



# Southeastern Idaho Public Health

For Immediate Release  
Date: November 7, 2018

Contact: Tracy McCulloch  
208-239-5250

## Great American Smokeout To Be Observed in Pocatello

Thursday, November 15, 2018, marks the 43<sup>rd</sup> 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 -- tobacco users will be taking an important step towards a healthier life -- one that can lead to reducing cancer risk. Help a loved one that you may know in their journey of becoming tobacco-free.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet about 38 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), Shaver Pharmacy & Compounding located at 235 South 4<sup>th</sup> 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? It's not too late to enroll in the November Fresh Start Tobacco Cessation Program. Visit [www.siphidaho.org](http://www.siphidaho.org) to get registered or call 208-239-5290. Complete the program and receive a FREE two week supply of nicotine patches, gum, or lozenges. For additional support, you can also call Idaho Quitline at 1-800-QUIT-NOW or visit [www.quitnow.net/idaho](http://www.quitnow.net/idaho).

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