



New Hampshire 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	
New Hampshire	353,828	277,320	39,030	13,906	6,210	17,362	755,820	637,198	29,031	289,903
1	172,853	135,705	19,084	6,722	3,091	8,251	371,043	313,035	14,068	141,835
2	180,975	141,615	19,946	7,184	3,119	9,111	384,777	324,163	14,963	148,068
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					
New Hampshire	15,275	894	92	14,289	1,546	11,012	2,717	10,778	443	64	10,271	5,250
1	7,792	478	51	7,263	790	5,599	1,403	5,495	241	35	5,219	2,653
2	7,483	416	41	7,026	756	5,413	1,314	5,284	202	29	5,053	2,597
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

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