

ALICE in the NATIONAL CAPITAL AREA



2024 Point-in-Time Data

Population: 5,739,215 • **Number of Households:** 2,211,876
Median Household Income: \$132,450 (National: \$83,730)
Labor Force Participation Rate: 73% (National: 63%)
ALICE Households: 24% (National Average: 29%) • **Households in Poverty:** 8.5% (National Average: 13%)

Trends in Financial Hardship

ALICE is an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed – 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.

Households move below or above the ALICE Threshold as economic factors and circumstances change. The line graph to the right shows the number of ALICE and poverty-level households (solid blue lines), as well as the trend over time (dotted gray lines). **By 2024, 718,709 households (32.5%) were below the ALICE Threshold in the National Capital Area (NCA).**

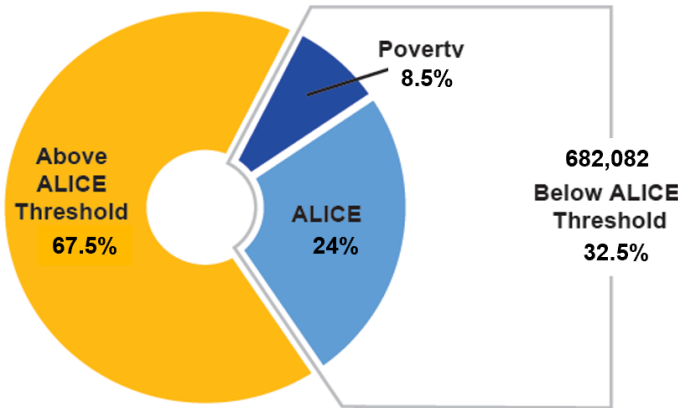
The Cost of Basics Outpaces Wages

The Household Survival Budget reflects the minimum cost to live and work in the current economy and includes housing, childcare, food, transportation, health care, technology, 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 by household composition, as costs can vary greatly depending on location and household needs.

In 2024, household costs in the National Capital Area were well above the Federal Poverty Level of **\$15,060 for a single adult** and **\$31,120 for a family of four**.

To see costs for different household compositions in Washington, DC and surrounding areas, visit UnitedForALICE.org/the-cost-of-basics

One-Third of Households in the National Capital Area Faced Financial Instability in 2024



Sources: ALICE Threshold, 2010-2024; US Census Bureau, American Community Survey, 2024

Household Survival Budget, National Capital Area, 2024		
	Single Adult	2 Adults, 1 Infant, 1 Preschooler
Monthly Costs		
Housing	\$1,972	\$2,293
Child Care	–	\$2,471
Food	\$557	\$1,510
Transportation	\$302	\$642
Health Care	\$198	\$729
Technology	\$108	\$142
Miscellaneous	\$314	\$779
Taxes	\$676	\$2,247
Monthly Total	\$4,126	\$9,904
ANNUAL TOTAL	\$49,515	\$118,851
Hourly Wage*	\$23.81	\$57.14

*Full-time wage required to support this budget

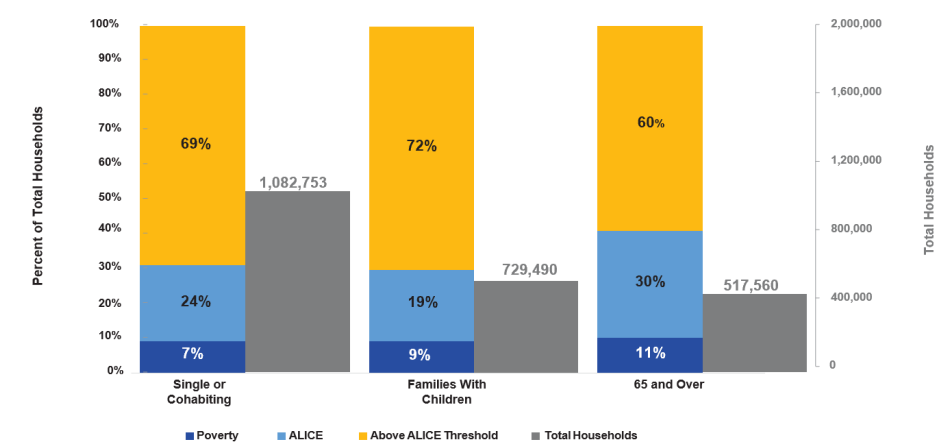
For ALICE Household Survival Budget sources, visit UnitedForALICE.org/Methodology

Financial Hardship is Not Evenly Distributed

The largest demographic groups in the county also tend to have the largest number of households below the ALICE Threshold. However, when looking at the percentage of each group that is below the Threshold, some groups face higher rates of hardship.

