



THE UNIVERSITY OF TEXAS AT EL PASO

## Online Forum 3: Communicating and Maintaining Your Smoke-Free Policy

*\* Made possible with funding from the Texas Department of State Health Services*

08/2018

## Texas Smoke-Free Public Housing

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- **Work with Texas Department of State Health Services (DSHS) and state partners**
- **Assist Texas public housing authorities (PHAs):**
  - **Implement smoke-free public housing policies in their housing communities**
  - **Connect residents to resources to quit tobacco**



# Agenda

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- Introductions
- Communicating the smoke-free rule and cessation resources with public housing authority residents in a positive way.
  - Dr. Michael Mackert, The University of Texas at Austin
- Cessation (tobacco) resources and future technical assistance.
  - Abdul-Kabir Karim, American Lung Association
- Collaborating future directions to assist public housing authorities for a sustainable effort.
  - Kristen Ortega, University of Texas at El Paso



# Poll Questions



# COMMUNICATING ABOUT SMOKE-FREE POLICIES

**MICHAEL MACKERT, PH.D.**

Director, UT Center For Health Communication  
 Associate Professor, UT Stan Richards School of Advertising & Public Relations  
 Associate Professor, UT Department of Population Health

opioid	2650	8.2%
epidemic	1495	4.6%
addict		
drug		
overdose	516	1.6%
opioid crisis	493	1.5%
quarter	452	1.4%
salary	450	1.4%
salary	422	1.3%
	387	1.2%
	357	1.1%
health	323	1.0%
abuse	316	1.0%
company	199	0.6%
drive	151	0.5%
emergency	139	0.4%
crisis	133	0.4%
interest	122	0.4%
de	103	0.3%
campaign	103	0.3%

Sample Mentions

The University of Texas at Austin  
 Center for Health Communication  
 Moody College of Communication & Dell Medical School

EVIDENCE-BASED HEALTH COMMUNICATION

## OUR MISSION

Our people have **broad and deep communication expertise** that allows our Center to lead the creation of **evidence-based health communication** scholarship, education, and practice.

Our interdisciplinary group of scholars embraces opportunities to use communication to improve the health of people around the globe.



# WHAT IS HEALTH COMMUNICATION

Health communication is the **science and art** of using communication to advance the health and well-being of people and populations.

## FRAMING YOUR PROBLEM



## PERSONAS

**Target audience:**  
Members of sororities on  
the UT-Austin campus  
who are 18-22 years old  
who use tanning beds



## SINGLE MOST IMPORTANT THING



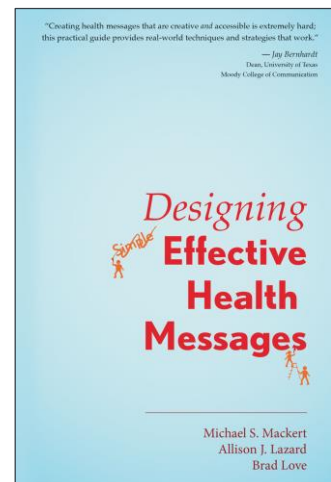
**RELENTLESS**

## A FEW THOUGHTS ON MESSAGING

- Positive messages are generally more effective
- Gain-framed messages (emphasizing the benefits of quitting) outperform loss-framed message (emphasizing the consequences of continuing to smoke) when physicians are counseling smokers
- Recognize that smokers will feel like they're being individually targeted with this kind of policy: emphasize this isn't about any particular smoker

If the highest aim of a captain were to preserve his ship, he would keep it in port forever.  
-Thomas Aquinas

**MICHAEL MACKERT, PH.D.**  
Director, UT Center for Health Communication  
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## Smoke-free Public Housing Initiative: American Lung Association Smoking Cessation Programs

Abdul-Kabir Karim, MPH  
Specialist, Health Promotions in the Health Promotion & Education Department  
American Lung Association – Dallas

August 15<sup>th</sup>, 2018

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### The American Lung Association

