

PRESS RELEASE - For Immediate Release

## COST OF LIVING INDEX

This report represents the tenth edition of a new format for the Cost of Living Index. Beginning with the fourth quarter of 2007, C2ER has annually published an unweighted average of prices accumulated from the previous three quarters. The data presented represent average prices submitted for the first three quarters of 2016. For further details on the annual average methodology, please visit our website at [coli.org](http://coli.org).

Among the 264 urban areas that participated in the 2016 *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 McAllen, 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)

Year-End Review of Three Quarters in 2016  
National Average for 264 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	228.2	1	McAllen TX	76.4
2	Honolulu HI	190.5	2	Harlingen TX	79.4
3	San Francisco CA	177.4	3	Richmond IN	79.9
4	New York (Brooklyn) NY	173.6	4	Kalamazoo MI	80.1
5	Orange County CA	151.6	5	Ashland OH	81.5
6	Washington DC	149.2	6	Cleveland TN	82.7
7	Oakland CA	148.7	7	Tupelo MS	82.8
8	Boston MA	148.1	8	Martinsville-Henry County VA	82.8
9	Stamford CT	145.9	9	Memphis TN	83.0
10	Seattle WA	145.1	10	Hattiesburg MS	83.8

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 50,000 prices covering almost 60 different items for which prices are collected three times a year by chambers of commerce, economic development organizations, or university applied economic centers in each participating urban area. Small differences in the index numbers should not be interpreted as significant.

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

## Since it is cold and flu season, which communities have the highest and lowest prices of orange juice and Advil?

C2ER collects more than 50,000 prices from communities across the US for the COLI. Two of those items, orange juice and Advil, are essential for those suffering from seasonal bouts of flu and colds. Below is a list of the most, and least, expensive places to buy those items.

### The Five Most and Least Expensive Places to Buy Orange Juice Averaged over Three Quarters in 2016 Average for 264 Urban Areas in 2016 = \$3.50

Most Expensive			Least Expensive		
Ranking	Urban Areas	Price	Ranking	Urban Areas	Price
1	Hilo HI	\$6.34	1	Chapel Hill NC	\$2.56
2	Honolulu HI	\$5.69	2	St. George UT	\$2.60
3	Kodiak AK	\$5.17	3	Cedar City UT	\$2.62
4	Oakland CA	\$4.82	4	Allen TX	\$2.79
5	Juneau AK	\$4.80	5	Jackson-Madison County TN	\$2.82

### The Five Most and Least Expensive Places to Buy Ibuprofen Averaged over Three Quarters in 2016 Average for 264 Urban Areas in 2016 = \$9.29

Most Expensive			Least Expensive		
Ranking	Urban Areas	Price	Ranking	Urban Areas	Price
1	Minot ND	\$14.30	1	Jackson-Madison County TN	\$6.33
2	Honolulu HI	\$13.56	2	Bowling Green KY	\$6.56
3	Hilo HI	\$12.87	3	Charlotte NC	\$6.63
4	Hartford CT	\$11.99	4	Joplin MO	\$6.71
5	Los Angeles-Long Beach CA	\$11.88	5	Birmingham AL	\$6.86

The quarterly Cost of Living Index is available by subscription at: \$175 per year for the print edition, \$165 per year for the PDF version, or \$275 per year for an electronic (excel) version. Send check, payable to C2ER, P.O. Box 100127, Arlington VA 22210-0407, or subscribe on the Internet at [coli.org](http://coli.org).

If you need additional information on the Cost of Living Index or other COLI-related products such as the COLI Web Calculator, COLI Historical Index, County-Level Index, or Library Web Application, please contact Jennie Allison at [jallison@crec.net](mailto:jallison@crec.net) or Erol Yildirim at [ey@crec.net](mailto:ey@crec.net) or by phone at 703-522-4980.