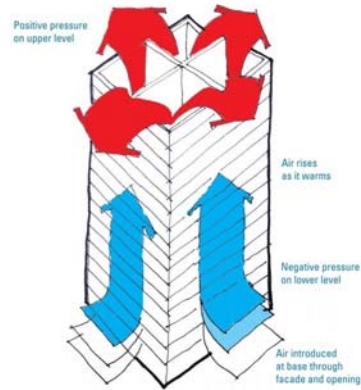
Smoking and Multi-unit Housing

How does the smoke travel?



Smoking and Multi-unit Housing

How does the smoke travel?



Smoking in Multi-unit Housing

What about vents and fans?





Smoking in Multi-unit Housing



What about other repairs?

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Smoking in Multi-unit Housing

What about him?



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Smoking in Multi-unit Housing



“the only means of effectively eliminating health risk associated with indoor exposure is to ban smoking activity.”



What is a Smoke-free Policy?

Above and beyond what is required by:
Manitoba's *The Non-Smokers Health Protection Act*





What is a Smoke-free Policy?



Smoking

Not the Smoker

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What is a Smoke-free Policy?

Manitoba law covers indoor common spaces

- Hallways
- Laundry rooms
- Stairwells
- Garages



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What is a Smoke-free Policy?

A bylaw that would prohibit smoking in other areas



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What is a Smoke-free Policy?

Units



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What is a Smoke-free Policy?

Balconies



What is a Smoke-free Policy?

Entrances





What is a Smoke-free Policy?

Grounds



What is a Smoke-free policy?

Policy
does not:

- Prohibit smokers from becoming members



What is a Smoke-free policy?

Policy does not:

- Force residents to quit smoking

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What is a Smoke-free policy?

Policy does not:

- Automatically evict current members who smoke

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What is a Smoke-free Policy?

Who does it affect in your co-op?

- Current members?
- New members?
- Pets?



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What is a Smoke-free Policy?

Given a choice, with all other things being equal, **80% of current MUH residents would choose a smoke-free building**

choice

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Why a smoke-free policy?

Co-op Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, **equity** and solidarity.



In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, **social responsibility** and **caring for others**.

Why smoke-free policy

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Co-operation among Co-operatives
7. Concern for Community



Why a smoke-free Policy?

- Shelter is a prerequisite for health
- If the shelter is poisonous, it cannot fulfill that role



Canadian Child and Youth Health and Housing Network

Why Smoke-free Policy?




PHYSICAL QUALITY

Air quality significantly influences health outcomes for children and youth. Poor indoor air quality is associated with diminished lung function, asthma, headaches and difficulties concentrating.

Poor physical conditions of the home can lead to distress, anxiety, depression, sleep disorders, and developmental delays.

Canadian Child and Youth Health and Housing Network



Why Smoke-free Policy?


Social Determinants of Health



“circumstances in which people are **born, grow up, live, work and age, and the systems put in place to deal with illness.**”

Registered Nurses Association of Ontario

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Why Smoke-free Policy?

Home smoking bans lead to:

- increased quit attempts
- reduced daily cigarette consumption
- increased abstinence among smokers who live in households with complete smoking bans

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Why a smoke-free Policy?

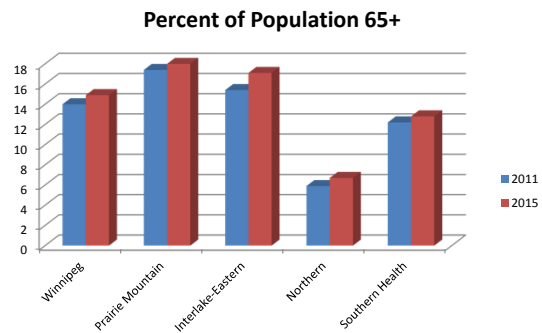
Affects low income people especially because it is more challenging for them to relocate.



St. James Kiwanis Village, Winnipeg



Why smoke-free housing policy?





Why Smoke-free Policy?

“Smoking is another significant source of home fires. In fact, Fire Prevention Canada reports that careless smoking is the leading cause of home fire deaths.”, Canada Safety Council



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Why a Smoke-free Policy?


