Chart of the Week #2026-38
U.S. Household Gasoline Cost Increase by State and Income, March to August 2026

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Washington, DC

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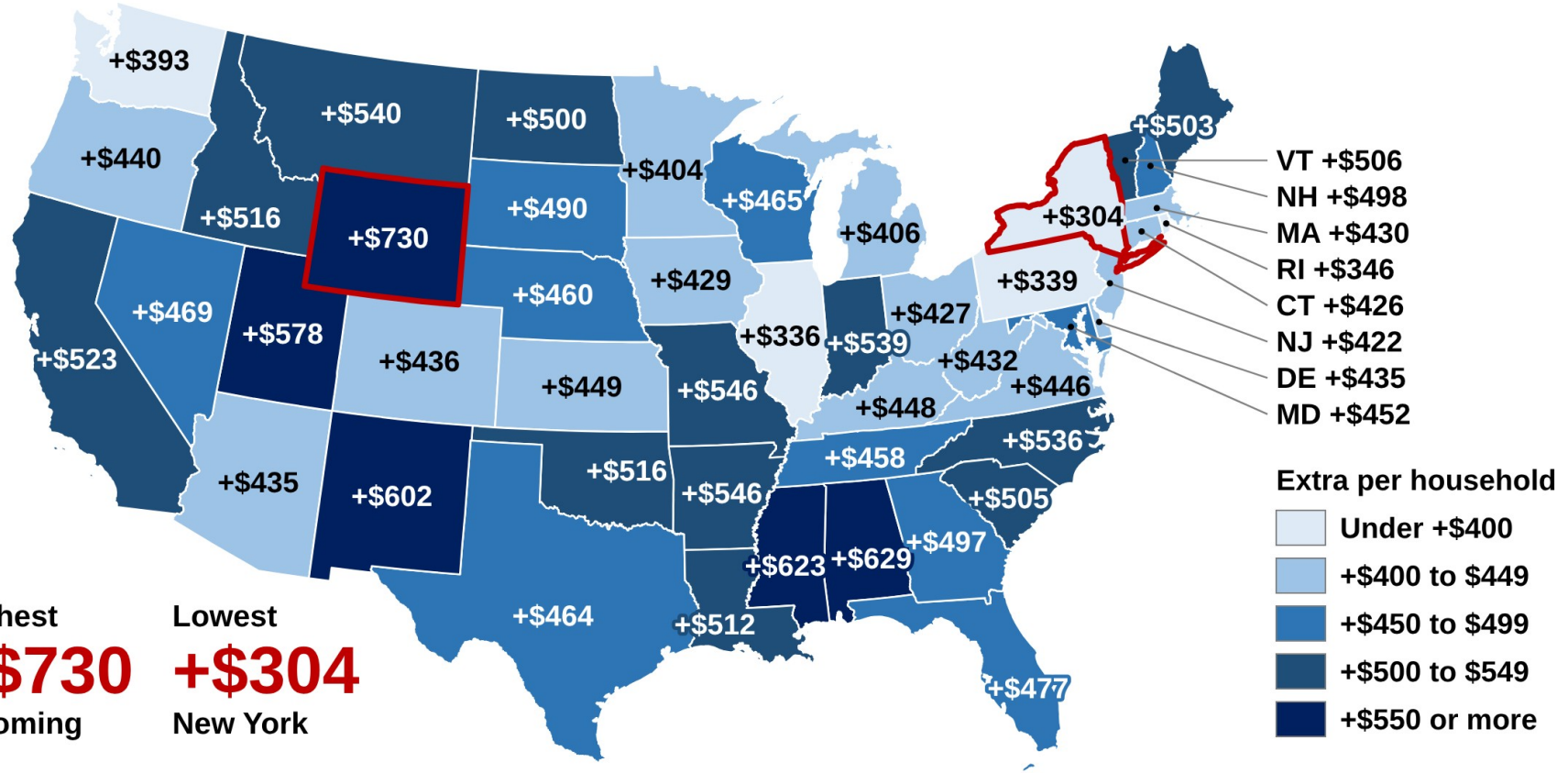
Higher gasoline prices cost households an extra $300 to $730 from March to August

Additional gasoline spending per household, March to August 2026 vs. same months of 2025



