

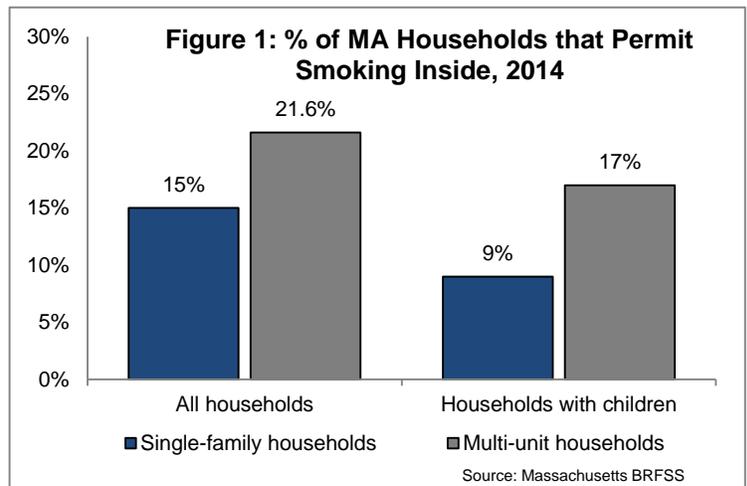
# Secondhand Smoke Exposure at Home

## Massachusetts Fact Sheet

According to the 2006 Surgeon General’s Report on secondhand smoke, there is **no** safe amount of exposure to secondhand smoke. In 2014, 16.4% of Massachusetts households and 10.6% of households with children permitted smoking inside their homes. Furthermore, an additional 2.8% of Massachusetts households lived in a building that is not-smoke free, despite not permitting smoking inside their own unit. Altogether, this means over 1 million individuals (896,000 adults and 148,000 children) in Massachusetts were not protected from secondhand smoke at home (BRFSS, 2014).

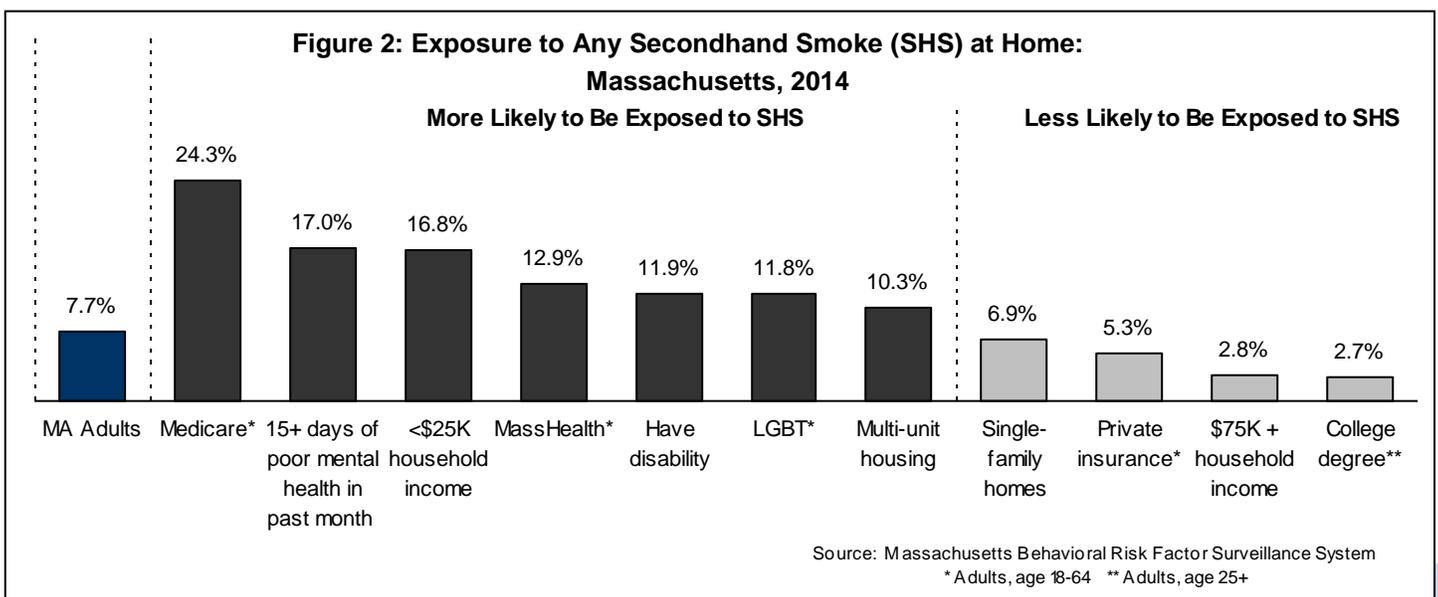
Protection from secondhand smoke varies by type of housing (Figure 1). Those who live in multi-unit households, such as apartments, condos or duplexes, are especially vulnerable to secondhand smoke because 68.6% of these residents do not live in buildings with a smoke-free policy in place.