- Smoke residue (tar) on walls, ceilings, appliances
- More cleaning, painting and maintenance required



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SMOKE-FREE HOUSING ONTARIO

Why a Smoke-free Policy?



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SMOKE-FREE HOUSING ONTARIO

Why a Smoke-Free Policy?

2009 Study by Smoke-free Housing
New England

	Non-Smoking	Light smoking	Heavy Smoking
General Cleaning	\$240	\$500	\$720
Paint	170	225	480
Flooring	50	950	1425
Appliances	60	75	490
Bathroom	40	60	400
Total	\$560	\$1810	\$3515

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Legal Issues

- Smoke-free policies are legal and enforceable

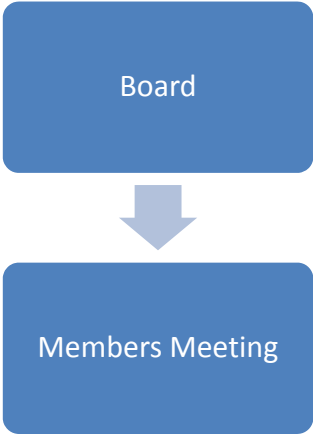


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Legal Issues

Creating a bylaw



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graph TD; Board[Board] --> MembersMeeting[Members Meeting];
```

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Legal Issues

- Is it discrimination?
 - No right to smoke in Canada


KNOW YOUR RIGHTS

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Legal Issues

- Is it discrimination?
 - People with some illnesses and disabilities are more vulnerable to second-hand smoke



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Legal Issues

Every housing co-op sets **its own policies** In a housing co-op, **members can establish rules** that reflect their values and lifestyles.




A GUIDE TO STARTING
Cooperative Housing in Manitoba



*The Pride of Ownership
The Power of Partnership*




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Legal Issues


For example, they can collectively decide **how to deal with issues such as pets or smoking**



A GUIDE TO STARTING
Cooperative Housing in Manitoba



*The Pride of Ownership
The Power of Partnership*



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Legal Issues

Recent BC ruling

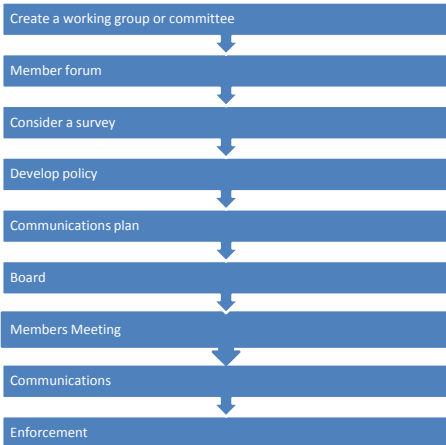
B.C. judge tells man he must quit smoking in his condo ahead of human rights challenge



TAMSYN BURGAMANN, THE CANADIAN PRESS | January 28, 2016 10:43 AM ET
More from The Canadian Press



Implementation





Implementation: Working Group

- Include board, other members, and staff
- Review situation
- What is the problem you are trying to solve?
- What are the options?



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Implementation: Member Forum

- Keep people informed about the issues and possible options




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Implementation: Survey

- What do people think?
- What is their experience?




SAMPLE MEMBER SURVEY
Second-hand smoke and no-smoking policy options for housing co-ops

The purpose of this anonymous survey is to assess the level of interest among housing co-op members in having the choice to live in a smoke-free environment. Any future no-smoking policy that might be proposed for a future co-op would apply to all members immediately, or could grandfather in current members. A no-smoking bylaw would not prevent smokers from becoming housing co-operative members and would not force anyone to quit smoking.

1. I have noticed the smell of second-hand smoke in the hallway.
 Yes No
2. I have noticed the smell of second-hand smoke in my unit.
 Yes No
3. If you answered yes to question #2, please provide details as to where you think the smoke is entering your unit.

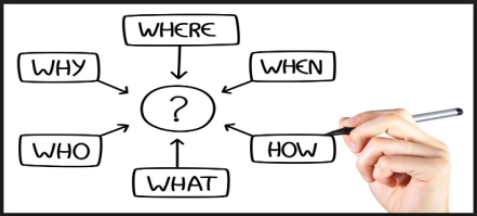
4. I feel that exposure to second-hand smoke is harmful.
 Yes No
5. I have health problems made worse by exposure to second-hand smoke, or someone in my household has health problems made worse by exposure.
 Yes No
6. I currently allow smoking in my own home.
 Yes No

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Implementation: Policy

What does your co-op's policy look like?



