



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	
Virginia	1,735,496	1,339,580	178,996	87,126	41,684	88,110	3,500,390	2,904,295	167,229	1,414,902
1	190,381	156,959	12,804	8,879	4,328	7,411	420,443	365,388	18,957	164,249
2	163,817	128,116	15,311	8,441	3,747	8,202	328,183	273,376	16,505	134,228
3	145,650	105,197	20,109	8,154	2,685	9,505	258,605	202,664	14,369	111,477
4	159,284	118,609	20,861	7,708	2,392	9,714	302,771	243,357	14,414	124,223
5	206,617	160,065	22,367	10,041	3,856	10,288	403,400	335,172	18,529	167,499
6	194,716	150,172	21,862	9,629	3,592	9,461	377,102	310,888	18,058	157,418
7	134,288	103,773	12,617	6,706	3,624	7,568	273,507	225,600	13,196	108,464
8	96,717	80,253	5,349	4,161	3,349	3,605	223,282	197,362	8,628	85,508
9	227,702	156,920	37,297	13,876	5,712	13,897	412,169	310,498	23,914	170,679
10	104,651	86,124	5,714	4,853	3,608	4,352	237,698	206,541	10,507	91,071
11	111,673	93,392	4,705	4,678	4,791	4,107	263,230	233,450	10,151	100,086
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					
Virginia	148,709	18,430	1,098	129,181	21,441	87,192	40,076	111,304	10,179	832	100,292	46,679
1	8,758	1,035	56	7,667	1,391	5,232	2,135	6,616	582	42	5,992	2,547
2	11,498	1,075	91	10,332	1,825	6,890	2,783	8,492	519	75	7,897	3,549
3	21,273	1,496	193	19,584	3,693	12,728	4,852	16,264	670	152	15,441	6,721
4	20,964	1,431	134	19,399	3,563	12,718	4,683	16,116	664	96	15,356	6,315
5	17,658	1,149	119	16,390	2,767	10,936	3,955	13,133	492	85	12,556	6,121
6	14,742	981	125	13,636	2,366	9,410	2,966	11,131	461	89	10,581	5,015
7	9,428	1,518	86	7,824	1,546	5,261	2,621	7,103	865	66	6,171	2,499
8	8,126	3,161	62	4,903	793	2,974	4,359	5,848	1,982	47	3,818	2,520
9	23,479	884	131	22,464	2,494	16,241	4,744	17,463	370	99	16,994	8,156
10	5,926	2,371	53	3,502	568	2,395	2,963	4,300	1,511	40	2,748	1,443
11	6,857	3,329	48	3,480	435	2,407	4,015	4,839	2,064	39	2,737	1,793
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.

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

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