

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 25-07	Date 12/18/2025
Cathy Muñoz, Commissioner	SUBJECT REFERENCE	Cost-of-Living Adjustment AS 23.30.175; 8 AAC 45.138	

Pursuant to AS 23.30.175(c) and 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 who no longer resides in Alaska.

The Department has selected the Council for Community and Economic Research (C2ER) to provide COLA information (see <https://www.c2er.org/>). The attached COLA ratio list is effective from January 1, 2026, through December 31, 2028. 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.

Requests for an out-of-country COLA determination must be submitted to:

Division of Workers' Compensation
Attn: Administrative Operations Manager
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).

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	68.52	84.8	97.0	60.2	110.4	92.8	81.1	91.8
Alabama	Auburn-Opelika AL	74.82	92.6	95.9	74.5	112.9	89.9	94.9	101.6
Alabama	Birmingham AL	74.09	91.7	99.3	75.6	109.7	89.8	93.3	97.6
Alabama	Decatur-Hartselle AL	68.11	84.3	95.6	67.1	93.5	90.4	77.9	90.4
Alabama	Dothan AL	70.54	87.3	96.5	66.9	79.8	90.2	94.8	100.0
Alabama	Florence AL	67.47	83.5	94.5	64.5	88.9	87.7	81.4	92.1
Alabama	Huntsville AL	73.36	90.8	100.2	72.3	88.7	96.5	92.5	100.7
Alabama	Mobile AL	75.46	93.4	98.7	78.8	108.5	89.7	125.8	96.0
Alabama	Montgomery AL	71.67	88.7	99.0	74.7	114.6	90.8	77.8	90.4
Arizona	Bullhead City AZ	74.98	92.8	98.5	90.7	87.5	105.1	95.4	89.7
Arizona	Flagstaff AZ	98.25	121.6	100.9	151.1	91.5	109.9	104.5	119.1
Arizona	Gilbert AZ	90.82	112.4	103.4	129.4	101.0	103.3	93.0	110.1
Arizona	Lake Havasu City AZ	101.16	125.2	98.9	181.5	108.6	98.9	90.7	105.9
Arizona	Phoenix AZ	85.81	106.2	102.8	115.6	106.6	105.4	91.6	102.2
Arizona	Prescott-Prescott Valley AZ	97.04	120.1	102.0	159.6	91.8	105.9	87.5	110.7
Arizona	Surprise AZ	83.14	102.9	103.7	92.7	144.5	102.7	84.7	103.3
Arkansas	Conway AR	67.79	83.9	94.8	74.2	82.3	86.8	82.0	86.9
Arkansas	Fayetteville AR	75.95	94.0	94.6	85.4	99.6	93.3	90.0	100.1
Arkansas	Jonesboro AR	67.30	83.3	94.2	62.1	96.0	86.1	85.4	91.7
Arkansas	Little Rock-North Little Rock AR	75.46	93.4	97.3	77.6	84.2	94.5	84.6	107.8
California	Bakersfield CA	90.25	111.7	102.4	101.8	179.2	135.4	94.3	103.8
California	Los Angeles-Long Beach CA	120.63	149.3	109.3	232.5	107.2	136.1	101.1	118.9
California	Oakland CA	111.26	137.7	117.2	170.1	157.5	140.8	122.9	116.5
