
State Inflation Tracker September 2022

JEC REPUBLICANS | OCTOBER 13, 2022

Ranking Member Mike Lee (R-UT)

Joint Economic Committee Republicans

jec.senate.gov | G-01 Dirksen Senate Office Building Washington, DC 20510 | (202) 224-5171

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 13.5 percent from January 2021 to September 2022, costing the average American household \$728 in September 2022 alone. Over the 12-month period from October 2022 through September 2023, the inflation that has already occurred will cost the average American household \$8,739 even if prices stop increasing altogether.

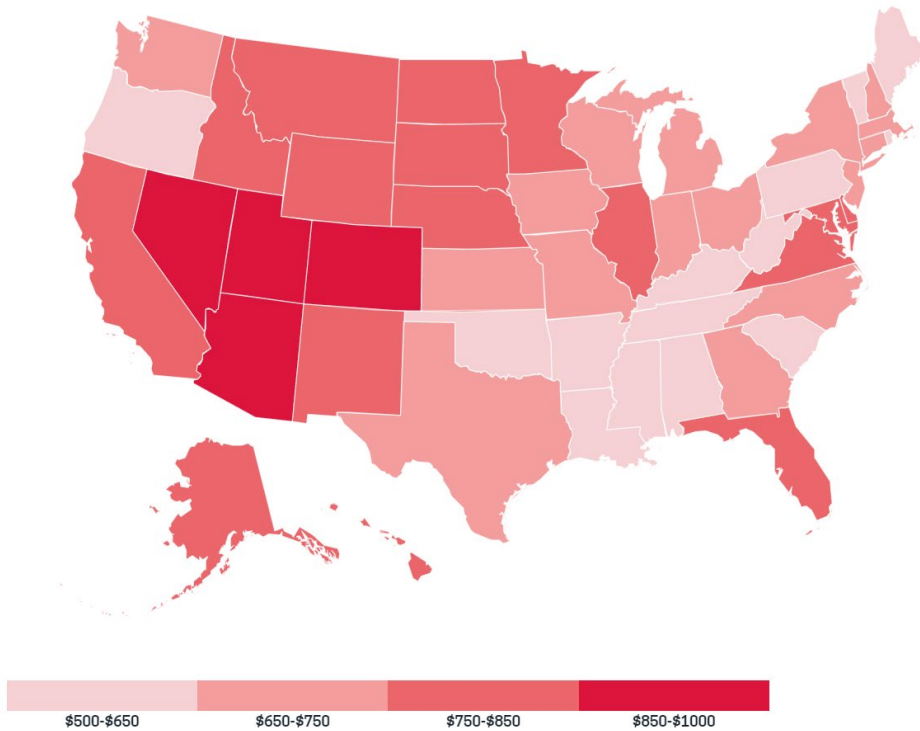
Below we report inflation costs by state, inflation costs over time, and inflation costs within four major spending categories.

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 September 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=2009C3D5-7C51-4F03-93E8-BC153159A7C9

Figure 1: Inflation Rates and Average Household Inflation Costs by State, September 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 by state. Families in the Mountain West (Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming) are facing the highest inflation rates, with prices today 16.0 percent higher than in January 2021. Due to a combination of higher inflation rates and higher average household spending, inflation is imposing the highest monthly costs on families in the states of Colorado, Utah, and Arizona. Annualized, families in these states are facing inflation costs of \$11,731, \$11,385, and \$10,428 over the next year, respectively.

