

THE SAN PASQUAL ANTI TOBACCO DISPARITIES PROJECT



Strong Hearts, Clear Lungs *A Tobacco Awareness Brief*



MAKING HEALTHY CHOICES: QUIT COMMERCIAL TOBACCO TODAY

Our health is important. In many tribal communities, we honor our bodies and traditions. But commercial tobacco products, like cigarettes, pouches and chew, can harm us. They are not the same as traditional tobacco used in ceremonies. Commercial tobacco can cause sickness like cancer, heart disease, and breathing problems. Quitting is one of the best choices you can make for yourself and your family.

You are not alone. Kick It California is here to help. They have free tools and coaches to support you. Visit KickItCA.org or call 1-800-300-8086 to talk to a Quit Coach for free.

Here are 10 tips from Kick It California to help you quit:

- 1. Find Your Reason**-Think about why you want to quit. Is it for your health, your family, or to save money? Your reason will keep you strong when you feel tempted.
- 2. Set a Quit Date**-Pick a day to stop using tobacco. Mark it on your calendar. This makes your plan real.
- 3. Make a Plan**-Know what makes you want to smoke or chew, like stress or drinking coffee. Plan what you will do instead, like taking a walk or chewing gum.
- 4. Call for Backup**-You are twice as likely to quit with help. Call Kick It California at 1-800-300-8086 to talk to a free Quit Coach.
- 5. Get Your Crew on Board**-Tell your family and friends you are quitting. Ask them to support you.
- 6. Use a Quitting Aid**-Talk to your doctor about nicotine patches, gum, or medicine. These can help with cravings.
- 7. Create Smoke-Free Zones**-Make your home and car smoke-free. This helps you and your loved ones breathe easier.
- 8. Change Your Mindset**-Think of yourself as a nonsmoker. For nonsmokers, lighting up is never an option.
- 9. Execute on Your Quit Date**-When your quit day comes, stop using tobacco. Your plan only works if you take action.
- 10. Never Quit Quitting**-Most people try many times before they quit for good. If you slip, don't give up. Every try brings you closer to success.

You Can Do This!

Quitting commercial tobacco is not easy, but it is possible. Every step you take is a victory for your health, your family, and your future. Remember, you are strong, and your community stands with you. Visit KickItCA.org or call 1-800-300-8086 today. Your journey starts now, take the first step toward a healthier life!