California	Orange County CA	126.29	156.3	109.9	260.8	111.1	133.7	92.8	116.3
California	Redding CA	89.28	110.5	105.7	107.7	102.8	124.9	98.0	114.8
California	Sacramento CA	104.07	128.8	106.9	139.2	174.4	152.0	99.7	116.9
California	San Diego CA	117.40	145.3	111.1	212.1	139.4	140.9	102.2	113.9
California	San Francisco CA	134.69	166.7	123.6	263.3	160.1	143.6	127.6	119.3
California	San Jose CA	145.92	180.6	115.0	321.1	158.6	140.7	120.1	117.9
Colorado	Colorado Springs CO	82.33	101.9	101.9	110.2	75.7	95.1	95.5	104.0
Colorado	Denver CO	87.75	108.6	101.3	123.4	89.3	94.7	109.6	107.7
Colorado	Grand Junction CO	84.76	104.9	101.4	112.8	93.0	101.9	107.5	103.3
Colorado	Pueblo CO	74.90	92.7	98.3	84.3	98.5	88.4	103.4	95.4
Connecticut	Hartford CT	81.85	101.3	102.0	87.3	130.0	97.1	103.7	106.4
Connecticut	New Haven CT	87.42	108.2	101.0	101.7	142.8	108.6	109.4	108.0
Connecticut	Stamford CT	102.85	127.3	104.8	163.0	134.1	109.5	115.4	112.4
Delaware	Dover DE	77.40	95.8	100.3	85.0	96.3	104.0	101.0	99.9
Delaware	Sussex County DE	82.57	102.2	101.6	107.3	95.4	94.7	100.1	102.1
Delaware	Wilmington DE	84.27	104.3	105.8	99.9	102.3	108.4	105.2	106.5
District of Columbia	Washington DC	114.65	141.9	105.9	222.4	102.4	107.9	117.0	113.2

Florida	Cape Coral-Fort Myers FL	84.76	104.9	104.0	105.1	106.5	105.9	111.8	103.5
Florida	Daytona Beach FL	80.07	99.1	103.6	97.8	100.4	99.9	102.4	97.2
Florida	Fort Lauderdale FL	98.41	121.8	109.7	164.6	104.9	99.8	91.8	105.7
Florida	Jacksonville FL	75.06	92.9	104.0	87.1	89.7	87.2	85.2	96.0
Florida	Miami-Dade County FL	97.68	120.9	110.8	157.4	104.9	100.6	98.1	107.4
Florida	Orlando FL	77.89	96.4	104.7	91.7	103.7	97.4	91.9	95.2
Florida	Sarasota FL	84.43	104.5	107.0	113.9	104.7	102.5	102.9	96.3
Florida	Tallahassee FL	75.14	93.0	99.5	84.6	83.8	97.2	111.2	95.8
Florida	Tampa FL	78.86	97.6	105.7	95.8	99.9	102.1	93.1	94.4
Florida	Vero Beach-Indian River FL	79.50	98.4	105.6	89.5	121.6	101.1	102.9	95.5
Georgia	Athens GA	79.91	98.9	100.4	97.3	99.4	95.0	96.7	100.8
Georgia	Atlanta GA	77.57	96.0	100.9	86.9	99.7	100.2	107.9	97.6
Georgia	Augusta-Aiken GA-SC	67.87	84.0	95.9	62.7	102.4	94.6	80.6	89.6
Georgia	Dalton GA	70.29	87.0	97.1	69.8	86.1	89.0	90.8	95.8
Georgia	Douglasville-Douglas County GA	74.58	92.3	95.4	83.3	98.6	97.0	90.1	96.0
Georgia	Dublin-Laurens County GA	70.54	87.3	94.7	71.2	89.7	97.5	103.8	91.8
Georgia	Savannah GA	75.79	93.8	102.5	78.1	99.5	102.7	113.7	96.4
Georgia	Statesboro-Bulloch County GA	72.88	90.2	94.6	82.6	99.8	91.4	126.7	86.9
