



PRESS RELEASE - For Immediate Release

COST OF LIVING INDEX QUARTERLY UPDATE

Among the 263 urban areas that participated in the third quarter 2021 *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)

Third Quarter 2021

National Average for 263 Urban Areas = 100

Most Expensive			Least Expensive		
Ranking	Urban Areas	COL Index	Ranking	Urban Areas	COL Index
1	New York (Manhattan) NY	239.3	1	Kalamazoo MI	76.5
2	San Francisco CA	186.4	2	McAllen TX	77.0
3	Honolulu HI	185.6	3	Harlingen TX	79.0
4	New York (Brooklyn) NY	172.6	4	Muskogee OK	79.6
5	Washington DC	154.4	5	Tupelo MS	81.2
6	Oakland CA	152.8	6	Amarillo TX	81.5
7	Orange County CA	151.9	7	Anniston-Calhoun County AL	82.2
8	Seattle WA	149.4	8	Richmond IN	82.3
9	Boston MA	148.6	9	Pittsburg KS	83.0
10	Los Angeles-Long Beach CA	148.0	10	Jackson MS	83.1

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)
Third Quarter 2021
Average for 263 Urban Areas = 100**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Index	Ranking	Urban Areas	Index
1	Honolulu HI	152.3	1	Kalamazoo MI	77.7
2	Juneau AK	144.1	2	Waco TX	79.5
3	New York (Manhattan) NY	141.4	3	Temple TX	80.7
4	New York (Queens) NY	130.9	4	McAllen TX	81.4
5	San Francisco CA	130.3	5	Cedar Park TX	81.9

The Most Expensive and Least Expensive Cities to Attend a Yoga Class

After over a year of being at home and living a more sedentary lifestyle due to COVID-19, people are adopting a more holistic view of their health and fitness, including their mental health. Demand for meditation, yoga and fitness classes are booming, but after the peak of fitness facility closures in March 2020, return to in-person activity has been uneven due to varied state and local guidelines and restrictions. Restrictions on occupancy and operational costs from the pandemic have contributed to higher prices for in-person yoga and fitness classes across the county, as reflected in the *Cost of Living Index*.

**The Five Most and Least Expensive Places to Attend a Yoga Class
Third Quarter 2021
Average for 263 Urban Areas = \$15.86**

Most Expensive			Least Expensive		
Ranking	Urban Areas	Avg. Rate	Ranking	Urban Areas	Avg. Rate
1	St. Paul MN	\$30.50	1	Minot ND	\$5.00
2	Minneapolis MN	\$30.45	2	Valdosta GA	\$5.00
3	New York (Manhattan) NY	\$26.00	3	Bullhead City AZ	\$6.25
4	Manchester NH	\$26.00	4	Morristown TN	\$6.33
5	New York (Brooklyn) NY	\$25.00	5	Lima OH	\$6.50

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.