

State of Alaska Mike Dunleavy, Governor	Alaska Workers' Compensation Division PO Box 115512 Juneau, Alaska 99811-5512		
Department of Labor and Workforce Development	BULLETIN	Number 22-06 REVISED	Date 6/20/2025
Cathy Muñoz, Commissioner	SUBJECT REFERENCE	Cost-of-Living Adjustment AS 23.30.175; 8 AAC 45.138	

Pursuant to Alaska Statute 23.30.175(c) and regulation 8 AAC 45.138(b), the Department of Labor and Workforce Development is required to identify an organization to calculate a cost-of-living adjustment (COLA) for a workers' compensation beneficiary when the recipient no longer resides in Alaska.

The Department has selected The Council for Community and Economic Research (C2ER) for providing COLA information (see <https://www.c2er.org/>). The attached list will be in effect from January 1, 2023, to December 31, 2025. The cost of living for Alaska is the average cost of living for Anchorage, Juneau, and Fairbanks.

If a recipient does not reside in a location listed on the attached COLA ratio list, you must use the cost-of-living ratio for the location nearest the recipient's residence. If the recipient lives in a location equidistant from two published locations, the ratio that results in the higher compensation rate must be used.

For an out-of-country COLA determination, send a request to:

Division of Workers' Compensation
Attn: Administrative Officer
PO Box 115512
Juneau, AK 99811-5512
workerscomp@alaska.gov

Effective November 7, 2005, a COLA may not raise a recipient's weekly compensation rate to an amount that exceeds the weekly compensation rate that the recipient would have received if the recipient had been residing in Alaska. COLA shall be applied in accordance with the Alaska Supreme Court's Decision in *Roberge v. ASRC Construction Holding Co.* (Slip Op. S-17897), issued February 4, 2022. In essence, this Decision dictates that the COLA adjustment be applied first, then capping the resultant compensation rate at the maximum compensation rate for Alaska established through Alaska Statute 23.30.175(a) (120% of the average weekly wage in Alaska).

If an employer or recipient wishes to dispute a COLA rate, the party may petition the Alaska Workers' Compensation Board for a review of the cost-of-living ratio for a particular recipient and request a hearing on the petition, in accordance with AS 23.30.110 and 8 AAC 45.138(g).

*This bulletin has been revised to remove six duplicative rows for Wisconsin, Wyoming, and Puerto Rico that inadvertently included data from the 2020 report. The table now reflects only the correct 2023 data.