Georgia	Valdosta GA	74.33	92.0	95.2	81.5	100.0	98.6	90.3	95.7
Hawaii	Honolulu HI	150.93	186.8	130.4	310.0	197.6	133.6	120.8	130.4
Idaho	Boise ID	82.49	102.1	103.7	101.0	77.8	109.9	98.2	106.6
Illinois	Bloomington-Normal IL	82.90	102.6	97.9	99.0	104.0	102.3	107.2	106.7
Illinois	Champaign-Urbana IL	75.87	93.9	97.6	80.3	105.7	98.0	87.4	100.5
Illinois	Chicago IL	93.00	115.1	103.9	140.1	96.7	107.3	107.9	107.0
Illinois	Decatur IL	63.91	79.1	95.8	50.9	105.8	95.9	82.3	83.7
Illinois	Joliet-Will County IL	76.27	94.4	99.4	80.2	94.4	108.4	104.2	98.9
Illinois	Kankakee IL	71.83	88.9	96.0	69.8	94.4	95.6	101.0	96.8
Illinois	Peoria IL	77.57	96.0	96.7	81.8	103.5	107.6	108.1	101.0
Illinois	Rockford IL	71.83	88.9	98.2	69.4	94.3	106.3	100.5	93.6
Illinois	Springfield IL	73.12	90.5	97.7	78.6	95.7	111.0	91.3	90.4
Indiana	Bloomington IN	80.55	99.7	98.4	99.8	87.1	102.0	95.4	103.4
Indiana	Elkhart-Goshen IN	75.14	93.0	99.0	76.2	91.3	101.9	109.5	100.0
Indiana	Evansville IN	75.55	93.5	94.5	71.6	105.3	99.5	107.8	104.6
Indiana	Fort Wayne-Allen County IN	72.88	90.2	99.0	77.5	91.0	100.4	97.4	93.1
Indiana	Indianapolis IN	71.75	88.8	98.0	76.9	88.4	98.0	86.9	92.5
Indiana	Kokomo IN	67.30	83.3	98.0	61.1	87.3	93.9	93.0	89.9
Indiana	Lafayette IN	76.27	94.4	95.3	86.2	89.6	99.3	107.8	98.9
Indiana	Richmond IN	65.61	81.2	94.6	62.1	82.1	98.0	80.7	86.5
Indiana	South Bend IN	72.88	90.2	99.4	82.9	91.1	97.2	95.1	89.4
Iowa	Ames IA	76.35	94.5	95.7	84.2	102.1	98.0	104.0	98.5
Iowa	Burlington IA	70.78	87.6	95.4	65.2	102.1	101.2	97.4	94.3

Iowa	Davenport-Moline-Rock Is IA-IL	72.80	90.1	97.4	76.8	83.2	105.1	97.3	94.6
Iowa	Des Moines IA	69.32	85.8	99.6	66.1	80.8	93.2	87.2	94.9
Iowa	Dubuque IA	73.53	91.0	98.1	70.2	97.8	103.9	93.5	99.6
Iowa	Mason City IA	75.22	93.1	94.4	83.5	102.3	91.8	94.5	98.2
Iowa	Waterloo-Cedar Falls IA	69.57	86.1	95.8	77.7	80.6	91.2	95.1	87.4
Kansas	Hutchinson KS	72.39	89.6	96.3	80.9	97.1	84.4	100.9	91.7
Kansas	Manhattan KS	73.53	91.0	95.3	75.7	100.4	96.0	100.5	96.8
Kansas	Pittsburg KS	66.25	82.0	93.2	72.5	97.0	82.7	76.5	81.9
Kansas	Salina KS	67.30	83.3	94.8	66.7	100.1	90.8	99.1	83.7
Kansas	Topeka KS	69.73	86.3	95.9	73.5	93.4	86.0	112.9	87.4
Kansas	Wichita KS	71.75	88.8	94.9	65.9	98.2	97.5	94.3	99.6
Kentucky	Lexington KY	74.17	91.8	100.5	77.2	84.4	97.3	97.6	99.7
Kentucky	Louisville KY	75.95	94.0	99.1	80.1	83.2	96.7	114.9	102.4
Louisiana	Alexandria LA	74.50	92.2	96.1	74.3	97.1	97.2	89.9	103.0
