

Cost of Living

- The Metro Denver region’s cost of living was 11 percent higher than the national average as of the second quarter of 2022.
- Housing was the most expensive component of Metro Denver’s cost of living, which was 40.5 percent above the national average.

**Cost of Living Index
Selected Metros, Second Quarter 2022**

Location	Composite Index	Grocery	Housing	Utilities	Transportation	Healthcare	Goods and Services
Atlanta, GA	101.2	89.3	107.4	84.5	101.9	107.7	106.1
Austin, TX	100.2	87.8	111.8	90.8	93.6	101.7	100.1
Boston, MA	154.6	113.4	227.1	127.8	135.1	117.7	122.7
Chicago, IL	118.2	106.8	146.8	96.1	125.6	107.7	102.5
Dallas, TX	102.1	94.3	96.0	109.2	87.8	109.6	113.1
Denver, CO	111.0	93.4	140.5	82.1	98.7	99.5	105.4
Houston, TX	91.4	94.9	80.9	94.1	92.7	95.3	98.5
Las Vegas, NV	103.3	104.5	111.6	100.1	116.7	93.3	93.1
Los Angeles, CA	155.1	113.0	241.9	109.1	127.5	112.3	118.4
Miami-Dade County, FL	119.3	119.4	142.7	105.3	113.4	94.1	105.1
Oakland, CA	147.1	130.7	194.3	132.2	136.2	125.5	118.5
Phoenix, AZ	104.8	98.7	121.3	103.9	107.8	97.0	91.8
Portland, OR	124.2	107.7	159.3	90.4	120.3	103.0	113.0
Raleigh, NC	96.2	91.7	96.5	103.2	89.3	104.2	96.8
Salt Lake City, UT	108.4	103.5	121.8	93.6	113.1	102.1	102.2
San Diego, CA	146.1	112.4	219.7	115.5	132.7	104.1	109.1
San Francisco, CA	183.6	132.6	304.1	134.0	142.5	128.5	123.4
Seattle, WA	150.5	122.1	207.4	107.5	117.1	128.1	134.5
St. Louis, MO-IL	85.7	96.5	73.7	95.0	86.7	89.8	87.7
Washington, DC	154.5	112.0	249.6	107.0	107.1	97.4	117.1

Note: National average index = 100.

Source: The Council for Community and Economic Research, Second Quarter 2022 Data.