

Tobacco Harm Reduction 101

Massachusetts 2025

Lawmakers are often bombarded with misinformation on the products used by adults in their state. This annual analysis provides up-to-date data on the adults who use cigarettes and e-cigarette products in the Bay State. This information also includes data on youth use, impacts of e-cigarettes and analyses of existing tobacco monies.

Key Points:

- In 2023, 554,641 Massachusetts adults (9.8 percent) were currently smoking. This is a 5.8 percent decrease from 2022 and represents 31,148 fewer adults smoking.
- Among all smoking adults in Massachusetts in 2023, 4.6 percent were 18 to 24 years old, 38.2 percent were 25 to 44 years old, 40.7 percent were 45 to 64 years old, and 16.5 percent were 65 years or older.
- Among all adults earning \$25,000 or less in 2023, 18.8 percent were currently smoking compared to 6.8 percent of adults earning \$50,000 or more.
- Among all smoking adults in Massachusetts in 2023, 69 percent were White, 11.8 percent were Hispanic, 7.8 percent were Black, 3.6 percent were Asian, 3.2 percent were Multiracial, and 3.2 percent were adults identifying as “Other.”
- In 2023, 350,895 Massachusetts adults (6.2 percent) were currently using e-cigarettes. This is a 10.7 percent increase from 2022 and represents 35,471 additional adults vaping.
- Among all vaping adults in Massachusetts in 2023, 27.9 percent were 18 to 24 years old, 50.1 percent were 25 to 44 years old, 18.9 percent were 45 to 64 years old, and 3.1 percent were 65 years or older.
- In 2023, for every one Massachusetts high school student who was smoking, more than 56 adults were currently using cigarettes.
- In 2023, for every one Massachusetts high school student who was vaping, more than six adults were currently using e-cigarettes.
- The introduction of e-cigarettes has not led to increases in cigarette smoking, but rather, correlates with significant declines in smoking rates among young adults.
- Between 2007 and 2023, smoking rates among Massachusetts adults aged 18 to 24 years old decreased by 84.7 percent.
- E-cigarette use has decreased among Massachusetts young adults. Between 2022 and 2023, e-cigarette use among 18- to 24-year-olds increased by 14.1 percent.
- Cigarette excise taxes in Massachusetts disproportionately impact low income and low education persons, while failing to significantly reduce smoking rates among that class.
- Among Massachusetts adults earning \$25,000 or less, smoking rates decreased on average by 1.6 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 2.6 percent during the same period.
- In 2023, low-income adults were 2.7 times more likely to smoke than high income earners.
- In 2023, among Massachusetts adults who did not graduate high school, 19.9 percent were currently smoking, while only 3.6 percent of college graduates were smoking.
- In 2023, adults lacking a high school diploma were 5.5 times more likely to smoke than college graduates.
- Massachusetts woefully underfunds programs to prevent youth use of tobacco and/or vapor products and help adults quit smoking, while simultaneously receiving millions of dollars from the pockets of the adults who smoke. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.01 on tobacco control efforts.

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Adult Combustible & E-Cigarette Use

In 2023, according to data from the annual Behavioral Risk Factor Surveillance System survey, conducted by the Centers for Disease Control and Prevention, an estimated 554,641 adults (or 9.8 percent of Bay Staters) were currently smoking. This is a 5.8 percent decrease from 2022 when 10.4 percent reported current cigarette use. There were 31,148 fewer adults smoking in 2023 compared to 2022.

In 2023 (among all Massachusetts adults), 3.6 percent of 18- to 24-year-olds, 11.7 percent of 25–44-year-olds, 12.8 percent of 45–64-year-olds, and 6.8 percent of adults aged 65 years or older were currently smoking combustible cigarettes. Among all smoking adults in 2023, 4.6 percent were 18 to 24 years old, 38.2 percent were 25 to 44 years old, 40.7 percent were 45 to 64 years old, and 16.5 percent were 65 years or older.

Between 2022 and 2023, smoking rates among 18- to 24-year-olds decreased by 41.9 percent, among 25–44-year-olds by 7.1 percent, and among adults aged 65 years or older by 16 percent. Rates increased among 45–64-year-olds by 10.8 percent.