URBAN AREA AND STATE		AK COLA Rate	COMPOSITE INDEX	GROCERY ITEMS	HOUSING	UTILITIES	TRANS- PORTATION	HEALTH CARE	MISC. GOODS & SERVICES
Alabama	Anniston-Calhoun County AL	64.48	82.1	91.6	58.2	125.1	88.9	81.4	85.0
Alabama	Auburn-Opelika AL	73.74	93.9	102.7	80.7	103.4	95.4	97.4	98.5
Alabama	Birmingham AL	73.98	94.2	95.7	83.2	101.3	97.1	97.9	101.0
Alabama	Decatur-Hartselle AL	65.89	83.9	95.3	62.6	97.5	89.0	82.5	93.7
Alabama	Dothan AL	71.62	91.2	108.4	69.5	90.0	91.6	98.0	103.1
Alabama	Florence AL	66.60	84.8	96.2	70.0	94.9	94.5	82.4	87.9
Alabama	Huntsville AL	68.56	87.3	97.4	67.9	96.4	87.5	88.8	98.2
Alabama	Mobile AL	67.15	85.5	97.1	63.6	98.9	94.5	105.8	91.8
Alabama	Montgomery AL	69.11	88.0	99.2	76.0	99.5	93.4	84.5	89.1
Arizona	Flagstaff AZ	89.45	113.9	113.4	126.4	93.6	106.9	108.7	110.6
Arizona	Bullhead City AZ	73.04	93.0	95.7	99.4	88.5	95.3	91.7	85.8
Arizona	Lake Havasu City AZ	107.59	137.0	120.3	183.8	90.3	84.6	100.2	132.7
Arizona	Phoenix AZ	81.60	103.9	99.2	117.0	105.9	102.8	92.9	94.2
Arizona	Surprise AZ	74.84	95.3	91.7	92.3	132.6	88.9	80.8	91.5
Arizona	Prescott-Prescott Valley AZ	90.16	114.8	106.4	131.5	94.8	97.1	99.4	115.9
Arizona	Tucson AZ	81.60	103.9	101.0	105.6	103.7	103.8	104.4	104.0
Arizona	Yuma AZ	76.81	97.8	103.3	82.3	115.6	95.2	106.0	104.0
Arkansas	Fayetteville AR	68.17	86.8	95.3	72.7	91.5	99.6	79.1	92.9
Arkansas	Hot Springs AR	75.71	96.4	94.0	87.4	97.0	80.9	92.3	111.4
Arkansas	Jonesboro AR	71.07	90.5	95.7	72.4	88.8	89.3	80.9	108.6
Arkansas	Conway AR	66.44	84.6	88.1	74.9	88.9	92.6	88.5	88.5
Arkansas	Little Rock-North Little Rock AR	75.86	96.6	92.3	88.5	95.6	98.1	83.1	109.4
California	Orange County CA	120.94	154.0	111.9	254.5	88.9	131.8	102.3	109.5
California	Bakersfield CA	80.42	102.4	100.1	84.0	161.2	116.4	99.6	99.4
California	Los Angeles-Long Beach CA	117.33	149.4	112.7	228.5	106.9	127.3	110.6	114.5
California	Modesto CA	92.91	118.3	98.7	134.0	145.2	135.1	100.0	102.4
California	Oakland CA	120.94	154.0	127.7	217.6	131.3	140.1	122.3	119.1
California	Sacramento CA	94.24	120.0	104.4	140.8	107.7	131.8	117.8	109.0
California	San Diego CA	115.68	147.3	112.4	220.4	120.9	131.6	108.4	110.3
California	San Francisco CA	152.51	194.2	130.4	341.3	133.7	142.7	122.8	122.5
California	Stockton CA	91.96	117.1	110.8	129.3	144.5	129.3	99.9	98.2
Colorado	Colorado Springs CO	84.97	108.2	101.0	115.9	99.1	102.9	100.0	110.2
Colorado	Denver CO	89.14	113.5	95.0	138.3	82.2	111.4	102.4	111.4
Colorado	Westminster CO	86.15	109.7	88.7	141.5	77.8	107.0	94.9	102.6
Colorado	Grand Junction CO	78.46	99.9	107.0	97.1	88.0	107.2	102.9	100.4
Colorado	Pueblo CO	74.61	95.0	98.7	89.9	95.0	98.1	88.5	98.4
Connecticut	Stamford CT	108.30	137.9	109.1	176.9	135.5	119.8	116.2	122.7
Connecticut	Hartford CT	85.84	109.3	105.4	103.1	126.9	104.4	107.8	113.6
Connecticut	New Haven CT	92.51	117.8	105.0	124.2	135.3	108.5	109.1	116.3
Delaware	Dover DE	82.15	104.6	112.8	94.2	103.5	103.1	93.9	113.1