```
graph TD; WHERE[WHERE] --> Q((?)); WHEN[WHEN] --> Q; HOW[HOW] --> Q; WHO[WHO] --> Q; WHY[WHY] --> Q;
```

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Implementation: Policy

Stakeholders

- Members
- Staff
- Neighbours
- Others



Implementation: Policy

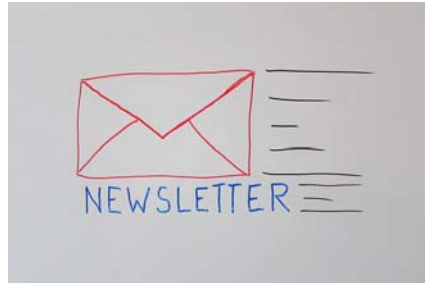
Timing

- Decide on a start date. (e.g. Summer)
- Are you going to grandfather?



Implementation: Communications

- What is your plan for communications?
 - Door to door?
 - Newsletter?
 - Letter?
 - Laundry room notice?
 - Email?



Implementation: Board

- Develop board recommendations





Implementation: Member Meeting

- Bring board recommendation
 - Circulate background information to members
 - Prepare for questions
 - Develop a fair process
 - Allow enough time
 - Consider an outside chair



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Implementation: Communications

Notify Members

- Do it in writing and explain the policy and the reasons (e.g. Health)



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Implementation: Communications


Notify Waitlist



Implementation: Communications

Public Notices





Implementation: Communications


Application

- Mention and describe policy
- Ask for initials
- Be clear about transition issues (Grandfathering)

BUILDING SELECTION FORM WATERLOO REGION

CAMBRIDGE

<input checked="" type="checkbox"/>	Building	Street Address	Available Units	Residence Style	Total # of Units	Priority Type	Resident Type	Building Type	Unit Size	
CENTRAL										
<input type="checkbox"/>	Angerock Drive	75 Angerock Dr.			2, 3, 4	56	M	FAM	TH	2, 3
<input type="checkbox"/>	Galt Street	85, 88-94, 96 Galt St.	⊘		3, 4, 5	9	WR	FAM	SD	TH
<input type="checkbox"/>	Max Saltzman Co-op	930 Elgin St. N.			2, 3, 4	109	CO	FAM	TH	3, 4
<input type="checkbox"/>	Rousse Avenue	99-142 Rousse Ave.	⊘		3, 4	31	WR	FAM	SD	TH
<input type="checkbox"/>	Sekura Street	190-216 Sekura St.	⊘		3	14	WR	FAM	SD	TH
<input type="checkbox"/>	Waffle Property Site *	50 Mullin Cres.			2, 3, 4	65	M	FAM	TH	2
EAST										
<input type="checkbox"/>	Alison Avenue	Alison Ave. – select units	⊘		3, 4	10	WR	FAM	SD	
<input type="checkbox"/>	Arthur White Manor *	50 Chalmers St.	⊘		1	63	WR	60+	AP	
<input type="checkbox"/>	Highland Homes Co-op H170	5 Galt Ave.			2, 3, 4	62	CO	AI	TH	2
<input type="checkbox"/>	Highland Homes Co-op H470	5 Galt Ave.			1, 3	12	CO	AI	AP	
<input type="checkbox"/>	Lumsden Crescent	2-52 Lumsden Cres. (Even #s)	⊘		3, 4	26	WR	FAM	SD	
<input type="checkbox"/>	Major Drive	55 Major Dr.	⊘		2, 3, 4	31	WR	FAM	TH	
<input type="checkbox"/>	Radford Avenue	7-39 Radford Ave. (Odd #s)	⊘		3	16	WR	FAM	SD	
<input type="checkbox"/>	Milcreek Terrace *	284 Clyde Rd.			8, 1, 2	36	NP	60+	AP	



No-smoking Sign

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Implementation: Communications

Occupancy and Member Agreement

- Include explanation of the policy
- Again, include transition issues




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Implementation: Communications

Signage

- Sets the tone and reinforces message