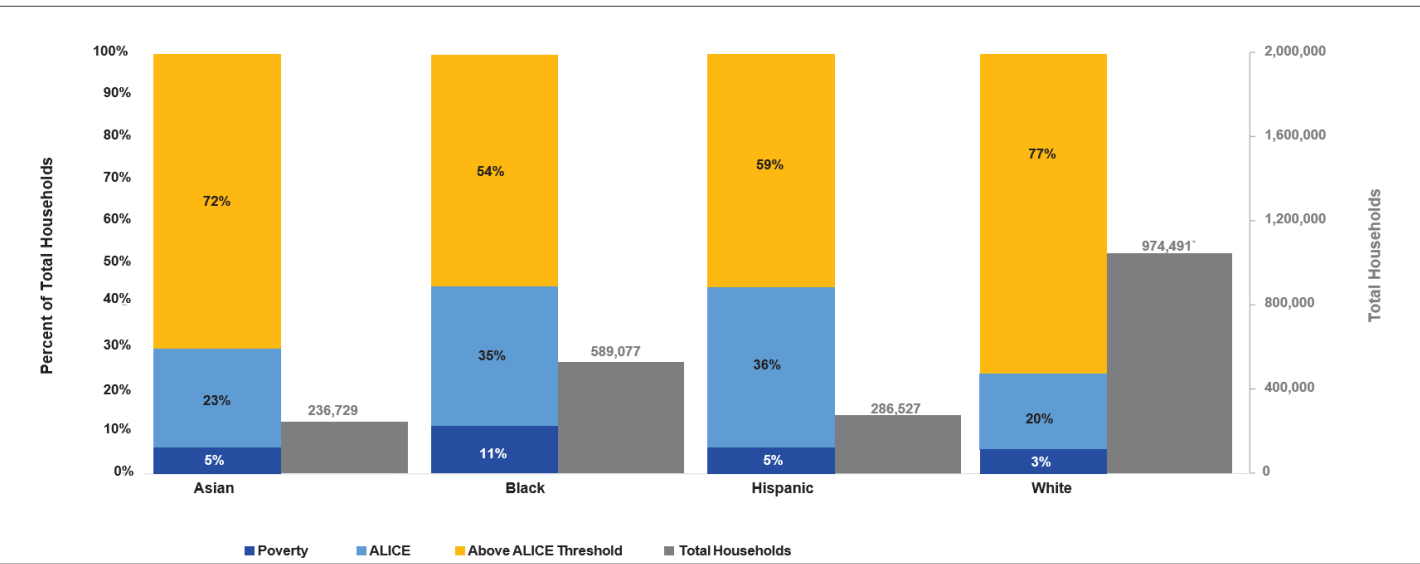
Explore more demographic data at UnitedForALICE.org/dc-metro and visit UnitedForALICE.org/Mapping-Tool to see ALICE data for all available geographies.

Household Financial Status by Household Type, National Capital Area, 2024



Note: Families with children include married-parent, single-female-headed, and single-male-headed households. Sources: ALICE Threshold, 2024; American Community Survey, 2024

Household Financial Status by Race/Ethnicity, Nation Capital, 2024



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

Sources: ALICE Threshold, 2024; American Community Survey, 2024

National Capital Area, 2024		
Jurisdiction	Total Households	% ALICE & Poverty
Alexandria City, VA	78,896	26%
Arlington County, VA	113,562	27%
Calvert County, MD	33,465	31%
Charles County, MD	61,685	32%
Culpeper County, VA	18,924	29%
District of Columbia	329,687	37%
Fairfax City, VA	9,155	33%
Fairfax County, VA	418,418	26%
Falls Church City, VA	6,273	25%
Fauquier County, VA	26,720	33%
Loudoun County, VA	146,170	24%
Manassas City, VA	14,203	36%
Manassas Park City, VA	5,198	46%
Montgomery County, MD	389,161	32%
Prince George's County, MD	353,909	43%
Prince William County, VA	161,034	34%
Rappahannock County, VA	2,985	37%
Saint Mary's County, MD	42,436	30%

Note: Municipal-level data on this page is 1- or 5-year averages for U.S. Census Bureau Places, which include Incorporated Places and Census Designated Places (CDPs). Counties and Places with populations over 65,000 are 1-year averages; otherwise, they are 5-year averages. Geographies with fewer than 100 households are not included. Therefore, totals will not match the county-level numbers.