#### First Voluntary Health Organization

- Founded in 1904
- Crusade against tuberculosis

#### First tobacco control work in 1964

- American Lung Association and partners prompted the first Surgeon General's Report
- Helped over a million smokers quit since 1970s
- Working to improve tobacco cessation coverage
- Major backer of Smoke-free air laws

#### Other lung health priorities

- Asthma prevention and control
- Lung Force for lung cancer
- Chronic Obstructive Pulmonary Disorder
- Defend and enforce Clean Air Act



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**FREEDOM**   
FROM SMOKING®

**FREEDOM**   
FROM SMOKING® PLUS

## Freedom From Smoking Program Overview

**LUNG**  
**HELPLINE**  
& TOBACCO QUITLINE

**FREEDOM**   
FROM SMOKING®  
SELF-HELP GUIDE

 AMERICAN LUNG ASSOCIATION.

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## Freedom From Smoking Overview

### History

- |      |  |
|------|--|
| 1975 | American Lung Association, American Thoracic Society and Congress of Lung Association staff begin developing a smoking cessation program |
| 1981 | Freedom From Smoking clinic program launched   |
| 1991 | 2 <sup>nd</sup> edition of Freedom From Smoking clinic released  |
| 2003 | Freedom From Smoking Online launched   |
| 2007 | 3 <sup>rd</sup> edition of Freedom From Smoking clinic released  |
| 2009 | 2 <sup>nd</sup> edition of Freedom From Smoking Online released  |
| 2016 | Freedom From Smoking Online retired<br>Freedom From Smoking Plus launched  |

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## Freedom From Smoking Philosophy

### **ANYONE CAN QUIT, BUT YOU DON'T HAVE TO QUIT ALONE!!!**

- Empowers the individual
- Voluntary
- Interactive
- Supportive
- Positive
- Highly structured throughout the course of the program
- Addiction-based model & behavior change principles

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## Freedom From Smoking Group Clinic

- 8 sessions lasting 90-120 minutes held over 7 weeks
- Small group setting, maximum of 16 participants
- Led by a trained facilitator
- Can be covered by Medicaid
- Sessions 1-3 are about preparing to quit
- Session 4 is Quit Day
- Sessions 5-8 are about relapse prevention and staying quit

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LUNG  
ASSOCIATION.

**FREEDOM**   
FROM SMOKING®

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## Freedom From Smoking Group Clinic Schedule

January						
1	Session 1	3	4	5	6	7
8	Session 2	10	11	12	13	14
15	Session 3	17	18	19	20	21
22	<b>SESSION 4</b>	24	Session 5	26	27	28
29	Session 6	31				
February						
			1	2	3	4
5	Session 7	7	8	9	10	11
12	Session 8	14	15	16	17	18

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## Freedom From Smoking Group Clinic

### Quit Rates

- 51% at end of clinic
- 60% at end of clinic when in combination with NRT
- 27% at one year (no tobacco use within the past 12 months)



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FROM SMOKING® **PLUS**

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 **AMERICAN LUNG ASSOCIATION**®  
LUNG HELPLINE AND TOBACCO QUITLINE

**1-800-LUNG-USA**

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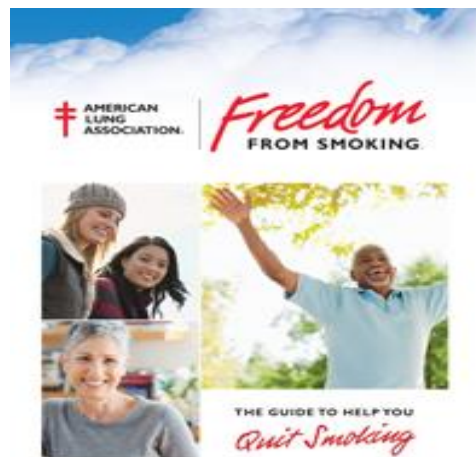
## Lung HelpLine vs State Quitline

	
24 hours	weekdays 7am-9pm CST & weekends 9am-5pm CST
Free 2 week supply of NRT per enrollment	Does not give free NRT
5 counseling sessions per enrollment lasting minimum 15 minutes	Unlimited counseling
Can only ask questions about quitting tobacco	Can ask any question about lung health
E-learning courses available	Available online support community



