



United States Congress

# Joint Economic Committee

EST. 1946

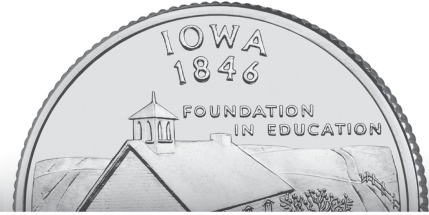
Republicans

Representative David Schweikert, *Vice Chairman*



## Iowa

### Inflation Update

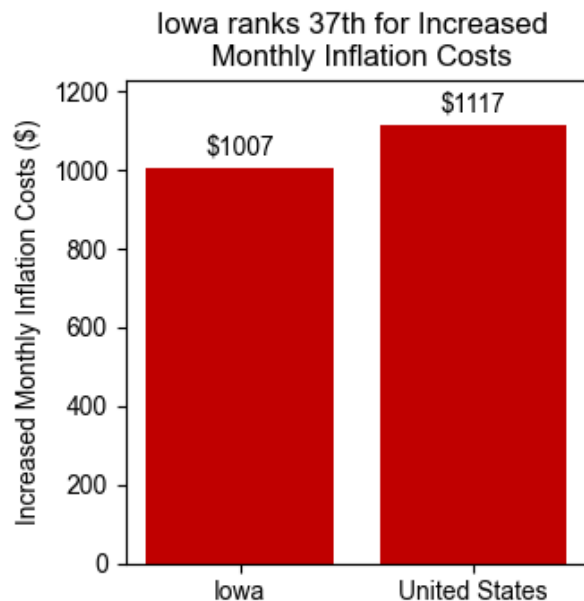
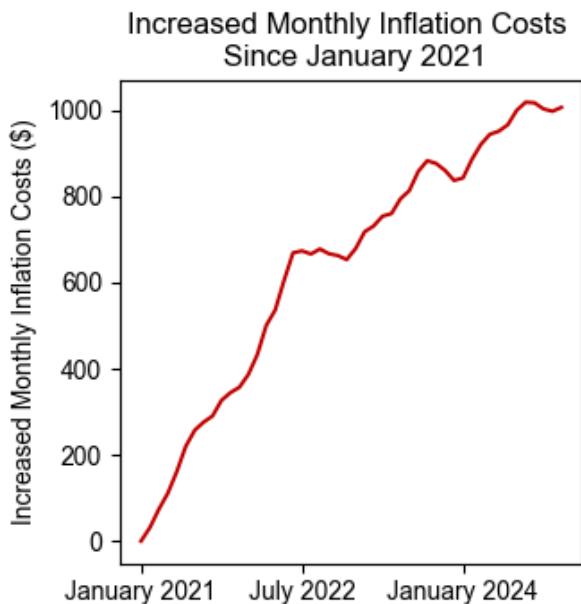


## December 2024

### Summary

Using the **December 2024** [Consumer Price Index](#) data release by the Bureau of Labor Statistics, the Joint Economic Committee (JEC) [State Inflation Tracker](#) estimates that the average household in **Iowa** is paying **\$1,007** more per month to purchase the same basket of goods and services as in January 2021.

Cumulatively, the average **Iowa** household has spent **\$30,706** more due to inflation since January 2021.



### Breakdown

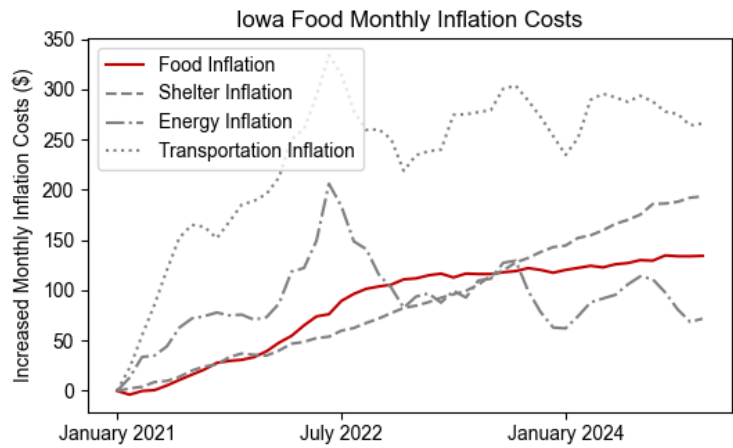
The Census Division where **Iowa** is located has seen cumulative inflation of **20.7 percent** since January 2021. This is **0.0 percentage points higher** than the national cumulative inflation since January 2021 of **20.7 percent**.

