



Southeastern Idaho Public Health

For Immediate Release
Date: November 13, 2017

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Great American Smokeout To Be Observed in Pocatello

Thursday, November 16, 2017, marks the 42nd annual Great American Smokeout. This day is nationally recognized as a day to encourage tobacco users to use the date to make a plan to quit, or plan in advance and quit smoking that day. By quitting -- even for one day -- smokers will be taking an important step towards a healthier life -- one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet about 36.5 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year.

To recognize the Great American Smokeout in Pocatello, free quit kits will be available this Thursday at the following locations: Southeastern Idaho Public Health located at 1901 Alvin Ricken Drive (8 am – 12:30 pm and 1:30 pm – 7 pm), Pocatello Free Clinic located at 429 Washington (2 pm – 5 pm), Shaver Pharmacy & Compounding located at 235 South 4th Avenue (9 am – 7 pm), Maag Prescription & Medical Supply located at 333 West Center (9 am – 6 pm), and Ed Snell's Pharmacy located at 1015 East Young (9:30 am – 6:30 pm). A *limited* supply of quit kits will be available at each location.

Steps to help a tobacco user prepare for Thursday's Great American Smokeout include:

- Tracking in advance, each cigarette you smoke (What time are you smoking? Where are you smoking? What is the emotion behind each cigarette? How do you define your need for the cigarette? Is the intensity low, medium, or high?)
- Getting rid of cigarettes and ashtrays in your home, car, and place of work.
- Stocking up on oral substitutes such as sugarless gum, carrot sticks, cinnamon candy, etc.
- Deciding on a quit plan. Will you attend a Tobacco Cessation Program? Will you use nicotine replacement therapy? Coupling tobacco cessation classes or counseling with nicotine replacement therapy can double your chance of successfully staying tobacco-free.
- Determining ways to reward yourself for being smoke-free.
- Practicing saying, "No thank you. I don't smoke."
- Setting up a support system to include friends, family members, co-workers, etc.

Need additional help in your attempt to quit? Get registered for an upcoming January Tobacco Cessation Class at www.siphidaho.org. You can also call Idaho Quitline at 1-800-QUIT-NOW or visit www.quitnow.net/idaho to receive a four week supply of free nicotine patches, gum, or lozenges.

For additional information, please contact Traci Lambson at Southeastern Idaho Public Health at 478-6316.