



TOBACCO
FREE
COLLEGES

The Costs of Tobacco

WHAT DOES A PACK OF CIGARETTES COST A SMOKER?

Tobacco use is expensive. A pack of cigarettes costs on average \$4.70, including taxes.¹ Which means that smoking a pack a day for a week costs \$32.90. That may not seem like a lot until you add it up. Look what a pack of cigarettes per day cost you in one year:

\$4.70 X 365 days = \$1,715.50 OR

- 1,733 Music downloads at \$.99 each
- 245 Movie matinees at \$7.00 each
- 172 Kindle downloads at \$9.99 each
- 114 Dinners with friends at \$15 each
- 57 Pairs of shoes at \$30 each
- 34 Video games at \$50 each
- 14 Weeks worth of groceries at \$125 each
- 5 Gaming systems such as PS2 or Xbox 360 at \$300 each plus extra money left over.
- 1 Savings account at \$1715.50



SMOKERS PAY MORE:

The cost of lighting up goes far beyond the cost of a pack of cigarettes. Tobacco use can result in illness or early death; smokers can lose an average of 13 to 14 years of life.²

Smoking is costly not only to your health and your pocket, but also to your state. Tobacco use costs taxpayers in North Carolina about \$2.46 billion in healthcare costs (\$769 million in Medicaid expenses alone), and \$3.3 billion in lost yearly productivity.³

THE BOTTOM LINE: CHOOSE NOT TO SMOKE.

If you or someone you know wants to quit smoking or dipping, please call:

References: ¹NC Tobacco Prevention and Control Branch, Cigarette Price Survey, 2009. ²Centers for Disease Control and Prevention. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 1995–1999. Morbidity and Mortality Weekly Report [serial online]. 2002;51(14):300–303 [accessed 2009 Mar 31]. ³“The Toll of Tobacco in North Carolina” Campaign for Tobacco-Free Kids. Downloaded on October 27, 2008 at: <http://www.tobaccofreekids.org/reports/settlements/toll.php?StateID=NC>



1-800-QUIT-NOW

ABOUT THE NORTH CAROLINA HEALTH AND WELLNESS TRUST FUND (HWTF)

The NC Health and Wellness Trust Fund was created by the General Assembly in 2001 to allocate a portion of the state's share of the national tobacco settlement to improve the health of all North Carolinians by funding preventive health initiatives. Please visit: www.HealthWellNC.com

ABOUT TOBACCO-FREE COLLEGES

Tobacco-Free Colleges is the NC Health and Wellness Trust Fund's program that provides assistance to all NC campuses in adopting and implementing tobacco-free policies and in promoting cessation. Please visit: www.tobaccofreecollegesnc.com.