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Implementation: Communications

Signage

This building is transitioning to



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Implementation: Communications

Signage



Implementation : Communications

Cessation Support



Implementation: Enforcement

A few notes

- Communications plan will aid enforcement
- No policy has 100% compliance
- Emphasis on the smoking, not the smoker




Implementation: Enforcement

Be Prepared

- How will you enforce it?
- Have a plan in place ahead of time

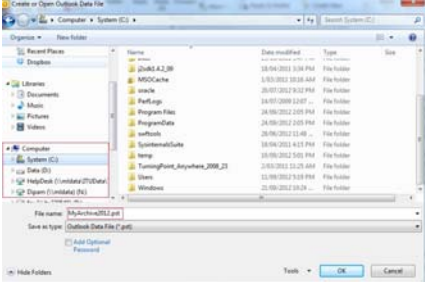





Implementation: Enforcement

Keep Records

- Logs
- Letters
- Emails
- Text messages




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Implementation: Enforcement

Letters



SAMPLE NOTICE OF VIOLATION LETTER

For housing co-operatives

[Name]
[Address and unit #]
[Date]
Dear [Name],

RE: Nuisance Complaint about Second-Hand Smoke

The [housing co-operative name] board of directors has directed our office to advise you that we have received several written complaints in regard to second-hand smoke originating in your unit at [name of building] and adjoining neighbouring units. (Insert the particulars of the complaints, such as dates, times) and the conduct giving rise to the complaints.)

Pursuant to bylaw # [insert bylaw number] pertaining to nuisances and unreasonable disturbances, please provide our office with a written response to each of the above complaints within 10 working days (or number of days that the bylaws provide), the advised that if requested, you can present your position at a hearing before the board of directors.

If the board of directors determines that your second-hand smoke has created a nuisance and the situation is not rectified, we will initiate enforcement proceedings.

On behalf of your co-operative's board of directors we thank you for your immediate attention to this matter.

Yours truly,

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Trends



Globe
General
Agencies


“This is just all part of providing a safe and healthy environment for our tenants.”, Globe General president Richard Morantz

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Trends

WATERLOO REGION HOUSING



Smoke-Free Policy

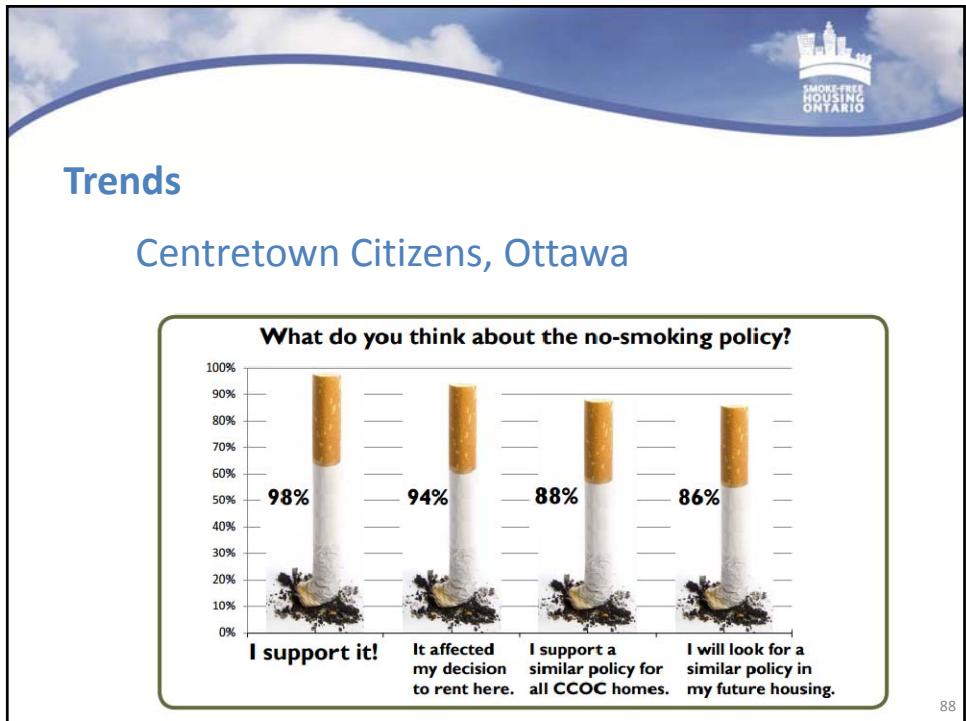
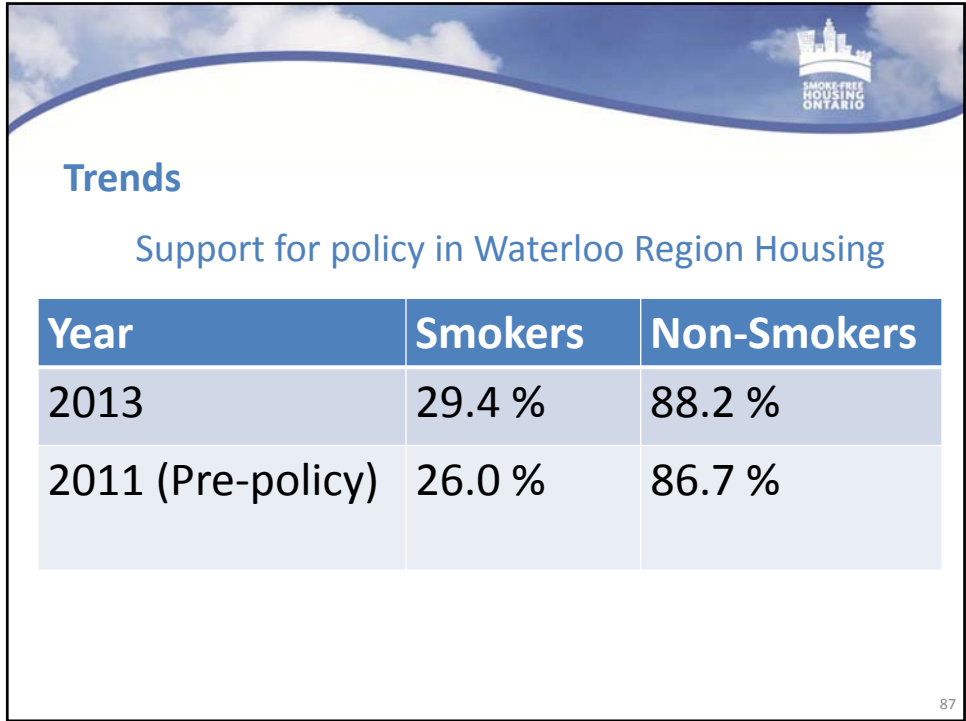
Introduction

The health of tenants, staff and service personnel is very important to the Region of Waterloo, and we would like to do our part in protecting people from exposure to second-hand smoke. Therefore, we have implemented a Smoke-Free Policy.

This Smoke-Free Policy is in effect for all Waterloo Region Housing (WRH) and Region of Waterloo Community Housing Inc. (ROWCHI) buildings/units. All new tenants, as well as current tenants who transfer to another WRH or ROWCHI unit on or after April 1, 2010, must follow this Policy as outlined in the lease agreement they have signed.

Tenants who have signed lease agreements *before* April 1, 2010, must follow the section of the Policy that applies to smoking outside only as well as existing restrictions related to smoking in common areas.

