



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 \$1,790 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	\$5.44	323.0	\$1,750	\$1,980
Alaska	\$9.09	199.6	\$1,810	\$3,310
Arizona	\$7.63	173.0	\$1,310	\$2,780
Arkansas	\$6.13	267.0	\$1,630	\$2,230
California	\$8.31	177.0	\$1,470	\$3,030
Colorado	\$5.82	253.8	\$1,470	\$2,120
Connecticut	\$10.00	207.0	\$2,060	\$3,640
Delaware	\$6.68	406.5	\$2,710	\$2,430
DC	\$9.87	71.8	\$700	\$3,600
Florida	\$6.21	286.8	\$1,780	\$2,260
Georgia	\$5.30	317.8	\$1,680	\$1,930
Hawaii	\$9.52	213.2	\$2,020	\$3,470
Idaho	\$5.61	319.6	\$1,790	\$2,040
Illinois	\$8.79	199.4	\$1,750	\$3,200
Indiana	\$5.75	340.8	\$1,950	\$2,090

* 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	\$6.35	313.9	\$1,990	\$2,310
Kansas	\$6.44	228.2	\$1,460	\$2,340
Kentucky	\$5.60	412.9	\$2,310	\$2,040
Louisiana	\$5.83	294.1	\$1,710	\$2,120
Maine	\$7.13	283.5	\$2,020	\$2,600
Maryland	\$6.95	248.1	\$1,720	\$2,530
Massachusetts	\$9.98	195.2	\$1,940	\$3,640
Michigan	\$6.78	265.1	\$1,790	\$2,470
Minnesota	\$9.41	207.0	\$1,940	\$3,430
Mississippi	\$5.47	319.0	\$1,740	\$1,990
Missouri	\$4.91	430.7	\$2,110	\$1,790
Montana	\$6.46	252.8	\$1,630	\$2,350
Nebraska	\$5.48	328.1	\$1,790	\$2,000
Nevada	\$7.02	238.1	\$1,670	\$2,560
New Hampshire	\$6.39	570.8	\$3,640	\$2,330
New Jersey	\$7.85	222.7	\$1,740	\$2,860
New Mexico	\$7.07	163.7	\$1,150	\$2,580
New York	\$10.47	107.3	\$1,120	\$3,820
North Carolina	\$5.32	366.7	\$1,940	\$1,940
North Dakota	\$5.36	394.2	\$2,110	\$1,950
Ohio	\$6.55	267.3	\$1,750	\$2,390
Oklahoma	\$6.96	296.5	\$2,060	\$2,530
Oregon	\$6.14	267.8	\$1,640	\$2,240
Pennsylvania	\$8.51	242.9	\$2,060	\$3,100
Rhode Island	\$10.15	247.1	\$2,500	\$3,700
South Carolina	\$5.42	340.0	\$1,840	\$1,970
South Dakota	\$6.50	247.3	\$1,600	\$2,370
Tennessee	\$5.39	322.7	\$1,730	\$1,960
Texas	\$6.37	257.6	\$1,640	\$2,320
Utah	\$6.75	249.8	\$1,680	\$2,460
Vermont	\$8.85	242.9	\$2,140	\$3,220
Virginia	\$5.54	405.8	\$2,240	\$2,020
Washington	\$8.58	142.4	\$1,220	\$3,130
West Virginia	\$6.14	358.3	\$2,200	\$2,240
Wisconsin	\$7.72	274.2	\$2,110	\$2,810
Wyoming	\$5.40	332.5	\$1,790	\$1,970
State Average	\$6.64	276.4	\$1,830	\$2,550

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2018*, and media reports.

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