

Cost of Living

- The Metro Denver region’s cost of living is about 11 percent higher than the national average.
- Housing is the most expensive component of Metro Denver’s cost of living, which was about 38 percent above the national average.

**Cost of Living Index
Selected Metros, 2019 Annual Average**

Location	Composite Index	Grocery	Housing	Utilities	Transportation	Healthcare	Goods and Services
Atlanta, GA	102.4	103.1	102.4	85.2	103.4	107.0	105.9
Austin, TX	99.3	91.0	104.3	95.3	90.5	105.7	101.3
Boston, MA	150.1	109.0	226.1	120.6	111.8	118.2	129.1
Chicago, IL	120.0	101.6	154.0	92.4	125.6	100.0	109.3
Dallas, TX	107.7	100.0	117.5	106.9	96.6	105.4	106.6
Denver, CO	110.8	98.0	137.8	80.6	100.8	103.6	106.5
Houston, TX	95.5	88.2	90.2	105.9	95.1	92.0	100.2
Las Vegas, NV	103.1	95.5	117.0	98.7	113.8	100.1	94.1
Los Angeles, CA	145.9	116.0	228.1	106.3	134.5	110.7	111.8
Miami-Dade County, FL	114.4	110.2	142.7	102.1	101.3	100.5	102.5
Oakland, CA	156.8	132.4	231.1	121.0	141.3	126.0	126.0
Phoenix, AZ	98.9	99.4	102.6	109.6	107.0	90.1	91.8
Portland, OR	134.0	112.1	184.3	87.2	130.8	115.6	119.3
Raleigh, NC	95.1	92.5	88.0	98.3	90.7	103.7	100.8
Salt Lake City, UT	103.3	107.7	105.6	87.8	103.5	105.6	103.5
San Diego, CA	141.3	115.8	213.9	123.3	128.9	107.2	107.1
San Francisco, CA	141.3	115.8	213.9	123.3	128.9	107.2	107.1
Seattle, WA	156.7	128.8	225.0	108.1	137.6	128.6	136.0
St. Louis, MO-IL	87.6	104.1	69.0	100.0	91.5	91.2	90.9
Washington, DC	159.0	115.7	274.0	118.1	110.4	95.7	118.0

Note: National average index = 100.

Source: The Council for Community and Economic Research, 2019 Annual Average.