Compared to one year earlier, the average **Iowa** households needs to spend **\$170** more per month to maintain the same standard of living.

The JEC Inflation Tracker breaks down the increased cost to the average household in **Iowa** relative to January 2021 into four essential spending categories below:

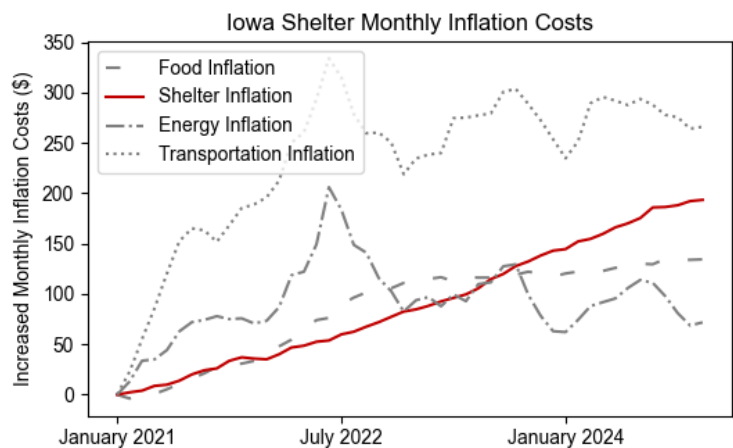
### Household Food Expenses

Compared to January 2021, the average household in **Iowa** is spending **\$134** more on food per month. This is **\$17 more** each month than one year ago. Cumulatively, the average household in **Iowa** has spent **\$4,079** more on food due to inflation since January 2021.



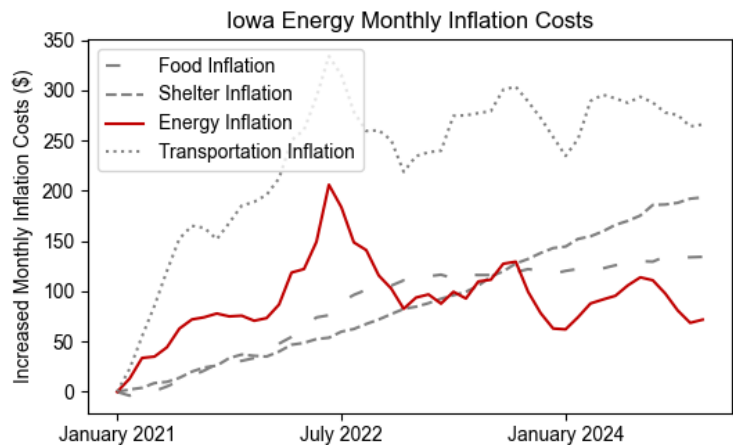
### Household Shelter Expenses

Compared to January 2021, the average household in **Iowa** is spending **\$193** more on shelter per month. This is **\$50 more** each month than one year ago. Cumulatively, the average household in **Iowa** has spent **\$4,326** more on shelter due to inflation since January 2021.



### Household Energy Expenses

Compared to January 2021, the average household in **Iowa** is spending **\$72** more on energy per month. This is **\$9 more** each month than one year ago. Cumulatively, the average household in **Iowa** has spent **\$4,417** more on energy due to inflation since January 2021.



### Household Transportation Expenses

Compared to January 2021, the average household in **Iowa** is spending **\$266** more on transportation per month. This is **\$12 more** each month than one year ago. Cumulatively, the average household in **Iowa** has spent **\$11,142** more on transportation due to inflation since January 2021.

