



## IMMEDIATE SMOKER SAVINGS FROM QUITTING IN EACH STATE

Quitting smoking not only improves a person's health, but also produces large monetary savings just from no longer buying cigarettes. Depending on where he or she lives, a pack-a-day smoker who quits will, on average, annually save \$1,430 to \$3,320. In addition, helping a lower-income smoker to quit would free up money that he or she previously spent on cigarettes for much more productive use – necessities such as food, shelter, and health care, or for education and job training – which will produce enormous benefits for lower-income households.

The monetary costs of smoking extend well beyond cigarette prices – including, for instance, higher cleaning and maintenance costs and lower resale prices for the houses and cars of smokers, extra dry cleaning costs, and higher insurance premiums (not to mention larger expenditures on breath mints and cough drops). Quitting eliminates or reduces all of these expenses. On top of these savings, former smokers and their families benefit even more over time as they avoid the many costs associated with the diseases and other health harms caused by smoking or by exposure to secondhand smoke.

Looking just at savings from reduced cigarette purchases, the table below shows the total number of state-taxed pack sales per adult smoker in each state, and how much a smoker in each state would save by quitting and no longer smoking that many packs each year. It also shows how much a smoker would save each year by reducing consumption by a single pack per day, either by quitting or cutting back.

State	Average Cigarette Pack Price	Annual Taxed Pack Sales per Adult Smoker in State	Annual Amount That Average Adult Smoker Would Save By Quitting	Annual Savings From Reducing Smoking By One Pack Per Day
Alabama	\$4.48	420.1	\$1,880	\$1,630
Alaska	\$6.91	284.1	\$1,960	\$2,520
Arizona	\$6.27	205.4	\$1,280	\$2,280
Arkansas	\$5.28	385.4	\$2,030	\$1,920
California	\$5.26	270.7	\$1,420	\$1,910
Colorado	\$4.79	318.4	\$1,520	\$1,740
Connecticut	\$7.70	305.2	\$2,340	\$2,800
Delaware	\$5.09	666.2	\$3,380	\$1,850
DC	\$6.87	183.3	\$1,250	\$2,500
Florida	\$5.34	371.0	\$1,980	\$1,950
Georgia	\$4.37	426.2	\$1,860	\$1,590
Hawaii	\$8.19	279.0	\$2,280	\$2,980
Idaho	\$4.56	391.0	\$1,780	\$1,660
Illinois	\$5.70	313.0	\$1,780	\$2,080
Indiana	\$5.03	406.2	\$2,040	\$1,830
Iowa	\$5.54	385.0	\$2,130	\$2,020
Kansas	\$4.85	335.7	\$1,620	\$1,770
Kentucky	\$4.45	562.9	\$2,500	\$1,620
Louisiana	\$4.34	456.0	\$1,970	\$1,580
Maine	\$6.18	379.0	\$2,340	\$2,250
Maryland	\$6.04	296.0	\$1,780	\$2,200
Massachusetts	\$7.19	280.1	\$2,010	\$2,620
Michigan	\$6.00	322.2	\$1,930	\$2,180

\* See also Smith, H, "The High Cost of Smoking," *MSN Money*, updated September 3, 2008, <http://articles.moneycentral.msn.com/Insurance/InsureYourHealth/HighCostOfSmoking.aspx>.

State	Average Cigarette Pack Price	Annual Taxed Pack Sales per Adult Smoker in State	Annual Amount That Average Adult Smoker Would Save By Quitting	Annual Savings From Reducing Smoking By One Pack Per Day
Minnesota	\$5.27	361.3	\$1,900	\$1,920
Mississippi	\$4.71	402.9	\$1,890	\$1,710
Missouri	\$3.93	530.9	\$2,080	\$1,430
Montana	\$5.58	369.4	\$2,060	\$2,030
Nebraska	\$4.80	448.7	\$2,150	\$1,750
Nevada	\$4.88	289.2	\$1,410	\$1,780
New Hampshire	\$5.44	774.9	\$4,210	\$1,980
New Jersey	\$7.10	253.0	\$1,790	\$2,590
New Mexico	\$5.70	188.5	\$1,070	\$2,070
New York	\$9.11	122.4	\$1,110	\$3,320
North Carolina	\$4.53	396.7	\$1,790	\$1,650
North Dakota	\$4.24	491.2	\$2,080	\$1,540
Ohio	\$5.32	379.6	\$2,020	\$1,940
Oklahoma	\$4.87	369.5	\$1,790	\$1,770
Oregon	\$4.94	321.5	\$1,580	\$1,800
Pennsylvania	\$5.47	365.0	\$1,990	\$1,990
Rhode Island	\$7.58	306.7	\$2,320	\$2,760
South Carolina	\$4.56	391.4	\$1,780	\$1,660
South Dakota	\$5.58	362.4	\$2,020	\$2,030
Tennessee	\$4.75	427.6	\$2,020	\$1,730
Texas	\$5.47	291.0	\$1,590	\$1,990
Utah	\$5.69	291.8	\$1,660	\$2,070
Vermont	\$7.01	309.4	\$2,160	\$2,550
Virginia	\$4.43	477.7	\$2,110	\$1,610
Washington	\$7.37	179.1	\$1,320	\$2,680
West Virginia	\$4.45	577.0	\$2,560	\$1,620
Wisconsin	\$6.71	328.0	\$2,190	\$2,440
Wyoming	\$4.64	439.3	\$2,030	\$1,690
<b>State Average</b>	\$5.58	366.4	\$1,950	\$2,031

The taxed-packs per adult smoker number for each state can be seen as a rough approximation of the number of packs the average adult smoker in each state smokes, with the average smokers in different states smoking different amounts of cigarettes each day or year. But some of the differences between states in the taxed-packs-per-smoker numbers come from cross-border purchases from lower-tax states or Tribal lands, cigarette smuggling, counterfeit cigarette sales, and Internet purchases. States that supply a lot of cigarettes for smuggling or have significant sales to smokers from other states (e.g., Delaware and New Hampshire) will have artificially higher taxed-packs-per-smoker numbers; and states where smokers buy a lot of cigarettes that come from outside the state (e.g., New York and New Mexico) will have artificially low taxed-packs-per-smoker numbers. To control for all of these factors, the table also shows the different savings in each state for a smoker who reduces his or her consumption by a single state-taxed pack per day.

*Notes:* Average cigarette price is the total retail price for a pack of cigarettes, including state sales tax and all federal and state excise taxes. All calculations have been rounded down to be conservative.

*Sources:* U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2010*, and media reports.

**Campaign for Tobacco-Free Kids, June 22, 2011 / Ann Boonn**

**For more information on tobacco cessation, including resources to quit, see [http://www.tobaccofreekids.org/facts\\_issues/fact\\_sheets/policies/cessation/](http://www.tobaccofreekids.org/facts_issues/fact_sheets/policies/cessation/).**