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Section 1: Urban Area Index Data
Section 2: Average Prices



COMPARATIVE DATA FOR URBAN AREAS

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Quarter 1, 2022 Data

COST OF LIVING INDEX

C2ER

COUNCIL FOR COMMUNITY
AND ECONOMIC RESEARCH

COST OF LIVING INDEX

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ABOUT THE INDEX: The Council for Community and Economic Research (C2ER) produces the *Cost of Living Index* to provide a useful and accurate measure of living cost differences among urban areas. Items on which the Index is based have been carefully chosen to reflect the different categories of consumer expenditures. Weights assigned to relative costs are based on government survey data on expenditure patterns for professional and executive households in the top income quintile. All items are priced in each place at a specified time and according to standardized specifications.

Because the number of items priced is limited, it is not valid to treat percentage differences between areas as exact measures. Since judgment sampling is used in this survey, no confidence interval can be determined. Small differences, however, should not be construed as significant, or even as indicating correctly which area is the more expensive.

INTERPRETING THE INDEX: The *Cost of Living Index* measures *relative* price levels for consumer goods and services in participating areas. The average for all participating places, both metropolitan and nonmetropolitan, equals 100, and each participant's index is read as a *percentage* of the average for all places.

The Index does not measure inflation (price change over time). Because each quarterly report is a separate comparison of prices at a single point in

time, and because both the number and the mix of participants changes from one quarter to the next, ***Index data from different quarters cannot be compared.*** For inflation data, contact the US Bureau of Labor Statistics (BLS) at www.bls.gov.

The *Index* reflects cost differentials for professional and executive households in the top income quintile. Operationally, this standard of living is set by the weighting structure. Homeownership costs, for example, are more heavily weighted than they would be if the *Index* reflected a clerical worker standard of living or average costs for all urban consumers. (Weights for component indexes appear above column headings—e.g., 17.26% for Grocery Items.)

PARTICIPATING AREAS: Areas included in this survey are those where organizations have volunteered to participate. The number of respondents varies from quarter to quarter, and C2ER makes a continuing effort to expand coverage of metropolitan areas. Any metropolitan area not represented in this report is absent because local organizations have opted not to collect data. ***C2ER has no data for areas that do not appear in this report.***

PRICE REPORTING: C2ER stringently reviews all prices reported and attempts to eliminate errors and noncompliance with specifications. All price data are obtained from sources deemed reliable, but no representation is made as to the complete accuracy

thereof. They are published subject to errors, omissions, changes, and withdrawals without notice.

SPECIFICATIONS: The specific items priced are listed on page iii. Abbreviated specifications for all items are presented only as a guide to users of this report; far more detailed specifications are contained in the manual that governs pricing, which may be found at www.coli.org.

EXCLUSION OF TAXES: C2ER is fully aware that state and local taxes are an integral part of the cost of living, and that tax burdens vary widely among states and metropolitan areas and within metropolitan areas. Due to the multiplicity of state and local taxes, taxing jurisdictions, and assessment procedures, it is not feasible to calculate local tax burdens reliably. C2ER has opted to produce an index that adequately measures differences in goods and services costs, rather than to produce an inaccurate measure that attempts to incorporate taxes levied on real and intangible property, retail purchases, and income.

TWO SECTIONS OF QUARTERLY DATA: The *Cost of Living Index* presents data in two sections:

URBAN AREA INDEX DATA: This section shows each place's Composite Index and six component indexes—Grocery Items, Housing, Utilities, Transportation, Health Care, and Miscellaneous Goods and Services. Places are listed by state. Within each

state, places appear alphabetically within metropolitan area, metropolitan division or micropolitan area in the United States. C2ER has adopted the new metro and micro area definitions announced by the US Office of Management and Budget (OMB) on March 2020.

Data users who opt to use suburban places as surrogates for central cities should be aware that living cost differences can exist within large metropolitan areas. This caution is particularly important where there are substantial differences in housing costs and/or utility rates.

AVERAGE PRICES: The average price reported for each item in this survey is shown for each place that has participated in at least two of the three previous pricing periods. Places are listed alphabetically within state, without respect to metropolitan or micropolitan status. After the final state listing, this section presents the median, average, standard deviation, and range for each item.

DATA REQUESTS: Please use our website at www.coli.org.

OTHER QUESTIONS: Please direct all questions except data requests to C2ER at the mailing address shown on the previous page, voice 703-522-4980, fax 480-393-5098, or www.c2er.org ("Contact Us").

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C2ER: C2ER is a nonprofit professional organization comprising research staff of chambers of commerce, economic development organizations and agencies, and related organizations throughout the United States and Canada. In its dedication to improving business information through research, C2ER developed the *Cost of Living Index* to meet the need for a measure of living cost differentials among urban areas. Originally titled *Inter-City Cost of Living Indicators Project*, the *Cost of Living Index* has been published quarterly since 1968. The *Cost of Living Index* is based on nearly 100,000 data points gathered primarily by C2ER members located in 400 cities. For more information about participating in this project or joining C2ER, please visit www.c2er.org or call 703-522-4980.

HOW TO USE THE COST OF LIVING INDEX

Assume that City A has a composite index of 98.3 and City B has a composite index of 128.5. If you live in City A and are contemplating a job offer in City B, how much of an increase in your after-taxes income is needed to maintain your present lifestyle?

$$100 * [(City B - City A) / City A] = 100 * [(128.5 - 98.3) / 98.3] = 100 * (.3072) = 30.72\%, \text{ or about a 31\% increase}$$

Conversely, if you are considering a move from City B to City A, how much of a cut in after-taxes income can you sustain without reducing your present lifestyle?

$$100 * [(City A - City B) / City B] = 100 * [(98.3 - 128.5) / 128.5] = 100 * (-.2350) = -23.5\%, \text{ or about a 24\% reduction}$$

Price Report Column Headings

The items and specifications in this study are listed below. Descriptions for housing and utilities are abbreviated, since pricing is based on explicit procedural instructions and highly detailed specifications. Monthly costs for housing and energy are not communitywide averages and should not be construed as such: they are specific to professional and executive households. • Establishment samples are selected to reflect a mid-management standard of living; minimum sample size depends on the population of the area for which data are collected. • To ensure uniformity, national brands are stipulated wherever possible. "Lowest price" is the average of the lowest prices found in all stores surveyed. • Weights are shown for the component indexes. • Weights are calculated by C2ER based on data extracted from the 2020 US Consumer Expenditure Survey, BLS.

