ALICE IN ALASKA:

A STUDY OF FINANCIAL HARDSHIP









ALICE: Asset Limited, Income Constrained, Employed

2026 Report | UnitedForALICE.org

UNITED FOR ALICE®

UNITED WAY Anchorage®

ABOUT UNITED FOR ALICE AND OUR PARTNERS

ALICE in Alaska: A Study of Financial Hardship is brought to you by United Way of Anchorage and Alaska 211 in partnership with United For ALICE, an innovator of measures of financial hardship in the United States. **ALICE**® (**A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed) households have income above the Federal Poverty Level but below the cost of basics in their communities. The ALICE research shines a spotlight on households that are struggling — their strengths as well as the challenges they face. With data, tools, and resources, United For ALICE equips community partners — including United Ways, foundations, government, corporations, and other nonprofits — to build equitable policies and programs that improve life for ALICE and for all.

The nonpartisan, grassroots ALICE movement, developed by United Way of Northern New Jersey in one New Jersey county, has now spread to 41 states and the District of Columbia. Learn more about the ALICE movement here.

To create the ALICE Reports, our team of researchers works with a Research Advisory Committee in each of our partner states. This work is guided by our rigorous methodology, which is updated biennially with experts from across our Research Advisory Committees.

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United For ALICE partners with United Way of Anchorage and Alaska 211 to bring this research to the state.

UNITED WAY Anchorage

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LETTER TO THE COMMUNITY

Fellow Alaskans,

Alaskans take care of each other. In a state this size, with weather this unforgiving and distances this real, neighbors matter more than they do in most places. That same instinct is why so many of us end up doing more than one job, bringing in fish for a neighbor's freezer, or driving a coworker to Anchorage for a doctor's appointment they'd otherwise skip.

Yet across Alaska, a significant portion of our population works tirelessly every day, putting in long hours, but still struggles to cover the cost of basic necessities. This often-unseen group is known as **ALICE: A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed. ALICE might be the clerk who rings up your groceries, the person filling your coffee cup, or your child's teacher. Sometimes ALICE is the parent whose work shift runs the same hours as the clinic, so a sick day costs a paycheck. These individuals work hard, serve our communities, and contribute daily, yet they still cannot make ends meet at home. You know ALICE. You may even be ALICE.

Because ALICE households earn just above the outdated Federal Poverty Level, they are often disqualified from critical public assistance programs like SNAP or Medicaid. This leaves our friends and neighbors structurally trapped, unable to afford health insurance while constantly making agonizing choices between groceries and child care, or utilities and fuel. They play a key role in keeping our economy running, helping everyone get to work, stay healthy, and access essentials, yet they are barely getting by.

This Report is the first time we've ever had real, community-by-community data on how many households are struggling. A staggering number of Alaskans can't cover the basics – housing, child care, food, transportation, health care, and technology. United Way of Anchorage champions this localized data to bring our needs, and our people, into clear focus.

ALICE deserves more than a way to survive — ALICE deserves a real path to opportunity. That means employers, agencies, and neighbors building real pathways: training, credentials, and career growth that turn today's job into tomorrow's career — and clearing what stands in the way, like child care that fits a work schedule, health coverage that doesn't disappear the moment someone takes a step forward, or a class that fits around a shift instead of the other way around. This data is the start of building that path together, so ALICE Alaskans can put down roots and build a life here.

We invite you, our fellow Alaskans, to join us in this work. Whether you're a neighbor, a policymaker, a corporate leader, or an ALICE household yourself, this data is for you. Together we can turn insight into action and build a stronger future for Alaska.

United is the way to thrive.



Eric *Utraq* Billingsley
President & CEO
United Way of Anchorage

UNITED WAY
Anchorage

ALICE ONLINE

Visit UnitedForALICE.org to explore the interactive data and resources that accompany this Report. Click the icons below to get started.

National Overview National data and state comparison	**ALICE Demographics** State, county, and regional demographic data	**ALICE Household Budgets** State, county, and regional budgets
Mapping Tool Explore data for all available geographies (state, county, municipality, ZIP code)	**Income Status Tool** Input income, household type, and location to see household ALICE status	**County Reports** All available county data in a shareable format
Legislative District Tool See data by state upper and lower chambers and congressional district	**Economic Viability Dashboard** Key data on work, housing, and community resources	**ALICE Essentials Index** Data on change over time in the cost of household basics
Data Sheet State ALICE data over time and by location	**Wage Tool** Identify counties where select hourly wages can support basic costs	**ALICE in Focus** A closer look at hardship for children, people with disabilities, and veterans
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ALICE Voices Hear directly from ALICE or share your own ALICE story	**ALICE in Action** Programs, practices, and policy changes implemented by the ALICE network	**ALICE Videos** Videos that highlight ALICE stories, research, and partner impact







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ALICE RESEARCH & METHODOLOGY

This ALICE Report for Alaska provides the most comprehensive look at the population called **ALICE — households that have income above the Federal Poverty Level (FPL) but struggle to afford household basics**. This Report includes a detailed point-in-time snapshot of economic conditions across the state in 2024, as well as key data trends since 2010.

Two pillars of the ALICE measures are household costs and income:

The **ALICE Household Survival Budget** calculates the minimum cost of household essentials for each county-equivalent entity in Alaska and relies on a wide range of public data sources for the budget items of housing, child care, food, transportation, health care, and technology, plus taxes and cost overruns estimated at 10% of the budget (see table on page 2). Household Survival Budgets are calculated at the county-equivalent level, as counties are the smallest geography for which there is reliable data across the country.

Income data is based on estimates from the U.S. Census Bureau's American Community Survey (ACS) — both household tabulated data and individual data from the Public Use Microdata Sample (PUMS) records. Total income is the sum of the following:

- Earnings, including wage or salary income and self-employment income
- Interest, dividends, or net rental income
- Social Security Income and Supplemental Security Income (SSI)
- Public assistance income
- Retirement income, including pensions, survivor benefits, or disability income
- Other types of income received regularly, including veterans' benefits, unemployment compensation, child support, or alimony

Household costs are compared to income to determine if households are **below the ALICE Threshold**. This category includes both households in **poverty**, with income below the FPL, and those that are **ALICE**, with income above the FPL but below the cost of basics.

ALICE Threshold analysis includes all households regardless of work status, as employment is fluid and most households have members who are working, have worked, are out due to disability, or are looking for work. This analysis includes families and roommates but does not include people who are unhoused or living in group quarters (such as college residence halls, skilled nursing facilities, and military barracks).

Learn more in the 2026 ALICE Methodology Overview available on our website.

DEFINITIONS

ALICE: Asset Limited, Income Constrained, Employed — households with income above the Federal Poverty Level (FPL) but below the basic cost of living in their county

ALICE Household Survival Budget: Reflects the minimum costs of household necessities (housing, child care, food, transportation, health care, and technology) plus taxes, adjusted for all U.S. counties and various household compositions

ALICE Threshold of Financial Survival: Derived from the Household Survival Budget, the minimum average income that a household needs to afford basic costs, calculated for all U.S. counties

Below ALICE Threshold: Includes households in poverty and ALICE households combined

ALICE Essentials Index: A measure of the average change over time in the costs of essential goods and services

ALICE Household Survival Budget	
Description and Sources	
Housing	110% of Fair Market Rent (FMR). Unit size and type correspond to the household (e.g., an efficiency apartment for one person and a one-bedroom rental for two people), including utilities, adjusted in metro areas using Small Area FMR. ***Source:*** *U.S. Department of Housing and Urban Development (HUD)*
Child Care	Cost for registered Family Child Care Homes for infants (0–2 years), preschool-age children (3–4 years), and school-age children (5–17 years) ***Source:*** *Alaska Child Care Program Office*
Food	USDA Thrifty Food Plan by age, with county variation from the Alaska Geographic Differential Study ***Sources:*** *Alaska Department of Administration; U.S. Department of Agriculture (USDA)*
Transportation	Operating costs for a car (average daily miles by age, cost per mile, license, fees, and insurance), or public transportation where viable ***Sources:*** *AAA, Federal Highway Administration, National Association of Insurance Commissioners (NAIC) (car); Consumer Expenditure Survey (CEX) (public transportation)*
Health Care	Health insurance premiums based on employer-sponsored plans plus out-of-pocket costs for households with $40,000–$69,999 annual income by age, weighted with the poor-health multiplier. For the ALICE 65+ Survival Budget, cost of Medicare Parts A and B, out-of-pocket costs, plus average out-of-pocket spending for the top five chronic diseases as reported by CMS. ***Sources:*** *Centers for Medicare & Medicaid Services (CMS); CEX (health); Medical Expenditure Panel Survey (MEPS)*
Technology	Basic broadband internet at home and a smartphone plan with unlimited data for each adult in a household, using average cost of three top major providers (AT&T, Verizon, and T-Mobile) and three top basic (lower-cost) wireless providers (Visible, U.S. Mobile, and Consumer Cellular) ***Sources:*** *Consumer Reports; Federal Communications Commission (FCC); each provider's public website with cost plan*
Miscellaneous	Cost overruns estimated at 10% of the budget, excluding taxes, to cover one-time unanticipated costs within the other categories
Taxes	Federal payroll taxes (Social Security and Medicare) and federal, state, and local income taxes owed on household income to cover the Survival Budget, as well as the federal and state Child Tax Credit and the Child and Dependent Care Tax Credit ***Sources:*** *Internal Revenue Service; Tax Foundation; calculated for United For ALICE by the Federal Reserve Bank of Atlanta (FRBA)*

For more details, visit our website to see the 2026 ALICE Research Methodology Overview.

Data Notes

The data included in this Report spans 2010 to 2024 (latest data available). This data does not reflect the impact of policy or funding changes that have occurred since 2024. Yet it provides an important baseline and context to inform current conversations and decision-making.

The primary data source for the income of households below the ALICE Threshold is the U.S. Census Bureau, American Community Survey (ACS). This Report reflects the classifications used in ACS reporting, including age ranges, race/ethnicity, and family types.

The ACS is based on a representative sample of housing units and people; therefore, these estimates have a degree of uncertainty. In addition, certain populations are at greater risk of being undercounted in Census reporting. The categories of hard-to-count populations include (but are not limited to) people with disabilities, people experiencing homelessness, non-English speakers, and people in lower-income communities. Also included are populations that have been historically undercounted in the Census, including Black, Hispanic, American Indian/Alaska Native, and Native Hawaiian/Pacific Islander populations. Populations can overlap or fall into more than one category, increasing the likelihood of being undercounted.

Some data points are geographic averages; others are one- or five-year averages depending on population size (see the Data Sheet for details). Percentages are rounded to whole numbers, sometimes resulting in percentages totaling 99% or 101%.

State-level population totals are a summation of county-level estimates.

Data is comparable **over time** (methodology changes are backdated for previous years as necessary for continuity). However, year-to-year changes, especially for small populations, should be interpreted with caution; multi-year trends are more reliable. In addition, ACS, as a point-in-time snapshot, does not track the same households over time. As a result, it can be challenging to pinpoint the causality of a trend with ACS data alone. Combining ALICE data with other datasets and qualitative research is an effective way to explore the factors driving change.

Additional surveys: In addition to ACS data, this Report includes our analysis of two surveys that capture the experiences of a nationally representative sample of households:

- Federal Reserve Board's Survey of Household Economics and Decisionmaking (SHED), October 2024
- U.S. Census Bureau's COVID-19 Household Pulse Survey (Household Pulse Survey), August 19–31, 2020 and January to October 2024. This survey is part of the Census Experimental Series, which captures short-turnaround results and therefore should be interpreted with some caution.

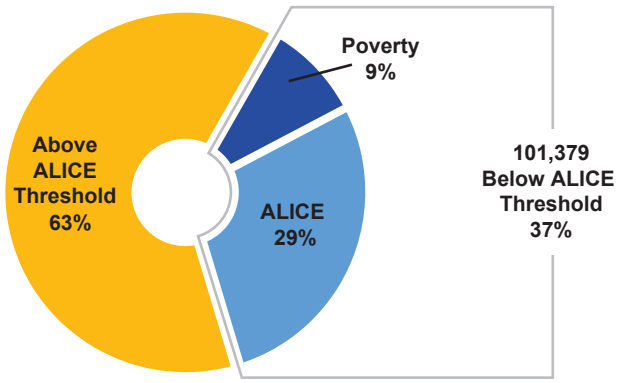
ALICE IN ALASKA: EXECUTIVE SUMMARY

The number of households in financial hardship in Alaska is undercounted by official measures. According to the Federal Poverty Level (FPL), 8.8%* of households in Alaska (23,913) were in poverty in 2024. Yet United For ALICE data shows that another 28.6% (77,466 households) were ALICE (Asset Limited, Income Constrained, Employed). ALICE households have income above the FPL, but not enough to afford the basics in the communities where they live.

The reality is that in Alaska, 101,379 households — 37.4% — had income below the ALICE Threshold of Financial Survival in 2024 (poverty-level and ALICE households combined). This rate was lower than the national average (41%) and placed Alaska 17th among all states and the District of Columbia (with 1st representing the lowest rate of hardship).

The crux of the problem is a mismatch between earnings and the cost of basics. The **ALICE Household Survival Budget** for an Alaska family of four in 2024 was $98,364, well above the adjusted FPL for Alaska of $39,000, and higher than full-time earnings for most low-wage jobs in the state. For example, child care workers in Alaska earned a median hourly wage of $16.82 — not enough to cover the ALICE Household Survival Budget for one worker employed full time ($18.53 per hour required), or the budget for a family with children, even with two adults working full-time (requiring combined earnings of $49.18 per hour).

Total Households in Alaska = 270,986



In 2024, out of 270, 986 Alaska households, there were 23,913 (8.8%) in poverty, plus 77,466 (28.6%) that were ALICE, which totals 101,379 (37.4%) below the ALICE Threshold and rounds to 37% in this Report.

ALICE Household Survival Budget, Alaska, 2024

	Single Adult (Age 18–64)	Single Adult (Age 65+)	2 Adults, 1 Infant, 1 Preschooler
Monthly Costs			
Housing	$1,117	$1,117	$1,565
Child Care	-	-	$1,719
Food	$599	$551	$1,624
Transportation	$368	$306	$813
Health Care	$200	$543	$865
Technology	$188	$188	$222
Miscellaneous	$247	$271	$681
Taxes	$369	$419	$708
Monthly Total	$3,088	$3,395	$8,197
ANNUAL TOTAL	**$37,056**	**$40,740**	**$98,364**
Full-Time Hourly Wage	*$18.53*	*$20.37*	*$49.18*

Note: Tax Credits include the Child Tax Credit (CTC) and the Child and Dependent Care Tax Credit (CDCTC). Full-time hourly wage represents the wage needed at 40 hours per week to support the annual total, with credits. For a family of four, this represents the combined wage needed for two workers. The Household Survival Budget is a bare-minimum budget. Many households incur higher costs, especially for housing.

