



**THE COUNCIL FOR COMMUNITY  
AND ECONOMIC RESEARCH**



PRESS RELEASE - For Immediate Release

## **COST OF LIVING INDEX QUARTERLY UPDATE**

Among the 268 urban areas that participated in the third 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 3, 2018 marks the 50<sup>th</sup> Anniversary year of the publication.

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

Third Quarter 2018

National Average for 268 Urban Areas = 100

<b>Most Expensive</b>			<b>Least Expensive</b>		
<b>Ranking</b>	<b>Urban Areas</b>	<b>COL Index</b>	<b>Ranking</b>	<b>Urban Areas</b>	<b>COL Index</b>
1	New York (Manhattan) NY	240.6	1	Harlingen TX	76.5
2	San Francisco CA	191.4	2	McAllen TX	76.9
3	Honolulu HI	188.9	3	Richmond IN	79.0
4	New York (Brooklyn) NY	177.3	4	Kalamazoo MI	79.4
5	Washington DC	161.0	5	Muskogee OK	79.7
6	Seattle WA	153.6	6	Memphis TN	81.3
7	Oakland CA	153.5	7	Pryor Creek OK	81.6
8	Arlington VA	152.3	8	Joplin MO	82.1
9	New York (Queens) NY	150.7	9	Martinsville-Henry County VA	82.4
10	Boston MA	150.4	10	Conway AR	82.6

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)  
Third Quarter 2018  
Average for 268 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	165.7	1	Kalamazoo MI	75.5
2	Juneau AK	147.5	2	Temple TX	76.9
3	New York (Manhattan) NY	138.2	3	Harlingen TX	81.7
4	Anchorage AK	135.9	4	San Marcos TX	82.5
5	Oakland CA	133.0	5	McAllen TX	82.7

## The Most Expensive and Least Expensive Cities to Practice Yoga

To mark the 50<sup>th</sup> 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  
Third Quarter 2018  
Average for 268 Urban Areas = \$14.85**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Price	Ranking	Urban Areas	Avg. Price
1	St. Paul MN	\$23.60	1	Dublin-Laurens County GA	\$5.00
2	Orange County CA	\$23.33	2	Richmond IN	\$5.00
3	Thomasville-Lexington NC	\$23.00	3	Muskogee OK	\$5.00
4	Arlington VA	\$22.66	4	Salina KS	\$5.33
5	Stamford CT	\$22.33	5	Tucson AZ	\$6.67

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](http://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](mailto:jallison@crec.net) or by phone at 703-522-4980.