Column Number	Weight	
GROCERY ITEMS		
MEATS		
1	0.026922	Steak Price per pound, rib-eye cut steak
2	0.026922	Ground beef or hamburger Price per pound, lowest price, min 80% lean
3	0.036168	Sausage Price per pound; Jimmy Dean or Owens brand, 100% pork
4	0.036100	Frying chicken Price per pound, whole fryer
5	0.034605	Chunk light tuna 5.0 or 6.0 oz. can, Starkist or Chicken of the Sea
DAIRY PRODUCTS		
6	0.025970	Whole milk Half-gallon carton
7	0.012033	Eggs One dozen, Grade A, large
8	0.003072	Margarine One pound, cubes, Blue Bonnet or Parkay
9	0.062479	Parmesan cheese, grated 8 oz. canister, Kraft brand
PRODUCE		
10	0.034412	Potatoes 5 lb., white or red
11	0.068054	Bananas Price per pound
12	0.026163	Iceberg lettuce Head, approximately 1.25 pounds
BAKERY PRODUCTS		
13	0.078115	Bread, whole wheat 24 oz. loaf, Arnold, Orowheat, Brownberry, or Nature's Own Brand
MISCELLANEOUS GROCERY PRODUCTS		
14	0.008580	Fresh Orange Juice 52 oz. Tropicana or Florida Natural brand
15	0.052294	Coffee, vacuum-packed 11 to 11.5 oz. can, Maxwell House, Hills Brothers, or Folgers
16	0.031205	Sugar 4 pound sack, cane or beet, lowest price
17	0.041335	Corn flakes 18 oz., Kellogg's or Post Toasties
18	0.017744	Sweet peas 15-15.25 oz. can, Del Monte or Green Giant
19	0.012904	Peaches 15 oz. can, Hunt's, Del Monte, Libby's or Lady Alberta
20	0.050615	Facial tissues 160 count box, Kleenex brand
21	0.050615	Dishwashing pods 63 pods. Cascade dishwashing pods
22	0.020930	Cooking Oil 15.5 - 18 oz olive oil store brand bottle
23	0.100905	Frozen meal 8 to 10 oz. frozen chicken entrée, Healthy Choice or Lean Cuisine brand
24	0.017744	Frozen corn 12 oz. whole kernel, lowest price
25	0.095505	Potato chips 10 oz. plain regular potato chips
26	0.028609	Soft drink 2 liter Coca Cola, excluding any deposit
HOUSING		
27	0.302912	Apartment, monthly rent Two bedroom, unfurnished, excluding all utilities except water, 1½ or 2 baths, 950 sq. ft.
28A		Total purchase price 2,400 sq. ft. living area new house, 8,000 sq. ft. lot, 4 bedrooms, 2 baths
28B		Mortgage rate Effective rate for 30-years
28C	0.697088	Monthly payment Principal and interest, using mortgage rate for item 28B and assuming 25% down payment

Column Number	Weight	
UTILITIES		
29-30	0.564618	Total home energy cost Monthly cost, at current rates, for average monthly consumption of all types of energy during the previous 12 months for the type of home specified in Item 28A
29	-	Electricity Average monthly cost for all-electric homes is shown in Column 29A; average monthly cost for homes using other types of energy as well is shown in Column 29B
30	-	Other home energy Average monthly cost at current rates for natural gas, fuel oil, coal, wood, and any other forms of energy except electricity
31	0.435382	Telephone Wireless mobile phone service subscription and associated taxes and fees; customer owns instruments, does not include tax rates for phone purchase. Price estimate for unlimited talk and text for three-line family plan at \$150 fixed-rate; fees and taxes include provider administrative and regulatory fees, Federal Universal Service Charge, state and local 911 fees, communications and sales taxes where applicable
TRANSPORTATION		
32	0.380233	Auto maintenance Average price to computer- or spin-balance four wheels
33	0.619767	Gasoline One gallon regular unleaded, including all taxes; cash price at self-service pump if available
HEALTH CARE		
34	0.106096	Office visit, optometrist Full vision eye exam for established adult patient
35	0.233041	Office visit, doctor American Medical Association procedure 99213 (general practitioner's routine examination of established patient)
36	0.353334	Office visit, dentist American Dental Association procedure D1110 (adult teeth cleaning)
37	0.109914	Ibuprofen 200 mg. 100 tablets, Advil brand
38	0.197615	Prescription Drug 1 carton, 5 pens, Insulin Glargine, Lantus Solostar brand
MISCELLANEOUS GOODS & SERVICES		
39	0.101402	Hamburger sandwich ¼-pound patty with cheese, pickle, onion, mustard, and catsup. McDonald's Quarter-Pounder with cheese, where available
40	0.101402	Pizza 11"-12" thin crust cheese pizza. Pizza Hut or Pizza Inn where available
41	0.101402	Fried chicken Regular chicken sandwich entrée, Chick-fil-A, Popeyes, Kentucky Fried Chicken, or Church's where available
42	0.034339	Haircut Man's barbershop haircut, no styling
43	0.034339	Beauty salon Woman's shampoo, trim, and blow-dry
44	0.004782	Toothpaste 6 oz.-6.4 oz. tube, Crest or Colgate
45	0.008067	Shampoo 15 oz. bottle, Alberto VO5 brand
46	0.022142	Dry cleaning Man's two-piece suit
47	0.031670	Men's dress shirt Cotton/polyester, pinpoint weave, long sleeves
48	0.010754	Boy's jeans Blue denim jeans, regular, relaxed or loose fit, sizes 8-20
49	0.061007	Women's slacks At least 95% cotton, khakis or black color pants, misses 4-14
50	0.133441	Major appliance repair Home service call, clothes washing machine; minimum labor charge, excluding parts
51	0.013601	Monthly newspaper subscription Digital access only, large-city newspaper
52	0.037780	Movie First-run, indoor, evening, no discount
53	0.037780	Yoga Price per drop-in yoga one-hour class. No first-time discounts
54	0.088961	Tennis balls Can of three extra-duty, yellow, Wilson or Penn brand
55	0.102839	Veterinary Services Annual exam, 4-year-old dog
56	0.037146	Beer Heineken's, 6-pack, 12-oz. containers, excluding any deposit
57	0.037146	Wine 1.5-liter bottle, Chablis or Chenin Blanc or any white table wine

