



## 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 \$2,230 to \$4,360 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	\$6.85	316.6	\$1,810	\$2,500
Alaska	\$10.46	207.3	\$1,810	\$3,810
Arizona	\$8.55	174.5	\$1,350	\$3,120
Arkansas	\$7.43	270.7	\$1,770	\$2,710
California	\$9.63	183.3	\$1,490	\$3,510
Colorado	\$7.99	214.9	\$1,510	\$2,910
Connecticut	\$11.60	209.0	\$2,170	\$4,230
Delaware	\$7.80	387.5	\$2,680	\$2,840
DC	\$11.75	47.7	\$660	\$4,290
Florida	\$7.63	269.2	\$1,800	\$2,780
Georgia	\$6.39	319.9	\$1,710	\$2,330
Hawaii	\$10.41	215.7	\$2,040	\$3,790
Idaho	\$6.79	288.1	\$1,750	\$2,470
Illinois	\$10.16	197.2	\$1,670	\$3,700
Indiana	\$7.12	336.0	\$2,080	\$2,590

\* 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 <sup>†</sup>	Annual Amount that Average Adult Smoker Would Save by Quitting	Annual Savings from Reducing Smoking by One Pack per Day
Iowa	\$7.43	307.3	\$2,160	\$2,710
Kansas	\$7.49	223.8	\$2,160	\$2,730
Kentucky	\$6.93	385.0	\$1,490	\$2,520
Louisiana	\$7.00	299.5	\$2,010	\$2,550
Maine	\$8.58	296.0	\$1,760	\$3,130
Maryland	\$10.26	194.9	\$1,710	\$3,740
Massachusetts	\$11.11	150.5	\$2,420	\$4,050
Michigan	\$8.27	251.2	\$3,020	\$3,010
Minnesota	\$10.49	216.3	\$560	\$3,830
Mississippi	\$6.78	323.5	\$2,050	\$2,470
Missouri	\$6.11	446.1	\$2,040	\$2,230
Montana	\$7.77	242.1	\$2,240	\$2,830
Nebraska	\$6.84	330.5	\$1,950	\$2,490
Nevada	\$8.27	225.4	\$2,000	\$3,010
New Hampshire	\$7.73	705.1	\$2,390	\$2,820
New Jersey	\$9.22	228.6	\$2,280	\$3,360
New Mexico	\$8.47	155.5	\$1,670	\$3,090
New York	\$11.96	106.0	\$2,660	\$4,360
North Carolina	\$6.58	352.3	\$2,090	\$2,400
North Dakota	\$6.55	387.0	\$2,540	\$2,390
Ohio	\$7.93	268.3	\$2,000	\$2,890
Oklahoma	\$7.93	302.6	\$1,670	\$2,890
Oregon	\$9.37	208.3	\$2,070	\$3,420
Pennsylvania	\$9.54	249.1	\$2,260	\$3,480
Rhode Island	\$11.71	277.6	\$2,190	\$4,270
South Carolina	\$6.82	311.9	\$2,720	\$2,490
South Dakota	\$7.99	242.5	\$1,880	\$2,910
Tennessee	\$6.94	313.5	\$2,260	\$2,530
Texas	\$7.62	234.8	\$1,860	\$2,780
Utah	\$8.33	236.4	\$5,440	\$3,040
Vermont	\$10.12	269.4	\$2,100	\$3,690
Virginia	\$7.23	380.7	\$1,310	\$2,630
Washington	\$10.14	138.2	\$1,260	\$3,690
West Virginia	\$7.33	365.3	\$2,310	\$2,670
Wisconsin	\$8.85	276.3	\$2,530	\$3,220
Wyoming	\$6.85	304.7	\$2,120	\$2,500
<b>State Average</b>	<b>\$8.00</b>	<b>271.4</b>	<b>\$2,170</b>	<b>\$3,060</b>

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2020*, and media reports.

**Campaign for Tobacco-Free Kids, December 21, 2021 / 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/).