REGION	Metro Area	Cost of Doing Business Index (US = 100)	Cost of Living Index (US = 100)
Capital			
	Albany	110	93
	Glens Falls	108	91
Central			
	Syracuse	108	85
Finger Lakes			
	Rochester	95	84
Long Island			
	Nassau-Suffolk	108	136
Mohawk Valley			
	Utica-Rome	117	85
New York City			
	New York City	139	113
Southern Tier			
	Binghamton	101	82
	Elmira	101	81
Western NY			
	Buffalo-Niagara Falls	105	82

Source: Economy.Com