
State Inflation Tracker

November 2022

JEC REPUBLICANS | DECEMBER 13, 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 13.8 percent from January 2021 to November 2022, costing the average American household \$747 in November 2022 alone. Over the 12-month period from December 2022 through November 2023, the inflation that has already occurred will cost the average American household \$8,963 even if prices stop increasing.

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

INFLATION COSTS BY STATE

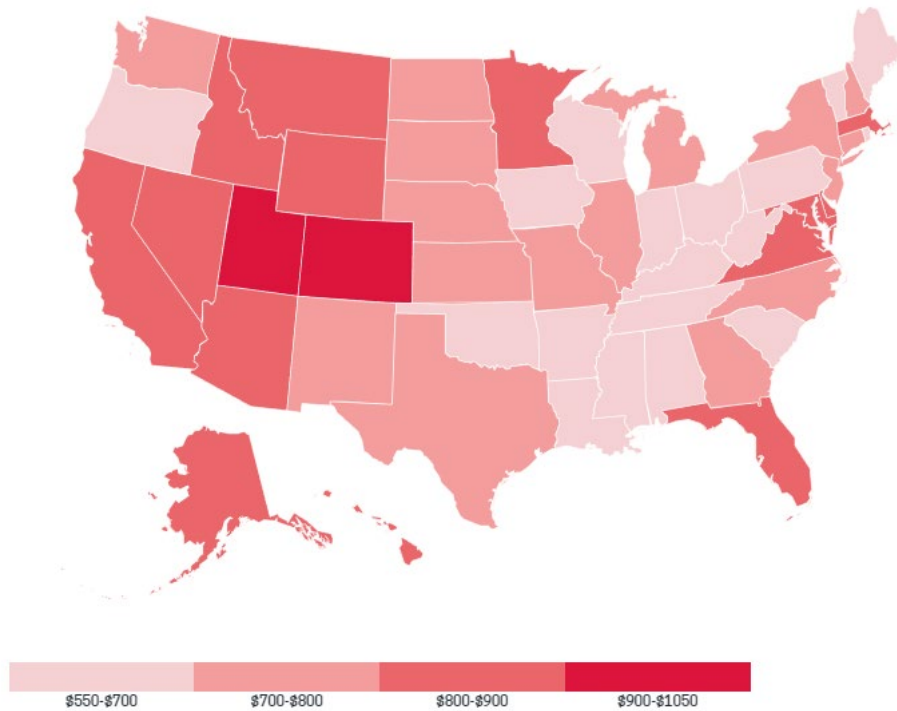
Figure 1 displays a map of the United States, color coded to reflect the magnitude of inflation costs across the nation. See [our online State Inflation Tracker](#) for an interactive version showing three separate statistics for each state: (1) price growth since January 2021, (2) inflation costs imposed on American households in November 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=6476B569-FFC8-472A-B41E-0AB1E7650CA1

Figure 1: Inflation Rates and Average Household Inflation Costs by State, November 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 16.5 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 \$12,065, \$11,708, and \$10,724 over the next year, respectively.

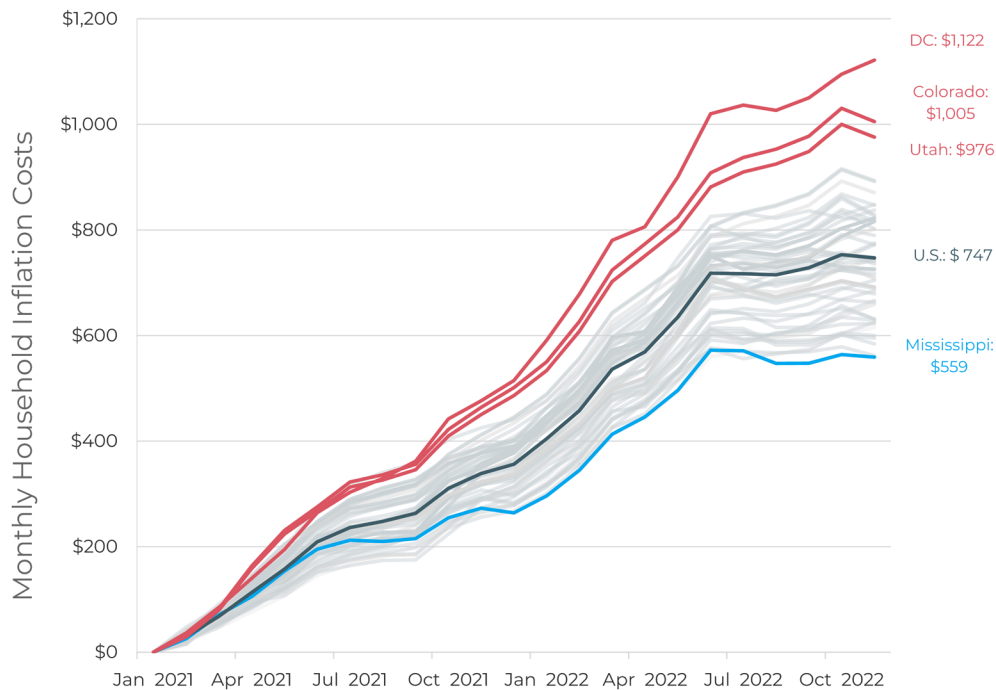
Families in Washington, DC are experiencing relatively higher inflation costs due to higher average spending levels. Inflation costs in Washington, DC are estimated to be \$13,460 per household over the next year.