Sources: AAA, 2024; Alaska Child Care Program Office, 2023; Alaska Department of Administration, 2009; American Community Survey, 2024; Bureau of Labor Statistics, 2023—Consumer Expenditure Surveys; Bureau of Labor Statistics, 2024—Occupational Employment Statistics; Centers for Medicare & Medicaid Services, 2024—Medicare - Chronic Conditions; Centers for Medicare & Medicaid Services, 2023—Medicare Current Beneficiary Survey; Centers for Medicare & Medicaid Services, 2024; Consumer Reports, 2024; Federal Communications Commission, 2024; Federal Reserve Bank of Atlanta—Policy Rules Database, 2024; Federal Highway Administration, 2024; Feeding America, 2024; Internal Revenue Service, 2024; National Association of Insurance Commissioners, 2024; Tax Foundation, 2024; U.S. Department of Agriculture, 2024—Official USDA Food Plans; U.S. Department of Housing and Urban Development, 2024—Fair Market Rents and Small Area FMR

Check our website to see Household Survival Budgets for all county-equivalent entities in Alaska.

Key Findings

- **The cost of basic needs in Alaska:** In 2024, the average cost of household basics (housing, child care, food, transportation, health care, and technology) plus taxes in Alaska was $37,056 for a single adult (compared to the adjusted FPL for Alaska at $18,810) and $98,364 for a family of four with two adults, an infant, and a preschooler (compared to the adjusted FPL for Alaska at $39,000).
- **Inflation and household essentials:** In Alaska and across the country, the cost of basics, captured in the ALICE Essentials Index, has increased faster than overall inflation as reported by the Consumer Price Index (CPI) for more than a decade. From 2007 to 2024, the average annual rate of increase for the ALICE Essentials Index was 3.2% nationally and 3.2% in Alaska, while the CPI increased by 2.5%.
- **ALICE demographics:** There were households below the ALICE Threshold in all Census-reported demographic groups in Alaska. And as in every state, some populations in Alaska experienced higher levels of financial hardship. This reflects longstanding and ongoing policies and discriminatory practices in areas of work, housing, education, and access to community resources that limit financial stability for many families. In 2024:
  - » **By age**, the youngest (under age 25) and oldest (age 65 and over) households had the highest percentage below the ALICE Threshold, at 67% and 42%, respectively.
  - » **By race/ethnicity**, 60% of American Indian/Alaska Native households and 45% of Hispanic households were below the ALICE Threshold in Alaska, compared to 32% of White households.
  - » **By household type**, single-female-headed families with children were more likely to be below the ALICE Threshold (69%) than single-male-headed (50%) or married-parent households (20%). Among single or cohabiting households without children, 38% were below the Threshold.
  - » **By location**, there are 30 county-equivalent entities in Alaska — 19 Organized Boroughs and 11 Census Areas. Because goods and jobs arrive differently across the state, which shapes both cost and opportunity, rates of hardship differed not only between county-equivalent entities, but within each of them.
- **Trends in Alaska:** Between 2010 and 2024, the total number of households in Alaska increased by 7%, the number of households in poverty increased by 12%, and the number of ALICE households increased by 56%. Behind these overall trends, there were important changes: Total households with children decreased by 14%, while 65+ households more than doubled, increasing by 105%.
- **Work and wages:** ALICE works in all industries and in many of the most common occupations in Alaska. Of workers in the 20 most common occupations, 25% lived in households below the ALICE Threshold in 2024. Occupations with the largest share of ALICE workers included Janitors and Building Cleaners, Laborers and Freight, Stock, and Material Movers, Driver/Sales Workers and Truck Drivers, and Customer Service Representatives.
- **Savings and assets:** Lack of savings makes it difficult for ALICE households to weather economic disruptions, let alone plan for goals like homeownership or retirement. In 2024, only 40% of respondents below the ALICE Threshold in the Pacific Census Division (which includes Alaska) had emergency savings or rainy day funds, compared to 77% of respondents above the Threshold.
- **Public income sources:** The Alaska Permanent Fund Dividend and the Alaska Native Corporation dividend make a difference for many families, while assistance programs like the Supplemental Nutrition Assistance Program (SNAP), the Child Care Assistance Program, Temporary Assistance for Needy Families (TANF), Medicaid and the Children's Health Insurance Program (CHIP), Supplemental Security Income (SSI), and the Earned Income Tax Credit (EITC) provide a critical safety net for households below the ALICE Threshold. Yet public assistance does not reach all households in need. For example, only 48% of all households in poverty and 18% of all ALICE households in Alaska participated in SNAP in 2024.
- **Recurring hardship risks for ALICE:** The latest data from the 2024 Household Pulse Survey shows that slightly more than half (55%) of respondents below the ALICE Threshold in Alaska reported that it was somewhat or very difficult to pay for usual items such as food, rent or mortgage, car payments, and medical expenses.
- **Building stronger communities with ALICE:** Starting with the ALICE narrative and data, communities can expand upon effective programs and policies and target investments to match ALICE's aspirations. Working together, communities and ALICE families can move from surviving to thriving, improving physical and mental health and overall quality of life for entire communities, Alaska, and the nation as a whole.

WHAT DOES IT COST TO LIVE IN ALASKA?

Traditional economic measures underestimate both the actual cost of basic needs and the number of households that can afford them, concealing information that is critical to understanding the economy. The ALICE measures provide a more accurate estimation of the cost of living and a clearer picture of how many households in Alaska are struggling to get by.

The ALICE Household Budgets capture the cost of the basics that households need to live and work in the current economy in each county, and the ALICE Essentials Index provides a measure to track changes in the costs of these basics over time. This section explores these tools and highlights the challenges ALICE families face in meeting basic needs.

The Cost of Basics

United For ALICE provides two basic budgets: the ALICE Household Survival Budget and the ALICE Household Stability Budget. Derived from a range of publicly available data sources, both budgets are available for every county-equivalent entity in Alaska (19 Organized Boroughs and 11 Census Areas) and can be calculated for various household compositions.

The **ALICE Household Survival Budget** is an estimate of the minimum total cost of household essentials — housing, child care, food, transportation, health care, and technology — plus taxes and a miscellaneous contingency fund equal to 10% of the budget. Not included are things that many families take for granted — eating out, children's birthday presents, new clothes, or updated appliances. And notably, this budget doesn't include savings needed to cover unexpected costs, invest, or put toward goals like education, homeownership, or retirement.

The ALICE Household Survival Budget is created for each of the state's 30 county-equivalent entities (the level with the most reliable data) and adjusted by age and composition of households, to reflect factors such as the added expense of child care for families with young children.

By comparison, instead of estimating minimum costs, the **ALICE Household Stability Budget** estimates the costs of a realistic, sustainable budget over time. The cost in each category is higher, reflecting modest improvement in quality and availability, and the budget includes a savings category equal to 10% of the budget total.

THE FEDERAL POVERTY LEVEL (FPL)

The FPL was formulated in the 1960s based on the cost of a minimal food diet multiplied by three, to account for other family household expenses. By statute, the measure is increased each year based on the Consumer Price Index (CPI) and adjusted for family size. However, the thresholds do not account for cost-of-living differences across the U.S. or broad economic shifts, such as the increasing cost of housing. As a result, the FPL has become detached from current family economics and is no longer an accurate measure of financial hardship. **The Household Survival Budget corrects these issues and reveals the extent of the FPL's inadequacies.**

Yet despite its shortcomings, the FPL continues to be the standard for determining eligibility for means-tested programs such as SNAP and Medicaid, and it is used as the criterion for many other vital programs and services offered by community-based organizations. With the FPL as the primary way for policymakers and local stakeholders to gauge the extent of financial hardship in their communities, a huge portion of struggling U.S. households go unrecognized and without assistance.

At the other end of the spectrum, the Federal Poverty Level (FPL), the primary government measure of financial hardship, sharply underestimates both basic costs and the actual number of struggling households in the U.S. The FPL relies on an outdated methodology for household costs, and it is adjusted by the Consumer Price Index, which underestimates inflation in essential costs. The FPL is so understated that many government and nonprofit agencies use multiples of the FPL to determine eligibility for assistance programs.

Beginning in 1966–70, the Office of Economic Opportunity determined that there should be a separate set of poverty guidelines for Alaska and Hawai'i, reflecting their higher cost of living. But even with an adjustment for higher costs in Alaska, the FPL still does not take into account cost-of-living differences within the state. It falls well short of the actual cost of basics in all 30 of Alaska's county-equivalent entities.

The ALICE Threshold provides a more accurate measure of financial hardship than the FPL. The actual cost of household basics in every county-equivalent entity in Alaska is well above the FPL for all household sizes and compositions (Figure 1). In 2024, the FPL for a single adult in Alaska was $18,810 (above the amount for the contiguous U.S., $15,060), compared to an average of $37,056 for the annual ALICE Household Survival Budget across Alaska.

The cost differential was even larger for families: The FPL for a four-person family was $39,000 (higher than the rate for the contiguous U.S., $31,200), while the Household Survival Budget for a family with two adults, an infant, and a four-year-old in Alaska was $98,364. The gap is even wider when comparing the FPL to the average Household Stability Budget for Alaska, which reached $63,048 for a single adult and $158,856 for a family of four.

Household Survival Budget costs are compared to income to determine if households are **below the ALICE Threshold**. Income data is based on households' self-reported responses to the ACS, which includes income from a variety of sources (see page 3). While the ACS does not explicitly mention the Alaska Permanent Fund Dividend (PFD) or Alaska Native Corporation dividends by name in its list of possible income sources, the dividends should be included in income totals, but that relies on the householder reporting them. Research suggests that dividend income may be underreported, especially in Alaska's rural areas.

Unique circumstances of living in rural Alaska: Some budget costs are different in rural areas of the state, especially for the almost one-quarter of Alaskans who live off the road system:

- HUD's Fair Market Rent, used to estimate housing costs in the Household Survival Budget, captures variation in the cost of Alaska housing fairly well, and reflects similar variation reported in the DLWD Alaska Rent Survey.
- Food costs are higher when food needs to be flown in. And while subsistence hunting and fishing are important both for food security and as cultural practices (an estimated 65% of Alaskans and 98% of rural Alaskans catch, hunt, or gather wild foods), they often require cash outlays for gear, including fuel, equipment, boats, snowmobiles, ammunition, and freezers. Therefore, variations in the cost of food have been adjusted using the Alaska Geographic Differential Study, a more accurate estimate for Alaska county-equivalent entities than the Household Survival Budget's usual source, Feeding America's Map the Meal Gap index.
- When rural communities depend on boats, snowmobiles, and even airplanes, it adds costs for transportation as well as for accessing health care. Since the Household Survival Budget relies on state-average costs for these categories, they are likely underestimated in rural areas.

Figure 1. The Cost of Basic Needs is Well Above the Federal Poverty Level

ALICE Household Budgets and the Federal Poverty Level, Alaska, 2024

	Federal Poverty Level Census poverty thresholds by number of people in a household but not by age or geography	ALICE Household Survival Budget The cost of the essentials needed to live and work in the current economy, by household type and location	ALICE Household Stability Budget The cost of supporting and sustaining an economically viable household over time, including a contingency for savings
Single Adult			
Monthly Total	$1,568	$3,088	$5,254
Annual Total	$18,810	$37,056	$63,048
Family of Four			
Monthly Total	$3,250	$8,197	$13,238
Annual Total	$39,000	$98,364	$158,856

Note: Family of four includes two adults and two children in child care (one infant, one four-year-old).

Sources: ALICE Household Survival Budget, 2024; Assistant Secretary for Planning and Evaluation (ASPE), HHS poverty guidelines for 2024, U.S. Department of Health and Human Services, 2024

ALICE BUDGETS FOR ALL COUNTIES AND HOUSEHOLD COMPOSITIONS

Itemized ALICE Household Survival and Stability Budgets for all Alaska county-equivalent entities and for numerous household compositions are available on our website at The Cost of Basics in Alaska.

Not Enough Income to Cover Basic Costs

When wages cannot cover basic household costs, families struggle to make ends meet. ALICE workers perform jobs that keep Alaska's economy running smoothly, such as cashiers, nursing assistants, office clerks, servers, laborers, and security guards. Yet, despite wage increases through the COVID-19 pandemic and into 2024, wages for many ALICE workers did not keep up with the increased cost of household basics. That gap makes it impossible for many working households to attain financial stability. It leaves families with impossible choices and tradeoffs and the stress of constantly navigating insufficient funds, on top of working and other household responsibilities.

Figure 2 shows the mismatch between costs, wages, and the FPL in 2024. First, it compares the Household Survival Budget costs for a family of four with two adults, an infant, and a preschooler to the combined full-time wages of two common Alaska occupations, a cook (earning $19.52 per hour) and a bank teller (earning $22.11 per hour). In 2024, this household's annual income fell short of basic costs by $11,773, or 14% of their income. (For more data on how costs are increasing, see the ALICE Essentials Index.)

