Promoting Smoke-Free Homes

To reduce secondhand smoke exposure

What did we want to know?

This study tested the effectiveness of a simple program to create smoke-free homes in low-income households.

What did we do?

1

Recruited people who called 2-1-1, an information and referral system that connects mostly low-income callers to social services.

2

Sent participants 3 mailings and provided 1 coaching call. Materials focused on 5-steps to creating a smoke-free home.

3

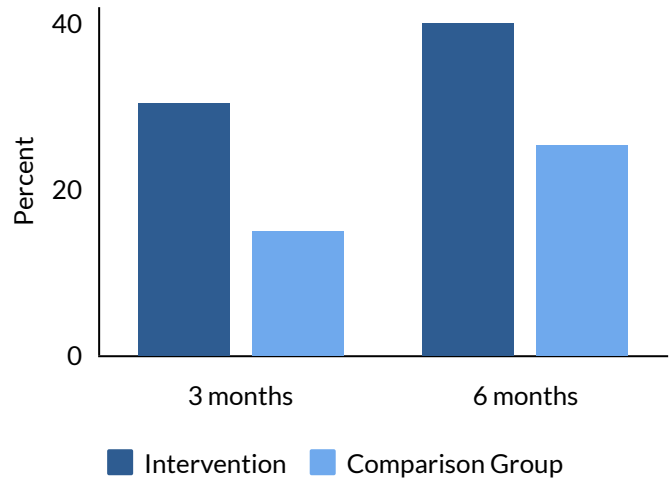
Asked participants and a comparison group about their home smoking bans and secondhand smoke exposure 3 and 6 months later.

What did we find?

After the intervention:

- 40% of participants reported a full ban on smoking in the home.
- Participants reported less exposure to secondhand smoke in the home.
- Homes with a full smoking ban had lower levels of nicotine.
- Smokers reported smoking fewer cigarettes.

Participants with full home smoking bans 3 and 6 months after intervention





What does this mean for you?

A simple intervention of 3 mailings and 1 phone call can promote smoke-free homes in low-income households. This could be a good model for protecting children and adult nonsmokers from secondhand smoke exposure in their homes.

If you would like support creating a smoke-free home or quitting smoking:

Smoke-Free Homes website: http://smokefreehomes.emory.edu/

CDC website for smoke-free homes: https://www.cdc.gov/tobacco/secondhand-smoke/home.html

Call 1-800-QUIT-NOW

Adapted from a research study conducted by HERCULES faculty member, Michelle Kegler: Kegler, Michelle C., et al. "A minimal intervention to promote smoke-free homes among 2-1-1 callers: a randomized controlled trial." American journal of public health 105.3 (2015): 530-537.

HERCULES Exposome Research Center

@EmoryHERCULEScenter

HERCULES EXPOSOME RESEARCH CENTER

herculesexposome@emory.edu

http://emoryhercules.com/

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