

Dear Delaware Educator,

I am writing to make you aware of an alarming trend within middle and high schools across Delaware: E-cigarette use (vaping) among Delaware students has reached an epidemic level. According to a recent report, 13.6% of Delaware high school students report vaping at least once a month, and a staggering 37.9% report having tried an e-cigarette.*

*Source: 2017, Delaware Youth Behavior Risk Survey (YRBS)

Even as we succeed in lowering the number of Delaware students who smoke cigarettes and use other tobacco products, we see a corresponding rise in vaping. As an educator, you see vaping firsthand every day. It's been frustrating and difficult for you to combat — until now.

The Delaware Division of Public Health developed the enclosed Vape Packet of materials to promote a new online resource: **www.VapeFreeDE.com**. Materials may also be ordered free or downloaded for printing at **www.VapeFreeDE.com**.

These materials not only make your teachers, nurses, counselors, coaches, and other school personnel aware of our state's vaping epidemic, but also provide vital information and resources to address the epidemic head-on.

Your packet contains the following:

- **Fact Sheet 1:** Brief overview of e-cigarettes/vape devices, what they are, and how they work.
- **Fact Sheet 2:** Breakdown of vaping's harmful health effects, especially among young users.
- **Fact Sheet 3:** Details on vaping-cessation options, available to students as young as age 13.
- **Fact Sheet 4:** Latest Centers for Disease Control and Prevention (CDC) information on vaping-related lung illnesses and deaths.
- **Fact Sheet 5:** Telltale signs a student may be vaping.
- **PowerPoint presentation** adapted from the CDC about vape devices and their dangers, for use by school nurses, coaches, and teachers for in-school presentations or consultation with concerned parents or communities.
- **Mirror clings** for student bathrooms, detailing the health dangers of vaping.
- **Posters** for teacher break rooms, showing how to help students quit vaping.

We thank you and your colleagues for joining us in the fight against vaping in Delaware schools — and in protecting the health and welfare of our students.

Sincerely,

Karyl T. Rattay, MD, MS, FAAP
Director, Division of Public Health

