



April 2026

Inflation in the Pacific Region

March 2026

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All of the data discussed in this report come from the U.S. Bureau of Labor Statistics' Consumer Price Index (CPI)ⁱ database. This source no longer produces estimates of price levels in Oregon nor any metropolitan area within Oregon, so this report references data from the Pacific region (Alaska, California, Hawaii, Oregon, and Washington.)ⁱⁱ

Inflation Ticks Up in the Pacific Region as Energy Costs Surge

Prices in the Pacific region continued to rise but remained below the national average. The moderation in the rate of price increases observed over the prior two months stalled and partially reversed in March 2026. Consumer prices in the Pacific region increased 1.4 percent over the January–March 2026 period, compared with a 1.5 percent increase for the U.S. city average. Over the 12 months ending in March 2026, prices in the Pacific region rose 3.1 percent, below the national increase of 3.3 percent.

The March data arrived amid a notable national backdrop. Energy prices surged in March following heightened geopolitical tensions in the Middle East, which contributed to disruptions in global oil supply channels. This increase in energy costs was a major driver of the rise in headline inflation during the month. In addition, tariffs placed further upward pressure on select categories, including food and gasoline, reinforcing broader price increases.

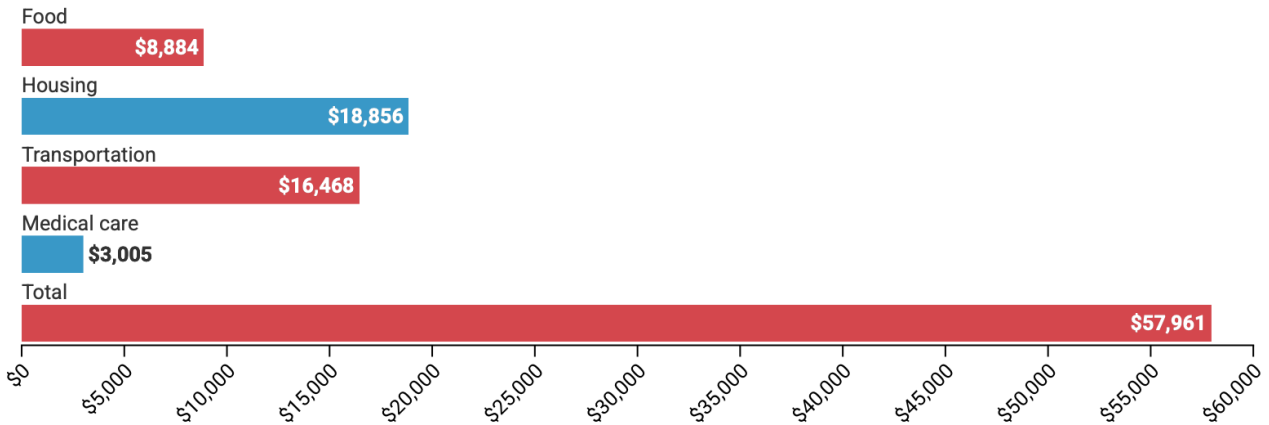
Energy prices were a significant driver of inflation over the period, reflecting sharp increases in energy costs observed nationally. Over the 12 months ending in March 2026, energy prices rose 12.5 percent nationally and 10.9 percent in the Pacific region. The jump in energy prices reflected a broader national trend shaped by geopolitical developments and rising global oil prices.

Despite higher headline inflation, underlying price pressures remained more contained in both the Pacific region and nationally, with the index for all items less food and energy rising 2.6 percent over the year. This suggests that core inflation remained relatively stable even as energy costs drove much of the increase in headline inflation.

The CPI-U for the Pacific region increased 1.4 percent over the 2 months from January 2026 to March 2026. Over the 12 months ending in March, prices rose 3.1 percent, below the 3.3 percent increase in the U.S. city average.

Inflation's Impact on What Oregonians Buy

How much more has the average Pacific Region household spent since 2020 because of inflation?

