

# Mortgage News Daily - Rate Index

Frequency: Daily | Data Source: Mortgage News Daily

The MND Rate Index is the best way to follow day-to-day movement in mortgage rates. Our index is driven by real-time changes in actual lender rate sheets. This has two huge advantages, timeliness and accuracy. [Read more below](#)

Average Rates	Current	Change				52 Week Range	
		1 day	1 week	1 month	1 year	Low	High
30 Yr. Fixed	6.15%	+0.04% ↑	+0.04% ↑	-0.41% ↓	-1.13% ↓	6.11%	8.03%
15 Yr. Fixed	5.65%	+0.02% ↑	+0.03% ↑	-0.49% ↓	-0.98% ↓	5.62%	7.35%
30 Yr. FHA	5.70%	+0.05% ↑	+0.05% ↑	-0.40% ↓	-1.04% ↓	5.65%	7.44%
30 Yr. Jumbo	6.40%	+0.02% ↑	+0.03% ↑	-0.33% ↓	-0.94% ↓	6.37%	8.09%
7/6 SOFR ARM	6.15%	+0.03% ↑	+0.02% ↑	-0.23% ↓	-0.93% ↓	5.95%	7.55%
30 Yr. VA	5.72%	+0.06% ↑	+0.05% ↑	-0.40% ↓	-1.03% ↓	5.66%	7.46%

Last Updated: 9/18/24

# Mortgage Rates Update Tutorial

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