

ALICE IN THE NATIONAL CAPITAL AREA



2022 Point-in-Time Data

Population: 5,353,492 • **Number of Households:** 2,051,380 (7% change from 2021)

Median Household Income: \$117,432 (National Average: \$74,755)

Labor Force Participation Rate: 83% (National Average: 62%)

ALICE Households: 26% (National Average: 29%) • **Households in Poverty:** 8% (National Average: 13%)

Financial Hardship Changes Over Time

ALICE is an acronym for Asset Limited, Income Constrained, Employed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Households below the ALICE Threshold – ALICE households plus those in poverty – can't afford the essentials.

In 2022, financial hardship in the National Capital Area continued to be shaped by the conflicting economic forces of the pandemic and remained substantially undercounted by official measures.

These powerful crosscurrents – COVID-19, inflation, wage growth, and the expansion and expiration of pandemic public assistance – impacted how many households in the National Capital Area were below the ALICE Threshold of Financial Survival.

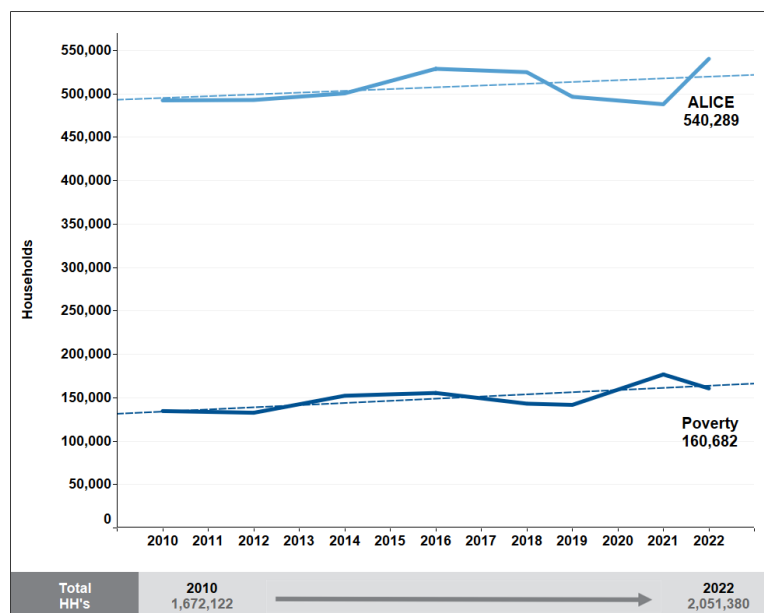
Between 2021 and 2022, the number of households in poverty in the National Capital Area decreased by 16,062 (up to 8% of all households). Yet the number of ALICE households increased by 52,322 (up to 26% of all households). In 2022, of the 2,051,380 households in the National Capital Area, 700,971 – 34% – were below the ALICE Threshold.

With the latest data from the [American Community Survey \(2022\)](#), the [U.S. Census Bureau's Household Pulse Survey \(2023\)](#), and the [Federal Reserve Board's Survey of Household Economics and Decision-making \(SHED\)\(2022\)](#), this report highlights the conflicting forces that continue to present opportunities for, and barriers to, financial stability in the National Capital Area.

**Wage working full-time required to support this budget.
Source: ALICE Reports 2024*

Sources: ALICE Threshold, 2010-2022; American Community Survey, 2010-2022

Households by Income, National Capital Area, 2010-2022



Average Household Survival Budget, National Capital Area, 2022

	SINGLE ADULT	2 ADULTS, 1 INFANT, 1 PRESCHOOLER
Housing - Rent	\$1,766.33	\$1,940.13
Housing - Utilities	\$163.00	\$310.00
Child Care	\$0.00	\$2,345.53
Food	\$540.33	\$1,472.00
Transportation	\$273.80	\$666.13
Health Care	\$191.00	\$754.67
Technology	\$86.00	\$116.00
Miscellaneous	\$301.93	\$761.27
Tax Payments	\$670.53	\$1,811.07
Tax Credits	\$0.00	(\$441.33)
Monthly Total	\$3,992.92	\$9,735.47
ANNUAL TOTAL	\$47,915.04	\$116,825.64
Hourly Wage	\$23.96	\$58.41

The Cost of Basics Outpaces Wages

The Household Survival Budget reflects the minimum cost to live and work in the modern economy and includes housing, childcare, food, transportation, health care, a smartphone plan, and taxes. It does not include savings for emergencies or future goals like college or retirement. The Household Survival Budget is calculated at the county level and varies by household composition, as costs can vary greatly depending on location and household needs.