COST OF LIVING INDEX - FIRST QUARTER 2022 Average

METRO/MICRO URBAN AREA AND STATE	100% COMPOSITE INDEX	17.26% GROCERY ITEMS	30.90% HOUSING	10.21% UTILITIES	7.54% TRANS- PORTATION	4.42% HEALTH CARE	29.67% MISC. GOODS AND SERVICES
Anniston-Oxford AL Metro							
Anniston-Calhoun County AL	82.5	92.0	58.0	122.1	89.2	78.3	87.8
Auburn-Opelika AL Metro							
Auburn-Opelika AL	94.4	99.4	80.0	105.0	100.2	92.8	101.7
Birmingham-Hoover AL Metro							
Birmingham AL	92.9	91.0	82.8	102.8	93.5	101.1	99.8
Decatur AL Metro							
Decatur-Hartselle AL	83.1	95.9	60.1	95.3	89.5	80.4	94.2
Dothan AL Metro							
Dothan AL	90.4	102.4	73.4	88.9	85.4	98.3	101.7
Florence-Muscle Shoals AL Metro							
Florence AL	83.0	96.1	64.3	98.9	90.8	80.9	87.8
Huntsville AL Metro							
Huntsville AL	89.5	96.5	70.8	96.0	88.7	93.4	102.3
Mobile AL Metro							
Mobile AL	84.8	101.9	59.7	101.3	83.9	101.7	93.0
Montgomery AL Metro							
Montgomery AL	86.6	97.5	70.9	99.6	89.2	87.3	91.4
Anchorage AK Metro							
Anchorage AK	130.1	126.0	141.5	120.5	114.5	153.2	124.5
Fairbanks AK Metro							
Fairbanks AK	124.4	122.1	103.2	209.2	109.2	152.7	118.4
Juneau AK Micro							
Juneau AK	127.5	138.8	140.1	132.6	117.3	149.4	105.4
Flagstaff AZ Metro							
Flagstaff AZ	115.1	110.7	131.6	89.5	113.2	105.9	111.1
Lake Havasu City-Kingman AZ Metro							
Bullhead City AZ	90.6	92.0	96.1	89.9	96.1	92.1	82.7
Lake Havasu City AZ	133.1	120.8	188.7	89.5	87.3	97.8	114.3
Phoenix-Mesa-Chandler AZ Metro							
Phoenix AZ	104.2	99.9	114.4	102.3	108.2	100.2	96.2
Surprise AZ	99.7	95.1	99.1	127.7	93.6	86.0	96.8
Prescott Valley-Prescott AZ Metro							
Prescott-Prescott Valley AZ	112.9	99.0	133.3	90.0	104.9	97.9	111.8
Tucson AZ Metro							
Tucson AZ	101.6	104.9	103.0	96.6	101.6	103.6	99.6
Yuma AZ Metro							
Yuma AZ	96.2	98.3	87.3	107.6	98.2	101.3	99.2
Fayetteville-Springdale-Rogers AR Metro							
Fayetteville AR	89.7	93.4	74.3	95.7	109.2	75.2	98.6
Hot Springs AR Metro							
Hot Springs AR	94.5	99.4	84.6	99.0	83.3	84.2	104.8
Jonesboro AR Metro							
Jonesboro AR	89.3	92.3	72.0	94.0	92.1	78.7	104.8
Little Rock-North Little Rock-Conway AR Metro							
Conway AR	82.5	86.4	71.3	94.1	91.2	87.0	84.9
Little Rock-North Little Rock AR	93.3	93.2	81.4	99.5	96.8	75.3	105.5

COST OF LIVING INDEX - FIRST QUARTER 2022 Average

METRO/MICRO URBAN AREA AND STATE	100% COMPOSITE INDEX	17.26% GROCERY ITEMS	30.90% HOUSING	10.21% UTILITIES	7.54% TRANS- PORTATION	4.42% HEALTH CARE	29.67% MISC. GOODS AND SERVICES
Anaheim-Santa Ana-Irvine CA Metro Div. Orange County CA	154.8	114.6	251.2	92.5	129.0	103.3	113.3
Bakersfield CA Metro Bakersfield CA	111.0	112.5	103.7	154.1	113.0	102.4	103.7
Los Angeles-Long Beach-Glendale CA Metro Div. Los Angeles-Long Beach CA	151.9	113.7	234.0	109.9	126.0	115.0	115.2
Modesto CA Metro Modesto CA	119.7	108.5	141.6	140.2	131.7	91.0	97.7
Oakland-Berkeley-Livermore CA Metro Div. Oakland CA	149.0	129.6	198.2	131.0	139.2	131.4	120.4
San Francisco-San Mateo-Redwood City CA Metro Div. San Francisco CA	184.2	129.8	306.4	133.8	141.6	133.9	124.3
Sacramento-Roseville-Folsom CA Metro Sacramento CA	118.2	107.7	137.9	106.2	120.7	113.5	108.1
San Diego-Chula Vista-Carlsbad CA Metro San Diego CA	144.7	113.4	215.6	110.0	130.4	107.2	110.1
Stockton CA Metro Stockton CA	123.7	123.5	134.8	142.3	135.3	104.0	105.8
Colorado Springs CO Metro Colorado Springs CO	103.9	97.7	109.2	102.3	95.6	102.6	105.0
Denver-Aurora-Lakewood CO Metro Denver CO	110.0	93.3	129.0	86.5	98.2	100.7	112.3
Westminster CO	106.7	88.3	136.6	77.8	107.9	89.0	98.7
Grand Junction CO Metro Grand Junction CO	98.1	104.1	98.3	89.3	102.9	102.2	95.7
Pueblo CO Metro Pueblo CO	93.3	98.0	93.1	97.9	103.6	85.7	87.7
Bridgeport-Stamford-Norwalk CT Metro Stamford CT	132.8	108.2	168.6	130.3	116.2	107.2	118.6
Hartford-East Hartford-Middletown CT Metro Hartford CT	107.7	108.4	101.4	126.4	104.0	92.6	110.6
New Haven-Milford CT Metro New Haven CT	116.3	100.4	120.9	132.2	114.3	110.5	116.7
Dover DE Metro Dover DE	102.7	107.9	96.8	102.2	102.3	93.3	107.6
Salisbury MD-DE Metro Sussex County DE	106.4	103.9	111.2	93.5	132.1	103.3	101.3
Wilmington DE-MD-NJ Metro Div. Wilmington DE	108.2	106.6	110.9	89.0	112.5	114.4	110.9
Washington-Arlington-Alexandria DC-VA-MD-WV Metro Div. Washington DC	158.8	111.0	260.5	111.0	111.1	98.5	118.3
Cape Coral-Fort Myers FL Metro Cape Coral-Fort Myers FL	106.3	108.6	112.1	102.9	105.0	101.2	101.1
Deltona-Daytona Beach-Ormond Beach FL Metro Daytona Beach FL	95.6	92.4	95.2	102.3	92.7	90.7	97.0
Fort Lauderdale-Pompano Beach-Sunrise FL Metro Div. Fort Lauderdale FL	120.5	120.5	152.3	106.3	104.3	93.4	100.3

