



## BENEFITS & SAVINGS FROM EACH ONE PERCENTAGE POINT DECLINE IN THE NATIONAL SMOKING RATES

The following estimates show the benefits and savings that are obtained for each one percentage point decline in the national adult and youth smoking rates (e.g., from new investments in tobacco prevention or increased tobacco tax rates). These estimates can also be switched around to show the nationwide harms and costs from each one percentage point increase in the national smoking rates or from each one percentage point reduction the country fails to obtain (e.g., because it fails to sustain adequate tobacco prevention funding or lets tobacco tax rates erode over time).

### Fewer Smokers

**Fewer current adult smokers: 2,552,000**

**Fewer current pregnant smokers: 38,000**

**Fewer current high school smokers: 171,000**

**Kids alive today who will not become addicted adult smokers: 729,000**

### Public Health Benefits

**Today's adults saved from dying prematurely from smoking: 599,700**

**Today's high school smokers saved from dying prematurely from smoking: 57,500**

**Kids alive today who will not die prematurely from smoking: 245,300**

	<u>First Year</u>	<u>Over 5 Years</u>
<b><i>Fewer smoking-affected births:</i></b>	<b>38,000</b>	<b>190,000</b>
<b><i>Fewer smoking-caused heart attacks:</i></b>	<b>1,220</b>	<b>15,715</b>
<b><i>Fewer smoking-caused strokes:</i></b>	<b>711</b>	<b>8,439</b>

[The number of heart attacks and strokes prevented each year by a one-time decline in adult smoking rates of one percentage point starts out small but grows sharply until it peaks and stabilizes after about ten years.]

### Monetary Benefits (Reduced Public, Private, and Individual Smoking-Caused Costs)

	<u>First Year</u>	<u>Over 5 Years</u>
<b><i>Savings from smoking-affected birth reductions</i></b>	<b>\$75.8 million</b>	<b>\$379.2 million</b>
<b><i>Savings from heart attack &amp; stroke reductions</i></b>	<b>\$98.8 million</b>	<b>\$1.3 billion</b>

[Annual savings from fewer smoking-caused heart attacks and strokes grows substantially each year as more and more are prevented by the initial one percentage point smoking decline. Savings from prevented smoking-caused cancer are even larger, but do not begin to accrue until several years after the initial smoking decline.]

***Reduction to future health costs from adult smoking declines: \$28.1 billion***

***Reduction to future health costs from youth smoking declines: \$3.6 billion***

[These savings accrue over the lifetimes of the adults who quit and the youth who do not become adult smokers. Roughly 17.7% of smoking-caused healthcare expenditures in the USA are paid by its Medicaid program.]

At the same time that they reduce public and private smoking-caused costs, national smoking declines also increase public and private sector worker productivity and strengthen the country's economy.

**Explanations and Sources:** Population estimates: U.S. Census Bureau; Projected numbers of youth stopped from smoking and dying are based on all youth under 18 alive today. CDC, "Projected Smoking-Related Deaths Among Youth—United States," *MMWR* 45(44):971-974, November 8, 1996. Heart attack and stroke estimates: Lightwood, JM & Glantz, SA, "Short-Term Economic and Health Benefits of Smoking Cessation -- Myocardial Infarction and Stroke," *Circulation* 96(4):1089-1096, August 19, 1997. Smoking-affected births and pregnancy estimates: Smoking-affected births are to women who smoke during pregnancy; Martin, Joyce A et al., "Births: Final Data for 2015," National Vital Statistics Reports, 66(1), January 5, 2017; Miller, P, et al., "Birth and First-Year Costs for Mothers and Infants Attributable to Maternal Smoking," *Nicotine & Tobacco Research* 3(1):25-35, February 2001 (average costs in 1996 ranged from \$1,142 to \$1,358 per smoking-affected pregnancy and birth – adjusted to 2009 dollars, the cost is approximately \$2,000 per smoking-affected pregnancy and birth). Future Savings: Hodgson, TA, "Cigarette Smoking and Lifetime Medical Expenditures," *Milbank Quarterly* 70(1), 1992 [average smoker's lifetime health care costs are \$21,000 (in 2009 dollars) more than nonsmoker's despite earlier death; but the savings per each adult quitter are less than that because adult smokers have already been significantly harmed by their smoking and have already incurred or extra, smoking-caused health costs. Average lifetime health care cost savings for adults who quit are approximately \$11,000 (in 2009 dollars)].

For more detail, see the TFK factsheets *Comprehensive State Tobacco-Control Programs Save Money*, <http://tobaccofreekids.org/research/factsheets/pdf/0168.pdf> and *Health Costs of Smokers vs. Former Smokers vs. Non-Smokers And Related Savings From Quitting*, <http://tobaccofreekids.org/research/factsheets/pdf/0327.pdf>.

**Campaign for Tobacco-Free Kids, November 9, 2020**