Finance 101: Quit **Smoking and Take Charge** of Your **Finances**

The Louisiana Campaign for Tobacco-Free Living

Empowering People and Communities
Series

A program of The Louisiana Cancer Research Center (LCRC) and The Louisiana Public Health Institute (LPHI)





Moderator

Michelle Ozah, MSW
Social & Health Disparities Sr.
Coordinator

About TFL's Empowering People and Communities Series

"Equitably bringing health education. resources and hope to people, populations, and communities in Louisiana."

Learning Objectives:

- Identify the Link Between Financial Stress and Tobacco Use. Describe how financial challenges can increase vulnerability to nicotine addiction and make quitting smoking more difficult.
- Understand the Economic Impact of Smoking. Analyze the direct and indirect financial costs of smoking, including daily spending on tobacco products, increased healthcare expenses, and reduced productivity.
- Explore How Quitting Smoking Can Improve Financial Wellness. Calculate the potential savings from quitting smoking and how those funds can be redirected into savings, investments, or essential needs.
- Develop Basic Budgeting and Money Management Skills. Learn practical steps to create a budget that includes strategies for reducing unnecessary spending, such as tobacco use, and building financial resilience.
- Access Resources to Support Financial and Tobacco Cessation Goals. Identify local and national tools and services that can assist individuals in managing finances and successfully quitting tobacco use, especially for low-income households.

Financial Health and Smoking/Tobacco use are related in the following ways:

- •Nicotine addiction and expenditures on cigarettes may impose extra financial strain on low-income households
- •Stress from financial problems can make it harder to quit smoking and increase tobacco product use
- •Financial strain is associated with reduced likelihood of cigarette smoking cessation and increased likelihood of smoking relapse
- •Quitting smoking can improve financial health and turn a bad habit into a nest egg or investment opportunity
- •Smoking has extensive financial implications, including direct costs, increased healthcare expenses, and potential losses in productivity





National Average Cost of Tobacco Products:

A pack of cigarettes in the U.S. averages approximately \$8.00, ranging from about \$6 to \$12, depending on state taxes

Louisiana Specific Cost: In Louisiana, the average price per pack is about \$7, slightly below the national average

According to World Population Review

Location	Avg. Pack Price	Excise Tax	Annual Cost (1 pack/day)
U.S. (national)	\$8.00	~\$1.93 + \$1.01 federal	~\$2,190—\$2,555
Louisiana	\$7.00	\$0.36	~\$2,555
New Orleans (Marlboro)	\$9.00		~\$3,285



Factors to consider:

- •Price per pack: The cost of a pack of cigarettes varies by location and brand.
- •Smoking frequency: Some smokers smoke more or less than one pack per day.
 - •Other costs: Besides the cost of cigarettes, smokers may incur additional expenses, such as healthcare related to smoking or life insurance premiums.
- Individual variation: The actual cost can vary significantly based on individual smoking habits and preferences.
 - •Fire risk: risk of accidental fires in the home or vehicle
- •Secondhand Smoke: Healthcare costs for family members or others exposed to secondhand smoke. Potential long-term effects on children's health (e.g., asthma, respiratory infections).

Disclaimer: The information provided is for general educational purposes and does not constitute medical or financial advice. For specific advice, consult with a qualified professional.





Today's Panelist



Ricardo Thomas, RFC, ChFEBC
President and Financial Consultant
THOMAS-WADDELL & Associates



Thoughts on Generational Wealth.....



Counting the costs both physically and financially



Financial Literacy leads to peace of mind: When we know better, we can do better.



Knowing the facts: Real Income Statistics

*Bureau of Labor Statistics



Exploring the ingredients of financial success

BUDGETING, RISK MANAGEMENT, RETIREMENT PLANNING, ESTATE PLANNING, INVESTING, TAX PLANNING



Information is only as good as the source. (Working with qualified professionals)



Understanding how money works



Connecting the dots.....Imagine the savings from not smoking and investing the proceeds



Finance 101 Q & A



Louisiana Statewide Cessation Resources





Louisiana Tobacco Quitline Services

POINT OF ENTRY INTO QUITLINE SERVICES

PHONE	WEB	TEXT to Start
1-800-QUIT NOW Quit Coach 	www.QuitWithUsLA.org Web Coach	Text "Ready" to 34191 Quit For Life®



- 5 session via outbound phone, inbound chat, text or group video
 - Telephonic support
 - Online access
 - Text messaging support
 - Quit Medications 2 Weeks NRT (patch or gum)
- 5 Session Youth Support Program ages 13-17 (Online/Digital, only)



Quit Tobacco/Vape Experience

- Online experience w/ inbound chat with a Coach
- Digital experience and content; Text a Coach
- Coach-led group video sessions

Call ● **Text** ● **Chat** ● **Group video**

Multiple ways to interact:

 Activities include steps, videos, quizzes and other content, as well as trackers that give feedback and show progress

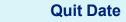


Enrolling in the Quitline











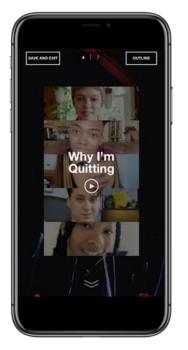


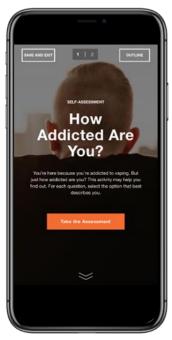




LIVE VAPE FREE

- Teens ages 13–17
- Easy-to-navigate
- Teaches skills to quit vaping
- Multimedia experience
- Easy-to-access content that:
 - Educates on keys to quitting
 - Motivates, inspires, enlightens
 - Helps teens find their "why"
 - Boosts confidence
- Adapts to teen's engagements





ALL IMAGES ARE FPO



Please complete the survey