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METRO/MICRO URBAN AREA AND STATE	100% COMPOSITE INDEX	17.26% GROCERY ITEMS	30.90% HOUSING	10.21% UTILITIES	7.54% TRANS- PORTATION	4.42% HEALTH CARE	29.67% MISC. GOODS AND SERVICES
Gainesville FL Metro							
Gainesville FL	101.4	98.4	110.6	95.6	108.0	94.3	95.1
Jacksonville FL Metro							
Jacksonville FL	93.3	99.3	88.0	105.0	84.1	84.6	94.9
Miami-Miami Beach-Kendall FL Metro Div.							
Miami-Dade County FL	120.4	122.3	139.3	106.3	107.1	98.6	111.1
North Port-Sarasota-Bradenton FL Metro							
Sarasota FL	106.1	103.9	118.0	99.6	107.8	100.4	97.5
Orlando-Kissimmee-Sanford FL Metro							
Orlando FL	103.3	103.2	107.9	95.3	104.6	99.0	101.7
Pensacola-Ferry Pass-Brent FL Metro							
Pensacola FL	95.7	99.4	89.6	117.7	88.0	90.3	95.2
Sebastian-Vero Beach FL Metro							
Vero Beach-Indian River FL	95.1	112.4	78.7	111.8	99.3	105.3	93.9
Tallahassee FL Metro							
Tallahassee FL	94.9	107.5	87.8	87.7	93.1	104.8	96.4
Tampa-St. Petersburg-Clearwater FL Metro							
Tampa FL	98.6	104.5	94.9	98.2	98.6	94.7	99.8
Albany GA Metro							
Albany GA	83.2	98.5	57.9	91.3	88.5	96.4	94.5
Atlanta-Sandy Springs-Alpharetta GA Metro							
Atlanta GA	104.1	92.6	113.0	86.6	106.1	106.4	106.7
Douglasville - Douglas County GA	89.6	97.4	81.1	82.1	92.7	84.4	96.6
Augusta-Richmond County GA-SC Metro							
Augusta-Aiken GA-SC	83.2	91.3	68.9	88.9	79.9	88.1	91.4
Dalton GA Metro							
Dalton GA	88.7	91.2	72.5	97.7	83.8	88.8	102.3
Dublin GA Micro							
Dublin-Laurens County GA	84.0	91.3	59.7	91.6	93.7	96.3	98.0
Savannah GA Metro							
Savannah GA	87.6	91.8	67.0	93.8	96.4	105.4	99.5
Statesboro GA Micro							
Statesboro-Bulloch County GA	82.0	91.7	68.6	94.1	88.2	86.3	83.9
Valdosta GA Metro							
Valdosta GA	91.7	101.1	79.1	94.4	93.4	96.6	97.3
Urban Honolulu HI Metro							
Honolulu HI	192.7	152.7	320.7	144.6	124.2	120.1	127.6
Boise City ID Metro							
Boise ID	108.7	97.3	126.6	81.5	111.9	102.2	106.2
Twin Falls ID Micro							
Twin Falls ID	90.0	93.8	84.2	82.1	108.4	88.9	92.0
Champaign-Urbana IL Metro							
Champaign-Urbana IL	86.3	95.4	69.0	92.2	93.8	82.2	95.8
Chicago-Naperville-Evanston IL Metro Div.							
Chicago IL	126.4	103.1	152.9	98.6	133.7	121.0	121.0
Danville IL Metro							
Danville IL	82.6	95.3	56.0	92.3	101.0	84.1	94.8
Decatur IL Metro							
Decatur IL	81.0	94.6	60.1	97.0	95.0	84.8	85.1