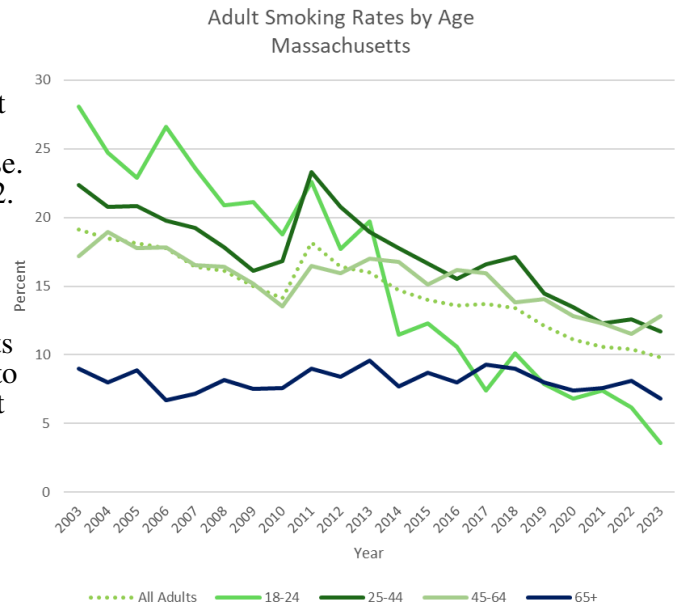
Among all adults earning \$25,000 annually or less in 2023, 18.8 percent reported currently smoking, compared to 6.8 percent of adults who earned \$50,000 or more per year. Low-income adults were 2.7 times more likely to smoke

In Massachusetts, Multiracial adults reported smoking at a greater percentage of their identified race at 17.2 percent. This is compared to 11.5 percent of Black adults, 9.8 percent of adults identifying as “Other,” 9.7 percent of White adults, 9.5 percent of Hispanic adults, and 6.4 percent of Asian adults.

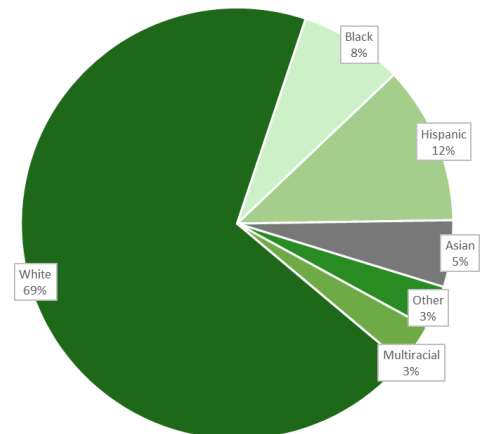
Yet, White adults made up a significantly larger percentage of Massachusetts’ total adult smoking population. In 2023, White adults accounted for 69 percent of Massachusetts’ current smoking population, compared to Multiracial adults, who made up 3.2 percent. Hispanic adults accounted for 11.8 percent, Black adults made up 7.8 percent, Asian adults accounted for 3.6 percent, adults identifying as “Other” made up 3.2 percent of Massachusetts’ adult smoking population in 2023.

In 2023, an estimated 350,895 Massachusetts adults (or 6.2 percent) were currently using e-cigarettes. This is a 10.7 percent increase from 2022 when 5.6 percent reported current e-cigarette use. There were an estimated 35,471 additional adults vaping in 2023 compared to 2022. There has been a 40.9 increase in adults vaping between 2016 and 2023. Further, there were an additional 111,166 Massachusetts adults vaping in 2023 compared to 2016.

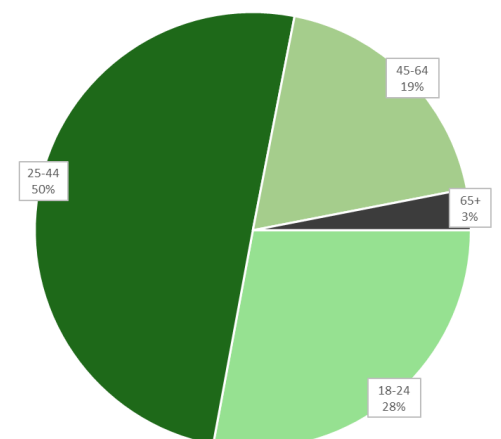
Among Massachusetts adults currently using e-cigarettes in 2023, 27.9 percent were 18 to 24 years old, 50.1 percent were 25 to 44 years old, 18.9 percent were 45 to 64 years old, and 3.1 percent were 65 years or older. Among adult e-cigarette users in Massachusetts in 2023, 72.1 percent were 25 years or older.



