

U.S. Metropolitan Areas by Living Costs

High-cost areas

New York-Northern New Jersey-Long Island, NY-NJ-PA Metropolitan Statistical Area
San Jose-Sunnyvale-Santa Clara, CA Metropolitan Statistical Area
San Francisco-Oakland-Fremont, CA Metropolitan Statistical Area
Bridgeport-Stamford-Norwalk, CT Metropolitan Statistical Area
Oxnard-Thousand Oaks-Ventura, CA Metropolitan Statistical Area
Honolulu, HI Metropolitan Statistical Area
Santa Cruz-Watsonville, CA Metropolitan Statistical Area
Vallejo-Fairfield, CA Metropolitan Statistical Area
Napa, CA Metropolitan Statistical Area
Boston-Cambridge-Quincy, MA-NH Metropolitan Statistical Area
Santa Rosa-Petaluma, CA Metropolitan Statistical Area
San Diego-Carlsbad-San Marcos, CA Metropolitan Statistical Area
Washington-Arlington-Alexandria, DC-VA-MD-WV Metropolitan Statistical Area
Los Angeles-Long Beach-Santa Ana, CA Metropolitan Statistical Area
Manchester-Nashua, NH Metropolitan Statistical Area
Salinas, CA Metropolitan Statistical Area
Santa Barbara-Santa Maria-Goleta, CA Metropolitan Statistical Area
Poughkeepsie-Newburgh-Middletown, NY Metropolitan Statistical Area
Sacramento-Arden-Arcade-Roseville, CA Metropolitan Statistical Area
Trenton-Ewing, NJ Metropolitan Statistical Area
Seattle-Tacoma-Bellevue, WA Metropolitan Statistical Area
New Haven-Milford, CT Metropolitan Statistical Area
San Luis Obispo-Paso Robles, CA Metropolitan Statistical Area
Stockton, CA Metropolitan Statistical Area
Portland-South Portland-Biddeford, ME Metropolitan Statistical Area
Riverside-San Bernardino-Ontario, CA Metropolitan Statistical Area
Hartford-West Hartford-East Hartford, CT Metropolitan Statistical Area
Philadelphia-Camden-Wilmington, PA-NJ-DE-MD Metropolitan Statistical Area
Chicago-Naperville-Joliet, IL-IN-WI Metropolitan Statistical Area
Worcester, MA Metropolitan Statistical Area
Norwich-New London, CT Metropolitan Statistical Area
Providence-New Bedford-Fall River, RI-MA Metropolitan Statistical Area
Barnstable Town, MA Metropolitan Statistical Area
Modesto, CA Metropolitan Statistical Area

Medium-cost areas

Naples-Marco Island, FL Metropolitan Statistical Area
Boulder, CO Metropolitan Statistical Area
Anchorage, AK Metropolitan Statistical Area
Miami-Fort Lauderdale-Pompano Beach, FL Metropolitan Statistical Area
Minneapolis-St. Paul-Bloomington, MN-WI Metropolitan Statistical Area
Atlantic City, NJ Metropolitan Statistical Area
Portland-Vancouver-Beaverton, OR-WA Metropolitan Statistical Area

