



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, save \$1,680 to \$3,820 annually. 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. All calculations have been rounded down to be conservative.

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	\$5.11	336.8	\$1,720	\$1,860
Alaska	\$8.89	196.1	\$1,740	\$3,240
Arizona	\$7.06	182.8	\$1,280	\$2,570
Arkansas	\$5.93	290.5	\$1,720	\$2,160
California	\$7.69	192.6	\$1,480	\$2,800
Colorado	\$5.45	280.4	\$1,520	\$1,980
Connecticut	\$10.06	228.5	\$2,290	\$3,670
Delaware	\$6.13	473.2	\$2,900	\$2,230
DC	\$10.00	70.4	\$700	\$3,640
Florida	\$5.95	293.8	\$1,740	\$2,170
Georgia	\$4.69	342.1	\$1,600	\$1,710
Hawaii	\$8.88	243.3	\$2,160	\$3,240
Idaho	\$5.29	351.4	\$1,850	\$1,920
Illinois	\$7.44	237.0	\$1,760	\$2,710
Indiana	\$5.50	349.4	\$1,920	\$2,000

* Average cigarette price is the total retail price for a pack of cigarettes, including state sales tax, and federal and state excise taxes, and industry discounts.

† The number of taxed packs per adult smoker 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, and counterfeit cigarette sales. 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) will have artificially low taxed-packs-per-smoker numbers. To control for all of these factors, the last column shows the different savings in each state for a smoker who reduces his or her consumption by a single state-taxed pack per day.

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
Iowa	\$6.11	325.2	\$1,980	\$2,220
Kansas	\$5.86	252.9	\$1,480	\$2,140
Kentucky	\$5.54	398.6	\$2,200	\$2,020
Louisiana	\$5.59	302.8	\$1,690	\$2,030
Maine	\$7.09	343.8	\$2,430	\$2,580
Maryland	\$6.80	256.8	\$1,740	\$2,480
Massachusetts	\$9.68	206.9	\$2,000	\$3,530
Michigan	\$6.51	283.3	\$1,840	\$2,370
Minnesota	\$8.94	231.6	\$2,060	\$3,260
Mississippi	\$5.02	332.2	\$1,660	\$1,830
Missouri	\$4.62	459.5	\$2,120	\$1,680
Montana	\$6.02	276.7	\$1,660	\$2,190
Nebraska	\$5.31	371.7	\$1,970	\$1,930
Nevada	\$6.33	241.2	\$1,520	\$2,310
New Hampshire	\$5.85	663.1	\$3,870	\$2,130
New Jersey	\$7.51	243.3	\$1,820	\$2,730
New Mexico	\$6.26	177.1	\$1,100	\$2,280
New York	\$10.47	112.3	\$1,170	\$3,820
North Carolina	\$4.74	399.2	\$1,890	\$1,730
North Dakota	\$4.74	442.9	\$2,100	\$1,730
Ohio	\$6.15	290.6	\$1,780	\$2,240
Oklahoma	\$6.41	316.1	\$2,020	\$2,340
Oregon	\$5.65	291.3	\$1,640	\$2,060
Pennsylvania	\$8.05	253.5	\$2,040	\$2,930
Rhode Island	\$9.66	259.5	\$2,500	\$3,520
South Carolina	\$4.91	357.9	\$1,750	\$1,790
South Dakota	\$6.33	272.4	\$1,720	\$2,300
Tennessee	\$5.07	324.4	\$1,640	\$1,840
Texas	\$6.20	248.1	\$1,530	\$2,260
Utah	\$6.85	272.9	\$1,870	\$2,500
Vermont	\$8.68	249.2	\$2,160	\$3,160
Virginia	\$4.98	433.3	\$2,150	\$1,810
Washington	\$8.27	153.4	\$1,260	\$3,010
West Virginia	\$5.81	360.9	\$2,090	\$2,120
Wisconsin	\$7.32	301.0	\$2,200	\$2,670
Wyoming	\$4.97	353.8	\$1,750	\$1,810
State Average	\$6.26	296.6	\$1,850	\$2,410

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2017*, and media reports.

Campaign for Tobacco-Free Kids, December 18, 2018 / Ann Boonn

For more information on tobacco cessation, including resources to quit, see http://www.tobaccofreekids.org/facts_issues/fact_sheets/policies/cessation/.