The best way for a state to substantially reduce tobacco use and its attendant harms and costs is to establish an adequately funded comprehensive tobacco prevention program that employs a variety of effective approaches, including smoke-free laws and periodic tobacco tax increases. Nothing else will compete as successfully against the addictive power of nicotine and the tobacco industry’s aggressive marketing tactics. A 2006 study published in the *American Journal of Health Promotion* provides evidence of the effectiveness of comprehensive tobacco control programs and tobacco control policies. The study’s findings suggest that well-funded tobacco control programs combined with strong tobacco control policies increase cessation rates. Quit rates in communities that experienced both policy and programmatic interventions were higher than quit rates in communities that had only experienced policy interventions (excise tax increases or secondhand smoke regulations). This finding supports the claim that state-based tobacco control programs can accelerate adult cessation rates in the population and have an effect beyond that predicted by tobacco-control policies alone.¹

By itself, a significant increase to a state’s excise tax on cigarettes will directly reduce smoking, especially among youth. But combining tobacco tax increases with a comprehensive statewide tobacco prevention campaign will accelerate, expand, and sustain the tobacco use declines in the state, thereby saving more lives and saving more money. The rise in smokers’ calls to quitlines following state cigarette tax increases shows how important it is to have cessation resources available to smokers who wish to quit in response to cigarette tax increases. For example, after the most recent cigarette tax increases in Michigan (from $1.25 to $2.00 per pack) and Montana ($0.70 to $1.70), smoker calls to the state smoking quitlines skyrocketed. In the six months after the tax increase, the Michigan quitline received 3,100 calls, compared to only 550 in the previous six months; and in Montana more than 2,000 people called in the first 20 days after the tax increase, compared to only 380 calls per month previously.² Likewise, in Texas and Iowa, the numbers of calls to their state quitlines have been much higher after each increased their cigarette taxes by $1.00 in 2007, compared to the previous year.³ Probably the most dramatic example is from Wisconsin, which received a record-breaking 20,000 calls to its state quitline in the first two months after its $1.00 cigarette tax increase went into effect on January 1, 2008—compared to typically 9,000 calls per year prior to the tax increase.⁴ The evidence from the states is clear—when states increase their tobacco tax, the demand for assistance in quitting increases, and in many cases, increases dramatically.

**State Examples**

**California** increased its cigarette tax by 25 cents per pack in 1989 to fund the first statewide comprehensive anti-smoking campaign in the nation, which began operating in 1990. As a result, from 1990 to 1996 the state experienced a 25 percent decline in per capita consumption—compared to an 11.5 percent decline in the rest of the nation (Massachusetts excluded).⁵

The state’s 25-cent tax increase amounted to a 15.3 percent increase in state cigarette prices. According to economic research, that price increase should have produced a consumption decline of approximately 6.1 percent.⁶ That leaves an additional 7.4 percent decline in California, above and beyond national declines, caused by the state tobacco prevention program (and other state-specific causes).

**Massachusetts** increased its state cigarette tax by 25 cents per pack in 1993 to establish the Massachusetts Tobacco Control Program (the second such major program in the country).¹ Between 1992 and 1996, per capita cigarette consumption in the state declined by 19.7 percent. At the same time, per capita consumption only decreased by 6.1 percent in the rest of the nation (California excluded).⁷

¹ The Massachusetts Tobacco Control Program is no longer funded with revenue dedicated from the 25-cent state cigarette tax.
The state’s 25-cent tax increase amounted to a 13.8 percent increase in state cigarette prices, which translates into an expected consumption decline of about 5.4 percent. That leaves an additional 8.3 percent decline in Massachusetts, above and beyond national declines, caused by the state tobacco prevention program (and other state-specific causes).

Oregon increased its state cigarette tax by 30 cents per pack in 1997 to establish the state’s new Tobacco Prevention and Education Program. Between 1996 to 1998, per capita cigarette consumption declined by 11.3 percent. Discounting other factors, the U.S. Centers for Disease Control & Prevention (CDC) estimated that up to 6.3 percent of the decrease was prompted by the tax increase, with most of the remainder likely caused by the state’s comprehensive prevention program.

