



The **Federal** Long Term Care Insurance Program™

The Federal Long Term Care Insurance Program 2024 Cost of Care Survey

Data provided by illumifin, who conducted the 2024 Cost of Care Study of long term care providers across the United States.

Understanding the latest data and trends in the cost of long term care services is an important aspect of long term care planning.

The Federal Long Term Care Insurance Program 2024 Cost of Care Survey can help you and your family plan for possible long term care events by providing you with the potential costs.

Explore the following sections of this survey:

- Key findings
 - National average costs of long term care
 - Trends in the cost of care
- General observations
- How to use this information
- Methodology
- Average long term care costs by city or region



Key findings

The results of the Federal Long Term Care Insurance Program 2024 Cost of Care Survey indicate that the cost of long term care services continues to rise, as reflected in the tables below.

National average costs of long term care

The chart below reflects the national average cost of long term care in various settings, ranging from care at home to care in a facility.¹

Facility-based care	Average cost ²	Annual average cost
Nursing home, private room	\$348 daily	\$127,020
Nursing home, semiprivate room	\$308 daily	\$112,420
Assisted living facility, one-bedroom	\$5,511 monthly	\$66,132
Home and community-based care		
Home health aide	\$33 hourly	\$51,480 ³
Adult day care	\$114 daily	\$29,640 ³

Trends in the cost of care

When considering cost, it is important to also factor in inflation—the cost of care today may be much more in the future when you need care. If inflation continues to average 2.54%⁴ each year, for example, in 20 years the annual cost of a semiprivate room in a nursing home will rise from \$112,420 to nearly \$186,000.

The chart below shows the increase in average long term care costs from 2023 to 2024 for the following settings.¹

Long term care setting	Percentage change
Nursing home, private room	10.0%
Nursing home, semiprivate room	11.2%
Assisted living facility, one-bedroom	0.9%
Home health aide	6.4%

General observations

- Approximately 7.3 million Americans are receiving paid long term care services in a variety of care settings from a range of skilled care providers.⁵
- Costs continue to rise for all long term care settings, with nursing homes seeing the most significant increase in the past year.
- Cost trends continue to vary significantly by geographic region.

How to use this information

- Think about what city or state you may be living in when you need care.
- Use our interactive Cost of Care Tool at LTCFEDS.gov to search and compare long term care costs across the United States.
- Consider these costs and potential future expenses, and consult with a financial advisor before making any changes to your long term care insurance coverage.

Methodology

The data for this survey was provided by illumifin, who conducted the 2024 Cost of Care Study of long term care providers across the United States. Using illumifin's extensive provider database, average cost of care information was obtained from a representative sample of more than 32,000 providers, including nursing homes, assisted living facilities, adult day care centers, home care agencies, and home health care agencies. In this survey, you will find the average cost of these care settings by city, metropolitan region, and/or non-metropolitan region for each state.

The costs in this survey are meant to provide general guidelines. Actual costs for specific providers may be different. We recommend that you consult with a financial advisor for specific advice about your long term care planning.

¹ Based on data sourced by illumifin, who conducted the 2024 Cost of Care Study of long term care providers across the United States.

² Costs are rounded to the nearest dollar.

³ Annual home health aide cost is based on six hours of care per day, five days per week. Annual adult day care cost is based on five days of care per week.

⁴ Based on the U.S. Department of Labor, Bureau of Labor Statistics, "Historical Consumer Price Index for All Urban Consumers," 30-year average from 1995 to 2024, <https://data.bls.gov/timeseries/CUUR0000SA0> (accessed August 2025).

⁵ Lendon, Jessica P.; Caffrey, Christine; Melekin, Amanuel; Singh, Priyanka; Lu, Zhaohui; and Sengupta, Manisha. "Overview of Post-acute and Long-term Care Providers and Services Users in the United States," 2024 National Health Statistics Reports, [cdc.gov/nchs/data/nhsr/nhsr208.pdf](https://www.cdc.gov/nchs/data/nhsr/nhsr208.pdf) (accessed November 2025).

