

State of Alaska Michael J. Dunleavy, Governor	Alaska Workers' Compensation Division PO Box 115512 Juneau, Alaska 99811-5512		
Department of Labor and Workforce Development	BULLETIN	Number 19-09	Date December 10, 2019
Dr. Tamika L. Ledbetter, Commissioner	SUBJECT REFERENCE	Cost of Living Adjustment AS 23.30.175; 8 AAC 45.138	

Alaska 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 (see <https://www.c2er.org/>). The attached list will be in effect for the period of January 1, 2020 to December 31, 2022. 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 ratio 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.

For an out-of-country COLA determination, send a request to:

Division of Workers' Compensation
Attn: Administrative Officer
PO Box 115512
Juneau, AK 99811-5512
workerscomp@alaska.gov

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. COLA shall be applied in accordance with the Workers' Compensation Appeals Commission decision in *Andy James v. Northern Construction* (AWCAC Appeal No. 17-018). In essence, this caps weekly indemnity benefits at the maximum compensation rate for Alaska established through AS 23.30.175 (120% of the average weekly wage in Alaska) multiplied by the COLA factor for the applicable location where the recipient resides.

If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for review of the cost-of-living ratio for a particular recipient and request a hearing on the petition, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

URBAN AREA AND STATE		AK COLA Rate	COMPOSITE INDEX	GROCERY ITEMS	HOUSING	UTILITIES	TRANS- PORTATION	HEALTH CARE	MISC. GOODS & SERVICES
Alabama	Anniston-Calhoun County AL	65.41	85.4	89.3	63.7	131.5	89.5	79.1	90.1
Alabama	Auburn-Opelika AL	73.68	96.2	103.3	74.3	109.1	97.2	90.5	109.1
Alabama	Birmingham AL	69.01	90.1	91.8	83.6	106.7	91.9	81.8	91.3
Alabama	Decatur-Hartselle AL	65.41	85.4	95.0	60.2	99.2	87.0	87.2	98.8
Alabama	Dothan AL	65.02	84.9	98.8	70.0	90.7	87.1	87.4	89.8
Alabama	Florence AL	65.94	86.1	92.7	70.6	96.1	92.5	79.3	93.2
Alabama	Huntsville AL	71.69	93.6	93.4	74.2	96.3	93.1	100.6	108.6
Alabama	Mobile AL	71.07	92.8	100.0	73.7	107.8	96.8	101.5	100.2
Alabama	Montgomery AL	69.54	90.8	99.3	81.5	103.9	93.9	84.0	92.0
Arizona	Flagstaff AZ	88.84	116.0	101.1	144.7	98.6	118.8	108.5	102.2
Arizona	Bullhead City AZ	69.01	90.1	100.8	82.8	88.4	103.5	93.2	88.6
Arizona	Lake Havasu City AZ	77.36	101.0	100.8	105.8	94.9	106.0	95.8	97.9
Arizona	Phoenix AZ	74.67	97.5	98.7	94.7	111.3	98.9	95.3	95.8
Arizona	Surprise AZ	74.52	97.3	96.5	87.9	138.9	103.5	83.7	95.0
Arizona	Sierra Vista AZ	71.07	92.8	96.7	87.2	103.0	98.4	95.1	91.7