Delaware	Wilmington DE	87.33	111.2	115.3	112.1	89.6	122.5	118.6	111.4
District of Columbia	Washington DC	124.24	158.2	110.7	257.2	109.7	103.5	90.6	123.4
Florida	Cape Coral-Fort Myers FL	81.83	104.2	107.1	102.5	99.7	103.5	102.7	106.4
Florida	Daytona Beach FL	74.29	94.6	95.5	90.5	98.6	99.4	89.2	96.5
Florida	Palm Coast-Flagler County FL	73.59	93.7	97.8	83.0	118.1	97.8	95.0	92.9
Florida	Fort Lauderdale FL	94.87	120.8	121.7	149.2	101.5	103.4	103.7	104.3
Florida	Jacksonville FL	74.06	94.3	109.7	87.1	97.1	83.5	84.0	96.0
Florida	Miami-Dade County FL	91.96	117.1	120.8	139.6	101.5	101.9	103.9	102.8
Florida	Sarasota FL	87.09	110.9	109.6	123.6	100.2	101.6	111.1	104.6
Florida	Ocala FL	76.18	97.0	96.8	88.5	134.8	105.8	94.6	91.0
Florida	Orlando FL	77.98	99.3	105.6	95.5	95.1	100.5	96.4	101.1
Florida	Pensacola FL	74.92	95.4	95.5	88.5	119.6	95.4	94.3	94.5
Florida	Vero Beach-Indian River FL	75.94	96.7	105.2	85.9	113.7	97.9	105.1	95.7
Florida	Tallahassee FL	75.31	95.9	108.2	89.7	87.1	96.3	105.1	96.9
Florida	Tampa FL	74.29	94.6	103.2	88.6	97.7	97.5	95.9	94.0
Georgia	Albany GA	68.17	86.8	96.4	62.9	92.5	94.8	101.3	100.0
Georgia	Atlanta GA	82.46	105.0	98.4	111.5	84.2	99.9	106.1	110.3
Georgia	Douglasville - Douglas County GA	71.15	90.6	104.7	77.8	82.9	95.6	87.1	97.6
Georgia	Augusta-Aiken GA-SC	65.65	83.6	92.2	70.3	85.8	82.2	89.1	91.3
Georgia	Dalton GA	69.03	87.9	92.2	74.6	98.8	85.3	89.2	96.1
Georgia	Dublin-Laurens County GA	66.36	84.5	93.1	60.5	90.8	91.7	97.5	98.6
Georgia	Savannah GA	68.32	87.0	94.3	65.1	93.1	96.0	111.2	97.6
Georgia	Statesboro-Bulloch County GA	64.95	82.7	91.6	68.6	93.1	88.2	87.5	86.5
Georgia	Valdosta GA	71.86	91.5	100.2	78.5	93.8	97.9	99.5	96.3
Hawaii	Honolulu HI	151.88	193.4	153.0	315.3	164.4	133.4	115.0	126.7
Idaho	Boise ID	80.18	102.1	93.8	110.5	82.3	111.4	102.5	102.7
Idaho	Twin Falls ID	69.11	88.0	88.5	79.2	82.4	111.6	89.2	92.5
Illinois	Bloomington-Normal IL	77.04	98.1	107.4	83.7	99.0	98.8	110.3	105.5
Illinois	Champaign-Urbana IL	68.80	87.6	93.8	73.8	97.5	91.5	96.7	92.7
Illinois	Chicago IL	96.83	123.3	104.2	159.2	90.8	119.4	97.8	113.1
Illinois	Joliet-Will County IL	75.16	95.7	102.4	86.3	88.8	119.4	106.5	96.2
Illinois	Danville IL	68.25	86.9	93.9	63.3	99.5	108.3	92.9	96.9
Illinois	Decatur IL	65.97	84.0	92.4	66.9	97.4	95.4	84.4	89.4
Illinois	Kankakee IL	69.66	88.7	99.5	71.9	91.2	114.7	97.4	91.2
Illinois	Peoria IL	68.64	87.4	95.8	75.3	96.9	105.8	88.9	87.0
Illinois	Rockford IL	72.96	92.9	94.3	78.2	96.4	118.8	106.5	97.6
Illinois	Springfield IL	77.04	98.1	100.4	99.7	100.6	109.9	101.7	90.7
Indiana	Bloomington IN	79.87	101.7	97.9	103.1	97.0	87.6	98.7	108.1
Indiana	Elkhart-Goshen IN	73.74	93.9	96.8	76.2	96.0	96.5	111.8	106.7
Indiana	Evansville IN	70.45	89.7	92.2	75.0	112.7	96.5	91.8	93.6
Indiana	Fort Wayne-Allen County IN	67.77	86.3	87.3	63.6	94.6	105.9	99.2	99.7