Average long term care costs by city or region

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
Alabama	Anniston, AL	\$228.40	\$221.97	\$4,737.27	\$21.66	N/A
	Auburn-Opelika, AL	\$307.50	\$244.30	\$5,129.10	\$27.46	
	Birmingham, AL	\$292.11	\$282.41	\$4,841.93	\$26.28	
	Columbus, GA-AL	\$256.11	\$236.67	\$4,542.54	\$25.50	
	Decatur, AL	\$254.00	\$242.33	\$3,970.00	\$25.72	
	Dothan, AL	\$261.21	\$230.58	\$3,441.85	\$26.44	
	Florence, AL	\$231.56	\$196.32	\$4,557.14	\$26.63	
	Gadsden, AL	\$394.80	\$386.80	\$4,898.73	\$24.22	
	Huntsville, AL	\$310.00	\$273.00	\$5,055.46	\$27.39	
	Mobile, AL	\$305.78	\$273.07	\$4,593.78	\$24.17	
	Montgomery, AL	\$269.96	\$258.02	\$4,408.25	\$27.59	
	Non-Metro: AL	\$276.16	\$271.24	\$3,431.94	\$26.47	
Tuscaloosa, AL	\$123.01	\$102.85	\$3,301.62	\$31.12		
Alaska	Anchorage, AK	\$540.00	\$453.00	\$7,049.84	\$38.88	N/A
	Non-Metro: AK	\$286.85	\$269.68	\$7,601.24	\$35.24	
Arizona	Flagstaff, AZ-UT	\$380.00	\$200.00	\$5,359.52	\$33.06	\$115.83
	Las Vegas, NV-AZ	\$489.14	\$357.71	\$4,947.02	\$31.31	
	Non-Metro: AZ	\$299.38	\$244.69	\$5,560.58	\$36.92	
	Phoenix-Mesa, AZ	\$339.69	\$266.87	\$5,855.88	\$35.87	
	Tucson, AZ	\$361.56	\$274.00	\$5,400.43	\$35.11	
	Yuma, AZ	\$293.35	\$278.20	\$4,679.99	\$29.33	
Arkansas	Fayetteville-Springdale-Rogers, AR	\$242.92	\$224.58	\$4,363.70	\$29.25	N/A
	Fort Smith, AR-OK	\$260.19	\$236.25	\$4,269.31	\$27.71	
	Jonesboro, AR	\$241.25	\$233.75	\$2,769.35	\$23.55	
	Little Rock-North Little Rock, AR	\$251.39	\$227.50	\$3,545.71	\$28.12	
	Memphis, TN-AR-MS	\$303.59	\$294.81	\$4,505.23	\$28.66	
	Non-Metro: AR	\$277.50	\$270.00	\$3,714.36	\$27.08	
	Pine Bluff, AR	\$218.50	\$207.80	\$5,155.00	\$29.10	
	Texarkana, TX-Texarkana, AR	\$140.49	\$117.09	\$3,931.90	\$22.60	
California	Bakersfield, CA	\$309.58	\$275.25	\$4,422.99	\$33.90	\$94.29

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	Chico-Paradise, CA	\$390.00	\$316.19	\$4,267.82	\$35.88	
	Fresno, CA	\$401.19	\$345.31	\$5,435.40	\$34.95	
	Los Angeles-Riverside-Orange County, CA	\$469.42	\$357.50	\$7,548.59	\$36.95	
	Merced, CA	\$346.31	\$316.72	\$4,618.74	\$32.12	
	Modesto, CA	\$352.50	\$280.11	\$5,212.10	\$32.69	
	Non-Metro: CA	\$555.88	\$401.37	\$6,067.31	\$35.61	
	Redding, CA MSA	\$443.33	\$373.36	\$4,945.61	\$34.32	
	Sacramento-Yolo, CA	\$486.23	\$397.84	\$7,193.60	\$40.36	
	Salinas, CA	\$384.99	\$341.06	\$6,587.56	\$34.40	
	San Diego, CA	\$459.10	\$368.91	\$8,185.47	\$38.69	
	San Francisco-Oakland-San Jose, CA	\$600.09	\$502.37	\$8,232.49	\$40.47	
	San Luis Obispo-Atascadero-Paso Robles, CA	\$364.05	\$312.69	\$7,734.01	\$41.02	
	Santa Barbara-Santa Maria-Lompoc, CA	\$638.43	\$445.81	\$6,856.94	\$40.13	
	Stockton-Lodi, CA	\$404.47	\$385.44	\$5,037.33	\$35.94	
	Visalia-Tulare-Porterville, CA	\$281.60	\$272.82	\$4,770.94	\$33.40	
Yuba City, CA	\$261.25	\$235.00	\$5,019.75	\$32.58		
Colorado	Colorado Springs, CO	\$291.09	\$257.25	\$5,061.01	\$35.98	\$97.50
	Denver-Boulder-Greeley, CO	\$321.83	\$286.13	\$6,399.95	\$41.30	
	Fort Collins-Loveland, CO	\$384.63	\$318.25	\$6,075.72	\$38.77	
	Grand Junction, CO	\$317.63	\$258.43	\$5,702.77	\$32.33	
	Non-Metro: CO	\$324.66	\$314.71	\$5,730.09	\$33.95	
	Pueblo, CO	\$329.83	\$281.38	\$4,411.54	\$32.36	
Connecticut	Boston-Worcester-Lawrence, MA-NH-ME-CT	\$455.63	\$424.45	\$9,576.65	\$39.01	\$118.00
	Hartford, CT	\$549.20	\$509.50	\$6,551.90	\$33.17	
	New London-Norwich, CT-RI	\$453.23	\$410.08	\$5,453.78	\$36.58	

