



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 \$2,700 to \$5,140 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	\$7.65	313.6	\$2,400	\$2,790
Alaska	\$11.37	186.0	\$2,110	\$4,150
Arizona	\$9.61	155.8	\$1,490	\$3,500
Arkansas	\$8.51	232.9	\$1,980	\$3,100
California	\$11.00	152.5	\$1,670	\$4,010
Colorado	\$9.72	196.0	\$1,900	\$3,540
Connecticut	\$12.40	183.0	\$2,260	\$4,520
Delaware	\$9.04	366.0	\$3,300	\$3,290
DC	\$13.23	33.3	\$440	\$4,820
Florida	\$8.70	254.1	\$2,210	\$3,170
Georgia	\$7.84	299.9	\$2,350	\$2,860
Hawaii	\$11.48	186.1	\$2,130	\$4,190
Idaho	\$8.09	247.3	\$2,000	\$2,950
Illinois	\$11.44	180.1	\$2,060	\$4,170

* Average cigarette price is the total retail price for a pack of cigarettes, including state sales tax, 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
Indiana	\$8.24	321.2	\$2,640	\$3,000
Iowa	\$8.71	277.8	\$2,420	\$3,170
Kansas	\$8.85	198.2	\$1,750	\$3,220
Kentucky	\$8.18	371.2	\$3,030	\$2,980
Louisiana	\$8.31	271.8	\$2,250	\$3,030
Maine	\$9.79	276.1	\$2,700	\$3,570
Maryland	\$12.05	196.1	\$2,360	\$4,390
Massachusetts	\$12.58	146.5	\$1,840	\$4,590
Michigan	\$9.50	223.6	\$2,120	\$3,460
Minnesota	\$12.04	183.5	\$2,200	\$4,390
Mississippi	\$8.01	292.9	\$2,340	\$2,920
Missouri	\$7.53	409.4	\$3,080	\$2,750
Montana	\$8.73	227.1	\$1,980	\$3,180
Nebraska	\$8.06	298.5	\$2,400	\$2,940
Nevada	\$9.43	192.3	\$1,810	\$3,440
New Hampshire	\$8.76	657.4	\$5,750	\$3,190
New Jersey	\$10.74	201.5	\$2,160	\$3,920
New Mexico	\$9.93	145.1	\$1,440	\$3,620
New York	\$14.09	73.6	\$1,030	\$5,140
North Carolina	\$7.82	348.6	\$2,720	\$2,850
North Dakota	\$7.83	348.9	\$2,730	\$2,850
Ohio	\$8.84	246.5	\$2,170	\$3,220
Oklahoma	\$9.19	278.0	\$2,550	\$3,350
Oregon	\$10.98	212.0	\$2,320	\$4,000
Pennsylvania	\$11.02	217.9	\$2,400	\$4,020
Rhode Island	\$12.97	235.7	\$3,050	\$4,730
South Carolina	\$7.49	289.8	\$2,170	\$2,730
South Dakota	\$8.50	237.8	\$2,020	\$3,100
Tennessee	\$8.10	270.4	\$2,190	\$2,950
Texas	\$8.49	220.1	\$1,860	\$3,090
Utah	\$9.26	220.8	\$2,040	\$3,380
Vermont	\$11.31	221.7	\$2,500	\$4,120
Virginia	\$8.50	332.3	\$2,820	\$3,100
Washington	\$11.21	126.5	\$1,410	\$4,090
West Virginia	\$8.17	350.0	\$2,850	\$2,980
Wisconsin	\$10.23	244.5	\$2,500	\$3,730
Wyoming	\$7.61	276.1	\$2,100	\$2,770
State Average	\$9.16	247.6	\$2,270	\$3,510

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco*, 2022, 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/.