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METRO/MICRO URBAN AREA AND STATE	100% COMPOSITE INDEX	17.26% GROCERY ITEMS	30.90% HOUSING	10.21% UTILITIES	7.54% TRANS- PORTATION	4.42% HEALTH CARE	29.67% MISC. GOODS AND SERVICES
Kankakee IL Metro							
Kankakee IL	85.2	89.4	70.0	95.4	105.0	99.1	88.0
Peoria IL Metro							
Peoria IL	88.5	99.0	70.9	91.8	106.5	94.0	94.2
Rockford IL Metro							
Rockford IL	89.9	92.0	73.8	95.9	120.3	105.7	93.2
Springfield IL Metro							
Springfield IL	93.8	98.7	89.6	99.8	110.0	102.3	87.9
Bloomington IN Metro							
Bloomington IN	99.4	96.6	100.0	102.9	93.9	96.9	100.9
Elkhart-Goshen IN Metro							
Elkhart-Goshen IN	87.7	91.6	70.4	98.8	90.2	114.8	95.0
Evansville IN-KY Metro							
Evansville IN	89.4	92.6	71.0	107.2	95.5	93.6	98.5
Fort Wayne IN Metro							
Fort Wayne-Allen County IN	88.8	99.2	66.9	98.3	104.9	101.1	96.4
Indianapolis-Carmel-Anderson IN Metro							
Indianapolis IN	91.0	95.2	80.0	104.9	92.7	88.8	95.1
Kokomo IN Metro							
Kokomo IN	87.3	98.8	68.8	104.7	95.5	103.2	89.6
Richmond IN Micro							
Richmond IN	81.9	85.5	67.3	99.4	95.6	81.3	85.5
South Bend-Mishawaka IN-MI Metro							
South Bend IN	86.7	90.7	81.7	98.5	85.2	91.6	85.1
Terre Haute IN Metro							
Terre Haute IN	90.9	90.6	77.0	92.3	120.5	87.6	98.2
Ames IA Metro							
Ames IA	93.1	105.7	80.3	95.0	98.1	100.6	96.0
Burlington IA-IL Micro							
Burlington IA	86.8	96.0	58.4	109.5	91.1	91.0	101.4
Davenport-Moline-Rock Island IA-IL Metro							
Davenport-Moline-Rock Is IA-IL	88.4	112.6	63.3	86.8	94.8	95.5	98.4
Des Moines-West Des Moines IA Metro							
Des Moines IA	85.7	99.5	66.1	84.3	95.9	95.6	94.4
Dubuque IA Metro							
Dubuque IA	89.0	96.0	67.3	96.8	92.3	108.2	101.2
Mason City IA Micro							
Mason City IA	89.4	94.1	71.6	109.3	92.8	100.4	96.0
Sioux City IA-NE-SD Metro							
Sioux City IA	85.8	97.2	70.1	86.0	89.4	105.4	91.5
Waterloo-Cedar Falls IA Metro							
Waterloo-Cedar Falls IA	86.5	94.4	78.5	90.3	92.4	95.9	86.1
Dodge City KS Micro							
Dodge City KS	87.4	100.0	62.1	104.7	100.0	112.6	93.5
Hutchinson KS Micro							
Hutchinson KS	83.1	92.3	54.4	97.5	89.8	106.0	97.6
Manhattan KS Metro							
Manhattan KS	90.7	91.9	80.1	99.1	94.0	110.4	94.5

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METRO/MICRO URBAN AREA AND STATE	100% COMPOSITE INDEX	17.26% GROCERY ITEMS	30.90% HOUSING	10.21% UTILITIES	7.54% TRANS- PORTATION	4.42% HEALTH CARE	29.67% MISC. GOODS AND SERVICES
Pittsburg KS Micro Pittsburg KS	84.6	93.6	65.4	97.1	103.7	93.7	89.0
Salina KS Micro Salina KS	82.4	88.8	69.9	98.9	88.9	100.5	81.7
Topeka KS Metro Topeka KS	81.7	77.1	79.6	95.9	90.9	99.3	76.6
Wichita KS Metro Wichita KS	88.1	98.0	65.7	97.9	92.0	97.1	99.9
Lexington-Fayette KY Metro Lexington KY	93.2	93.6	75.4	105.4	93.9	81.3	108.9
Louisville-Jefferson County KY-IN Metro Louisville KY	94.0	93.8	77.4	102.7	108.4	78.8	107.0
Alexandria LA Metro Alexandria LA	89.6	94.3	78.4	103.3	94.1	94.2	92.1
Baton Rouge LA Metro Baton Rouge LA	95.7	96.9	91.4	74.5	113.5	90.0	103.2
Houma-Thibodaux LA Metro Houma-Terrebonne Parish LA	96.0	97.0	93.2	97.2	101.9	103.9	95.4
Thibodaux-Lafourche Parish LA	94.2	96.3	88.8	95.7	96.5	101.9	96.3
Lafayette LA Metro Lafayette LA	89.7	104.9	70.9	88.7	99.6	98.7	96.9
Lake Charles LA Metro Lake Charles LA	84.9	96.8	73.0	77.3	90.2	95.6	90.2
Monroe LA Metro Monroe LA	87.0	90.6	72.6	83.2	83.4	109.1	98.7
New Orleans-Metairie LA Metro New Orleans LA	111.2	96.1	141.2	80.8	98.3	117.4	101.6
Shreveport-Bossier City LA Metro Shreveport-Bossier City LA	91.1	99.3	71.4	86.9	95.6	104.5	105.3
Portland-South Portland ME Metro Portland ME	115.1	105.5	126.2	108.6	109.1	105.6	114.4
Baltimore-Columbia-Towson MD Metro Baltimore MD	106.7	103.8	113.6	105.8	105.5	84.2	105.0
Frederick-Gaithersburg-Rockville MD Metro Div. Bethesda-Gaithersburg-Frederick MD	146.1	115.8	229.0	108.4	106.6	86.5	109.4
Boston MA Metro Div. Boston MA	150.8	116.0	220.9	123.5	121.1	117.0	119.9
Pittsfield MA Metro Pittsfield MA	109.5	107.3	112.5	94.9	123.2	115.1	108.2
Detroit-Dearborn-Livonia MI Metro Div. Detroit MI	103.3	102.8	105.1	97.3	101.6	97.1	105.1
Grand Rapids-Kentwood MI Metro Grand Rapids MI	92.2	90.4	80.9	101.2	93.7	98.9	100.5
Kalamazoo-Portage MI Metro Kalamazoo MI	74.1	77.9	47.5	96.0	91.8	94.9	84.3

