

# TEXAS PUBLIC HOUSING RESIDENTS

## 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. Smoke-free policies will protect people from being harmed by secondhand smoke.

The most important thing you can do to protect your 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*

### HEALTH INSURANCE BENEFITS

If you have Medicaid, Medicare, Tricare 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 medicines.

Not insured or underinsured? Find your nearest community behavioral health center at [txcouncil.com](http://txcouncil.com) and community health center at [tachc.org](http://tachc.org)

### TEXAS TOBACCO QUITLINE

Contact the Texas Tobacco Quitline for free and confidential counseling services, help 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](http://yesquit.org)

### QUITXT

Join Quitxt in English by texting "iquit9" to 57682 or visit [quitxt.org/9](http://quitxt.org/9) for more info.



Texas Department of State Health Services



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

Provided by the Texas Smoke-Free Housing Taskforce