Arizona	Tucson AZ	72.38	94.5	102.2	80.9	102.2	101.4	98.2	98.7
Arizona	Yuma AZ	70.54	92.1	100.2	81.0	124.5	95.5	96.6	88.6
Arkansas	Fayetteville AR	66.33	86.6	92.4	73.3	89.7	92.7	86.8	93.2
Arkansas	Hot Springs AR	70.77	92.4	92.4	79.5	95.3	81.8	88.8	105.8
Arkansas	Jonesboro AR	64.11	83.7	89.5	71.8	89.3	86.6	81.8	89.4
Arkansas	Conway AR	62.80	82.0	86.7	68.5	85.9	94.8	84.8	86.9
Arkansas	Little Rock-North Little Rock AR	74.60	97.4	94.9	88.9	95.5	98.8	87.2	107.0
California	Orange County CA	114.96	150.1	112.4	248.4	98.0	118.3	104.7	109.1
California	Bakersfield CA	79.50	103.8	102.4	86.2	139.0	117.4	110.4	105.7
California	Los Angeles-Long Beach CA	113.66	148.4	112.0	238.0	109.7	118.6	107.4	109.9
California	Modesto CA	83.71	109.3	105.7	112.7	133.4	114.0	108.7	100.4
California	Oakland CA	118.48	154.7	131.6	223.9	123.2	124.9	122.8	125.1
California	Sacramento CA	90.15	117.7	119.0	132.1	97.6	123.0	106.4	110.3
California	San Diego CA	112.82	147.3	112.6	231.0	131.6	121.9	108.0	105.6
California	San Francisco CA	150.65	196.7	130.6	357.1	126.7	132.2	126.2	130.6
California	Stockton CA	92.44	120.7	123.4	135.3	135.6	127.4	102.5	104.1
Colorado	Colorado Springs CO	75.75	98.9	96.4	100.3	89.9	104.8	100.9	99.3
Colorado	Denver CO	86.78	113.3	99.0	139.3	81.0	104.2	102.9	109.0
Colorado	Westminster CO	86.85	113.4	97.4	151.1	79.4	116.3	101.7	97.2
Colorado	Grand Junction CO	71.61	93.5	100.8	92.8	85.0	102.7	97.3	90.5
Colorado	Pueblo CO	71.30	93.1	106.1	84.4	89.2	94.5	94.5	95.9
Colorado	Glenwood Springs CO	92.60	120.9	104.0	156.3	92.5	106.0	115.9	109.5
Connecticut	Stamford CT	110.98	144.9	113.5	203.0	114.7	121.0	118.9	125.4
Connecticut	Hartford CT	91.45	119.4	108.8	132.9	98.3	114.3	118.0	118.9

Connecticut	New Haven CT	93.44	122.0	111.0	130.2	128.1	113.5	119.5	120.2
Delaware	Dover DE	78.50	102.5	107.3	92.9	104.2	102.6	89.2	110.0
Delaware	Sussex County DE	79.12	103.3	105.1	98.4	96.4	96.6	98.3	111.0
Delaware	Wilmington DE	85.86	112.1	111.5	112.8	99.3	112.6	110.5	115.1
District of Columbia	Washington DC	124.76	162.9	116.9	268.2	115.6	102.7	99.6	127.7
Florida	Cape Coral-Fort Myers FL	72.99	95.3	105.0	86.1	100.0	114.1	102.5	92.2
Florida	Daytona Beach FL	69.01	90.1	97.8	75.0	97.5	98.0	90.9	95.7
Florida	Palm Coast-Flagler County FL	70.77	92.4	107.0	78.8	114.8	93.7	97.2	91.5
Florida	Fort Lauderdale FL	91.91	120.0	107.1	164.4	100.8	103.6	94.5	99.9
Florida	Jacksonville FL	70.46	92.0	98.2	86.4	97.4	87.4	82.9	95.2
Florida	Miami-Dade County FL	89.15	116.4	110.1	146.5	101.1	105.4	96.1	102.7
Florida	Sarasota FL	79.04	103.2	115.8	96.8	96.1	105.5	105.3	104.7
Florida	Orlando FL	73.37	95.8	106.0	88.3	102.2	93.0	89.1	98.1
