

# 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 1-877-937-7848    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.

### COMMUNITY RESOURCES

Texas Association of Community Health Centers (TACHC) include community health centers, federally-designated migrant, public housing. Some organizations may offer tobacco cessation services and medications for free or at reduced cost. Learn more at [tachc.org](http://tachc.org).

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. Learn more at [txcouncil.com](http://txcouncil.com).



Texas Department of State Health Services



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