Although inflation is high everywhere, families in the Middle Atlantic (New Jersey, New York, and Pennsylvania) are facing relatively lower inflation rates with prices 12.0 percent higher today than in January 2021. Families in Mississippi, Arkansas, and Oklahoma are facing the lowest inflation costs; however, these costs are still substantial. Assuming prices stop increasing moving forward, families in these states would face \$6,708, \$6,740, and \$7,009 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 November 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.

In November, 18 states saw inflation costs increase, and 32 saw inflation costs decrease. For the average American household, inflation costs decreased from \$753 in October 2022 to \$747 in November 2022, a \$6 decrease in monthly inflation costs. Inflation costs grew the most in the states of Massachusetts (\$29), Connecticut, and New Hampshire (\$27). Inflation costs fell the most in the states of Alaska (\$34), California (\$34), and Hawaii (\$33). In the remaining states, inflation cost changes ranged from a \$29 decline to a \$23 increase. Inflation costs in Washington, DC grew by \$27 from October to November.

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 (\$346), and the highest shelter inflation costs (\$205). Families in Massachusetts are facing the highest energy inflation costs (\$181) and families in California are facing the highest food inflation costs (\$134). Families in Washington, DC are experiencing higher transportation (\$357), shelter (\$221), and food (\$139) 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, November 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		13.1%	\$747	\$112	\$118	\$256	\$135
Alabama	47	13.0%	\$600	\$106	\$68	\$223	\$108
Alaska	11	16.5%	\$826	\$133	\$137	\$283	\$162
Arizona	4	14.6%	\$894	\$113	\$182	\$308	\$157
Arkansas	50	13.0%	\$562	\$85	\$78	\$206	\$117
California	10	16.5%	\$829	\$134	\$138	\$284	\$163
Colorado	2	12.0%	\$1,005	\$128	\$205	\$346	\$177
Connecticut	19	15.1%	\$775	\$100	\$94	\$248	\$171
Delaware	12	15.1%	\$823	\$102	\$162	\$262	\$126
DC	1	15.1%	\$1,122	\$139	\$221	\$357	\$172
Florida	7	15.1%	\$848	\$105	\$167	\$270	\$130
Georgia	24	13.0%	\$745	\$92	\$147	\$237	\$114
Hawaii	16	16.5%	\$802	\$129	\$133	\$274	\$158
Idaho	13	14.1%	\$819	\$104	\$167	\$282	\$144
Illinois	18	14.1%	\$790	\$130	\$104	\$296	\$153
Indiana	35	13.6%	\$689	\$114	\$90	\$258	\$134
Iowa	39	13.6%	\$663	\$106	\$77	\$250	\$103
Kansas	30	13.1%	\$718	\$114	\$84	\$271	\$111
Kentucky	48	14.6%	\$595	\$105	\$67	\$221	\$107
Louisiana	41	12.0%	\$632	\$95	\$87	\$232	\$132
Maine	44	15.1%	\$625	\$80	\$75	\$200	\$138
Maryland	9	12.0%	\$838	\$104	\$165	\$267	\$128
Massachusetts	15	14.1%	\$816	\$105	\$99	\$261	\$181
Michigan	31	13.6%	\$712	\$118	\$93	\$267	\$138
Minnesota	14	13.1%	\$818	\$130	\$95	\$309	\$127
Mississippi	51	13.6%	\$559	\$99	\$63	\$208	\$101
Missouri	29	16.5%	\$725	\$116	\$85	\$274	\$112
Montana	8	13.6%	\$847	\$108	\$173	\$292	\$149
Nebraska	25	16.5%	\$742	\$118	\$86	\$280	\$115
Nevada	5	12.0%	\$891	\$113	\$182	\$307	\$157
New Hampshire	21	12.0%	\$772	\$99	\$93	\$247	\$171
New Jersey	26	13.1%	\$740	\$125	\$102	\$229	\$120

Table 1 Continued: Average Monthly Household Inflation Costs by State and Spending Category, November 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 Mexico	20	16.5%	\$772	\$98	\$158	\$266	\$136
New York	28	12.0%	\$727	\$123	\$100	\$225	\$118
North Carolina	33	15.1%	\$705	\$87	\$139	\$224	\$108
North Dakota	22	13.6%	\$748	\$119	\$87	\$283	\$116
Ohio	37	14.1%	\$679	\$112	\$89	\$255	\$132
Oklahoma	49	14.6%	\$584	\$88	\$81	\$214	\$122
Oregon	42	13.0%	\$631	\$102	\$105	\$216	\$124
Pennsylvania	45	12.0%	\$623	\$106	\$86	\$193	\$101
Rhode Island	38	12.0%	\$666	\$86	\$80	\$213	\$147
South Carolina	36	15.1%	\$685	\$85	\$135	\$218	\$105
South Dakota	23	13.6%	\$747	\$119	\$87	\$282	\$116
Tennessee	43	13.1%	\$629	\$111	\$71	\$234	\$114
Texas	27	14.6%	\$736	\$111	\$102	\$270	\$153
Utah	3	16.5%	\$976	\$124	\$199	\$336	\$172
Vermont	40	12.0%	\$659	\$85	\$80	\$211	\$146
Virginia	17	15.1%	\$802	\$99	\$158	\$255	\$123
Washington	32	13.0%	\$707	\$114	\$118	\$242	\$139
West Virginia	46	15.1%	\$616	\$76	\$122	\$196	\$94
Wisconsin	34	14.1%	\$692	\$114	\$91	\$259	\$134
Wyoming	6	16.5%	\$871	\$111	\$178	\$300	\$153

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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