

NEW MEXICO TUPAC SUCCESS STORY 2019

JL Gray Goes Smoke-free

JL Gray, the second largest manager of multi-unit housing properties in New Mexico, is well on the way to certifying all 5,000 of its units smoke-free by June 2019. Thanks to JL Gray, seniors and people experiencing poverty are protected from exposure to secondhand smoke in their homes.

Summary

More than 80% of New Mexican adults do not smoke, and 84% of those living in multi-unit housing do not allow smoking anywhere in their homes.¹

JL Gray is implementing smoke-free policies in all their multi-unit housing properties, 95% of which offer senior and/or low income options, thereby protecting all their residents from the harmful effects of exposure to secondhand smoke.

Implementing smoke-free policies at this magnitude will have positive health impacts on approximately 13,150 individuals, including seniors, veterans, young children, and those living with chronic diseases.



Challenge

Impact on Health

There is no safe level of exposure to secondhand smoke. Even short-term exposure can cause harm.² Secondhand smoke can cause coronary heart disease, stroke, and lung cancer in adults. In infants and children, it can cause more frequent and severe asthma attacks, respiratory infections, ear infections, and sudden infant death syndrome (SIDS).³

Smoking in multi-unit housing can cause harm not only to those who smoke and live with smokers but also to one's neighbors because of shared airflow.⁴ Secondhand smoke moves between units through ventilators and door cracks.

Secondhand smoke in shared housing poses a heightened risk to children, older family members, and pets who spend more time at home. New Mexicans living in multi-unit housing (MUH) are exposed to secondhand smoke in their homes at more than twice the rate of those living in single-family homes (35% vs. 15%⁵).

JL Gray Company manages 117 properties (homes for about 5,000 families) in New Mexico. Bobby

People should not have to worry about getting sick due to secondhand smoke exposure in their own home.

Bobby Griffith
CFO, JL Gray Properties

Griffith, Chief Financial Officer for JL Gray, is transitioning all JL Gray properties into smoke-free residential communities "because we understand the danger secondhand smoke exposure has on the health of our most vulnerable residents."

Intervention

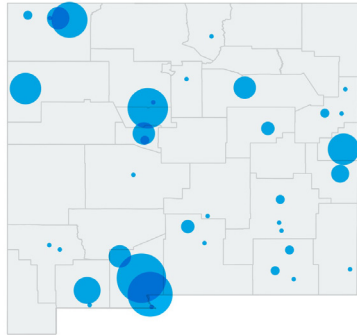
JL Gray partnered with Smoke-Free at Home NM to prohibit smoking at all times and in all areas of JL Gray's residential communities in New Mexico.

Smoke-Free at Home NM

Smoke-Free at Home NM is a collaboration between the American Lung Association in New Mexico and the New Mexico Department

Distribution of JL Gray Smoke-Free Properties

117 Total Properties Statewide



Source: JLGray.com

of Health. It assists owners and managers in converting their multi-unit housing properties into smoke-free environments. Smoke-Free at Home NM provides property owners and managers with the resources they need whether considering smoke-free policies, assessing support, or implementing comprehensive smoke-free policies in their communities.

Smoke-Free at Home NM offers:

- » Education on the dangers of secondhand smoke
- » Step-by-step guidance on implementation
- » Free marketing and promotion of smoke-free properties
- » Smoke-Free signage
- » Model lease addendums
- » Onsite “Thinking About Quitting and the Impacts of Secondhand Smoke” workshops

Results

When fully implemented, 5,000 families (approximately 13,150 individuals) will be protected curb to curb in their residential communities from exposure to secondhand smoke. Children with asthma will no longer inhale the smoke of a neighbor.

The elderly and those with chronic diseases will breathe more easily. Additionally, as Griffith who is also President of the Apartment Association of New Mexico, commented, “A smoke-free policy is a win-win for both the company and the residents we serve.”

Next Steps Sustaining Success

While implementing smoke-free policies at all 117 JL Gray properties, Griffith will continue his partnership with Smoke-Free at Home NM to

- » Host yearly follow-up meetings to share new tools and techniques with JL Gray staff and residents on living smoke-free.
- » Motivate other property owners/managers to implement smoke-free policies in multi-unit housing.

Get Involved What can you do?

- » Learn more about smoke-free MUH certification and the

process for becoming smoke-free at <http://smokefreeathomenm.org/> or by calling Rebecca Padilla at 505-814-7551.

- » Contact Bobby Griffith at 505-860-2798 or at bobby@jlgray.com to learn more about the health and financial benefits of implementing comprehensive smoke-free policies.
- » Visit <http://smokefreeathomenm.org/non-smoking-apartments> to find other property owners who have also implemented smoke-free policies.



References

- 1 The Tobacco Evaluation Survey [Data file 2018]. (2019). Laramie, WY: Wyoming Survey & Analysis Center.
- 2 U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Secondhand Smoke What It Means to You.*, Centers for Disease Control and Prevention, 2006.
- 3 U.S. Department of Health and Human Services. *Let's Make the Next Generation Tobacco-Free: Your Guide to the 50th Anniversary Surgeon General's Report on Smoking and Health.* Atlanta: Centers for Disease Control and Prevention, 2014.
- 4 Arizona Smoke-Free Living. *Secondhand smoke at home.* Phoenix, AZ: American Lung Association in Arizona, n.d. [accessed 2018 June 28]
- 5 The Tobacco Evaluation Survey [Data file 2018]. (2019). Laramie, WY: Wyoming Survey & Analysis Center.

This publication was produced by the Wyoming Survey & Analysis Center at the University of Wyoming for the New Mexico Department of Health Tobacco Use Prevention and Control Program. We would like to acknowledge the American Lung Association for their diligence in fostering healthy, smoke-free environments for New Mexicans.

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