
State Inflation Tracker

March 2022

JEC REPUBLICANS | APRIL 12, 2022

Ranking Member Mike Lee (R-UT)

Joint Economic Committee Republicans

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INTRODUCTION

Americans are facing the highest inflation rates in decades, making it harder for them to afford everyday goods and more expensive to raise their families. Each month coinciding with the Bureau of Labor Statistics' release of the Consumer Price Index, JEC Republicans' State Inflation Tracker estimates how much inflation increases costs for American families in each state and how the drivers of inflation continue to vary across the country. Specifically, we ask: how much more must the average household pay today to maintain the same standard of living it achieved in January 2021?

We choose January 2021 as the base month because it was the last time inflation was within recent historical norms. Soon after, prices began to accelerate and inflation continued building with annual inflation rates averaging 3.4 percent in the first half of 2021, 6.0 percent in the second half, and 7.5 percent by January 2022. See [our methodology](#) for a full description of our methods and a [downloadable data file](#) with a detailed breakdown of inflation costs by state.¹

Prices increased 9.9 percent from January 2021 to March 2022, costing the average American household \$536 in March 2022 alone. Over the 12-month period from March 2022 through February 2023, the inflation that has already occurred will cost the average American household \$6,431 even if prices stop increasing altogether.

Below we report inflation costs by state, inflation costs over time, and inflation costs within four major spending categories.

INFLATION COSTS BY STATE

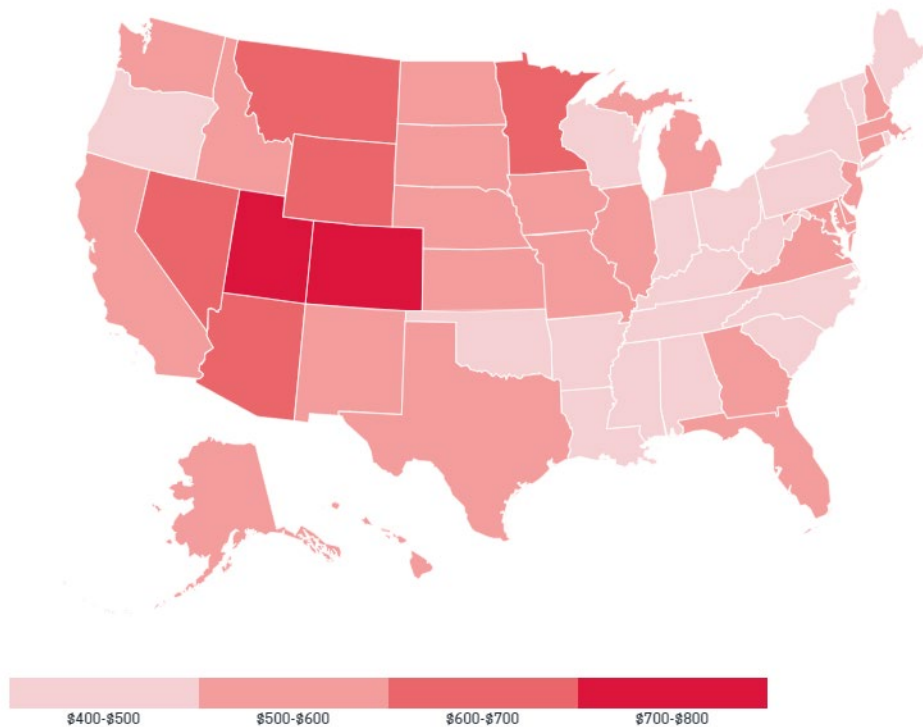
Figure 1 displays a map of the United States, color coded to reflect the magnitude of inflation costs across the nation. See our [online State Inflation Tracker](#) for an interactive version showing three separate statistics for each state: (1) price growth since January 2021, (2) inflation costs imposed on American households in March 2022, and (3) the annual cost of inflation households will face from price increases that have already occurred (i.e., assuming no further price increases going forward).