Indiana	Indianapolis IN	71.47	91.0	94.8	80.6	103.9	91.4	86.2	95.7
Indiana	Kokomo IN	65.65	83.6	90.2	68.4	99.2	88.4	100.4	86.5
Indiana	Lafayette IN	70.68	90.0	92.7	74.9	99.6	106.1	92.4	96.5
Indiana	Richmond IN	64.40	82.0	89.7	68.4	91.9	99.0	78.4	84.5
Indiana	South Bend IN	71.86	91.5	91.3	87.9	94.7	91.5	96.6	93.5
Indiana	Terre Haute IN	75.47	96.1	94.2	85.0	100.9	117.6	88.3	102.7
Iowa	Ames IA	75.31	95.9	99.9	94.7	92.0	106.0	98.9	93.3
Iowa	Burlington IA	66.52	84.7	95.9	62.5	108.7	90.1	92.3	90.7
Iowa	Cedar Rapids IA	73.98	94.2	98.0	81.7	103.6	93.9	106.8	99.9
Iowa	Davenport-Moline-Rock Is IA-IL	70.21	89.4	112.6	66.8	93.1	101.8	91.5	94.7
Iowa	Des Moines IA	67.85	86.4	98.9	73.4	85.6	92.9	92.0	90.4
Iowa	Dubuque IA	70.21	89.4	96.6	71.4	98.7	99.9	106.4	95.4
Iowa	Iowa City IA	74.37	94.7	95.6	84.5	86.2	119.7	96.0	101.2
Iowa	Mason City IA	69.03	87.9	92.8	71.8	107.1	90.2	101.8	92.5
Iowa	Sioux City IA	70.76	90.1	99.3	74.3	87.3	95.4	110.7	97.9
Iowa	Waterloo-Cedar Falls IA	67.77	86.3	94.5	79.9	87.9	85.4	100.5	85.6
Kansas	Dodge City KS	69.82	88.9	97.2	69.5	100.8	104.4	109.6	93.1
Kansas	Hutchinson KS	67.07	85.4	94.5	60.7	99.8	90.0	105.8	96.5
Kansas	Manhattan KS	70.13	89.3	91.2	82.5	102.5	95.2	103.2	87.1
Kansas	Pittsburg KS	64.55	82.2	89.3	64.1	99.2	92.3	93.6	86.9
Kansas	Salina KS	65.73	83.7	88.2	68.6	102.0	95.8	101.0	84.7
Kansas	Topeka KS	66.99	85.3	86.0	82.5	98.3	97.1	97.9	78.4
Kansas	Wichita KS	70.37	89.6	98.7	68.5	99.0	97.5	95.7	100.0
Kentucky	Lexington KY	70.92	90.3	90.1	77.8	106.3	94.6	76.0	99.1
Kentucky	Louisville KY	75.31	95.9	94.2	82.2	103.4	110.7	86.9	106.0
Louisiana	Alexandria LA	73.19	93.2	96.5	79.5	103.3	95.0	95.3	101.2
Louisiana	Baton Rouge LA	74.21	94.5	93.9	90.6	75.7	98.4	97.5	103.9
Louisiana	Hammond LA	68.56	87.3	98.4	74.1	84.6	91.3	96.6	93.2
Louisiana	Houma-Terrebonne Parish LA	75.94	96.7	99.5	95.0	96.2	105.0	93.5	95.5
Louisiana	Thibodaux-Lafourche Parish LA	72.25	92.0	99.0	82.6	94.6	102.2	101.3	93.0
Louisiana	Lafayette LA	69.97	89.1	98.6	67.3	91.4	104.5	96.6	100.5
Louisiana	Lake Charles LA	67.23	85.6	96.2	75.6	74.6	90.5	91.4	91.4
Louisiana	Monroe LA	68.25	86.9	90.9	75.8	80.8	89.1	100.7	95.7
Louisiana	New Orleans LA	88.19	112.3	98.6	140.6	75.7	96.9	116.6	106.5
Louisiana	Slidell-St. Tammany Parish LA	74.45	94.8	96.3	89.2	94.3	93.5	104.1	98.9
Louisiana	Shreveport-Bossier City LA	70.92	90.3	96.8	76.7	87.1	92.8	97.4	100.0
Maine	Portland ME	90.31	115.0	102.2	136.7	102.4	104.3	112.5	107.3
Maryland	Baltimore MD	83.72	106.6	109.7	113.8	105.5	101.8	80.9	102.6
Maryland	Bethesda-Gaithersburg-Frederick MD	111.20	141.6	111.2	218.3	104.8	112.9	84.4	107.8
Massachusetts	Boston MA	120.39	153.3	117.8	224.7	126.2	109.2	116.5	125.7
Massachusetts	Pittsfield MA	91.73	116.8	121.0	130.7	96.2	112.7	120.4	107.5

