## PRESS RELEASE - For Immediate Release

**COST OF LIVING INDEX**

Beginning with quarter four of 2007, C2ER annually publishes an unweighted average of prices accumulated from the previous three quarters. This analysis uses average prices submitted for the first three quarters of 2023. For further details on the annual average methodology, please visit our website at coli.org.

Among the 276 urban areas that participated in the 2023 *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 Decatur, IL.** The *Cost of Living Index* is published quarterly by C2ER – The Council for Community and Economic Research.

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| **The Ten Most and Least Expensive Urban Areas****in the Cost of Living Index (COLI)****Year-End Review of Three Quarters in 2023****National Average for 276 Urban Areas = 100** |
| **Most Expensive** |  | **Least Expensive** |  |
|  |  | **COL** |  |  |  **COL** |
| **Ranking** | **Urban Areas** | **Index** | **Ranking** | **Urban Areas** | **Index** |
| 1 | New York (Manhattan) NY | 225.2 | 1 | Decatur IL | 77.9 |
| 2 | Honolulu HI | 180.3 | 2 | Harlingen TX | 78.5 |
| 3 | San Jose CA | 174.4 | 3 | McAllen TX | 80.9 |
| 4 | San Francisco CA | 170.0 | 4 | Tupelo MS | 82.2 |
| 5 | New York (Brooklyn) NY | 160.5 | 5 | Ponca City OK | 82.3 |
| 6 | Orange County CA | 150.3 | 6 | Muskogee OK | 82.4 |
| 7 | Los Angeles-Long Beach CA | 148.9 | 7 | Conway AR | 82.6 |
| 8 | Washington DC | 146.8 | 8 | Florence AL | 83.3 |
| 9 | Boston MA | 146.5 | 9 | Kalamazoo MI | 83.6 |
| 10 | Seattle WA | 144.6 | 10 | Lawton OK | 83.6 |

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. Covering 61 different items, 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.

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| **What Do Groceries Cost?**The C2ER grocery index is drawing data from over 320 million grocery prices derived from 1.5 trillion historical data points collected across the country to generate the most accurate data possible. Datasembly’s weekly collection covers 200 national and regional retailers and quick service restaurants representing over 150,000 brick and mortar locations across 30,000 zip codes. With food prices still being a big part of the national conversation, C2ER decided to feature those communities once again with the most and least expensive food costs as measured by the grocery item index number. The twenty-six items priced come from a variety of surrogate categories to represent the grocery item component of the index. With food prices still being a big part of the national conversation, C2ER decided to feature those communities once again with the most and least expensive food costs as measured by the grocery item index number. The twenty-six items priced come 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)****Year-End Review of Three Quarters in 2023****Average for 276 Urban Areas = 100** |
| **Most Expensive** |  | **Least Expensive** |  |
|  |  |  |  |   |  |
| **Ranking** | **Urban Areas** |  **Index** | **Ranking** | **Urban Areas** | **Index** |
| 1 | Fairbanks AK | 124.1 | 1 | Thibodaux-Lafourche Parish LA | 90.5 |
| 2 | Anchorage AK | 123.8 | 2 | Temple TX | 91.3 |
| 3 | Juneau AK | 122.7 | 3 | Cedar Park TX | 91.3 |
| 4 | San Francisco CA | 122.5 | 4 | McAllen TX | 91.4 |
| 5 | Oakland CA | 117.2 | 5 | Harlingen TX | 91.8 |

**The Most Expensive and Least Expensive Cities to Drop in for a Yoga Class**

According to the most recent COLI Annual Average publication, the prices for drop-in yoga classes have been climbing at a rate of around 7% per year. This is a stark contrast to the 2021 publication depicting an increase of only 2.5% from the previous year. As of the 2023 Annual Average publication, the overall average cost is $18.05. San Jose, CA, leads as the most expensive city with an average of $33.30, while Bullhead City, AZ, is markedly affordable at $6.67. Whether you’re someone who wants to plan a new budget, a traveler considering a new activity, or studio owner strategizing pricing, this data provides valuable insights on what can be your next step.

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| **The Five Most and Least Expensive Places to Drop in for a Yoga class****Year-End Review of Three Quarters in 2023****Average for 276 Urban Areas = $18.05** |
| **Most Expensive** |  | **Least Expensive** |  |
| **Ranking** | **Urban Areas** | **Avg. Price** | **Ranking** | **Urban Areas** | **Avg. Price** |
| 1 | San Jose CA |  $33.30  | 1 | Bullhead City AZ |  $6.67  |
| 2 | New York (Manhattan) NY |  $30.72  | 2 | Morristown TN |  $7.11  |
| 3 | New York (Brooklyn) NY |  $29.40  | 3 | Dublin-Laurens County GA |  $7.50  |
| 4 | Boston MA |  $29.33  | 4 | Minot ND |  $7.50  |
| 5 | Westminster CO |  $29.17  | 5 | Tyler TX |  $9.72  |

The quarterly Cost of Living Index is available by subscription for $190 per year for the print version and $180 per year for the PDF. The electronic version is available for $300 per year. Be sure and ask about our 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](http://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 Tyler Baines at tbaines@crec.net or by phone at 703-522-4980.