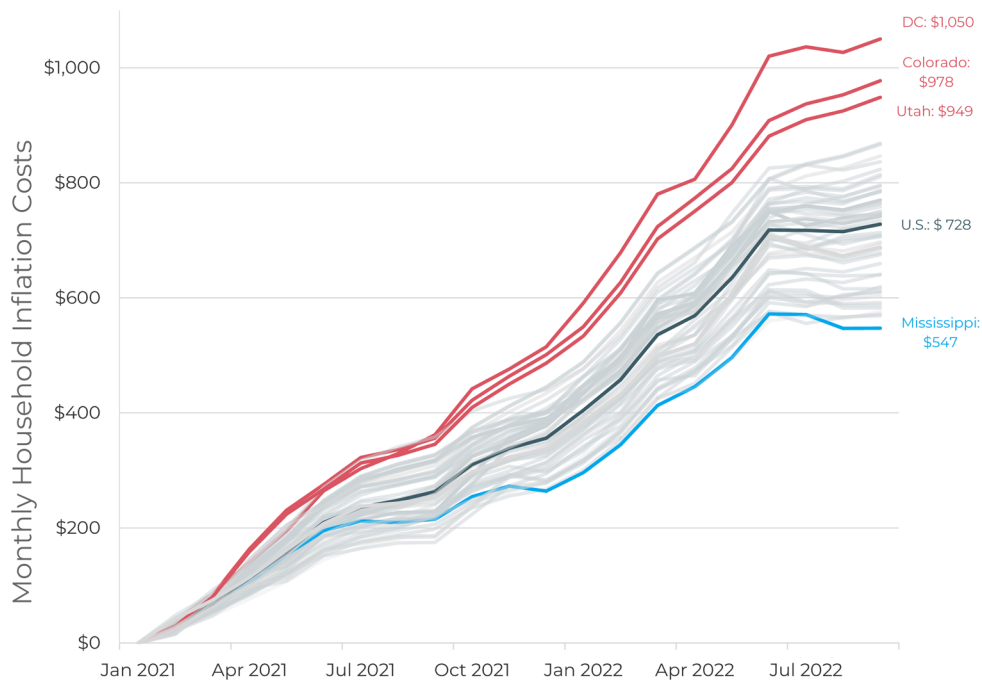
Families in Washington, DC are experiencing relatively higher inflation costs due to higher average spending levels. Inflation costs in Washington, DC are estimated to be \$12,602 per household over the next year.

Although inflation is high everywhere, families in New England (Massachusetts, Connecticut, New Hampshire, Rhode Island, Vermont, and Maine) are facing relatively lower inflation rates with prices 11.0 percent higher today than in January 2021. Families in Mississippi, Arkansas, and Maine are facing the lowest inflation costs; however, these costs are still substantial. Assuming prices stop increasing moving forward, families in these states would face \$6,567, \$6,827, and \$6,865 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 September 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.

Inflation costs increased from \$715 in August 2022 to \$728 in September 2022 for the average American household, a \$13 increase in monthly inflation costs. From August to September, inflation costs grew the most in the states of California (\$25), and Arkansas, Colorado, Hawaii, and Utah (\$24 each). Inflation costs did not fall in any states. In the remaining states, inflation cost changes ranged from a \$0 increase to a \$23 increase in prices.

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 Colorado are facing the highest transportation inflation costs (\$348); families in California are facing the highest food inflation costs (\$126); families in Colorado are facing the highest shelter inflation costs (\$184); and families in Texas are facing the highest energy inflation costs (\$184). Families in Washington, DC are experiencing higher food (\$128), shelter (\$193), and transportation (\$357) costs than any of the states.

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, September 2022, Relative to January 2021 Price Levels

