



Cost-of-Living Adjustments vs. CPI-U for Retired North Carolina Teachers and State Employees

Fiscal Year Beginning	Cost of Living Adjustment COLA	Cumulative National CPI-U *	Retiree Formula	State Retirement Contribution	Employee Retirement Contribution
2009	0%	2.7%	1.82%	3.57%	6.0%
2010	0%	1.5%	1.82%	3.75%	6.0%
2011	0%	3.0%	1.82%	7.44%	6.0%
2012	1%	1.7%	1.82%	8.33%	6.0%
2013	0%	1.5%	1.82%	8.69%	6.0%
2014	1%	0.8%	1.82%	8.15%	6.0%
2015	0%	0.7%	1.82%	9.15%	6.0%
2016	0%**	2.1%	1.82%	9.98%	6.0%
2017	1%	2.1%	1.82%	10.78 %	6.0%
2018	0%**	1.9%	1.82%	12.28%	6.0%
TOTAL	3% permanent	18%			

(Using Dec to Dec numbers for the CPI)

<https://www.usinflationcalculator.com/inflation/consumer-price-index-and-annual-percent-changes-from-1913-to-2008/>

**Retirees received two one- time supplements (not a permanent COLA). The first was in 2016 (1.6%) and the second in 2018 (1%). This was equal to the percentage of their annual pension payment and made in one lump sum payment in the October pension check.

Over the past 10 years retirees received:

3% in permanent COLAs and 2.6% in two separate one-time bonuses.

Over the past 10 years the cost of living has gone up 18%.

Due to a lack of annual COLAs, retirees' buying power has decreased by 15%.