



## 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 \$2,000 to \$4,110 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	\$6.03	301.5	\$1,810	\$2,200
Alaska	\$9.54	190.7	\$1,810	\$3,480
Arizona	\$7.88	171.5	\$1,350	\$2,870
Arkansas	\$6.68	266.0	\$1,770	\$2,430
California	\$8.90	168.2	\$1,490	\$3,240
Colorado	\$7.36	205.6	\$1,510	\$2,680
Connecticut	\$10.79	201.6	\$2,170	\$3,930
Delaware	\$7.14	375.7	\$2,680	\$2,600
DC	\$11.29	58.5	\$660	\$4,110
Florida	\$6.57	274.0	\$1,800	\$2,390
Georgia	\$5.53	311.2	\$1,710	\$2,010
Hawaii	\$9.75	210.1	\$2,040	\$3,550
Idaho	\$6.04	291.0	\$1,750	\$2,200
Illinois	\$9.72	171.8	\$1,670	\$3,540
Indiana	\$6.28	331.6	\$2,080	\$2,290

\* 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	\$6.68	304.2	\$2,030	\$2,430
Kansas	\$6.73	228.6	\$1,530	\$2,450
Kentucky	\$6.25	374.7	\$2,340	\$2,280
Louisiana	\$6.34	279.3	\$1,760	\$2,310
Maine	\$7.61	302.6	\$2,300	\$2,770
Maryland	\$7.85	232.3	\$1,820	\$2,860
Massachusetts	\$10.32	161.2	\$1,660	\$3,760
Michigan	\$7.67	250.7	\$1,920	\$2,790
Minnesota	\$9.76	204.7	\$1,990	\$3,560
Mississippi	\$6.12	310.5	\$1,900	\$2,230
Missouri	\$5.51	427.9	\$2,350	\$2,000
Montana	\$6.95	245.0	\$1,700	\$2,530
Nebraska	\$6.14	320.9	\$1,960	\$2,230
Nevada	\$7.18	223.2	\$1,600	\$2,620
New Hampshire	\$6.77	601.0	\$4,060	\$2,470
New Jersey	\$8.81	204.4	\$1,800	\$3,210
New Mexico	\$7.56	153.1	\$1,150	\$2,760
New York	\$11.06	101.5	\$1,120	\$4,030
North Carolina	\$5.72	341.1	\$1,950	\$2,080
North Dakota	\$5.69	394.5	\$2,240	\$2,070
Ohio	\$7.05	260.5	\$1,830	\$2,570
Oklahoma	\$7.40	294.1	\$2,170	\$2,690
Oregon	\$8.46	180.2	\$1,520	\$3,080
Pennsylvania	\$8.76	228.0	\$1,990	\$3,190
Rhode Island	\$10.77	232.9	\$2,500	\$3,930
South Carolina	\$5.96	314.2	\$1,870	\$2,170
South Dakota	\$6.96	240.0	\$1,670	\$2,540
Tennessee	\$6.09	298.4	\$1,810	\$2,220
Texas	\$6.86	241.7	\$1,650	\$2,500
Utah	\$7.40	248.5	\$1,830	\$2,690
Vermont	\$9.40	240.3	\$2,250	\$3,430
Virginia	\$6.45	390.0	\$2,510	\$2,350
Washington	\$9.19	132.1	\$1,210	\$3,350
West Virginia	\$6.62	346.0	\$2,280	\$2,410
Wisconsin	\$8.42	266.6	\$2,240	\$3,070
Wyoming	\$5.94	312.0	\$1,850	\$2,160
<b>State Average</b>	<b>\$7.19</b>	<b>263.1</b>	<b>\$1,890</b>	<b>\$2,770</b>

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2019*, and media reports.

**Campaign for Tobacco-Free Kids, December 28, 2020 / 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/).