Michigan	Detroit MI	80.97	103.1	101.7	102.9	98.5	106.3	96.3	105.8
Michigan	Grand Rapids MI	74.76	95.2	90.8	89.7	101.7	104.4	96.4	98.6
Michigan	Kalamazoo MI	59.45	75.7	77.8	49.7	99.3	98.3	95.7	84.7
Michigan	Benton Harbor MI	68.95	87.8	92.1	77.6	107.2	100.9	93.2	85.0
Minnesota	Mankato MN	72.49	92.3	103.9	79.9	94.8	85.2	109.6	96.9
Minnesota	Minneapolis MN	80.81	102.9	102.0	98.6	96.6	106.0	98.3	110.1
Minnesota	St. Paul MN	80.58	102.6	101.8	97.6	95.4	105.4	98.3	110.8
Minnesota	St. Cloud MN	80.34	102.3	107.8	84.9	99.6	100.3	120.4	115.9
Mississippi	Hattiesburg MS	66.60	84.8	101.0	64.5	93.8	93.2	96.1	89.7
Mississippi	Jackson MS	62.51	79.6	90.5	63.3	85.4	69.5	101.0	87.7
Mississippi	Meridian MS	68.72	87.5	91.5	72.5	96.0	91.9	95.4	95.5
Mississippi	Tupelo MS	63.85	81.3	86.1	64.9	86.8	91.2	85.5	90.7
Missouri	Columbia MO	73.98	94.2	97.3	87.8	98.5	92.6	95.9	97.6
Missouri	Jefferson City MO	71.23	90.7	93.9	77.9	93.7	102.8	99.6	96.7
Missouri	Joplin MO	64.87	82.6	89.9	65.8	100.5	91.8	89.0	86.5
Missouri	Kansas City MO-KS	73.66	93.8	89.6	98.2	97.7	86.0	90.1	92.8
Missouri	St. Charles County MO	76.18	97.0	113.7	86.8	90.9	107.9	103.4	96.4
Missouri	St. Louis MO-IL	68.40	87.1	99.5	74.7	94.3	86.1	89.0	90.3
Missouri	Springfield MO	70.99	90.4	100.1	77.9	88.2	93.6	102.7	95.9
Montana	Bozeman MT	88.12	112.2	104.5	137.6	88.0	94.6	97.3	105.3
Montana	Great Falls MT	69.97	89.1	102.2	75.0	88.1	94.3	104.1	92.8
Nebraska	Hastings NE	73.19	93.2	101.8	88.7	83.9	93.8	97.5	95.2
Nebraska	Lincoln NE	72.25	92.0	95.8	78.9	88.6	101.2	106.5	100.0
Nebraska	Omaha NE	75.31	95.9	98.2	92.5	95.5	105.0	97.7	95.8
Nevada	Las Vegas NV	81.91	104.3	108.7	109.4	94.3	120.2	98.1	96.8
Nevada	Reno-Sparks NV	85.05	108.3	105.5	126.5	82.6	118.7	103.9	97.7
New Hampshire	Manchester NH	86.31	109.9	103.7	108.2	113.7	97.0	115.6	116.5
New Jersey	Newark-Elizabeth NJ	97.23	123.8	108.6	156.9	108.0	107.2	97.2	111.8
New Jersey	Vineland NJ	77.59	98.8	99.1	95.0	110.4	102.4	91.1	98.7
New Jersey	Bergen-Passaic NJ	96.99	123.5	110.4	156.0	105.4	107.2	100.2	111.1
New Jersey	Middlesex-Monmouth NJ	90.08	114.7	108.5	132.0	105.3	106.4	99.0	108.1
New Jersey	Morristown NJ	90.55	115.3	110.0	143.6	94.6	103.1	97.5	101.9
New Mexico	Albuquerque NM	73.12	93.1	90.5	88.4	93.2	99.9	95.0	97.6
New Mexico	Rio Rancho NM	73.12	93.1	99.2	88.8	93.3	92.9	100.7	92.8
New Mexico	Las Cruces NM	68.25	86.9	97.0	75.8	82.5	100.9	99.7	88.5
New York	Albany NY	84.97	108.2	113.1	109.2	98.3	99.1	104.5	110.5
New York	Buffalo NY	74.21	94.5	95.7	92.8	97.1	95.5	89.2	95.1
New York	New York (Brooklyn) NY	140.42	178.8	125.5	316.8	105.4	109.7	102.7	120.4
New York	New York (Manhattan) NY	200.34	255.1	144.9	536.6	102.5	127.8	108.6	132.8
New York	New York (Queens) NY	118.59	151.0	131.7	223.9	102.6	110.5	105.6	120.0
New York	Rochester NY	79.95	101.8	100.0	102.3	93.4	107.8	103.3	103.4

