Percent Increase/Decrease

$$\text{Percent Increase} = \frac{[\text{new value}] - [\text{old value}]}{[\text{old value}]}$$

$$\text{Percent Decrease} = \frac{[\text{new value}] - [\text{old value}]}{[\text{old value}]}$$

*note same formula for both, if positive → increase, if negative → decrease.