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**FOR IMMEDIATE RELEASE**

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## **Made a New Year's Resolution to quit nicotine? We can help!**

South Central Idaho- It is time to crush the habit! Start this new year right by jumping on the path toward a nicotine-free life. South Central Public Health District (SCPHD) can help you quit smoking, vaping, chewing tobacco, and other nicotine products with community classes this winter.

“Quitting an addiction takes time. It isn’t a single decision, it’s a series of consistent steps,” said Cody Orchard SCPHD Senior Health Specialist. “Having support through that process can make all the difference.”

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. According to the CDC, every year more than 480,000 people die from smoking or exposure to secondhand smoke. Meanwhile, around 8.6 million people are living with serious illness as a result of smoking and/or the use of smokeless tobacco. Devices that only carry nicotine are also a serious concern for healthcare organizations across the country. Nicotine is a highly addictive drug, and the e-cigarettes (or vaping) devices that carry the drug without tobacco often contain other chemicals that can wreak havoc on your lungs.

“It can feel overwhelming to take that first step toward a nicotine-free life. We want people to know they don’t have to do it alone,” said Orchard. “Our classes empower people to overcome their addiction and take back control of their health.”

Participants, 18 and older, in the five-week class also receive free nicotine patches, gum, and lozenges to support their effort to quit smoking and tobacco. Orchard also offers one-one-one classes for residents who can’t make the community classes or prefer more individualized help.

Class schedule:

South Central Public Health District - Gooding Office  
255 N Canyon Dr. (in Gooding)  
Thursdays starting January 4 - March 28, 2024  
4:00 – 7:00 p.m.

South Central Public Health District - Twin Falls Office

1020 Washington St. N (in Twin Falls)  
Thursdays starting January 4 - March 28, 2024  
4:00 – 7:00 p.m.

South Central Public Health District - Jerome Office  
951 E Ave H (in Jerome)  
Tuesdays January 2 – January 23, 2024  
5:30 – 6:30 p.m.

Visit [phd5.idaho.gov/tobacco](https://phd5.idaho.gov/tobacco) for more information or call (208) 737-5968 to schedule a class.