North Carolina	Asheville NC	83.48	106.3	100.2	115.3	103.4	97.3	115.2	102.4
North Carolina	Burlington NC	71.78	91.4	99.3	83.1	93.8	87.7	109.9	92.9
North Carolina	Charlotte NC	74.45	94.8	98.6	82.4	93.5	94.2	105.5	104.6
North Carolina	Salisbury NC	72.33	92.1	100.7	76.9	97.1	96.5	99.7	98.8
North Carolina	Chapel Hill NC	84.58	107.7	102.5	121.8	89.9	96.8	116.0	103.7
North Carolina	Dare County NC	81.05	103.2	102.7	97.6	107.3	104.2	107.8	106.9
North Carolina	Raleigh NC	73.04	93.0	87.4	91.4	97.1	96.3	94.4	95.3
North Carolina	Thomasville-Lexington NC	66.83	85.1	95.4	66.3	94.2	68.3	119.5	94.7
North Carolina	Winston-Salem NC	75.16	95.7	98.2	90.6	91.8	91.6	119.1	98.3
North Dakota	Bismarck-Mandan ND	80.26	102.2	103.7	104.7	92.8	101.1	115.3	100.3
North Dakota	Grand Forks ND	74.29	94.6	92.4	95.8	97.3	101.2	110.0	89.7
North Dakota	Minot ND	76.81	97.8	107.2	85.9	95.6	109.5	113.6	100.1
Ohio	Cincinnati OH	72.41	92.2	95.6	81.6	87.6	103.2	97.9	99.3
Ohio	Cleveland OH	73.59	93.7	102.8	82.2	97.6	96.5	104.0	96.7
Ohio	Columbus OH	71.86	91.5	99.5	86.6	89.6	91.9	88.2	93.1
Ohio	Dayton OH	70.99	90.4	96.8	71.9	97.7	95.4	87.8	102.6
Ohio	Findlay OH	71.54	91.1	101.3	75.6	88.9	98.3	95.4	99.6
Ohio	Lima OH	69.74	88.8	99.3	61.8	91.0	104.9	108.5	103.1
Oklahoma	Ardmore OK	70.52	89.8	106.1	69.8	97.3	95.2	85.9	97.8
Oklahoma	Enid OK	70.76	90.1	98.6	76.5	100.2	89.6	96.7	94.9
Oklahoma	Lawton OK	72.88	92.8	92.5	88.6	93.1	92.9	112.0	94.4
Oklahoma	Muskogee OK	61.73	78.6	85.9	59.9	96.8	82.8	84.3	85.8
Oklahoma	Edmond OK	69.82	88.9	91.2	83.6	82.3	97.1	93.0	92.6
Oklahoma	Oklahoma City OK	68.01	86.6	89.8	74.4	95.9	94.8	95.5	90.7
Oklahoma	Ponca City OK	66.83	85.1	96.8	68.8	98.9	107.0	91.1	84.0
Oklahoma	Broken Arrow OK	73.19	93.2	94.7	87.0	95.5	97.1	89.4	97.7
Oklahoma	Tulsa OK	67.70	86.2	95.1	64.5	96.8	94.6	100.5	95.8
Oregon	Portland OR	102.17	130.1	107.9	172.7	90.3	125.6	115.4	115.6
Pennsylvania	Allentown PA	82.85	105.5	98.3	111.7	104.7	104.0	103.2	104.1
Pennsylvania	Philadelphia PA	86.23	109.8	117.2	110.7	110.3	113.0	98.9	105.2
Pennsylvania	Pittsburgh PA	81.28	103.5	107.5	99.8	122.8	107.8	96.6	98.2
Pennsylvania	Reading PA	76.73	97.7	93.3	93.7	88.6	104.4	109.9	103.9
Pennsylvania	Scranton PA	77.43	98.6	109.0	88.0	105.7	102.4	85.2	102.2
Pennsylvania	Wilkes-Barre PA	75.00	95.5	107.3	80.3	105.7	99.6	92.2	100.5
Rhode Island	Providence RI	92.04	117.2	107.7	121.8	127.8	107.4	105.5	118.6
South Carolina	Charleston-N Charleston SC	78.38	99.8	93.5	100.9	118.0	95.2	93.5	98.0
South Carolina	Columbia SC	74.14	94.4	104.3	72.8	129.8	82.6	81.1	103.8
South Carolina	Anderson SC	71.07	90.5	102.9	72.5	92.1	96.3	98.3	98.9
South Carolina	Greenville SC	70.60	89.9	96.9	70.4	93.1	97.8	96.3	102.1
South Carolina	Spartanburg SC	73.43	93.5	100.0	82.0	93.7	103.2	108.3	97.0
South Carolina	Sumter SC	74.45	94.8	104.6	69.1	127.0	108.3	96.4	101.2