## Freedom From Smoking Self-Help Guide

- Self-directed resource for those more comfortable working on their own
- Available through local American Lung Association offices and from our publishing partner, StayWell
- \$5.99 each



## Quitter's Circle

- Mobile app and online community
- Personalized quit plan
- **Build your own quit team**
- **Real-time access to physicians via telemedicine**
- **Track progress and send out alerts when additional support is needed**
- Share successes on Facebook and Twitter



[QuittersCircle.com](http://QuittersCircle.com)

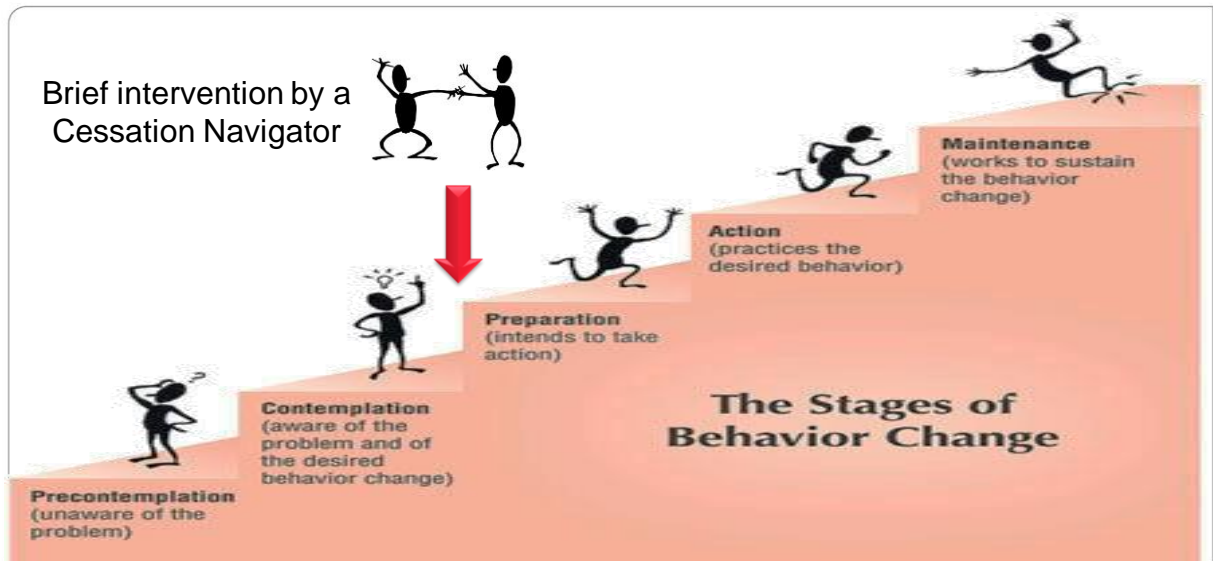
[Facebook.com/QuittersCircle](https://Facebook.com/QuittersCircle)

@QuittersCircle



## Cessation Navigators

## What are Cessation Navigators & Why are they Important?



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## CESSATION NAVIGATORS

- Conducts brief interventions to encourage quit attempts and connect tobacco users to cessation programs/resources
- To become a Cessation Navigator:
  - Non-tobacco user
  - 5 hour FREE training course
  - Working with local Lung Association and report back to them monthly
  - Do NOT need to be medically trained
  - Ideal Cessation Navigator:
    - PHA staff or Resident
    - Passionate about smoking issues
- Stipends are available

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## Websites to Remember

To find our smoking cessation resources:

- [Lung.org/ffs](http://Lung.org/ffs)
- [FreedomFromSmoking.org](http://FreedomFromSmoking.org)
- <http://www.lung.org/support-and-community/lung-helpline-and-tobacco-quitline/>

To find our smokefree multi-unit housing resources:

- [Lung.org/smokefreehousing](http://Lung.org/smokefreehousing)
- Abdul-Kabir Karim
- [kabir.karim@lung.org](mailto:kabir.karim@lung.org)
- (214) 630-8092



## THE UNIVERSITY OF TEXAS AT EL PASO

Future directions to assist public housing authorities for a sustainable effort.

