

## MODULE 1:

# Top Ten Reasons to Prioritize Tobacco Treatment

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### Core Resources:

#### [CA Quits](#)

A statewide network working to integrate tobacco cessation into healthcare systems. CA Quits provides resources, support, and technical assistance for clinics and organizations to help patients quit tobacco.

#### [kickitca.org](http://kickitca.org) (Kick It California)

A free statewide service that offers evidence-based help to quit smoking, including telephone counseling, text messaging, mobile apps, and online resources.

#### [kickitca.org/quit-vaping](http://kickitca.org/quit-vaping) (Kick It California – Vaping Cessation)

Offers free, confidential support to help Californians quit vaping, with coaching by phone, text, or chat and personalized quit plans.

#### [2021 USPSTF Recommendations for Adults & Pregnant Women](#)

Official guidelines from the U.S. Preventive Services Task Force on screening and intervention for tobacco use among adults and pregnant women.

#### [2020 USPSTF Recommendations for Children & Adolescents](#)

Evidence-based recommendations on how healthcare providers can help prevent tobacco and nicotine use in children and teens through counseling and behavioral interventions.

### Additional Resources:

#### [Tobacco Free CA](#)

A program of the California Department of Public Health that offers facts about the dangers of tobacco and nicotine, public health campaigns, and resources for quitting, protecting your family, and promoting a tobacco-free community.