Louisiana	Baton Rouge LA	74.98	92.8	97.3	84.6	69.5	89.0	91.1	104.4
Louisiana	Hammond LA	68.68	85.0	95.3	64.7	76.2	91.7	99.9	95.4
Louisiana	Houma-Terrebonne Parish LA	74.82	92.6	94.0	83.9	80.9	100.1	96.9	99.4
Louisiana	Lafayette LA	70.46	87.2	97.1	64.5	84.1	97.9	80.7	100.5
Louisiana	Lake Charles LA	69.73	86.3	95.7	65.3	67.9	102.2	98.4	98.1
Louisiana	Monroe LA	71.34	88.3	96.0	75.3	72.5	87.2	92.5	99.2
Louisiana	New Orleans LA	90.82	112.4	99.2	148.7	71.6	95.6	102.6	104.0
Louisiana	Shreveport-Bossier City LA	77.32	95.7	97.2	84.6	100.3	97.7	101.6	101.7
Louisiana	Thibodaux-Lafourche Parish LA	72.39	89.6	93.3	82.7	82.4	98.9	102.8	91.1
Maine	Portland ME	90.57	112.1	101.6	128.7	110.8	107.7	113.4	104.4
Maryland	Baltimore MD	81.20	100.5	102.8	86.5	110.6	104.2	94.2	108.4
Maryland	Bethesda-Gaithersburg-Frederick MD	105.12	130.1	111.5	185.1	109.5	99.5	107.0	109.2
Massachusetts	Boston MA	117.80	145.8	104.4	218.9	149.7	109.8	125.3	115.2
Massachusetts	Framingham-Natick MA	110.29	136.5	107.1	174.2	152.8	98.2	108.6	128.1
Michigan	Benton Harbor MI	67.14	83.1	96.7	63.7	91.7	101.1	80.3	86.6
Michigan	Detroit MI	83.38	103.2	101.0	106.0	100.6	103.7	107.0	102.0
Michigan	Flint-Genesee County MI	73.69	91.2	98.3	65.6	101.2	96.8	78.9	106.8
Michigan	Grand Rapids MI	79.99	99.0	98.4	91.8	97.3	98.9	98.4	105.8
Michigan	Kalamazoo MI	67.79	83.9	96.8	59.8	97.8	97.7	89.9	90.2
Minnesota	Mankato MN	76.84	95.1	103.6	79.0	102.7	96.2	109.7	100.5
Minnesota	Minneapolis MN	75.63	93.6	102.6	82.9	96.6	96.4	96.0	96.5
Minnesota	St. Cloud MN	78.78	97.5	97.1	80.8	94.1	92.5	116.3	111.1
Minnesota	St. Paul MN	75.95	94.0	105.2	81.3	95.6	96.0	96.7	98.1
Mississippi	Hattiesburg MS	71.99	89.1	96.9	76.3	93.0	92.6	103.6	92.4
Mississippi	Jackson MS	72.31	89.5	97.5	78.8	83.6	84.5	101.7	95.9
Mississippi	Meridian MS	72.72	90.0	96.1	72.2	94.7	92.4	99.6	98.9
Mississippi	Tupelo MS	66.82	82.7	94.9	68.2	83.7	90.5	91.1	85.9

Missouri	Columbia MO	72.72	90.0	96.2	79.7	96.8	84.8	98.8	94.3
Missouri	Joplin MO	69.40	85.9	93.4	67.8	110.2	82.3	92.2	91.6
Missouri	Kansas City MO-KS	73.61	91.1	97.3	87.5	105.6	89.3	83.8	89.1
Missouri	Springfield MO	70.54	87.3	94.6	75.9	82.6	87.5	95.2	93.5
Missouri	St. Louis MO-IL	71.99	89.1	98.8	78.0	97.9	93.3	87.6	90.9
Montana	Billings MT	80.64	99.8	103.5	95.3	82.7	120.0	114.8	98.9
Montana	Great Falls MT	72.72	90.0	99.3	77.6	83.6	99.9	97.3	94.2
Nebraska	Lincoln NE	76.19	94.3	99.3	77.6	92.2	99.5	105.4	103.5