Florida	Pensacola FL	74.37	97.1	105.8	80.6	116.5	93.3	85.5	105.1
Florida	Vero Beach-Indian River FL	75.82	99.0	107.9	86.9	114.0	100.9	107.4	100.3
Florida	Tallahassee FL	74.06	96.7	110.3	91.7	87.0	95.9	99.0	98.2
Florida	Tampa FL	68.32	89.2	103.7	71.8	87.7	99.6	95.4	95.2
Georgia	Albany GA	69.77	91.1	100.9	73.9	93.7	107.0	101.3	95.6
Georgia	Atlanta GA	78.12	102.0	99.6	106.6	87.1	99.8	108.9	102.6
Georgia	Fayetteville-Fayette County GA	74.21	96.9	100.3	89.7	85.7	94.8	99.7	104.6
Georgia	Marietta GA	74.29	97.0	100.7	87.7	94.3	100.5	96.1	103.2
Georgia	Augusta-Aiken GA-SC	69.16	90.3	103.2	74.4	88.6	80.7	93.7	101.2
Georgia	Dalton GA	68.93	90.0	94.0	69.2	101.1	88.6	94.3	103.1
Georgia	Dublin-Laurens County GA	66.40	86.7	102.5	63.1	97.6	91.2	94.1	95.5
Georgia	LaGrange-Troup County GA	64.26	83.9	96.0	67.4	76.2	119.3	97.2	84.0
Georgia	Savannah GA	67.48	88.1	93.7	64.8	96.5	97.0	99.3	99.6
Georgia	Statesboro-Bulloch County GA	64.64	84.4	93.0	70.8	96.5	84.9	80.7	89.9
Georgia	Valdosta GA	71.15	92.9	103.5	77.6	96.8	107.6	100.9	95.9
Hawaii	Honolulu HI	145.60	190.1	165.9	311.0	172.1	140.7	116.3	124.2
Idaho	Boise ID	74.52	97.3	95.8	91.9	87.5	112.8	103.8	100.0
Idaho	Twin Falls ID	69.70	91.0	90.4	81.9	87.7	102.9	96.5	96.0
Illinois	Champaign-Urbana IL	68.39	89.3	91.7	75.5	106.4	101.8	96.7	91.3
Illinois	Chicago IL	94.43	123.3	102.6	157.5	93.0	125.2	101.6	112.5
Illinois	Joliet-Will County IL	76.28	99.6	100.7	98.8	90.1	109.3	109.1	98.6
Illinois	Danville IL	65.87	86.0	90.1	63.3	106.6	97.2	91.9	94.6
Illinois	Decatur IL	67.93	88.7	93.0	74.7	106.5	94.1	86.7	93.1
Illinois	Kankakee IL	71.00	92.7	108.9	75.5	88.6	103.1	111.2	97.0
Illinois	Peoria IL	72.91	95.2	94.9	82.8	92.7	100.0	98.0	104.8
Illinois	Rockford IL	69.70	91.0	93.9	77.1	89.4	102.8	106.9	96.8
Indiana	Bloomington IN	70.46	92.0	91.3	81.0	92.9	97.9	85.8	100.5

Indiana	Elkhart-Goshen IN	70.69	92.3	98.5	77.5	94.8	96.1	113.1	98.1
Indiana	Evansville IN	70.69	92.3	89.4	82.2	109.3	92.8	98.4	96.8
Indiana	Fort Wayne-Allen County IN	67.48	88.1	87.4	67.0	91.1	101.7	100.6	100.1
Indiana	Indianapolis IN	71.23	93.0	94.3	79.5	105.6	94.2	91.5	100.4
Indiana	Lafayette IN	67.02	87.5	86.7	69.1	99.6	98.9	91.0	96.7
Indiana	Richmond IN	60.97	79.6	92.3	65.4	89.1	94.6	80.8	80.2
Indiana	South Bend IN	74.90	97.8	90.6	100.5	91.3	103.7	97.0	98.4
Indiana	Terre Haute IN	67.78	88.5	97.1	67.9	95.6	94.8	98.5	97.8
Iowa	Ames IA	75.13	98.1	96.1	96.6	90.2	103.6	100.0	100.5
Iowa	Burlington IA	63.65	83.1	94.9	63.3	106.0	87.5	98.3	86.2
Iowa	Cedar Rapids IA	71.92	93.9	95.6	84.9	109.0	97.1	95.4	95.9
Iowa	Davenport-Moline-Rock Is IA-IL	72.45	94.6	101.5	83.3	107.6	104.6	107.6	94.0
Iowa	Des Moines IA	69.39	90.6	95.9	82.1	89.5	102.2	98.5	92.0
