



# Washington 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 <sup>a</sup>	Children <sup>b</sup>	All beneficiaries	Retired workers	Widow(er)s and parents	
Washington	1,526,417	1,216,514	132,137	69,367	41,142	67,257	3,147,894	2,675,323	140,049	1,285,538
1	112,630	92,094	7,316	5,286	3,539	4,395	251,671	217,759	11,531	98,087
2	180,693	148,029	13,108	8,017	5,185	6,354	378,158	327,645	16,501	156,677
3	180,896	141,359	17,513	8,810	4,880	8,334	364,333	303,534	17,585	149,587
4	151,379	116,828	15,809	7,053	3,687	8,002	287,474	238,160	13,295	122,730
5	181,843	139,542	20,034	8,388	4,427	9,452	349,752	288,852	16,191	147,421
6	202,635	164,054	16,400	9,150	5,391	7,640	413,687	354,505	18,206	172,885
7	109,315	92,016	7,249	4,051	2,592	3,407	254,768	226,798	8,961	96,778
8	142,077	116,022	10,092	6,330	3,942	5,691	310,770	267,736	13,462	121,584
9	115,436	92,105	9,529	4,917	3,643	5,242	236,628	202,087	9,806	97,853
10	149,513	114,465	15,087	7,365	3,856	8,740	300,653	248,245	14,511	121,936
All areas <sup>c</sup>	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 <sup>a</sup>
	Total	By type			By age			All recipients	Aged	Blind	Disabled	
		Aged	Blind	Disabled	Under 18	18–64	65 or older					
Washington	134,335	19,939	876	113,520	13,258	76,381	44,696	105,673	12,711	652	92,310	40,477
1	7,508	2,036	57	5,415	580	3,576	3,352	5,821	1,366	43	4,412	1,864
2	12,842	2,232	81	10,529	1,088	7,103	4,651	9,751	1,381	53	8,317	4,028
3	15,507	1,562	115	13,830	1,571	9,679	4,257	12,609	1,009	84	11,516	4,684
4	16,147	1,263	101	14,783	2,746	9,632	3,769	12,688	639	77	11,972	4,967
5	18,672	1,289	100	17,283	1,992	12,269	4,411	14,662	729	75	13,859	6,062
6	14,885	1,307	85	13,493	1,207	9,381	4,297	11,813	759	61	10,993	4,930
7	10,854	2,733	63	8,058	506	5,007	5,341	8,316	1,857	61	6,398	3,378
8	6,725	1,150	48	5,527	711	3,892	2,122	5,279	753	38	4,488	1,850
9	15,965	4,705	113	11,147	1,207	6,701	8,057	12,426	3,172	79	9,175	4,222
10	15,230	1,662	113	13,455	1,650	9,141	4,439	12,308	1,046	81	11,180	4,492
All areas <sup>b</sup>	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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