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Trends

Federal Eye

HUD proposes smoking ban in public housing, citing dangers of secondhand smoke

A 479 Save for Later Reading List

By Jerry Markon and Lisa Reich November 10, 2010



Housing and Urban Development Secretary Julian Castro testifies before a House Financial Services Committee hearing on oversight of the Federal Housing Administration on Capitol Hill on Feb. 23, 2010. (AP/Wide World)

The government is seeking to ban smoking in all of the nation's 1.2 million public housing units, the latest step in a decade-long crackdown on tobacco products that help kill hundreds of thousands of Americans each year.

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cars.com

ALL DRIVE. No drama™

SHOP CARS

Most Read

- 1 Husband hits Cruz on strong, sane and meaningful with gay activists
- 2 Bernie Sanders unloads on The Washington Post
- 3 88 percent say 'President Obama' makes them anxious
- 4 Why Bernie Sanders doesn't participate in organized religion
- 5 Republican debate: Seven candidates against the man who isn't there

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Trends

Centretown Citizens, Ottawa



BEAVER BARRACKS

Rentals Location Gallery Sustainability Partners CCDC English Français

Be Green in the City

Beaver Barracks: Affordable rental housing in downtown Ottawa

A CCDC Housing Development

100 and 200 Victory Gardens Private
2 and 3 bedroom townhouses surrounding the community garden.
Construction is underway - Ready Spring 2012, Phase 2

160 Argyle Avenue
Four-story building with apartments and ground-level townhouses.
Finished and fully rented, Phase 1

No smoking!
The entire Beaver Barracks property is non-smoking. All of the units and common areas of the buildings inside and out, including common grounds are designated as non-smoking.

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Trends



Conservation Co-op
140 Mann Avenue, Ottawa, ON K1N 1E5 613-567-7281
environmentally friendly co-operative living in the heart of Ottawa

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Trends

Sandy Hill co-op votes to go smoke free

Smoking to be banned in individual units and balconies in January


CDC News | Posted: Jul 24, 2012 1:50 PM ET | Last updated: Jul 24, 2012 3:44 PM ET

0 shares

- Facebook
- Twitter
- Reddit
- Google
- Share
- Email

A co-op apartment building in Sandy Hill has voted to go entirely smoke free.

The four-storey apartment complex at 140 Mann Ave. — Conservation Co-operative Homes — will no longer allow smoking inside individual units or on balconies as of January.



Conservation Co-operative Homes at 140 Mann Ave. voted last week to ban smoking in individual apartments and balconies starting in January. (Google Streetview)

Three designated smoking sections will be set up outside the building, about 30 metres away. They'll remain there for a year, after which time the co-op board will consider banning smoking outside as well.