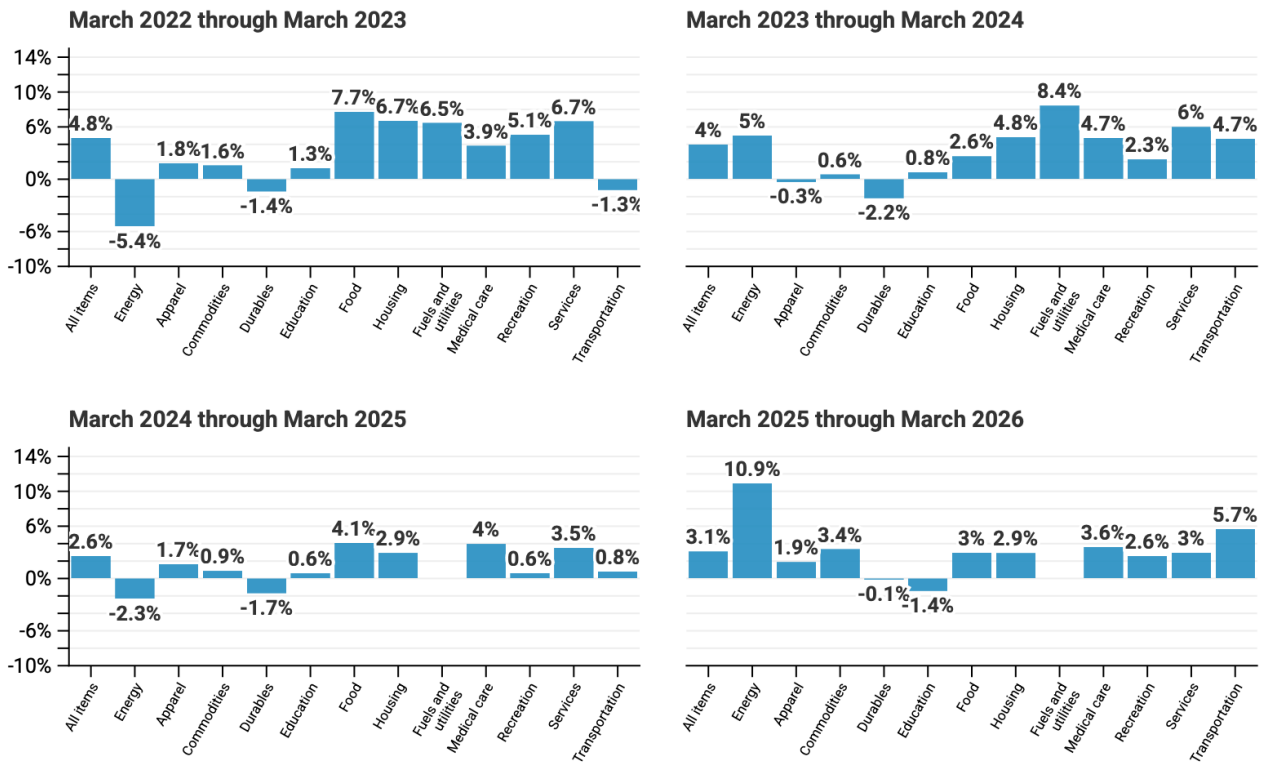


The Bureau of Labor Statistics discontinued the reporting of 'Fuels and Utilities' data for the Pacific region as of 2025

Key Takeaways:

- Over the 12 months ending in March 2026, the CPI for the Pacific region rose 3.1 percent, below the national average of 3.3 percent.
- *The Consumer Price Index for All Urban Consumers in the Pacific region increased 1.4 percent over the 2 months from January 2026 to March 2026.*

Year-over-Year Price Changes in the Pacific Region



Source: CPI-U Data • The Bureau of Labor Statistics discontinued the reporting of 'Fuels and Utilities' data for the Pacific region as of 2025.

Sectoral Price Changesⁱⁱⁱ

The inflationary environment has cost the average household in the Pacific region nearly **\$58,000** compared to 2020 spending levels, with **Housing** and **Transportation** accounting for nearly 60 percent of this increase.

- From March 2025 to March 2026, the largest price increases were seen in: **Energy** (10.9%), **Transportation** (5.7%) and **Medical Care** (3.6%).
- The prices of **Durables** and **Education** declined slightly on a year over year basis.

