

State of Alaska Bill Walker Governor	Alaska Workers' Compensation Division PO Box 115512 Juneau, Alaska 99811-5512		
Department of Labor and Workforce Development	BULLETIN	Number 14-01 (Revised)	Date January 5, 2015
Heidi Drygas Commissioner	SUBJECT REFERENCE	Cost of Living Adjustment AS 23.30.175; 8 AAC 45.138	

Pursuant to Alaska Statute 23.30.175(c) and regulation 8 AAC 45.138(b), the Department of Labor and Workforce Development is required to identify an organization to calculate a cost of living adjustment (COLA) for a workers' compensation beneficiary when the recipient no longer resides in Alaska.

The Department has selected The Council for Community and Economic Research (C2ER) as the organization for providing COLA information. The attached list will be in effect for the period of January 1, 2014 to December 31, 2016. The cost of living for Alaska is the average cost of living for Anchorage, Juneau, and Fairbanks.

If a recipient does not reside in a location listed on the attached COLA ratio list, you must use the cost-of-living ration for the location nearest the recipient's residence. If the recipient lives in a location equidistant from two published locations, the ratio that results in the higher compensation rate must be used.

The Division has contracted with Northern Economic Research Associates to produce COLA survey for location outside of the United States. For an out-of-country COLA determination, send a request to:

Division of Workers' Compensation
 Attn: Administrative Manager
 3301 Eagle Street, Suite 304
 Anchorage, AK 99503-4149

Effective November 7, 2005, a COLA "may not result in raising a recipient's weekly compensation rate to an amount that exceeds the weekly compensation rate that the recipient would have received if the recipient had been residing in [Alaska]". If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for a hearing, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

Note: This revised bulletin replaces the revision previously published on 12-17-2014, which mistakenly omitted the "AK COLA Rate" column. The Division and C2ER have made every effort to restore the COLA values in the following table to the values originally in place as of January 1, 2014.

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Alabama	Anniston-Calhoun County AL	69.02	90.90	96.10	76.50	107.30	87.20	83.00	97.80
Alabama	Auburn-Opelika AL	72.06	94.90	92.90	80.30	96.80	92.80	89.30	108.20
Alabama	Birmingham AL	66.36	87.40	92.70	69.50	104.10	89.10	85.30	93.90
Alabama	Decatur-Hartselle AL	67.88	89.40	89.70	73.00	104.20	92.90	88.30	96.70
Alabama	Dothan AL	66.44	87.50	95.20	80.70	90.20	93.10	82.50	87.40
Alabama	Florence AL	68.72	90.50	89.70	78.70	103.10	92.90	84.00	96.40
Alabama	Huntsville AL	71.53	94.20	89.40	79.10	103.70	98.70	96.20	103.20
Alabama	Mobile AL	69.32	91.30	95.60	77.10	109.80	94.80	85.00	94.70
Alabama	Montgomery AL	71.68	94.40	95.20	85.60	110.20	96.70	84.70	96.70
Alabama	Tuscaloosa AL	76.39	100.60	99.30	79.20	108.50	99.70	87.40	117.90
Arizona	Flagstaff AZ	85.65	112.80	101.10	150.10	89.00	105.90	99.10	100.00
Arizona	Bullhead City AZ	70.69	93.10	91.40	87.90	81.50	101.80	96.00	97.60
Arizona	Lake Havasu City AZ	77.98	102.70	97.00	119.00	93.70	98.40	103.70	96.30
Arizona	Phoenix AZ	72.59	95.60	93.40	96.20	97.60	95.50	95.80	95.40
Arizona	Scottsdale AZ	87.02	114.60	103.40	145.70	91.70	101.00	105.20	108.10
Arizona	Prescott-Prescott Valley AZ	74.18	97.70	95.30	100.90	87.60	98.30	97.30	98.90
Arizona	Sierra Vista AZ	74.11	97.60	91.00	94.70	99.20	100.80	97.20	101.00
Arizona	Tucson AZ	72.36	95.30	91.50	82.70	88.50	96.30	110.70	106.10
Arizona	Yuma AZ	78.82	103.80	104.80	93.70	129.00	97.70	98.50	106.90
Arkansas	Fayetteville AR	67.12	88.40	91.80	75.50	103.30	86.20	87.50	93.80
Arkansas	Hot Springs AR	70.39	92.70	89.80	82.10	94.70	91.20	94.50	102.00
Arkansas	Jonesboro AR	65.60	86.40	87.30	77.50	80.70	88.30	86.60	93.90
Arkansas	Conway AR	68.94	90.80	89.30	80.90	89.30	102.50	82.50	96.40
Arkansas	Little Rock-North Little Rock AR	74.34	97.90	89.20	96.60	110.30	93.30	83.90	102.50
California	Orange County CA	107.06	141.00	103.20	234.50	110.20	119.50	108.10	105.00
California	Bakersfield CA	77.07	101.50	97.60	98.80	111.00	114.70	105.20	96.70
California	Fresno CA	79.27	104.40	99.50	103.30	120.10	112.70	103.60	99.40
California	Los Angeles-Long Beach CA	98.56	129.80	102.80	196.80	108.00	111.00	109.50	104.80
California	Oakland CA	102.89	135.50	113.00	214.80	95.50	107.90	115.60	107.60
California	Palm Springs CA	91.57	120.60	106.30	150.00	106.90	115.30	96.50	112.80
California	Riverside City CA	85.12	112.10	104.20	133.90	111.70	111.80	101.30	99.90
California	Sacramento CA	85.04	112.00	105.50	127.10	110.30	110.10	107.50	104.70