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Mankato MN Metro							
Mankato MN	91.4	108.6	74.8	96.3	92.3	102.9	95.2
Minneapolis-St. Paul-Bloomington MN-WI Metro							
Minneapolis MN	99.5	98.0	93.2	98.9	104.8	98.4	105.9
St. Paul MN	98.2	95.0	91.8	97.7	101.5	102.2	105.3
St. Cloud MN Metro							
St. Cloud MN	99.5	113.9	82.1	96.7	98.9	125.2	106.5
Hattiesburg MS Metro							
Hattiesburg MS	85.1	97.2	61.7	94.2	95.7	99.7	94.4
Jackson MS Metro							
Jackson MS	80.5	97.4	62.9	83.0	78.3	98.0	86.1
Meridian MS Micro							
Meridian MS	86.1	87.7	69.0	94.3	90.6	100.5	96.9
Tupelo MS Micro							
Tupelo MS	80.8	86.9	61.5	88.4	91.8	91.2	90.5
Columbia MO Metro							
Columbia MO	95.2	97.7	86.0	97.1	95.8	91.8	103.0
Kansas City MO-KS Metro							
Kansas City MO-KS	94.8	92.2	99.6	102.6	86.6	90.3	91.3
St. Louis MO-IL Metro							
St. Louis MO-IL	85.0	96.7	72.3	95.6	83.5	91.1	87.4
Springfield MO Metro							
Springfield MO	87.1	96.5	75.0	86.8	92.5	101.7	90.9
Bozeman MT Micro							
Bozeman MT	122.0	107.1	154.8	86.3	99.6	99.5	117.7
Great Falls MT Metro							
Great Falls MT	86.7	91.6	77.7	84.4	106.4	100.1	87.1
Hastings NE Micro							
Hastings NE	94.2	101.4	89.7	84.2	96.4	108.0	95.5
Lincoln NE Metro							
Lincoln NE	89.4	92.9	76.9	84.9	98.0	107.6	97.1
Omaha-Council Bluffs NE-IA Metro							
Omaha NE	91.7	96.7	82.9	95.1	105.7	102.1	91.8
Las Vegas-Henderson-Paradise NV Metro							
Las Vegas NV	101.2	101.2	109.8	97.6	110.9	96.1	91.7
Reno NV Metro							
Reno-Sparks NV	104.9	104.8	118.7	85.5	117.9	106.6	93.7
Manchester-Nashua NH Metro							
Manchester NH	117.4	109.1	112.9	116.3	103.9	124.1	129.6
Newark NJ-PA Metro Div.							
Newark-Elizabeth NJ	122.3	106.6	151.3	111.3	107.0	97.6	112.5
Vineland NJ	93.7	101.7	82.5	111.5	93.4	93.5	94.7

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New York-Jersey City-White Plains NY-NJ Metro Div.							
Bergen-Passaic NJ	119.9	105.2	149.1	108.8	105.4	100.6	108.5
Middlesex-Monmouth NJ	114.2	105.2	132.0	108.7	103.1	92.3	108.8
Morristown NJ	114.6	112.5	137.8	100.9	106.2	99.1	100.9
Albuquerque NM Metro							
Albuquerque NM	92.4	100.2	87.4	92.2	90.7	88.3	94.2
Rio Rancho NM	96.4	97.8	97.2	92.2	97.9	102.1	94.8
Las Cruces NM Metro							
Las Cruces NM	92.9	104.8	81.7	87.0	102.2	105.5	95.6
Albany-Schenectady-Troy NY Metro							
Albany NY	108.4	112.9	106.2	95.4	100.8	111.3	113.9
Buffalo-Cheektowaga NY Metro							
Buffalo NY	93.8	95.4	93.2	95.4	99.4	91.8	91.7
New York-Jersey City-White Plains NY-NJ Metro Div.							
New York (Brooklyn) NY	174.9	129.2	296.7	106.6	114.9	104.2	123.8
New York (Manhattan) NY	237.8	144.4	482.7	103.3	117.6	107.9	133.1
New York (Queens) NY	145.5	125.7	209.1	104.4	109.2	104.9	120.2
Asheville NC Metro							
Asheville NC	101.0	96.0	103.0	107.9	98.4	108.7	98.9
Charlotte-Concord-Gastonia NC-SC Metro							
Charlotte NC	97.2	97.2	88.6	92.5	94.3	111.6	106.4
Salisbury NC	94.9	100.9	80.1	94.9	90.2	94.0	108.0
Durham-Chapel Hill NC Metro							
Chapel Hill NC	101.1	97.0	118.3	88.2	90.6	108.3	91.6
Raleigh-Cary NC Metro							
Raleigh NC	94.2	92.0	95.2	101.2	93.6	100.1	91.2
Winston-Salem NC Metro							
Thomasville-Lexington NC	82.5	95.1	59.2	93.1	67.5	118.2	94.3
Winston-Salem NC	94.3	98.4	79.1	90.7	103.9	116.1	103.4
Bismarck ND Metro							
Bismarck-Mandan ND	100.7	105.4	102.4	94.6	86.2	114.7	99.9
Grand Forks ND-MN Metro							
Grand Forks ND	92.9	94.7	91.3	96.8	95.9	106.8	89.5
Minot ND Micro							
Minot ND	96.9	104.1	80.9	99.7	111.5	112.6	102.2
Cincinnati OH-KY-IN Metro							
Cincinnati OH	96.2	103.0	81.5	93.7	110.8	98.0	104.4
Cleveland-Elyria OH Metro							
Cleveland OH	92.9	103.4	79.8	98.6	92.5	103.1	97.0
Columbus OH Metro							
Columbus OH	88.9	96.1	78.8	90.5	89.7	84.9	95.2
Dayton-Kettering OH Metro							
Dayton OH	92.9	103.3	79.9	96.7	87.2	91.9	100.8
Findlay OH Micro							
Findlay OH	87.6	97.1	68.9	89.5	90.0	93.7	99.4
Lima OH Metro							
Lima OH	86.4	98.5	59.4	93.2	102.2	110.7	97.4