Iowa	Dubuque IA	69.62	90.9	101.0	72.5	100.9	96.6	89.1	98.6
Iowa	Mason City IA	67.40	88.0	96.5	70.9	102.6	87.7	94.5	94.8
Iowa	Waterloo-Cedar Falls IA	72.84	95.1	89.2	88.8	91.8	104.0	93.5	101.5
Kansas	Dodge City KS	72.30	94.4	96.5	89.8	98.9	102.3	97.7	93.8
Kansas	Hutchinson KS	69.16	90.3	94.6	72.8	102.8	92.7	103.2	98.1
Kansas	Manhattan KS	70.31	91.8	94.6	84.5	105.4	92.9	95.9	92.5
Kansas	Pittsburg KS	65.71	85.8	89.9	70.3	102.2	91.8	93.6	90.4
Kansas	Salina KS	64.33	84.0	87.1	69.5	105.2	95.6	94.5	85.2
Kansas	Topeka KS	69.62	90.9	97.1	79.4	100.4	95.4	93.4	94.3
Kansas	Wichita KS	69.47	90.7	93.8	69.0	102.2	100.0	97.5	101.4
Kentucky	Bowling Green KY	67.25	87.8	89.6	74.5	103.4	95.5	87.3	92.3
Kentucky	Lexington KY	72.22	94.3	88.5	89.6	93.1	98.5	87.7	100.6
Kentucky	Louisville KY	71.46	93.3	88.7	78.7	92.0	100.9	97.6	105.3
Louisiana	Alexandria LA	72.53	94.7	93.8	89.7	103.5	96.2	106.5	95.3
Louisiana	Baton Rouge LA	76.82	100.3	106.6	92.9	87.4	103.1	110.3	105.5
Louisiana	Hammond LA	67.70	88.4	97.6	72.5	95.2	91.5	92.8	95.1
Louisiana	Houma-Terrebonne Parish LA	74.06	96.7	102.2	87.8	98.0	93.7	93.5	102.9
Louisiana	Thibodaux-Lafourche Parish LA	71.53	93.4	105.0	71.5	100.1	91.1	84.0	107.3
Louisiana	Lafayette LA	69.01	90.1	99.4	78.7	88.2	103.6	87.8	93.4
Louisiana	Lake Charles LA	70.54	92.1	98.3	85.3	78.2	99.6	96.9	96.5
Louisiana	Monroe LA	68.39	89.3	97.6	88.5	85.8	83.2	82.0	90.3
Louisiana	New Orleans LA	77.20	100.8	104.3	117.0	81.5	109.3	103.2	88.2
Louisiana	Slidell-St. Tammany Parish LA	72.38	94.5	98.6	91.4	93.2	101.0	92.2	94.3
Louisiana	Shreveport-Bossier City LA	68.78	89.8	101.0	79.0	74.4	90.4	95.0	97.8
Maine	Portland ME	89.76	117.2	109.6	125.4	113.5	104.6	116.6	117.7
Maryland	Baltimore MD	89.69	117.1	111.4	147.8	108.3	100.9	89.9	103.4
Maryland	Bethesda-Gaithersburg-Frederick MD	111.36	145.4	103.7	231.9	103.5	112.5	92.3	114.6

Massachusetts	Boston MA	115.04	150.2	108.5	214.4	121.8	116.2	133.9	130.5
Massachusetts	Framingham-Natick MA	108.91	142.2	117.2	188.8	121.0	118.3	119.7	127.2
Massachusetts	Pittsfield MA	83.48	109.0	116.0	120.0	92.1	101.2	108.7	103.5
Michigan	Detroit MI	72.91	95.2	88.9	92.7	92.7	106.8	93.6	97.4
Michigan	Grand Rapids MI	74.37	97.1	89.7	90.6	98.3	102.2	93.1	104.2
Michigan	Kalamazoo MI	61.04	79.7	76.9	57.8	99.2	104.1	89.3	86.5
Michigan	Benton Harbor MI	65.18	85.1	88.0	70.9	96.1	91.0	95.1	90.3
Minnesota	Mankato MN	72.22	94.3	100.4	72.8	98.5	99.8	109.7	105.7
Minnesota	Minneapolis MN	81.49	106.4	105.3	104.0	97.6	107.9	105.8	110.9
Minnesota	St. Paul MN	81.41	106.3	103.8	104.3	96.0	108.0	106.6	111.0
Minnesota	St. Cloud MN	75.75	98.9	116.9	76.3	100.1	94.8	123.4	108.8
Mississippi	Gulfport-Biloxi MS	64.79	84.6	95.7	68.8	99.0	91.8	99.9	86.2