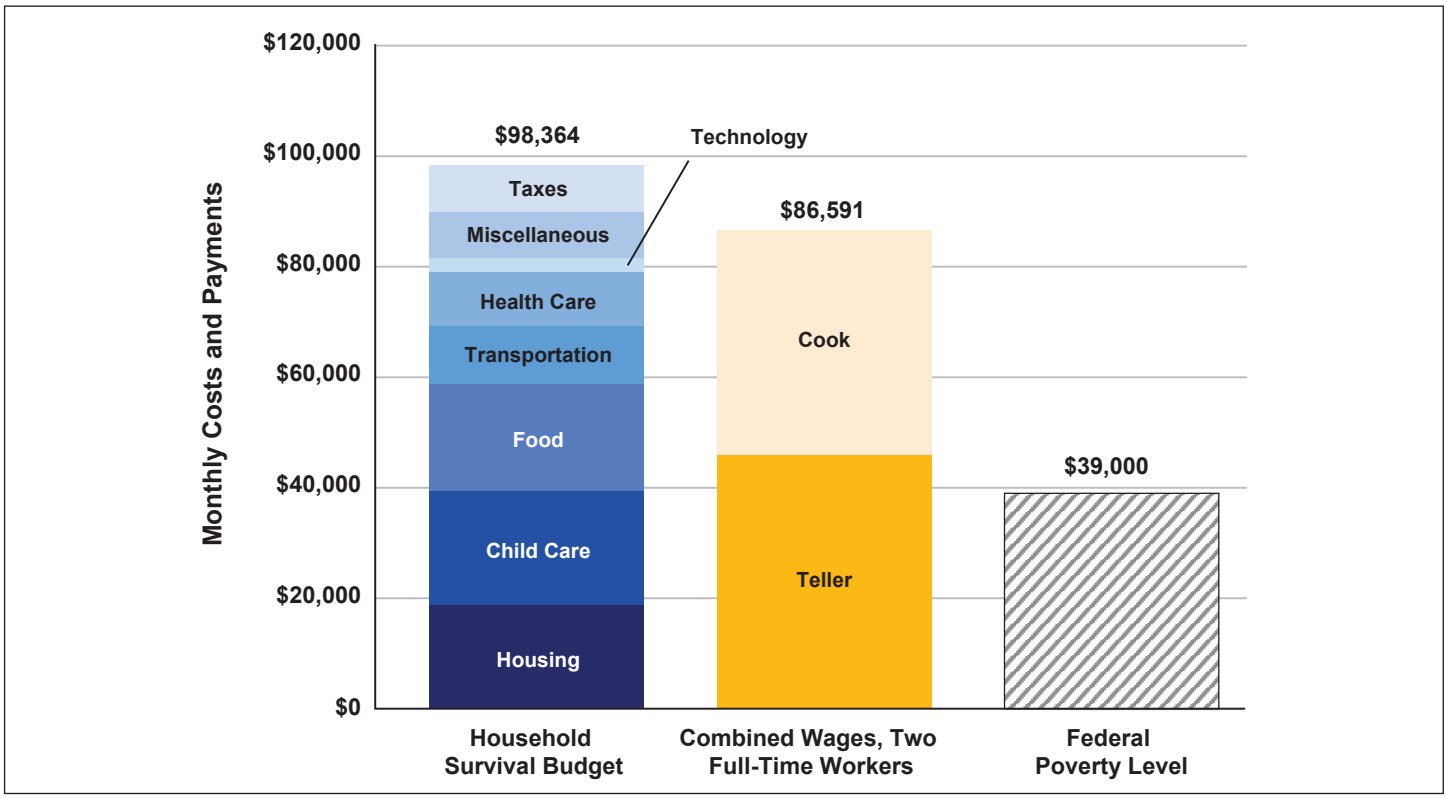
Even if all four family members had been eligible for the state's $1,702 Permanent Fund Dividend (PFD) in 2024, their household still would have been short by $4,965. In 2024, the PFD payment was one of the highest in a decade, with each person's share of the state's natural resources and investment earnings at $1,404 and a one-time energy relief payment of $298.

Figure 2 also compares both the Household Survival Budget and the wages of the two occupations with the FPL, showing that the FPL vastly underestimates the cost of basics and the number of households facing financial hardship. In 2024, Household Survival Budget costs in every Alaska county-equivalent entity were well above the FPL of $39,000 for a family of four.

The Household Survival Budget is also well above two other government measures — the Supplemental Poverty Measure (SPM) and the Area Median Income (AMI). See the ALICE Methodology Overview for more details.

Figure 2. Basic Costs Exceed Wages of Common Jobs and Official Measures of Hardship

Annual Budget, Wages, and the Federal Poverty Level, Family of Four, Alaska, 2024



Note: As defined by the BLS, "Cooks season and prepare a variety of foods in restaurants and other establishments. Tellers process routine transactions, such as cashing checks and depositing money, at a bank or credit union."

Sources: ALICE Household Survival Budget, 2024; Bureau of Labor Statistics—Occupational Employment Statistics, 2024. See page 2 for Household Survival Budget sources and visit The Cost of Basics in Alaska to see the Household Survival Budget for all county-equivalent entities and for numerous household compositions..

Increasing Costs: The ALICE Essentials Index

Inflation is a key indicator of the health of the economy. When prices increase faster than wages and other sources of income, purchasing power decreases and households struggle to make ends meet. Inflation is especially challenging for families on a tight budget or a fixed income, such as ALICE households.

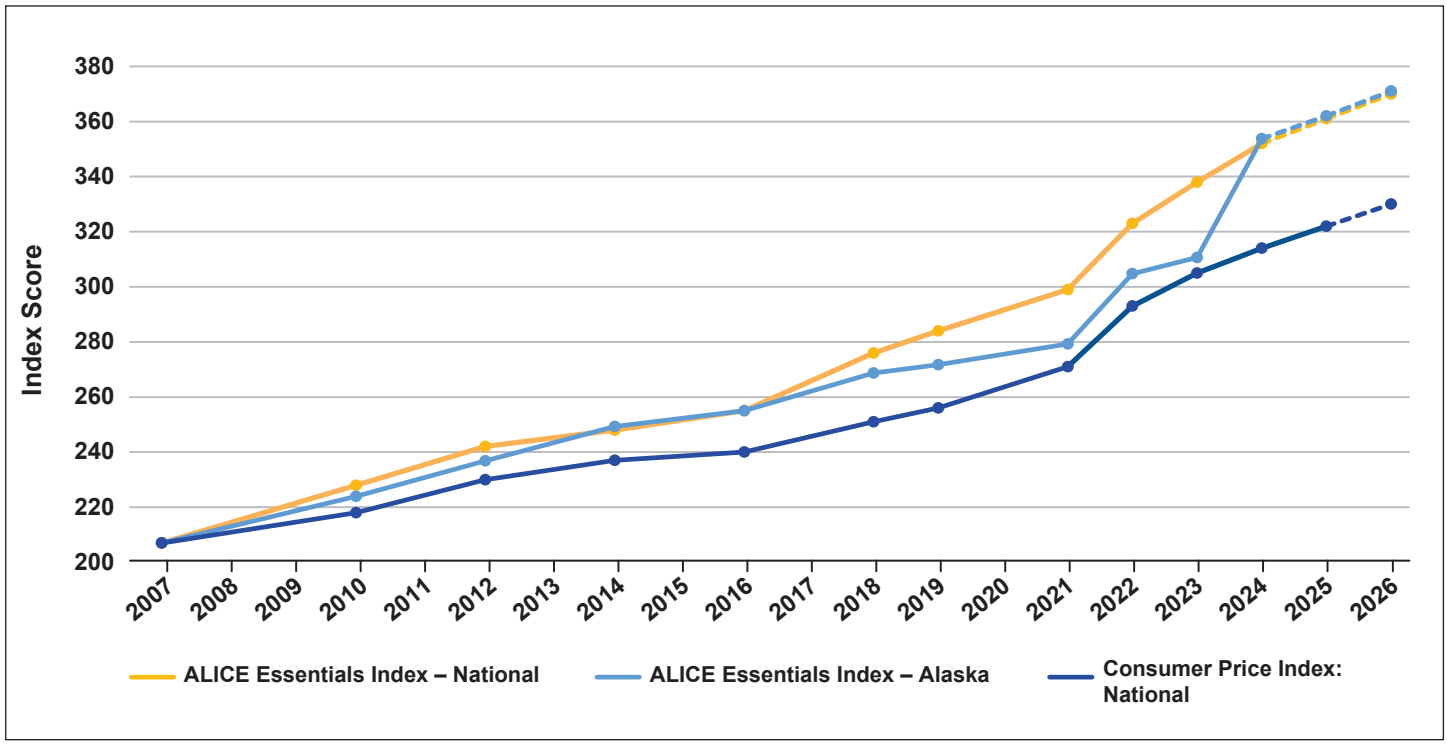
Yet the increase in the cost of basics is often concealed by the standard measure of inflation, the Bureau of Labor Statistics' **Consumer Price Index (CPI)**, which tracks changes in the retail price of more than 200 categories of goods and services purchased by consumers of all income levels in 75 urban areas. The CPI includes items that financially insecure households can't afford on a regular basis, like food and beverages purchased in restaurants, housing, apparel, cars and digital devices, recreation and travel, and higher education. This leaves the experience of ALICE households out of most inflation analyses.

By contrast, the ALICE Essentials Index tracks the cost of six necessities essential to living and working in the current economy: housing, child care, food, transportation, health care, and basic smartphone and home broadband internet plans. And it shows that the rise in the cost of these household basics regularly outpaces increases in the cost of the CPI's larger basket of goods and services.

In Alaska and across the country, the ALICE Essentials Index has increased faster than the CPI for more than a decade (Figure 3). From 2007 to 2024, the average annual rate of increase for the ALICE Essentials Index was 3.2% in Alaska, on par with the national rate (3.2%) and a little lower than in the West Census Region, which includes Alaska (3.5%). While the CPI does not report by state, CPI increased by 2.7% in the West Census Region and by 2.5% nationally during the same period.

Figure 3. Basic Costs Increase Faster Than the Consumer Price Index

Alaska ALICE Essentials Index, National ALICE Essentials Index, and National CPI, 2007–2026



Note: Inflation index scores provide a way to summarize complex data and track changes in costs over time using a numeric scale. The baseline for CPI was set at 100 in 1982. Compared to that baseline, CPI reached 207 in 2007, meaning that prices were 107% higher than in 1982. To compare the ALICE Essentials Index to CPI, the ALICE Essentials Index is set to the 2007 CPI value of 207. With this standardization, Figure 3 shows how the change in these two measures compares over time. In the text, keeping with convention, we report the percent change in each index from one year to another. The ALICE Essentials Index rates for 2025 and 2026 are projections. CPI 2026 is preliminary (based on data through February 2026).

Sources: ALICE Essentials Index, 2007–2026; Bureau of Labor Statistics—Consumer Price Index, 2007–2026. Visit our website to learn more about the ALICE Essentials Index.

In Alaska, the state ALICE Essentials Index was similar to the national ALICE Essentials Index from 2007 to 2016. In 2018, prices for essentials in Alaska were rising less quickly than the national rate but still faster than the CPI. Projections for 2025 and 2026 show similar trajectories.

While wage increases help households cover costs, they have generally not been enough to make up for years of falling behind. For example, in 2010, child care workers in Alaska, who attend to children's needs while helping to foster early development, earned a median wage of $10.65 per hour ($22,160 annually for full-time work). This median wage fell $7,993 short of the annual Household Survival Budget for a family with one adult and one school-age child ($30,153). By 2024, the median wage for this occupation increased by 58%, to $16.82 per hour ($34,980 annually, full time). Yet the annual Household Survival Budget for one adult and one school-age child also grew, by 77% (to $53,316), leaving these essential workers $18,336 short of covering basic costs — in absolute terms, much further behind than they were in 2010.

INFLATION POLICY IMPLICATIONS

CPI is integrated into government policy, yet it does not provide policymakers with a full picture of who is bearing the brunt of inflation, or how the effectiveness of social insurance programs is diminished as benefits fall behind the cost of basics over time. As a result, many government policies today fall short of achieving the impact they were intended to have when they were enacted. This is especially true for the programs most relevant to ALICE households, including inflation stabilization strategy; tax brackets and credits; annual cost-of-living increases for a range of programs from Social Security to pensions for veterans and civil servants; and the annual increase of the FPL (as well as programs with eligibility based on multiples of the FPL, like SNAP and Medicaid).

WHO IS ALICE? DEMOGRAPHICS

There are households below the ALICE Threshold in every community in Alaska, and they reflect a wide range of demographic and household types. As in every state, there are also populations in Alaska that are more likely to experience financial hardship. Higher rates of financial hardship among some groups often reflect longstanding and ongoing policies and discriminatory practices that restrict access to quality education, work, housing, and other community resources.



Financial Hardship by Age, Race/Ethnicity, and Household Type

In Alaska in 2024, rates of financial hardship differed substantially across demographic groups.

- **Age:** By age of householder, the youngest and oldest households had the highest rates of financial hardship in 2024: 67% of households headed by someone under age 25 and 42% of households headed by someone age 65 and over lived below the ALICE Threshold in Alaska. By comparison, rates were lower for those in their prime working years, with 33% of households headed by people age 25–44 and 35% of households headed by those age 45–64 living below the Threshold.
- **Race/ethnicity:** Rates of financial hardship differed substantially by race/ethnicity in Alaska. In 2024, the largest number of households below the ALICE Threshold were White (57,581), making up 32% of all White households. American Indian/Alaska Native households were the next largest group below the Threshold (17,394), yet they made up 60% of all American Indian/Alaska Native households. There were also 10,702 households headed by someone of Two or More Races below the Threshold (39%) and 7,012 Hispanic households below the Threshold (45%). Other, smaller groups also had high rates of hardship: 52% of Black households, 43% of Native Hawaiian/Pacific Islander households, and 36% of Asian households were below the Threshold in Alaska.

  The mix of languages spoken at home provides some insight into the racial and ethnic makeup of the state. About 16% of Alaskans primarily speak a language other than English at home. The largest language group is Alaska Native languages when grouped together, followed by Spanish and Tagalog, spoken in the Philippines (more than half of Asian Alaskans are Filipino).
- **Household type:** In 2024, 38% of single or cohabiting households without children headed by someone under age 65 — the most common household type in Alaska — were below the ALICE Threshold.

  Among households with children, there were substantial disparities in financial hardship by family type: 69% of single-female-headed households and 50% of single-male-headed households were below the Threshold in 2024. The largest type of households with children were married-parent households, and with their potential for two working adults, their rate of hardship was considerably lower, at 20% below the Threshold.

Figure 4 paints a clear picture of the number and share of households in hardship for different demographic groups compared to the Alaska average. For all households in Alaska, 9% were in poverty and 29% were ALICE in 2024.

