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## BEL AIRE TERRACE TO IMPLEMENT SMOKE-FREE POLICY

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**FORT WALTON BEACH, Fla.** – The Florida Department of Health in Okaloosa County (DOH-Okaloosa) would like to recognize Bel Aire Terrace in Crestview for becoming a smoke-free apartment complex. The policy prohibits smoking inside the units to reduce tenant’s exposure to secondhand smoke.

The Bureau of Tobacco Free Florida (BTFF), the state’s comprehensive tobacco prevention and cessation program, has been working to educate public and private housing managers about the benefits of smoke-free policies for over three years and is encouraged by this development.

“No exposure to cigarette smoke is safe,” said Dr. Karen Chapman, Director of DOH-Okaloosa. “Apartment complexes implementing these policies are benefiting its resident nonsmokers, including children, from potential exposure.”

The BTFF’s list of multiunit properties that have enacted voluntary smoke-free policies has grown to more than 1,000 properties since tracking began in 2010.

Benefits of smoke-free buildings include:

- Better health. Smoke-free air laws decrease secondhand smoke exposure among nonsmokers, reduces heart attack and asthma hospitalizations and encourages smokers to quit.<sup>1</sup>
- Increased safety. Smoke-free policies reduce fire risks for residents, owners and property managers.<sup>2</sup>
- Decreased secondhand smoke exposure. Secondhand smoke can travel from other units through doorways, cracks in walls, electrical lines, plumbing and ventilation systems.<sup>3,4</sup>

Smokers residing in smoke-free housing should be aware that it is difficult, but not impossible to quit smoking. In fact, 63.5 percent of adults who have ever smoked have quit, and there are more former smokers in Florida than current smokers.<sup>5</sup>

Having a comprehensive quit plan increases the success rate. Tobacco Free Florida’s Quit Your Way program makes it easier than ever for tobacco users to access evidence-based, free tools and services to help them quit tobacco. For more information, please visit [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).

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People can also access Tobacco Free Florida's online Cost Calculator to find out how much money they could save by quitting smoking at [tobaccofreeflorida.com/calculator](http://tobaccofreeflorida.com/calculator).

### **About the Florida Department of Health**

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at @HealthyFla and on Facebook. For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

### **About Tobacco Free Florida**

The department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 212,000 Floridians have successfully quit using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000 fewer adult smokers in Florida than there was 10 years ago, and the state has saved \$17.7 billion in health care costs.

To learn more about Tobacco Free Florida's Quit Your Way services, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](http://www.facebook.com/TobaccoFreeFlorida) or on Twitter at [www.twitter.com/tobaccofreefla](http://www.twitter.com/tobaccofreefla).

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1 U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Healthy Homes Manual: SmokeFree Policies in Multiunit Housing. 2011. [http://www.cdc.gov/healthyhomes/Healthy\\_Homes\\_Manual\\_WEB.pdf](http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf)

2 U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Healthy Homes Manual: SmokeFree Policies in Multiunit Housing. 2011. [http://www.cdc.gov/healthyhomes/Healthy\\_Homes\\_Manual\\_WEB.pdf](http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf)

3 Pizacani, B et al. Moving Multiunit Housing Providers Toward Adoption of Smoke-Free Policies. Prev Chronic Dis. 2011;8(1).

[http://www.cdc.gov/pcd/issues/2011/jan/10\\_0015.htm](http://www.cdc.gov/pcd/issues/2011/jan/10_0015.htm)

4 U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Healthy Homes Manual: SmokeFree Policies in Multiunit Housing. 2011. [http://www.cdc.gov/healthyhomes/Healthy\\_Homes\\_Manual\\_WEB.pdf](http://www.cdc.gov/healthyhomes/Healthy_Homes_Manual_WEB.pdf)

5 Tobacco Free Florida <http://www.tobaccofreeflorida.com/fact-database/>