Mississippi	Hattiesburg MS	64.11	83.7	97.8	71.3	90.7	89.2	89.8	84.6
Mississippi	Jackson MS	68.24	89.1	98.1	74.3	86.0	88.6	84.6	99.6
Mississippi	Tupelo MS	65.25	85.2	85.3	68.7	86.6	96.6	91.3	95.0
Missouri	Columbia MO	71.23	93.0	96.6	81.8	99.7	91.1	101.3	98.8
Missouri	Jefferson City MO	67.93	88.7	99.1	73.4	99.6	92.1	96.1	92.9
Missouri	Joplin MO	63.03	82.3	89.9	61.6	109.1	102.0	93.7	83.4
Missouri	Kansas City MO-KS	72.84	95.1	102.7	85.1	99.0	93.7	99.9	99.5
Missouri	St. Louis MO-IL	67.32	87.9	102.0	69.5	102.5	93.7	94.6	91.9
Missouri	Springfield MO	65.87	86.0	97.8	69.8	87.3	90.3	102.2	91.7
Montana	Bozeman MT	79.65	104.0	105.5	110.5	86.6	95.4	105.4	104.6
Nebraska	Hastings NE	69.08	90.2	91.5	95.2	82.8	99.7	95.0	84.2
Nebraska	Lincoln NE	72.38	94.5	97.5	81.0	91.0	96.9	103.3	103.8
Nebraska	Omaha NE	72.84	95.1	97.1	89.0	99.7	103.2	98.4	95.7
Nevada	Las Vegas NV	80.11	104.6	96.6	121.6	95.5	106.9	102.8	95.4
Nevada	Reno-Sparks NV	85.70	111.9	121.8	116.7	82.3	113.6	111.9	111.2
New Hampshire	Manchester NH	83.71	109.3	103.8	106.9	115.0	97.4	117.1	114.2
New Jersey	Newark-Elizabeth NJ	94.74	123.7	106.1	159.2	107.5	110.0	103.1	110.8
New Jersey	Bergen-Passaic NJ	96.73	126.3	106.1	166.2	106.7	109.9	105.9	112.2
New Jersey	Middlesex-Monmouth NJ	89.99	117.5	104.1	139.7	106.7	110.9	106.4	109.7
New Mexico	Albuquerque NM	74.29	97.0	104.7	91.3	93.7	98.5	102.0	98.7
New Mexico	Rio Rancho NM	69.93	91.3	98.6	84.8	92.6	98.3	99.1	90.7
New Mexico	Las Cruces NM	68.93	90.0	110.1	76.2	83.7	91.9	105.6	93.2
New York	Albany NY	84.09	109.8	107.2	119.4	98.9	100.8	105.2	108.6
New York	Buffalo NY	72.68	94.9	94.6	92.7	93.5	101.0	84.5	96.9
New York	Ithaca NY	81.41	106.3	102.3	111.9	97.5	111.2	107.3	104.1
New York	New York (Brooklyn) NY	139.39	182.0	124.2	324.8	120.7	110.1	110.1	127.5
New York	New York (Manhattan) NY	190.71	249.0	139.5	524.6	119.0	126.4	114.6	141.4
New York	New York (Queens) NY	117.03	152.8	121.6	233.6	118.6	110.2	111.5	121.9

New York	Rochester NY	75.29	98.3	99.9	87.8	98.6	108.4	97.6	103.9
New York	Utica-Rome NY	70.85	92.5	95.5	81.6	97.0	95.2	100.5	97.6
North Carolina	Asheville NC	74.60	97.4	96.9	95.6	96.4	94.5	110.2	98.7
North Carolina	Burlington NC	68.39	89.3	93.6	72.9	94.2	91.5	102.0	98.0
North Carolina	Charlotte NC	74.44	97.2	99.6	85.6	94.1	94.8	107.4	106.2
North Carolina	Chapel Hill NC	70.46	92.0	87.5	94.3	91.0	77.7	97.2	95.3
North Carolina	Durham NC	69.93	91.3	93.1	82.5	93.3	100.9	93.7	94.8
North Carolina	Dare County NC	79.04	103.2	100.0	94.0	105.8	105.4	111.8	109.8
North Carolina	Raleigh NC	70.16	91.6	93.4	85.1	93.0	94.0	100.5	94.2
North Carolina	Wilmington NC	73.60	96.1	99.5	81.8	95.4	101.6	117.1	103.0
