

New York

The Empire State



Cold Winters, Warm Summers, Four Distinct Seasons
Temperature ranges from -10 to 95 Fahrenheit degrees

Snapshot

New York State is one of the most populous and economically powerful states in the United States. Located in the northeastern region of the country, Albany is its capital city. The state is best known for New York City, a global center for finance, culture, media, and innovation.

Metropolitans

New York City – Buffalo
– Rochester – Capital
District – Syracuse

Population

Over 20 million residents,
ranked #4 nationwide

Demographics

White ~54% – Hispanic or Latino
~20% – African American ~17% –
Asian ~10% – Others ~3%

Economic Indicators

Gross State Product	\$2.3 Trillion (2024)
Major industries	Finance, healthcare, education, technology, and tourism.
Job sectors with highest growth and pay	Tech and healthcare are among the fastest-growing and well-paid sectors in NY. Finance and business services remain among the highest-paying traditional industries, especially in and around NYC.
State Taxes	PIT from 4% to 10.9%. Base state sales tax rate is 4%, combined average sale tax 8.52%.
Median house value	\$403,000
Wage/Income	Average annual pay (\$95,082), Per Capita Income (\$85,552)
Minimum wages	\$17 (New York City); \$16 (Rest of State)
Cost of living	\$4,400 to \$6,500/month in New York City, \$2,250 to 3,530 upstate
Child Care Annual Cost (Center-based)	Infant \$20,459, Toddler \$17,476

Top Colleges and Universities



Photo by Keira Burton: <https://www.pexels.com/photo/happy-diverse-students-with-textbooks-smiling-near-university-6147166/>

Cornell University - Columbia University - New York University - Rensselaer Polytechnic Institute - SUNY Stony Brook.

On average, it costs \$6,400 for in-state tuition and \$13,200 for out-of-state tuition at public institutions, \$26,800 for private not-for-profits, and \$19,500 for private for-profit institutions.

State Health Coverage for Low-Income

Medicaid	Very low-income adults & families
Child Health Plus (CHP)	Children <19 and not qualified for Medicaid
Essential Plan	Low-income adults who don't qualify for Medicaid
Qualified Health Plan	Low/moderate income adults above other program limits
Emergency Medicaid	Emergency care for anyone regardless of status

Other things to know about New York

Culturally and demographically diverse, New York has long been a safe harbor for immigrants. In New York City, under the "Right to Shelter", individuals and families experiencing homelessness, including immigrants, can request shelter and basic care at designated intake centers. The Dignity for Immigrants Act (S1359) prohibits state and local law enforcement from detaining people solely because they violated federal immigration laws.

Places to visit

Statue of Liberty - Niagara Falls - Finger Lakes

The mountainous region of Adirondacks.