United States Congress
Joint Economic Committee

Data brief
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State Inflation Comparison: Household Inflation Slowed by More Than 40 Percent Under Trump

The Joint Economic Committee (JEC) finds that rising prices increased household costs substantially less during the first 20 months of President Trump's second term than during the first 20 months of the Biden Administration. The difference amounts to $2,881 for the average American household.

This analysis compares household cost increases over equivalent 20-month periods under the Biden and Trump administrations. Estimates for the Trump Administration are as reported by Democrats, which based its calculations on the methodology developed by the JEC to estimate state-level inflation during the Biden Administration. The Biden-era estimates presented here are based on that original methodology, providing a consistent framework for comparing the two periods.

Household cost increases slowed under Trump

During the first 20 months of the Biden Administration, rising prices resulted in $7,081 in additional costs for the average American household. Over the same period under President Trump, household cost increases were 40.7 percent lower, amounting to $2,881 less in additional household costs for the average family. As shown in the table below, the slowdown in household cost increases varied by state.

	Increase in household costs Jan 2021 – Aug 2022	**Increase in household costs** Jan 2025 – Aug 2026	**Difference in cost increases**
United States	$7,081	$4,200	$2,881
Alabama	$6,082	$3,700	$2,382
Alaska	$7,906	$5,600	$2,306
Arizona	$8,427	$4,000	$4,427
Arkansas	$5,509	$2,300	$3,209
California	$7,941	$5,700	$2,241
Colorado	$9,481	$4,500	$4,981
Connecticut	$6,949	$5,400	$1,549
Delaware	$7,324	$3,600	$3,724
Florida	$7,554	$3,700	$3,854
Georgia	$6,631	$3,300	$3,331
Hawaii	$7,678	$5,500	$2,178
Idaho	$7,719	$3,600	$4,119
Illinois	$7,765	$4,700	$3,065
Indiana	$6,774	$4,100	$2,674
Iowa	$6,921	$3,700	$3,221
Kansas	$7,501	$4,000	$3,501

	Increase in household costs Jan 2021 – Aug 2022	Increase in household costs Jan 2025 – Aug 2026	Difference in cost increases
Kentucky	$6,031	$3,700	$2,331
Louisiana	$6,198	$2,600	$3,598
Maine	$5,604	$4,300	$1,304
Maryland	$7,460	$3,700	$3,760
Massachusetts	$7,317	$5,600	$1,717
Michigan	$7,005	$4,200	$2,805
Minnesota	$8,539	$4,500	$4,039
Mississippi	$5,666	$3,500	$2,166
Missouri	$7,574	$4,000	$3,574
Montana	$7,986	$3,700	$4,286
Nebraska	$7,744	$4,100	$3,644
Nevada	$8,407	$3,900	$4,507
New Hampshire	$6,917	$5,300	$1,617
New Jersey	$6,843	$5,600	$1,243
New Mexico	$7,280	$3,400	$3,880
New York	$6,723	$5,500	$1,223
North Carolina	$6,275	$3,100	$3,175
North Dakota	$7,809	$4,200	$3,609
Ohio	$6,679	$4,000	$2,679
Oklahoma	$5,729	$2,400	$3,329
Oregon	$6,040	$4,300	$1,740
Pennsylvania	$5,759	$4,700	$1,059
Rhode Island	$5,974	$4,600	$1,374
South Carolina	$6,097	$3,000	$3,097
South Dakota	$7,797	$4,100	$3,697
Tennessee	$6,376	$3,900	$2,476
Texas	$7,216	$3,000	$4,216
Utah	$9,201	$4,300	$4,901
Vermont	$5,909	$4,500	$1,409
Virginia	$7,139	$3,500	$3,639
Washington	$6,770	$4,800	$1,970
West Virginia	$5,482	$2,700	$2,782
Wisconsin	$6,801	$4,100	$2,701
Wyoming	$8,211	$3,900	$4,311

Source: JEC State Inflation Tracker; JEC Democrats Inflation Fact Sheet; Bureau of Labor Statistics Consumer Price Index data. State-level household consumption estimates are based on calculations published separately by the JEC and JEC Democrats.

Note: Inflation costs represent the cumulative increase in household expenses relative to January 2021 and January 2025, respectively, over equivalent 20-month periods. The JEC Democrats based its estimates on the methodology developed for the JEC's State Inflation Tracker, published April 2022. While the analyses use the same general methodological framework, differences may remain in the underlying estimates. The JEC Democrats have not published sufficient methodological details to fully reconcile these differences, particularly the allocation of state-level household consumption weights.