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	New York-Northern New Jersey-Long Island, NY-NJ-CT-PA	\$571.99	\$532.30	\$8,395.56	\$35.60	
	Non-Metro: CT	\$545.75	\$503.28	\$6,239.66	\$30.67	
Delaware	Dover, DE	\$374.29	\$379.25	\$6,947.25	\$30.94	\$93.00
	Non-Metro: DE	\$437.57	\$395.00	\$8,581.24	\$33.27	
	Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	\$501.77	\$452.43	\$7,905.64	\$35.48	
District of Columbia	Washington-Baltimore, DC-MD-VA-WV	\$503.52	\$435.98	\$8,888.77	\$33.59	N/A
Florida	Daytona Beach, FL	\$335.45	\$311.15	\$4,447.23	\$31.20	\$90.00
	Fort Myers-Cape Coral, FL	\$361.96	\$341.30	\$5,880.95	\$33.05	
	Fort Pierce-Port St. Lucie, FL	\$316.00	\$286.00	\$4,921.27	\$28.25	
	Fort Walton Beach, FL	\$360.00	\$308.50	\$5,290.90	\$30.68	
	Gainesville, FL	\$393.57	\$335.36	\$5,355.32	\$32.08	
	Jacksonville, FL	\$375.97	\$340.78	\$4,652.55	\$32.03	
	Lakeland-Winter Haven, FL	\$311.38	\$275.98	\$4,388.87	\$28.94	
	Melbourne-Titusville-Palm Bay, FL	\$331.20	\$319.27	\$4,556.74	\$29.84	
	Miami-Fort Lauderdale, FL	\$356.85	\$324.06	\$5,221.49	\$28.93	
	Naples, FL	\$446.56	\$376.05	\$5,014.20	\$32.89	
	Non-Metro: FL	\$319.55	\$291.09	\$4,175.40	\$31.74	
	Ocala, FL	\$372.57	\$332.71	\$5,025.61	\$32.71	
	Orlando, FL	\$310.75	\$302.43	\$5,081.40	\$30.43	
	Panama City, FL	\$273.24	\$245.60	\$4,136.85	\$30.78	
	Pensacola, FL	\$297.10	\$267.03	\$5,651.23	\$27.98	
	Punta Gorda, FL	\$363.00	\$328.11	\$4,979.25	\$26.25	
	Sarasota-Bradenton, FL	\$420.04	\$367.79	\$5,992.35	\$32.71	
	Tallahassee, FL	\$398.85	\$348.40	\$5,658.27	\$30.88	
Tampa-St. Petersburg-Clearwater, FL	\$357.32	\$321.32	\$4,409.58	\$30.98		

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	West Palm Beach-Boca Raton, FL	\$415.98	\$346.62	\$5,776.33	\$28.60	
Georgia	Albany, GA	\$270.60	\$255.82	\$3,296.61	\$23.10	\$102.67
	Athens, GA	\$343.79	\$320.09	\$4,377.69	\$29.05	
	Atlanta, GA	\$157.02	\$130.35	\$6,073.69	\$31.34	
	Augusta-Aiken, GA-SC	\$298.98	\$284.70	\$4,099.89	\$25.33	
	Chattanooga, TN-GA	\$316.75	\$279.70	\$5,792.56	\$30.82	
	Columbus, GA-AL	\$256.11	\$236.67	\$4,542.54	\$25.50	
	Macon, GA	\$312.78	\$294.78	\$3,699.00	\$26.63	
	Non-Metro: GA	\$280.66	\$270.20	\$4,098.40	\$31.65	
	Savannah, GA	\$288.80	\$275.16	\$4,689.59	\$31.05	
Hawaii	Honolulu, HI	\$565.59	\$489.67	\$7,270.34	\$40.57	\$168.25
	Non-Metro: HI	\$508.71	\$482.37	\$6,385.87	\$35.77	
Idaho	Boise City, ID	\$338.32	\$300.13	\$4,683.19	\$34.59	N/A
	Non-Metro: ID	\$384.43	\$348.63	\$5,825.78	\$39.58	
	Pocatello, ID	\$258.40	\$241.25	\$4,547.78	\$28.67	
Illinois	Bloomington-Normal, IL	\$308.14	\$284.88	\$5,057.57	\$32.32	\$158.83
	Champaign-Urbana, IL	\$262.71	\$242.14	\$5,278.50	\$29.83	
	Chicago-Gary-Kenosha, IL-IN-WI	\$480.98	\$392.66	\$6,418.36	\$34.78	
	Davenport-Moline-Rock Island, IA-IL	\$271.31	\$272.96	\$3,949.71	\$31.72	
	Decatur, IL	\$258.17	\$229.67	\$4,430.00	\$27.94	
	Non-Metro: IL	\$295.86	\$256.11	\$4,976.88	\$31.14	
	Peoria-Pekin, IL	\$306.70	\$265.09	\$4,380.80	\$32.34	
	Rockford, IL	\$298.06	\$239.70	\$5,842.02	\$27.71	
	Springfield, IL	\$292.60	\$236.75	\$4,928.99	\$25.88	
	St. Louis, MO-IL	\$354.65	\$288.27	\$7,053.73	\$35.98	
Indiana	Bloomington, IN	\$340.63	\$268.57	\$4,281.75	\$29.70	\$112.00
	Chicago-Gary-Kenosha, IL-IN-WI	\$480.98	\$392.66	\$6,418.36	\$34.78	
	Cincinnati-Hamilton, OH-KY-IN	\$385.81	\$320.88	\$4,438.65	\$31.67	
	Elkhart-Goshen, IN	\$345.41	\$306.11	\$5,074.33	\$31.38	
	Evansville-Henderson, IN-KY	\$334.31	\$279.89	\$4,266.86	\$29.11	

