

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

## Social Security Administration Cost-of-Living Adjustment (COLA) History

### Automatic Cost-Of-Living Adjustments received since 1975

July 1975 -- 8.0%	January 2001 -- 3.5%
July 1976 -- 6.4%	January 2002 -- 2.6%
July 1977 -- 5.9%	January 2003 -- 1.4%
July 1978 -- 6.5%	January 2004 -- 2.1%
July 1979 -- 9.9%	January 2005 -- 2.7%
July 1980 -- 14.3%	January 2006 -- 4.1%
July 1981 -- 11.2%	January 2007 -- 3.3%
July 1982 -- 7.4%	January 2008 -- 2.3%
January 1984 -- 3.5%	January 2009 -- 5.8%
January 1985 -- 3.5%	January 2010 -- 0.0%
January 1986 -- 3.1%	January 2011 -- 0.0%
January 1987 -- 1.3%	January 2012 -- 3.6%
January 1988 -- 4.2%	January 2013 -- 1.7%
January 1989 -- 4.0%	January 2014 -- 1.5%
January 1990 -- 4.7%	January 2015 -- 1.7%
January 1991 -- 5.4%	January 2016 -- 0.0%
January 1992 -- 3.7%	January 2017 -- 0.3%
January 1993 -- 3.0%	January 2018 -- 2.0%
January 1994 -- 2.6%	January 2019 -- 2.8%
January 1995 -- 2.8%	January 2020 -- 1.6%
January 1996 -- 2.6%	January 2021 -- 1.3%
January 1997 -- 2.9%	January 2022 -- 5.9%
January 1998 -- 2.1%	January 2023 -- 8.7%
January 1999 -- 1.3%	January 2024 -- 3.2%
January 2000 -- 2.5% <sup>(1)</sup>	

<sup>(1)</sup> 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.