Percent of Adults Who Smoke, by Race
Massachusetts 2023



Percent of Adults Who Vape, by Age
Massachusetts 2023



Tobacco Harm Reduction 101

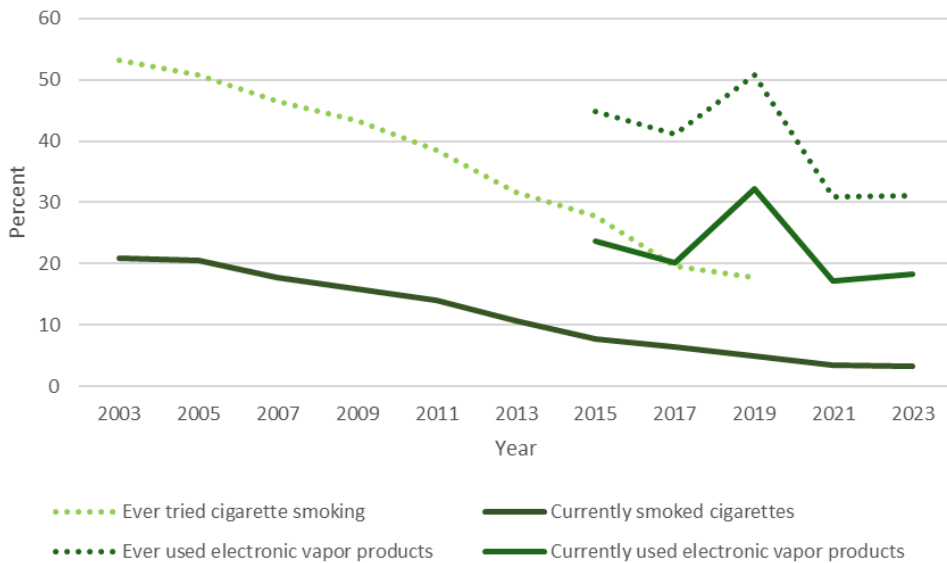
Massachusetts 2025

Youth Combustible Cigarette and E-Cigarette Use

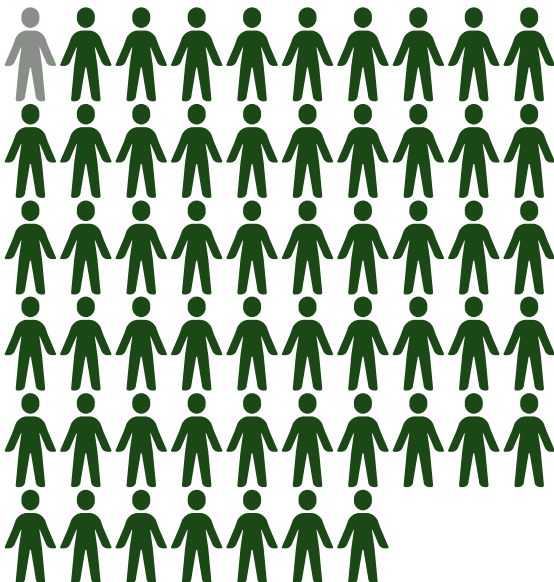
Youth smoking rates are at historic lows in the Bay State. In 2023, 3.4 percent of high school students reported currently smoking cigarettes, or having used the product on at least one occasion in the 30 days prior. In 2023, approximately 9,836 Massachusetts high school students were smoking, compared to an estimated 554,641 Massachusetts adults aged 18 and over who were currently smoking. For every one high schooler smoking in 2023 in Massachusetts, more than 56 adults were currently smoking.

Youth vaping continues to decline in the Bay State. In 2023, 31.2 percent of Massachusetts high school students reported ever using an e-cigarette, and 18.3 percent reported current use. Between 2019 and 2023, ever-use of e-cigarettes decreased by 38.5 percent, while current use declined by 43.2 percent. In 2023, approximately 52,941 Massachusetts high school students were vaping, compared to 350,895 Massachusetts adults aged 18 and over who were currently vaping. For every one high schooler vaping in 2023 in Massachusetts, more than six adults were using e-cigarettes.

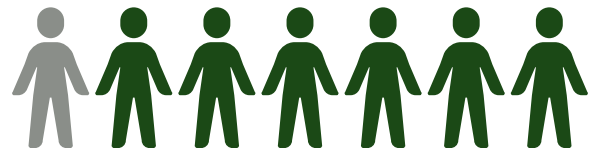
High School Cigarette and E-Cigarette Use
Massachusetts