South Dakota	Pierre SD	79.32	101.0	102.1	112.9	91.9	89.5	97.2	94.6
South Dakota	Sioux Falls SD	72.25	92.0	87.5	94.5	92.5	87.8	103.0	91.4
Tennessee	Chattanooga TN	72.41	92.2	99.2	88.5	88.3	91.2	97.0	92.8
Tennessee	Cleveland TN	67.54	86.0	88.4	85.6	88.2	82.2	90.7	84.6
Tennessee	Cookeville TN	70.68	90.0	97.0	75.0	95.1	91.1	91.2	99.4
Tennessee	Jackson-Madison County TN	65.73	83.7	90.6	71.0	97.0	87.2	81.6	87.8
Tennessee	Kingsport TN	71.07	90.5	97.5	84.1	87.2	87.3	91.8	94.8
Tennessee	Knoxville TN	64.63	82.3	87.4	70.8	96.1	82.7	91.8	85.1
Tennessee	Memphis TN	66.68	84.9	90.5	76.5	87.2	88.3	83.4	88.9
Tennessee	Morristown TN	69.42	88.4	96.9	68.8	101.7	79.9	95.2	100.3
Tennessee	Columbia-Maury County TN	73.43	93.5	95.0	86.6	89.4	93.0	93.8	101.3
Tennessee	Nashville-Murfreesboro TN	74.92	95.4	98.0	93.3	91.1	96.4	93.2	97.6
Texas	Abilene TX	73.04	93.0	92.7	80.3	110.1	100.4	101.7	97.4
Texas	Amarillo TX	63.38	80.7	92.8	60.6	95.1	77.9	86.1	89.6
Texas	Austin TX	79.48	101.2	92.0	111.9	95.1	86.2	104.7	100.9
Texas	Cedar Park TX	72.49	92.3	83.4	101.1	109.3	90.2	90.3	83.3
Texas	San Marcos TX	75.39	96.0	90.3	90.7	98.4	104.6	101.3	101.0
Texas	Beaumont TX	79.01	100.6	95.9	109.7	102.2	102.5	89.0	94.6
Texas	Harlingen TX	60.16	76.6	80.2	58.0	108.2	88.1	80.3	79.6
Texas	Corpus Christi TX	73.82	94.0	86.9	85.4	129.5	99.3	85.6	94.8
Texas	Dallas TX	81.28	103.5	98.4	102.8	110.1	89.5	111.7	107.4
Texas	Plano TX	88.51	112.7	95.3	127.7	113.7	93.5	82.0	116.4
Texas	El Paso TX	70.52	89.8	100.6	70.2	90.6	102.2	96.8	99.6
Texas	Fort Worth TX	75.79	96.5	100.1	83.2	110.1	92.9	95.5	104.6
Texas	Conroe TX	73.35	93.4	93.5	81.2	96.9	91.1	108.7	103.2
Texas	Houston TX	73.90	94.1	96.1	81.5	107.6	95.9	96.2	100.8
Texas	Temple TX	71.62	91.2	79.1	84.6	122.7	95.9	110.2	90.4
Texas	Longview TX	73.51	93.6	93.1	89.2	89.6	94.2	97.1	99.2
Texas	Lubbock TX	71.86	91.5	90.9	84.8	97.3	87.8	97.0	97.1
Texas	McAllen TX	60.31	76.8	85.8	57.9	105.2	90.7	72.7	78.6
Texas	Midland TX	72.41	92.2	90.7	77.1	96.3	99.0	104.5	103.9
Texas	Nacogdoches TX	67.15	85.5	85.0	68.2	108.0	89.7	91.4	94.0
Texas	Odessa TX	73.82	94.0	91.4	88.9	100.1	100.2	98.8	96.3
Texas	San Antonio TX	71.94	91.6	89.9	82.1	88.9	94.9	93.1	102.2
Texas	Seguin TX	70.60	89.9	93.9	78.8	96.0	96.5	93.4	95.0
Texas	Texarkana TX-AR	66.20	84.3	93.9	67.6	88.8	85.0	89.2	93.8
Texas	Tyler TX	72.64	92.5	90.3	84.5	103.4	96.6	100.8	96.1
Texas	Waco TX	68.48	87.2	79.0	72.6	106.9	92.3	92.0	98.5
Texas	Wichita Falls TX	73.04	93.0	91.4	84.4	110.2	96.8	96.0	95.6
Utah	Cedar City UT	75.86	96.6	98.2	90.8	96.8	108.0	91.8	99.4
Utah	Ogden UT	76.26	97.1	91.9	96.2	89.8	113.8	95.2	99.6