North Carolina	Thomasville-Lexington NC	68.01	88.8	100.7	70.5	94.7	74.7	117.9	98.3
North Carolina	Winston-Salem NC	71.15	92.9	95.5	67.3	94.7	103.9	117.0	107.0
North Dakota	Bismarck-Mandan ND	74.52	97.3	103.8	91.4	93.7	104.9	113.5	96.6
North Dakota	Fargo-Moorhead ND-MN	76.05	99.3	110.4	89.2	89.9	99.8	115.4	103.9
North Dakota	Grand Forks ND	73.60	96.1	97.5	98.2	95.2	96.7	105.1	92.8
North Dakota	Minot ND	78.27	102.2	108.7	98.6	89.1	114.9	113.0	101.5
Ohio	Akron OH	74.37	97.1	102.4	91.6	97.1	110.9	87.9	97.2
Ohio	Ashland OH	65.48	85.5	102.8	58.8	94.4	95.4	85.7	96.4
Ohio	Cincinnati OH	72.99	95.3	93.3	81.8	95.1	100.0	99.9	105.7
Ohio	Cleveland OH	75.13	98.1	111.7	84.8	99.7	100.8	100.7	102.5
Ohio	Columbus OH	69.62	90.9	95.8	77.7	87.4	92.5	92.1	100.4
Ohio	Dayton OH	70.16	91.6	98.8	67.5	95.3	107.4	88.6	104.4
Ohio	Findlay OH	74.06	96.7	94.6	91.5	86.9	97.3	101.0	103.8
Ohio	Lima OH	67.02	87.5	94.1	64.0	89.5	106.5	112.6	96.1
Oklahoma	Ardmore OK	70.54	92.1	103.1	78.7	97.5	91.3	92.8	97.8
Oklahoma	Enid OK	72.68	94.9	96.5	85.5	99.1	95.2	94.6	101.2
Oklahoma	Lawton OK	69.47	90.7	101.1	77.6	90.2	99.4	122.8	91.6
Oklahoma	Muskogee OK	62.65	81.8	96.6	67.6	96.7	83.4	87.2	83.3
Oklahoma	Edmond OK	68.01	88.8	91.1	85.3	81.4	98.8	92.5	89.6
Oklahoma	Norman OK	68.85	89.9	92.3	80.3	95.6	100.0	94.3	92.3
Oklahoma	Oklahoma City OK	64.87	84.7	92.1	72.1	94.5	85.6	92.9	88.8
Oklahoma	Ponca City OK	67.02	87.5	95.9	68.7	99.7	92.2	88.8	95.7
Oklahoma	Tulsa OK	67.02	87.5	95.1	64.7	97.8	95.9	91.6	98.5
Oklahoma	Pryor Creek OK	63.49	82.9	90.9	65.9	104.2	84.7	96.7	86.4
Oregon	Portland OR	100.49	131.2	112.3	182.2	88.1	116.8	111.2	112.9
Pennsylvania	Allentown PA	81.26	106.1	98.6	117.7	104.6	105.8	100.8	100.3
Pennsylvania	Erie PA	69.01	90.1	90.5	68.7	110.8	101.6	92.1	99.4
Pennsylvania	Philadelphia PA	86.93	113.5	116.7	124.8	107.4	113.5	103.3	105.6
Pennsylvania	Pittsburgh PA	75.98	99.2	107.6	95.6	107.7	108.9	92.1	95.1
Pennsylvania	Reading PA	70.00	91.4	90.5	82.4	102.2	102.0	90.2	94.0

Pennsylvania	Scranton PA	73.68	96.2	101.8	84.0	106.3	107.0	83.4	100.3
Pennsylvania	Wilkes-Barre PA	72.68	94.9	104.2	81.9	106.3	110.7	85.8	96.4
Pennsylvania	York County PA	74.37	97.1	93.5	89.4	109.2	107.4	90.6	99.9
Rhode Island	Providence RI	93.82	122.5	109.4	142.1	121.2	102.3	111.0	118.1
South Carolina	Charleston-N Charleston SC	77.20	100.8	95.2	94.8	127.1	90.0	106.3	103.5
South Carolina	Columbia SC	74.60	97.4	109.2	77.0	124.1	91.8	91.4	105.3
South Carolina	Anderson SC	69.24	90.4	99.6	73.4	93.8	86.3	96.6	100.5
South Carolina	Greenville SC	73.30	95.7	101.3	77.8	93.3	99.4	109.0	106.6
South Carolina	Hilton Head Island SC	82.18	107.3	103.6	113.9	103.7	96.2	101.6	107.7
