



## MOTHER'S DAY DATA ON SMOKING MOMS AND RELATED HARMS

For many kids, Mother's Day means taking mom out to breakfast, giving her a gift or just saying thanks. On this special day for moms, we should also remember that a terrific way to celebrate Mother's Day could be to pledge to give moms who currently smoke the kind of loving support, encouragement and information that could help them make this the year they become tobacco-free.

In the United States, more than 12.2 million adult women currently smoke, putting them at risk for heart attacks, strokes, lung cancer, emphysema and other life-threatening illnesses. Lung cancer is the leading cancer killer among women, and smoking is responsible for 83 percent of these deaths. Smoking also accounts for at least one out of four deaths from heart disease, the overall leading cause of death among women. When women quit smoking, they improve their own health as well as the health of the people around them. Mothers who give up smoking improve the likelihood that their children will grow-up to be tobacco-free and live longer, healthier lives.

| States               | Smoking Rate Among Women | State Rank Women Smoking (1 = low) | Number of Women Smokers | Annual Women Smoking Deaths | Pregnant Women Smoking Rate | State Rank Pregnant Smoking (1 = low) | Smoking-Affected Births per Year <sup>1</sup> | State Kids Who Have Already Lost Their Moms to Smoking | New Kids Who Lose Their Moms to Smoking Each Year | Total State Health Costs to Treat Female Smokers (millions/year) |
|----------------------|--------------------------|------------------------------------|-------------------------|-----------------------------|-----------------------------|---------------------------------------|-----------------------------------------------|--------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|
| <b>United States</b> | <b>9.2%</b>              | <b>--</b>                          | <b>12,290,500</b>       | <b>183,300</b>              | <b>3.0%</b>                 | <b>--</b>                             | <b>107,800</b>                                | <b>86,000</b>                                          | <b>12,100</b>                                     | <b>\$101,162.8</b>                                               |
| Alabama              | 11.9%                    | 30th                               | 246,900                 | 3,360                       | 4.8%                        | 29th                                  | 2,700                                         | 1,600                                                  | 230                                               | \$851.2                                                          |
| Alaska               | 13.7%                    | 40th                               | 36,000                  | 250                         | 6.8%                        | 39th                                  | 600                                           | 230                                                    | 30                                                | \$208.6                                                          |
| Arizona              | 8.5%                     | 11th                               | 250,700                 | 3,530                       | 2.6%                        | 12th                                  | 2,000                                         | 1,500                                                  | 220                                               | \$1,184.7                                                        |
| Arkansas             | 14.3%                    | 44th                               | 173,000                 | 2,290                       | 7.9%                        | 44th                                  | 2,700                                         | 1,000                                                  | 140                                               | \$558.4                                                          |
| California           | 5.8%                     | 3rd                                | 892,900                 | 17,340                      | 0.7%                        | 1st                                   | 2,800                                         | 8,600                                                  | 1,200                                             | \$6,703.5                                                        |
| Colorado             | 9.0%                     | 14th                               | 207,700                 | 2,240                       | 3.1%                        | 16th                                  | 1,900                                         | 1,000                                                  | 150                                               | \$970.8                                                          |
| Connecticut          | 6.9%                     | 4th                                | 102,700                 | 2,340                       | 2.0%                        | 7th                                   | 600                                           | 840                                                    | 110                                               | \$1,131.4                                                        |
| Delaware             | 10.9%                    | 28th                               | 46,700                  | 650                         | 3.2%                        | 17th                                  | 300                                           | 250                                                    | 30                                                | \$279.0                                                          |
| Washington, DC       | 5.5%                     | 2nd                                | 16,200                  | 350                         | 0.9%                        | 2nd                                   | 0                                             | 200                                                    | 20                                                | \$201.3                                                          |
| Florida              | 8.8%                     | 13th                               | 823,700                 | 13,890                      | 2.3%                        | 9th                                   | 5,000                                         | 5,600                                                  | 790                                               | \$4,319.1                                                        |
| Georgia              | 9.5%                     | 17th                               | 418,900                 | 4,700                       | 2.8%                        | 15th                                  | 3,500                                         | 2,800                                                  | 400                                               | \$1,487.0                                                        |
| Hawaii               | 7.9%                     | 9th                                | 45,200                  | 500                         | 1.3%                        | 3rd                                   | 100                                           | 300                                                    | 40                                                | \$215.2                                                          |
| Idaho                | 9.2%                     | 16th                               | 68,800                  | 730                         | 3.8%                        | 23rd                                  | 800                                           | 360                                                    | 50                                                | \$239.4                                                          |
| Illinois             | 9.5%                     | 17th                               | 477,400                 | 7,950                       | 3.6%                        | 21st                                  | 4,400                                         | 3,400                                                  | 480                                               | \$2,777.3                                                        |
| Indiana              | 14.1%                    | 41st                               | 378,500                 | 4,740                       | 6.6%                        | 35th                                  | 5,200                                         | 1,800                                                  | 260                                               | \$1,457.7                                                        |
| Iowa                 | 12.6%                    | 34th                               | 156,500                 | 2,060                       | 6.7%                        | 38th                                  | 2,400                                         | 640                                                    | 90                                                | \$606.7                                                          |
| Kansas               | 13.4%                    | 39th                               | 151,000                 | 1,850                       | 5.5%                        | 33rd                                  | 1,800                                         | 670                                                    | 90                                                | \$552.3                                                          |
| Kentucky             | 15.5%                    | *                                  | 277,000                 | 3,740                       | 10.5%                       | 50th                                  | 5,400                                         | 1,400                                                  | 190                                               | \$945.1                                                          |
| Louisiana            | 14.5%                    | 46th                               | 263,300                 | 2,890                       | 3.3%                        | 19th                                  | 1,800                                         | 1,900                                                  | 270                                               | \$881.2                                                          |
| Maine                | 12.9%                    | 35th                               | 75,700                  | 1,040                       | 8.2%                        | 46th                                  | 900                                           | 320                                                    | 40                                                | \$410.0                                                          |
| Maryland             | 7.3%                     | 5th                                | 183,100                 | 3,460                       | 2.7%                        | 13th                                  | 1,700                                         | 1,700                                                  | 250                                               | \$1,454.6                                                        |
| Massachusetts        | 7.5%                     | 7th                                | 219,400                 | 4,450                       | 2.2%                        | 8th                                   | 1,400                                         | 1,400                                                  | 200                                               | \$2,268.9                                                        |