Austin-Round Rock, TX Metropolitan Statistical Area
Baltimore-Towson, MD Metropolitan Statistical Area
Ann Arbor, MI Metropolitan Statistical Area
Dallas-Fort Worth-Arlington, TX Metropolitan Statistical Area
Phoenix-Mesa-Scottsdale, AZ Metropolitan Statistical Area
Bremerton-Silverdale, WA Metropolitan Statistical Area
Kingston, NY Metropolitan Statistical Area
Burlington-South Burlington, VT Metropolitan Statistical Area
Mount Vernon-Anacortes, WA Metropolitan Statistical Area
Olympia, WA Metropolitan Statistical Area
Las Vegas-Paradise, NV Metropolitan Statistical Area
Atlanta-Sandy Springs-Marietta, GA Metropolitan Statistical Area
Ocean City, NJ Metropolitan Statistical Area
Denver-Aurora, CO Metropolitan Statistical Area
Allentown-Bethlehem-Easton, PA-NJ Metropolitan Statistical Area
Detroit-Warren-Livonia, MI Metropolitan Statistical Area
Lewiston-Auburn, ME Metropolitan Statistical Area
Houston-Sugar Land-Baytown, TX Metropolitan Statistical Area
Orlando-Kissimmee, FL Metropolitan Statistical Area
Reno-Sparks, NV Metropolitan Statistical Area
Merced, CA Metropolitan Statistical Area
Albany-Schenectady-Troy, NY Metropolitan Statistical Area
Rochester, NY Metropolitan Statistical Area
Fairbanks, AK Metropolitan Statistical Area
Bellingham, WA Metropolitan Statistical Area
Indianapolis-Carmel, IN Metropolitan Statistical Area
Springfield, MA Metropolitan Statistical Area
Corvallis, OR Metropolitan Statistical Area
Nashville-Davidson-Murfreesboro-Franklin, TN Metropolitan Statistical Area
Bend, OR Metropolitan Statistical Area
Raleigh-Cary, NC Metropolitan Statistical Area
Jacksonville, FL Metropolitan Statistical Area
Salt Lake City, UT Metropolitan Statistical Area
Kennewick-Richland-Pasco, WA Metropolitan Statistical Area
Bangor, ME Metropolitan Statistical Area
Dover, DE Metropolitan Statistical Area
Lancaster, PA Metropolitan Statistical Area
Redding, CA Metropolitan Statistical Area
Fresno, CA Metropolitan Statistical Area
Charleston-North Charleston, SC Metropolitan Statistical Area
Palm Coast, FL Metropolitan Statistical Area
Memphis, TN-MS-AR Metropolitan Statistical Area
Virginia Beach-Norfolk-Newport News, VA-NC Metropolitan Statistical Area
Madera, CA Metropolitan Statistical Area
Madison, WI Metropolitan Statistical Area
Milwaukee-Waukesha-West Allis, WI Metropolitan Statistical Area

York-Hanover, PA Metropolitan Statistical Area
Cape Coral-Fort Myers, FL Metropolitan Statistical Area
Carson City, NV Metropolitan Statistical Area
Reading, PA Metropolitan Statistical Area
Vineland-Millville-Bridgeton, NJ Metropolitan Statistical Area
Ithaca, NY Metropolitan Statistical Area
Yuba City, CA Metropolitan Statistical Area
Fort Collins-Loveland, CO Metropolitan Statistical Area
Harrisburg-Carlisle, PA Metropolitan Statistical Area
Sarasota-Bradenton-Venice, FL Metropolitan Statistical Area
Columbus, OH Metropolitan Statistical Area
Holland-Grand Haven, MI Metropolitan Statistical Area
Tucson, AZ Metropolitan Statistical Area
Monroe, MI Metropolitan Statistical Area
Tampa-St. Petersburg-Clearwater, FL Metropolitan Statistical Area
Charlotte-Gastonia-Concord, NC-SC Metropolitan Statistical Area
Chico, CA Metropolitan Statistical Area
Flagstaff, AZ Metropolitan Statistical Area
Salem, OR Metropolitan Statistical Area
Greeley, CO Metropolitan Statistical Area
Port St. Lucie, FL Metropolitan Statistical Area
Bakersfield, CA Metropolitan Statistical Area
New Orleans-Metairie-Kenner, LA Metropolitan Statistical Area
Ogden-Clearfield, UT Metropolitan Statistical Area
Glens Falls, NY Metropolitan Statistical Area
Syracuse, NY Metropolitan Statistical Area
Buffalo-Niagara Falls, NY Metropolitan Statistical Area

Low-cost areas

Richmond, VA Metropolitan Statistical Area
Charlottesville, VA Metropolitan Statistical Area
Pittsfield, MA Metropolitan Statistical Area
Colorado Springs, CO Metropolitan Statistical Area
Cleveland-Elyria-Mentor, OH Metropolitan Statistical Area
Omaha-Council Bluffs, NE-IA Metropolitan Statistical Area
Rochester, MN Metropolitan Statistical Area
Cincinnati-Middletown, OH-KY-IN Metropolitan Statistical Area
Durham, NC Metropolitan Statistical Area
Tallahassee, FL Metropolitan Statistical Area
Longview, WA Metropolitan Statistical Area
Prescott, AZ Metropolitan Statistical Area
Spokane, WA Metropolitan Statistical Area
Provo-Orem, UT Metropolitan Statistical Area
Hanford-Corcoran, CA Metropolitan Statistical Area
Boise City-Nampa, ID Metropolitan Statistical Area
Hagerstown-Martinsburg, MD-WV Metropolitan Statistical Area

