



Washington Congressional Statistics, 2024

Old-Age (retirement), Survivors, and Disability Insurance (OASDI)—popularly referred to as Social Security—provides monthly benefits to an eligible worker and family members when the worker elects to start receiving retirement benefits or when the worker dies or becomes disabled. A worker’s lifetime covered earnings largely determine the amount of benefits received.

Table 1.
Number of OASDI beneficiaries in current-payment status and total monthly benefits, December 2024

| Congressional district | Number of beneficiaries | | | | | | Total monthly benefits (thousands of dollars) | | | Number of beneficiaries aged 65 or older |
|------------------------|-------------------------|--------------------|---------------------|---------------------------|----------------------|-----------------------|--|--------------------|---------------------------|--|
| | Total | Retired workers | Disabled workers | Widow(er)s and parents | Spouses ^a | Children ^b | All beneficiaries | Retired workers | Widow(er)s and parents | |
| Washington | 1,485,645 | 1,173,685 | 135,156 | 69,716 | 39,582 | 67,506 | 2,923,511 | 2,464,006 | 134,969 | 1,240,685 |
| 1 | 109,033 | 88,364 | 7,571 | 5,307 | 3,425 | 4,366 | 232,405 | 199,528 | 11,022 | 94,339 |
| 2 | 176,180 | 143,151 | 13,501 | 8,050 | 4,985 | 6,493 | 351,446 | 302,197 | 15,864 | 151,643 |
| 3 | 176,371 | 136,526 | 17,929 | 8,861 | 4,714 | 8,341 | 339,731 | 280,514 | 16,991 | 144,455 |
| 4 | 148,359 | 113,518 | 16,135 | 7,063 | 3,691 | 7,952 | 270,084 | 221,997 | 12,820 | 119,199 |
| 5 | 177,733 | 135,090 | 20,371 | 8,444 | 4,322 | 9,506 | 327,070 | 267,807 | 15,666 | 142,592 |
| 6 | 197,104 | 158,471 | 16,837 | 9,185 | 4,925 | 7,686 | 382,243 | 325,069 | 17,460 | 166,598 |
| 7 | 105,651 | 88,112 | 7,412 | 4,143 | 2,545 | 3,439 | 234,088 | 206,686 | 8,795 | 93,174 |
| 8 | 136,882 | 110,815 | 10,279 | 6,322 | 3,739 | 5,727 | 285,458 | 243,831 | 12,906 | 116,196 |
| 9 | 112,401 | 88,932 | 9,757 | 4,947 | 3,511 | 5,254 | 220,484 | 186,768 | 9,510 | 94,612 |
| 10 | 145,931 | 110,706 | 15,364 | 7,394 | 3,725 | 8,742 | 280,501 | 229,609 | 13,934 | 117,877 |
| All areas ^c | 68,455,973 | 51,772,651 | 7,231,147 | 3,734,707 | 1,947,761 | 3,769,707 | 125,577,970 | 102,268,471 | 6,617,163 | 55,120,239 |

SOURCES: Social Security Administration, Master Beneficiary Record, 100 percent data; and U.S. Postal Service geographic data.

a. These beneficiaries receive payment on the record of a worker who is retired or disabled.

b. These beneficiaries receive payment on the record of a worker who is retired, deceased, or disabled.

c. Includes beneficiaries in the 50 States, District of Columbia, American Samoa, Guam, Northern Mariana Islands, Puerto Rico, U.S. Virgin Islands, and foreign countries.

Supplemental Security Income (SSI) is a federal cash assistance program that provides monthly payments to low-income aged, blind, or disabled persons in the 50 States, the District of Columbia, and the Northern Mariana Islands.

Table 2.
Number of recipients of federally administered SSI payments and total monthly payments, December 2024

| Congressional district | Number of recipients | | | | | | | Total monthly payments (thousands of dollars) | | | | Number of recipients with OASDI ^a |
|------------------------|----------------------|-----------|--------|-----------|-----------|-----------|-------------|--|---------|--------|-----------|--|
| | Total | By type | | | By age | | | Total | Aged | Blind | Disabled | |
| | | Aged | Blind | Disabled | Under 18 | 18–64 | 65 or older | | | | | |
| Washington | 134,711 | 19,257 | 876 | 114,578 | 12,987 | 78,394 | 43,330 | 104,046 | 11,690 | 638 | 91,718 | 40,155 |
| 1 | 7,261 | 1,915 | 55 | 5,291 | 554 | 3,544 | 3,163 | 5,368 | 1,223 | 39 | 4,107 | 1,822 |
| 2 | 13,012 | 2,184 | 82 | 10,746 | 1,017 | 7,440 | 4,555 | 9,522 | 1,293 | 60 | 8,170 | 4,092 |
| 3 | 15,469 | 1,479 | 115 | 13,875 | 1,537 | 9,872 | 4,060 | 12,630 | 890 | 80 | 11,660 | 4,629 |
| 4 | 16,399 | 1,304 | 104 | 14,991 | 2,737 | 9,877 | 3,785 | 12,778 | 639 | 81 | 12,058 | 5,037 |
| 5 | 18,767 | 1,245 | 95 | 17,427 | 2,005 | 12,542 | 4,220 | 14,655 | 682 | 67 | 13,906 | 5,987 |
| 6 | 15,085 | 1,303 | 89 | 13,693 | 1,189 | 9,751 | 4,145 | 11,665 | 727 | 66 | 10,872 | 4,905 |
| 7 | 11,043 | 2,662 | 65 | 8,316 | 501 | 5,279 | 5,263 | 8,520 | 1,743 | 49 | 6,727 | 3,373 |
| 8 | 6,630 | 1,059 | 51 | 5,520 | 697 | 3,955 | 1,978 | 5,055 | 640 | 39 | 4,377 | 1,808 |
| 9 | 15,927 | 4,495 | 106 | 11,326 | 1,165 | 6,882 | 7,880 | 12,115 | 2,898 | 74 | 9,143 | 4,174 |
| 10 | 15,118 | 1,611 | 114 | 13,393 | 1,585 | 9,252 | 4,281 | 11,738 | 955 | 84 | 10,698 | 4,328 |
| All areas ^b | 7,423,856 | 1,190,660 | 63,747 | 6,169,449 | 1,002,887 | 3,951,866 | 2,469,103 | 5,528,062 | 677,097 | 48,833 | 4,802,132 | 2,532,902 |

SOURCES: Social Security Administration, Supplemental Security Record, 100 percent data; and U.S. Postal Service geographic data.

- a. Includes persons who are receiving both SSI payments and Social Security benefits.
b. Includes recipients in the 50 States, District of Columbia, and Northern Mariana Islands.

Social Security Administration

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