¹ Jackie Benson, Kevin Corinth, and Kole Nichols. "State Inflation Tracker: Methodology." U.S. Joint Economic Committee Republicans. April 12, 2022.

Full data file can be found here:

https://www.jec.senate.gov/public/index.cfm?a=files.serve&File_id=8477078C-3CFB-4BF0-8FCC-B0D206FAE04B.

Figure 1: Inflation Rates and Average Household Inflation Costs by State, March 2022, Relative to January 2021 Price Levels



Source: JEC Calculations using: Bureau of Economic Analysis, Personal Consumption Expenditures; Bureau of Labor Statistics, Consumer Expenditure Survey; Census Bureau American Community Survey.

Notes: Inflation rates reflect how much prices have increased since January 2021, and inflation costs reflect how much more the average U.S. household must pay in the current month for the same goods and services it purchased in January 2021. See [our methodology](#) for a detailed explanation of these calculations; Jackie Benson, Kevin Corinth, and Kole Nichols. "State Inflation Tracker: Methodology." U.S. Joint Economic Committee Republicans. April 12, 2022.

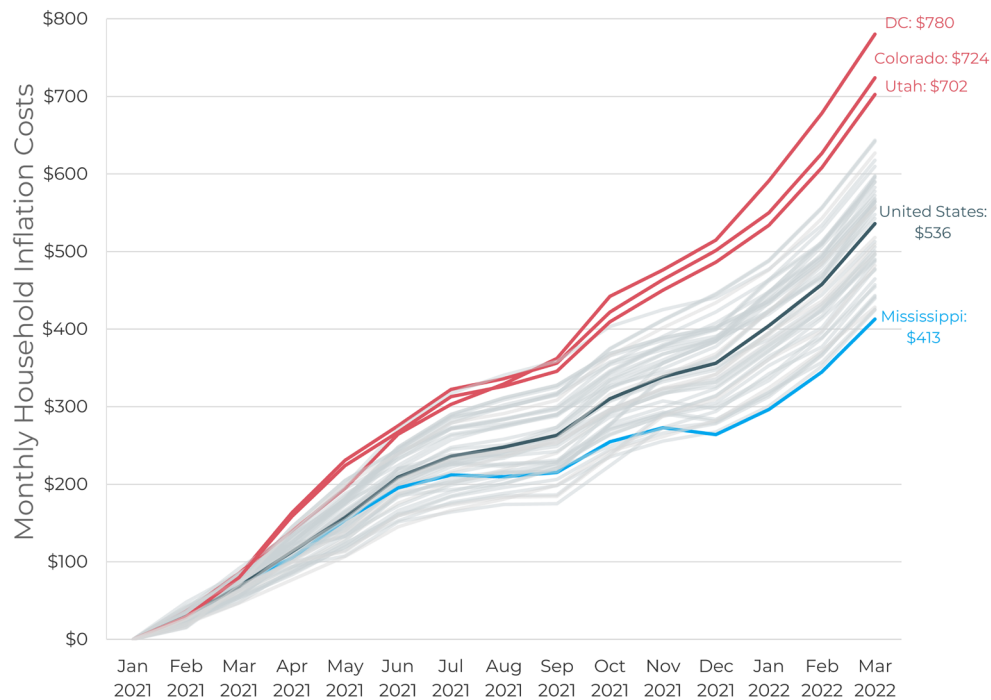
As Figure 1 shows, inflation rates and inflation costs vary significantly across the United States. Families in the Mountain West (Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming) are facing the highest inflation rates, with prices today 11.9 percent higher than in January 2021. Due to a combination of higher inflation rates and higher average household spending, inflation is imposing the greatest monthly costs on families in Washington, DC, Colorado, and Utah. Annualized, these families are facing inflation costs of \$9,363, \$8,686, and \$8,429 over the next year, respectively.

Although inflation is high everywhere, families in the Middle Atlantic (New York, New Jersey, and Pennsylvania) are facing relatively lower inflation rates with prices 8.2 percent higher today than in January 2021. Families in Mississippi, Arkansas, and Pennsylvania are facing the lowest inflation costs, however these costs are still substantial. Assuming prices stop increasing moving forward, families in these states would face \$4,955, \$5,095, and \$5,108 in additional costs over the next year, respectively.

