

The Office of Health Promotion is excited for the 2019-2020 school year!

The Center for Disease Control and Prevention (CDC) is currently investigating the latest outbreak of lung injuries associated with electronic cigarettes or vaping. There have been over a thousand lung injury cases reported in 46 states and several deaths confirmed in ten states.

The specific chemical exposures causing the injuries associated with these cases remain unknown at this time. No single product or substance has been linked to all of these lung injury cases. During this time, the CDC recommends that those who use these products completely refrain from use, particularly use of those products containing THC. Regardless of the ongoing investigation, anyone who uses an e-cigarette product should not buy them off the street, modify, or add any substance to products not intended by the manufacturer.

The state of Virginia has implemented a new law, which prohibits the purchase and/or possession of any tobacco products, nicotine vapor products or alternative nicotine product for those under the minimum age requirement of 21 years of age with an exception for active duty military personnel. The bill passed largely in part to the increasing popularity of e-cigarettes.

The Office of Health Promotion is working with other campus partners to keep our students informed and offer an avenue to assist those who would like to quit using e-cigarettes, cigarettes and/or marijuana. Our goal is to create a safe and welcoming environment for all W&M students, faculty and staff. Specifically, during October we posted information via social media on CDC's recommendations and facts about electronic nicotine delivery devices. We also have information on our marketing displays boards in the McLeod Tyler Wellness Center. We work with Residence Life in an effort to get information in the residence halls. Our Health Outreach Peer Education group is also having conversations around this topic. The Student Health Center has information on cessation. In short, we will continue to reach students using a multi-dimensional approach on this and other health topics throughout their time at William & Mary.

We need your support in helping your student around e-cigarette use. Your influence on your student is one of the most important factors in their decision-making. Whether your student uses e-cigarettes or not, we would ask that, you talk with them about this subject. Show them you care about their health, wellness and success. Be clear that

you are not judging. Have an open and honest conversation with them and be prepared to hear things you may not want to hear. Above all, challenge them to live their values.

Thank you for your partnership.