Highest
+$730
Wyoming

Lowest
+$304
New York

Source: FHWA, EIA, and Census.gov data; EPRINC calculations

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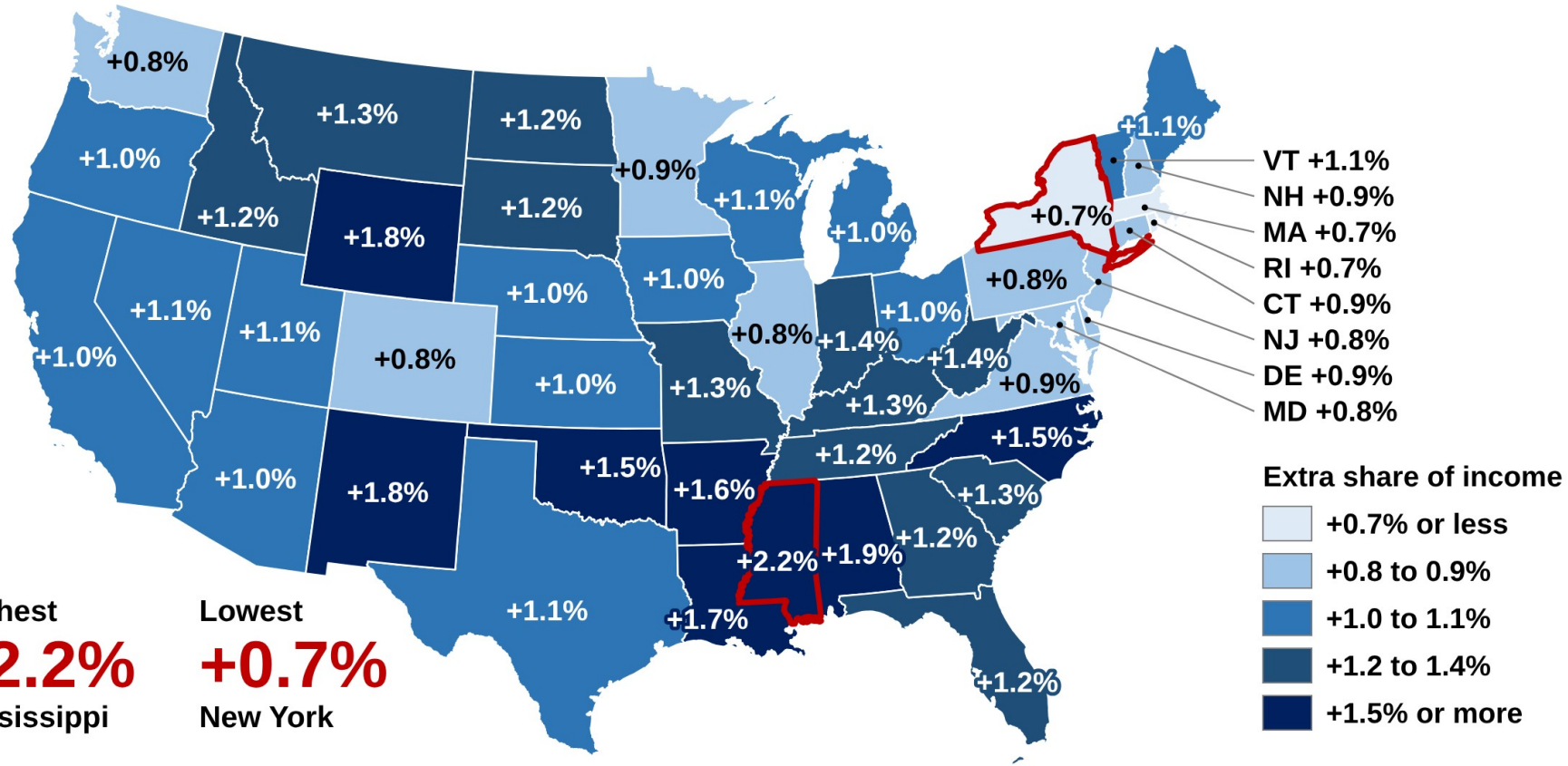
Extra gasoline spending took 2.2% of income in Mississippi, three times New York's share

Additional gasoline spending as a share of median household income, March to August 2026