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
California	San Diego CA	98.25	129.40	101.60	199.00	97.70	113.30	109.70	104.50
California	San Francisco CA	122.10	160.80	119.20	293.50	95.00	114.90	119.90	116.40
California	San Jose CA	112.83	148.60	110.40	255.60	123.20	112.10	114.60	106.50
California	Stockton CA	80.41	105.90	104.80	111.00	97.60	106.50	111.00	103.90
California	Tracy CA	86.71	114.20	99.70	142.30	106.70	108.70	106.60	103.40
Colorado	Colorado Springs CO	72.67	95.70	93.50	94.40	101.00	94.40	102.40	95.60
Colorado	Denver CO	78.82	103.80	93.40	115.50	101.30	94.80	103.70	103.00
Colorado	Grand Junction CO	73.20	96.40	97.20	99.10	84.10	98.60	103.50	95.90
Colorado	Pueblo CO	63.10	83.10	88.10	71.40	98.90	98.70	85.80	79.20
Colorado	Glenwood Springs CO	83.90	110.50	92.40	127.90	91.60	108.90	119.70	109.20
Colorado	Gunnison CO	79.73	105.00	94.80	121.90	89.90	96.70	94.90	105.00
Connecticut	Stamford CT	108.88	143.40	107.70	211.20	126.80	120.80	108.80	123.40
Connecticut	Hartford CT	93.85	123.60	118.60	134.80	116.40	116.10	122.50	121.80
Connecticut	New Haven CT	98.03	129.10	118.30	149.10	118.60	120.20	124.50	124.80
Delaware	Dover DE	78.36	103.20	112.00	86.80	114.80	103.60	101.50	109.10
Delaware	Wilmington DE	83.75	110.30	110.70	111.60	117.50	105.80	101.00	110.20
DC	Washington-Arlington-Alexandria DC-VA	105.85	139.40	107.90	247.50	104.10	105.60	98.60	96.60
Florida	Cape Coral-Fort Myers FL	73.96	97.40	91.90	93.20	98.10	109.10	98.10	98.30
Florida	Daytona Beach FL	71.75	94.50	97.20	82.10	90.60	103.50	95.10	100.70
Florida	Palm Coast-Flagler County FL	67.88	89.40	96.60	78.90	86.80	94.70	96.90	92.20
Florida	Fort Lauderdale FL	83.22	109.60	100.20	134.40	95.80	107.90	99.50	100.20
Florida	Gainesville FL	74.94	98.70	97.30	94.10	106.10	104.10	101.20	98.10
Florida	Jacksonville FL	72.06	94.90	95.20	83.30	105.70	104.70	85.10	98.40
Florida	Miami-Dade County FL	81.40	107.20	99.90	118.00	95.70	110.40	104.40	104.30
Florida	Bradenton FL	73.12	96.30	94.50	99.40	89.20	101.10	90.50	95.70
Florida	Sarasota FL	75.17	99.00	93.60	98.30	95.30	102.90	112.50	99.50
Florida	Orlando FL	72.89	96.00	96.70	78.60	104.40	98.50	99.30	105.60
Florida	Punta Gorda-Charlotte Co FL	72.06	94.90	93.70	83.90	99.30	100.50	105.70	98.90
Florida	Vero Beach-Indian River FL	74.72	98.40	100.60	86.00	116.70	96.30	97.90	102.60
Florida	Tallahassee FL	74.49	98.10	99.20	98.20	88.70	101.10	101.40	98.60
Florida	Tampa FL	70.46	92.80	92.70	78.40	93.90	102.30	95.60	99.80
Georgia	Albany GA	68.94	90.80	99.50	79.20	93.30	94.70	92.50	93.90