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	Fort Wayne, IN	\$349.08	\$303.75	\$5,108.80	\$37.71	
	Indianapolis, IN	\$347.38	\$307.53	\$5,964.42	\$35.76	
	Kokomo, IN	\$348.95	\$257.42	\$4,457.02	\$31.25	
	Lafayette, IN	\$431.27	\$330.61	\$5,014.94	\$31.36	
	Louisville, KY-IN	\$398.47	\$343.21	\$6,245.77	\$31.88	
	Muncie, IN	\$326.41	\$267.31	\$5,222.65	\$33.75	
	Non-Metro: IN	\$330.86	\$284.58	\$4,433.75	\$35.63	
	South Bend, IN	\$355.60	\$311.23	\$4,560.21	\$29.50	
	Terre Haute, IN	\$251.90	\$209.48	\$5,733.78	\$32.23	
Iowa	Cedar Rapids, IA	\$299.95	\$269.00	\$5,473.37	\$38.14	N/A
	Davenport-Moline-Rock Island, IA-IL	\$271.31	\$272.96	\$3,949.71	\$31.72	
	Des Moines, IA	\$327.04	\$292.68	\$5,803.92	\$34.33	
	Dubuque, IA	\$332.21	\$302.07	\$5,465.79	\$31.67	
	Iowa City, IA	\$352.88	\$309.63	\$5,000.16	\$35.78	
	Non-Metro: IA	\$299.45	\$279.35	\$4,388.43	\$34.16	
	Omaha, NE-IA	\$398.31	\$309.17	\$6,111.04	\$33.77	
	Sioux City, IA-NE	\$315.50	\$284.00	\$4,800.84	\$37.00	
	Waterloo-Cedar Falls, IA	\$416.48	\$368.38	\$6,676.47	\$35.50	
Kansas	Kansas City, MO-KS	\$341.68	\$297.89	\$6,322.39	\$32.45	\$123.80
	Lawrence, KS	\$350.00	\$322.50	\$5,900.32	\$29.75	
	Non-Metro: KS	\$284.68	\$257.64	\$5,284.39	\$32.45	
	Topeka, KS	\$305.86	\$252.89	\$5,683.37	\$28.50	
	Wichita, KS	\$276.44	\$246.39	\$6,159.49	\$30.16	
Kentucky	Cincinnati-Hamilton, OH-KY-IN	\$385.81	\$320.88	\$4,438.65	\$31.67	\$104.00
	Clarksville-Hopkinsville, TN-KY	\$262.57	\$247.13	\$4,149.62	\$28.46	
	Evansville-Henderson, IN-KY	\$334.31	\$279.89	\$4,266.86	\$29.11	
	Huntington-Ashland, WV-KY-OH	\$215.56	\$193.45	\$5,975.81	\$27.45	
	Lexington, KY	\$366.88	\$325.71	\$6,209.22	\$29.86	
	Louisville, KY-IN	\$398.47	\$343.21	\$6,245.77	\$31.88	
	Non-Metro: KY	\$272.71	\$260.89	\$4,136.88	\$27.43	
	Owensboro, KY	\$347.50	\$309.25	\$3,424.91	\$27.14	
Louisiana	Alexandria, LA	\$217.41	\$180.89	\$3,558.87	\$25.69	N/A

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	Baton Rouge, LA	\$263.60	\$230.08	\$4,877.89	\$29.81	
	Houma, LA	\$207.88	\$183.66	\$5,454.59	\$27.02	
	Lafayette, LA	\$221.23	\$207.49	\$4,678.21	\$28.89	
	Lake Charles, LA	\$209.03	\$191.25	\$4,831.71	\$22.63	
	Monroe, LA	\$184.13	\$179.22	\$4,062.08	\$23.22	
	New Orleans, LA	\$225.42	\$215.71	\$4,924.17	\$26.46	
	Non-Metro: LA	\$280.88	\$223.63	\$4,225.54	\$25.86	
	Shreveport-Bossier City, LA	\$204.29	\$188.13	\$4,286.50	\$23.20	
Maine	Bangor, ME	\$352.19	\$325.88	\$5,949.14	\$34.45	\$183.40
	Boston-Worcester-Lawrence, MA-NH-ME-CT	\$455.63	\$424.45	\$9,576.65	\$39.01	
	Lewiston-Auburn, ME	\$357.43	\$314.63	\$5,858.33	\$29.71	
	Non-Metro: ME	\$476.86	\$415.00	\$6,937.17	\$32.10	
	Portland, ME	\$373.67	\$325.33	\$7,616.46	\$37.96	
Maryland	Cumberland, MD-WV	\$300.06	\$294.38	\$5,712.00	\$26.88	\$100.00
	Non-Metro: MD	\$352.02	\$327.27	\$5,436.20	\$33.66	
	Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	\$501.77	\$452.43	\$7,905.64	\$35.48	
	Washington-Baltimore, DC-MD-VA-WV	\$503.52	\$435.98	\$8,888.77	\$33.59	
Massachusetts	Barnstable-Yarmouth, MA	\$340.08	\$305.42	\$8,003.45	\$34.85	\$121.00
	Boston-Worcester-Lawrence, MA-NH-ME-CT	\$455.63	\$424.45	\$9,576.65	\$39.01	
	Non-Metro: MA	\$527.38	\$499.00	\$8,722.21	\$40.30	
	Pittsfield, MA	\$437.17	\$403.50	\$6,755.42	\$34.88	
	Providence-Fall River-Warwick, RI-MA	\$479.40	\$455.10	\$5,920.17	\$36.80	
	Springfield, MA	\$461.75	\$455.00	\$6,368.83	\$33.75	
Michigan	Benton Harbor, MI	\$394.00	\$353.00	\$5,225.41	\$32.89	\$136.00
	Detroit-Ann Arbor-Flint, MI	\$368.03	\$284.79	\$6,648.07	\$32.30	

