Families in North Carolina Have Had to Spend $2,200+ More Under Trump

As of May 2026, the average household in North Carolina has had to **spend $2,200+ more on goods and services** under President Trump. Despite President Trump's repeated pledges on the campaign trail that his administration would "end inflation" and bring down costs for families, Trump has instead caused costs to continue to rise significantly, including through his reckless tariffs and war in Iran. Below are calculations from the Joint Economic Committee – Minority and other statistics on higher costs that families in North Carolina face for everyday essentials:

Housing Costs

- **North Carolina** families have had to spend **$503 more on housing costs** such as **rent and mortgage payments** since President Trump took office.

Grocery Costs

- Americans paid **$310 more for groceries** in President Trump's first year than in 2024, and grocery prices are now **4 percent** higher than when Trump took office.
- Beef and coffee prices are hitting Americans especially hard. Since the President took office, the average price of ground beef has risen almost every month to a record high of nearly **$7 per pound**. Coffee prices also spiked and are now nearly **$10 per pound**.

Energy Costs

- Gas prices have soared since the start of Trump's Iran War. In total, people across North Carolina have spent **$2 billion** more on gas since the beginning of the war. That means the average family in North Carolina has spent **$401 more on gas** in this time.
  - For a family in North Carolina who drives the most popular pickup truck, they now have to spend **$136 to fill up their tank**, a **38 percent increase** compared to before the war.
- Families in North Carolina **paid $40 more for electricity** in 2025 under President Trump than they did in 2024.

Health Care Costs

- Because of Trump and Republicans' refusal to extend the Affordable Care Act (ACA) tax cuts that help people afford their health insurance, monthly premiums for ACA plans **rose over 50 percent on average** in 2026 compared to last year. Meanwhile deductibles surged to record highs, increasing by more than $1,000 on average.

Sources: Bureau of Labor Statistics Consumer Price Index and Average Price Data, Joint Economic Committee – Republicans, Bureau of Economic Analysis, U.S. Department of Agriculture, Walmart.com, AAA.com, Edmunds.com, Federal Highway Administration, Energy Information Administration, Kaiser Family Foundation