Figure 4. Financial Hardship Varies Substantially by Demographic Group

Key Demographic Groups, Alaska, 2024

	Total	Total Below ALICE Threshold	Percent Below ALICE Threshold	Poverty / ALICE / Above ALICE Threshold
ALL HOUSEHOLDS	270,986	101,379	37%*	9% / 29% / 63%
AGE				
Under 25 Years	13,225	8,827	67%	8% / 58% / 33%
25 to 44 Years	99,522	32,649	33%	8% / 25% / 67%
45 to 64 Years	93,184	32,704	35%	10% / 25% / 65%
65 Years and Over	65,055	27,199	42%	9% / 33% / 58%
RACE/ETHNICITY				
American Indian/ Alaska Native	28,835	17,394	60%	11% / 49% / 40%
Asian	13,952	5,059	36%	5% / 32% / 64%
Black	7,852	4,080	52%	11% / 41% / 48%
Hispanic	15,666	7,012	45%	8% / 37% / 55%
Native Hawaiian/ Pacific Islander	2,844	1,229	43%	8% / 40% / 57%
Two or More Races	27,376	10,702	39%	7% / 32% / 61%
White, Non-Hispanic	177,186	57,581	32%	5% / 28% / 68%
HOUSEHOLD TYPE				
Married With Children	53,314	10,597	20%	4% / 15% / 80%
Single-Female-Headed With Children	15,415	10,579	69%	28% / 40% / 31%
Single-Male-Headed With Children	7,991	4,023	50%	16% / 34% / 50%
Single or Cohabiting, Under 65, no Children	129,211	48,981	38%	8% / 30% / 62%
RURAL/URBAN				
Rural	125,148	51,926	41%	11% / 30% / 59%
Urban	145,838	49,453	34%	7% / 27% / 66%

**In 2024, out of all Alaska households, there were 23,913 (8.8%) in poverty, plus 77,466 (28.6%) that were ALICE, which totals 101,379 (37.4%) below the ALICE Threshold and rounds to 37% in this Report.*

Note: This figure shows demographic groups included in the ACS tabulated dataset and reporting is limited to these categories. The groups shown in this figure are based on head of household and overlap across categories. Within the race/ethnicity category, all racial categories except Two or More Races are for one race alone. Race and ethnicity are overlapping categories; in this Report, the American Indian/Alaska Native, Asian, Black, Native Hawaiian (includes other Pacific Islanders), and Two or More Races groups may include Hispanic households. The White group includes only White, non-Hispanic households. The Hispanic group may include households of any race. Because household poverty data is not available for the American Community Survey's race/ethnicity categories, annual income below $15,000 is used as a proxy. Counties are defined as rural or urban based on the USDA's designation of metropolitan or non-metropolitan at the census tract level. Counties with 50% or more of the population in metropolitan tracts are designated as urban; those with 50% or more of the population in non-metropolitan tracts are designated as rural.

Sources: ALICE Threshold, 2024; U.S. Census Bureau, American Community Survey, 2024

Financial Hardship by Location

Financial hardship in Alaska varies widely by location, depending on opportunities for employment, labor force participation, and the cost of living. Alaska is comprised of 30 county-equivalent entities — 19 Organized Boroughs and 11 Census Areas — and rates of hardship differ not only between them, but within each of them.

In 2024, ALICE households were found in every area in the state. The most populous municipality, Anchorage (109,479 households), had one of the lowest rates of households below the ALICE Threshold (32%). Higher rates of financial hardship were more likely in areas with smaller populations; the highest rates (more than 60%) were in the Kusilvak Census Area (73%), the Bethel Census Area (63%), and the Northwest Arctic Borough (61%).

Alaska's communities are not well captured by a simple rural-urban split, because goods and jobs arrive differently across the state, and that shapes both cost and opportunity. The state's largest communities are connected by the National Highway System and almost 70% of households live in these urban areas; of these 187,322 households, 35% are below the ALICE Threshold.

Rural communities vary significantly by whether they are connected by secondary roads or off the road system altogether. They also vary by whether they are regional hubs — the medical, educational, commercial, and governmental centers — or surrounding villages, often reached primarily by air or water, with goods arriving through a regional hub. Across all these rural categories, the rate of financial hardship varies, suggesting that additional factors contribute to financial hardship; these could include history, population size, economic opportunity, climate and climate changes.

Looking at census subareas (or county subdivisions), rates of financial hardship range from less than 32% below the ALICE Threshold in Yakutat (off-road village along the Inside Passage), Chugach (Census area along the coast south of Anchorage), and Sitka (city-borough on Baranof Island) census subareas to more than 64% below the Threshold in Yukon Flats (other road connected community on the Arctic Circle), Aniak (off-road village in western Alaska), and Kusilvak (off-road borough along the Bering Sea coast) census subareas. For more detail on hardship by county-equivalent entity, census subarea, or census place, see tables at the end of this Report, and visit the Alaska County Reports on our website.



SPOTLIGHT ON ALASKA NATIVE COMMUNITIES

Alaska Native communities are the foundation of the state's cultural identity, encompassing eleven distinct cultures across Alaska's regions and more than 20 distinct languages.

Alaska Native representation is unique compared to tribal representation elsewhere in the country. The state has 229 federally recognized tribes and one federal reservation, the Annette Island Reserve. The Alaska Native Claims Settlement Act of 1971 established a parallel corporate structure: 12 private, for-profit regional corporations, owned collectively by well over 140,000 Alaska Native shareholders, hold title to nearly 27 million acres, and more than 200 village corporations hold title to nearly 17 million acres. In much of rural Alaska, these Alaska Native Corporations, at both the regional and village levels, are the largest businesses and private employers.

Alongside the corporations sits a governance structure with no real parallel elsewhere. In a single community, a village corporation, a regional corporation, a federally recognized tribal government, and a regional non-profit may each hold a distinct role, with land ownership and service delivery distributed among them rather than held by one entity. This layered structure is a source of organizational strength and self-determination, and it also makes coordination on housing, health care, and economic development more complex than in communities governed by a single body.

Tribally owned regional health organizations, together with the statewide Alaska Native Tribal Health Consortium, operate one of the most developed Tribal health systems in the country. Regional housing authorities build and rehabilitate housing where private markets do not reach. And Alaska Native organizations are closing the broadband gap directly: 18% of people on tribal lands lacked broadband access in 2020, compared to 4% elsewhere, and Tribal Broadband Connectivity Program investment is now underway across the Yukon River corridor, the Yukon-Kuskokwim Delta, and the Northwest Arctic.

American Indian/Alaska Native households had the highest rate of financial hardship of any race or ethnicity in Alaska in 2024, with 60% living below the ALICE Threshold. This gap reflects rural geography: Rural Alaska offers fewer wage jobs, more seasonal and lower-income work, and a higher cost of living than the state's connected market centers, and a higher share of Alaska Native people live in these rural and remote communities.

Additional challenges stem from the remote location of many tribal communities. More than 70 Alaska Native villages face long-term threats from erosion, flooding, and thawing permafrost. Housing is often overcrowded and aging, and demand for homeownership exceeds access to mortgage credit. American Indian/Alaska Native households have also consistently been undercounted in the U.S. Census, due in part to geographic isolation and limited access to technology, meaning that the 60% measurement of American Indian/Alaska Native households living below the ALICE Threshold likely understates the true rate. Closing that data gap, through inclusive collection and disaggregated reporting, is essential to directing resources where they're actually needed.

Demographic Trends

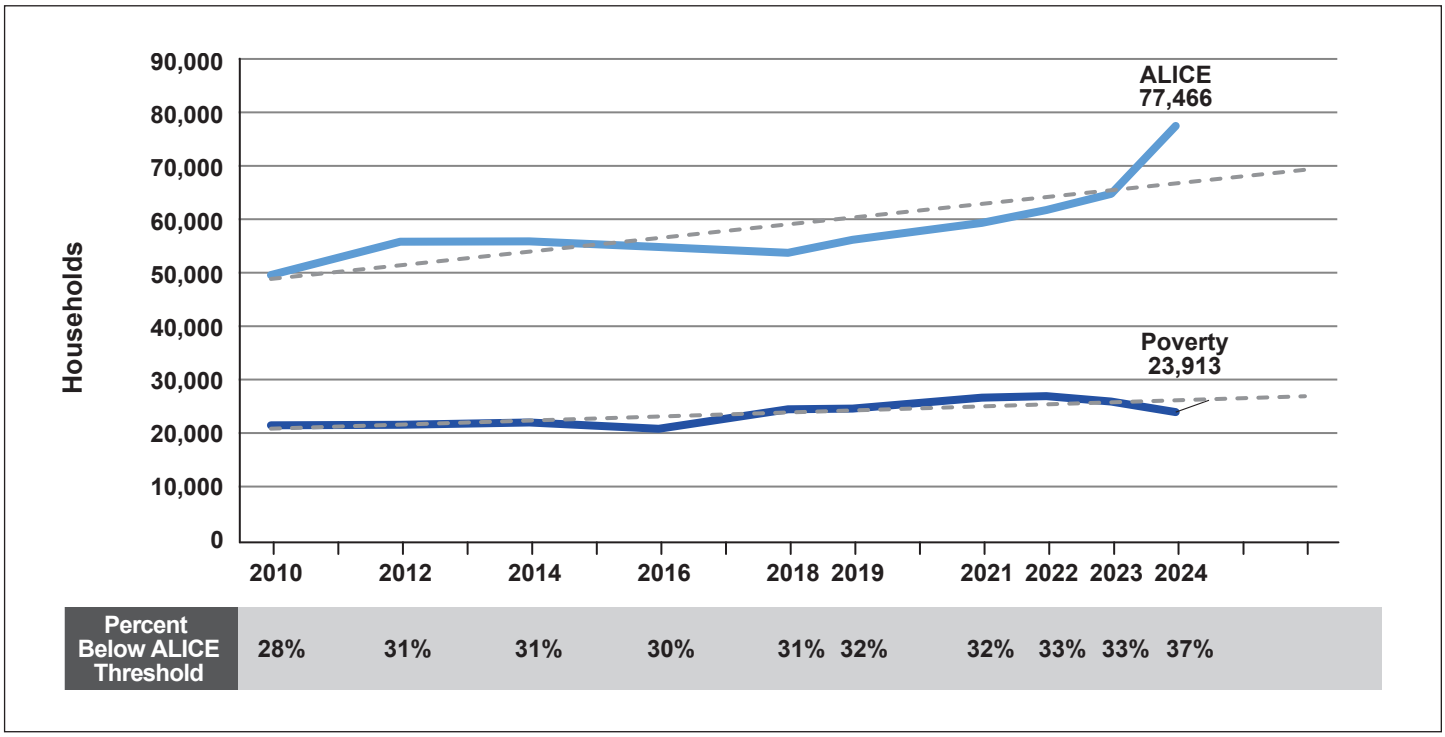
Overall, the number of households in Alaska is trending upward. From 2010 to 2024, the total number of households in the state increased by 7% (compared to a 15% increase nationally). But the rate is slowing as the population is aging, with the large group of people who moved to Alaska with the oil boom in the late 1970s and early 1980s reaching retirement age. In addition, unlike during most of its history, over the last decade Alaska has lost more people to migration than it has gained.

Households below the ALICE Threshold: While Alaska did not experience the same job losses as most states during the Great Recession (late 2007 to mid-2009), the percentage of Alaska households below the ALICE Threshold increased from 23% in 2007 to 28% in 2010, then continued to grow, increasing to 37% in 2024 (Figure 5).

Since 2010, the trend has been clear: The number of both ALICE households and households in poverty in Alaska has continued to rise. With a relatively small population like Alaska's, there can sometimes be small increases or drops due to sampling issues in the data, so the long-term trends are most revealing: From 2010 to 2024, the number of households in poverty increased by 12% (while the national rate increased by 3%), and the number of ALICE households increased by 56% (compared to 23% nationally).

Figure 5. ALICE and Poverty-Level Households are Trending Upward

Number of Households by ALICE Status, Alaska, 2010–2024



Note: Data years are comparable over time (methodology changes are backdated as necessary for continuity). However, year-to-year changes should be interpreted with caution; multi-year trends are more reliable. The gray dashed trend lines in this figure highlight the general direction of the point-in-time data for the years shown. These lines indicate whether the numbers of ALICE and poverty-level households have been generally increasing. The ALICE trend line is statistically significant at p<0.0001; the Poverty trend line is statistically significant at p<0.0385.

Sources: ALICE Threshold, 2010–2024; U.S. Census Bureau, American Community Survey, 2010–2024

Families with children: The total number of households with children under age 18 in Alaska declined 14% from 2010 to 2024, far exceeding the national rate (down 2%). This trend held across all configurations of households with children: Married-parent households fell in number (down 13%); single-female-headed households fell 19%; and single-male-headed households decreased 8%.

While the total number of families with children was falling, the number experiencing financial hardship was increasing, up 10% from 2010 to 2024. The number of married-parent families below the ALICE Threshold rose by 47% and the number of single-male-headed families below the Threshold increased by 20%. Single-female-headed families below the Threshold were the only group to decline, falling by 14%.

Working-age households: Alaska has seen an increase in nonresident workers amid a decline in the number of Alaskans of "prime working age." The decline was driven by households headed by someone age 45 to 64 years; from 2010 to 2024 they fell by 36%. Younger households increased slightly, but not enough to make up for the loss of older households; those headed by someone age 25 to 44 years increased by only 4%.

Older adults: Though Alaska has typically been known as a young state, households headed by people age 65 and over were the fastest-growing age group in the state between 2010 and 2024, more than doubling (up 105%). The Baby Boom workers who migrated to Alaska during the 1970s and early 1980s to work on the pipeline and in the oil industry are now in their sixties and seventies. Households headed by people age 65 and over were also the age group with the most substantial increase in the number of households below the ALICE Threshold, which also more than doubled (up 111%) from 2010 to 2024.

While Social Security benefits help raise most older households above the FPL, they are not enough to cover the costs in the ALICE 65+ Household Survival Budget. As a result, more than two in five 65+ households in Alaska (42%) lived below the ALICE Threshold in 2024. Notably, while this rate is high, it is still below the national rate of 50%.

