



August 2025

Inflation in Colorado – July 2025 Update

Authors: Cole Anderson, Erik Gamm

Denver Metro Prices Tick Upwards

Between May and July, Denver's price level rose by 0.43%, below the national average of 0.49%. Denver's lower-than-average growth was spurred in part by a 3.4% decline in energy prices, and food prices which fell by 0.7%. Over the last 12 months, prices in the Denver metro have increased by 2.1%, below the national average of 2.7%.

Denver's overall price growth was fueled by medical care (2.1%), recreation (2.8%), transportation (1%), and services (0.9%). Those who consume medical services in Denver are facing higher prices than those across the nation on average. Over the past year, the price of medical care grew 3.5% on average across the U.S, while the Denver metro region saw prices grow 6.4% over the same period.

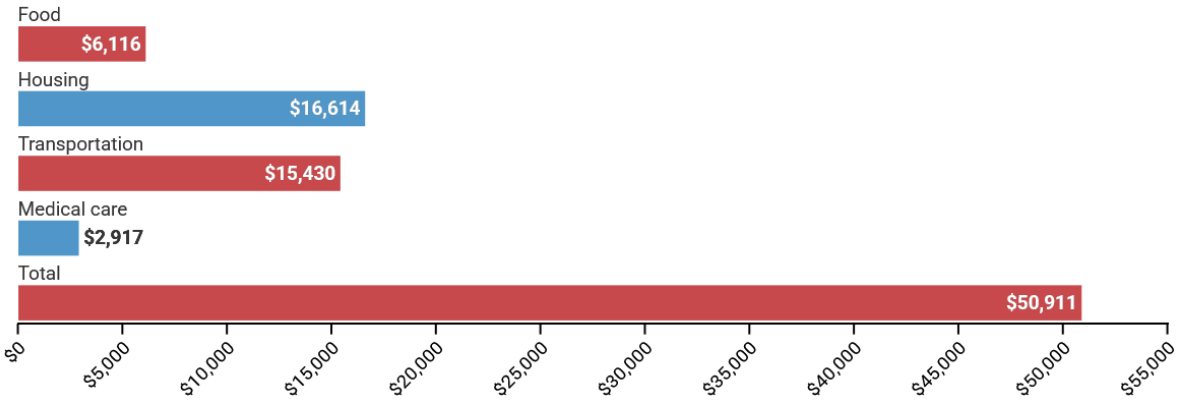
J.P. Morgan now predicts that the U.S Federal Reserve will cut the federal funds rate, currently 4.33%, by 0.25 percentage points at its September meeting, with further cuts expected before the end of the year.ⁱ

Key Findings:

- After experiencing its largest two-month increase in years over the previous two months, the price level in the Denver metro area rose by just 0.43% over June and July. Nationally, prices grew by 0.49% during that time.
- After increasing by just 0.8% between May of 2024 and May of 2025, the price of recreation in the Denver metro area rose by 2.77% during June and July of this year.
- Over the last 12 months, prices have increased by 2.06% in the Denver MSA and 2.7% nationally.
- Over the past 12 months, the price of energy in Denver has fallen by 7.7% while medical care costs have increased by 6.3%.
- Food-price growth in the Denver MSA has fallen below the national average. Over the last year, the price of food rose by 1.9% in the Denver metro and 2.9% across the country.
- The average Colorado household has spent \$50,911 more since 2020 because of inflation.ⁱⁱ

Inflation's Impact on What We Buy

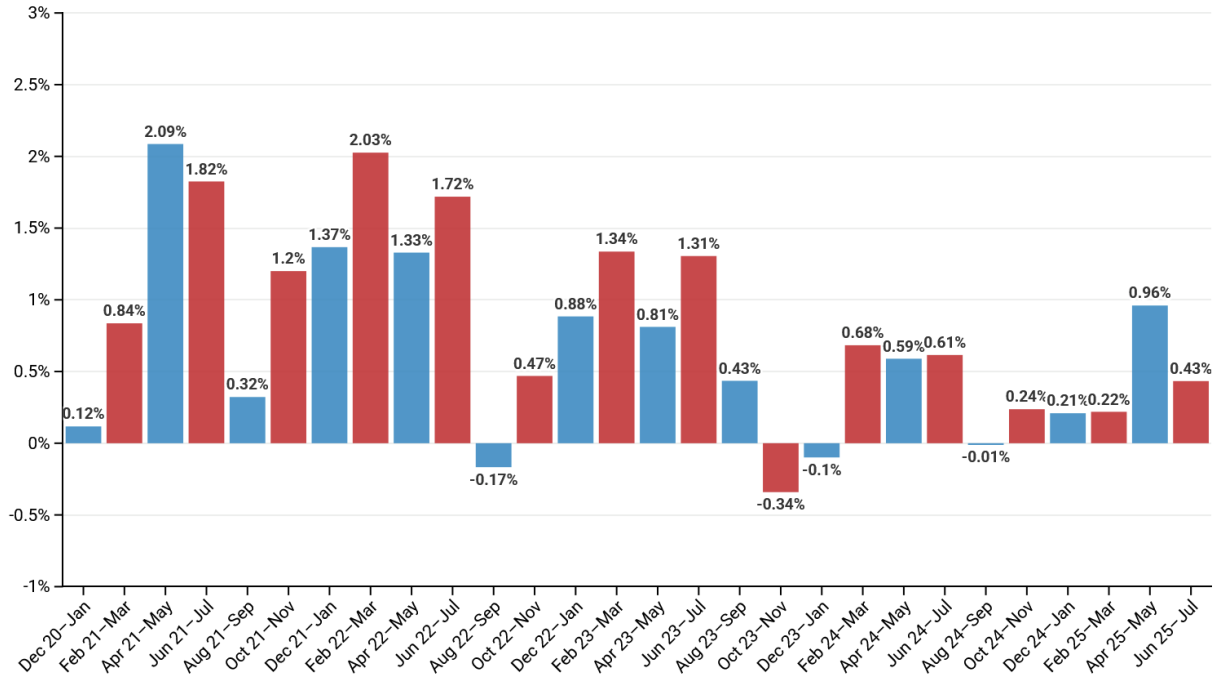
How much more has the average household spent since 2020 because of inflation?



