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History Of Automatic Cost-Of-Living Adjustments

Automatic benefit increases, also known as cost-of-living adjustments or COLAs, have been in effect since 1975.

The 1975-82 COLAs were effective with Social Security benefits payable for June (received by beneficiaries in July) in each of those years. After 1982, COLAs have been effective with benefits payable for December (received by beneficiaries in January).

COLAs received in 1975-2012 are shown below.

Automatic Cost-Of-Living Adjustments

| | |
|----------------------|-------------------------------------|
| July 1975 -- 8.0% | January 1995 -- 2.8% |
| July 1976 -- 6.4% | January 1996 -- 2.6% |
| July 1977 -- 5.9% | January 1997 -- 2.9% |
| July 1978 -- 6.5% | January 1998 -- 2.1% |
| July 1979 -- 9.9% | January 1999 -- 1.3% |
| July 1980 -- 14.3% | January 2000 -- 2.5% ⁽¹⁾ |
| July 1981 -- 11.2% | January 2001 -- 3.5% |
| July 1982 -- 7.4% | January 2002 -- 2.6% |
| January 1984 -- 3.5% | January 2003 -- 1.4% |
| January 1985 -- 3.5% | January 2004 -- 2.1% |
| January 1986 -- 3.1% | January 2005 -- 2.7% |
| January 1987 -- 1.3% | January 2006 -- 4.1% |
| January 1988 -- 4.2% | January 2007 -- 3.3% |
| January 1989 -- 4.0% | January 2008 -- 2.3% |
| January 1990 -- 4.7% | January 2009 -- 5.8% |
| January 1991 -- 5.4% | January 2010 -- 0.0% |
| January 1992 -- 3.7% | January 2011 -- 0.0% |
| January 1993 -- 3.0% | January 2012 -- 3.6% |
| January 1994 -- 2.6% | January 2013 -- 1.7% |

⁽¹⁾ The COLA for December 1999 was originally determined as 2.4 percent based on CPIs published by the Bureau of Labor Statistics. Pursuant to Public Law 106-554, however, this COLA is effectively now 2.5 percent.

Related Information

[COLA, tax, benefit and earning amounts for 2013](#)

[The Story of COLAs](#)

[Actuarial resources](#)

[Press Release: Social Security Announces 1.7 Percent Increase For 2013](#)

[Effect of COLA on Social Security Benefits](#)

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Cost-Of-Living Adjustment



Social Security and Supplemental Security Income (SSI) benefits are adjusted to reflect the increase, if any, in the cost of living as measured by the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) prepared by the Bureau of Labor Statistics (BLS). The purpose of the cost-of-living adjustment (COLA) is to ensure that the purchasing power of Social Security and SSI benefits is not eroded by inflation.

For purposes of determining the COLA, the average CPI-W for the third calendar quarter of the last year a COLA was determined is compared to the average CPI-W for the third calendar quarter of the current year. The resulting percentage increase, if any, represents the percentage that will be used to increase Social Security benefits beginning for December of the current year. SSI benefits increase by the same percentage the following month (January). If the increase in the CPI-W is at least one-tenth of one percent (0.1 percent), there will be a COLA. However, if the CPI-W increases by less than 0.05 percent, or if the CPI-W decreases, there will not be a COLA.

History

Congress enacted the COLA provision as part of the 1972 Social Security Amendments. Prior to enactment, increases in Social Security benefits had to be enacted by Congress on an ad hoc basis. At that time, inflation was relatively high, so the provision enacted in 1972 provided for an automatic COLA only if the increase in the CPI-W was at least 3 percent, the so-called "3-percent trigger."

By the mid-1980s, as inflation began to wane, it became apparent that because of the 3-percent trigger, it could be possible that there would not be an annual COLA. In 1986, Congress enacted legislation to eliminate the 3-percent trigger.

Other Automatic Increases

There are a number of other automatic increases in the Social Security program. Two of these increases are based upon increases in the national average wage index, but are triggered only if there is a COLA for Social Security benefits. These increases are:

- The contribution and benefit base—the cap on the amount of wages and self-employment income subject to Social Security payroll tax; and
- Retirement earnings test exempt amounts—caps on the amount of earnings that a beneficiary can earn before a reduction in benefits will apply.

Effect on Medicare Part B Premium

Unlike the Social Security COLA, the CPI-W plays no part in the computation of the Medicare Part B premium. The Medicare Part B premium changes each year, if necessary, so that the Part B premium is sufficient to fund approximately 25 percent of the projected cost of the Part B program. Any such premium change is effective in January.

Information about Medicare changes for 2013 will be available at www.medicare.gov.

Contacting Social Security

For more information and to find copies of our publications, visit our website at www.socialsecurity.gov or call toll-free, **1-800-772-1213** (for the deaf or hard of hearing, call our TTY number, **1-800-325-0778**). We treat all calls confidentially. We can answer specific questions from 7 a.m. until 7 p.m., Monday through Friday. We can provide information by automated phone service 24 hours a day.

We also want to make sure you receive accurate and courteous service. That is why we have a second Social Security representative monitor some telephone calls.

