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FOR IMMEDIATE RELEASE

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SCPHD Celebrates 50 Years of the Surgeon General's Report on Smoking by Offering FREE Tobacco Cessation Classes

TWIN FALLS-In commemoration of the 50 years of the Surgeon General's Report on Smoking, South Central Public Health District (SCPHD) has scheduled a tobacco cessation class beginning February 18, 2014. The free seven-class program will be conducted each Tuesday from 5:30-7:15 p.m. at SCPHD located at 1020 Washington Street North in Twin Falls (in the Katz A Conference Room).

According to a statement by The Centers for Disease Control and Prevention (CDC) Director Dr. Tom Frieden, the first report on smoking on health was released on January 11, 1964, which made clear that smoking causes cancer. He also said, "We now know that smoking also causes a wide range of disabling, disfiguring, and deadly diseases not only in smokers but also in people exposed to second-hand smoke and in children born to pregnant women who smoke. We have also learned how addictive cigarettes are, and that quitting is the most important thing smokers can do to avoid heart disease, cancer, lung disease, and other smoking-related illnesses. We have made enormous progress in the past 50 years, preventing millions of deaths and tens of millions of illnesses. But we have much further to go – tobacco remains, by far, the single leading preventable cause of death in the United States and the world. More than 40 million adults and 3 million kids smoke in America today."

The adult tobacco cessation program is offered free of charge as a community service to Magic Valley residents. Space is limited for these classes, and those wishing to attend are urged to register early. Contact Elvia Caldera, Tobacco Program Coordinator for SCPHD, at 737-5988. For the scheduled smoking cessation class sessions, please visit our website at www.phd5.idaho.gov.

According to the American Lung Association's Freedom from Smoking, smoking is a complex process involving physical, mental, and social interactions. This program helps participants learn to manage cravings, thoughts, and social relationships to maximize success when quitting smoking and remaining abstinent.

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