



Smokefree Policies in Multi-Unit Housing: Steps for Success

Designed for property managers, residents and public health advocates, this FREE web-based course from the American Lung Association offers expert guidance and tools that make it easy to plan and implement a successful smokefree multi-unit housing policy.

Course participants learn how to:

- Communicate the health and economic impact of secondhand smoke in multi-unit housing
- Engage with building managers, property owners, policymakers, residents and other stakeholders to adopt smokefree multi-unit housing policies
- Plan and implement a successful smokefree multi-unit housing policy
- Identify resident rights and responsibilities, as well as options for providing services to help smokers quit

An “Advocates’ Toolbox” of downloadable FREE resources is available to help participants implement their own initiatives. **Learn more at:** www.Lung.org/smokefreehousing.

Bringing healthy air home

Secondhand smoke exposure poses serious health threats and can be a major concern for residents of multi-unit housing. The American Lung Association offers a helpful online course and other resources to help you plan, implement and support a smokefree policy in multi-unit housing properties.

Adopt smokefree policies and everybody wins:

- Protect residents and employees from secondhand smoke
- Encourage healthy behaviors in residents and employees
- Respond to demand for smokefree multi-unit housing
- Reduce turnover costs
- Lower fire risks and related insurance costs
- And more!

Created as part of the Communities Putting Prevention to Work (CPPW), an initiative funded by the American Recovery and Reinvestment Act of 2009 and administered through the U.S. Department of Health and Human Services



Resources to help residents quit smoking

Freedom From Smoking®

Freedom From Smoking® is the premier smoking cessation program from the American Lung Association. Based on current addiction and behavior change models, the program follows a systematic approach to developing a plan of action that leads to quit day and provides support needed to remain smokefree.

Choose the delivery option that best meets your needs:

- **Freedom From Smoking® Online** lets participants complete sessions online at their own pace, supported by an active online community
- **Freedom From Smoking® HelpLine** offers telephone counseling services from certified counselors (registered nurses and registered respiratory therapists) specializing in smoking cessation
- **Freedom From Smoking® In-Person Clinic** offers personalized attention and peer support through a program led by a trained facilitator in small group settings over a seven-week period
- **Freedom From Smoking® Self-Help Guide** provides content similar to other Freedom From Smoking® options in a self-help workbook for those who prefer to work on their own

IMPORTANT: Freedom From Smoking® can fulfill Affordable Care Act requirements for tobacco cessation.

Not On Tobacco (N-O-T)®

Created in collaboration with West Virginia University, this program meets CDC Guidelines for School Health Programs.

This popular, proven-effective smoking cessation program for teens can be implemented in school or community settings. It emphasizes education and skill-building through 10 sessions.



Health education materials

Support your smokefree multi-unit housing and smoking cessation initiatives with reader-friendly brochures available through our publisher, StayWell. View the complete portfolio and order at kramestore.com/lungassociation.



Get Involved

Join our mission to save lives by preventing lung disease, promoting lung health and assuring healthy air. Lend your voice...give your time...join a local event...share your story with others...your help is greatly needed.

Become an advocate

Learn how the American Lung Association is fighting for air and how you can help!

Volunteer

We are grateful for the support of hundreds of thousands of volunteers nationwide. Contact your local American Lung Association to learn how your unique skills can support our work.

Connect with your local Lung Association

Visit www.Lung.org to find your local American Lung Association office to learn about upcoming events. Or put your lungs to good use by helping raise funds for lung disease research and health education.

Be social with us

Keep up with us on Twitter, Facebook and YouTube.



Join us!

Learn more at www.Lung.org/get-involved