



STATE OF WASHINGTON

## DEPARTMENT OF HEALTH

PO Box 47890 • Olympia, Washington 98504-7890

Tel: 360-236-4030 • TTY Relay: 800-833-6384

October 28, 2019

Dear Higher Education Administrator:

[Engrossed House Bill 1074](#) goes into effect January 1, 2020, when it will become illegal to sell tobacco and vapor products to anyone under 21. Ninety- five percent of adults who smoke start by age 21, so this law will help prevent the next generation from becoming addicted to nicotine and suffering the health consequences of using tobacco and vapor products. Learn more at [www.doh.wa.gov/tobacco-and-vapor-21](http://www.doh.wa.gov/tobacco-and-vapor-21).

You've likely seen news reports of severe lung disease related to vaping. While the causes and full extent of these cases are not yet known, the Centers for Disease Control & Prevention and U.S. Food & Drug Administration began a [multi-state investigation](#) in August. All reported cases have a history of using vaping devices. The Washington State Board of Health also recently passed an emergency rule banning the sale of flavored vapor products or any products that will be used to create a flavored vapor product. The intent of the ban is to decrease the attractiveness of vapor products to youth, and prevent youth from starting to use—and suffering the health consequences of—vapor products. The rule took effect October 10, 2019, and lasts for 120 days.

Resources are available to help young people quit smoking and vaping, including:

1. A smoking cessation smartphone app, available at [doh.wa.gov/quit](http://doh.wa.gov/quit).
2. A new app to help teens and young adults quit vaping, also available at [doh.wa.gov/quit](http://doh.wa.gov/quit). More information about this new vaping app is available in the attached FAQ.
3. By phone: 1-800-QUIT-NOW for coaching to quit tobacco and/or vapor products.
4. By text to quit vaping: Text "DITCHJUUL" to 887-09, courtesy of Truth Initiative®.
5. By text to quit tobacco products: Text "TEEN" to 47848 to access SmokefreeTeen.

### **Tobacco and Vapor 21 Implementation on Campus**

College students aged 18 to 20 who use tobacco or vapor products will need support to quit and institutions of higher education are uniquely positioned to help. DOH's Tobacco and Vapor Product Prevention and Control Program (TVPPCP) recommends:

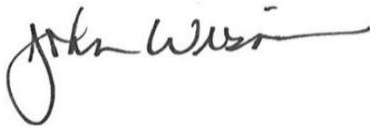
- Enacting a tobacco- and vapor-free campus policy to support those trying to quit. About 2,000 U.S. colleges and universities (including [16 in Washington](#)) prohibit tobacco and vapor product use on campus. [Resources](#) are available to assist you.
- Providing free or low-cost nicotine replacement therapy (NRT) to students, faculty, and staff who need support to quit. NRT can double the odds of quitting, but should not be provided to individuals under 18 and/or who are pregnant.

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- Sharing prevention messaging, and, for those trying to quit, sharing information about cessation resources.

Please consider forwarding this message to your student health centers or other student services staff, and thank you, as always, for your efforts to keep young people safe and healthy. If you have questions or feedback about these materials, please contact [your regional TVPPCP partner](#).

Sincerely,

A handwritten signature in black ink, appearing to read "John Wiesman". The signature is fluid and cursive, with a large initial "J" and a long horizontal stroke extending to the right.

John Wiesman, DrPH, MPH  
Secretary of Health