

Updated State-by-State Cost Data: Families Have Spent \$2,300 More Due to Inflation Under Trump

Families have spent on average \$2,300 more on goods and services because of inflation under President Trump, according to updated calculations from the Joint Economic Committee – Minority. The analysis uses recent data from the Bureau of Economic Analysis on household spending and the most recent Consumer Price Index (CPI) data that tracks inflation through March 2026. CPI estimates the costs that households pay for all purchases and expenses, including housing, transportation, food, clothing, health care, utilities, and other essentials. This analysis uses the same methods that the Joint Economic Committee – Republicans used under the last administration to estimate state-level costs.

Because of the inflation that has occurred since President Trump took office, the average household has paid \$2,357 in higher costs. This includes \$477 more for housing expenses, such as rent or mortgage payments, and \$368 more for transportation costs, such as for a new or used car, car repairs, and gas. Families are paying these higher prices despite President Trump repeatedly [pledging](#) on the campaign trail that his administration would “end inflation” and bring down costs for American families. Since February, when Trump started a war with Iran, the latest Consumer Price Index data show that gasoline prices [increased](#) 21.2 percent, which has increased transportation costs in every state.

State	Overall Average Cost Increase	Average Cost Increase: Housing	Average Cost Increase: Transportation
Alabama	\$2,002	\$378	\$251
Alaska	\$3,324	\$700	\$438
Arizona	\$2,222	\$274	\$457
Arkansas	\$1,301	\$165	\$202
California	\$3,339	\$703	\$440
Colorado	\$2,499	\$308	\$514
Connecticut	\$2,940	\$775	\$413
Delaware	\$1,947	\$453	\$392
District of Columbia	\$2,655	\$617	\$534
Florida	\$2,008	\$467	\$404
Georgia	\$1,762	\$410	\$355
Hawaii	\$3,228	\$679	\$425
Idaho	\$2,034	\$251	\$419
Illinois	\$2,588	\$627	\$445
Indiana	\$2,258	\$547	\$388
Iowa	\$1,928	\$265	\$281
Kansas	\$2,089	\$287	\$304

Kentucky	\$1,986	\$375	\$249
Louisiana	\$1,463	\$186	\$227
Maine	\$2,371	\$625	\$333
Maryland	\$1,983	\$461	\$399
Massachusetts	\$3,096	\$816	\$435
Michigan	\$2,335	\$566	\$401
Minnesota	\$2,378	\$326	\$346
Mississippi	\$1,865	\$352	\$234
Missouri	\$2,110	\$290	\$307
Montana	\$2,105	\$259	\$433
Nebraska	\$2,157	\$296	\$314
Nevada	\$2,216	\$273	\$456
New Hampshire	\$2,927	\$772	\$411
New Jersey	\$3,083	\$673	\$360
New Mexico	\$1,919	\$236	\$395
New York	\$3,029	\$661	\$353
North Carolina	\$1,668	\$388	\$336
North Dakota	\$2,175	\$299	\$317
Ohio	\$2,226	\$539	\$383
Oklahoma	\$1,353	\$172	\$210
Oregon	\$2,539	\$535	\$334
Pennsylvania	\$2,595	\$566	\$303
Rhode Island	\$2,528	\$666	\$355
South Carolina	\$1,621	\$377	\$326
South Dakota	\$2,171	\$298	\$316
Tennessee	\$2,099	\$396	\$263
Texas	\$1,704	\$217	\$264
Utah	\$2,425	\$299	\$499
Vermont	\$2,500	\$659	\$351
Virginia	\$1,898	\$441	\$382
Washington	\$2,846	\$599	\$375
West Virginia	\$1,457	\$339	\$293
Wisconsin	\$2,267	\$549	\$390
Wyoming	\$2,165	\$267	\$445
United States	\$2,357	\$477	\$368

Source: Monthly data from the Bureau of Labor Statistics on the Consumer Price Index both nationally and in each Census Division, state-level data from the Joint Economic Committee – Republicans on average household consumption in each state, and data from the Bureau of Economic Analysis on the share of average consumption by spending category for each Census Division. Housing costs include the price of owning or renting a home, home repairs, home insurance, and hotels. Transportation costs include the price of buying, repairing, and insuring a new or used vehicle, gasoline/motor fuels, vehicle rentals, and transit fares including airline tickets.