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Georgia	Atlanta GA	72.06	94.90	91.20	87.10	92.00	102.00	102.50	99.60
Georgia	Fayetteville-Fayette County GA	71.53	94.20	88.90	87.60	91.90	93.40	110.20	100.10
Georgia	Marietta GA	75.47	99.40	92.30	94.60	100.30	105.20	98.20	103.90
Georgia	Augusta-Aiken GA-SC	65.91	86.80	85.90	73.00	97.40	91.80	88.50	92.80
Georgia	Dalton GA	69.17	91.10	89.60	80.90	102.20	93.10	95.00	95.20
Georgia	Dublin-Laurens County GA	67.58	89.00	87.00	73.80	104.20	94.10	94.60	94.30
Georgia	Savannah GA	70.24	92.50	91.20	71.50	111.50	102.00	100.10	99.20
Georgia	Valdosta GA	71.60	94.30	97.70	84.20	109.30	98.40	98.90	94.00
Hawaii	Hilo HI	109.42	144.10	159.70	154.10	213.90	130.10	115.90	118.30
Hawaii	Honolulu HI	127.79	168.30	154.70	262.40	171.40	126.50	111.30	123.10
Idaho	Boise ID	70.77	93.20	85.60	86.70	87.90	103.70	103.80	97.30
Idaho	Idaho Falls ID	64.77	85.30	85.00	65.00	93.40	99.60	100.50	91.30
Idaho	Twin Falls ID	68.26	89.90	78.30	80.70	100.20	99.80	93.00	94.40
Illinois	Carbondale IL	71.75	94.50	90.90	82.60	93.40	105.80	99.70	100.70
Illinois	Champaign-Urbana IL	72.89	96.00	92.30	86.70	115.60	95.60	110.70	96.90
Illinois	Chicago IL	87.17	114.80	98.10	135.30	98.90	124.10	97.70	109.20
Illinois	Joliet-Will County IL	73.35	96.60	90.80	100.40	103.20	106.20	104.30	89.30
Illinois	Danville IL	68.41	90.10	88.10	68.40	118.30	105.80	92.20	93.00
Illinois	Decatur IL	66.59	87.70	80.90	78.30	89.10	96.30	90.90	93.80
Illinois	Galesburg IL	69.78	91.90	87.50	73.20	101.70	101.90	89.70	101.90
Illinois	Kankakee IL	72.67	95.70	88.70	91.40	99.50	105.70	97.20	96.80
Illinois	Peoria IL	75.32	99.20	89.00	100.00	95.90	108.20	95.80	100.80
Illinois	Quincy IL	70.01	92.20	86.00	93.30	87.30	97.20	99.30	92.50
Illinois	Rockford IL	68.79	90.60	86.40	80.90	91.20	100.40	104.40	93.90
Illinois	Springfield IL	71.30	93.90	90.60	93.60	77.10	104.70	109.60	94.20
Indiana	Bloomington IN	68.34	90.00	86.90	85.00	90.60	94.70	99.40	91.70
Indiana	Elkhart-Goshen IN	68.94	90.80	86.60	83.60	87.30	99.60	91.50	95.70
Indiana	Evansville IN	70.01	92.20	86.60	82.90	104.50	94.00	93.30	97.20
Indiana	Fort Wayne-Allen County IN	69.32	91.30	82.50	85.00	89.50	104.30	95.80	94.70
Indiana	Indianapolis IN	69.55	91.60	85.50	80.90	91.30	99.40	115.70	96.10
Indiana	Indianapolis-Morgan County IN	66.67	87.80	85.90	75.90	96.30	93.00	90.30	93.10
Indiana	Lafayette IN	67.73	89.20	84.70	77.30	97.50	106.20	96.20	90.40

