



Congressional Statistics, 2025

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 2025

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	
Iowa	717,616	565,146	70,847	34,105	11,867	35,651	1,397,440	1,174,365	65,914	589,294
1	181,644	143,195	17,919	8,433	3,123	8,974	355,835	299,359	16,493	148,713
2	192,150	151,991	18,543	9,160	3,266	9,190	372,544	313,942	17,718	158,534
3	161,855	126,462	16,934	7,497	2,564	8,398	321,926	269,755	14,562	131,508
4	181,967	143,498	17,451	9,015	2,914	9,089	347,136	291,308	17,141	150,539
All areas ^c	70,451,490	53,624,664	7,125,880	3,810,382	2,171,194	3,719,370	135,480,578	111,072,575	7,086,628	57,310,568

SOURCES: Social Security Administration, Master Beneficiary Record, 100 percent data; and U.S. Postal Service geographic data based on district definitions for the 119th Congress.

- 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 2025

Congressional district	Number of recipients							Total monthly payments (thousands of dollars)				Number of recipients with OASDI ^a
	Total	By type			By age			All recipients	Aged	Blind	Disabled	
		Aged	Blind	Disabled	Under 18	18–64	65 or older					
Iowa	49,293	3,159	551	45,583	8,084	31,684	9,525	36,082	1,544	375	34,163	16,829
1	13,515	820	126	12,569	2,382	8,628	2,505	9,890	371	86	9,433	4,472
2	12,606	659	134	11,813	2,216	8,118	2,272	9,059	300	92	8,667	4,389
3	12,700	1,116	159	11,425	2,020	7,768	2,912	9,621	613	99	8,910	4,161
4	10,472	564	132	9,776	1,466	7,170	1,836	7,512	260	98	7,154	3,807
All areas ^b	7,392,201	1,198,079	63,520	6,130,602	1,016,027	3,863,775	2,512,399	5,649,867	709,106	49,808	4,890,952	2,534,176

SOURCES: Social Security Administration, Supplemental Security Record, 100 percent data; and U.S. Postal Service geographic data based on district definitions for the 119th Congress.

- 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

For statistical inquires about this publication, contact statistics@ssa.gov.

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