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Ardmore OK Micro							
Ardmore OK	83.0	99.6	63.2	94.8	86.6	83.7	88.8
Enid OK Micro							
Enid OK	86.4	92.7	74.9	97.4	87.2	102.5	88.4
Muskogee OK Micro							
Muskogee OK	77.3	93.1	53.0	95.4	84.4	81.6	84.8
Oklahoma City OK Metro							
Edmond OK	88.3	88.5	79.9	96.2	94.0	92.6	92.1
Oklahoma City OK	83.9	92.2	69.6	93.5	89.9	101.1	86.5
Ponca City OK Micro							
Ponca City OK	84.9	95.7	67.5	98.2	100.0	94.7	86.9
Tulsa OK Metro							
Broken Arrow OK	88.7	95.5	78.9	93.1	87.8	88.6	93.6
Tulsa OK	85.5	94.4	63.5	93.1	92.6	98.6	96.7
Eugene-Springfield OR Metro							
Eugene OR	122.9	109.2	143.6	121.1	148.2	102.2	106.7
Portland-Vancouver-Hillsboro OR-WA Metro							
Portland OR	127.4	109.4	165.8	93.0	120.9	103.5	115.0
Allentown-Bethlehem-Easton PA-NJ Metro							
Allentown PA	104.7	97.3	109.6	104.1	102.4	99.8	105.3
Erie PA Metro							
Erie PA	88.7	101.0	63.6	103.8	103.0	98.9	97.2
Philadelphia PA Metro Div.							
Philadelphia PA	106.0	118.4	101.2	112.2	113.0	97.2	101.3
Pittsburgh PA Metro							
Pittsburgh PA	99.8	105.0	90.7	126.0	108.7	95.7	95.5
Scranton-Wilkes-Barre PA Metro							
Scranton PA	94.0	105.0	79.4	104.1	98.6	88.2	99.1
Wilkes-Barre PA	91.6	108.9	68.6	104.1	106.4	99.4	96.1
Providence-Warwick RI-MA Metro							
Providence RI	112.8	98.8	119.6	122.9	106.9	100.7	113.8
Charleston-North Charleston SC Metro							
Charleston-N Charleston SC	97.7	102.6	94.9	116.9	96.4	89.0	92.7
Columbia SC Metro							
Columbia SC	94.0	103.2	72.8	131.2	78.6	84.3	103.3
Greenville-Anderson SC Metro							
Greenville SC	90.3	97.3	69.0	95.2	97.0	98.1	103.7
Spartanburg SC Metro							
Spartanburg SC	93.7	97.5	83.0	96.1	102.8	104.9	97.9
Pierre SD Micro							
Pierre SD	100.3	104.7	105.1	95.1	87.0	101.0	97.8
Rapid City SD Metro							
Rapid City SD	93.8	119.8	81.8	91.2	102.0	86.7	91.0

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Sioux Falls SD Metro Sioux Falls SD	91.4	90.3	94.6	81.5	86.6	101.6	91.7
Chattanooga TN-GA Metro Chattanooga TN	91.4	94.8	88.5	89.1	89.3	97.1	93.0
Jackson TN Metro Jackson-Madison County TN	84.2	91.8	70.4	95.5	86.6	85.5	89.3
Knoxville TN Metro Knoxville TN	83.5	89.4	69.0	98.7	83.4	93.1	88.7
Memphis TN-MS-AR Metro Memphis TN	86.9	94.8	77.5	92.9	91.6	87.2	88.9
Morristown TN Metro Morristown TN	88.2	99.0	66.1	100.5	80.9	92.1	102.1
Nashville-Davidson-Murfreesboro-Franklin TN Metro Columbia-Maury County TN	94.5	93.8	91.4	93.8	91.8	91.0	99.6
Nashville-Murfreesboro TN	97.0	98.0	102.3	88.4	91.9	95.7	95.2
Abilene TX Metro Abilene TX	92.4	88.5	87.0	105.3	106.3	97.5	91.6
Amarillo TX Metro Amarillo TX	82.6	90.2	71.6	94.2	77.0	86.0	86.5
Austin-Round Rock-Georgetown TX Metro Austin TX	101.8	87.7	113.4	92.8	90.6	107.5	102.9
Cedar Park TX	90.5	85.4	96.1	108.0	87.2	86.2	83.0
San Marcos TX	96.1	85.6	94.2	97.1	107.2	103.0	100.1
Beaumont-Port Arthur TX Metro Beaumont TX	97.0	100.0	98.8	99.6	95.3	84.1	94.9
Brownsville-Harlingen TX Metro Harlingen TX	76.5	79.3	60.7	106.1	84.7	83.8	78.0
Corpus Christi TX Metro Corpus Christi TX	89.3	84.2	81.5	116.7	92.8	86.4	90.4
Dallas-Plano-Irving TX Metro Div. Dallas TX	101.2	95.1	94.4	112.4	86.9	112.3	109.9
Plano TX	112.3	94.0	122.4	113.1	97.5	95.2	118.3
El Paso TX Metro El Paso TX	88.3	101.0	66.4	89.3	102.3	98.5	98.4
Fort Worth-Arlington-Grapevine TX Metro Div. Fort Worth TX	94.6	87.0	86.8	111.0	88.2	87.7	104.2
Houston-The Woodlands-Sugar Land TX Metro Conroe TX	93.6	93.7	81.9	96.8	86.7	110.9	103.9
Houston TX	91.7	96.7	81.5	97.7	90.6	100.4	96.5
Killeen-Temple TX Metro Temple TX	92.3	81.9	89.4	111.4	97.8	113.8	90.2