Research Findings

• A study published in the American Journal of Public Health, examined state tobacco prevention and cessation funding levels from 1995 to 2003 and found that the more states spent on these programs, the larger the declines they achieved in adult smoking, even when controlling for other factors such as increased tobacco prices. The researchers also calculated that if every state had funded their programs at the levels recommended by the CDC during that period, there would have been between 2.2 million and 7.1 million fewer smokers in the United States by 2003. The Campaign for Tobacco-Free Kids estimates that such smoking declines would have saved between 700,000 and 2.2 million lives as well as between $20 billion and $67 billion in health care costs.

• The study described above adds to earlier research, using similar methods, which demonstrated the same type of relationship between program spending and youth smoking declines. A 2005 study concluded that if every state had spent the minimum amount recommended by the CDC for tobacco prevention, youth smoking rates nationally would have been between three and 14 percent lower during the study period, from 1991 to 2000. Further, if every state funded tobacco prevention at CDC minimum levels, states would prevent nearly two million kids alive today from becoming smokers, save more than 600,000 of them from premature, smoking-caused deaths, and save $23.4 billion in long-term, smoking-related health care costs.

• A study published in the Journal of Health Economics found that states with the best funded and most sustained tobacco prevention programs during the 1990s – Arizona, California, Massachusetts and Oregon – reduced cigarette sales more than twice as much as the country as a whole (43% compared to 20%). This new study, the first to compare cigarette sales data from all the states and to isolate the impact of tobacco control program expenditures from other factors that affect cigarette sales, demonstrates a dose-response relationship between spending on tobacco prevention and declines in smoking. In essence, the more states spend on tobacco prevention, the greater the reductions in smoking, and the longer states invest in such programs, the larger the impact. The study concludes that cigarette sales would have declined by 18 percent instead of nine percent between 1994 and 2000 had all states fully funded tobacco prevention programs.

• A study of smoking declines in Massachusetts found that more than 55 percent of the declines in state cigarette sales from 1992 and 1998 were due to the efforts of the Massachusetts Tobacco Control Program. The study noted that other factors, such as rising cigarette prices, contributed to the declines in smoking in Massachusetts but concluded that “the single most important factor appears to be the Tobacco Control Program.”

• A study in the American Journal of Public Health found that both the 25-cent cigarette tax increase and the state’s anti-smoking media campaign were statistically significant in reducing cigarette sales in California from 1990 to 1992. Results show that the tax increase contributed to an 819 million pack decline in cigarette sales, and the anti-smoking media campaign reduced cigarette sales by 232 million packs.

• A 1998 study in the Journal of the American Medical Society found that California’s progress in reducing adult and youth smoking stalled when the state cut its tobacco prevention funding in the mid 1990s. Similarly, the impressive initial declines in youth smoking after Florida began its own state
tobacco control program completely stopped among some age groups and or even reversed among others after subsequent funding cuts.\textsuperscript{14}

Given these findings, it is not surprising that other studies have found that, when adequately funded, the Massachusetts tobacco prevention program was reducing smoking-caused healthcare costs in the state by two dollars for every single dollar spent on the program, and that the longer-running California program was saving more than $3.50 for every dollar the state spent on the program.\textsuperscript{15} A recent study published in the American Journal of Public Health found that for every dollar spent by Washington’s tobacco prevention program in the last ten years, the state saved more than $5 in reduced hospitalization costs.\textsuperscript{16} California’s tobacco prevention program found that for every dollar the state spent on its tobacco control program from 1989 to 2004, the state received tens of dollars in savings in the form of sharp reductions to total healthcare costs in the state.\textsuperscript{17} These findings from California confirm that the cost-saving benefits from sustained state investments in effective tobacco control programs quickly grow over time to dwarf the state expenditures, producing massive gains for the state not only in terms of both improved public health and increased worker productivity but in reduced government, business, and household costs.

\textbf{Campaign for Tobacco-Free Kids, January 10, 2012 / Meg Riordan}

More information on the benefits from state investments in comprehensive tobacco prevention efforts is available at \url{http://www.tobaccofreekids.org/facts_issues/fact_sheets/policies/prevention_us_state/}.

More information on the benefits from state tobacco tax increases is available at \url{http://www.tobaccofreekids.org/facts_issues/fact_sheets/policies/tax/us_state_local/}.

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