<sup>1</sup> The state-specific number of smoking-affected births is based on the number of U.S. live births in 2023 and the percentage U.S. women smoking during pregnancy in 2022.

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|----------------------|--------------------------|------------------------------------|-------------------------|-----------------------------|-----------------------------|---------------------------------------|-----------------------------------------------|--------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------|
| Michigan             | 13.3%                    | 37th                               | 536,500                 | 7,010                       | 6.6%                        | 35th                                  | 6,500                                         | 3,000                                                  | 430                                               | \$2,312.1                                                        |
| Minnesota            | 11.6%                    | 29th                               | 258,200                 | 2,480                       | 4.5%                        | 26th                                  | 2,700                                         | 970                                                    | 130                                               | \$1,228.2                                                        |
| Mississippi          | 14.2%                    | 43rd                               | 167,600                 | 2,050                       | 5.1%                        | 30th                                  | 1,700                                         | 1,300                                                  | 180                                               | \$544.6                                                          |
| Missouri             | 14.1%                    | 41st                               | 348,200                 | 4,760                       | 8.0%                        | 45th                                  | 5,300                                         | 2,000                                                  | 290                                               | \$1,528.7                                                        |
| Montana              | 12.3%                    | 31st                               | 54,600                  | 680                         | 8.6%                        | 48th                                  | 900                                           | 300                                                    | 40                                                | \$221.4                                                          |
| Nebraska             | 10.8%                    | 27th                               | 80,900                  | 1,010                       | 5.1%                        | 30th                                  | 1,200                                         | 420                                                    | 50                                                | \$371.7                                                          |
| Nevada               | 12.9%                    | 35th                               | 161,400                 | 1,760                       | 2.7%                        | 13th                                  | 800                                           | 660                                                    | 90                                                | \$545.3                                                          |
| New Hampshire        | 10.0%                    | 21st                               | 57,900                  | 890                         | 4.6%                        | 28th                                  | 500                                           | 300                                                    | 40                                                | \$388.6                                                          |
| New Jersey           | 8.6%                     | 12th                               | 321,300                 | 5,470                       | 1.4%                        | 5th                                   | 1,400                                         | 2,200                                                  | 310                                               | \$2,193.8                                                        |
| New Mexico           | 9.0%                     | 14th                               | 75,800                  | 1,100                       | 3.7%                        | 22nd                                  | 700                                           | 670                                                    | 90                                                | \$410.2                                                          |
| New York             | 7.8%                     | 8th                                | 630,400                 | 13,360                      | 2.4%                        | 10th                                  | 4,800                                         | 4,600                                                  | 650                                               | \$5,725.5                                                        |
| North Carolina       | 10.4%                    | 24th                               | 457,100                 | 5,840                       | 4.5%                        | 26th                                  | 5,400                                         | 2,500                                                  | 360                                               | \$1,818.1                                                        |
| North Dakota         | 12.4%                    | 32nd                               | 36,100                  | 380                         | 7.4%                        | 41st                                  | 700                                           | 150                                                    | 20                                                | \$146.9                                                          |
| Ohio                 | 14.3%                    | 44th                               | 674,000                 | 8,680                       | 7.8%                        | 43rd                                  | 9,800                                         | 2,800                                                  | 400                                               | \$2,822.3                                                        |
| Oklahoma             | 15.3%                    | 47th                               | 239,400                 | 3,120                       | 6.6%                        | 35th                                  | 3,100                                         | 1,300                                                  | 180                                               | \$785.1                                                          |
| Oregon               | 9.9%                     | 20th                               | 170,200                 | 2,400                       | 4.4%                        | 25th                                  | 1,600                                         | 1,000                                                  | 140                                               | \$789.2                                                          |
| Pennsylvania         | 14.0%                    | *                                  | 740,700                 | 9,600                       | 6.0%                        | 34th                                  | 7,600                                         | 3,200                                                  | 450                                               | \$3,234.9                                                        |
| Rhode Island         | 8.4%                     | 10th                               | 38,500                  | 860                         | 2.5%                        | 11th                                  | 200                                           | 250                                                    | 30                                                | \$359.3                                                          |
| South Carolina       | 10.2%                    | 22nd                               | 224,500                 | 2,760                       | 4.3%                        | 24th                                  | 2,400                                         | 1,500                                                  | 220                                               | \$845.9                                                          |
| South Dakota         | 13.3%                    | 37th                               | 45,700                  | 470                         | 7.4%                        | 41st                                  | 800                                           | 260                                                    | 30                                                | \$163.0                                                          |
| Tennessee            | 15.8%                    | 48th                               | 452,400                 | 4,610                       | 7.3%                        | 40th                                  | 6,000                                         | 2,300                                                  | 320                                               | \$1,258.2                                                        |
| Texas                | 10.2%                    | 22nd                               | 1,181,900               | 11,460                      | 1.3%                        | 3rd                                   | 5,000                                         | 7,100                                                  | 1,000                                             | \$4,207.1                                                        |
| Utah                 | 4.6%                     | 1st                                | 56,600                  | 460                         | 1.6%                        | 6th                                   | 700                                           | 460                                                    | 60                                                | \$216.2                                                          |
| Vermont              | 10.7%                    | 26th                               | 28,900                  | 430                         | 8.5%                        | 47th                                  | 400                                           | 150                                                    | 20                                                | \$181.1                                                          |
| Virginia             | 9.6%                     | 19th                               | 335,300                 | 4,430                       | 3.3%                        | 19th                                  | 3,000                                         | 1,900                                                  | 270                                               | \$1,554.2                                                        |
| Washington           | 7.3%                     | 5th                                | 224,400                 | 3,690                       | 3.2%                        | 17th                                  | 2,500                                         | 1,500                                                  | 220                                               | \$1,454.3                                                        |
| West Virginia        | 21.4%                    | 49th                               | 152,900                 | 1,840                       | 15.3%                       | 51st                                  | 2,500                                         | 620                                                    | 80                                                | \$503.5                                                          |
| Wisconsin            | 10.6%                    | 25th                               | 248,200                 | 3,320                       | 5.3%                        | 32nd                                  | 3,100                                         | 1,100                                                  | 160                                               | \$1,308.6                                                        |
| Wyoming              | 12.4%                    | 32nd                               | 27,500                  | 350                         | 9.3%                        | 49th                                  | 500                                           | 170                                                    | 20                                                | \$131.2                                                          |
| <b>United States</b> | <b>9.2%</b>              | <b>--</b>                          | <b>12,290,500</b>       | <b>183,300</b>              | <b>3.0%</b>                 | <b>--</b>                             | <b>107,800</b>                                | <b>86,000</b>                                          | <b>12,100</b>                                     | <b>\$101,162.8</b>                                               |