*\* Made possible with funding from the Texas Department of State Health Services*

# Texas Smoke-Free Housing Resources

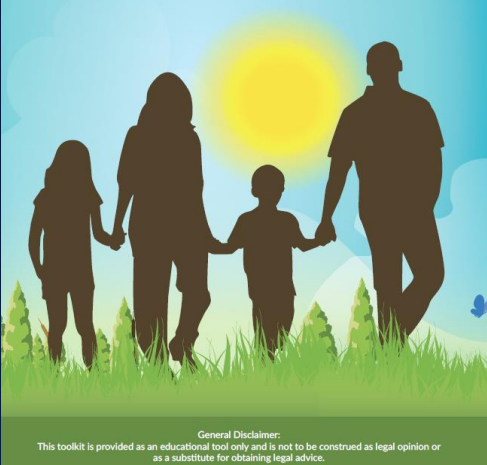
- Living Smoke-Free Toolkit with Texas specific resources
- Resident Education Packets and Push Cards
- Online Database
- Smoke-Free Housing Taskforce Fact Sheets



## Living Smoke-Free: Texas Public Housing Authorities

Toolkit for Administrators and Property Managers

Made possible with funding from the Texas Department of State Health Services  
May 2018



General Disclaimer:  
This toolkit is provided as an educational tool only and is not to be construed as legal opinion or as a substitute for obtaining legal advice.

## Living Smoke-Free: Texas Public Housing Authorities Toolkit



# Resident Education Packets and Push Cards

WANT TO QUIT SMOKING? HELP IS AVAILABLE.	WHERE YOU LIVE IS GOING SMOKE-FREE; WHAT YOU NEED TO KNOW.	HEALTH EFFECTS OF SECONDHAND SMOKE
<p>You don't have to quit smoking to live in your housing authority.<sup>1</sup> Although, you may find this may be the right time to quit smoking or using tobacco.</p> <p>It's never too late to quit! The single most important thing you can do to protect your health is to quit using tobacco. Quitting isn't easy, but more than three million people find a way to quit each year!</p> <p>When you're ready, there is support available to help you quit.</p> <p>Texas Tobacco Quitline is a confidential, 24/7 telephone counseling service to help you quit. The Texas Tobacco Quitline is available to Texas residents who are 13 years or older with additional benefits for pregnant women.</p> <p>You may be able to qualify for nicotine gum, patches, or other medications that can help you quit.</p> <p>You can also talk to your doctor or visit your nearest health clinic to get more information about how to quit. There may be other programs in your area to help support you. Ask your property manager about local quit tobacco support in your area.</p>	<p>By July 30<sup>th</sup>, 2018, the U.S. Department of Housing and Urban Development (HUD) requires all public housing across the country to be smoke-free.</p> <ul style="list-style-type: none"> <li>- Living smoke-free can make a big difference in our health.<sup>1</sup></li> </ul> <p>What does it mean to be "smoke-free" and how does it affect me?</p> <ul style="list-style-type: none"> <li>- Going smoke-free means smoking is not allowed indoors.<sup>2</sup></li> <li>- Rules regarding outdoor areas may differ depending on your public housing authority.</li> </ul> <p>Smoking can be defined as items that involve the burning of tobacco leaves. This can include but is not limited to <b>cigarettes, cigars, and hookahs.</b></p> <p>What is secondhand smoke?<sup>3</sup></p> <ul style="list-style-type: none"> <li>- Secondhand smoke is smoke from the lit end of burning tobacco products like cigarettes, cigars, or pipes. Secondhand smoke is also generated when a smoker exhales.</li> <li>- Tobacco smoke contains 7,000 chemicals, including hundreds that are toxic and about 70 can cause cancer.</li> <li>- Secondhand smoke is known to cause lung cancer, heart disease, and breathing problems.</li> <li>- Secondhand smoke can travel within multi-unit housing and common areas through doorways, cracks in walls, electrical lines, ventilation systems, and plumbing.<sup>4</sup></li> </ul>	<p><b>2 in 5 children</b> are exposed to secondhand smoke.<sup>1</sup></p> <p>The <b>home is the main place</b> where children are exposed to secondhand smoke.<sup>1,2</sup></p> <p>Many people who live in public housing are especially affected by secondhand smoke, including <b>children, elderly, pregnant women, and people with disabilities.</b><sup>4,5</sup></p> <p>There is <b>no safe level</b> of secondhand smoke exposure.<sup>3</sup></p> <p>The only way to truly reduce the health risk from secondhand smoke exposure is to create <b>smoke-free environments.</b><sup>1,1</sup></p> <p>About <b>88 (8 in 10)</b> percent of multi-unit housing residents choose to make their own homes smoke-free.<sup>6</sup></p>
<p>Call 1-877-YES-QUIT (1-877-937-7848) or visit <a href="http://www.YesQuit.org">www.YesQuit.org</a></p>	<p><small>1) United States Housing and Urban Development (HUD). (2015). What does smoke-free mean for public housing? (p. 10). Retrieved from <a href="http://www.hud.gov">www.hud.gov</a></small></p> <p>2) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of involuntary exposure to tobacco smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>3) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of smoking: 50 years of progress: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>4) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>5) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>6) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p>	<p><small>1) United States Housing and Urban Development (HUD). (2015). What does smoke-free mean for public housing? (p. 10). Retrieved from <a href="http://www.hud.gov">www.hud.gov</a></small></p> <p>2) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of involuntary exposure to tobacco smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>3) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of smoking: 50 years of progress: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>4) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>5) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p> <p>6) U.S. Department of Health and Human Services (HHS). (2014). The health consequences of secondhand smoke: A report of the Surgeon General. U.S. Department of Health and Human Services. Retrieved from <a href="http://www.surgeongeneral.gov">www.surgeongeneral.gov</a></p>