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Indiana	Muncie IN	67.65	89.10	90.30	75.00	83.50	95.20	88.70	99.00
Indiana	Richmond IN	67.20	88.50	85.30	76.30	92.70	100.70	104.60	91.10
Indiana	South Bend IN	69.70	91.80	87.80	85.80	78.30	100.10	95.90	98.40
Iowa	Ames IA	72.59	95.60	87.00	98.70	86.10	101.60	99.70	96.60
Iowa	Burlington IA	68.03	89.60	88.70	83.50	100.20	88.00	86.40	92.60
Iowa	Cedar Rapids IA	69.55	91.60	86.50	82.10	102.20	94.60	101.50	95.20
Iowa	Davenport-Moline-Rock Is IA-IL	72.44	95.40	86.60	100.20	85.50	111.20	94.90	92.10
Iowa	Des Moines IA	68.34	90.00	85.20	85.40	89.50	96.10	93.60	92.80
Iowa	Mason City IA	67.27	88.60	87.80	74.20	97.60	94.40	94.80	94.50
Iowa	Waterloo-Cedar Falls IA	69.40	91.40	86.70	88.90	80.10	97.20	95.50	95.80
Kansas	Dodge City KS	72.06	94.90	86.10	88.60	101.80	93.30	91.70	102.30
Kansas	Hutchinson KS	67.58	89.00	85.70	78.80	91.10	95.20	97.80	94.10
Kansas	Manhattan KS	70.16	92.40	87.50	93.10	91.20	93.40	91.40	93.90
Kansas	Salina KS	67.12	88.40	87.40	76.90	92.40	89.40	97.00	95.00
Kansas	Topeka KS	70.92	93.40	87.50	91.40	84.00	94.30	91.80	100.20
Kansas	Wichita KS	69.55	91.60	88.20	75.60	107.70	96.90	94.80	98.20
Kentucky	Bowling Green KY	69.93	92.10	85.30	78.60	111.20	101.30	91.40	96.20
Kentucky	Covington KY	65.38	86.10	85.10	74.00	92.20	97.00	101.10	88.00
Kentucky	Ashland KY	68.26	89.90	85.10	77.60	97.90	95.00	99.80	95.60
Kentucky	Lexington KY	67.88	89.40	86.10	75.60	101.00	97.90	94.30	94.10
Kentucky	Louisville KY	69.10	91.00	85.30	81.60	87.20	101.00	91.20	98.10
Kentucky	Paducah KY	68.26	89.90	86.30	81.90	101.40	89.00	85.80	95.00
Louisiana	Alexandria LA	74.41	98.00	91.50	96.10	90.00	94.30	106.10	104.90
Louisiana	Baton Rouge LA	69.32	91.30	95.20	86.20	87.10	93.20	105.30	92.10
Louisiana	Hammond LA	68.26	89.90	96.00	77.10	92.40	93.70	95.30	94.40
Louisiana	Lafayette LA	72.82	95.90	90.50	101.50	87.80	104.10	84.80	94.60
Louisiana	Lake Charles LA	72.36	95.30	92.40	96.40	96.50	97.90	98.10	94.00
Louisiana	Monroe LA	72.51	95.50	95.40	89.90	96.30	98.60	90.50	99.30
Louisiana	New Orleans LA	74.72	98.40	97.90	95.10	91.30	100.00	103.20	102.10
Louisiana	Slidell-St. Tammany Parish LA	72.21	95.10	93.20	94.00	92.90	98.90	93.00	96.40
Louisiana	Shreveport-Bossier City LA	70.24	92.50	92.90	90.00	100.00	91.00	88.40	93.30
Maine	Portland ME	83.60	110.10	103.00	119.60	85.30	109.70	121.90	111.40

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Maryland	Baltimore MD	85.50	112.60	105.00	154.60	102.50	98.70	95.00	93.40
Maryland	Bethesda-Gaithersburg-Frederick MD	95.82	126.20	106.80	196.60	115.80	102.10	96.60	95.30
Maryland	Charles County MD	84.13	110.80	111.00	130.10	107.90	97.60	90.60	104.50
Massachusetts	Boston MA	105.62	139.10	125.50	175.30	144.30	104.10	126.10	129.70
Massachusetts	Framingham-Natick MA	105.85	139.40	117.90	195.90	116.80	109.50	122.20	124.20
Massachusetts	Pittsfield MA	77.98	102.70	116.40	92.80	105.20	102.10	102.20	104.40
Massachusetts	Fitchburg-Leominster MA	79.12	104.20	94.30	97.70	117.60	103.80	123.40	106.60
Michigan	Ann Arbor MI	77.22	101.70	85.80	112.70	106.60	105.00	99.20	97.00
Michigan	Detroit MI	72.36	95.30	85.50	91.30	104.10	102.50	100.30	96.20
Michigan	Grand Rapids MI	70.39	92.70	84.40	77.60	99.40	106.60	91.80	100.90
Michigan	Kalamazoo MI	66.97	88.20	82.60	72.90	101.00	98.70	94.80	93.70
Michigan	Benton Harbor MI	69.55	91.60	88.40	79.50	94.70	101.90	95.10	97.20
Minnesota	Mankato MN	71.15	93.70	97.50	80.00	95.70	101.80	103.90	97.60
Minnesota	Minneapolis MN	83.30	109.70	115.40	116.50	97.80	103.60	98.90	109.40
Minnesota	St. Paul MN	82.46	108.60	113.20	113.70	96.50	104.30	100.30	109.10
Minnesota	Rochester MN	76.39	100.60	95.90	99.30	101.80	101.90	104.80	102.00
Minnesota	St. Cloud MN	71.60	94.30	101.60	75.90	92.90	94.90	112.50	103.20
Mississippi	Hattiesburg MS	68.56	90.30	92.40	78.00	104.20	100.20	89.00	91.40
Mississippi	Jackson MS	67.73	89.20	84.30	79.70	85.20	99.30	89.70	96.00
Mississippi	Tupelo MS	65.91	86.80	85.90	69.70	90.10	89.60	95.60	97.20
Missouri	Columbia MO	72.59	95.60	91.30	88.30	98.00	94.30	101.70	102.10
Missouri	Jefferson City MO	68.26	89.90	91.90	76.70	100.30	90.80	86.10	96.50
Missouri	Joplin MO	67.20	88.50	85.30	73.30	117.00	95.50	95.80	89.40
Missouri	Kansas City MO-KS	75.09	98.90	95.60	91.70	110.60	98.20	96.30	102.90
Missouri	St. Louis MO-IL	71.30	93.90	98.70	73.50	113.40	102.50	101.20	97.90
Missouri	Springfield MO	66.97	88.20	89.80	74.60	92.60	92.50	100.60	93.60
Montana	Bozeman MT	76.31	100.50	97.50	109.80	91.50	91.90	103.80	99.80
Montana	Kalispell MT	72.59	95.60	95.20	88.00	92.70	95.20	109.60	100.70
Nebraska	Hastings NE	69.32	91.30	88.60	87.10	101.40	91.50	84.70	93.70
Nebraska	Lincoln NE	67.81	89.30	87.60	75.60	92.30	96.60	95.00	96.30
Nebraska	Omaha NE	65.98	86.90	84.30	78.40	91.10	96.60	100.60	87.60
Nevada	Las Vegas NV	76.23	100.40	96.50	99.70	85.30	100.90	103.40	106.40

