

Want to Quit Smokeless Tobacco?

Did you know that adults living in rural communities are more likely to use smokeless tobacco than adults in urban areas? ¹ Folks living in rural areas may find it harder to get help quitting due to fewer health care providers and less access to education about how to quit tobacco.^{2,3} Quitting smokeless tobacco can be hard, but understanding your habits, triggers, and making a plan for quitting can help you quit and stay quit.

Types of Smokeless Tobacco and Oral Nicotine Products

- Chew
- Snuff
- Snus
- Dissolvable tobacco
- Nicotine Pouches

Changes in Your Body After Quitting Smokeless Tobacco and Nicotine Pouches⁴

- In 20 minutes your blood pressure goes down
- In 3 days your body becomes completely free of nicotine
- Within days your sense of taste and smell will improve

How Quitting Smokeless Tobacco and Nicotine Pouches Can Improve Your Health⁴

- Mouth sores from using tobacco heal within 2 weeks
- Reduce stomach problems like ulcers and upset stomach
- Reduce tooth decay, cavities, receding gums, black hairy tongue, bad breath, and teeth staining
- Reduce risk of Leukoplakia, white patches in mouth that can lead to cancer
- Reduce risk of mouth, throat, bladder, and stomach cancer

Kick The Habit For Good

Kick It California can help folks in rural communities quit tobacco for good! We are a free program that helps Californians quit smokeless tobacco, smoking, and vaping. Our coaches will help you create a plan that addresses your habits, triggers, and offers support through your quitting process.



1. Buettner-Schmidt, K., Miller, D. R., & Maack, B. (2019). Disparities in Rural Tobacco Use, Smoke-Free Policies, and Tobacco Taxes. *Western journal of nursing research*, 41(8), 1184–1202. <https://doi.org/10.1177/0193945919828061>

2. Parker MA, Weinberger AH, Eggers EM, Parker ES, Villanti AC. Trends in Rural and Urban Cigarette Smoking Quit Ratios in the US From 2010 to 2020. *JAMA Netw Open*. 2022;5(8):e2225326. doi:10.1001/jamanetworkopen.2022.25326

3. Talbot JA, Williamson ME, Pearson KB et al. *Advancing Tobacco Prevention and Control in Rural America*. Washington, DC: National Network of Public Health Institutes; 2019.

4. Kick It California Web Site. <https://www.kickitca.org>. Accessed November 2023.