**NO SMOKING**

This property is smoke-free. Smoking is not allowed in any residential unit, common area, or outside within 25 feet of any building.



**NO FUMAR**

Esta propiedad está libre de humo. Se prohíbe fumar dentro de cualquier unidad residencial o en el exterior a 25 pies de cualquier edificio.

**KHÔNG HÚT THUỐC**

Khu Vực này Không Hút Thuốc. Không được hút thuốc trong bất kỳ đơn vị nhà ở nào hoặc bên ngoài trong vòng 8 mét ở bất kỳ tòa nhà nào.



## Exterior Outdoor Signage

# Smoke-Free Housing Taskforce Fact Sheets

## TEXAS PUBLIC HOUSING PROPERTY MANAGERS

*HUD Smoke-Free Rule*

The U.S. Department of Housing and Urban Development (HUD) announced a **rule** that requires all public housing authorities across the country to pass a smoke-free policy by July 30, 2018. This rule will protect all people living and working in public housing from the harmful effects of secondhand smoke. Share with residents and colleagues that the most important thing they can do to protect their health and the health of others is to quit smoking. All it takes is a plan of action and a little help from people who care.

### WHAT ARE THE BENEFITS OF QUITTING?

- 20 minutes after quitting:** Your heart rate drops to a normal level
- 2 to 3 weeks after quitting:** You can breathe better
- 1 year after quitting:** Risk of developing heart disease is half of a smoker's
- 5 to 15 years after quitting:** Your risk of having a stroke is reduced to that of a non-smoker's

Source: U.S. Department of Health and Human Services, The Health Consequences of Smoking: A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services.

### TEXAS MEDICAID

For residents who are enrolled in Texas Medicaid, they may be **eligible** for free or reduced price treatments to help them quit, such as:

- Nicotine Gum
- Nicotine Patch
- Nicotine Nasal Spray
- Nicotine Lozenge
- Nicotine Inhaler
- Varenicline (Chantix)
- Bupropion (Wellbutrin/Zyban)

Contact your healthcare plan and Medicaid for more information.