Sebastian-Vero Beach, FL Metropolitan Statistical Area
Eugene-Springfield, OR Metropolitan Statistical Area
San Antonio, TX Metropolitan Statistical Area
Louisville-Jefferson County, KY-IN Metropolitan Statistical Area
Santa Fe, NM Metropolitan Statistical Area
Columbia, SC Metropolitan Statistical Area
Kansas City, MO-KS Metropolitan Statistical Area
Jackson, MS Metropolitan Statistical Area
Lansing-East Lansing, MI Metropolitan Statistical Area
Elkhart-Goshen, IN Metropolitan Statistical Area
Palm Bay-Melbourne-Titusville, FL Metropolitan Statistical Area
Wenatchee, WA Metropolitan Statistical Area
Rockford, IL Metropolitan Statistical Area
Fort Walton Beach-Crestview-Destin, FL Metropolitan Statistical Area
Akron, OH Metropolitan Statistical Area
Racine, WI Metropolitan Statistical Area
Bloomington-Normal, IL Metropolitan Statistical Area
El Centro, CA Metropolitan Statistical Area
Little Rock-North Little Rock-Conway, AR Metropolitan Statistical Area
Lexington-Fayette, KY Metropolitan Statistical Area
Medford, OR Metropolitan Statistical Area
Visalia-Porterville, CA Metropolitan Statistical Area
Pittsburgh, PA Metropolitan Statistical Area
Des Moines-West Des Moines, IA Metropolitan Statistical Area
Gainesville, GA Metropolitan Statistical Area
Fayetteville-Springdale-Rogers, AR-MO Metropolitan Statistical Area
Grand Rapids-Wyoming, MI Metropolitan Statistical Area
State College, PA Metropolitan Statistical Area
Deltona-Daytona Beach-Ormond Beach, FL Metropolitan Statistical Area
Winchester, VA-WV Metropolitan Statistical Area
Birmingham-Hoover, AL Metropolitan Statistical Area
Coeur d'Alene, ID Metropolitan Statistical Area
Lafayette, IN Metropolitan Statistical Area
Baton Rouge, LA Metropolitan Statistical Area
Killeen-Temple-Fort Hood, TX Metropolitan Statistical Area
Savannah, GA Metropolitan Statistical Area
Lincoln, NE Metropolitan Statistical Area
Corpus Christi, TX Metropolitan Statistical Area
Pensacola-Ferry Pass-Brent, FL Metropolitan Statistical Area
Gainesville, FL Metropolitan Statistical Area
Lake Havasu City-Kingman, AZ Metropolitan Statistical Area
Columbus, IN Metropolitan Statistical Area
Jackson, TN Metropolitan Statistical Area
St. Louis, MO-IL Metropolitan Statistical Area
Lebanon, PA Metropolitan Statistical Area
St. Cloud, MN Metropolitan Statistical Area

South Bend-Mishawaka, IN-MI Metropolitan Statistical Area
Sioux Falls, SD Metropolitan Statistical Area
Tulsa, OK Metropolitan Statistical Area
Cheyenne, WY Metropolitan Statistical Area
Huntsville, AL Metropolitan Statistical Area
Albuquerque, NM Metropolitan Statistical Area
Punta Gorda, FL Metropolitan Statistical Area
Michigan City-La Porte, IN Metropolitan Statistical Area
Binghamton, NY Metropolitan Statistical Area
Greenville-Mauldin-Easley, SC Metropolitan Statistical Area
Elmira, NY Metropolitan Statistical Area
Appleton, WI Metropolitan Statistical Area
Lawrence, KS Metropolitan Statistical Area
Jackson, MI Metropolitan Statistical Area
Utica-Rome, NY Metropolitan Statistical Area
Knoxville, TN Metropolitan Statistical Area
Kokomo, IN Metropolitan Statistical Area
College Station-Bryan, TX Metropolitan Statistical Area
Salisbury, MD Metropolitan Statistical Area
Anderson, IN Metropolitan Statistical Area
Oklahoma City, OK Metropolitan Statistical Area
Green Bay, WI Metropolitan Statistical Area
Toledo, OH Metropolitan Statistical Area
Myrtle Beach-Conway-North Myrtle Beach, SC Metropolitan Statistical Area
Kalamazoo-Portage, MI Metropolitan Statistical Area
Erie, PA Metropolitan Statistical Area
Wilmington, NC Metropolitan Statistical Area
Fort Wayne, IN Metropolitan Statistical Area
Dayton, OH Metropolitan Statistical Area
Pascagoula, MS Metropolitan Statistical Area
Flint, MI Metropolitan Statistical Area
Panama City-Lynn Haven, FL Metropolitan Statistical Area
Greensboro-High Point, NC Metropolitan Statistical Area
Gulfport-Biloxi, MS Metropolitan Statistical Area
Tyler, TX Metropolitan Statistical Area
Lafayette, LA Metropolitan Statistical Area
Iowa City, IA Metropolitan Statistical Area
Clarksville, TN-KY Metropolitan Statistical Area
Sheboygan, WI Metropolitan Statistical Area
Lakeland, FL Metropolitan Statistical Area
Evansville, IN-KY Metropolitan Statistical Area
Scranton-Wilkes-Barre, PA Metropolitan Statistical Area
Kankakee-Bradley, IL Metropolitan Statistical Area
Amarillo, TX Metropolitan Statistical Area
Fayetteville, NC Metropolitan Statistical Area
Laredo, TX Metropolitan Statistical Area