State	City or region	Nursing home, private room ----- Daily rate	Nursing home, semiprivate room ----- Daily rate	Assisted living facility, one bedroom ----- Monthly rate	Home health aide ----- Hourly rate	Adult day care (nonmedical) state average ----- Daily rate
	Grand Rapids-Muskegon-Holland, MI	\$445.63	\$383.33	\$5,861.60	\$34.21	
	Jackson, MI	\$375.75	\$365.75	\$4,189.96	\$33.94	
	Kalamazoo-Battle Creek, MI	\$376.78	\$346.14	\$5,602.00	\$37.27	
	Lansing-East Lansing, MI	\$393.29	\$350.13	\$6,378.46	\$35.14	
	Non-Metro: MI	\$403.60	\$397.60	\$5,700.40	\$34.26	
	Saginaw-Bay City-Midland, MI	\$364.88	\$345.22	\$4,327.91	\$32.52	
Minnesota	Duluth-Superior, MN-WI	\$321.61	\$296.94	\$4,628.14	\$34.65	\$135.00
	Fargo-Moorhead, ND-MN	\$515.67	\$465.08	\$4,419.37	\$35.31	
	Grand Forks, ND-MN	\$443.82	\$429.23	\$5,263.00	\$26.53	
	La Crosse, WI-MN	\$233.90	\$204.70	\$4,895.04	\$30.67	
	Minneapolis-St. Paul, MN-WI	\$496.19	\$440.58	\$5,276.77	\$44.39	
	Non-Metro: MN	\$454.08	\$426.32	\$3,460.58	\$37.71	
	Rochester, MN	\$406.25	\$390.13	\$5,698.94	\$39.00	
	St. Cloud, MN	\$462.58	\$360.08	\$3,222.03	\$38.67	
Mississippi	Biloxi-Gulfport-Pascagoula, MS	\$327.83	\$312.83	\$4,393.14	\$27.16	N/A
	Hattiesburg, MS	\$297.50	\$280.00	\$4,732.00	\$24.45	
	Jackson, MS	\$302.81	\$298.99	\$4,553.07	\$23.23	
	Memphis, TN-AR-MS	\$303.59	\$294.81	\$4,505.23	\$28.66	
	Non-Metro: MS	\$297.90	\$288.19	\$3,622.32	\$25.00	
Missouri	Columbia, MO	\$263.71	\$230.93	\$6,848.19	\$30.38	N/A
	Joplin, MO	\$207.57	\$195.29	\$4,330.26	\$23.95	
	Kansas City, MO-KS	\$341.68	\$297.89	\$6,322.39	\$32.45	
	Non-Metro: MO	\$215.31	\$199.09	\$4,554.84	\$29.60	
	Springfield, MO	\$260.00	\$218.88	\$4,668.19	\$29.18	
	St. Joseph, MO	\$194.43	\$171.71	\$4,614.21	\$27.78	
	St. Louis, MO-IL	\$354.65	\$288.27	\$7,053.73	\$35.98	
Montana	Billings, MT	\$312.50	\$286.50	\$3,917.71	\$34.43	N/A
	Great Falls, MT	\$218.75	\$166.25	\$4,498.79	\$37.00	
	Missoula, MT	\$490.00	\$400.00	\$5,850.00	\$38.72	

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	Non-Metro: MT	\$282.52	\$266.98	\$4,614.13	\$37.55	
Nebraska	Lincoln, NE	\$450.83	\$352.50	\$6,243.83	\$36.58	N/A
	Non-Metro: NE	\$296.00	\$261.55	\$4,560.03	\$31.94	
	Omaha, NE-IA	\$398.31	\$309.17	\$6,111.04	\$33.77	
	Sioux City, IA-NE	\$315.50	\$284.00	\$4,800.84	\$37.00	
Nevada	Las Vegas, NV-AZ	\$489.14	\$357.71	\$4,947.02	\$31.31	\$96.80
	Non-Metro: NV	\$349.07	\$314.21	\$5,623.89	\$40.50	
	Reno, NV	\$407.33	\$342.00	\$5,304.19	\$36.83	
New Hampshire	Boston-Worcester-Lawrence, MA-NH-ME-CT	\$455.63	\$424.45	\$9,576.65	\$39.01	\$113.10
	Non-Metro: NH	\$390.90	\$356.50	\$7,851.08	\$40.50	
New Jersey	New York-Northern New Jersey-Long Island, NY-NJ-CT-PA	\$571.99	\$532.30	\$8,395.56	\$35.60	\$122.25
	Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	\$501.77	\$452.43	\$7,905.64	\$35.48	
New Mexico	Albuquerque, NM	\$299.34	\$280.61	\$5,181.44	\$30.36	N/A
	Las Cruces, NM	\$313.43	\$285.29	\$5,064.34	\$27.00	
	Non-Metro: NM	\$263.83	\$241.83	\$4,851.62	\$29.18	
	Santa Fe, NM	\$301.67	\$291.50	\$5,508.50	\$35.00	
New York	Albany-Schenectady-Troy, NY	\$482.65	\$461.36	\$5,867.94	\$31.72	\$155.00
	Binghamton, NY	\$516.63	\$479.79	\$6,899.47	\$33.11	
	Buffalo-Niagara Falls, NY	\$252.74	\$217.75	\$6,754.17	\$25.46	
	Elmira, NY	\$480.76	\$469.80	\$6,884.50	\$34.48	
	Glens Falls, NY	\$382.98	\$366.17	\$4,660.57	\$35.80	
	Jamestown, NY	\$451.51	\$427.68	\$5,601.41	\$33.30	
	New York-Northern New Jersey-Long Island, NY-NJ-CT-PA	\$571.99	\$532.30	\$8,395.56	\$35.60	
	Non-Metro: NY	\$268.88	\$230.38	\$6,052.82	\$32.63	
	Rochester, NY	\$332.52	\$306.35	\$5,479.89	\$32.83	
	Syracuse, NY	\$516.15	\$500.17	\$5,592.83	\$36.59	
	Utica-Rome, NY	\$442.92	\$420.97	\$5,652.96	\$35.70	
North Carolina	Asheville, NC	\$327.00	\$310.90	\$6,025.25	\$34.92	\$79.83