### TEXAS TOBACCO QUITLINE

Contact the Texas Tobacco Quitline for free and confidential counseling services, support and information. You may also be **eligible** to receive free nicotine replacement therapy. Call 1-877-937-7348 TTY: 1-866-228-4327 Visit [quitnow.org](http://quitnow.org)

### QUITXT

Join Quitit in English by texting "quitit" to 57682 or visit [quitit.org](http://quitit.org) for more info.

### COMMUNITY RESOURCES

In Texas, there are 39 Community Behavioral Health Centers that manage and provide community-based services. Some Community Behavioral Health Centers may offer tobacco cessation services and medications for free or at reduced cost. Learn more at [sbh.utep.edu](http://sbh.utep.edu)

**TO LEARN MORE, VISIT [UTEP.EDU/TX.SMOKE.FREE.PUBLIC.HOUSING](http://UTEP.EDU/TX.SMOKE.FREE.PUBLIC.HOUSING)**

Provided by the Texas Smoke-Free Housing Taskforce

## TEXAS PUBLIC HOUSING RESIDENTS

*HUD Smoke-Free Rule*

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Source: U.S. Department of Health and Human Services, The Health Consequences of Smoking: A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services.

### HEALTH INSURANCE BENEFITS

If you have Medicaid, Medicare, Medicare and/or other health insurance benefits you may receive free or low-cost medications/treatments (nicotine patches, gum, counseling, etc.) to help you quit tobacco.

Check your plan to see what is covered and make an appointment with your healthcare provider for more tips on quit smoking medications.

Not insured or underinsured? Find your nearest community behavioral health center at [sbh.utep.edu](http://sbh.utep.edu) and community health center at [sbh.utep.edu](http://sbh.utep.edu)

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Provided by the Texas Smoke-Free Housing Taskforce

## Future Directions

# Sustaining Compliance<sup>1,2</sup>

- Continue to collaborate with local community organizations or partners
- Ensure staff are aware of community resources and materials
- Remind staff & residents often of the policy and ways to comply with the policy
- Communicate often and positively about your new smoke-free environment
- This change will take time - Don't give up on enforcing your policy!



# Communicate with Your Community

WANT TO QUIT SMOKING? HELP IS AVAILABLE.	WHERE YOU LIVE IS GOING SMOKE-FREE: WHAT YOU NEED TO KNOW.	HEALTH EFFECTS OF SECONDHAND SMOKE
<p>You don't have to quit smoking to live in your housing authority.<sup>3</sup> Although, you may find this may be the right time to quit smoking or using tobacco.</p> <p>It's never too late to quit! The single most important thing you can do to protect your health is to quit using tobacco. Quitting isn't easy, but more than three million people find a way to quit each year!</p> <p>When you're ready, there is support available to help you quit.</p> <p>Texas Tobacco Quitline is a confidential, 24/7 telephone counseling service to help you quit. The Texas Tobacco Quitline is available to Texas residents who are 13 years or older with additional benefits for pregnant women.</p> <p>You may be able to qualify for nicotine gum, patches, or other medications that can help you quit.</p> <p>You can also talk to your doctor or visit your nearest health clinic to get more information about how to quit. There may be other programs in your area to help support you. Ask your property manager about local quit tobacco support in your area.</p>	<p>By July 30<sup>th</sup>, 2018, the U.S. Department of Housing and Urban Development (HUD) requires all public housing across the country to be smoke-free.</p> <ul style="list-style-type: none"> <li>- Living smoke-free can make a big difference in our health.<sup>1</sup></li> </ul> <p>What does it mean to be "smoke-free" and how does it affect me?</p> <ul style="list-style-type: none"> <li>- Going smoke-free means smoking is not allowed indoors.<sup>4</sup></li> <li>- Rules regarding outdoor areas may differ depending on your public housing authority.</li> <li>- Smoking can be defined as items that involve the burning of tobacco leaves. This can include but is not limited to cigarettes, cigars, and hookahs.</li> </ul> <p>What is secondhand smoke?<sup>5</sup></p> <ul style="list-style-type: none"> <li>- Secondhand smoke is smoke from the lit end of burning tobacco products like cigarettes, cigars, or pipes. Secondhand smoke is also generated when a smoker exhales.</li> <li>- Tobacco smoke contains 7,000 chemicals, including hundreds that are toxic and about 70 can cause cancer.</li> <li>- Secondhand smoke is known to cause lung cancer, heart disease, and breathing problems.</li> <li>- Secondhand smoke can travel within multi-unit housing and common areas through stairways, cracks in walls, electrical lines, ventilation systems, and plumbing.<sup>7</sup></li> </ul>	<p><b>2 in 3 children</b> are exposed to secondhand smoke.<sup>1</sup></p> <p>The <b>home is the main place</b> where children are exposed to secondhand smoke.<sup>1,2</sup></p> <p>Many people who live in public housing are especially affected by secondhand smoke, including children, elderly, pregnant women, and people with disabilities.<sup>4,8</sup></p> <p>There is no safe level of secondhand smoke exposure.<sup>3</sup></p> <p>The only way to truly reduce the health risk from secondhand smoke exposure is to create smoke-free environments.<sup>1,3</sup></p> <p>About 80% (8 in 10) percent of multi-unit housing residents choose to make their own homes smoke-free.<sup>4</sup></p>
<p>Call 1-877-YES-QUIT (1-877-937-7848) or visit <a href="http://www.YesQuit.org">www.YesQuit.org</a></p>		



