Percent Increase/Decrease

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

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

^{*}note same formula for both, if positive \rightarrow increase, if negative \rightarrow decrease.