Women = 18 years and older. Kids = Less than 18 years old.

### Campaign for Tobacco-Free Kids, February 2, 2026 / Hope Neuling

**Sources:** State-specific smoking rates: 2023 Behavioral Risk Factor Surveillance System (BRFSS) except for KY and PA, which are from 2022 BRFSS. National: 2023 National Health Interview Survey (NHIS). U.S. Bureau of Census 2023 population estimates used to compute state-specific number of women smokers. National and state-specific annual smoking deaths from the CDC's STATE System (average annual deaths from 2005-2009), which is the most current state-specific data by gender available. Pregnant women national rate: Osterman, Michelle J.K., et al., Births: CDC, "Births: Final Data for 2023," National Vital Statistics Reports Volume 74, Number 1, March 18, 2025. Pregnant women state-specific rates: America's Health Rankings analysis of CDC WONDER, Natality Public Use Files, United Health Foundation, [AmericasHealthRankings.org](https://www.americashealthrankings.org), accessed 2025. Births: CDC, "Births: Final Data for 2023," National Vital Statistics Reports Volume 74, Number 1 and CDC WONDER, Natality Public Use Files used to compute state-specific number of smoking-affected births. Lost mothers: Leistikow, B. et al., "Estimates of Smoking-Attributable Deaths at Ages 15-54, Motherless or Fatherless Youths, and Resulting Social Security Costs in the United States in 1994," *Preventive Medicine* 30(5): 353-360, May 2000, and state-specific data provided by the author. Costs: CDC, *Best Practices for Comprehensive Tobacco Control Programs 2014*, <https://www.cdc.gov/tobacco/php/state-and-community-work/guides-for-states.html>, based on female proportion of annual smoking deaths. Cost data have been adjusted to 2018 dollars by the CDC's methodology of using the Bureau of Economic Analysis' price indexes for Gross Domestic Products.