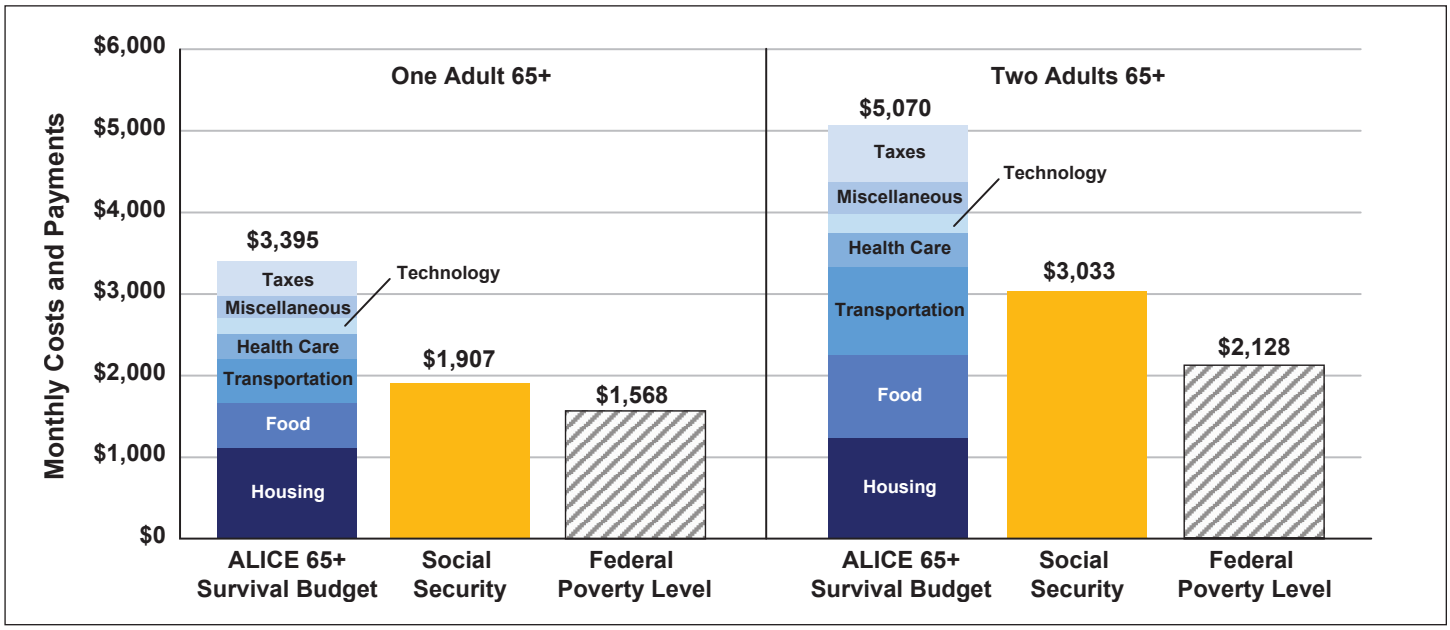
In 2024, monthly costs for the ALICE 65+ Survival Budget for one adult were $3,395, but the average monthly Social Security payment was only $1,907 (there is no state-specific adjustment for Alaska). That left a 65+ household $1,488 short of meeting their basic needs each month (Figure 6).

With increasing costs and insufficient retirement savings, many older adults have needed to continue working. In 2024, nearly 8,667 people age 65 and over living below the ALICE Threshold in Alaska did not have retirement savings beyond Social Security, according to ALICE analysis of Public Use Microdata Sample (PUMS) records.

Alaskans age 65 and over have always been more likely to work than their counterparts in other states. In 2023, 22% of people age 65 and over participated in the state's labor force, compared to the national average, 19.5%.

Figure 6. Older Adults Struggle to Afford Basics on Social Security

Monthly ALICE 65+ Survival Budget Total, Average Monthly Social Security Payments, and the Federal Poverty Level, Alaska, 2024



Note: See page 4 for a breakdown of monthly ALICE 65+ Survival Budget costs.

Sources: ALICE 65+ Survival Budget, 2024 (see the ALICE Methodology for details); Social Security Administration, 2024; U.S. Department of Health and Human Services, 2024

Race/ethnicity: In an effort to better capture multiracial households, the U.S. Census changed the way it asked about race and Hispanic origin in 2020. As a result, the Census urges caution when comparing data on race and ethnicity over time. While actual demographic shifts have contributed to the sharp rise in the Census count of households headed by someone of Two or More Races, the improved U.S. Census questions and reclassifications have also played a role in the 46% increase in these households nationally from 2021 to 2024. With that, Alaska households headed by someone of Two or More Races below the ALICE Threshold increased 70% during that period.

During the short time period from 2021 to 2024, the number of American Indian/Alaska Native, Asian, Black, and Hispanic households in Alaska increased — both in total number and in the number below the ALICE Threshold — while the number of White households remained flat.

Migration: Attracting and retaining people to live, work, and thrive in Alaska has been important to economic growth since Alaska became a state in 1959. Even before that, boom resource industries including gold, salmon, and oil have attracted waves of workers, especially when other parts of the U.S. were struggling. As the economic cycle shifted, workers left, especially during the pandemic. Today, people still move to Alaska — both from other U.S. states and from abroad — for employment, with the top industries employing foreign-born workers being Health Care, Education, Manufacturing (mostly seafood processing), and Leisure and Hospitality.

Foreign-born residents accounted for a small share of the Alaska population in 2024 (8%), only slightly higher than in 2010 (7%). The largest number of immigrants (20,351) were from Southeast Asia (particularly the Philippines), followed by Latin America and Europe. Most immigrants live in the state's largest city, Anchorage.

Rural/Urban: While Alaska's rural population is slightly smaller than the urban population, it is growing faster. The total number of Alaska households in predominantly rural county-equivalent entities increased by 13% from 2010 to 2024, compared to 2% in predominantly **urban** county-equivalent entities. Yet both areas experienced large increases in the number of households below the ALICE Threshold, by 54% in rural areas and by 33% in urban areas.

INTERACTIVE DEMOGRAPHIC AND GEOGRAPHIC DATA TOOLS

ALICE data is available online by race/ethnicity, age of householder, household type, county, county subdivision, census designated place, ZIP code, and legislative district. See all available geographies and more with the ALICE Mapping Tool.

WHERE DOES ALICE FIT IN THE LABOR LANDSCAPE?

Alaska's economy has been built on its natural resources, including oil and gas, fishing, tourism, and mining. The industries built on these resources are subject to global cycles of demand, and the extreme seasonal weather in the state also forces ebbs and flows in Alaska's workforce. While Alaska workers have long been employed in non-standard work arrangements — like hourly paid work and part-time employment — more change is coming with new technologies and automation.

The Alaska labor force is somewhat unique in having to adjust to boom-and-bust cycles in some industries, especially oil and gas and tourism, and the seasonal nature of others, like fishing and construction. At the same time, the state's prime working-age population (age 18 to 64) has been decreasing, and demographers predict it will continue to decline through 2030. As a result, there continues to be a demand for workers from out of state. While there has been a rebound in the overall number of workers as the economy has recovered from the pandemic, a growing number of workers live out of state, reaching 23% of non-federal workers in 2024.

Despite many businesses having increased their wages to attract new employees, there are workers below the ALICE Threshold in all industry sectors in Alaska, employed in many of the state's most common occupations.

In terms of jobs, over the last decade, the number of workers in Alaska held steady at around 325,000 from 2010 to 2020, dipped to 302,400 in 2021, then rebounded to 333,900 in 2024, according to the Alaska Department of Labor and Workforce Development. These data points reflect the number of jobs in the state; they do not include business owners, the self-employed, unpaid family workers, or private household workers, and people working two jobs may be counted twice.

Some jobs have greater earning potential and pathways for advancement than others. And even within the same occupation, there can be differences by sector and even by employer in terms of wage levels, job security, predictability of schedules, opportunities for advancement, and benefits.

This section focuses on ALICE workers in Alaska in three cross-cutting areas: industry sectors, common occupations, and work arrangements.



Industry Sectors

There are workers below the ALICE Threshold across all industry sectors in Alaska. In analyzing rates of financial hardship, the focus is on workers living in the state; it does not include the many workers residing out of state. In 2024, the largest industry sector by total employment in Alaska was Health Care and Social Assistance, with nearly 54,000 employees, followed by Public Administration, with more than 40,000 employees, according to the ACS PUMS data. Among the 10 largest industry sectors (by total workers), the percentage of workers living in households below the ALICE Threshold varied widely, from 10% in Professional, Scientific, and Technical Services to 48% in Manufacturing (Figure 7).

The Alaska seafood industry is the backbone of the state's manufacturing sector and the largest private employer. Over 300 large and small firms process five billion pounds of fish and shellfish annually, more than half of the U.S. total.

Cutting across all these industries, Alaska had about 15,500 federal civilian jobs in 2024, 4.6% of the state's total employment, with more than one-third working for the Department of Defense. The federal workforce has declined from a high of 20,000 in the 1990s, and about 4.5% of the federal workforce was cut in 2025.

Figure 7. Rates of Financial Hardship Vary by Industry Sector

Largest Industry Sectors by Employment by Worker Household ALICE Status, Alaska, 2024

Industry Sector	Total Workers in Industry Sector	Poverty	ALICE	Above ALICE Threshold
Health Care and Social Assistance	53,967	3%	13%	84%
Public Administration	40,038	6%	19%	75%
Retail Trade	38,541	3%	18%	79%
Educational Services	32,463	2%	20%	78%
Transportation and Warehousing	31,583	11%	15%	74%
Construction	20,488	5%	17%	78%
Accommodation and Food Services	19,346	5%	19%	76%
Professional, Scientific, and Technical Services	17,900	3%	7%	90%
Other Services Except Public Administration	16,435	8%	22%	70%
Manufacturing	14,233	15%	33%	52%

Note: This table includes workers residing in Alaska with income from occupations in the listed sectors. Wages are for full-time workers and include tips. ALICE Threshold status is determined by comparing workers' total household income to the ALICE Household Survival Budget for their household composition and location. PUMS employment statistics reflect the number of Alaska residents working; U.S. Bureau of Labor Statistics and Alaska Department of Labor and Workforce Development report the number of jobs by place of work, with workers who may live in or out of the state.

Sources: ALICE Threshold, 2024; U.S. Census Bureau, American Community Survey, PUMS, 2024

Common Occupations

Looking at occupations offers additional insight into the state's workforce, especially as many common jobs exist across industry sectors — for example, Customer Service Representatives work in Health Care, Retail Trade, and other fields.

In 2024, of Alaskans working in the 20 most common occupations, 25% were below the ALICE Threshold. Occupations with the largest share of workers in households below the Threshold included Janitors and Building Cleaners (55%), Laborers and Freight, Stock, and Material Movers (46%), Driver/Sales Workers and Truck Drivers (46%), and Customer Service Representatives (42%) (Figure 8).

HOW FAR DOES $20 PER HOUR GO IN ALASKA?

- Of the 20 most common occupations in Alaska, nine paid less than $20 per hour in 2024.
- In 100% of Alaska county-equivalent entities, $20 per hour was not enough to support the ALICE Household Survival Budget for one adult and one school-age child.

To identify counties where selected hourly wages can support the ALICE Household Survival Budget, visit the ALICE Wage Tool.

Figure 8. A Large Share of Workers in the 20 Most Common Occupations are Below the ALICE Threshold

Labor Characteristics, Most Common Occupations, Alaska, 2024

Most Common Occupations	Total Employment	Percent of Workers Below ALICE Threshold	Median Hourly Wage
First-Line Supervisors of Retail Sales Workers	7,891	20%	$29.29
Elementary and Middle School Teachers	6,841	16%	$38.56
Janitors and Building Cleaners	6,659	55%	$14.64
Registered Nurses	6,503	8%	$48.81
Cashiers	6,349	29%	$12.20
Secretaries and Administrative Assistants	6,239	9%	$22.94
Customer Service Representatives	6,198	42%	$19.52
Bookkeeping, Accounting, and Auditing Clerks	5,672	25%	$34.17
Laborers and Freight, Stock, and Material Movers, Hand	5,491	46%	$19.52
Other Office and Administrative Support Workers	5,362	24%	$34.66
Fast Food and Counter Workers	5,357	7%	$19.87
Driver/Sales Workers and Truck Drivers	4,930	46%	$21.96
Nursing Assistants	4,532	27%	$14.64
Cooks	4,521	19%	$19.52
Retail Salespersons	4,282	28%	$25.38
Accountants and Auditors	3,848	6%	$40.51
Teaching Assistants	3,818	33%	$15.62
Aircraft Pilots and Flight Engineers	3,658	2%	$97.62
Stockers and Order Fillers	3,453	28%	$20.99
Waiters and Waitresses	3,335	23%	$17.23

Note: This figure presents data for full-time workers residing in Alaska with income from these occupations (including those who work in the state or travel to another state). Wages include tips. The median hourly wage is based on the annual wage for the occupation, divided by 52 weeks and estimated at 40 hours per week (it does not include those residing in another state but working in Alaska). ALICE Threshold status is determined by comparing workers' total household income to the ALICE Household Survival Budget for their household composition and location.

Sources: ALICE Threshold, 2024; U.S. Census Bureau, American Community Survey, PUMS, 2024.

Work Arrangements

Beyond traditional measures such as unemployment rates and median wages, there are other important indicators of economic stress for ALICE workers:

Nontraditional work arrangements: The workplace continues to evolve with the incorporation of new technologies, including artificial intelligence (AI), and the shift to more fluid work arrangements. In 2024, nationwide, only 41% of employed workers (age 16+) had the security of a salaried job and full-time hours.

Yet that year, of people in the labor force in Alaska (those who were working or looking for work), 63% worked full time (35+ hours per week, for 50 weeks or more), with many combining non-standard work arrangements — like hourly paid work, part-time employment, and gig work.

Worker uncertainty in Alaska is compounded by the seasonal nature of key industries. Alaska has about 14% more jobs in July than in January, its highest and lowest employment months — a wider gap than in any other U.S. state. Sectors

such as seafood processing, construction, and tourism bring more than 400,000 people to the state to work each summer, but at least 20% of these workers don't stay long enough to establish residency, since summer jobs end and they need to work year-round.

In 2024, 23% of the Alaskan workforce were non-residents. Most non-resident workers are hired domestically from other states. International workers are common in a few industries, like seafood processing, but work visas can be challenging to obtain, and that process can create uncertainties from year to year.

Alaska was built on the expectation that workers would switch from one job to another according to season. Therefore, non-standard work arrangements — like hourly paid work, part-time employment, and gig work — are not new concepts in the state, though they now have new names. The challenge remains that these workers are more likely to have fluctuations in income due to schedule changes and variable hours, and they are less likely to receive benefits, such as health insurance, paid time off, family leave, or retirement plans.

In Alaska in 2024, one-third of the labor force worked part time. These workers were much more likely to be below the ALICE Threshold than full-time workers (35% vs. 21%).

Alaska's seasonality has a significant impact on different regions of the state. For example, the Denali and Skagway boroughs are dramatically seasonal because of tourism; both have summer job numbers nearly four times higher than in January or February. Anchorage has the smallest seasonal shift because the summer drop in school-related jobs moderates the summer increases in other sectors, though its 6% difference is still large compared to most states.

Multiple jobs: Many low-income workers rely on multiple jobs to make ends meet. Traditional measures of employment have focused on the number of jobs held by a worker. For example, BLS estimates that nationally, only 5% of U.S. workers held two or more jobs in 2024, and older estimates from Alaska suggest that its share is double that.

However, in the current economy, workers are earning extra income in ways that are not necessarily considered a "job" by agencies like the BLS. In a 2026 LendingTree survey, 33% of adults in the U.S. reported having a side job, with 61% of these workers saying that without this extra income, they weren't certain they would still be able to pay all their bills.