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	Charlotte-Gastonia-Rock Hill, NC-SC	\$327.36	\$286.83	\$6,277.62	\$32.94	
	Fayetteville, NC	\$331.13	\$287.71	\$4,829.35	\$28.87	
	Goldsboro, NC	\$522.67	\$329.00	\$4,244.60	\$25.99	
	Greensboro--Winston-Salem--High Point, NC	\$325.48	\$293.07	\$5,823.87	\$29.13	
	Greenville, NC	\$234.43	\$203.75	\$5,188.11	\$25.95	
	Hickory-Morganton-Lenoir, NC	\$402.73	\$376.50	\$4,873.74	\$27.13	
	Jacksonville, NC	\$297.50	\$289.50	\$4,121.98	\$29.00	
	Non-Metro: NC	\$346.40	\$290.55	\$7,076.95	\$29.78	
	Norfolk-Virginia Beach-Newport News, VA-NC	\$345.48	\$301.92	\$4,902.51	\$32.62	
	Raleigh-Durham-Chapel Hill, NC	\$381.39	\$315.11	\$6,803.45	\$32.15	
	Rocky Mount, NC	\$329.40	\$290.80	\$4,981.47	\$26.47	
	Wilmington, NC	\$362.30	\$317.75	\$6,254.67	\$29.84	
	North Dakota	Bismarck, ND	\$474.41	\$471.18	\$4,323.44	
Fargo-Moorhead, ND-MN		\$515.67	\$465.08	\$4,419.37	\$35.31	
Grand Forks, ND-MN		\$443.82	\$429.23	\$5,263.00	\$26.53	
Non-Metro: ND		\$456.33	\$465.88	\$3,833.07	\$33.41	
Ohio	Canton-Massillon, OH	\$324.17	\$285.94	\$5,463.83	\$31.66	\$98.67
	Cincinnati-Hamilton, OH-KY-IN	\$385.81	\$320.88	\$4,438.65	\$31.67	
	Cleveland-Akron, OH	\$357.10	\$317.89	\$5,193.71	\$31.15	
	Columbus, OH	\$305.03	\$270.55	\$4,868.41	\$31.99	
	Dayton-Springfield, OH	\$341.38	\$298.44	\$4,405.19	\$33.08	
	Huntington-Ashland, WV-KY-OH	\$215.56	\$193.45	\$5,975.81	\$27.45	
	Lima, OH	\$322.02	\$267.79	\$3,738.76	\$30.73	
	Mansfield, OH	\$301.75	\$291.03	\$4,125.11	\$29.33	
	Non-Metro: OH	\$288.75	\$278.38	\$5,716.75	\$28.31	
	Parkersburg-Marietta, WV-OH	\$335.14	\$337.97	\$5,649.60	\$26.92	

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	Steubenville-Weirton, OH-WV	\$197.26	\$161.30	\$5,539.94	\$28.60	
	Toledo, OH	\$219.63	\$184.90	\$6,345.86	\$28.58	
	Wheeling, WV-OH	\$296.50	\$272.00	\$4,290.00	\$29.92	
	Youngstown-Warren, OH	\$330.40	\$291.90	\$4,218.35	\$28.47	
Oklahoma	Enid, OK	\$211.07	\$172.64	\$4,952.14	\$29.29	\$90.20
	Fort Smith, AR-OK	\$260.19	\$236.25	\$4,269.31	\$27.71	
	Lawton, OK	\$163.89	\$143.19	\$3,335.44	\$30.80	
	Non-Metro: OK	\$245.29	\$227.14	\$4,458.55	\$29.61	
	Oklahoma City, OK	\$377.80	\$239.98	\$5,780.70	\$31.94	
	Tulsa, OK	\$294.50	\$263.65	\$5,390.64	\$31.40	
Oregon	Corvallis, OR	\$367.42	\$309.92	\$5,749.35	\$30.94	\$114.00
	Eugene-Springfield, OR	\$370.30	\$338.00	\$6,222.20	\$33.61	
	Medford-Ashland, OR	\$346.14	\$328.05	\$4,780.89	\$33.63	
	Non-Metro: OR	\$393.97	\$351.34	\$5,870.47	\$36.06	
	Portland-Salem, OR-WA	\$492.34	\$461.64	\$7,645.32	\$39.40	
Pennsylvania	Allentown-Bethlehem-Easton, PA	\$436.48	\$389.72	\$6,016.55	\$30.40	\$85.00
	Altoona, PA	\$398.63	\$377.11	\$5,495.65	\$33.79	
	Erie, PA	\$412.00	\$359.64	\$5,495.79	\$28.94	
	Harrisburg-Lebanon-Carlisle, PA	\$322.61	\$299.78	\$7,857.05	\$32.84	
	Johnstown, PA	\$332.37	\$305.55	\$4,768.60	\$24.17	
	Lancaster, PA	\$525.28	\$492.61	\$6,907.99	\$32.26	
	New York-Northern New Jersey-Long Island, NY-NJ-CT-PA	\$571.99	\$532.30	\$8,395.56	\$35.60	
	Non-Metro: PA	\$420.44	\$374.61	\$5,725.60	\$29.15	
	Philadelphia-Wilmington-Atlantic City, PA-NJ-DE-MD	\$501.77	\$452.43	\$7,905.64	\$35.48	
	Pittsburgh, PA	\$412.31	\$381.58	\$6,580.06	\$31.72	
	Reading, PA	\$435.82	\$406.90	\$6,423.91	\$27.04	
	Scranton--Wilkes-Barre--Hazleton, PA	\$386.00	\$380.55	\$3,668.56	\$33.25	