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Lubbock TX Metro							
Lubbock TX	89.7	90.1	82.0	90.8	83.9	94.3	98.0
Midland TX Metro							
Midland TX	89.7	85.2	79.7	94.9	93.9	96.4	98.9
Nacogdoches TX Micro							
Nacogdoches TX	85.8	84.9	70.1	107.4	86.7	93.0	93.9
Odessa TX Metro							
Odessa TX	93.2	92.4	89.2	97.8	97.7	98.3	94.5
San Antonio-New Braunfels TX Metro							
San Antonio TX	89.3	88.3	78.8	87.8	99.7	98.7	97.4
Texarkana TX-AR Metro							
Texarkana TX-AR	88.8	93.7	70.5	92.9	97.8	89.0	101.3
Tyler TX Metro							
Tyler TX	94.9	90.2	91.5	105.1	100.0	101.9	95.4
Waco TX Metro							
Waco TX	87.1	78.4	74.9	108.4	88.0	93.1	96.5
Wichita Falls TX Metro							
Wichita Falls TX	91.5	91.9	79.1	110.3	97.5	97.4	95.3
Cedar City UT Micro							
Cedar City UT	98.1	100.9	92.7	97.3	101.4	89.5	102.8
Ogden-Clearfield UT Metro							
Ogden UT	101.7	95.6	106.0	92.5	104.5	90.1	104.8
Provo-Orem UT Metro							
Provo-Orem UT	106.6	100.1	115.8	89.1	103.3	91.5	109.9
Salt Lake City UT Metro							
Salt Lake City UT	110.5	106.3	126.3	93.0	105.9	94.3	106.0
Burlington-South Burlington VT Metro							
Burlington-Chittenden County VT	116.9	103.7	137.1	122.2	119.3	111.7	101.8
Blacksburg-Christiansburg VA Metro							
Blacksburg VA	95.2	90.5	93.2	86.8	96.8	97.0	102.1
Charlottesville VA Metro							
Charlottesville VA	101.8	96.3	102.9	99.6	87.2	109.0	107.1
Danville VA Micro							
Danville City VA	88.8	93.0	75.2	101.1	99.5	97.3	92.3
Lynchburg VA Metro							
Lynchburg VA	89.5	91.9	75.3	109.7	92.6	96.8	94.1
Martinsville VA Micro							
Martinsville-Henry County VA	84.0	90.3	65.4	94.1	83.1	106.8	93.2
Richmond VA Metro							
Richmond VA	95.2	92.5	86.7	103.5	93.2	102.7	102.1
Roanoke VA Metro							
Roanoke VA	91.8	87.2	82.7	104.2	92.3	100.0	98.3
Virginia Beach-Norfolk-Newport News VA-NC Metro							
Hampton Roads-SE Virginia VA	95.5	92.5	88.3	103.8	95.5	94.8	102.1
Washington-Arlington-Alexandria DC-VA-MD-WV Metro Div.							
Alexandria VA	143.5	111.4	208.4	97.7	136.5	101.1	118.4
Arlington VA	147.1	110.6	232.0	97.7	110.0	114.4	111.3
Winchester VA-WV Metro							
Winchester VA-WV	96.9	93.1	89.5	100.6	88.0	108.1	106.0

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Bellingham WA Metro							
Bellingham WA	118.6	117.3	133.2	85.1	111.4	120.1	117.2
Bremerton-Silverdale-Port Orchard WA Metro							
Kitsap County WA	120.9	104.3	133.0	85.5	126.3	126.2	127.9
Kennewick-Richland WA Metro							
Kennewick-Richland-Pasco WA	100.4	100.0	102.2	94.2	105.7	121.2	96.6
Mount Vernon-Anacortes WA Metro							
Mount Vernon-Skagit County WA	120.9	125.6	136.8	85.0	115.0	122.4	115.4
Olympia-Lacey-Tumwater WA Metro							
Olympia WA	113.2	111.5	117.8	94.4	121.3	126.6	111.7
Seattle-Bellevue-Kent WA Metro Div.							
Seattle WA	150.7	128.6	202.2	106.6	122.3	124.3	136.3
Spokane-Spokane Valley WA Metro							
Spokane WA	101.9	104.3	100.7	95.3	95.2	118.7	103.1
Wenatchee WA Metro							
Wenatchee WA	100.2	97.5	95.3	77.6	110.4	118.7	109.3
Yakima WA Metro							
Yakima WA	97.9	98.1	91.1	84.0	122.4	106.7	102.2
Charleston WV Metro							
Charleston WV	89.7	101.4	59.5	97.6	128.5	101.4	99.9
Morgantown WV Metro							
Morgantown WV	91.3	95.5	82.8	90.1	91.4	102.5	96.3
Eau Claire WI Metro							
Eau Claire WI	98.5	99.5	83.9	104.0	100.9	113.9	108.2
Fond du Lac WI Metro							
Fond du Lac WI	89.3	95.7	67.6	104.0	100.0	112.1	96.9
Green Bay WI Metro							
Green Bay WI	91.7	93.1	79.6	95.6	101.4	97.6	98.9
Madison WI Metro							
Madison WI	103.3	102.7	102.4	106.2	96.7	117.1	103.3
Milwaukee-Waukesha WI Metro							
Milwaukee-Waukesha WI	99.0	96.3	103.7	104.4	90.5	114.5	93.8
Wisconsin Rapids-Marshfield WI Micro							
Marshfield WI	91.2	99.7	82.9	96.6	90.8	127.9	87.7
Casper WY Metro							
Casper WY	92.2	103.2	84.3	88.1	83.1	99.2	96.8
Cheyenne WY Metro							
Cheyenne WY	94.1	108.5	92.7	80.7	91.6	93.9	92.4
Laramie WY Micro							
Laramie WY	95.5	103.3	83.2	83.4	133.3	101.1	97.6
San Juan-Bayamón-Caguas PR Metro							
San Juan-Bayamón-Caguas PR	100.7	120.4	76.4	163.4	88.7	75.7	99.6

Cost of Living Index Available Formats

ALL ORDERS: U.S. Funds Only

Report Format	Subscription	Single Issue
Print	\$175	\$95
PDF	\$165	\$82.50
Electronic (Excel format)	\$275	\$105
Electronic (Excel Expanded Format)	\$350	\$150
Electronic & Print combined	\$325	\$130
Historical Data (1990Q1-Current)	\$1500/ \$2,500 Academic/Non-Academic	

*NEW –Web Application for Libraries

Type of Library	Calculator Only	Calculator w/Export	PDF	Excel	Full Archive
Small Academic & Community Colleges	\$295	\$450	\$550	\$650	\$1,095
Medium-sized Academic	\$295	\$650	\$750	\$850	\$1,295
Large Academic	\$295	\$850	\$950	\$1,050	\$1,495
Small-Medium Public	\$295	\$450	\$550	\$650	\$1,095
Large Public	\$295	\$650	\$750	\$850	\$1,295
Government/Corporate	\$295	\$550	\$650	\$750	\$1,195
K-12 School Districts	\$195	\$300	\$400	\$500	\$795

County Cost of Living Index

2019 County Cost of Living Index	\$425
Cost of Living Adjusted Median Household Income	\$550

Online Calculator Licensing

Licensing fee varies based on type of organization and full versus partial licensing. Please call for demo and pricing.

To purchase, please go to www.coli.org/store.asp or for more information contact Jennie Allison at 703-522-4980 ext. 1021 or email jallison@crec.net.