



SHIP Smoke-free Housing Evaluation

FINDINGS FROM PUBLIC HOUSING

Purpose

To examine the effects of the SHIP smoke-free housing strategy on the tobacco use and exposure of public housing residents.

Design

Who: Public housing residents living in properties that were planning to go smoke-free

What: Resident surveys assessing cigarette use, quit attempts and exposure to secondhand smoke (SHS)

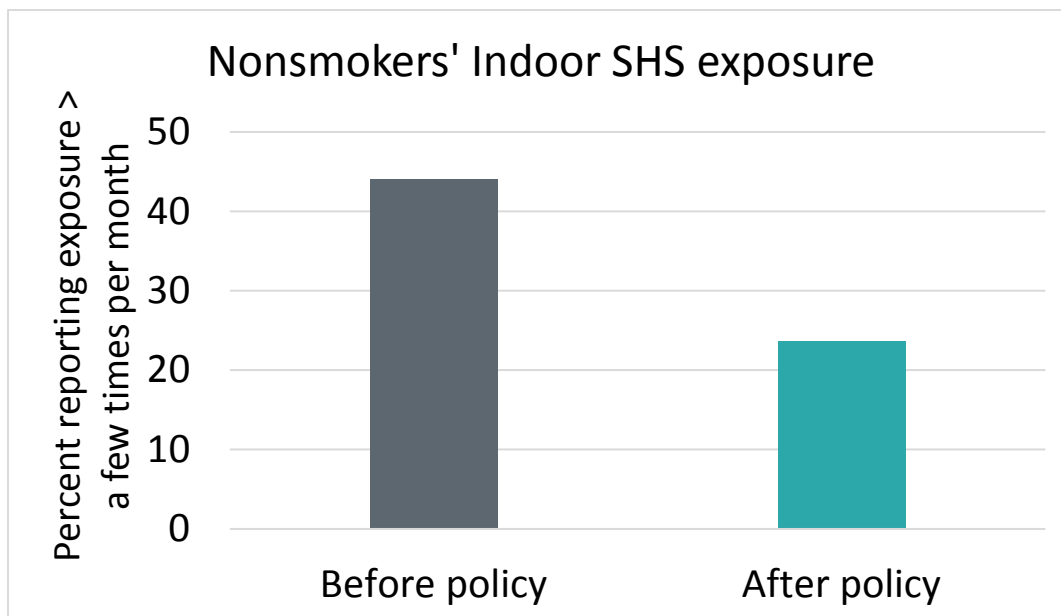
When: Surveys were administered 1 month prior to, and 6 months after, implementation of a smoke-free housing policy

Where: Properties in the following counties: St. Louis, Roseau, Kandiyohi and Grant

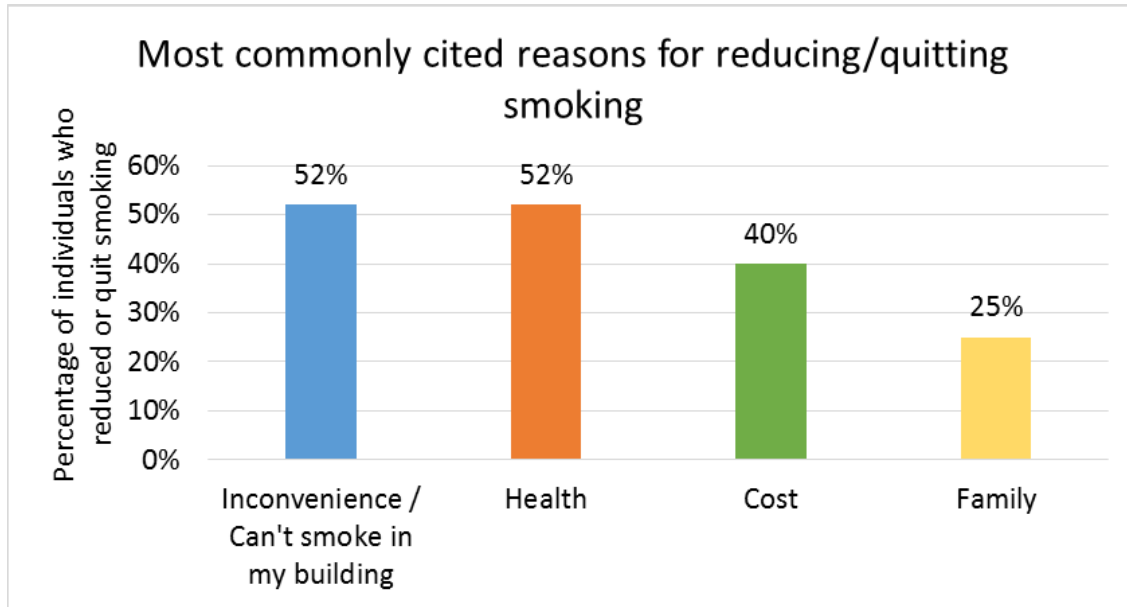
Number of participants: 289 before the policy, and 180 were retained post implementation

Results

The graph below shows a significant, 46% decrease in non-smokers' frequent indoor secondhand smoke exposure after implementation of the smoke-free policy. ($p < .001$)



- 77 percent of participants who were smokers before the policy reported smoking less after the smoke-free policy was implemented, and an additional 5 percent reported that they had quit
 - Among those who reduced or quit smoking, the most commonly cited reasons for doing so were inconvenience and health.



Resident Feedback

“At last, the building is going smoke-free!”

“I am very pleased to know that the building will be smoke free as I really have problems with smoke. All I can say is thank you! Thank you!”

“I am asthmatic and have severe allergies, especially to smoke...You can't imagine how very grateful we are that [this property] will be smoke-free inside and out!”

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