

# Average US Salary by State

By [Jacqueline DeMarco](#). January 28, 2025 · 6 minute read

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hand with the cost of living.

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## Key Points

- The average salary in the US varies depending on factors like occupation, location, and experience.
- Recent data indicate an average household income of \$66,622 in the U.S.
- The cost of living and regional differences can impact salary levels across the country.
- High-paying states are typically on the East and West coasts, while pay tends to be lower in the South.
- It's important to research salary ranges for specific occupations and locations when considering job opportunities.

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level, and current demand for that job all contribute to how much a worker earns per year.

 **Quick Tip:** Online tools make [tracking your spending](#) a breeze: You can easily set up budgets, then get instant updates on your progress, spot upcoming bills, analyze your spending habits, and more.

## Average Salary vs Median Salary: What's the Difference?

The Bureau of Labor Statistics (BLS) provides data on median pay. As of Q4 2024, the median weekly earnings of full-time workers was \$1,192, or \$61,984 per year. The median is the midpoint in the data set, with 50% of incomes falling above that figure, and 50% below.

Why are the average and median income figures different? With averages, unusually high or low numbers can skew the results. For instance, [multi-millionaires or billionaires](#) might drive the average higher than what the typical worker actually makes. The median is less affected by outliers.

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# US Average and Median Salary by State in 2025

The following chart shows both the average and median income (in single income households) in each state, according to data from Forbes and the U.S. Census Bureau.

State	Average	Median
Alabama	\$53,394	\$59,605

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Colorado	\$71,908	\$77,331
Connecticut	\$73,736	\$81,285
Delaware	\$65,998	\$75,674
Florida	\$60,216	\$62,973
Georgia	\$61,256	\$62,468
Hawaii	\$65,042	\$78,745
Idaho	\$55,640	\$68,781
Illinois	\$67,122	\$66,950
Indiana	\$56,410	\$60,351
Iowa	\$56,410	\$61,283
Kansas	\$56,264	\$64,518
Kentucky	\$54,018	\$57,509
Louisiana	\$53,435	\$53,821
Maine	\$60,008	\$66,369
Maryland	\$73,632	\$81,293

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Mississippi	\$47,507	\$51,554
Missouri	\$57,574	\$59,605
Montana	\$55,910	\$65,242
Nebraska	\$58,074	\$63,813
Nevada	\$58,906	\$64,412
New Hampshire	\$66,102	\$84,017
New Jersey	\$73,986	\$83,102
New Mexico	\$57,512	\$56,766
New York	\$78,624	\$69,135
North Carolina	\$59,717	\$61,811
North Dakota	\$59,051	\$66,813
Ohio	\$59,883	\$61,617
Oklahoma	\$53,456	\$55,362
Oregon	\$66,706	\$70,266
Pennsylvania	\$61,922	\$66,923

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Tennessee	\$50,035	\$59,052
Texas	\$61,235	\$61,460
Utah	\$61,069	\$78,917
Vermont	\$62,774	\$65,712
Virginia	\$70,054	\$75,756
Washington	\$78,125	\$86,558
West Virginia	\$52,208	\$57,979
Wisconsin	\$59,509	\$66,106
Wyoming	\$57,928	\$61,866

**Recommended:** [Salary to Hourly Calculator](#)

## Why Do States Have Different Average Salaries?

The chart shows that the average salary in some states is quite different from the average salary nationwide. That's partly because the [cost of living](#), which affects how much a company pays its employees, varies significantly by state.

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## Which Regions Pay the Most?

Salaries tend to be higher in some areas of the country. Cities on the West Coast and in the Northeast have some of the highest average salaries:

- Massachusetts
- New York
- Washington
- California
- New Jersey
- Connecticut
- Maryland

Remember, while these states have higher incomes, they may also have a much higher cost of living and higher [housing prices](#).

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- Kentucky
- Louisiana
- Alabama
- Arkansas
- West Virginia
- Mississippi

To determine what your personal cost of living is, try tracking your expenses with a [free budget app](#) for a few months.

***Recommended: [Biweekly Money-Saving Challenge](#)***

## Should You Move to Make More Money?

It's important to remember that just because a state has a higher average salary, that doesn't mean it's more profitable for workers to live there. Higher salaries tend to correlate with a higher cost of living.

Before making a major move, first try [living below your means](#). One reason that people who make more money still have trouble paying their bills is the phenomenon of lifestyle creep. This is when your so-called needs expand to consume your current salary.

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reviewing your budget a few times a year and making any adjustments as needed.

## The Takeaway

The average annual average salary in the U.S. is \$66,622. The median annual salary, which is often less skewed by outlying numbers, is \$61,984. It's worth noting that average and median salaries vary quite a bit by state. States in the Northeast and on the West Coast tend to pay higher salaries, while those in the South often pay less. What's stopping people from moving to a higher paying state? Often, it's housing prices, which rise along with the cost of living in "richer" states.

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## FAQ

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17% make between \$100,000 and \$149,000, and 15.7% earn in the \$50,000 to \$74,999 range.

## Which U.S. state has the highest salary?

Massachusetts is the state with the highest annual income of \$76,600. This salary is significantly more than the national average salary of \$63,795.

### About the author



#### Jacqueline DeMarco

Jacqueline DeMarco is a freelance writer who specializes in financial topics. Her first job out of college was in the financial industry, and it was there she gained a passion for helping others understand tricky financial topics. [Read full bio.](#)

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