- Adults in multi-unit households are 1.6 times more likely to allow smoking inside as those in single-family homes.
- Multi-unit households with children are 2 times more likely to allow smoking inside as those in single-family homes with children.



### Who is most at risk?

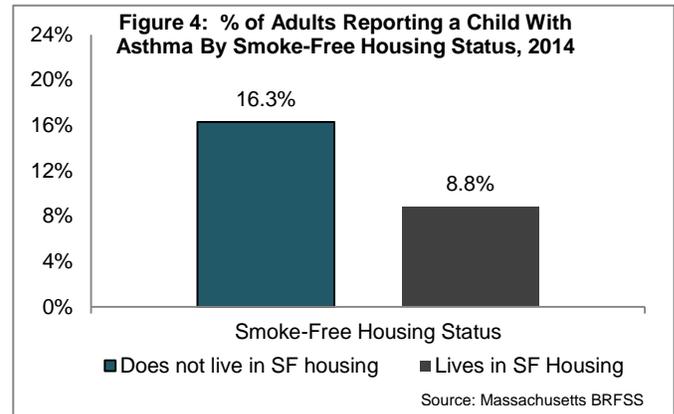
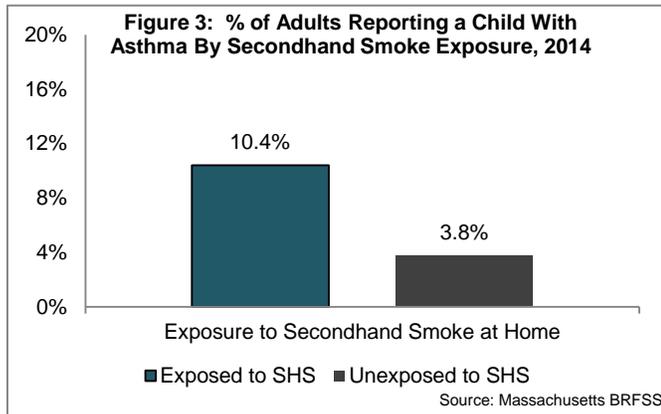
Exposure to secondhand smoke at home is greater among low socioeconomic groups, those with Medicare or MassHealth insurance, those reporting poor mental health, those who with disabilities, and those who identify as LGBT (lesbian, gay, bisexual or transgender). Those who live in multi-unit homes are 1.53 times more likely to be exposed to secondhand smoke at home than those in single-family homes.



# Secondhand Smoke Exposure at Home

## Secondhand Smoke at Home and Asthma

Secondhand smoke represents a significant trigger and exacerbating agent in children and adults with asthma. Increased protection against secondhand smoke in the home may reduce asthma diagnoses in children.



- 10.4% of residents who are exposed to secondhand smoke at home have a child with asthma vs. 3.8% of residents who are not exposed to secondhand smoke at home (Figure 3).
- 16.3% of residents living in housing *without* a smoke-free policy have a child with asthma vs. 8.8% of residents living housing with a smoke-free policy (Figure 4).

## Smoke-free Housing

An increasing number of private and public properties have instituted smoke-free policies that prohibit smoking indoors in an effort to curb home exposure to secondhand smoke. About 25% of Massachusetts residents currently live in multi-unit housing. Residents of multi-unit homes who do not allow smoking within their unit remain at risk from secondhand smoke from other units if their building does not have a smoke-free policy in place. In recent years, support for smoke-free policies has increased among residents:

- 87% of those living in smoke-free housing support a policy that bans smoking in all personal living spaces;
- 52% of those not currently living in smoke-free housing would support this type of policy.

With assistance from the Massachusetts Tobacco Cessation and Prevention Program, many municipal housing authorities across the state have already implemented a smoke-free policy that prohibits smoking inside any unit. As of September 2015, 62 housing authorities, spanning 92 Massachusetts communities have implemented smoke-free policies. These policies cover 37,731 individual units and protect their residents from secondhand smoke.