Nebraska	Omaha NE	74.25	91.9	99.1	82.5	84.2	94.4	94.0	97.5
Nevada	Las Vegas NV	79.59	98.5	103.7	104.6	113.8	115.0	85.2	85.1
Nevada	Reno-Sparks NV	84.03	104.0	102.9	110.9	93.4	123.5	88.5	98.6
New Hampshire	Manchester NH	90.98	112.6	99.9	117.6	112.2	105.9	103.9	117.0
New Jersey	Bergen-Passaic NJ	96.15	119.0	106.4	147.9	102.2	106.1	106.3	110.0
New Jersey	Middlesex-Monmouth NJ	93.40	115.6	101.3	134.9	101.9	108.5	113.2	111.5
New Jersey	Morristown NJ	88.47	109.5	103.6	129.8	94.6	102.5	100.2	102.2
New Jersey	Newark-Elizabeth NJ	92.27	114.2	105.8	135.2	103.1	106.4	108.8	106.0
New Mexico	Albuquerque NM	76.68	94.9	97.4	89.1	87.3	85.9	102.0	101.8
New Mexico	Las Cruces NM	72.48	89.7	96.1	78.5	78.0	95.2	106.1	95.3
New Mexico	Sandoval-Rio Rancho NM	77.00	95.3	95.9	93.2	87.2	90.1	99.2	99.6
New York	Albany NY	84.59	104.7	103.0	102.4	98.9	103.9	97.6	110.0
New York	Buffalo NY	77.32	95.7	97.5	94.9	95.0	101.8	88.3	95.1
New York	Herkimer County NY	74.98	92.8	98.0	84.6	99.0	106.3	104.7	90.8
New York	Nassau County NY	109.88	136.0	107.1	203.5	101.5	100.4	109.3	114.4
New York	New York (Brooklyn) NY	130.16	161.1	113.0	276.5	115.1	114.9	128.1	114.9
New York	New York (Manhattan) NY	186.32	230.6	118.0	500.6	115.1	117.0	145.5	127.1
New York	New York (Queens) NY	121.03	149.8	112.6	245.3	115.1	104.5	112.4	112.9
New York	Otsego County NY	80.47	99.6	101.9	93.0	78.2	102.6	103.8	107.9
New York	Rochester NY	80.07	99.1	98.3	96.3	85.1	106.6	101.5	103.0
New York	Syracuse NY	83.14	102.9	99.1	105.0	94.6	106.2	104.1	103.8
New York	Utica-Rome NY	77.48	95.9	98.3	81.5	99.0	106.6	99.6	102.6
North Carolina	Asheville NC	82.98	102.7	98.8	106.1	95.9	93.3	101.8	105.8
North Carolina	Chapel Hill NC	84.35	104.4	100.8	112.8	91.8	94.9	108.6	104.1
North Carolina	Charlotte NC	79.91	98.9	101.1	84.8	101.3	94.4	99.6	110.0
North Carolina	Durham NC	79.59	98.5	102.0	101.6	93.4	93.8	103.8	96.2
North Carolina	Raleigh NC	78.53	97.2	100.6	91.9	89.8	92.1	112.2	101.0
North Carolina	Salisbury NC	73.69	91.2	95.0	78.1	105.1	96.7	93.4	95.2
North Carolina	Winston-Salem NC	75.46	93.4	97.0	77.5	101.7	92.1	105.8	101.5
North Dakota	Bismarck-Mandan ND	73.44	90.9	96.8	77.4	81.4	102.4	106.0	96.6
North Dakota	Fargo-Moorhead ND-MN	78.62	97.3	97.9	85.1	80.1	98.8	118.1	108.0
North Dakota	Grand Forks ND	72.80	90.1	91.6	85.5	80.0	95.8	99.2	93.0
North Dakota	Minot ND	72.15	89.3	93.5	72.5	81.5	103.1	108.2	97.2

Ohio	Cincinnati OH	77.57	96.0	100.7	87.3	99.6	96.2	94.8	100.4
