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## Automatic SS COLA Adjustments received since 1975

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By Editorial Staff    *Thu, Oct 19, 2017*

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### Automatic SS COLA Adjustments received since 1975

Date	% Change	Date	% Change
July 1975	8.0	Jan 1998	2.1
July 1976	6.4	Jan 1999	1.3
July 1977	5.9	Jan 2000	2.5
July 1978	6.5	Jan 2001	3.5
July 1979	9.9	Jan 2002	2.6
July 1980	14.3	Jan 2003	1.4
July 1981	11.2	Jan 2004	2.1
July 1982	7.4	Jan 2005	2.7
Jan 1984	3.5	Jan 2006	4.1
Jan 1985	3.5	Jan 2007	3.3
Jan 1986	3.1	Jan 2008	2.3
Jan 1987	1.3	Jan 2009	5.8
Jan 1988	4.2	Jan 2010	0.0
Jan 1989	4.0	Jan 2011	0.0
Jan 1990	4.7	Jan 2012	3.6
Jan 1991	5.4	Jan 2013	1.7
Jan 1992	3.7	Jan 2014	1.5
Jan 1993	3.0	Jan 2015	1.7
Jan 1994	2.6	Jan 2016	0.0
Jan 1995	2.8	Jan 2017	0.3
Jan 1996	2.6	Jan 2018	2.0
Jan 1997	2.9		

Source: Social Security Administration.