South Dakota	Pierre SD	76.59	100.0	100.8	115.4	91.5	89.1	98.0	92.1
South Dakota	Sioux Falls SD	74.29	97.0	98.0	85.5	92.8	95.4	112.2	105.9
Tennessee	Chattanooga TN	74.14	96.8	96.9	104.0	90.0	91.7	100.0	93.5
Tennessee	Cleveland TN	68.39	89.3	106.3	71.6	91.3	108.6	86.3	92.5
Tennessee	Jackson-Madison County TN	68.09	88.9	92.0	70.9	96.9	90.2	99.1	99.3
Tennessee	Knoxville TN	62.65	81.8	84.4	70.5	95.0	85.6	85.8	85.5
Tennessee	Memphis TN	61.73	80.6	89.3	68.7	96.3	85.2	77.9	82.5
Tennessee	Morristown TN	66.71	87.1	91.7	71.7	102.0	79.6	87.3	96.5
Tennessee	Columbia-Maury County TN	70.77	92.4	95.1	91.8	93.3	90.9	83.5	93.0
Tennessee	Nashville-Murfreesboro TN	76.05	99.3	95.3	93.4	96.7	94.7	83.9	109.6
Texas	Abilene TX	72.53	94.7	97.5	81.8	115.2	96.2	101.5	98.0
Texas	Amarillo TX	65.02	84.9	94.6	69.5	93.7	80.7	94.4	91.8
Texas	Austin TX	75.52	98.6	88.8	101.0	96.6	90.9	104.0	102.2
Texas	Round Rock TX	72.30	94.4	92.8	94.1	103.8	89.8	95.1	93.9
Texas	San Marcos TX	70.16	91.6	83.2	91.5	98.1	96.6	114.1	89.2
Texas	Beaumont TX	72.45	94.6	90.1	92.1	100.1	102.1	87.9	96.0
Texas	Brownsville TX	66.25	86.5	86.3	74.2	80.6	106.2	90.9	92.8
Texas	Harlingen TX	58.13	75.9	81.9	62.2	97.9	83.4	86.2	76.1
Texas	Corpus Christi TX	73.53	96.0	85.5	89.5	136.9	98.9	84.3	95.8
Texas	Allen TX	69.62	90.9	85.3	93.1	119.2	99.7	92.6	81.4
Texas	Dallas TX	80.88	105.6	107.0	106.7	105.8	98.1	105.2	106.0
Texas	Plano TX	80.04	104.5	97.6	117.2	103.4	100.2	90.1	99.5
Texas	Fort Worth TX	75.13	98.1	94.7	89.8	105.2	103.2	104.5	102.5
Texas	Brazoria County TX	70.23	91.7	84.2	88.7	89.4	95.8	99.2	95.6
Texas	Conroe TX	72.15	94.2	93.2	91.4	94.4	93.6	103.7	95.9
Texas	Houston TX	73.76	96.3	85.7	97.3	109.9	98.6	93.3	95.9
Texas	Temple TX	65.18	85.1	78.1	71.5	102.0	90.3	109.1	90.7
Texas	Longview TX	70.46	92.0	92.8	85.4	87.4	98.8	93.1	96.6
Texas	Lubbock TX	70.92	92.6	98.6	86.3	93.2	90.9	100.0	95.0
Texas	McAllen TX	59.36	77.5	83.1	62.7	101.9	89.1	71.8	79.1
Texas	Midland TX	73.76	96.3	89.7	82.3	105.3	105.8	92.3	106.2

Texas	Nacogdoches TX	72.07	94.1	89.6	79.3	104.9	90.8	94.4	106.5
Texas	Odessa TX	72.30	94.4	92.1	92.3	97.0	102.2	101.7	93.5
Texas	San Antonio TX	66.56	86.9	86.9	76.4	88.9	87.3	84.7	95.5
Texas	Seguin TX	67.32	87.9	87.3	76.2	96.3	88.1	91.9	95.2
Texas	Sherman-Denison TX	63.95	83.5	94.6	72.5	100.0	89.9	94.5	81.1
Texas	Texarkana TX-AR	66.33	86.6	95.9	71.4	90.2	89.1	96.9	93.1
Texas	Tyler TX	69.70	91.0	92.6	78.0	107.4	94.7	95.3	95.5
Texas	Waco TX	69.47	90.7	80.4	85.3	100.6	97.5	96.4	94.3
Texas	Wichita Falls TX	63.11	82.4	87.4	67.9	103.6	84.9	86.1	86.1
Utah	Cedar City UT	67.63	88.3	93.7	74.5	99.3	104.4	84.5	91.2
Utah	Ogden UT	77.28	100.9	97.9	104.0	89.3	103.0	106.8	101.1
