



Promoting Health and Cost Control in States (PHACCS)

ALABAMA

The Promoting Health and Cost Control in States (PHACCS) initiative at Trust for America’s Health (TFAH) highlights state legislative and administrative actions that support better health and an economic return on investment or state cost savings, while addressing community-level root causes of poor health.

PHACCS Policies Adopted in Alabama



Universal Pre-Kindergarten Programs NO YES



Universal School Breakfast NO YES



Universal School Lunch NO YES



Syringe Access Program NO YES



Smoke-Free Laws NO YES



Complete Streets NO YES



Earned Income Tax Credit NO YES



Paid Sick Leave NO YES



Paid Family Leave NO YES



Ban the Box NO YES

Advancing PHACCS Policies in Alabama

Spotlight: Paid Family Leave

In April 2025, the Alabama Public Employee Paid Parental Leave Act of 2025 was signed into law with bipartisan support. Effective July 1, 2025, this law provides paid parental leave for certain Alabama state government employees, including K-12 teachers and state workers. The law provides eight weeks of paid parental leave to female employees and two weeks of paid parental leave to male employees, and requires employees to return to work for at least eight weeks after taking leave. In 2024, the Alabama House attempted to pass a similar bill that died in chamber because it did not expand the benefit to male employees and limited leave to six weeks.

The Alabama Public Employee Paid Parental Act of 2025, Senate Bill 199. <https://arcos.state.al.us/cgi/actdetail.mbr/detail?page=act&year=2025&act=81>. Accessed January 6, 2026

Office of the Governor of Alabama. “Governor Delivers Another Win for Alabama Families, Signs Historic Paid Parental Leave into Law”. April 2, 2025. <https://governor.alabama.gov/newsroom/2025/04/governor-ivey-delivers-another-win-for-alabama-families-signs-historic-paid-parental-leave-into-law/>. Accessed January 6, 2026

Stephenson, Jemma “Sponsor Critical After Alabama Senate Committee Cuts Down Parental Leave Bill”. Alabama Reflector. April 24, 2024. <https://alabamareflector.com/2024/04/24/sponsor-critical-after-alabama-senate-committee-cuts-down-parental-leave-bill/>. Accessed January 6, 2026.



State Cigarette Excise Tax Rates

TAX: **\$0.68** TIER: **LOW**

State Excise Tax Rates for Beer and Distilled Spirits



Distilled Spirits
TAX: **\$22.87** TIER: **HIGH**

Beer
TAX: **\$0.53** TIER: **HIGH**

Tax rates are expressed by tier: high (top 25%), middle, and low (lowest 25%)

For more information, please contact TFAH at info@tfah.org



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Policy	Health Evidence	Economic Evidence
Goal 1: Support the Connections Between Health & Learning		
Universal Pre-Kindergarten Programs	Associated with lower rates of obesity, depression, alcohol use, and tobacco use. Support improved socioemotional outcomes and academic outcomes.	Universal pre-K has a positive return on investment and is also cost-effective to program participants, their parents, taxpayers, and society through reductions in healthcare and education spending, and increased earnings for program participants.
School Nutrition Programs	Decrease the risk for food insecurity and address child hunger, improve nutrition quality and reduce obesity rates. Supports academic outcomes, including improved school attendance, and improved cognitive and academic performance.	The school breakfast and lunch programs generate \$40 billion in health and economic benefits, a higher value than their combined annual budget.
Goal 2: Employ Harm Reduction Strategies to Prevent Substance Misuse Deaths & Related Diseases		
Syringe Access Programs	Reduce the rate of infectious diseases among intravenous drug users. Influence other outcomes, such as greater promotion of naloxone, prevention overdose education, and connections to treatment.	Syringe access programs can yield cost savings within a year by preventing new cases of HIV and hepatitis and their associated costs for treatment.
Goal 3: Promote Healthy Behavior		
Smoke-Free Policies	Smoke-free policies decrease tobacco use, exposure to secondhand smoke, smoking-related illnesses and mortality.	Smoke-free policies can reduce secondhand smoke exposure and related medical expenditures.
Tobacco Pricing Strategies	Reduced smoking and rates of smokeless tobacco usage. Improved pre- and post-natal outcomes for pregnant women and babies.	Generate cost savings and avoid lost productivity due to poor tobacco-related health outcomes.
Alcohol Pricing Strategies	Increasing the price of alcohol leads to decreased alcohol consumption, less excessive drinking, decreased mortality from liver cirrhosis, and reduced alcohol-related violence.	Save billions of dollars in medical expenses and can also increase state revenue.
Goal 4: Promote Active Living & Connectedness		
Complete Streets	Attract active transportation for biking and walking by improving transportation connectivity. Can help mitigate the impacts of inactive lifestyles and improve health outcomes by promoting physical activity.	Have been associated with economic development, increased home values, and creating economic vitality.
Goal 5: Ensure Safe, Healthy, & Affordable Housing for All		
Housing Rehabilitation Loan & Grant Programs	Positive effects on overall physical and mental health by reducing hazards within a home. Reduce hospitalizations, mitigate heat-related illnesses and cold-related health problems. Can support older adults to age in place.	Improve home values, neighborhood quality and stability by promoting stable housing. Benefits low-income owners by reducing bill costs providing them with more income.
Rapid Re-Housing Programs/ Housing First	Rapid re-housing is linked to improved physical and mental health, greater self-sufficiency, reduced substance use and decreased rates of homelessness.	Improve financial stability and employment outcomes for participants. Supports efforts to maintain employment.
Goal 6: Economic Well-Being		
Earned Income Tax Credit (EITC)	Associated with improved maternal and child health, increased food security and improved mental health outcomes.	Improved likelihood of completing higher education. Reduces likelihood of living in poverty, and criminal convictions.
Earned Sick Leave	Increases opportunities to access preventive healthcare. Reduces exposure to transmissible diseases in the workplace and occupational injury.	Increases labor productivity and profit for employers reduce employee turnover, saving employers the cost of hiring and training replacements.
Paid Family Leave	Improves maternal and child health by reducing the risk of birth-related health issues for mothers and their babies. Can support positive mental and physical health outcomes for parents.	Provides economic security to caregivers, increase employee retention, and saves employers the cost of training new hires.
Fair Hiring Protections (Ban-the-Box)	Increased employment for justice-involved individuals. Improves economic well-being from employment, which influences health outcomes.	Increased lifetime earnings for formerly justice-involved individuals.