

HEALTHCARE PROVIDERS FACT SHEET

HUD Smoke-Free Rule

The U.S. Department of Housing and Urban Development (HUD) finalized a [rule](#) that requires all public housing authorities nationwide to implement a smoke-free policy by July 30, 2018. The rule aims to protect people living and working in public housing from the harmful effects of secondhand smoke.

This is a significant change for residents living in public housing. People may seek out resources to help them break their addiction to nicotine. This is where you can play an important role.

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

USE THE 5 A'S!

Brief interventions help people quit tobacco.

ASK – about tobacco use at every visit.

ASSESS – desire to quit in next 30 days.

ADVISE – person to quit using tobacco.

ASSIST – with quit attempt. Provide referral.

ARRANGE – follow up to track progress.

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 1-877-937-7848 TTY: 1-866-228-4327 Visit yesquit.org

For more information on electronic forms, visit the Yes Quit website or uttobacco.org.

QUITXT

Quitxt is a no-cost texting service. For English text "iquit9" to 57682 and/or visit quitxt.org/9 for more information. En español envíe el mensaje «lodejo9» al 57682 y/o visite quitxt.org/spanish/9 para más información.

RESOURCES

For health professionals: smokefree.gov/help-others-quit

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. txcouncil.com



Texas Department of State Health Services



TO LEARN MORE, VISIT UTEP.EDU/TX SMOKE FREE PUBLIC HOUSING

Provided by the Texas Smoke-Free Housing Taskforce