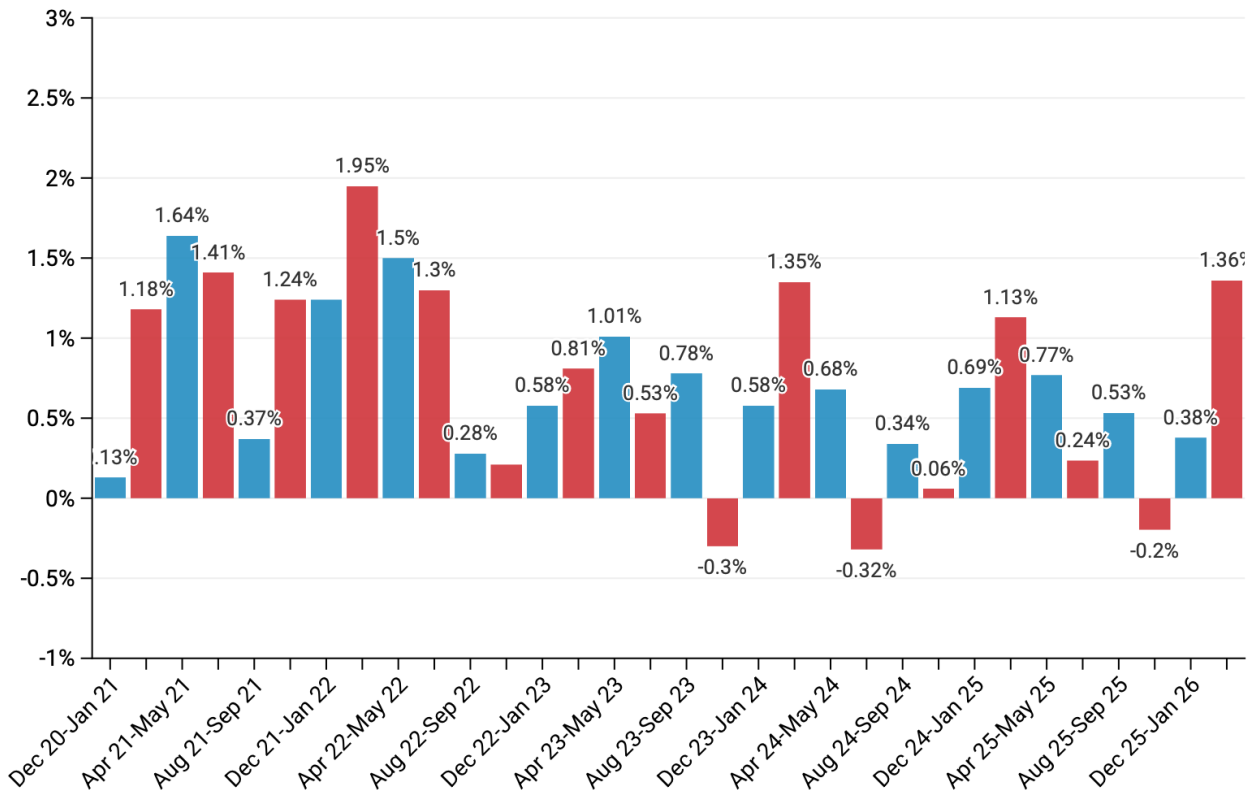
The Pacific region saw above-average annual price growth in:

- **Medical Care** (3.6% vs. 3.1%)
- **Recreation** (2.8% vs. 2.2%)

- **Food** (2.9% vs. 2.7%)
- **Transportation** (5.7% vs. 5%)

From March 2025 to March 2026, price growth in the Pacific region was slower than the national average across several categories—**Energy** (10.9% vs. 12.5%), **Apparel** (1.9% vs. 3.4%) and (**Housing** (2.9% vs. 3.4%).

Bi-monthly Inflation in the Pacific Region since January 2021



Source: BLS CPI-U Data • Pacific region comprises Alaska, California, Hawaii, Oregon, and Washington

ⁱ <https://www.bls.gov/cpi/>

ⁱⁱ Starting with the release of January 2025 data in February 2025, the **BLS discontinued several indexes and average price series**. Among them, the index for **fuels and utilities is no longer available** at the regional level, including for the Pacific region.

ⁱⁱⁱ The U.S. Bureau of Labor Statistics (does not provide seasonally adjusted Consumer Price Index data for the Pacific region; therefore, this report utilizes non-seasonally adjusted figures for regional analysis.