Highest
+2.2%
Mississippi

Lowest
+0.7%
New York

Source: FHWA, EIA, and Census.gov data; EPRINC calculations

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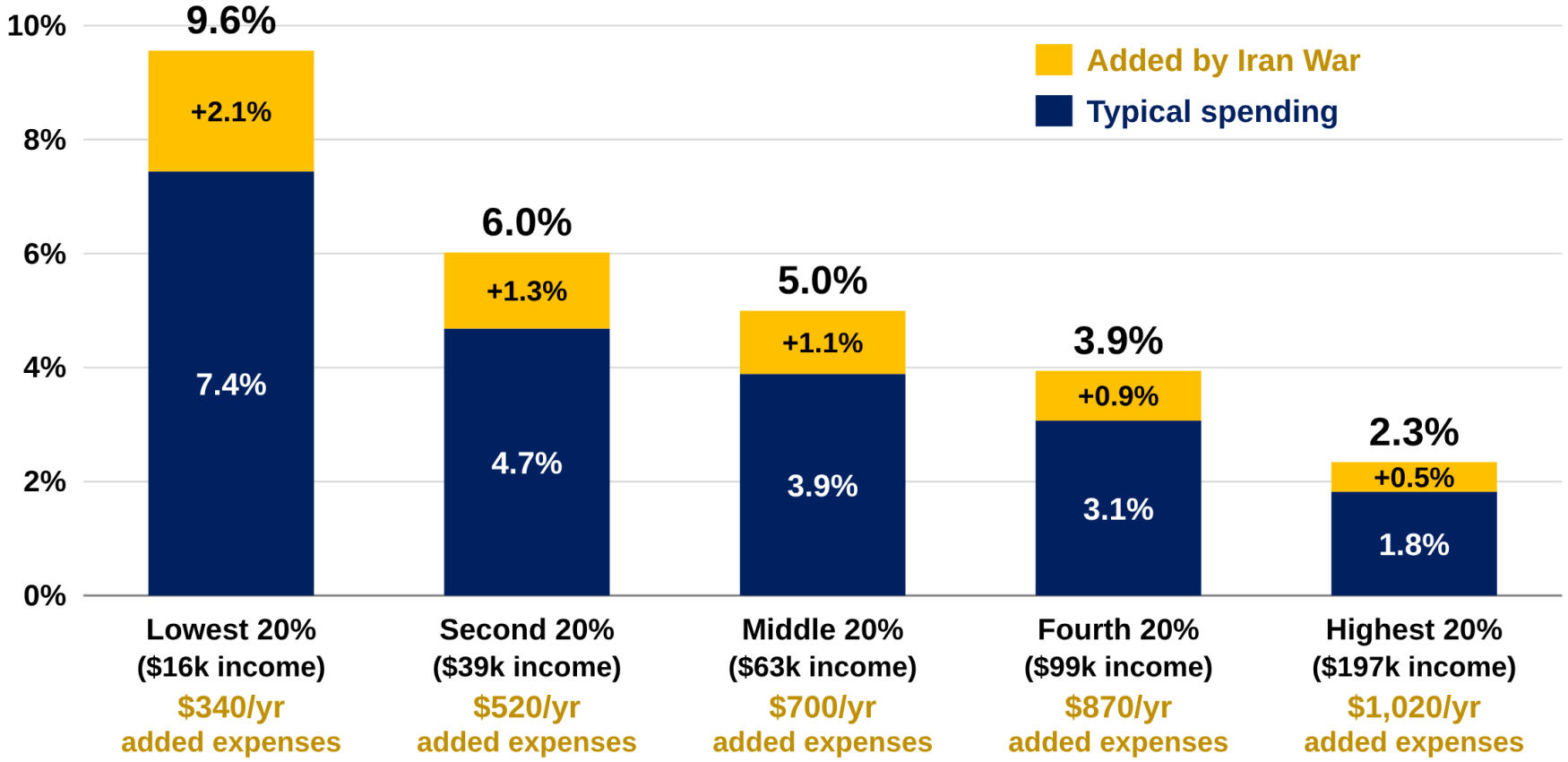
Iran War: the lowest earners lost an extra 2.1% of income to gasoline, the highest 0.5%

Share of after-tax income spent on gasoline: typical level plus the Iran War increase



Source: BLS Consumer Expenditure Survey (2022); EPRINC calculations

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Key Takeaways

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- **Since the start of the Iran War, U.S. regular gasoline rose from $2.91 per gallon (February) to $4.06 (August), almost 40%**
- **From March to August, households paid between $304 (New York) and $730 (Wyoming) more for gasoline than a year earlier**
- **California ($523) and Texas ($464) fall in between; California cut driving 4.7%, Texas only 2.1%**
- **Against median income, the added cost was 2.2% in Mississippi, three times New York's 0.7%**
- **Nationally, the lowest-income fifth lost an extra 2.1% of income ($340/year); the highest fifth, 0.5% ($1,020/year)**

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Methodology

- **Household gasoline use: 2025 state vehicle miles traveled (FHWA) ÷ 24 mpg × 90% household share**
- **Multiplied by the year-on-year change in state retail regular gasoline prices (EIA), summed March to August 2026, divided by households (Census)**
- **Figure 2: divided by six months of state median household income (Census, 2024 to 2025 average)**
- **Figure 3: BLS Consumer Expenditure Survey (2022), scaled by the 28.5% rise in household gasoline spending; dollar figures are annual**
- **Alaska, Hawaii, and DC excluded; FHWA state data available through August**

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