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Nevada	Reno-Sparks NV	68.19	89.80	90.10	88.10	73.00	103.10	93.30	90.40
New Hampshire	Manchester NH	91.27	120.20	98.50	137.90	122.70	101.20	117.70	121.90
New Jersey	Newark-Elizabeth NJ	99.62	131.20	116.80	172.90	131.60	109.00	102.30	116.80
New Jersey	Bergen-Passaic NJ	101.06	133.10	113.30	183.90	128.50	109.80	106.80	115.20
New Jersey	Middlesex-Monmouth NJ	94.15	124.00	111.10	150.10	128.60	110.20	107.30	114.80
New Mexico	Rio Rancho NM	70.39	92.70	89.80	82.60	89.10	99.90	97.80	99.40
New Mexico	Carlsbad NM	69.32	91.30	88.40	91.10	87.90	99.90	96.80	89.50
New Mexico	Los Alamos NM	77.75	102.40	85.70	111.70	90.40	100.20	99.90	106.80
New York	Albany NY	82.84	109.10	98.60	116.70	89.60	111.50	95.20	114.50
New York	Buffalo NY	75.25	99.10	90.90	110.30	112.60	102.50	88.30	89.70
New York	Ithaca NY	78.06	102.80	93.90	109.20	105.70	104.40	109.60	98.90
New York	Nassau County NY	100.61	132.50	119.20	189.00	109.40	107.90	107.70	113.40
New York	New York (Brooklyn) NY	129.61	170.70	118.70	320.30	124.00	111.90	110.30	119.20
New York	New York (Manhattan) NY	166.51	219.30	135.50	448.30	133.80	126.30	106.00	151.00
New York	New York (Queens) NY	114.96	151.40	115.60	230.70	134.70	116.90	112.00	127.40
New York	Dutchess County NY	88.84	117.00	100.50	140.60	116.90	110.10	102.80	109.80
New York	Rochester NY	77.15	101.60	94.90	98.90	95.10	109.90	101.60	105.20
New York	Utica-Rome NY	77.83	102.50	96.50	95.50	113.10	107.90	103.20	105.00
North Carolina	Asheville NC	78.36	103.20	98.90	107.20	104.40	99.60	115.40	101.10
North Carolina	Burlington NC	70.99	93.50	100.20	77.20	89.10	96.20	101.50	102.70
North Carolina	Charlotte NC	72.44	95.40	101.60	83.70	106.60	98.40	98.20	97.00
North Carolina	Chapel Hill NC	84.74	111.60	98.00	110.50	91.70	96.00	126.50	127.60
North Carolina	Durham NC	70.08	92.30	100.40	80.20	83.50	98.60	101.70	97.50
North Carolina	Greenville NC	72.74	95.80	104.10	80.30	97.10	99.90	111.40	100.40
North Carolina	Jacksonville NC	73.42	96.70	101.60	82.80	108.40	97.30	104.20	100.70
North Carolina	Dare County NC	80.64	106.20	102.90	120.80	95.20	99.60	106.00	102.00
North Carolina	Raleigh NC	70.84	93.30	101.70	76.10	105.70	97.80	101.70	96.60
North Carolina	Wilmington NC	74.56	98.20	104.80	84.90	107.80	97.80	107.40	102.00
North Carolina	Thomasville-Lexington NC	69.70	91.80	102.30	83.60	85.20	87.70	114.20	94.10
North Carolina	Winston-Salem NC	66.89	88.10	98.00	69.50	100.30	85.30	102.90	94.00
North Carolina	Marion-McDowell County NC	70.01	92.20	98.30	81.40	106.00	97.00	101.50	90.70
North Dakota	Bismarck-Mandan ND	78.44	103.30	99.50	103.30	94.10	106.00	110.80	105.40

