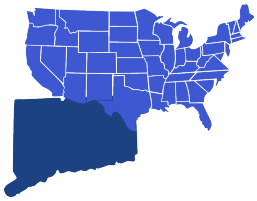
JUST FACTS · OCTOBER 2026

# POVERTY and PUBLIC BENEFITS

## in the U.S. and Connecticut, 2019–2025



Even before the new federal cuts fully take effect, **poverty in Connecticut was higher in 2025 than before the pandemic**—and the public benefits now facing cuts **keep many of the state's residents out of poverty.**

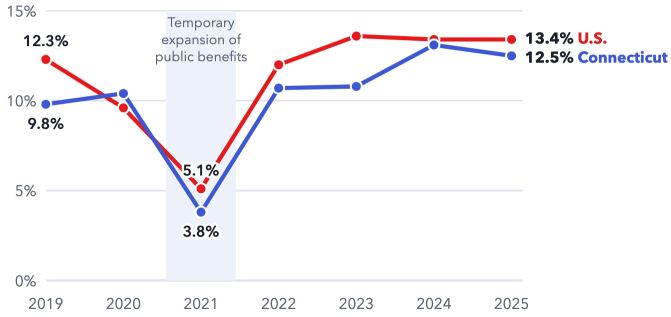
**385,500**
Connecticut residents lived in poverty in 2025 (10.6%), up from 9.3% in 2019

**91,400**
children lived in poverty in 2025 (12.5%), up from 9.8% in 2019 and 3.8% in 2021

**957,800**
residents—more than 1 in 4—lived in poverty or near poverty in 2025 (26.2%)

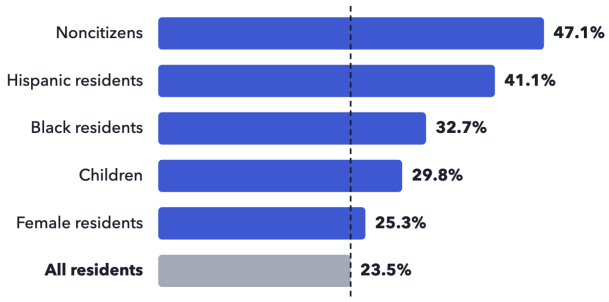
### Child poverty fell sharply in 2021, then rose above its 2019 level

SPM child poverty rate, 2019–2025




### Poverty or near poverty is far more common for some groups

Share in poverty or near poverty in Connecticut, average 2023–2025




### Public benefits keep many Connecticut residents out of poverty—but face major cuts

| Social Security | Medicaid | SNAP | Premium Tax Credit |
|---|---|---|---|
| **310,900** residents kept out of poverty | **189,400** residents kept out of poverty | **48,100** residents kept out of poverty | **14,800** residents kept out of poverty |
| **Benefits projected to be cut by 22% for most recipients beginning in late 2032 without federal action** | **Projected federal spending cut by 11% over the next decade** | **Projected federal spending cut by 17% over the next decade** | **Projected cost cut by 35% over the next decade, including the expiration of its expansion** |

Social Security and SNAP: SPM, average 2023–2025. Medicaid and the Premium Tax Credit: average 2023–2024, using the Health Inclusive Poverty Measure, which counts the value of health insurance after subtracting the premiums families pay. Other large benefits include Medicare, housing assistance, and the federal income tax, including its refundable tax credits.

### Why it matters now

**Poverty harms children**
Children in poverty fare worse "in virtually every dimension," and poverty itself causes negative outcomes, the National Academies found

**Two historic shifts**
The pandemic-era expansion of public benefits expired, and now the One Big Beautiful Bill Act cuts federal spending on health care by nearly $1.1 trillion and on food assistance by about $190 billion over the next decade

**5.2%**
Connecticut's unemployment rate in June 2026, tied for the highest of any state, after the largest increase of any state over the prior year

**4.3%**
rise in Northeast prices from June 2025 to June 2026, the highest of any region, compared with 3.5% nationally

**Poverty was already high before the new federal cuts to public benefits, which are arriving as unemployment and prices rise. If not offset, they will likely lead to more residents in poverty.**

**How poverty is measured.** Estimates use the Supplemental Poverty Measure (SPM), which adds public benefits such as food and housing assistance and refundable tax credits to cash income, subtracts taxes and necessary expenses, and compares the result with a poverty threshold based on spending on basic needs. Poverty or near poverty means resources below 150% of that threshold. Under the Health Inclusive Poverty Measure, which also counts health insurance, Connecticut's poverty rate averaged 12.0% (438,100 residents) in 2023–2024.

**Source:** Patrick R. O'Brien, *Poverty and Public Benefits in the U.S. and Connecticut, 2019–2025*, Connecticut Voices for Children, October 2026, using Census Bureau survey data, Congressional Budget Office estimates, and Bureau of Labor Statistics data. Read the full report at ctvoices.org.

CONNECTICUT VOICES FOR CHILDREN
JUST RESEARCH. JUST ACTION.