

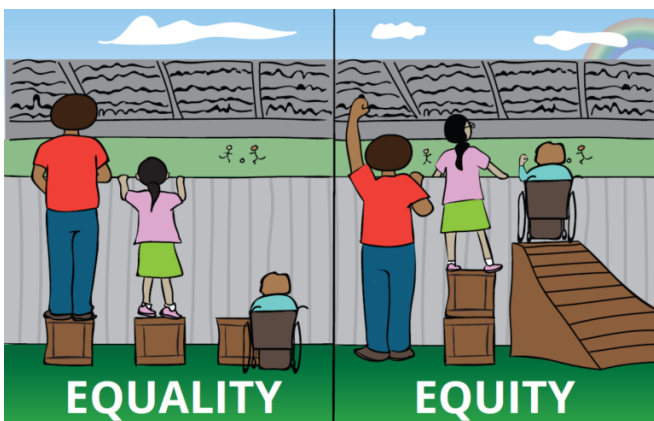
CREATING HEALTH EQUITY AT HOME WITH SMOKE-FREE POLICIES

Moving may not be an option, making smoke-free policies all the more important



What is Health Equity?

There is a distinct difference between equality and equity. Equality provides everyone with the same resources, opportunities and support. However, this does not take individuals' background and circumstances into consideration and may not lead to equal or fair outcomes. Equity evens the playing field by providing individuals' support based on their specific needs and circumstances, leading to fair and equal outcomes. With this distinction in mind, health equity is when every person has the opportunity to "attain his or her full health potential."



How Your Environment Impacts Your Health

Where you live directly impacts your overall health. For example, living in an area without sidewalks limits access to safe streets to walk and run. Living with neighbors who smoke can lead to exposure to secondhand smoke and serious health problems. Secondhand smoke contains toxic chemicals that can become embedded in carpets, furniture and walls long after a resident has moved out: this is called thirdhand smoke.

Helping Your Community Achieve Health Equity

We all deserve access to clean, fresh air at home, making smoke-free policies in multi-family housing all the more important. People living in a house shouldn't be the only ones with this benefit. In fact, 52% of San Diego County residents live in multi-unit housing (SANDAG, U.S. Census Bureau, 2016).

Moving may not be an option for all. Many residents may have limited choices of where they can live. Bouncing from property-to-property can have long-term consequences such as negatively impacting employment and children's educational achievement. Creating smoke-free environments will improve the health equity of all those who live, work and visit these communities.

To create health equity at home, you can:

- Prohibit smoking and vaping in your home.
- Ask about a property's smoke-free policy or previous renter's smoking history.
- Contact your property manager and/or your neighbors if you're exposed to secondhand smoke.
- Contact your local elected officials about creating a citywide smoke-free multi-unit housing policy.
- Contact Vista Community Clinic for resources.