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
North Dakota	Fargo-Moorhead ND-MN	70.99	93.50	97.60	83.60	89.40	95.60	111.80	97.40
North Dakota	Minot ND	80.11	105.50	94.00	119.50	77.50	106.20	109.90	106.80
Ohio	Akron OH	74.41	98.00	95.10	104.80	94.50	105.70	91.30	92.70
Ohio	Ashland OH	67.05	88.30	92.30	75.90	89.70	97.80	100.90	90.50
Ohio	Cincinnati OH	69.40	91.40	92.00	79.00	86.80	105.20	99.80	95.80
Ohio	Cleveland OH	75.70	99.70	100.80	94.70	93.70	102.80	101.40	103.60
Ohio	Columbus OH	65.98	86.90	86.50	77.10	96.40	96.20	95.10	87.20
Ohio	Dayton OH	70.01	92.20	86.40	75.40	109.00	99.40	84.70	101.00
Ohio	Findlay OH	69.93	92.10	92.80	78.00	90.80	98.20	93.40	100.60
Ohio	Lima OH	71.68	94.40	89.40	77.90	107.20	100.50	103.70	101.90
Ohio	Wooster OH	69.86	92.00	95.60	79.30	107.00	98.20	88.80	94.20
Ohio	Youngstown-Warren OH	65.45	86.20	82.20	79.80	92.20	93.50	80.40	89.00
Oklahoma	Ardmore OK	66.67	87.80	89.10	77.90	81.70	98.10	98.80	91.50
Oklahoma	Enid OK	70.24	92.50	89.70	84.90	98.20	95.40	85.40	98.00
Oklahoma	Lawton OK	72.74	95.80	86.20	91.70	86.40	107.70	103.20	100.00
Oklahoma	McAlester OK	69.48	91.50	89.40	87.10	93.80	89.20	94.90	95.40
Oklahoma	Muskogee OK	67.27	88.60	89.10	74.60	97.70	82.50	109.00	96.10
Oklahoma	Edmond OK	72.13	95.00	85.10	94.00	93.70	98.30	94.60	99.10
Oklahoma	Norman OK	63.40	83.50	86.60	71.90	83.20	95.80	88.40	85.90
Oklahoma	Oklahoma City OK	68.26	89.90	87.80	82.20	91.60	98.90	98.10	91.70
Oklahoma	Ponca City OK	68.64	90.40	86.80	79.90	89.30	93.90	98.00	98.00
Oklahoma	Stillwater OK	69.25	91.20	92.00	87.20	96.90	92.40	101.40	90.40
Oklahoma	Tulsa OK	66.82	88.00	85.50	65.00	96.50	96.30	95.50	100.30
Oklahoma	Pryor Creek OK	65.38	86.10	91.80	77.50	89.60	91.20	82.20	88.00
Oregon	Klamath Falls OR	72.59	95.60	90.40	89.00	96.80	114.00	109.20	93.60
Oregon	Portland OR	88.91	117.10	102.70	142.30	96.60	115.10	117.20	110.10
Pennsylvania	Allentown PA	79.04	104.10	97.00	111.20	104.40	100.00	101.30	103.30
Pennsylvania	Erie PA	74.26	97.80	97.50	94.80	97.10	100.50	94.60	99.90
Pennsylvania	Harrisburg PA	76.92	101.30	98.20	93.70	111.90	108.10	96.60	103.30
Pennsylvania	Indiana County PA	71.60	94.30	95.80	80.00	106.90	97.80	88.20	100.60
Pennsylvania	Johnstown PA	73.20	96.40	97.90	84.90	116.10	101.40	93.10	97.60
Pennsylvania	Philadelphia PA	91.72	120.80	112.80	141.90	128.20	105.10	100.00	114.30