Ohio	Cleveland OH	73.85	91.4	99.8	81.2	85.5	96.7	92.2	96.1
Ohio	Columbus OH	77.00	95.3	100.6	96.5	104.2	87.5	82.3	93.6
Ohio	Dayton OH	77.97	96.5	98.0	82.3	110.6	98.5	106.8	102.1
Ohio	Findlay OH	75.06	92.9	95.4	82.3	100.6	98.9	86.2	97.9
Ohio	Lima OH	74.98	92.8	100.2	82.3	97.8	96.6	104.7	94.3
Ohio	Toledo OH	77.24	95.6	99.0	89.0	102.1	94.0	96.7	98.1
Ohio	Sandusky OH	77.00	95.3	97.3	84.9	96.2	96.0	100.2	101.9
Ohio	Youngstown-Warren OH	74.74	92.5	98.1	85.0	92.7	100.2	90.1	94.4
Oklahoma	Ardmore OK	68.76	85.1	93.8	65.9	95.6	85.6	90.8	93.7
Oklahoma	Broken Arrow OK	80.15	99.2	97.7	103.9	99.4	82.1	103.1	99.9
Oklahoma	Edmond OK	72.39	89.6	95.4	80.3	87.4	91.6	89.2	94.8
Oklahoma	Enid OK	74.66	92.4	96.8	77.2	97.3	94.2	115.0	98.2
Oklahoma	Lawton OK	69.08	85.5	93.1	72.7	93.5	93.0	81.2	89.3
Oklahoma	Muskogee OK	69.24	85.7	97.4	68.1	97.6	90.0	96.4	89.5
Oklahoma	Oklahoma City OK	66.42	82.2	94.9	60.1	96.8	91.3	103.9	86.0
Oklahoma	Ponca City OK	64.64	80.0	94.3	63.5	93.6	95.0	85.2	79.4
Oklahoma	Tulsa OK	68.44	84.7	95.9	65.1	98.3	88.4	93.5	90.3
Oregon	Eugene OR	86.70	107.3	105.2	120.6	92.5	110.3	108.2	100.0
Oregon	Portland OR	94.21	116.6	107.2	146.0	86.6	127.4	110.5	101.9
Pennsylvania	Allentown PA	82.49	102.1	98.0	109.5	102.3	102.8	86.1	99.9
Pennsylvania	Philadelphia PA	83.38	103.2	104.1	99.2	105.5	105.3	96.2	106.0
Pennsylvania	Pittsburgh PA	79.26	98.1	97.8	94.9	119.9	107.2	99.2	93.2
Pennsylvania	Reading PA	76.84	95.1	96.9	88.0	79.4	108.9	94.6	100.6
Pennsylvania	Scranton PA	73.53	91.0	98.9	68.2	102.3	106.7	83.7	100.4
Pennsylvania	Wayne County PA	70.29	87.0	97.8	66.1	102.3	98.5	95.5	91.6
Pennsylvania	Wilkes-Barre PA	72.07	89.2	99.2	67.7	102.3	106.2	81.1	96.1
Rhode Island	Providence RI	90.65	112.2	102.0	113.4	139.7	96.5	104.4	114.1
South Carolina	Charleston-N Charleston SC	82.33	101.9	102.1	103.8	113.9	94.9	85.7	101.2
South Carolina	Columbia SC	72.07	89.2	99.1	69.2	117.6	80.6	75.6	98.3
South Carolina	Greenville SC	75.22	93.1	98.2	72.9	92.7	98.1	107.4	104.3
South Carolina	Hilton Head Island SC	84.11	104.1	100.0	110.2	92.9	100.9	100.8	105.0
South Carolina	Spartanburg SC	73.69	91.2	97.3	77.8	93.5	100.0	94.2	96.2
South Dakota	Pierre SD	73.04	90.4	94.7	90.2	79.7	96.4	98.1	88.6
South Dakota	Rapid City SD	75.87	93.9	100.3	86.0	86.9	100.7	103.5	96.2
South Dakota	Sioux Falls SD	73.53	91.0	96.4	88.5	91.3	89.9	92.6	90.7
Tennessee	Chattanooga TN	71.59	88.6	96.6	83.1	86.0	88.4	87.1	90.5
