



STATE OF WASHINGTON

DEPARTMENT OF HEALTH

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October 28, 2019

Dear Washington State School Administrator:

In April 2019, we sent a [letter](#) to schools about tobacco and vaping prevention tools and other resources available to school leaders and students. We are excited to share a new resource – a smartphone app to help youth quit vaping. The Department of Health (DOH) launched the app in partnership with 2Morrow, Inc. It's available free at doh.wa.gov/quit and accessible via smartphones, tablets, and computers.

About the app

Designed for teens and young adults who want to quit vaping, users learn new ways to deal with unhelpful thoughts, urges and cravings, then practice moving toward their goal to reduce or quit vaping. The self-guided program includes 10 short lessons and customized tips. Along the way, users receive daily text-based messages and can track their progress. The experience is personalized, non-judgmental, and supports users with tips and tools for up to 12 months.

Studies have shown that users of similar 2Morrow cessation programs are six times more likely to quit than those doing it on their own. More information is available in the attached FAQ.

Tobacco and Vapor 21 Law

As a reminder, [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. Most people who smoke begin before the age of 18, and most kids get access to tobacco and vapor products from social sources aged 18 to 20. By eliminating these sources, the law will help keep youth safe from nicotine addiction and the health consequences of using tobacco and vapor products.

Learn more about the law at www.doh.wa.gov/tobacco-and-vapor-21.

Other ways to support youth

The best way to protect young people from the harms of vapor products is to prevent use altogether. The Centers for Disease Control & Prevention (CDC), U.S. Food & Drug Administration (FDA), and Surgeon General recommend that schools:

- Review and strengthen school policies related to vapor products, JUUL devices, vaping, and tobacco- and vape-free spaces.
- Inform school staff and parents about vapor products, the health risks of vaping, and encourage setting a positive example by not using tobacco products themselves.

- Promote health messaging on school campuses and provide access to resources (such as the new app) for those who wish to quit.
- Reject tobacco industry-sponsored prevention programs, which are proven ineffective.

DOH's Tobacco and Vapor Product Prevention and Control Program and its partners also want to remind you about the resource website (www.youthnow.me/vaping) with tools including:

- Facts and news about vapor products and vaping.
- Printable posters and infographics.
- For administrators – information about new Washington State discipline rules and alternative measures for addressing tobacco and vapor product use in schools.
- For educators – free lesson plans and links to videos about vapor products and vaping.
- For parents – information about vaping risks and tips for how to talk with their kids.

Additionally, teens and young adults in Washington State can access these other cessation programs for free:

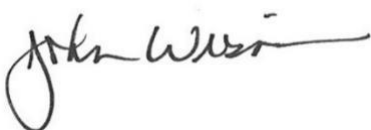
- By phone: 1-800-QUIT-NOW for coaching to quit tobacco and/or vapor products.
- By text to quit vapor products: Text "DITCHJUUL" to 887-09, courtesy of Truth Initiative[®].
- By text to quit tobacco products: Text "TEEN" to 47848 to access SmokefreeTeen.

You've likely seen news reports of severe lung injury related to vaping. While the causes and full extent of these cases are not yet known, the CDC and FDA 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.

Our hope is that the resources in this letter and the new app can support our collective effort to keep kids safe by preventing and reducing vaping. School staff are also encouraged to review Healthy Youth Survey data (www.askhys.net) to understand trends in their districts and counties.

Thank you for your efforts to keep kids healthy. If you have questions or feedback about these materials, please contact [your regional Prevention Program](#), or Mandy Paradise, OSPI Prevention-Intervention Program Supervisor, at mandy.paradise@k12.wa.us.

Sincerely,



John Wiesman, DrPH, MPH
Secretary of Health

cc: Mandy Paradise, Office of the Superintendent of Public Instruction