In 2022, household costs in the National Capital Area were well above the Federal Poverty Level of \$13,590 for a single adult and \$27,750 for a family of four.

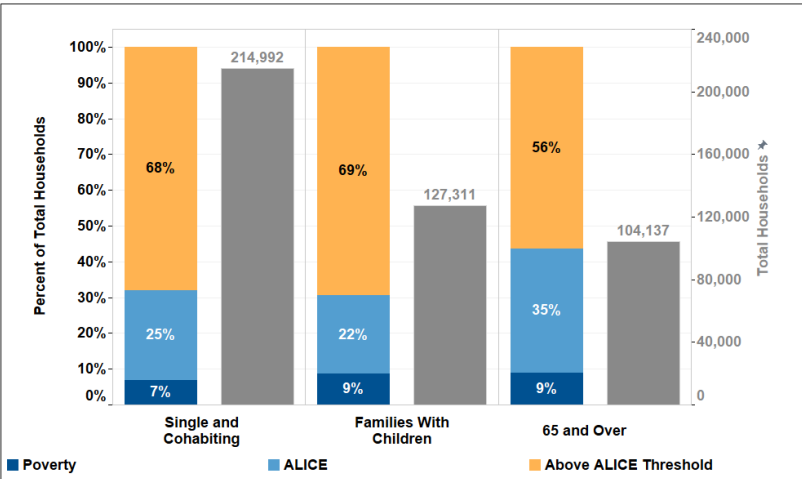
Financial Hardship is Not Evenly Distributed

Groups with the largest number of households below the ALICE Threshold tend to also be the largest demographic groups. However, when looking at the percentage of each group that is below the ALICE Threshold, some groups are more likely to be ALICE than others.

By addressing the disparities in financial hardship by county demographics, community members can move toward more equitable solutions.

Visit www.unitedwaynca.org to view more information about ALICE data.

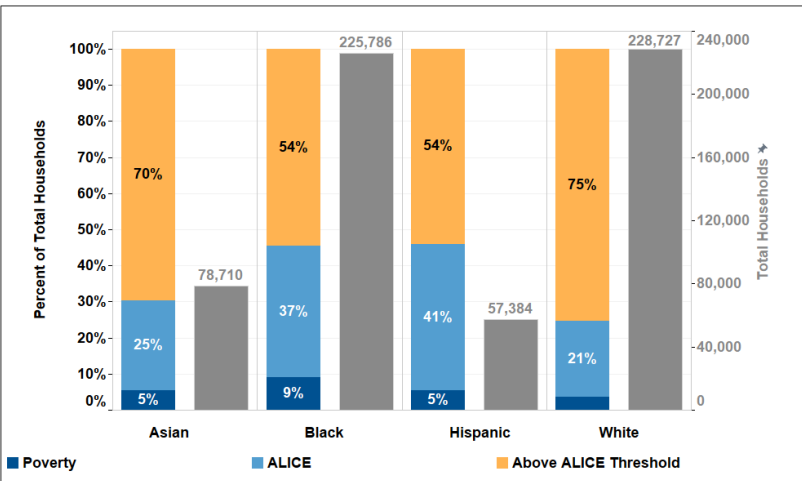
Household Financial Status by Age, National Capital Area, 2022



National Capital Area, 2022

	Total Households	% ALICE & Poverty
Alexandria City, VA	76,672	28%
Arlington County, VA	112,504	26%
Culpeper County, VA	18,188	35%
Fairfax City, VA	9,129	30%
Fairfax County, VA	415,855	29%
Falls Church City, VA	5,740	24%
Fauquier County, VA	26,011	34%
Loudoun County, VA	143,195	24%
Manassas City, VA	13,840	41%
Manassas Park City, VA	5,221	55%
Montgomery County, MD	391,297	37%
Prince George's County, MD	347,207	42%
Prince William County, VA	156,728	39%
Rappahannock County, VA	2,823	34%
Washington, DC	326,970	36%

Household Financial Status by Race/Ethnicity, National Capital Area, 2022



Note: All racial categories are for one race alone. Race and ethnicity are overlapping categories; the Asian and Black groups may include Hispanic households. The White group includes only White, non-Hispanic households. The Hispanic group may include households of any race.

Sources: ALICE Threshold, 2022; American Community Survey, 2022

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