

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, annually save \$1,480 to \$2,770. 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.

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	\$4.41	413.2	\$1,820	\$1,610
Alaska	\$6.90	274.6	\$1,890	\$2,510
Arizona	\$6.13	226.0	\$1,380	\$2,230
Arkansas	\$5.28	371.1	\$1,950	\$1,920
California	\$5.09	256.9	\$1,300	\$1,850
Colorado	\$4.80	317.7	\$1,520	\$1,750
Connecticut	\$7.32	267.0	\$1,950	\$2,670
Delaware	\$5.13	721.3	\$3,690	\$1,870
DC	\$6.33	224.2	\$1,410	\$2,300
Florida	\$5.40	350.4	\$1,890	\$1,960
Georgia	\$4.35	386.7	\$1,680	\$1,580
Hawaii	\$7.03	284.8	\$2,000	\$2,560
Idaho	\$4.61	404.3	\$1,860	\$1,680
Illinois	\$5.67	257.8	\$1,460	\$2,060

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	\$4.88	365.3	\$1,780	\$1,780
Iowa	\$5.23	344.10	\$1,800	\$1,910
Kansas	\$4.80	339.8	\$1,630	\$1,750
Kentucky	\$4.06	530.4	\$2,150	\$1,480
Louisiana	\$4.43	502.1	\$2,220	\$1,610
Maine	\$6.23	342.5	\$2,130	\$2,270
Maryland	\$6.21	287.4	\$1,780	\$2,260
Massachusetts	\$6.94	255.5	\$1,770	\$2,530
Michigan	\$6.10	300.4	\$1,830	\$2,230
Minnesota	\$5.27	335.2	\$1,760	\$1,920
Mississippi	\$4.80	409.1	\$1,960	\$1,750
Missouri	\$4.14	478.7	\$1,980	\$1,500
Montana	\$5.39	322.2	\$1,730	\$1,960
Nebraska	\$4.51	409.6	\$1,840	\$1,640
Nevada	\$4.80	314.4	\$1,500	\$1,750
New Hampshire	\$5.14	704.9	\$3,620	\$1,870
New Jersey	\$7.07	259.7	\$1,830	\$2,580
New Mexico	\$4.90	213.1	\$1,040	\$1,780
New York	\$7.22	178.2	\$1,280	\$2,630
North Carolina	\$4.42	381.4	\$1,680	\$1,610
North Dakota	\$4.27	494.7	\$2,110	\$1,550
Ohio	\$5.21	366.5	\$1,900	\$1,900
Oklahoma	\$4.65	390.5	\$1,810	\$1,690
Oregon	\$4.74	364.1	\$1,720	\$1,730
Pennsylvania	\$5.41	320.8	\$1,730	\$1,970
Rhode Island	\$7.60	267.3	\$2,030	\$2,770
South Carolina	\$4.10	534.1	\$2,190	\$1,490
South Dakota	\$5.21	344.2	\$1,790	\$1,900
Tennessee	\$4.62	402.2	\$1,850	\$1,680
Texas	\$5.29	286.7	\$1,510	\$1,920
Utah	\$4.78	412.2	\$1,960	\$1,740

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
Vermont	\$6.52	234.0	\$1,520	\$2,380
Virginia	\$4.38	531.4	\$2,320	\$1,590
Washington	\$6.39	234.8	\$1,490	\$2,330
West Virginia	\$4.47	496.6	\$2,210	\$1,630
Wisconsin	\$6.46	292.2	\$1,880	\$2,350
Wyoming	\$4.54	500.3	\$2,270	\$1,650
State Average	\$5.36	362.8	\$1,870	\$1,950

The taxed-packs per adult smoker number for each state 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, counterfeit cigarette sales, and Internet purchases. 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 and New Mexico) will have artificially low taxed-packs-per-smoker numbers. To control for all of these factors, the table also shows the different savings in each state for a smoker who reduces his or her consumption by a single state-taxed pack per day.

Notes: Average cigarette price is the total retail price for a pack of cigarettes, including state sales tax and all federal and state excise taxes. All calculations have been rounded down to be conservative. Price and pack sales data based on Orzechowski and Walker, *The Tax Burden on Tobacco, 2008*, and media reports.

See also Smith, H, "The High Cost of Smoking," MSN Money, updated September 3, 2008, <http://articles.moneycentral.msn.com/Insurance/InsureYourHealth/HighCostOfSmoking.aspx>.

Campaign for Tobacco-Free Kids, December 22, 2009 / Ann Boonn & Eric Lindblom

For more information on tobacco cessation, including resources to quit, see <http://www.tobaccofreekids.org/research/factsheets/index.php?CategoryID=25>