Tennessee	Cookeville TN	72.96	90.3	96.1	78.2	85.2	89.9	88.5	99.3
Tennessee	Jackson-Madison County TN	71.10	88.0	96.1	73.2	85.6	93.5	88.1	95.8
Tennessee	Knoxville TN	69.81	86.4	99.6	77.1	84.6	88.4	84.9	88.2
Tennessee	Maury County TN	77.24	95.6	95.4	95.7	80.7	92.2	87.9	101.2

Tennessee	Memphis TN	72.56	89.8	98.8	86.2	80.9	88.8	86.0	91.7
Tennessee	Morristown TN	69.57	86.1	94.8	70.7	95.2	82.3	88.7	93.4
Tennessee	Nashville-Murfreesboro TN	79.75	98.7	99.5	101.4	98.2	90.8	95.5	98.7
Texas	Abilene TX	73.20	90.6	95.8	75.4	109.3	95.7	95.7	94.2
Texas	Amarillo TX	67.30	83.3	93.8	61.2	88.5	86.1	81.7	95.0
Texas	Arlington TX	77.32	95.7	99.2	83.7	115.7	93.5	80.5	101.9
Texas	Austin TX	78.62	97.3	96.6	104.1	98.6	94.9	98.6	92.2
Texas	Beaumont TX	74.09	91.7	97.3	79.4	103.3	92.4	105.4	94.6
Texas	Conroe TX	72.72	90.0	97.5	73.9	100.6	91.8	105.7	94.6
Texas	Corpus Christi TX	72.07	89.2	94.4	78.3	113.5	93.6	90.6	88.5
Texas	Dallas TX	82.17	101.7	98.9	95.1	115.6	91.2	104.5	107.4
Texas	Denton TX	80.15	99.2	97.9	98.6	98.4	90.8	83.7	104.7
Texas	Edinburg TX	64.88	80.3	93.8	62.9	90.1	101.2	81.2	80.7
Texas	El Paso TX	71.18	88.1	96.7	70.7	91.5	101.2	88.7	94.3
Texas	Fort Worth TX	77.57	96.0	99.3	85.8	116.7	94.7	105.7	97.0
Texas	Harlingen TX	66.33	82.1	92.8	66.8	125.1	87.3	78.1	78.6
Texas	Houston TX	76.03	94.1	99.3	79.2	92.4	94.0	97.5	104.1
Texas	Longview TX	75.87	93.9	96.5	88.2	104.6	87.4	84.0	97.7
Texas	Lubbock TX	72.96	90.3	96.5	84.4	88.0	89.1	89.2	93.5
Texas	McAllen TX	68.76	85.1	93.4	60.2	119.6	94.1	79.2	92.1
Texas	McKinney TX	78.78	97.5	97.4	95.5	113.4	85.1	129.1	94.1
Texas	Midland TX	77.89	96.4	96.2	83.8	100.9	94.3	87.6	107.5
Texas	Nacogdoches TX	72.31	89.5	94.6	75.5	111.1	95.1	99.3	90.8
Texas	Odessa TX	75.14	93.0	95.8	81.4	103.7	93.8	96.9	97.9
Texas	Plano TX	88.80	109.9	97.8	116.0	118.5	97.0	103.6	112.4
Texas	San Antonio TX	73.69	91.2	94.5	79.0	81.8	94.3	111.3	98.5
Texas	Temple TX	72.72	90.0	93.7	83.8	108.9	89.3	105.5	86.8
Texas	Tyler TX	75.79	93.8	96.0	87.6	109.5	97.6	92.2	93.5
Texas	Waco TX	74.09	91.7	93.4	77.0	105.8	93.9	95.7	98.4
Texas	Wichita Falls TX	73.12	90.5	97.3	65.3	103.0	85.8	134.2	100.4
Utah	Cedar City UT	77.08	95.4	96.6	94.9	91.2	100.6	91.3	95.6
Utah	Ogden UT	81.12	100.4	98.0	105.0	93.9	106.1	86.5	99.8
Utah	Provo-Orem UT	82.82	102.5	96.7	111.3	93.2	107.4	89.9	100.5
Utah	Salt Lake City UT	88.07	109.0	98.1	128.7	95.4	111.4	88.5	103.0
Utah	St. George UT	86.86	107.5	98.2	122.1	101.7	108.3	87.5	103.6