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Pennsylvania	Pittsburgh PA	71.07	93.60	94.20	79.30	94.90	104.20	100.90	99.10
Pennsylvania	Williamsport-Lycoming County PA	75.70	99.70	96.50	97.70	121.90	101.70	99.40	95.10
Pennsylvania	York County PA	74.94	98.70	97.60	95.10	110.90	96.80	92.40	100.10
Rhode Island	Providence RI	95.06	125.20	106.90	138.80	133.10	104.20	118.20	128.40
South Carolina	Charleston-N Charleston SC	75.78	99.80	104.90	88.80	113.50	95.70	103.00	103.40
South Carolina	Camden SC	68.79	90.60	96.60	78.20	96.90	88.50	84.60	97.70
South Carolina	Columbia SC	73.12	96.30	98.00	77.50	119.90	99.60	103.20	100.90
South Carolina	Anderson SC	67.35	88.70	95.80	74.50	100.00	90.60	94.20	92.00
South Carolina	Greenville SC	70.46	92.80	93.50	73.10	95.80	95.30	106.60	104.30
South Carolina	Beaufort SC	74.18	97.70	102.70	87.00	108.20	96.20	98.80	101.40
South Carolina	Hilton Head Island SC	81.25	107.00	104.00	107.00	102.70	102.30	107.10	111.20
South Carolina	Myrtle Beach SC	71.22	93.80	100.40	73.40	118.50	95.80	104.10	97.40
South Carolina	Sumter SC	68.72	90.50	102.50	78.70	96.40	88.70	86.30	94.50
South Dakota	Pierre SD	76.92	101.30	95.90	119.70	89.30	93.30	91.90	97.00
South Dakota	Rapid City SD	75.47	99.40	96.40	103.90	92.20	94.20	99.20	101.10
South Dakota	Sioux Falls SD	73.73	97.10	86.30	92.50	107.10	93.70	101.30	102.80
Tennessee	Chattanooga TN	70.39	92.70	91.40	87.70	92.80	100.20	95.30	93.80
Tennessee	Cleveland TN	68.49	90.20	92.70	82.60	90.60	92.90	85.40	94.70
Tennessee	Cookeville TN	68.41	90.10	88.00	77.90	85.70	92.40	92.50	100.60
Tennessee	Jackson-Madison County TN	70.54	92.90	82.20	74.10	88.90	102.40	88.00	110.40
Tennessee	Knoxville TN	67.20	88.50	84.10	84.90	90.60	84.90	91.50	93.30
Tennessee	Memphis TN	64.62	85.10	88.00	72.70	86.40	88.90	92.20	90.70
Tennessee	Morristown TN	69.02	90.90	90.10	78.80	93.70	95.10	90.20	98.20
Tennessee	Murfreesboro-Smyrna TN	69.02	90.90	87.90	84.10	88.40	88.00	89.40	99.50
Tennessee	Nashville-Franklin TN	66.29	87.30	87.80	74.30	87.00	94.10	81.40	95.80
Texas	Amarillo TX	69.10	91.00	88.30	87.70	83.00	93.70	93.50	95.70
Texas	Athens-Henderson County TX	69.86	92.00	92.20	69.60	97.80	91.20	91.90	108.10
Texas	Austin TX	70.54	92.90	84.00	86.00	91.10	97.20	99.40	99.80
Texas	Round Rock TX	68.49	90.20	82.50	86.00	90.30	96.70	96.40	93.30
Texas	San Marcos TX	66.82	88.00	82.60	78.60	91.10	97.40	92.60	92.30
Texas	Beaumont TX	72.13	95.00	88.60	95.00	90.30	96.60	92.90	98.60
Texas	Brownsville TX	67.96	89.50	90.10	74.90	96.40	97.00	97.20	94.80

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Texas	Harlingen TX	61.73	81.30	80.60	70.90	100.30	88.80	94.60	79.20
Texas	Corpus Christi TX	69.63	91.70	83.00	82.80	113.50	96.10	91.90	94.10
Texas	Dallas TX	72.59	95.60	92.30	75.50	106.90	102.20	99.10	106.20
Texas	Denton TX	68.72	90.50	89.10	82.20	81.40	101.40	99.00	94.90
Texas	Plano TX	75.32	99.20	92.30	94.30	105.50	96.90	103.60	104.10
Texas	El Paso TX	69.25	91.20	90.80	84.00	87.20	97.50	89.90	96.10
Texas	Fort Worth TX	73.73	97.10	93.60	85.60	99.60	101.80	104.10	103.90
Texas	Weatherford TX	66.82	88.00	90.20	77.00	91.80	96.10	87.90	91.50
Texas	Brazoria County TX	67.81	89.30	79.10	80.00	95.30	94.50	99.60	95.60
Texas	Conroe TX	71.22	93.80	87.10	81.90	101.00	96.00	93.20	103.00
Texas	Houston TX	75.02	98.80	79.50	107.30	103.20	95.40	96.40	100.20
Texas	Temple TX	65.91	86.80	84.40	79.60	86.30	88.10	95.20	91.60
Texas	Longview TX	73.27	96.50	91.70	91.60	79.60	106.80	103.80	102.40
Texas	Lubbock TX	67.73	89.20	90.40	81.40	78.40	95.00	95.60	95.00
Texas	Lufkin TX	72.06	94.90	93.80	85.20	93.00	98.40	108.20	100.30
Texas	McAllen TX	66.74	87.90	83.30	78.80	99.90	94.60	88.60	90.50
Texas	Midland TX	75.47	99.40	88.30	100.20	93.20	104.70	95.00	103.70
Texas	Nacogdoches TX	72.06	94.90	87.80	85.40	98.50	102.90	98.80	100.40
Texas	Odessa TX	73.20	96.40	87.70	102.00	88.90	98.90	102.60	95.80
Texas	Paris TX	68.26	89.90	87.30	75.60	95.40	103.40	101.20	93.50
Texas	San Angelo TX	67.27	88.60	85.70	80.20	93.50	96.70	84.90	92.20
Texas	San Antonio TX	67.12	88.40	81.40	79.50	82.60	95.50	93.70	96.60
Texas	Seguin TX	68.79	90.60	86.10	83.00	103.70	90.50	87.70	94.90
Texas	Sherman-Denison TX	65.38	86.10	86.70	77.20	88.20	88.50	95.70	90.00
Texas	Texarkana TX-AR	70.16	92.40	90.30	78.50	93.10	94.40	85.30	104.40
Texas	Tyler TX	72.51	95.50	89.00	94.60	91.40	98.30	92.70	99.60
Texas	Waco TX	67.27	88.60	82.20	81.90	88.20	99.40	95.10	91.40
Texas	Wichita Falls TX	65.68	86.50	91.30	83.00	85.10	84.90	94.60	87.00
Utah	Cedar City UT	65.98	86.90	90.20	71.80	83.20	95.30	89.40	95.10
Utah	Ogden UT	67.81	89.30	88.10	77.30	94.70	101.70	90.30	92.80
Utah	Provo-Orem UT	72.51	95.50	88.30	87.10	91.00	111.30	93.10	100.80
Utah	St. George UT	69.25	91.20	89.00	86.10	85.00	96.60	90.90	96.00