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	Sharon, PA	\$307.50	\$289.50	\$4,105.59	\$27.60	
	State College, PA	\$381.13	\$359.35	\$5,188.45	\$32.60	
	Williamsport, PA	\$415.64	\$360.29	\$4,327.98	\$29.42	
	York, PA	\$489.22	\$456.56	\$5,675.13	\$30.90	
Rhode Island	New London-Norwich, CT-RI	\$453.23	\$410.08	\$5,453.78	\$36.58	N/A
	Non-Metro: RI	\$388.70	\$362.23	\$6,004.76	\$35.55	
	Providence-Fall River-Warwick, RI-MA	\$479.40	\$455.10	\$5,920.17	\$36.80	
South Carolina	Augusta-Aiken, GA-SC	\$298.98	\$284.70	\$4,099.89	\$25.33	\$93.40
	Charleston-North Charleston, SC	\$351.63	\$296.86	\$5,407.52	\$34.20	
	Charlotte-Gastonia-Rock Hill, NC-SC	\$327.36	\$286.83	\$6,277.62	\$32.94	
	Columbia, SC	\$306.71	\$281.86	\$4,706.23	\$30.52	
	Florence, SC	\$260.20	\$247.20	\$4,357.68	\$27.55	
	Greenville-Spartanburg-Anderson, SC	\$333.38	\$307.17	\$6,073.11	\$30.08	
	Myrtle Beach, SC	\$325.67	\$290.67	\$5,016.50	\$30.94	
	Non-Metro: SC	\$305.37	\$278.13	\$4,828.28	\$34.47	
	Sumter, SC	\$314.07	\$275.75	\$3,634.07	\$26.61	
South Dakota	Non-Metro: SD	\$303.56	\$292.06	\$4,448.45	\$45.04	N/A
	Rapid City, SD	\$297.89	\$273.00	\$4,805.13	\$27.03	
	Sioux Falls, SD	\$288.06	\$267.75	\$4,996.85	\$40.45	
Tennessee	Chattanooga, TN-GA	\$316.75	\$279.70	\$5,792.56	\$30.82	\$144.33
	Clarksville-Hopkinsville, TN-KY	\$262.57	\$247.13	\$4,149.62	\$28.46	
	Jackson, TN	\$326.67	\$298.57	\$5,153.96	\$29.75	
	Johnson City-Kingsport-Bristol, TN-VA	\$331.05	\$298.90	\$5,306.83	\$26.63	
	Knoxville, TN	\$354.56	\$309.93	\$5,425.42	\$29.43	
	Memphis, TN-AR-MS	\$303.59	\$294.81	\$4,505.23	\$28.66	
	Nashville, TN	\$360.60	\$336.00	\$6,207.63	\$32.98	
	Non-Metro: TN	\$298.85	\$285.00	\$4,643.18	\$29.70	
Texas	Abilene, TX	\$228.34	\$172.78	\$4,521.20	\$25.82	\$77.50

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	Amarillo, TX	\$269.17	\$203.56	\$4,771.11	\$29.55	
	Austin-San Marcos, TX	\$309.99	\$212.36	\$5,645.96	\$33.72	
	Beaumont-Port Arthur, TX	\$292.59	\$207.54	\$4,582.37	\$28.29	
	Brownsville-Harlingen-San Benito, TX	\$269.93	\$212.86	\$3,924.85	\$25.30	
	Bryan-College Station, TX	\$311.13	\$230.43	\$5,069.41	\$28.50	
	Corpus Christi, TX	\$247.15	\$214.10	\$4,854.65	\$28.88	
	Dallas-Fort Worth, TX	\$249.25	\$202.48	\$5,145.36	\$32.22	
	El Paso, TX	\$270.36	\$179.63	\$4,600.00	\$26.38	
	Houston-Galveston-Brazoria, TX	\$258.12	\$194.10	\$5,505.11	\$29.15	
	Killeen-Temple, TX	\$340.57	\$223.50	\$4,005.83	\$29.65	
	Laredo, TX	\$293.00	\$235.67	\$3,500.00	\$31.07	
	Longview-Marshall, TX	\$201.50	\$156.94	\$5,042.70	\$27.68	
	Lubbock, TX	\$218.65	\$187.48	\$5,025.00	\$30.54	
	McAllen-Edinburg-Mission, TX	\$322.86	\$228.78	\$4,795.84	\$24.72	
	Non-Metro: TX	\$199.61	\$168.39	\$3,791.49	\$28.62	
	Odessa-Midland, TX	\$244.11	\$188.95	\$4,898.67	\$27.12	
	San Angelo, TX	\$139.22	\$116.45	\$4,265.70	\$26.45	
	San Antonio, TX	\$241.63	\$194.00	\$5,253.07	\$29.95	
	Sherman-Denison, TX	\$226.08	\$187.30	\$3,871.20	\$31.14	
	Texarkana, TX-Texarkana, AR	\$140.49	\$117.09	\$3,931.90	\$22.60	
	Tyler, TX	\$309.15	\$178.62	\$3,742.64	\$22.83	
	Victoria, TX	\$242.69	\$198.94	\$4,563.38	\$26.21	
Waco, TX	\$237.00	\$178.31	\$4,328.74	\$27.42		
Wichita Falls, TX	\$300.96	\$195.17	\$4,669.38	\$29.43		
Utah	Flagstaff, AZ-UT	\$380.00	\$200.00	\$5,359.52	\$33.06	N/A
	Non-Metro: UT	\$323.66	\$269.21	\$4,215.59	\$35.68	
	Provo-Orem, UT	\$310.00	\$272.50	\$4,352.72	\$33.92	
	Salt Lake City-Ogden, UT	\$348.80	\$263.16	\$4,895.65	\$33.64	