Youth to Adult Smoking Ratio Massachusetts 2023



Youth to Adult Vaping Ratio Massachusetts 2023



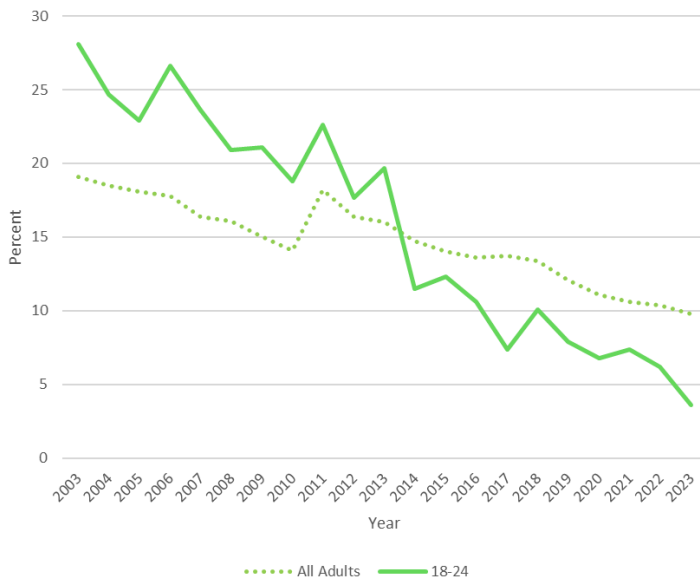
Key

-  = High School Student
-  = Adult

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Young Adult Smoking Rates
Massachusetts



Young Adult Cigarette Use

The introduction of e-cigarettes has not led to increases in young adult cigarette smoking, but rather, correlates with significant declines.

E-cigarettes first entered the U.S. market in 2007, when 23.6 percent of 18- to 24-year-olds were currently smoking. Between 2007 and 2023, smoking rates among young adults in the Bay State decreased by 84.7 percent. Comparatively, among all Massachusetts adults, smoking rates decreased by 40.2 percent during the same period.

E-cigarette use has also decreased among young Massachusetts adults. In 2023, 14 percent of 18- to 24-year-olds were currently using e-cigarettes, which was a 14.1 percent decrease from 2022.

Given the epic lows in young adult smoking rates, lawmakers must refrain from policies that restrict access to alternatives to smoking.

Effects of Cigarette Excise Taxes

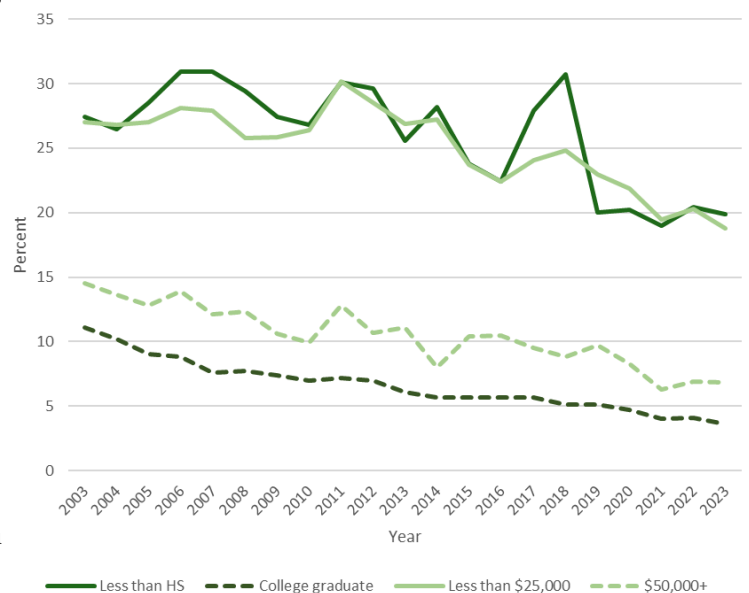
Massachusetts currently imposes a \$3.51-per-pack state cigarette excise tax. Lawmakers often justify excise taxes on cigarettes to deter persons from using combustible cigarettes. These taxes not only disproportionately harm lower income and lower educated adults; the taxes also fail to significantly reduce smoking rates among those persons.

Among Massachusetts adults earning \$25,000 or less, smoking rates decreased on average by 1.6 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 2.6 percent during the same period. In 2023, low-income adults were 2.7 times more likely to smoke than high income earners.

Among Bay Staters who did not graduate high school, 19.9 percent were currently smoking in 2023, compared to 3.6 percent of college graduates who were smoking. In 2023, adults lacking a high school diploma were 5.5 times more likely to smoke than college graduates.