Utah	Provo-Orem UT	75.98	99.2	94.2	99.9	87.1	106.8	102.6	101.1
Utah	St. George UT	76.44	99.8	109.7	94.8	102.2	97.6	91.3	101.2
Utah	Salt Lake City UT	78.73	102.8	109.7	102.0	89.8	104.5	99.0	104.3
Vermont	Burlington-Chittenden County VT	90.91	118.7	108.1	144.1	117.6	110.8	102.7	105.8
Virginia	Charlottesville VA	78.12	102.0	99.9	104.3	97.6	83.8	107.2	106.3
Virginia	Danville City VA	65.79	85.9	91.7	81.7	102.9	81.7	95.2	82.7
Virginia	Harrisonburg VA	75.98	99.2	95.9	95.2	99.9	86.3	104.8	106.4
Virginia	Lynchburg VA	66.71	87.1	84.6	76.7	103.0	84.4	94.2	92.6
Virginia	Martinsville-Henry County VA	63.88	83.4	90.0	68.9	91.1	85.3	87.4	90.0
Virginia	Richmond VA	72.76	95.0	86.6	88.6	96.5	92.5	115.4	101.3
Virginia	Roanoke VA	67.93	88.7	86.6	79.0	101.6	87.4	102.5	93.1
Virginia	Staunton-Augusta County VA	73.30	95.7	96.2	92.7	100.9	87.4	92.9	99.2
Virginia	Hampton Roads-SE Virginia VA	73.99	96.6	96.8	92.7	96.0	91.3	96.7	101.3
Virginia	Alexandria VA	111.28	145.3	116.3	238.6	92.7	102.4	105.4	107.6
Virginia	Arlington VA	117.41	153.3	124.4	250.9	92.4	100.8	99.6	118.4
Virginia	Winchester VA-WV	74.75	97.6	97.8	97.2	94.8	88.4	104.3	100.1
Virginia	Lexington-Buena Vista-Rockbridge VA	73.30	95.7	88.6	87.9	101.0	90.7	99.7	104.5
Washington	Bellingham WA	88.69	115.8	108.1	127.3	87.1	120.6	120.5	114.6
Washington	Kennewick-Richland-Pasco WA	75.75	98.9	99.2	100.9	95.1	115.0	112.7	92.0
Washington	Moses Lake WA	70.16	91.6	98.0	80.0	87.6	102.0	119.9	93.7
Washington	Mount Vernon-Skagit County WA	87.01	113.6	120.8	114.8	86.9	113.5	119.4	115.9
Washington	Olympia WA	81.03	105.8	109.8	100.9	93.4	126.8	121.4	104.0
Washington	Seattle WA	118.71	155.0	127.0	213.2	111.1	135.0	123.2	137.1
Washington	Spokane WA	75.90	99.1	96.5	96.7	91.1	106.6	114.5	100.3
Washington	Tacoma WA	85.55	111.7	112.0	111.6	91.4	96.0	123.9	119.6
Washington	Wenatchee WA	84.09	109.8	108.3	121.7	77.5	115.5	120.1	105.8
Washington	Yakima WA	71.76	93.7	101.1	76.9	84.9	109.5	114.1	100.6
West Virginia	Morgantown WV	72.53	94.7	96.0	88.6	89.3	87.1	91.6	103.1
Wisconsin	Eau Claire WI	71.61	93.5	92.6	76.7	103.8	105.8	111.8	100.0

Wisconsin	Fond du Lac WI	73.37	95.8	100.5	87.0	97.1	101.5	114.6	97.4
Wisconsin	Green Bay WI	68.62	89.6	87.9	81.1	93.4	93.4	102.6	93.9
Wisconsin	Madison WI	81.26	106.1	105.4	109.4	99.4	103.3	118.5	104.4
Wisconsin	Milwaukee-Waukesha WI	74.29	97.0	96.8	95.9	96.8	96.5	113.4	96.2
Wisconsin	Marshfield WI	71.15	92.9	95.3	82.9	89.1	109.9	116.3	94.1
Wyoming	Cheyenne WY	69.24	90.4	102.5	80.2	98.6	105.2	91.7	88.2
Wyoming	Laramie WY	69.39	90.6	101.9	79.4	86.9	85.8	97.2	97.0
Puerto Rico	San Juan PR	76.67	100.1	120.6	85.6	156.8	95.0	69.3	95.1