

PRESS RELEASE - For Immediate Release

ACCRA COST OF LIVING INDEX

Among the 289 urban areas participating in the third quarter 2006 *ACCRA 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 over 20 percent below the national average in McAlester OK.** The *ACCRA Cost of Living Index* is compiled and published quarterly by ACCRA – The Council for Community and Economic Research.

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

Third Quarter 2006

National Average for 289 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	210.7	1	McAlester OK	78.9
2	San Francisco CA	169.2	2	Joplin MO	83.8
3	Honolulu HI	163.2	3	Douglas GA	84.1
4	San Jose CA	154.0	4	McAllen TX	84.2
5	Stamford CT	149.2	5	Harlingen TX	84.7
6	Nassau County NY	147.7	6	Jonesboro AR	85.1
7	New York (Queens) NY	145.0	7	Pryor Creek OK	85.1
8	Oakland CA	144.7	8	Hot Springs AR	85.6
9	Washington-Arlington-Alexandria DC-VA	140.3	9	Odessa TX	85.6
10	Boston MA	139.5	10	Salina KS	85.9

The *ACCRA 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 quarterly by chambers of commerce, economic development organizations or 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 components – housing, utilities, grocery items, transportation, health care and miscellaneous goods and services.

Where's the most expensive coffee?

Each quarter, ACCRA collects more than 50,000 prices from communities across the US for the COLI. This quarter, ACCRA features the communities with the most and least expensive coffee. Prices reflect the average reported prices of an 11.5 - ounce can or brick of Folgers, Maxwell House or Hill Brothers coffee.

**The Five Most and Least Expensive Places to Buy Coffee
in the ACCRA Cost of Living Index (COLI)
Third Quarter 2006
Average for 289 Urban Areas = \$3.14**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Price	Ranking	Urban Areas	Price
1	Honolulu HI	\$5.55	1	Fitchburg-Leominster MA	\$2.04
2	San Jose CA	\$5.13	2	Salina KS	\$2.18
3	Missoula MT	\$4.94	3	Los Alamos NM	\$2.20
4	Oakland CA	\$4.87	4	Sheboygan WI	\$2.39
5	New York (Manhattan) NY	\$4.79	5	McAllen TX	\$2.43

A Closer Look at Health Care Items in Alaska

Alaska cities frequently rate among the most expensive cities for the health care items. Here's a snapshot of prices for several items in four Alaskan cities:

Quarter 3, 2006	Optometrist	Doctor	Dentist	Ibuprofen	Atorvastatin Calcium
	Full vision eye exam	General practitioner's routine examination	Adult teeth cleaning	200 mg., 50 tablets, Advil	20 mg. 30 tablets, Lipitor
Anchorage AK	\$111.70	\$121.20	\$104.44	\$5.79	\$121.74
Fairbanks AK	\$148.75	\$110.67	\$118.75	\$5.79	\$120.35
Juneau AK	\$137.00	\$118.50	\$132.00	\$7.34	\$137.24
Kodiak AK	\$148.00	\$100.00	\$111.00	\$5.74	\$126.39
National Average	\$76.83	\$77.15	\$69.57	\$5.86	\$121.32

The quarterly ACCRA Cost of Living Index is available by subscription for \$140 per year (print or PDF version) or \$250 per year (electronic version). Send check, payable to ACCRA, P.O. Box 100127, Arlington VA 22210-0407, or subscribe on the Internet at www.coli.org.

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