MODULE 3:

Kick It California

UC QUITS
Every smoker. Every encounter.

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 (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 (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:

Ask, Advise, Refer: Kick It California Video
Quick video overview of how providers can use the Ask, Advise, Refer model to connect patients with free quitline support through Kick It California.

Kick It California Webinars and Trainings
A website for providers and tobacco control professionals to access free courses conducted by healthcare professionals and experts who specialize in tobacco cessation.

Kick It California Services Flyer
Free support from Kick It California to help individuals quit smoking, vaping, or using nicotine. Services include coaching by phone or chat, quit plans, a mobile app, and access to free nicotine patches (eligibility applies).