Small business employers: In 2025, 54% of the private-sector workforce in Alaska worked in a small business — defined by the BLS as a firm with fewer than 500 workers. The 77,814 small businesses in Alaska have been an important engine for growth in the state economy, driving job creation, innovation, and wealth. However, small businesses are more vulnerable to changes in demand, prices of materials, and transportation costs, as well as to cyberattacks and natural disasters. And because they have fewer resources, they are more likely to pay lower wages overall and offer fewer benefits, meaning that they are more likely to employ ALICE workers.

Minimum wage: The minimum wage in Alaska was $11.73 per hour in 2024. As shown in the ALICE Wage Tool, this rate could not support the Household Survival Budget for any household composition in any location in the state. The rate increased to $13.00 per hour in 2025 and to $14.00 in 2026, and it will increase to $15.00 in 2027.

Unemployment and underemployment: The unemployment rate for workers below the ALICE Threshold (12%) was notably higher than the overall state rate in 2023 (5%), as reported in the ALICE Economic Viability Dashboard (latest data reported).

Employment opportunities and challenges differ across regions of the state. In 2024, unemployment rates were highest in the Southwest and Southeast economic regions, reaching 16% of adults in the Kusilvak Census Area. Official unemployment numbers do not capture unpaid work that is often necessary in Alaska, especially in rural villages, nor do they include subsistence hunting and fishing or family care.

Many workers want to work full time but struggle to find and secure full-time employment. In 2024 in Alaska, the BLS underemployment rate that captured these workers was 8%, more than twice the traditional unemployment rate that year (3%). Underemployment was particularly notable among parents: In Alaska, 34% of children lived in families that lacked secure full-time employment in 2024.

Labor force participation: An additional 33% of people in Alaska were out of the labor force in 2024 (not working or looking for work in the past four weeks), on par with the national rate of 36%. This included people who were retired (15%) and those who were out of the labor force for other reasons, such as disability, health issues, caregiving responsibilities, or student status (18%).

For more data on the labor landscape and occupations across the state, visit ALICE in the Labor Force on our website.

CHILD CARE: CHALLENGES FOR WORKERS AND FAMILIES

Child care is a critical sector within the Alaska economy, supporting children's healthy development and enabling parents to work. Yet cost and lack of access to quality care severely limit parents' options.

- The full cost of child care is often more than most parents can afford. For families with two children in care, child care is one of the most expensive items in their budget — even more expensive than housing.
- Child care workers are the workforce behind the workforce, yet many child care workers struggle to make ends meet for their own families. With a median hourly wage of $16.82 in Alaska in 2024, 49% of child care workers were below the ALICE Threshold. Low wages lead to high turnover and fewer skilled workers to care for the state's youngest children.

Strengthening the child care workforce and stabilizing the industry will require coordinated and sustained action from federal and state governments, to ensure that parents can work and support their local economies.

Wage Disparities in the Workforce

Disparities in wages exist by sex, educational attainment, race/ethnicity, disability status, sexual orientation and gender identity, and immigration status. While wage gaps have narrowed for some groups over time, they persist across the country and in Alaska:

- **Sex:** Among all full-time, year-round Alaska workers, women earned 85 cents for every dollar paid to men, slightly better than the national earnings disparity (81 cents for every dollar paid to men), in 2024. A driving factor is the concentration of male workers in high-paying mining, oil extraction, and oilfield services jobs. Reducing pay disparities would benefit all women, particularly the 69% of single-female-headed households with children living below the ALICE Threshold in Alaska.
- **Educational attainment:** Financial hardship decreases as educational attainment increases. In Alaska in 2024, 40% of workers with less than a high school diploma were below the ALICE Threshold, compared to 35% for those with a high school diploma or GED, 21% for those with some college or an associate degree, and 18% for those with a bachelor's degree or higher.
- **Race/ethnicity:** In 2024, median annual earnings for adults (age 16+) in Alaska varied significantly by race/ethnicity: $31,536 for American Indian/Alaska Native workers, $45,756 for Asian workers, and $50,067 for Black workers, compared to $57,477 for White workers.

  There are also differences by race/ethnicity in labor participation rates and unemployment. Historically, American Indians/Alaska Natives, especially those living in rural areas, have been less likely to be in the formal labor force; federal statistics do not capture non-cash employment. Even for Alaska Natives living in urban areas, unemployment rates are higher than for Alaska workers of other races/ethnicities. Drivers of this gap in both rural and urban areas include the lack of available cash jobs in majority-Native remote areas, and the concentration of mining and oil jobs among White men. The seasonal approach to living and working in Alaska also skews unemployment rates. For example, more than 80% of seafood processing workers were non-residents in 2024. Most of these workers are Filipino; when they are not working, they return home and then are not included in Alaska unemployment counts.
- **Disability:** In 2024, Alaska had a slightly higher percentage of people living with a disability than the national average (14.5% vs. 13.7%). Workers with disabilities earn less overall than those without disabilities (although among people working similar jobs and schedules, the gap is smaller), and people with disabilities are less likely to earn a full-time wage. Additional disparities were revealed in our *ALICE in Focus: People with Disabilities* research: Whether working full or part time, people with disabilities were more likely to be below the ALICE Threshold than people without disabilities. In 2024, 26% of full-time workers with disabilities in Alaska were below the ALICE Threshold, compared to 20% of full-time workers without disabilities. For people with disabilities who worked part time, the rate of financial hardship was 38%, compared to 35% for part-time workers without disabilities.
- **Sexual orientation and gender identity:** Nationwide, lesbian, gay, bisexual, transgender, and queer (LGBTQ+) workers earned 90 cents for every dollar the average full-time worker earned in 2022 (latest data available). In addition, more than one-third of LGBTQ+ workers say they have experienced discrimination in the workplace. Almost 6% of the adult population in Alaska identified as LGBT in 2023, according to the Williams Institute at UCLA School of Law.

- **Immigration status:** The two largest groups of immigrants in Alaska are from the Philippines (40%) and Mexico (10%). Filipino workers have long been part of the Alaskan labor force, first in the salmon cannery industry and most recently as teachers. The number of Mexican immigrants has grown more recently, working in fishing, tourism, and construction jobs. While many immigrants have become permanent Alaska residents in recent years, others still return to their home countries in the off-season for their industries and therefore are not included in the ALICE data. Both Filipino and Mexican immigrants have higher rates of financial hardship as captured in the state's broader racial and ethnic Census categories: 36% of Asian households and 45% of Hispanic households in Alaska were below the ALICE Threshold in 2024.

- **Wage gaps are even more substantial for workers with multiple marginalized identities.** For example, American Indian/Alaska Native women experience discrimination due to race/ethnicity and gender in both applying for jobs and receiving equal pay or consideration for promotions. In Alaska in 2023, American Indian/Alaska Native women working full time were paid only 72.3 cents for every dollar paid to White men.

THE ALICE ECONOMIC VIABILITY DASHBOARD

United For ALICE's Economic Viability Dashboard provides key data on the local economic conditions that matter most to ALICE households: work, housing, and community resources. The Dashboard's mapping, profile, and comparison features can help communities and policymakers identify the gaps that ALICE workers and families face in reaching financial stability. Then, the Action Planner puts that data to use by quantifying gaps and pairing them with promising practices, so that public and corporate policymakers can remove barriers and make structural changes needed to ensure that ALICE households' basic needs are met.



DOES ALICE HAVE SAVINGS AND ASSETS?

Savings and assets provide a cushion when there is an emergency, and they allow families to save for the future. But for households below the ALICE Threshold, income must be used to cover basics, so saving is difficult — and a single emergency can deplete whatever savings they do have. In addition, due to persistent gaps in access to assets, financial tools, and credit constraints, lower-income households are more likely to be targeted by predatory lenders and incur excessive fees or interest rates on borrowing. Households below the Threshold not only have difficulty building assets for themselves, but they also struggle to accumulate and transfer wealth to the next generation.

Rainy Day Funds

One of the best-known questions in the Federal Reserve Board's Survey of Household Economics and Decisionmaking (SHED) asks whether respondents had set aside emergency savings or rainy day funds that would cover their expenses for three months in case of sickness, job loss, economic downturn, or other emergencies. According to SHED, in 2024, respondents below the ALICE Threshold in the Pacific Census Division (which includes Alaska) were far less likely than those above the Threshold to have savings that could cover three months of expenses in the event of an emergency (40% vs. 77%).

The amount of savings in the rainy day fund also provides insights. For most SHED respondents below the ALICE Threshold (63%), the largest emergency expense they could cover was less than $1,000; one-third of respondents (30%) actually had less than $100 available. By comparison, more than three-quarters of respondents above the Threshold (76%) could cover more than $2,000 (Figure 9).

Data on savings rates in Alaska alone is limited, but data on levels of debt sheds more light on the difficulty of saving for Alaskans. The average amount of debt owed by Alaska residents with a credit score (80% of U.S. adults have a credit score) was $71,000 in 2024, higher than the national average of $63,000. The largest portion is mortgage debt, followed by credit card and auto debt.

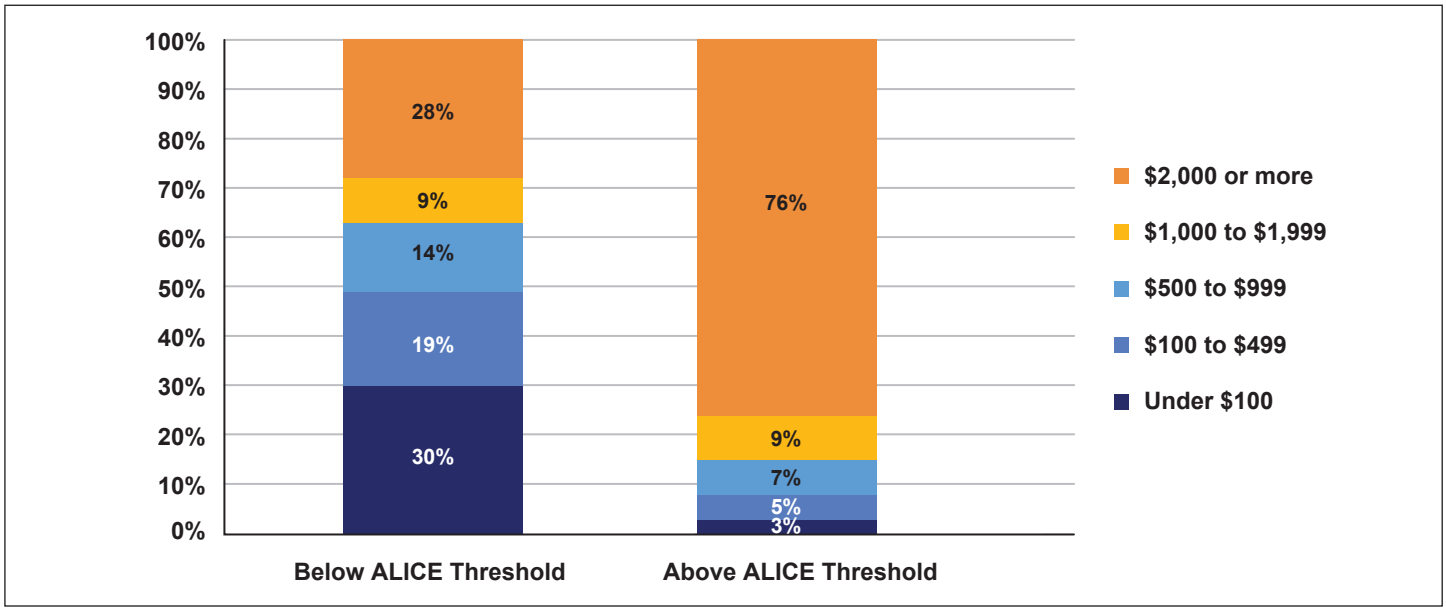
How many respondents have savings to cover three months of expenses?



Source: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), Pacific Census Division, 2024

Figure 9. Respondents Below the ALICE Threshold Struggle to Cover Emergency Expenses

Largest Emergency Expense by ALICE Status, Pacific Census Division, 2024



Question: Based on your current financial situation, what is the largest emergency expense that you could handle right now using only your savings?

Sources: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), 2024

Retirement Assets

Retirement assets include 401(k)s, IRAs, pensions, or business or real estate holdings that provide income in retirement. Overall, 66% of SHED respondents in the Pacific Census Division reported having these assets in October 2024.

Yet these averages, again, conceal the disparity in retirement assets between respondents above and below the ALICE Threshold. Respondents below the Threshold in the Pacific Census Division were far less likely to have retirement assets than those above the Threshold (40% vs. 90%). Additionally, non-retirees below the Threshold were less likely to say that their retirement savings plan was on track (20% vs. 62%).

Among those with retirement savings, the amounts varied greatly by ALICE status. The majority of respondents below the ALICE Threshold (61%) reported having less than $50,000 in 2022 (latest SHED data available), while the majority above the Threshold (70%) reported having more than $100,000 (Figure 10).

How many respondents have retirement assets?