Utah	Provo-Orem UT	78.53	100.0	97.7	103.3	86.7	105.1	90.1	102.7
Utah	St. George UT	79.08	100.7	100.8	102.1	101.6	96.8	89.4	101.6
Utah	Salt Lake City UT	80.18	102.1	101.2	103.8	90.6	111.8	97.5	102.9
Vermont	Burlington-Chittenden County VT	91.96	117.1	109.3	136.3	119.2	114.0	99.1	104.3
Virginia	Blacksburg VA	74.37	94.7	92.0	95.9	86.5	99.9	95.2	96.4
Virginia	Charlottesville VA	80.81	102.9	98.8	107.0	100.6	83.6	111.6	105.5
Virginia	Danville City VA	69.19	88.1	90.6	76.4	100.0	83.8	103.4	93.4
Virginia	Lynchburg VA	68.48	87.2	87.5	77.9	100.9	79.4	98.6	92.4
Virginia	Martinsville-Henry County VA	66.68	84.9	90.3	71.1	90.2	86.5	99.0	91.9
Virginia	Richmond VA	75.47	96.1	91.8	90.5	101.8	93.0	107.0	101.7
Virginia	Roanoke VA	69.11	88.0	85.8	81.7	98.4	83.6	98.5	91.8
Virginia	Hampton Roads-SE Virginia VA	76.49	97.4	95.6	93.1	102.1	93.4	94.4	102.9
Virginia	Alexandria VA	109.63	139.6	112.3	212.5	92.6	98.9	102.4	111.6
Virginia	Arlington VA	114.66	146.0	110.4	232.4	92.9	98.8	94.4	114.8
Virginia	Winchester VA-WV	75.08	95.6	92.2	89.7	99.3	91.3	102.8	102.4
Virginia	Lexington-Buena Vista-Rockbridge VA	70.29	89.5	97.1	75.9	102.1	96.6	100.2	91.5
Washington	Bellingham WA	92.91	118.3	113.0	129.1	86.1	127.1	115.8	119.5
Washington	Kennewick-Richland-Pasco WA	80.10	102.0	99.0	104.8	95.6	110.7	125.9	97.2
Washington	Moses Lake WA	75.79	96.5	90.8	90.3	84.5	117.9	120.2	101.3
Washington	Mount Vernon-Skagit County WA	92.20	117.4	126.8	127.0	86.0	116.4	121.1	112.3
Washington	Olympia WA	86.62	110.3	113.6	108.9	93.4	126.7	125.3	109.3
Washington	Kitsap County WA	95.03	121.0	106.4	137.4	86.4	131.6	124.6	121.1
Washington	Seattle WA	119.92	152.7	129.7	209.4	108.1	134.6	121.9	131.5
Washington	Spokane WA	82.38	104.9	102.7	104.3	101.4	110.0	117.5	105.0
Washington	Wenatchee WA	81.05	103.2	100.6	107.2	78.3	101.1	123.4	106.8
Washington	Yakima WA	77.59	98.8	99.6	91.3	85.0	109.8	116.7	105.6
West Virginia	Morgantown WV	71.07	90.5	96.5	78.7	89.5	92.0	88.0	99.7
Wisconsin	Eau Claire WI	76.96	98.0	98.7	83.7	101.7	99.2	112.8	108.6
Wisconsin	Fond du Lac WI	74.29	94.6	104.8	72.8	105.5	97.8	113.9	103.8
Wisconsin	Green Bay WI	70.99	90.4	91.3	77.8	96.7	104.6	95.0	96.5
Wisconsin	Madison WI	83.25	106.0	106.2	107.3	101.8	104.7	122.2	104.0
Wisconsin	Milwaukee-Waukesha WI	77.12	98.2	96.9	102.8	100.0	94.5	109.5	92.7
Wisconsin	Marshfield WI	71.47	91.0	99.1	86.3	91.4	94.5	115.8	86.3
Wyoming	Casper WY	74.06	94.3	101.0	81.5	86.2	98.2	101.5	104.6
Wyoming	Laramie WY	74.06	94.3	104.4	81.1	84.3	101.2	97.7	103.4
Puerto Rico	San Juan PR	78.38	99.8	120.7	75.6	162.1	88.8	70.6	98.5