

PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 255 urban areas that participated in the second quarter 2019 *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 more than 20 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.

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

Second Quarter 2019

National Average for 255 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	242.5	1	Harlingen TX	73.8
2	San Francisco CA	201.7	2	McAllen TX	75.8
3	Honolulu HI	191.4	3	Kalamazoo MI	77.0
4	New York (Brooklyn) NY	183.2	4	Muskogee OK	79.0
5	Washington DC	163.4	5	Joplin MO	79.2
6	Oakland CA	157.4	6	Memphis TN	79.4
7	Seattle WA	156.1	7	Conway AR	79.7
8	Arlington VA	152.2	8	Richmond IN	80.2
9	Boston MA	151.2	9	Tupelo MS	80.7
10	New York (Queens) NY	149.6	10	Amarillo TX	81.1

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?

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 2019
Average for 255 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	163.5	1	Temple TX	75.9
2	Juneau AK	147.5	2	Kalamazoo MI	76.2
3	New York (Manhattan) NY	138.4	3	Harlingen TX	78.4
4	Anchorage AK	131.7	4	Waco TX	80.2
5	Stockton CA	131.5	5	Lynchburg VA	83.1

The Most Expensive and Least Expensive Cities to Purchase Gasoline

When the Quarter 2, 2019 prices were collected in mid-April, spring break season was in full swing. Take a look at the table below to see what a gallon of gasoline would cost in various destinations across the country.

**The Five Most and Least Expensive Places for a Gallon of Regular Gasoline
Second Quarter 2019
Average for 255 Urban Areas = \$2.701**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Price	Ranking	Urban Areas	Avg. Price
1	San Francisco CA	\$4.037	1	Conway AR	\$1.527
2	Los Angeles-Long Beach CA	\$4.020	2	Ponca City OK	\$1.733
3	Orange County CA	\$4.000	3	Cape Coral-Fort Myers FL	\$2.080
4	Oakland CA	\$3.979	4	Miami-Dade County FL	\$2.105
5	Sacramento CA	\$3.954	5	Shreveport-Bossier City LA	\$2.178

The quarterly Cost of Living Index is available by subscription for \$175 per year for the print version, \$165 per year for the PDF, and \$275 for the Excel publication. 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 ext 1021.