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Utah	Salt Lake City UT	71.45	94.10	88.40	90.00	84.20	98.80	96.70	100.50
Vermont	Burlington-Chittenden County VT	91.12	120.00	110.90	144.10	128.40	109.80	107.50	108.00
Virginia	Blacksburg VA	72.74	95.80	88.80	90.60	100.30	93.90	103.50	101.10
Virginia	Charlottesville VA	78.28	103.10	93.50	114.30	89.40	95.80	99.90	105.60
Virginia	Danville City VA	70.62	93.00	93.40	88.80	110.00	93.90	88.20	91.40
Virginia	Harrisonburg VA	74.64	98.30	93.10	103.60	100.50	89.60	104.40	98.10
Virginia	Lynchburg VA	68.64	90.40	88.00	78.90	109.70	87.80	96.70	94.50
Virginia	Martinsville-Henry County VA	67.27	88.60	89.80	78.30	95.90	82.50	100.20	94.70
Virginia	Richmond VA	76.99	101.40	98.20	89.40	107.60	99.70	106.50	110.10
Virginia	Roanoke VA	68.87	90.70	88.80	87.70	98.80	90.30	92.20	91.40
Virginia	Staunton-Augusta County VA	71.30	93.90	90.60	92.10	101.60	92.70	93.80	94.90
Virginia	Hampton Roads-SE Virginia VA	75.78	99.80	92.80	95.80	110.20	96.70	102.50	103.40
Virginia	Winchester VA-WV	77.37	101.90	98.90	97.60	99.40	93.10	101.70	110.70
Virginia	Lexington-Buena Vista-Rockbridge VA	70.99	93.50	91.60	96.20	97.90	96.30	88.20	90.40
Washington	Bellingham WA	82.61	108.80	101.20	124.80	75.90	113.00	112.70	106.90
Washington	Kennewick-Richland-Pasco WA	72.51	95.50	90.50	101.10	90.50	99.10	107.30	91.40
Washington	Moses Lake WA	68.94	90.80	92.60	81.20	74.60	100.50	116.20	95.00
Washington	Olympia WA	77.90	102.60	96.90	101.00	87.80	112.80	123.10	103.70
Washington	Vancouver WA	76.69	101.00	87.80	98.00	94.60	109.30	109.60	106.30
Washington	Everett WA	83.98	110.60	102.60	128.20	90.80	109.50	137.30	102.30
Washington	Seattle WA	90.05	118.60	102.60	140.10	97.00	118.30	118.90	114.70
Washington	Spokane WA	72.59	95.60	91.80	88.40	91.20	99.50	109.80	100.50
Washington	Tacoma WA	81.32	107.10	93.90	102.10	109.10	107.70	111.70	114.80
Washington	Yakima WA	69.40	91.40	91.60	86.20	80.70	99.80	110.80	92.40
West Virginia	Martinsburg-Berkeley County WV	70.77	93.20	90.80	79.70	99.60	111.10	102.40	94.60
West Virginia	Morgantown WV	76.23	100.40	92.50	109.80	96.10	97.60	92.50	99.70
Wisconsin	Eau Claire WI	69.32	91.30	91.10	75.90	93.30	99.80	109.80	97.00
Wisconsin	Green Bay WI	70.84	93.30	86.40	83.90	101.20	99.50	106.10	96.90
Wisconsin	Janesville WI	70.62	93.00	88.20	78.60	106.70	101.00	108.80	96.80
Wisconsin	Madison WI	79.88	105.20	90.50	110.40	104.20	106.10	123.90	104.20
Wisconsin	Milwaukee-Waukesha WI	77.15	101.60	97.20	106.20	110.10	97.80	116.20	96.50
Wisconsin	Wausau WI	70.62	93.00	88.90	80.60	104.60	97.70	102.90	97.80

URBAN AREA AND STATE		AK COLA Rate	Composite Index	Grocery	Housing	Utilities	Transportation	Health Care	Misc. Goods & Services
Wisconsin	Marshfield WI	72.51	95.50	95.00	85.80	94.80	98.90	107.60	100.60
Wyoming	Cheyenne WY	71.98	94.80	100.20	89.20	106.80	90.70	97.70	94.60
Wyoming	Laramie WY	74.26	97.80	98.00	103.60	93.10	91.20	110.00	95.30