



## 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 \$1,640 to \$3,810 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	\$5.05	362.7	\$1,830	\$1,840
Alaska	\$8.75	224.5	\$1,960	\$3,190
Arizona	\$7.08	189.8	\$1,340	\$2,580
Arkansas	\$5.78	275.9	\$1,590	\$2,100
California	\$7.97	128.1	\$1,020	\$2,910
Colorado	\$5.23	278.9	\$1,450	\$1,900
Connecticut	\$9.16	227.9	\$2,080	\$3,340
Delaware	\$5.53	457.0	\$2,520	\$2,010
DC	\$7.75	103.3	\$800	\$2,830
Florida	\$5.90	302.8	\$1,780	\$2,150
Georgia	\$4.67	347.4	\$1,620	\$1,700
Hawaii	\$9.00	231.9	\$2,080	\$3,280
Idaho	\$5.08	344.3	\$1,750	\$1,850
Illinois	\$7.61	242.0	\$1,840	\$2,770

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

† 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
Indiana	\$5.40	373.9	\$2,020	\$1,970
Iowa	\$5.78	329.1	\$1,900	\$2,110
Kansas	\$5.82	259.4	\$1,500	\$2,120
Kentucky	\$4.77	428.1	\$2,040	\$1,740
Louisiana	\$5.81	304.1	\$1,760	\$2,110
Maine	\$6.78	308.1	\$2,090	\$2,470
Maryland	\$6.64	250.7	\$1,660	\$2,420
Massachusetts	\$9.25	209.8	\$1,940	\$3,370
Michigan	\$6.90	267.2	\$1,840	\$2,510
Minnesota	\$8.26	226.6	\$1,870	\$3,010
Mississippi	\$5.05	335.1	\$1,690	\$1,840
Missouri	\$4.83	479.2	\$2,310	\$1,760
Montana	\$5.91	278.6	\$1,640	\$2,150
Nebraska	\$5.03	348.7	\$1,750	\$1,830
Nevada	\$6.49	222.7	\$1,440	\$2,360
New Hampshire	\$6.23	665.7	\$4,140	\$2,270
New Jersey	\$7.44	244.5	\$1,810	\$2,710
New Mexico	\$6.48	170.6	\$1,100	\$2,360
New York	\$10.44	113.8	\$1,180	\$3,810
North Carolina	\$4.64	359.9	\$1,660	\$1,690
North Dakota	\$4.52	454.7	\$2,050	\$1,640
Ohio	\$6.12	303.2	\$1,850	\$2,230
Oklahoma	\$5.55	351.9	\$1,950	\$2,020
Oregon	\$5.75	290.9	\$1,670	\$2,090
Pennsylvania	\$7.61	260.6	\$1,980	\$2,770
Rhode Island	\$8.93	271.2	\$2,420	\$3,250
South Carolina	\$4.97	345.6	\$1,710	\$1,810
South Dakota	\$6.37	277.2	\$1,760	\$2,320
Tennessee	\$5.00	337.7	\$1,680	\$1,820
Texas	\$6.11	285.3	\$1,740	\$2,230
Utah	\$6.36	272.1	\$1,730	\$2,320
Vermont	\$8.32	282.1	\$2,340	\$3,030
Virginia	\$5.04	431.2	\$2,170	\$1,830
Washington	\$8.00	149.2	\$1,190	\$2,920
West Virginia	\$5.52	400.0	\$2,200	\$2,010
Wisconsin	\$7.34	289.4	\$2,120	\$2,670
Wyoming	\$5.05	358.0	\$1,800	\$1,840
<b>State Average</b>	\$6.16	299.1	\$1,830	\$2,350

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2015*, and media reports.

**Campaign for Tobacco-Free Kids, January 3, 2017 / 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/).