State	Rank	Percent Increase in Prices Since Jan 2021	Total Inflation Costs	Food Inflation Costs	Shelter Inflation Costs	Transportation Inflation Costs	Energy Inflation Costs
United States		13.5%	\$728	\$105	\$103	\$262	\$143
Alabama	49	12.8%	\$587	\$101	\$61	\$223	\$109
Alaska	14	12.8%	\$811	\$125	\$121	\$298	\$171
Arizona	7	16%	\$869	\$110	\$164	\$310	\$160
Arkansas	44	14.7%	\$569	\$80	\$67	\$220	\$140
California	13	12.8%	\$814	\$126	\$122	\$299	\$172
Colorado	2	16%	\$978	\$124	\$184	\$348	\$180
Connecticut	18	11%	\$709	\$94	\$80	\$246	\$138
Delaware	10	14.1%	\$770	\$94	\$141	\$262	\$123
DC	1	14.1%	\$1050	\$128	\$193	\$357	\$168
Florida	4	14.1%	\$794	\$97	\$146	\$270	\$127
Georgia	24	14.1%	\$697	\$85	\$128	\$237	\$112
Hawaii	17	12.8%	\$787	\$122	\$117	\$289	\$166
Idaho	22	16%	\$796	\$101	\$150	\$283	\$147
Illinois	5	14.1%	\$785	\$125	\$89	\$298	\$171
Indiana	28	14.1%	\$685	\$109	\$77	\$260	\$149
Iowa	41	13.9%	\$678	\$102	\$68	\$260	\$141
Kansas	32	13.9%	\$735	\$110	\$73	\$281	\$153
Kentucky	50	12.8%	\$583	\$100	\$61	\$221	\$108
Louisiana	34	14.7%	\$640	\$90	\$75	\$248	\$158
Maine	43	11%	\$572	\$76	\$64	\$198	\$111
Maryland	6	14.1%	\$784	\$95	\$144	\$266	\$125
Massachusetts	8	11%	\$747	\$99	\$84	\$259	\$145
Michigan	21	14.1%	\$708	\$113	\$80	\$269	\$155
Minnesota	12	13.9%	\$837	\$125	\$83	\$320	\$174
Mississippi	51	12.8%	\$547	\$94	\$57	\$208	\$102
Missouri	30	13.9%	\$742	\$111	\$74	\$284	\$154
Montana	19	16%	\$823	\$105	\$155	\$293	\$152
Nebraska	26	13.9%	\$759	\$114	\$76	\$290	\$158
Nevada	9	16%	\$867	\$110	\$163	\$309	\$160
New Hampshire	20	11%	\$706	\$93	\$79	\$245	\$137
New Jersey	31	11.7%	\$726	\$114	\$90	\$236	\$129
New Mexico	33	16%	\$751	\$95	\$142	\$267	\$138

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

State	Rank	Percent Increase in Prices Since Jan 2021	Total Inflation Costs	Food Inflation Costs	Shelter Inflation Costs	Transportation Inflation Costs	Energy Inflation Costs
New York	36	11.7%	\$713	\$112	\$88	\$232	\$127
North Carolina	35	14.1%	\$660	\$80	\$121	\$224	\$106
North Dakota	23	13.9%	\$765	\$115	\$76	\$293	\$159
Ohio	29	14.1%	\$675	\$108	\$76	\$257	\$147
Oklahoma	42	14.7%	\$592	\$83	\$70	\$229	\$146
Oregon	46	12.8%	\$619	\$96	\$92	\$228	\$131
Pennsylvania	48	11.7%	\$611	\$96	\$76	\$199	\$109
Rhode Island	39	11%	\$610	\$81	\$69	\$211	\$119
South Carolina	38	14.1%	\$641	\$78	\$118	\$218	\$103
South Dakota	25	13.9%	\$764	\$114	\$76	\$292	\$159
Tennessee	45	12.8%	\$616	\$106	\$64	\$234	\$114
Texas	11	14.7%	\$745	\$105	\$88	\$289	\$184
Utah	3	16%	\$949	\$121	\$179	\$338	\$174
Vermont	40	11%	\$603	\$80	\$68	\$209	\$117
Virginia	16	14.1%	\$751	\$91	\$138	\$255	\$120
Washington	37	12.8%	\$694	\$107	\$104	\$255	\$146
West Virginia	47	14.1%	\$576	\$70	\$106	\$196	\$92
Wisconsin	27	14.1%	\$688	\$110	\$78	\$261	\$150
Wyoming	15	16%	\$847	\$108	\$160	\$302	\$156

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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