

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 \$2,900 to \$5,400 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†	Annual Amount that Average Adult Smoker Would Save by Quitting	Annual Savings from Reducing Smoking by One Pack per Day
Alabama	\$8.34	278.1	\$2,310	\$3,040
Alaska	\$12.99	148.2	\$1,920	\$4,740
Arizona	\$11.10	152.3	\$1,690	\$4,050
Arkansas	\$9.30	234.0	\$2,170	\$3,390
California	\$11.78	129.2	\$1,520	\$4,290
Colorado	\$10.28	191.3	\$1,960	\$3,750
Connecticut	\$13.63	178.4	\$2,430	\$4,970
Delaware	\$9.94	381.1	\$3,780	\$3,620
DC	\$14.03	23.3	\$320	\$5,110
Florida	\$9.29	252.7	\$2,340	\$3,390
Georgia	\$8.86	300.4	\$2,660	\$3,230

* 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.

Immediate Smoker Savings from Quitting in Each State

State	Average Cigarette Pack Price*	Annual Taxed Pack Sales per Adult Smoker†	Annual Amount that Average Adult Smoker Would Save by Quitting	Annual Savings from Reducing Smoking by One Pack per Day
Hawaii	\$13.09	170.5	\$2,230	\$4,770
Idaho	\$8.75	243.6	\$2,130	\$3,190
Illinois	\$12.37	166.1	\$2,050	\$4,510
Indiana	\$11.28	229.5	\$2,590	\$4,110
Iowa	\$9.95	248.6	\$2,470	\$3,630
Kansas	\$9.73	183.8	\$1,780	\$3,550
Kentucky	\$9.01	340.1	\$3,060	\$3,280
Louisiana	\$9.15	276.9	\$2,530	\$3,340
Maine	\$12.19	220.6	\$2,690	\$4,450
Maryland	\$13.47	167.7	\$2,250	\$4,910
Massachusetts	\$13.28	134.5	\$1,780	\$4,840
Michigan	\$10.35	217.2	\$2,240	\$3,770
Minnesota	\$12.90	173.2	\$2,230	\$4,700
Mississippi	\$8.58	300.5	\$2,570	\$3,130
Missouri	\$8.01	394.8	\$3,160	\$2,920
Montana	\$9.73	213.7	\$2,080	\$3,550
Nebraska	\$8.99	450.5	\$4,050	\$3,280
Nevada	\$10.31	160.6	\$1,650	\$3,760
New Hampshire	\$9.42	636.6	\$5,990	\$3,430
New Jersey	\$11.66	186.0	\$2,160	\$4,250
New Mexico	\$10.90	137.6	\$1,500	\$3,970
New York	\$14.83	76.0	\$1,120	\$5,410
North Carolina	\$8.75	334.2	\$2,920	\$3,190
North Dakota	\$8.71	331.7	\$2,880	\$3,170
Ohio	\$9.94	243.6	\$2,420	\$3,620
Oklahoma	\$9.89	253.4	\$2,500	\$3,610
Oregon	\$11.41	194.2	\$2,210	\$4,160
Pennsylvania	\$11.85	204.7	\$2,420	\$4,320
Rhode Island	\$13.72	236.9	\$3,250	\$5,000
South Carolina	\$8.43	291.9	\$2,460	\$3,070
South Dakota	\$9.94	212.7	\$2,110	\$3,620
Tennessee	\$9.21	243.0	\$2,230	\$3,360
Texas	\$10.04	208.8	\$2,090	\$3,660
Utah	\$10.78	188.6	\$2,030	\$3,930
Vermont	\$12.48	213.3	\$2,660	\$4,550

Immediate Smoker Savings from Quitting in Each State

State	Average Cigarette Pack Price [*]	Annual Taxed Pack Sales per Adult Smoker [†]	Annual Amount that Average Adult Smoker Would Save by Quitting	Annual Savings from Reducing Smoking by One Pack per Day
Virginia	\$9.63	286.3	\$2,750	\$3,510
Washington	\$12.29	121.7	\$1,490	\$4,480
West Virginia	\$9.19	308.5	\$2,830	\$3,350
Wisconsin	\$10.77	233.8	\$2,510	\$3,930
Wyoming	\$8.79	254.9	\$2,240	\$3,200
State Average	\$10.15	234.5	\$2,380	\$3,880

Sources: U.S. Census Bureau. Orzechowski and Walker, *The Tax Burden on Tobacco, 2024*, and media reports.