![C2ER | THE COUNCIL FOR COMMUNITY AND ECONOMIC RESEARCH]

PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX

Beginning with quarter four of 2007, C2ER has annually published an unweighted average of prices accumulated from the previous three quarters. This analysis uses average prices submitted for the first three quarters of 2019. For further details on the annual average methodology, please visit our website at coli.org.

Among the 266 urban areas that participated in the 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 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.*

The Ten Most and Least Expensive Urban Areas
in the Cost of Living Index (COLI)
Year-End Review of Three Quarters in 2019
National Average for 266 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	237.4	1	Harlingen TX	75.4
2	San Francisco CA	196.6	2	McAllen TX	76.2
3	Honolulu HI	191.8	3	Kalamazoo MI	77.7
4	New York (Brooklyn) NY	180.4	4	Muskogee OK	79.4
5	Washington DC	159.0	5	Memphis TN	80.4
6	Oakland CA	156.8	6	Conway AR	80.7
7	Seattle WA	156.7	7	Richmond IN	80.8
8	Boston MA	150.1	8	Joplin MO	81.6
9	Arlington VA	149.5	9	Pittsburg KS	81.8
10	New York (Queens) NY	148.2	10	Tupelo MS	81.8

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.