

# TOBACCO & VAPOR 21

**21** IT'S THE LAW



Here are some ways **Health Care Providers** can support the new law:

**Starting January 1, 2020, it is illegal in Washington state to sell tobacco and vapor products to individuals under 21.**

This applies to all tobacco and vapor products, whether or not they contain nicotine. By eliminating legal sale to 18-20 year-olds, the law helps keep youth safe from nicotine addiction and the health consequences of using tobacco and vapor products.



**Half of your patients who smoke will die from a tobacco-related disease. You play a vital role in helping your patients attain a tobacco-free life.**

Disparities in tobacco use also exist by race, ethnicity, education level, and socioeconomic status. These disparities are exacerbated by the \$90 million spent on tobacco industry marketing to marginalized populations in Washington state each year, and the fact that marginalized populations experience disproportionately low access to health care.

The Washington State Department of Health (DOH) appreciates your continued efforts to discourage use of tobacco and vapor products. You can help patients quit by using proven and effective treatments for nicotine addiction, including brief counseling and medications. DOH recommends guiding patient conversations using the **5 A's**:

**1. ASK each patient about tobacco and vapor product use at every visit.**

Include this as a vital sign, integrating prompts and reminders into your workflow. ICD-10 codes: Cigarette smoking (F17.21-), chewing tobacco (F17.22-), and nicotine vaping (F17.29-).

**2. ADVISE patients who use tobacco or vape to quit.**

Urge them to quit in a clear, strong, and personalized manner. Your brief, professional advice increases their likelihood of trying to quit.

## FREE RESOURCES

**Washington State Tobacco Quitline:** [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) Coaching is available in 200+ languages. You can refer **any** patient for help quitting – smoking or vaping – to the Quitline via fax or [quitline.com](http://quitline.com). You can also request free, printed promotional materials.

**Smartphone apps:** [doh.wa.gov/quit](http://doh.wa.gov/quit) Apps are research-based and use an Acceptance and Commitment Therapy model to help Washingtonians quit smoking or vaping, for free. Patients age 18-20 are currently eligible for a free two-week nicotine patch starter kit through the Smoking & Tobacco app.

**Text-message programs:** [SmokefreeTXT](http://SmokefreeTXT) text "QUIT" to **47848** to receive tips, advice, and encouragement to help you overcome challenges and stay motivated to quit. **This Is Quitting** (for teen/young adult vaping): text "DITCHJUUL" to 88709 to get help through cravings, stresses, and slips with the first-ever text-to-quit vaping service.

### 3. ASSESS patients' willingness to make a quit attempt.

Ask if they are willing to try quitting. For patients not ready to make an attempt, help motivate them by identifying reasons to do so, building their confidence to make a quit attempt. Tobacco & Vapor 21 and other product restrictions may be motivating factors.

### 4. ASSIST patients in their quit attempt.

Counsel or refer them to the Washington State Tobacco Quitline, and prescribe medication approved by the FDA for tobacco cessation, including nicotine replacement therapy (NRT) and non-nicotine prescription medication.

**Counseling and medication double quit rates. Combine the nicotine patch and gum to triple your patients' chances of quitting.**



**Use this table for counseling and medication info based on patients' insurance and payer:**

Insurance	Payer	Counseling	Medication
Medicaid (Apple Health)	Amerigroup Coordinated Care UnitedHealthcare	In-person <i>(bill CPT 99406 or CPT 99407)</i>	NRT patch, gum and/or lozenge <i>(Rx required for reimbursement)</i>
	Molina Community Health Plan of WA Fee-for-service	Quitline referral <i>(for Quit For Life®)</i>	NRT inhaler or nasal spray <i>(Rx always required)</i>
		In-person (pregnant clients only) <i>(bill CPT 99407)</i>	Bupropion (+ NRT patch)
Medicare	Various	In-person <i>(coverage/billing varies)</i>	Varenicline
Private/commercial			Bupropion Varenicline NRT inhaler or nasal spray
No insurance	WA Dept. of Health	Quitline referral <i>(for free counseling and NRT patch)</i>	

### 5. ARRANGE follow-up visits.

Schedule follow-up visits to review progress toward quitting. If a relapse occurs, encourage them to try again; insist that every try counts and to never quit quitting!

For questions, contact Nick Fradkin, Tobacco Cessation Consultant:  
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For more information on Tobacco and Vapor 21, visit:  
[doh.wa.gov/tobacco-and-vapor-21](http://doh.wa.gov/tobacco-and-vapor-21)