Inflation in metro Denver over the last 12 months was 2.06%, while the national average was 2.7% (BLS CPI Survey).ⁱⁱⁱ

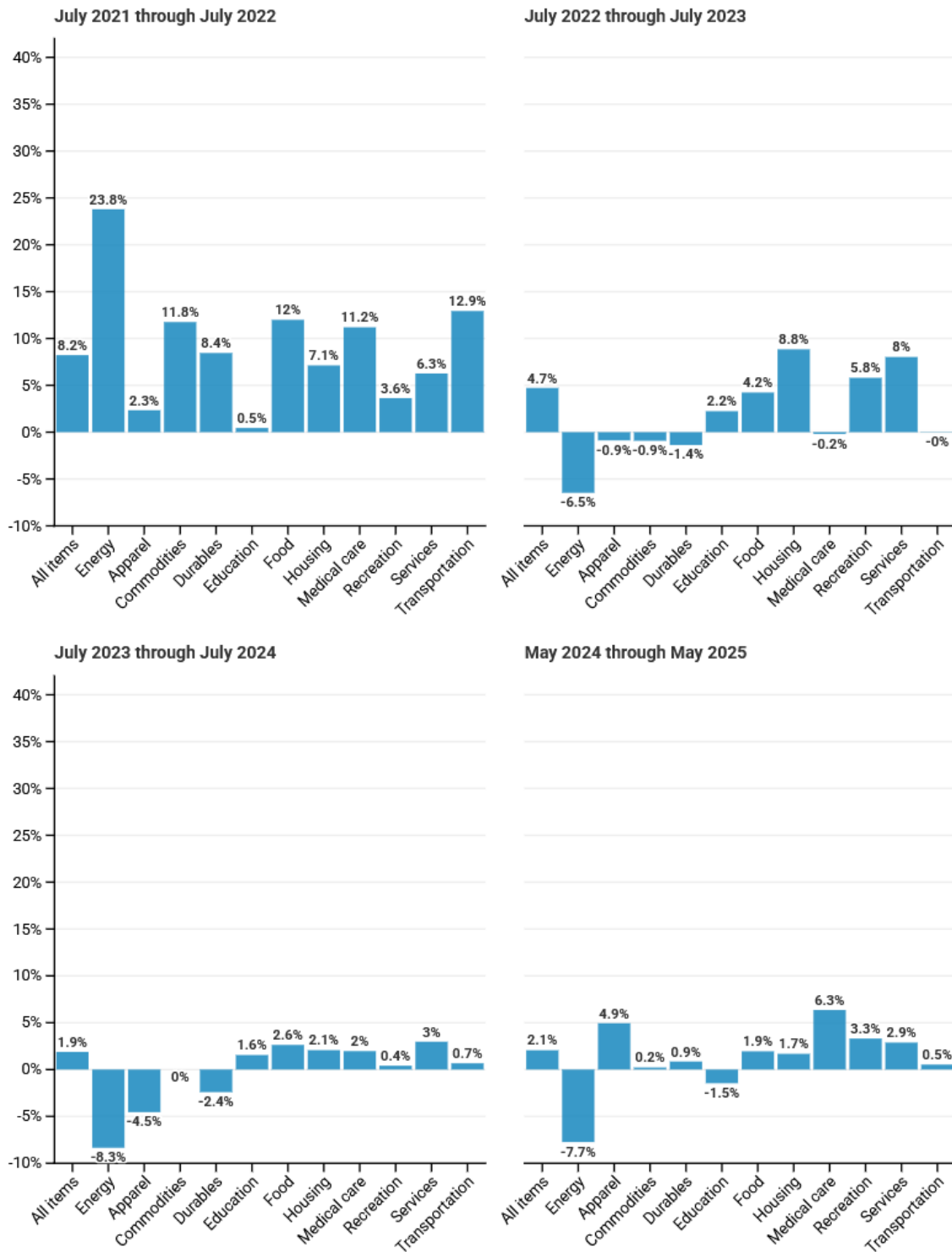
- Of the 23 urban consumer price indices tracked by the BLS, Denver–Aurora–Lakewood ranks 13th in total growth since the end of 2021.
- Food prices in the Denver MSA grew by 1.9% during the last 12 months, behind the national average of 2.9%.
- The price of medical care grew by the most of any consumer good, rising 6.3% over the last 12 months in Denver.

Bi-monthly Inflation in Metro Denver since January 2021



Price Changes in Metro Denver over the Previous Year

Source: BLS CPI-U Data



The BLS stopped recording fuels and utilities inflation in the Denver MSA, so these graphs no longer show that series.

ⁱ [J.P.Morgan brings forward Fed rate cut forecast to September | Reuters](#)

ⁱⁱ Impacts on household spending are generated by distributing the consumer expenditure estimates from https://www.bls.gov/regions/mountain-plains/news-release/consumerexpenditures_denver.htm across individual months, weighting them according to their corresponding CPI levels, and adjusting them according to the latter's growth history.

ⁱⁱⁱ <https://www.bls.gov/cpi/>