Yakima, WA Metropolitan Statistical Area
Winston-Salem, NC Metropolitan Statistical Area
Midland, TX Metropolitan Statistical Area
Williamsport, PA Metropolitan Statistical Area
Montgomery, AL Metropolitan Statistical Area
Bloomington, IN Metropolitan Statistical Area
Athens-Clarke County, GA Metropolitan Statistical Area
Elizabethtown, KY Metropolitan Statistical Area
Lubbock, TX Metropolitan Statistical Area
Mobile, AL Metropolitan Statistical Area
Morgantown, WV Metropolitan Statistical Area
Missoula, MT Metropolitan Statistical Area
Waco, TX Metropolitan Statistical Area
Spartanburg, SC Metropolitan Statistical Area
Bowling Green, KY Metropolitan Statistical Area
Janesville, WI Metropolitan Statistical Area
Muskegon-Norton Shores, MI Metropolitan Statistical Area
Chattanooga, TN-GA Metropolitan Statistical Area
Oshkosh-Neenah, WI Metropolitan Statistical Area
Sherman-Denison, TX Metropolitan Statistical Area
Champaign-Urbana, IL Metropolitan Statistical Area
Ames, IA Metropolitan Statistical Area
Sandusky, OH Metropolitan Statistical Area
Charleston, WV Metropolitan Statistical Area
Cedar Rapids, IA Metropolitan Statistical Area
Augusta-Richmond County, GA-SC Metropolitan Statistical Area
Canton-Massillon, OH Metropolitan Statistical Area
Warner Robins, GA Metropolitan Statistical Area
Anderson, SC Metropolitan Statistical Area
Peoria, IL Metropolitan Statistical Area
Logan, UT-ID Metropolitan Statistical Area
Auburn-Opelika, AL Metropolitan Statistical Area
Burlington, NC Metropolitan Statistical Area
Lawton, OK Metropolitan Statistical Area
St. George, UT Metropolitan Statistical Area
Fargo, ND-MN Metropolitan Statistical Area
Hattiesburg, MS Metropolitan Statistical Area
Cleveland, TN Metropolitan Statistical Area
Jacksonville, NC Metropolitan Statistical Area
Billings, MT Metropolitan Statistical Area
Jonesboro, AR Metropolitan Statistical Area
Lewiston, ID-WA Metropolitan Statistical Area
Yuma, AZ Metropolitan Statistical Area
Springfield, IL Metropolitan Statistical Area
Shreveport-Bossier City, LA Metropolitan Statistical Area
Monroe, LA Metropolitan Statistical Area

