PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 268 urban areas that participated in the third 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)
Third Quarter 2019
National Average for 268 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	**Urban Areas**	**COL Index**	**Ranking**	**Urban Areas**	**COL Index**
1	New York (Manhattan) NY	254.7	1	Harlingen TX	75.6
2	Honolulu HI	201.3	2	McAllen TX	75.6
3	San Francisco CA	200.1	3	Kalamazoo MI	77.7
4	New York (Brooklyn) NY	184.2	4	Muskogee OK	78.6
5	Washington DC	164.0	5	Pittsburg KS	79.6
6	Oakland CA	160.2	6	Conway AR	80.4
7	Seattle WA	159.4	7	Knoxville TN	81.3
8	Arlington VA	153.0	8	Memphis TN	81.4
9	Orange County CA	151.1	9	Statesboro-Bulloch County GA	81.5
10	New York (Queens) NY	150.6	10	Tupelo MS	81.5

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)
Third Quarter 2019
Average for 268 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	**Urban Areas**	**Index**	**Ranking**	**Urban Areas**	**Index**
1	Honolulu HI	160.8	1	Kalamazoo MI	76.0
2	Juneau AK	143.3	2	Temple TX	76.8
3	New York (Manhattan) NY	141.7	3	Waco TX	81.0
4	Anchorage AK	130.5	4	Cedar Park TX	81.3
5	Seattle WA	129.4	5	Round Rock TX	81.3

The Most Expensive and Least Expensive Cities to Purchase Movie Tickets

When the Quarter 3, 2019 prices were collected in mid-July, summer movie season was in full swing. Take a look at the table below to see what a movie ticket for a film in its first-run on a Saturday night a would cost in various destinations across the country.

The Five Most and Least Expensive Places for a Movie Ticket
Third Quarter 2019
Average for 268 Urban Areas = $10.79

Most Expensive			Least Expensive		
Ranking	**Urban Areas**	**Avg. Price**	**Ranking**	**Urban Areas**	**Avg. Price**
1	New York (Manhattan) NY	$16.32	1	Pittsburg KS	$5.69
2	Los Angeles-Long Beach CA	$16.10	2	Kokomo IN	$5.99
3	Modesto CA	$15.05	3	Thomasville-Lexington NC	$6.00
4	San Francisco CA	$15.04	4	Vero Beach-Indian River FL	$6.21
5	Chicago IL	$14.86	5	Salina KS	$6.51

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.