INFLATION COSTS OVER TIME

As inflation relative to January 2021 rises, so do the monthly costs to American families. Figure 2 details these costs each month, showing the distribution of inflation cost trends across all states and how they compare to the U.S. inflation cost trend overall.

Figure 2: Average Monthly Household Inflation Costs by State, Relative to January 2021 Price Levels, January 2021 through March 2022



Source: JEC Calculations using: Bureau of Economic Analysis, Personal Consumption Expenditures; Bureau of Labor Statistics, Consumer Expenditure Survey; Census Bureau, American Community Survey.

Notes: Inflation costs reflect how much more the average U.S. household must pay for the same goods and services it purchased in January 2021. See [our methodology](#) for a detailed explanation of these calculations; Jackie Benson, Kevin Corinth, and Kole Nichols. "State Inflation Tracker: Methodology." U.S. Joint Economic Committee Republicans. April 12, 2022.

Average U.S. inflation costs increased from \$458 in February 2022 to \$536 in March 2022 for the average American household, a \$78 increase in monthly inflation costs. From February to March, inflation costs grew the most in Massachusetts (\$105), Washington, DC (\$102), and Connecticut and New Hampshire (\$99 each). In the remaining states, inflation costs grew by between \$56 and \$97.

INFLATION COSTS BY CATEGORY

Just as inflation costs vary by state and over time, they also vary across product categories. Households that spend disproportionately more on items whose prices increased the most face higher total inflation costs. Overall inflation costs reported above are calculated based on a set basket of goods and services purchased by the average American household.² Alternatively, category-specific inflation costs capture the added costs of purchasing specific categories of goods and services on the basis of their specific inflation rates.

Table 1 reports estimates of the additional costs American households face when they purchase items within four spending categories: food, shelter³, transportation, and energy.⁴

In the United States overall, the spending category with the highest inflation costs is transportation, driven by rising auto and gas prices. Families in Washington, DC are facing the highest transportation inflation costs (\$376); families in California are facing highest food inflation costs (\$79); families in Colorado are facing the highest shelter inflation costs (\$115); and families in Washington, DC are facing the highest energy inflation costs (\$206).

² This analysis uses the Consumer Price Index for All Urban Consumers (CPI-U), which represents about 88 percent of the total U.S. population. According to the Bureau of Labor Statistics, the CPI-U “is based on the expenditures of almost all residents of urban or metropolitan areas, including professionals, the self-employed, the poor, the unemployed, and retired people, as well as urban wage and clerical workers.”

Stephen B. Reed and Kenneth J. Stewart, “Why does BLS provide both the CPI-W and CPI-U?” Bureau of Labor Statistics, February 2014, https://www.bls.gov/opub/btn/volume-3/why-does-bls-provide-both-the-cpi-w-and-cpi-u.htm#_edn2.

³ Shelter inflation measures how fast housing prices are rising for home buyers and renters.

⁴ Inflation costs within transportation and energy are not mutually exclusive because both categories capture rising motor fuel prices.

Table 1: Average Monthly Household Inflation Costs by State and Spending Category, March 2022, Relative to January 2021 Price Levels