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Vermont	Burlington, VT	\$511.00	\$457.50	\$7,471.77	\$40.89	N/A
	Non-Metro: VT	\$375.91	\$349.70	\$5,785.08	\$37.16	
Virginia	Charlottesville, VA	\$376.50	\$328.33	\$7,211.84	\$37.50	\$93.50
	Danville, VA	\$276.70	\$230.80	\$5,340.00	\$27.06	
	Johnson City-Kingsport-Bristol, TN-VA	\$331.05	\$298.90	\$5,306.83	\$26.63	
	Lynchburg, VA	\$330.75	\$306.38	\$5,579.73	\$32.15	
	Non-Metro: VA	\$344.05	\$300.10	\$7,420.49	\$33.02	
	Norfolk-Virginia Beach-Newport News, VA-NC	\$345.48	\$301.92	\$4,902.51	\$32.62	
	Richmond-Petersburg, VA	\$420.28	\$362.00	\$6,479.60	\$33.79	
	Roanoke, VA	\$373.92	\$351.51	\$5,760.67	\$26.54	
	Washington-Baltimore, DC-MD-VA-WV	\$503.52	\$435.98	\$8,888.77	\$33.59	
Washington	Bellingham, WA	\$352.38	\$342.00	\$5,772.71	\$41.33	\$160.40
	Non-Metro: WA	\$384.38	\$329.81	\$6,420.29	\$36.38	
	Portland-Salem, OR-WA	\$492.34	\$461.64	\$7,645.32	\$39.40	
	Richland-Kennewick-Pasco, WA	\$350.88	\$326.63	\$5,873.47	\$32.75	
	Seattle-Tacoma-Bremerton, WA	\$540.85	\$477.05	\$8,181.58	\$44.26	
	Spokane, WA	\$389.50	\$358.00	\$5,275.90	\$35.59	
	Yakima, WA	\$368.91	\$325.57	\$5,579.99	\$36.73	
West Virginia	Charleston, WV	\$421.71	\$418.53	\$7,193.03	\$28.32	N/A
	Cumberland, MD-WV	\$300.06	\$294.38	\$5,712.00	\$26.88	
	Huntington-Ashland, WV-KY-OH	\$215.56	\$193.45	\$5,975.81	\$27.45	
	Non-Metro: WV	\$486.81	\$484.02	\$5,020.68	\$31.78	
	Parkersburg-Marietta, WV-OH	\$335.14	\$337.97	\$5,649.60	\$26.92	
	Steubenville-Weirton, OH-WV	\$197.26	\$161.30	\$5,539.94	\$28.60	
	Washington-Baltimore, DC-MD-VA-WV	\$503.52	\$435.98	\$8,888.77	\$33.59	

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	Wheeling, WV-OH	\$296.50	\$272.00	\$4,290.00	\$29.92	
Wisconsin	Appleton-Oshkosh-Neenah, WI	\$375.11	\$314.13	\$4,617.20	\$31.30	\$96.33
	Chicago-Gary-Kenosha, IL-IN-WI	\$480.98	\$392.66	\$6,418.36	\$34.78	
	Duluth-Superior, MN-WI	\$321.61	\$296.94	\$4,628.14	\$34.65	
	Eau Claire, WI	\$369.44	\$335.69	\$5,269.23	\$34.55	
	Green Bay, WI	\$403.04	\$335.00	\$5,623.13	\$33.27	
	Janesville-Beloit, WI	\$220.71	\$180.71	\$5,748.66	\$30.08	
	La Crosse, WI-MN	\$233.90	\$204.70	\$4,895.04	\$30.67	
	Madison, WI	\$421.31	\$391.38	\$6,623.14	\$37.70	
	Milwaukee-Racine, WI	\$473.32	\$411.96	\$5,847.77	\$36.11	
	Minneapolis-St. Paul, MN-WI	\$496.19	\$440.58	\$5,276.77	\$44.39	
	Non-Metro: WI	\$337.58	\$307.25	\$5,027.78	\$33.00	
	Sheboygan, WI	\$368.25	\$340.38	\$5,549.16	\$31.30	
	Wausau, WI	\$279.86	\$269.28	\$4,395.95	\$28.54	
	Wyoming	Casper, WY	\$362.02	\$344.15	\$7,131.50	
Cheyenne, WY		\$314.20	\$275.90	\$4,645.57	\$32.95	
Non-Metro: WY		\$289.57	\$273.57	\$4,716.75	\$32.00	

