



**THE COUNCIL FOR COMMUNITY
AND ECONOMIC RESEARCH**



PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 259 urban areas that participated in the second quarter 2018 *Cost of Living Index*, the after-tax cost for a professional/managerial **standard of living ranged from more than twice the national average in New York (Manhattan) NY to almost 25 percent below the national average in Harlingen, TX.** The *Cost of Living Index* is published quarterly by C2ER – The Council for Community and Economic Research. Quarter 2, 2018 marks the 50th Anniversary year of the publication.

The Ten Most and Least Expensive Urban Areas in the Cost of Living Index (COLI)

Second Quarter 2018

National Average for 259 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	238.3	1	Harlingen TX	75.7
2	San Francisco CA	190.0	2	McAllen TX	78.0
3	Honolulu HI	185.5	3	Kalamazoo MI	79.5
4	New York (Brooklyn) NY	177.4	4	Memphis TN	79.9
5	Washington DC	156.6	5	Richmond IN	80.2
6	Oakland CA	152.2	6	Knoxville TN	81.1
7	Seattle WA	152.2	7	Conway AR	81.5
8	New York (Queens) NY	150.9	8	Wichita Falls TX	82.3
9	Boston MA	149.8	9	Gulfport-Biloxi MS	83.1
10	Arlington VA	149.6	10	Sherman-Denison TX	83.2

The *Cost of Living Index* measures regional differences in the cost of consumer goods and services, excluding taxes and non-consumer expenditures, for professional and managerial households in the top income quintile. It is based on more than 90,000 prices covering 60 different items for which prices are collected quarterly by chambers of commerce, economic development organizations, and university applied economic centers in each participating urban area. Small differences should not be interpreted as showing a measurable difference.

The composite index is based on six component categories – housing, utilities, grocery items, transportation, health care, and miscellaneous goods and services.

What Do Groceries Cost?

Each quarter, C2ER collects more than 90,000 prices from communities across the US for the Cost of Living Index. With food prices a big part of the national media attention, C2ER decided to once again feature those communities with the most and least expensive food costs as measured by the grocery item index number. C2ER collects data on twenty-six items from a variety of surrogate categories to represent the grocery item component of the index.

**The Five Most and Least Expensive Places for Grocery Items by Index Number
in the Cost of Living Index (COLI)
Second Quarter 2018
Average for 259 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	164.9	1	Kalamazoo MI	76.1
2	Kodiak AK	149.0	2	Temple TX	77.8
3	Juneau AK	146.1	3	Waco TX	79.2
4	New York (Manhattan) NY	144.0	4	Tupelo MS	82.7
5	Oakland CA	132.3	5	San Marcos TX	82.7

The Most Expensive and Least Expensive Cities to Practice Yoga

To mark the 50th anniversary of the publication, and the better reflect recreational activities available, C2ER updated the Index to now include the price for a one-hour drop-in yoga class. With this new data, we thought users would be interested to compare the top five more and five least expensive cities to practice yoga.

**The Five Most and Least Expensive Places for a Drop-in Hour Yoga Class
Second Quarter 2018
Average for 259 Urban Areas = \$15.04**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Price	Ranking	Urban Areas	Avg. Price
1	Orange County CA	\$23.33	1	Dublin-Laurens County GA	\$5.00
2	Surprise AZ	\$23.00	2	Richmond IN	\$5.00
3	Arlington VA	\$23.00	3	Muskogee OK	\$5.00
4	Wilmington DE	\$22.50	4	Salina KS	\$5.50
5	Stamford CT	\$22.33	5	Dodge City KS	\$7.00

The quarterly Cost of Living Index is available by subscription for \$175 per year for the print version and \$165 per year for the PDF. The electronic version is available for \$275 per year. Be sure and ask about our new Expanded Excel version which covers more household and income types. Send check, payable to C2ER, P.O. Box 100127, Arlington VA 22210-0407, or subscribe on the Internet at www.coli.org.

If you need additional information on the Cost of Living Index or other COLI-related products such as the COLI Web Calculator and the COLI Historical Index, please contact Jennie Allison at jallison@crec.net or by phone at 703-522-4980.