State	Percent Increase in Prices Since Jan 2021	Total Inflation Costs	Food Inflation Costs	Shelter Inflation Costs	Transportation Inflation Costs	Energy Inflation Costs
United States	9.9%	\$536	\$62	\$60	\$255	\$146
Alabama	9.7%	\$443	\$55	\$37	\$247	\$138
Alaska	9.4%	\$595	\$78	\$69	\$266	\$168
Arizona	11.9%	\$643	\$62	\$102	\$285	\$162
Arkansas	11.0%	\$425	\$45	\$38	\$230	\$139
California	9.4%	\$597	\$79	\$69	\$267	\$169
Colorado	11.9%	\$724	\$70	\$115	\$321	\$182
Connecticut	8.8%	\$567	\$51	\$48	\$261	\$162
Delaware	10.5%	\$572	\$56	\$75	\$276	\$151
DC	10.5%	\$780	\$77	\$103	\$376	\$206
Florida	10.5%	\$590	\$58	\$78	\$284	\$156
Georgia	10.5%	\$518	\$51	\$68	\$250	\$137
Hawaii	9.4%	\$578	\$76	\$67	\$258	\$163
Idaho	11.9%	\$589	\$57	\$94	\$261	\$149
Illinois	10.2%	\$568	\$77	\$59	\$280	\$154
Indiana	10.2%	\$496	\$67	\$52	\$245	\$134
Iowa	10.3%	\$501	\$55	\$47	\$250	\$119
Kansas	10.3%	\$542	\$59	\$51	\$271	\$129
Kentucky	9.7%	\$440	\$55	\$37	\$245	\$137
Louisiana	11.0%	\$478	\$51	\$43	\$259	\$156
Maine	8.8%	\$457	\$41	\$39	\$211	\$130
Maryland	10.5%	\$583	\$57	\$77	\$281	\$154
Massachusetts	8.8%	\$597	\$54	\$50	\$275	\$170
Michigan	10.2%	\$513	\$69	\$54	\$253	\$139
Minnesota	10.3%	\$618	\$67	\$58	\$309	\$146
Mississippi	9.7%	\$413	\$52	\$35	\$230	\$129
Missouri	10.3%	\$548	\$60	\$51	\$274	\$130
Montana	11.9%	\$610	\$59	\$97	\$270	\$154
Nebraska	10.3%	\$560	\$61	\$52	\$280	\$133
Nevada	11.9%	\$642	\$62	\$102	\$284	\$162
New Hampshire	8.8%	\$564	\$51	\$48	\$260	\$161
New Jersey	8.2%	\$506	\$66	\$51	\$207	\$118

Table 1 Continued: Average Monthly Household Inflation Costs by State and Spending Category, March 2022, Relative to January 2021 Price Levels

State	Percent Increase in Prices Since Jan 2021	Total Inflation Costs	Food Inflation Costs	Shelter Inflation Costs	Transportation Inflation Costs	Energy Inflation Costs
New Mexico	11.9%	\$556	\$54	\$88	\$246	\$140
New York	8.2%	\$497	\$64	\$50	\$203	\$116
North Carolina	10.5%	\$490	\$48	\$64	\$236	\$129
North Dakota	10.3%	\$565	\$62	\$53	\$282	\$134
Ohio	10.2%	\$489	\$66	\$51	\$241	\$132
Oklahoma	11.0%	\$442	\$47	\$40	\$239	\$144
Oregon	9.4%	\$454	\$60	\$53	\$203	\$128
Pennsylvania	8.2%	\$426	\$55	\$43	\$174	\$99
Rhode Island	8.8%	\$487	\$44	\$41	\$224	\$139
South Carolina	10.5%	\$476	\$47	\$63	\$229	\$126
South Dakota	10.3%	\$564	\$62	\$53	\$282	\$134
Tennessee	9.7%	\$465	\$58	\$39	\$259	\$145
Texas	11.0%	\$556	\$59	\$50	\$302	\$182
Utah	11.9%	\$702	\$68	\$112	\$311	\$177
Vermont	8.8%	\$482	\$43	\$41	\$222	\$138
Virginia	10.5%	\$558	\$55	\$73	\$269	\$147
Washington	9.4%	\$509	\$67	\$59	\$228	\$144
West Virginia	10.5%	\$428	\$42	\$56	\$206	\$113
Wisconsin	10.2%	\$498	\$67	\$52	\$246	\$135
Wyoming	11.9%	\$627	\$60	\$100	\$278	\$158

Source: JEC Calculations using: Bureau of Economic Analysis, Personal Consumption Expenditures; Bureau of Labor Statistics, Consumer Expenditure Survey; Census Bureau, American Community Survey.

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