Vermont	Burlington-Chittenden County VT	92.43	114.4	106.3	129.8	112.4	96.0	111.1	111.0
Virginia	Alexandria VA	100.19	124.0	110.4	168.3	93.6	104.2	113.4	107.6
Virginia	Arlington VA	109.16	135.1	112.1	206.8	93.6	101.9	113.9	107.7
Virginia	Blacksburg VA	75.63	93.6	96.1	87.0	90.2	94.1	95.8	98.3
Virginia	Charlottesville VA	83.30	103.1	97.5	112.7	103.7	92.7	98.8	100.8
Virginia	Danville City VA	72.07	89.2	97.5	79.4	91.7	90.0	101.6	91.0

Virginia	Hampton Roads-SE Virginia VA	75.95	94.0	98.5	82.4	104.2	96.0	110.6	96.4
Virginia	Lynchburg VA	74.58	92.3	94.3	81.1	111.1	89.3	103.4	95.2
Virginia	Martinsville-Henry County VA	72.07	89.2	97.4	75.9	94.7	91.6	98.9	93.2
Virginia	Richmond VA	76.11	94.2	99.9	84.6	96.2	95.3	91.1	99.2
Virginia	Roanoke VA	73.36	90.8	96.8	75.6	117.4	98.0	83.6	93.3
Virginia	Winchester VA-WV	82.74	102.4	96.4	95.4	99.5	93.7	140.2	108.6
Washington	Bellingham WA	97.68	120.9	106.8	140.8	95.3	120.7	115.5	117.9
Washington	Kennewick-Richland-Pasco WA	78.37	97.0	101.5	88.2	81.6	120.1	117.4	97.4
Washington	Kent WA	99.95	123.7	109.5	154.7	88.9	130.0	118.8	112.0
Washington	Kitsap County WA	93.81	116.1	108.3	115.7	95.6	132.5	127.5	119.2
Washington	Moses Lake WA	80.64	99.8	99.9	90.9	74.1	122.3	115.9	105.4
Washington	Mount Vernon-Skagit County WA	94.86	117.4	106.2	139.2	95.5	115.9	113.3	110.6
Washington	Olympia WA	90.74	112.3	104.1	119.1	90.4	129.4	117.0	110.8
Washington	Seattle WA	117.24	145.1	110.3	212.2	101.4	128.4	128.5	122.4
Washington	Spokane WA	77.89	96.4	106.0	84.1	100.9	115.5	108.1	94.8
Washington	Tacoma WA	102.53	126.9	108.5	161.5	89.8	128.1	117.8	116.6
Washington	Yakima WA	81.20	100.5	101.4	90.1	103.5	121.2	115.0	100.7
West Virginia	Charleston WV	67.95	84.1	99.0	59.9	96.4	93.3	97.5	90.2
Wisconsin	Appleton WI	81.44	100.8	97.9	105.0	72.3	96.9	116.1	104.6
Wisconsin	Eau Claire WI	79.83	98.8	95.4	92.8	95.7	93.5	104.9	106.5
Wisconsin	Fond du Lac WI	72.88	90.2	97.4	73.8	91.7	95.2	112.3	95.9
Wisconsin	Green Bay WI	73.12	90.5	97.9	80.9	82.0	102.8	95.1	93.4
Wisconsin	Madison WI	84.59	104.7	98.8	106.4	98.8	98.3	113.2	107.8
Wisconsin	Milwaukee-Waukesha WI	81.20	100.5	100.8	104.2	94.0	102.7	105.0	97.7
Wyoming	Casper WY	69.81	86.4	96.0	66.1	92.4	85.3	102.8	95.4
Wyoming	Cheyenne WY	79.91	98.9	100.3	97.9	89.0	94.0	102.9	102.1
Wyoming	Laramie WY	74.41	92.1	100.3	79.3	89.0	91.1	105.2	98.1
Puerto Rico	San Juan-Bayamón-Caguas PR	82.41	102.0	110.1	101.4	157.6	91.7	69.9	92.3