



**THE COUNCIL FOR COMMUNITY
AND ECONOMIC RESEARCH**



PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 262 urban areas that participated in the first quarter 2022 *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 Kalamazoo, MI.** 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)

First Quarter 2022

National Average for 262 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	237.8	1	Kalamazoo MI	74.1
2	Honolulu HI	192.7	2	Harlingen TX	76.5
3	San Francisco CA	184.2	3	Muskogee OK	77.3
4	New York (Brooklyn) NY	174.9	4	Jackson MS	80.5
5	Washington DC	158.8	5	Tupelo MS	80.8
6	Orange County CA	154.8	6	Decatur IL	81.0
7	Los Angeles-Long Beach CA	151.9	7	Topeka KS	81.7
8	Boston MA	150.8	8	Richmond IN	81.9
9	Seattle WA	150.7	9	Statesboro-Bulloch County GA	82.0
10	Oakland CA	149.0	10	Salina KS	82.4

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 still being a big part of the national conversation, 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 2022 Average for 262 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	152.7	1	Topeka KS	77.1
2	New York (Manhattan) NY	144.4	2	Kalamazoo MI	77.9
3	Juneau AK	138.8	3	Waco TX	78.4
4	San Francisco CA	129.8	4	Harlingen TX	79.3
5	Oakland CA	129.6	5	Temple TX	81.9

The Most Expensive and Least Expensive Cities to Buy Gas

As more people are getting vaccinated, we are seeing an increase in economic growth and therefore a return to in-person work. With people commuting again, demand for gas has increased resulting in a surge in prices at the pump. The effects of the COVID-19 pandemic on overall demand plus the restriction in supply from recently cut imports from Russia could continue to send prices soaring going forward. The increase in prices is reflected in the Q1 2022 *Cost of Living Index* publication.

The Five Most and Least Expensive Places to Buy Gas First Quarter 2022 Average for 262 Urban Areas = \$3.23

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Rate	Ranking	Urban Areas	Avg. Rate
1	San Francisco CA	\$4.79	1	Corpus Christi TX	\$2.56
2	Orange County CA	\$4.73	2	Oklahoma City OK	\$2.63
3	Oakland CA	\$4.72	3	Waco TX	\$2.69
4	Stockton CA	\$4.71	4	Cedar Park TX	\$2.70
5	Los Angeles-Long Beach CA	\$4.67	5	Harlingen TX	\$2.71

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 12546, Arlington VA 22209, 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.