Lawmakers should refrain from enacting further increases in cigarette taxes given their disproportionate effect on low-income persons, while failing to reduce smoking rates

Smoking Rates by Education and Income
Massachusetts



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Massachusetts 2025

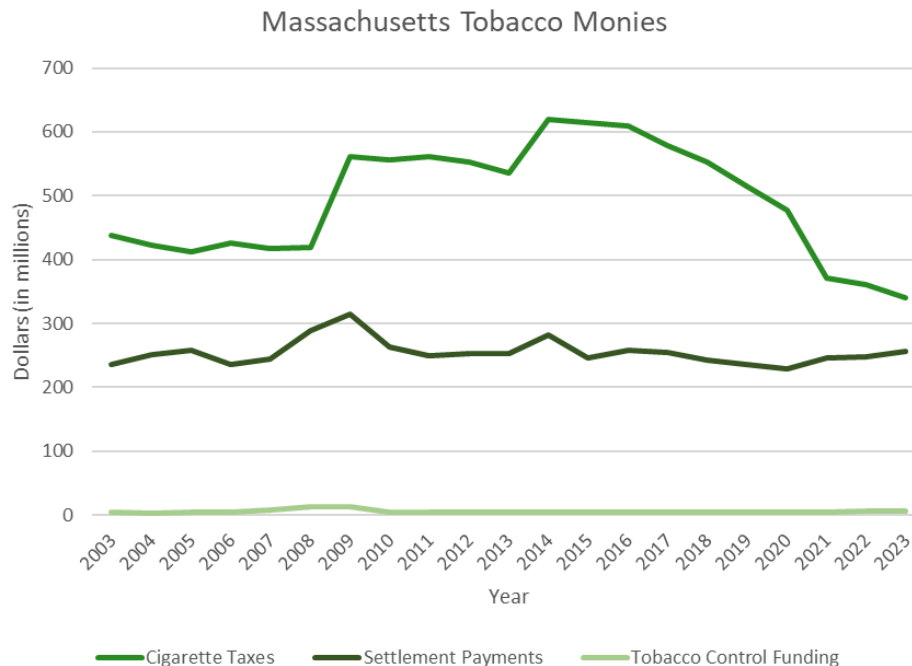
Tobacco Monies

Each year, states receive billions of dollars borne out of the lungs of persons who smoke. This revenue includes excise cigarette taxes and settlement payments. Yet, each year, states spend miniscule amounts of tobacco-related monies on programs to help adults quit smoking and prevent youth use.

In 2023, the Bay State collected \$340.9 million in state excise tax revenue from combustible cigarettes. This was a 5.6 percent decrease from 2022's \$360.9 million, or \$20 million less. Between 2003 and 2023, Massachusetts collected more than \$10.3 billion in cigarette taxes.

Since the 2000s, Massachusetts has collected annual settlement payments from tobacco manufacturers based on the percentage of cigarettes and tobacco products sold in the state in that year, after successfully suing manufacturers for smoking-related health care costs. Massachusetts collected \$257.1 million in settlement payments in 2023, a 4.1 percent increase from 2022's \$247 million, or an additional \$10.1 million. Since 2003, the Bay State collected more than \$5.3 billion in tobacco settlement payments.

While Massachusetts collected \$598 million in tobacco-related monies in 2023, the state allocated only \$6.1 million in state funding towards tobacco control programs, including cessation, education, and youth prevention efforts, which was an 8.9 percent increase in funding from 2022, or an additional \$500,000. This amounts to 1.8 percent of taxes and 2.4 percent of settlement payments. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.01 on tobacco control efforts. Between 2003 and 2023, Massachusetts collected more than \$15.6 billion tobacco monies, yet spent only \$111.1 million (or 0.7 percent) on tobacco control efforts during the same period.



References

1. Data on adult smoking rates comes from the Centers for Disease Control's Behavioral Risk Factor Surveillance Survey including sections on "Demographics - Race," Tobacco Use - All Categories," and "E-Cigarette Use." Accessed August, 2024. <https://www.cdc.gov/brfss/brfssprevalence/>.
2. Data on race and age was compiled using population data from the Annie E. Casey Foundation (<https://datacenter.kidscount.org/>) and Demographic data from the CDC to cross reference the racial population. Then, data from Smoking and Race, and E-Cigarettes and Age, was used to determine the percent of adults who were smoking in 2023.
3. Data on youth tobacco and vapor product use comes from the CDC's Youth Risk Behavior Survey. Accessed December, 2024. <https://yrbs-explorer.services.cdc.gov/#/>
4. Data on tax information comes from Orzechowski and Walker, "The Tax Burden on Tobacco Historical Compilation Volume 59, 2024, Print.
5. Data on tobacco settlement payments is from Campaign for Tobacco-Free Kids, "Actual Annual Tobacco Settlement Payments Received by the States, 1998-2024." Accessed December, 2024. <https://assets.tobaccofreekids.org/factsheets/0365.pdf>.
6. Data on tobacco control funding is from Campaign for Tobacco-Free Kids, "Appendix A: A History of Spending for State Tobacco." Accessed December, 2024, <https://assets.tobaccofreekids.org/factsheets/0209.pdf>.