Below ALICE Threshold: **40%**

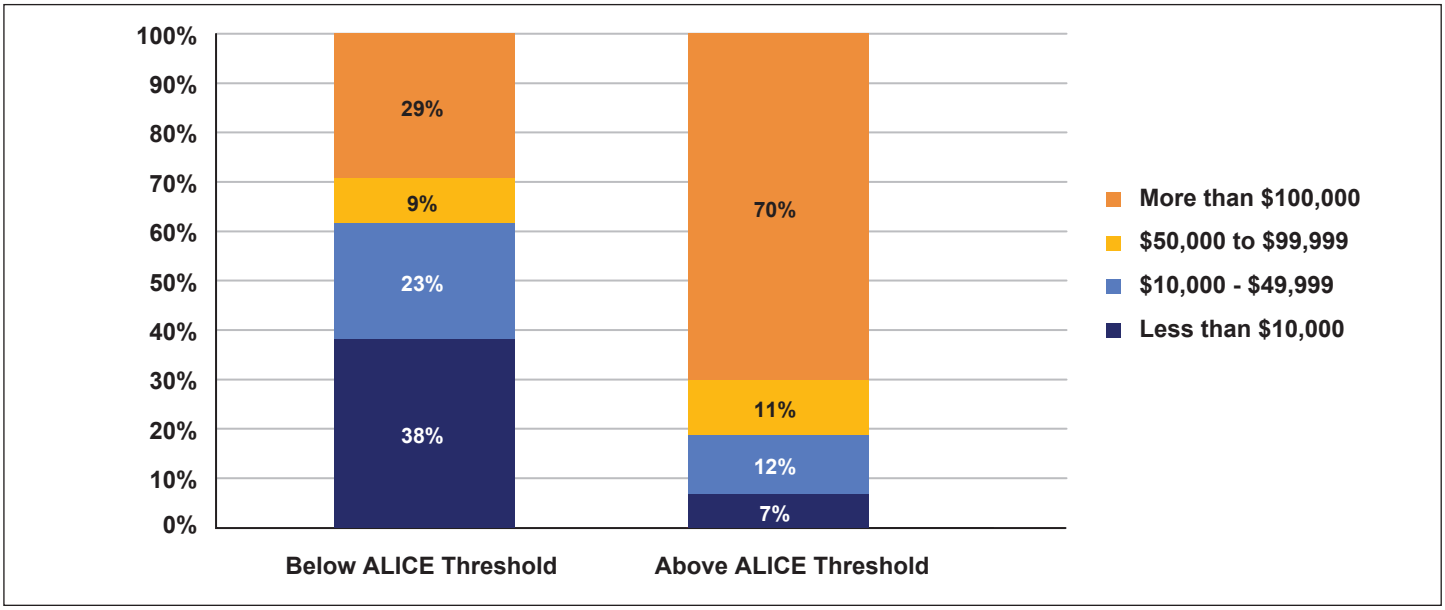
All Respondents: **66%**

Above ALICE Threshold: **90%**

Source: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), Pacific Census Division, 2024

Figure 10. Respondents Below the ALICE Threshold Have Less in Retirement Savings

Amount of Retirement Savings by ALICE Threshold Status, Pacific Census Division, 2022



Question: Approximately how much money do you currently have saved for retirement?

Sources: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), 2022 (latest data for this question)

Homeownership

Across Alaska, it's a challenge to find affordable housing — rents, mortgage rates, and home prices are all increasing. Homeownership is one of the primary means for families to build wealth in the U.S. Owning a home offers stability that provides a foundation for better school and work performance, as well as improved access to health care and healthy food. Yet high home prices and the associated costs, such as insurance and property taxes, place homeownership out of reach for many households.

Slightly more than half (53%) of households below the ALICE Threshold in Alaska owned their own home in 2024, while almost three-quarters (73%) of those above the Threshold were homeowners. **For homeowners below the Threshold, 51% were housing cost burdened** (paying 30% or more of their income on homeowner costs, including mortgage payments, utilities, and homeowner's insurance) (Figure 11). There is also concern that rural homeowners, particularly older residents living in villages and facing deteriorating housing stock, are not given the same opportunities for credit as urban Alaskans.

Renters

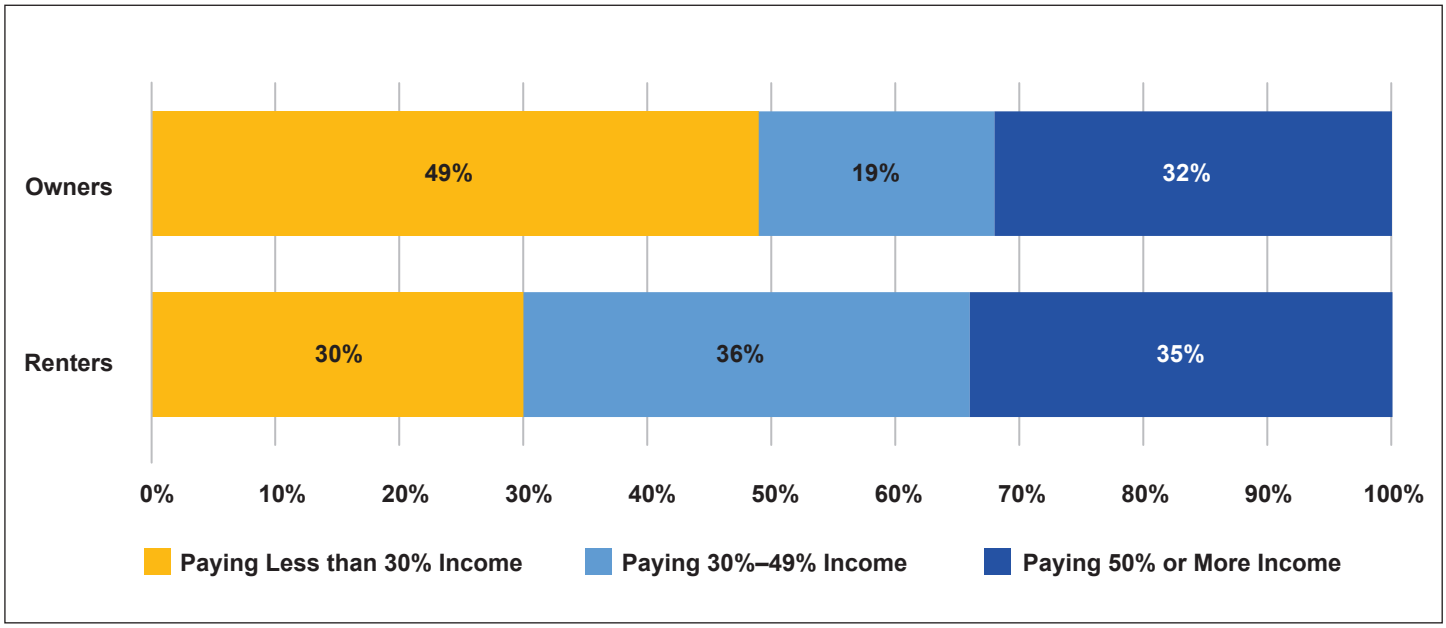
In 2024, almost half of households below the ALICE Threshold in Alaska were renters (47%). Housing is often one of the most expensive items in the budget, and most renters below the ALICE Threshold struggle to pay the rent. In 2024, 36% of renter households below the Threshold in Alaska paid 30% to 49% of their income on rent and utilities. **An additional 35% paid half of their income or more. Combined, 71% of all renter households below the Threshold in Alaska were rent burdened** (paying 30% or more of their income on rent and utilities) (Figure 11).

With the high cost of rent, 9% of renters below the ALICE Threshold in Alaska actually paid more in renter costs than the median cost of homeownership in 2023, as reported in the ALICE Economic Viability Dashboard. But renters often cannot get to homeownership due to barriers like not having enough savings for a down payment, or having a low income or poor credit history, either of which makes it hard to qualify for a low-rate mortgage.

These barriers are often even more pronounced for non-White households, particularly those living below the ALICE Threshold: 57% of White households below the Threshold in Alaska owned their own home in 2023, compared to 54% of American Indian/Alaska Native households and 48% of Hispanic households below the Threshold. While the Black population in Alaska is small, in stark contrast to homeownership rates for other groups, only 13% of Black households below the Threshold in Alaska owned their own home. To see additional data for your community, explore the ALICE Economic Viability Dashboard.

Figure 11. Most Households Below the ALICE Threshold are Housing Cost Burdened

Renters and Owners Below the ALICE Threshold by Percentage of Income Spent on Housing, Alaska, 2024



Sources: ALICE Threshold, 2024; U.S. Census Bureau, American Community Survey, 2024

Student Loans

Student loans are a significant expense for Alaskans. The average federal student loan debt in Alaska in 2024 was $35,874.

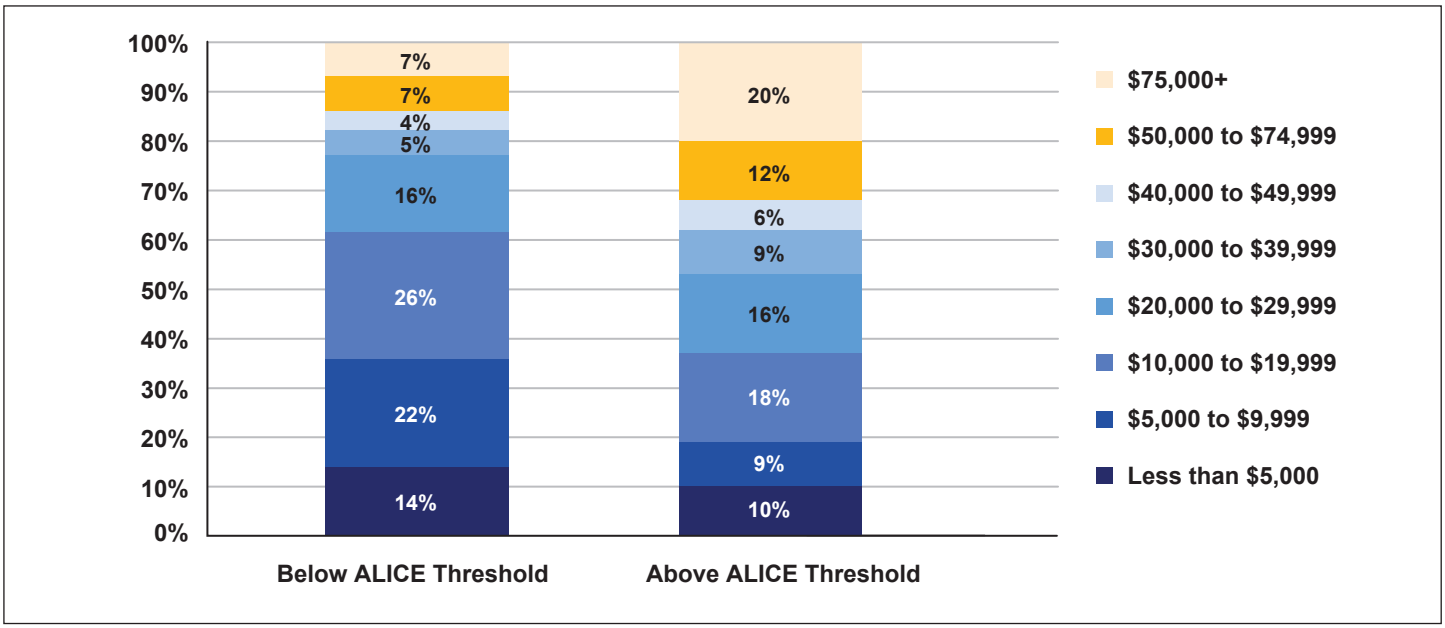
Although there is limited data on student debt by household income, the SHED survey provides some important insights. In 2024, the percentage of respondents with student debt in the U.S. (due to sample size, state-level data is not available) was only slightly higher for respondents below the ALICE Threshold than for those above (14% vs. 11%).

Respondents below the ALICE Threshold were more likely to have a smaller amount of student loan debt (Figure 12), but that debt was more of a burden to repay. For almost two-thirds (61%) of respondents below the ALICE Threshold in the U.S., their debt totaled more than 50% of their household income in 2024 (compared to 46% for all respondents and 30% for those above the Threshold). It is therefore not surprising that 26% of respondents below the ALICE Threshold reported that they were behind on payments or in collections for one or more student loans, compared to 13% of those above the Threshold.



Figure 12. Respondents Below the ALICE Threshold Have Less Student Loan Debt

Amount Owed on Student Debt, United States, 2024



Question: How much do you currently owe on student loans for your own education?

Sources: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), 2024

Nationally, how many respondents have student debt totaling more than 50% of their annual income?

Below ALICE Threshold: **61%**

All Respondents: **46%**

Above ALICE Threshold: **30%**

Source: ALICE Threshold, 2024; Federal Reserve Board, Survey of Household Economics and Decisionmaking (SHED), Pacific Census Division, United States 2024

DO PUBLIC SOURCES OF INCOME FILL THE GAPS?

Without public assistance, ALICE households would face even greater hardship and many more would be in poverty, especially during economic downturns. And in addition to assistance programs, many Alaska households are eligible for annual dividends from the state and from Alaska Native tribes' resource wealth.

Alaska Dividends

The best-known government payment to Alaskans is the Permanent Fund Dividend (PFD), an annual payment for every permanent resident, including people of all ages and in all geographic locations in the state. Since the Fund's inception, the annual payment per resident has ranged from $331.29 in 1984 to $3,284 in 2022; the median is $1,100. In 2024, the amount was $1,702. Alaska Native Corporation dividends are another unique source of income. Recent annual dividend payments range from $1,425 to $6,000, though not all corporations offer them and timing varies.

Assistance Programs

Nationwide and across Alaska, assistance programs like the Supplemental Nutrition Assistance Program (SNAP), the Earned Income Tax Credit (EITC), Medicaid, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), General Assistance, and, increasingly, food banks and other community supports also provide a critical safety net for the well-being of households below the ALICE Threshold.

Yet unlike the PFD, there are income and asset limits for participation in these traditional public assistance programs. As a result, they do not reach all people in all households that are struggling financially, including most ALICE households. Other barriers to participation even for eligible households include a lack of awareness of programs, language barriers, stigma, transportation, and the administrative burden of accessing benefits.

Food assistance: In part due to the income eligibility level in Alaska (200% of the FPL), public food assistance was not accessible to all households that were struggling financially in 2024: Only 48% of all Alaska households in poverty and 18% of all ALICE households participated in SNAP that year.

Cash assistance: The percentage of Alaska households below the ALICE Threshold receiving direct cash assistance from programs like TANF or General Assistance in 2024 was even smaller than the share receiving SNAP (6% of households in poverty and 6% of ALICE households).

Child care assistance: Many working families struggle to access affordable, quality child care in Alaska, despite several programs to help support providers and families with children, including the Child Care Assistance Program, also known as Parents Achieving Self Sufficiency (PASS); the Child Care Grant (CCG) program; Head Start; and the Child and Dependent Care Tax Credit (CDCTC). For Alaska families that cannot access child care, the First Five Years Fund estimates the cost of lost earnings and productivity to be $344 million each year. (See "Child Care Workers in a Challenging Sector" on page 22.)

BENEFITS CLIFFS

Income and asset limits for public assistance can create benefits cliffs that limit economic mobility. Benefits cliffs occur when even a small increase in wages causes someone to lose their public assistance dollars, resulting in even greater financial hardship. ALICE households are more likely to be working at wage levels at which benefits cliffs are likely to occur. Loss of public assistance keeps workers stuck in low-wage jobs and discourages them from taking overtime or pursuing additional credentials or promotions, prolonging financial instability. This is a challenge not only for workers, but for employers and the community that relies on these workers. Learn more about ALICE and navigating benefits cliffs with the Federal Reserve Bank of Atlanta's CLIFF Tools.

Participation in SSI: This assistance program serves people with disabilities and those 65 and older with limited financial resources. To be eligible, applicants have to fall within a matrix of family income and asset limits and criteria. For example, they cannot have assets greater than $2,000 for an individual and $3,000 for a married couple — a level that has not been updated in nearly 40 years. This often creates a substantial barrier to working, saving, and wealth-building for people with disabilities and their families. In Alaska, only 3% of people below the ALICE Threshold and 13% of people with a disability living below the Threshold participated in SSI in 2024.