Alexandria, LA Metropolitan Statistical Area
La Crosse, WI-MN Metropolitan Statistical Area
Muncie, IN Metropolitan Statistical Area
Springfield, OH Metropolitan Statistical Area
Greenville, NC Metropolitan Statistical Area
Tuscaloosa, AL Metropolitan Statistical Area
Hinesville-Fort Stewart, GA Metropolitan Statistical Area
Rapid City, SD Metropolitan Statistical Area
Saginaw-Saginaw Township North, MI Metropolitan Statistical Area
Wichita Falls, TX Metropolitan Statistical Area
Florence, SC Metropolitan Statistical Area
Fond du Lac, WI Metropolitan Statistical Area
El Paso, TX Metropolitan Statistical Area
Battle Creek, MI Metropolitan Statistical Area
Davenport-Moline-Rock Island, IA-IL Metropolitan Statistical Area
Sumter, SC Metropolitan Statistical Area
Wausau, WI Metropolitan Statistical Area
Roanoke, VA Metropolitan Statistical Area
San Angelo, TX Metropolitan Statistical Area
Ocala, FL Metropolitan Statistical Area
Johnson City, TN Metropolitan Statistical Area
Abilene, TX Metropolitan Statistical Area
Idaho Falls, ID Metropolitan Statistical Area
Columbus, GA-AL Metropolitan Statistical Area
Pine Bluff, AR Metropolitan Statistical Area
Parkersburg-Marietta-Vienna, WV-OH Metropolitan Statistical Area
Grand Junction, CO Metropolitan Statistical Area
Owensboro, KY Metropolitan Statistical Area
Niles-Benton Harbor, MI Metropolitan Statistical Area
Decatur, AL Metropolitan Statistical Area
Wichita, KS Metropolitan Statistical Area
Macon, GA Metropolitan Statistical Area
Columbia, MO Metropolitan Statistical Area
Brunswick, GA Metropolitan Statistical Area
Pocatello, ID Metropolitan Statistical Area
Asheville, NC Metropolitan Statistical Area
Victoria, TX Metropolitan Statistical Area
Terre Haute, IN Metropolitan Statistical Area
Fort Smith, AR-OK Metropolitan Statistical Area
Morristown, TN Metropolitan Statistical Area
Altoona, PA Metropolitan Statistical Area
Great Falls, MT Metropolitan Statistical Area
Lake Charles, LA Metropolitan Statistical Area
Bismarck, ND Metropolitan Statistical Area
Beaumont-Port Arthur, TX Metropolitan Statistical Area
Longview, TX Metropolitan Statistical Area

Goldsboro, NC Metropolitan Statistical Area
Youngstown-Warren-Boardman, OH-PA Metropolitan Statistical Area
Grand Forks, ND-MN Metropolitan Statistical Area
Bay City, MI Metropolitan Statistical Area
Rocky Mount, NC Metropolitan Statistical Area
Eau Claire, WI Metropolitan Statistical Area
Harrisonburg, VA Metropolitan Statistical Area
Hot Springs, AR Metropolitan Statistical Area
Houma-Bayou Cane-Thibodaux, LA Metropolitan Statistical Area
Huntington-Ashland, WV-KY-OH Metropolitan Statistical Area
Florence-Muscle Shoals, AL Metropolitan Statistical Area
Dubuque, IA Metropolitan Statistical Area
Sioux City, IA-NE-SD Metropolitan Statistical Area
Anniston-Oxford, AL Metropolitan Statistical Area
Albany, GA Metropolitan Statistical Area
Pueblo, CO Metropolitan Statistical Area
Dothan, AL Metropolitan Statistical Area
Brownsville-Harlingen, TX Metropolitan Statistical Area
Texarkana, TX-Texarkana, AR Metropolitan Statistical Area
Casper, WY Metropolitan Statistical Area
Hickory-Lenoir-Morganton, NC Metropolitan Statistical Area
Dalton, GA Metropolitan Statistical Area
Topeka, KS Metropolitan Statistical Area
Blacksburg-Christiansburg-Radford, VA Metropolitan Statistical Area
Duluth, MN-WI Metropolitan Statistical Area
Odessa, TX Metropolitan Statistical Area
Valdosta, GA Metropolitan Statistical Area
Kingsport-Bristol-Bristol, TN-VA Metropolitan Statistical Area
Johnstown, PA Metropolitan Statistical Area
Lima, OH Metropolitan Statistical Area
Waterloo-Cedar Falls, IA Metropolitan Statistical Area
Mansfield, OH Metropolitan Statistical Area
Gadsden, AL Metropolitan Statistical Area
McAllen-Edinburg-Mission, TX Metropolitan Statistical Area
Jefferson City, MO Metropolitan Statistical Area
Springfield, MO Metropolitan Statistical Area
Wheeling, WV-OH Metropolitan Statistical Area
Decatur, IL Metropolitan Statistical Area
Lynchburg, VA Metropolitan Statistical Area
Weirton-Steubenville, WV-OH Metropolitan Statistical Area
Rome, GA Metropolitan Statistical Area
Danville, VA Metropolitan Statistical Area
Las Cruces, NM Metropolitan Statistical Area
Cumberland, MD-WV Metropolitan Statistical Area
Farmington, NM Metropolitan Statistical Area
Joplin, MO Metropolitan Statistical Area

Danville, IL Metropolitan Statistical Area
St. Joseph, MO-KS Metropolitan Statistical Area