



**THE COUNCIL FOR COMMUNITY  
AND ECONOMIC RESEARCH**



PRESS RELEASE - For Immediate Release

## COST OF LIVING INDEX QUARTERLY UPDATE

Among the 263 urban areas that participated in the first 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 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. Quarter 1, 2018 marks the 50<sup>th</sup> Anniversary of the publication.

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

First Quarter 2018

National Average for 263 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	245.4	1	Harlingen TX	76.3
2	San Francisco CA	195.7	2	McAllen TX	77.3
3	Honolulu HI	186.3	3	Memphis TN	80.6
4	New York (Brooklyn) NY	179.4	4	Kalamazoo MI	80.8
5	Washington DC	161.8	5	Conway AR	81.5
6	Seattle WA	153.0	6	Wichita Falls TX	81.7
7	Oakland CA	151.3	7	Joplin MO	81.8
8	New York (Queens) NY	149.6	8	Knoxville TN	82.0
9	Arlington VA	148.7	9	Hattiesburg MS	82.5
10	Orange County CA	148.5	10	Muskogee OK	82.5
	<b>Odessa 94.3</b>			<b>Midland 92.8</b>	

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)  
First Quarter 2018  
Average for 263 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	168.0	1	Kalamazoo MI	78.4
2	Juneau AK	145.4	2	Waco TX	78.4
3	New York (Manhattan) NY	137.3	3	Temple TX	78.6
4	Anchorage AK	134.0	4	Harlingen TX	80.8
5	Oakland CA	130.1	5	McAllen TX	81.7

*ODESSA 90.2*

*MIDLAND 85.0*

## 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  
First Quarter 2018  
Average for 263 Urban Areas = \$14.97**

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	Salina KS	\$5.00
3	Arlington VA	\$23.00	3	Dodge City KS	\$5.50
4	Chicago IL	\$22.33	4	Muskogee OK	\$6.50
5	Yuma AZ	\$22.25	5	Morristown TN	\$7.33

*ODESSA 8.33*

*MIDLAND 17.33*

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.