More than 100 people live inside the building's 64 units.

18 of 66 voters voted against

The vote was held last week, and 66 residents showed up. Eighteen of them voted against the move, while 48 voted in favour.


Trevor Haché, a board member and chair of the building's second-hand smoke committee, started working to make the building smoke free not long after his family moved in three years ago.

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Trends

- Conservation was Canada's 1st 100% smoke-free co-op
- Bylaw in effect Jan. 19, 2013




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Trends

Beechwood

Welcome to Beechwood Co-operative Homes!



Beechwood Co-operative Homes was formed by people who came together to create an affordable housing community for themselves and others. The end product of their hard work is a diverse community, where members feel a sense of safety, security and empowerment.

Beechwood Co-operative Homes is a 78 unit co-operative housing community, consisting of 2, 3, and 4 bedroom units. Eight of the units have been specially modified to meet the needs of the visually impaired, hearing impaired, seniors and wheelchair users.

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Trends

- **Ottawa Community Housing**
 - 2nd largest community housing provider in Ontario
 - 15,000 units
 - May 31, 2014



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What are people saying?

Dr. Pam Kaufman, Scientist, Ontario Tobacco Research Unit

“Smoke-free housing policies protect residents from harmful tobacco smoke exposure and also support smokers who want to reduce or quit smoking.”



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What are people saying?

Deanna Staats, Tenant, Hamilton.

“I've told my landlord that this is a life and death issue for me.”



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What are people saying?

Joan Day, Tenant, Hastings County

“I am one of the truly blessed now to be safe in affordable smoke-free housing.”



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What are people saying?

Alex Freeman, Fire Prevention Officer Markham Fire

“Careless use of smoking materials is a leading cause of fire and the leading cause of fire related injuries in the home.

Creating smoke-free housing removes one of the leading fire hazards affecting our community.”



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What are people saying?

Tenant, Region of Waterloo Housing

“We are trying to live healthy lives but have **no control of the smoke we are forced to breath in.**”



100



Videos

Waterloo (Region of Waterloo Experience)
<https://www.youtube.com/watch?v=BQhI9clvoRo>


Minnesota (General)
<https://www.youtube.com/watch?v=m492ch6XiyC>

Centres for Disease Control (Biz Case)
<https://www.youtube.com/watch?v=mccUB7FeM-E>

NBC (3rd Hand)
<https://www.youtube.com/watch?v=VOJIP-itzck>

Dr's Show (Smoking in Home)
<https://www.youtube.com/watch?v=Qgdplba1hsM>

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Thank you.

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