Number of Iowans Who Receive Social Security Benefits by Type

- Retired Workers: 493,211
- SSDI: 75,552
- Spouses, former spouses, widows/widowers, parents of deceased beneficiary: 58,425
- Children: 36,615

Source: AARP Public Policy Institute
“Social Security Quick Facts” Fact Sheets for United States and Iowa, 2022.

Number of Americans Who Receive Social Security Benefits by Type

- Retired Workers: 46,329,595
- SSDI: 8,151,016
- Spouses, former spouses, widows/widowers, parents of deceased beneficiary: 6,366,621
- Children: 4,003,635

Source: AARP Public Policy Institute
“Social Security Quick Facts” Fact Sheets for United States and Iowa, 2022.

Economic Impact from Social Security in Iowa

- Payments to Retirement Beneficiaries and Eligible Family: $12.5 Billion
- Survivors’ Benefits: $8.8 Billion
- Disability Program: $1.3 Billion
- Total Added to the Economy: $11.4 Billion

Source: AARP Public Policy Institute
“Social Security Quick Facts” Fact Sheets for United States and Iowa, 2022.

Economic Impact from Social Security in the United States

- Payments to Retirement Beneficiaries and Eligible Family: $1.25 Trillion
- Survivors’ Benefits: $824 Billion
- Disability Program: $128 Billion
- Total Added to the Economy: $1.1 Trillion

Source: AARP Public Policy Institute
“Social Security Quick Facts” Fact Sheets for United States and Iowa, 2022.

Percentage of Adults 65+ Reliant on Social Security for Income

- Iowa: 47% (Less than 50% of income from Social Security), 39% (At least 50% of income from Social Security), 14% (More than 90% of income from Social Security)
- United States: 39.2% (Less than 50% of income from Social Security), 41.2% (At least 50% of income from Social Security), 19.6% (More than 90% of income from Social Security)

Source: AARP Public Policy Institute
“Social Security Quick Facts” Fact Sheets for United States and Iowa, 2022.
Social Security Fact Sheet
Roadmaps to Retirement: Taking Stock and Looking Forward

Percentage of Adults 65+ Who Rely on Social Security for 90% of Income by Race

- IA: 14% White, 19% U.S., 37% IA, 28% U.S.

Percentage of Adults 65+ Who Rely on Social Security for 90% of Income by Gender

- Men: 12%, Women: 15%

Average Worker Benefits Per Month in Iowa and The United States

- IA Average Social Security Worker Benefit: $1554
- U.S. Average Social Security Worker Benefit: $1544
- IA Average Social Security Disabled Worker Benefit: $1216
- U.S. Average Social Security Disabled Worker Benefit: $1277

How Social Security Effects Individuals in Poverty

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<tbody>
<tr>
<td><strong>Iowa</strong></td>
</tr>
<tr>
<td>Number of individuals aged 65 and older lifted out of poverty by SS</td>
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<tr>
<td>Reduction in proportion of individuals below the poverty line</td>
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</tbody>
</table>

Percentage Distribution of Aggregate Income Among Adults 65+ by Source

- Pensions: 35.9%
- Social Security: 24.7%
- Earnings: 24.7%
- Asset Income: 7.5%
- Other: 2%