# Texas Tobacco Quitline

- The Texas Tobacco Quitline (1-800-YES-QUIT) is a confidential, toll-free service available to Texas residents age 13 and older
- Yes Quit form to refer by fax or mobile app
- Texas Department of State Health Services Regional Coordinators

TEXAS TOBACCO QUITLINE FAX REFERRAL FORM  
Fax Number: 1-800-483-3114

DATE FAX SENT \_\_\_\_\_

Provider Information:

PUBLIC HEALTH AGENCY (PH) # NUMBER \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PH NAME \_\_\_\_\_

PH EMPY CONTACT NAME \_\_\_\_\_

PH NUMBER \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

Resident Information:

RESIDENT NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ GENDER  MALE  FEMALE

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PRIMARY PHONE NUMBER  HOME  CELL \_\_\_\_\_ SECONDARY PHONE NUMBER  HOME  CELL \_\_\_\_\_

Language preference (please check one):  ENGLISH  SPANISH  OTHER \_\_\_\_\_

I am ready to quit tobacco and request the Texas Tobacco Quit Line contact me to help me with my quitplan.  
PH# \_\_\_\_\_ I DO NOT give my permission to the Texas Tobacco Quit Line to leave a message when contacting me.  
PH# \_\_\_\_\_ If no message, you are giving your permission for the quitline to leave a message.

RESIDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

The Texas Tobacco Quit Line will call you. Please check the BEST 3-hour time frame for them to call you:

NOTE: The Quit Line is open 7 days a week, but always over a week.  8AM - 8AM  9PM - 9PM  Within this 3-hour time frame, please contact me at least once.  
and may be made at times other than during this 3-hour time frame.  8AM - 10PM  8PM - 9PM  Primary #  Secondary #

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**Collaborate & connect with local community organizations or partners**

# Future Technical Assistance

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**Smoke-Free Housing and  
Connecting Residents to Quit  
Resources:**

**Abdul-Kabir Karim  
American Lung Association in  
Texas**

[kabir.karim@lung.org](mailto:kabir.karim@lung.org)



**Q & A**

## Poll Questions



## Contact

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THE UNIVERSITY OF TEXAS AT EL PASO

Thank you for your participation!

[www.utep.edu/txsmokefreepublichousing](http://www.utep.edu/txsmokefreepublichousing)

*\* Made possible with funding from the Texas Department of State Health Services*

## References

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- 2) The Cadmus Group. (2014). Change is in the Air: An Action Guide for Establishing Smoke-Free Public Housing and Multifamily Properties. U.S. Department of Housing and Urban Development, Office of Lead Hazard Control and Healthy Homes.

