

Planning for Health & Wellbeing

Smokefree Multi-Unit Housing and Frontline Communities

The opportunity for good health begins in our neighborhoods and homes. We know that a person's health is impacted by their lived environment—where they live, work, and go to school. Although roughly 80% of residents in multi-unit housing (MUH) have made the responsible decision to keep their homes smokefree, the actions of their neighbors can still affect their health.¹ **Smoke and vape-free spaces help protect the health of your community.**

There are many families and individuals in MUH whose circumstances make them vulnerable to poor health. Survey data on the demographics of people living in MUH shows a high percentage of residents are from frontline communities:



California



of Latino/Hispanic people²



Over 30% of female-headed households with children²



1 in 5 people with physical or cognitive disabilities²

Exposure to secondhand smoke (SHS) and thirdhand smoke (THS) is common in MUH.



Nearly 2 out of 5 children in MUH are exposed to SHS.⁴



65% of air is shared among the units in MUH.³



Infants and toddlers absorb the highest levels of THS residue while exploring their environment through touching and putting things in their mouth.⁵

Secondhand Smoke (SHS)

Smoke, or vape aerosol, inhaled involuntarily while others are using tobacco.⁶



Thirdhand Smoke (THS)

Toxins left in the air and on surfaces after a person has stopped smoking or vaping.⁵



How can planning departments help?

- Collaborate with tobacco educators from your county's public health department or local health nonprofits when conducting stakeholder outreach.
- Address smokefree housing in your jurisdiction's next Housing Element update.
- Address community health and wellness in other elements of your General Plan.

Reach Out to LEAD for FREE:

- Custom model language for your General Plan Elements
- Technical assistance on integrating health and wellness into planning
- Assistance with stakeholder and community outreach



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Sources:

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