Health insurance: In 2024, 47% of all households below the ALICE Threshold in Alaska participated in Alaska Medicaid and CHIP (Denali KidCare), slightly higher than the national rate of 46%. Many American Indians/Alaska Natives receive health care through the Indian Health Service, a federal health care system of Indian hospitals, health centers, clinics, and health stations; many are also dual-enrolled with Alaska Medicaid and Denali KidCare. In addition, more than 27,000 Alaskans received coverage through the Affordable Care Act Marketplace in 2023. Nationally, 92% of enrollees qualified for tax credits that reduced their health insurance premiums in 2024. But since the expanded subsidies expired on December 31, 2025, the majority of Marketplace enrollees will face significant increases in their premium payments with lower subsidies beginning in 2026.

THE EARNED INCOME TAX CREDIT (EITC)

The EITC is a refundable federal tax credit that supports low- to moderate-income workers. Eligibility varies based on income and family composition. Families with children are eligible for the largest credit: In 2024, the maximum credit for eligible families with three or more qualifying children was $7,830, compared to $632 for workers age 25 to 64 without children.

For tax year 2024, income eligibility for federal EITC ranged from $18,591 for an individual with no qualifying children to $66,819 for a married couple with three or more children — amounts that are above the FPL but below the ALICE Threshold in all county-equivalent entities in Alaska. The EITC is an effective anti-poverty program for working families, lifting nearly 4.4 million people across the U.S. above the poverty line in 2024 and helping many ALICE households. However, not all ALICE households can benefit. For example, in 2024, 38% of single-parent households and 38% of married-parent households with two children in Alaska had income above the federal EITC eligibility cut-off, but below the ALICE Threshold — too much to qualify for the tax credit, but not enough to make ends meet.

Benefits of receiving the EITC are far-reaching, with strong links to improved educational outcomes and future employment, and better self-reported health status among children raised in recipient households. Despite these benefits, approximately 20% of eligible taxpayers in the U.S. did not claim the EITC in 2022 (latest data year available). Barriers to participation include not earning enough to file a tax return, lack of awareness, complex rules, administrative burden, language barriers, and distrust of the government. States can help promote the EITC by educating the public about the availability of the credits and targeting outreach to families already enrolled in programs such as SNAP and Medicaid; through Volunteer Income Tax Assistance (VITA) programs; by prefilling and sending tax forms to eligible families; and by encouraging employers to share information about the EITC with their employees.

RECURRING HARDSHIP RISKS FOR ALICE

With little access to resources and credit, and few or no savings or assets, households below the ALICE Threshold are more likely to face recurring hardships — from food insufficiency to a broken-down car. These challenges, in turn, make households below the Threshold especially vulnerable to the effects of broader crises, from natural disasters to pandemics. The most recent SHED and Household Pulse surveys provide insights into the daily struggles ALICE families face, in areas from food security to mental health.

Food insufficiency: In the 2024 Household Pulse Survey, respondents below the ALICE Threshold in Alaska were more than four times as likely to report that their household sometimes or often did not have enough food in the prior seven days as respondents above the Threshold (17% vs. 4%). It is also important to note that while many respondents below the Threshold got enough food, they were far more likely than those above the Threshold to say it was not always the kinds of food that they wanted to eat (44% vs. 26% in 2024).

Some demographic groups experienced higher than average food insufficiency (Figure 13). For example, in Alaska in 2024, 32% of respondents with disabilities below the ALICE Threshold, 25% of lesbian, gay, bisexual, and/or transgender (LGBT) respondents below the Threshold, and 24% of female respondents below the Threshold reported not having enough food, compared to 17% of all Alaska residents below the Threshold.

Figure 13. Some Demographic Groups Experience Greater Food Insufficiency

Food Insufficiency by ALICE Status and Demographic Group, Alaska, 2024

Food Insufficiency, Alaska		
Respondents	**Below ALICE Threshold**	**Above ALICE Threshold**
All	17%	4%
Black	16%	4%
Hispanic	23%	11%
Female	24%	4%
With a Disability	32%	15%
LGBT	25%	3%

Question: In the last seven days, which of these statements best describes the food eaten in your household? Selected: Sometimes or often not enough

Note: Black respondents are non-Hispanic; the Hispanic group includes respondents of Hispanic, Latino, or Spanish origin of any race; data not available for American Indian/Alaska Native respondents; the "With a Disability" group includes respondents who have one or more vision, hearing, cognitive, mobility, or self-care difficulties; the "LGBT" group includes respondents who identify as gay or lesbian, bisexual, and/or transgender.

Sources: ALICE Threshold, 2024; U.S. Census Bureau, Household Pulse Survey, 2024

Among households with children in Alaska in 2024, rates of food insufficiency for respondents below the Threshold were substantially higher than for those above (28 % vs. 21%).

With the enactment of the Budget Reconciliation bill (H.R.1) in July 2025, SNAP enrollment dropped in every state except Alaska from July 2025 to April 2026.

Ongoing housing crisis: The 2024 Household Pulse Survey shows that four years after the start of the pandemic, rent continued to be a challenge: 16% of Alaska renters below the ALICE Threshold and 5% of renters above the Threshold were not caught up on their rent payments. The number of people experiencing homelessness in Alaska has also been on the rise, up 37% between 2015 and 2024. Extreme weather, difficulty in accessing health care, and limited shelters make homelessness riskier in Alaska; Anchorage reported that 50 people without a permanent address died outside in 2024.

Struggling to pay bills: Over half (55%) of respondents below the ALICE Threshold in Alaska reported that it was somewhat or very difficult to pay for usual items such as food, rent or mortgage, car payments, and medical expenses, according to the 2024 Household Pulse Survey.

Facing lack of savings and medical debt: According to the SHED in 2024, 15% of respondents below the ALICE Threshold in the Pacific Census Division reported that they

incurred an unexpected major medical expense that they had to pay for out-of-pocket because it was not entirely paid for by insurance. Medical debt generally reflects poorer health and lower rates of health care coverage, and it can lead to lower credit scores and additional financial hardship.

Physical health: According to the SHED, in the Pacific Census Division in 2024, 33% of respondents below the ALICE Threshold reported that during the previous year they went without health care (prescription medicine, seeing a doctor, mental health care, or dental care) because they couldn't afford it, compared to 14% of respondents above the Threshold.

Mental health: The negative impact of financial stress on mental health has been well established, so it is not surprising that people below the ALICE Threshold in the U.S. were more likely to report mental health challenges than those above the Threshold. According to the Household Pulse Survey, in 2024, 11% of respondents below the Threshold and 6% above the Threshold reported feeling nervous, anxious, or on edge nearly every day over the prior two weeks.

Nationally, some demographic groups experienced higher than average rates of feeling nervous, anxious, or on edge (Figure 14). For example, in 2024, 27% of respondents with disabilities below the Threshold and 24% of LGBT respondents below the Threshold reported feeling nervous, anxious, or on edge nearly every day over the prior two weeks.

The need for mental health resources increased during the pandemic, further straining an already limited supply of mental health care professionals. A severe shortage of mental health resources has remained since the pandemic, especially for rural and lower-income communities. Since the launch of the Nationwide Suicide and Crisis Lifeline (988) in July 2022, the demand for mental health services has also increased. Notably, the youth suicide rate in Alaska is nearly six times higher than the national average.

Twenty percent of Alaskans experience a mental health condition every year, according to the Alaska Department of Health and Social Services. As of December 2025, only 12% of mental health needs in Alaska were being met with the number of mental health providers available; an additional 22 practitioners would be required to close the gap. Other barriers to mental health care include lack of or inadequate health insurance coverage, rural isolation, and transportation barriers.

Figure 14. Some Demographic Groups Experience Greater Mental Health Impacts

Rates of Feeling Nervous, Anxious, or On Edge by ALICE Status and Demographic Group, United States, 2024

Feeling Nervous, Anxious, or On Edge, United States		
Respondents	**Below ALICE Threshold**	**Above ALICE Threshold**
All	11%	6%
Black	9%	4%
Hispanic	10%	7%
Female	11%	6%
With a Disability	27%	20%
LGBT	24%	14%

Question: Over the last two weeks, how often have you been bothered by feeling nervous, anxious, or on edge? Selected: Nearly every day

Note: Black respondents are non-Hispanic; the Hispanic group includes respondents of Hispanic, Latino, or Spanish origin of any race; data not available for American Indian/Alaska Native respondents; the "With a Disability" group includes respondents who have one or more vision, hearing, cognitive, mobility, or self-care difficulties; the "LGBT" group includes respondents who identify as gay or lesbian, bisexual, and/or transgender.

Sources: ALICE Threshold, 2024; U.S. Census Bureau, Household Pulse Survey, 2024

Natural Disasters

Alaska is prone to severe weather, such as Typhoon Merbok in 2022 and the remnants of Typhoon Halong in 2025. Flash floods, severe storms, and wildfires have had severe regional impact. Wildfires in Alaska cost a record $3.3 billion in direct damages and resulted in 17 deaths in 2022. In addition, more than 70 of over 200 Alaska Native villages face significant long-term threats from erosion, flooding, or thawing permafrost.

Severe weather has broader implications. For example, a disruption in any part of the state's fragile food supply chain can delay distribution and cause food spoilage, creating shocks for citizens in many locations beyond the natural disaster.

Environmental disasters, flooding, and stormwater runoff can also lead to contamination of air, soil, and groundwater with highly toxic compounds such as PFAS that have been linked to serious health problems including cancer, hormone disruption, reproductive problems, immune suppression, and decreased vaccine response. As recently as July 2025, more than 9,000 sites across 50 states and the District of Columbia had soil or water contaminated with PFAS. There are more than 25 sites in Alaska, where spills or releases of PFAS into the environment are primarily associated with the use of aqueous film-forming foams (AFFF) during firefighting or fire training activities.

Financially insecure households disproportionately bear the impact of crises and disasters:

- Households below the ALICE Threshold are more likely to live in housing units and communities that are at increased risk for flooding, fire, and other hazards, primarily because those areas are more affordable. Many rural coastal communities already face significant threats from erosion, flooding, or thawing permafrost. By some estimates, as many as 87% of Alaska Native communities are experiencing erosion. With a high rate of households below the ALICE Threshold, these communities have fewer resources to prepare for, withstand, or recover from these disasters.
- Nationally, according to the Household Pulse Survey (2024), one month after a natural disaster, among respondents who were displaced, those below the Threshold were almost three times as likely as those above the Threshold to experience a shortage of food (52% vs. 18%) and more than twice as likely as those above the Threshold to experience a shortage of drinkable water (36% vs. 15%).
- If a disaster closes businesses or prevents workers from getting there, those who are paid hourly don't get paid. Yet they still have to pay bills like rent and food, and there may also be new, disaster-related expenses, like fixing damage to their home or car or replacing spoiled groceries. In rural areas, a disaster may mean disruption to their livelihood and also to food sources, either fishing and hunting or regular food delivery.
- **ALICE workers are essential for crisis recovery and rebuilding from natural disasters.** Many ALICE workers perform essential jobs keeping us safe when we are unwell — as health aides, delivering food and packages, and working in pharmacies, grocery stores, and warehouse and fulfillment centers — often despite exposure to germs and weather (heat and cold). Similarly, in the aftermath of hurricanes and wildfires, ALICE workers are essential for debris removal, housing repairs, and rebuilding basic infrastructure. Yet these jobs are nearly impossible to do if workers and their families are in crisis themselves.

ALICE DISASTER ASSISTANCE TRACKER

With few or no savings or assets, financially insecure households are more likely to face recurring hardships — from a car repair to an unexpected medical bill — that make them especially vulnerable in the event of a natural disaster. The ALICE Disaster Assistance Tracker puts a spotlight on the communities impacted by disasters, bringing together FEMA and ALICE data. With this interactive tool, policymakers and community stakeholders can map the path and impact of disasters; track the number of assistance applications, claims, and denials; and break down average assistance amounts by type, ALICE income status, and housing type (renter/owner).

BUILDING STRONGER COMMUNITIES WITH ALICE

The Alaska economy relies on ALICE workers to run smoothly, and ALICE family members, neighbors, and volunteers are an integral part of Alaska's communities, in all aspects: civic, social, cultural, religious, and recreational. Yet 101,379 households below the ALICE Threshold across Alaska did not have enough income to cover basic costs in 2024.

How can we build a state where all households have sufficient income to afford safe housing, adequate food, reliable transportation, quality child and health care, and sufficient technology, and can also save and invest in their future?

Start with your community's strengths: Asset-framing, developed by social entrepreneur Trabian Shorters, is a communications model that provides an important mindset shift focusing on a community's assets, including ALICE households' strengths, aspirations, and contributions. This perspective moves away from a problem-first approach that often perpetuates stereotypes and places blame on individuals instead of on the economic structure and broader policy. By building on programs and policies that are working, and listening to ALICE families, communities can expand engagement and generate solutions that better fit their unique community landscape.

ALICE tools and data are designed to enhance understanding of local communities. For example, the ALICE Economic Viability Dashboard reports **Alaska's key assets around work, housing, and community resources.** In 2023 (most recent data available on our website, updated every other year):

- **Work:** 68% of full-time workers earned enough for the Household Survival Budget for one adult and one school-age child.
- **Housing:** 36% of renter households below the ALICE Threshold were not rent burdened (i.e. they paid 30% of income or less on rent).
- **Community Resources:**
  - » 84% of working-age adults below the ALICE Threshold had health insurance.
  - » 23% of preschool-age children in families below the ALICE Threshold were enrolled in preschool.
  - » 55% of households below the ALICE Threshold had high-speed internet at home.
  - » 92% of workers below the ALICE Threshold had a commute of 30 minutes or less.

The ALICE Economic Viability Dashboard provides data at the state and local levels with breakdowns to understand differences by race/ethnicity, compare geographies, and identify gaps in resources. By pairing the Economic Viability Dashboard with the Action Planner, users can identify promising practices to address specific issues.

Engage all community members: We all have a role to play — community members, nonprofits and community organizations, employees and employers, voters, and policymakers. Each stakeholder contributes unique ideas, resources, goals, and experiences. Given the magnitude of resources in Alaska, solutions are possible that can achieve prosperity for all. Working through cross-sector collaboration employing multipronged strategies, communities and ALICE families can move from surviving to thriving.

When basic needs are met, so much more is possible: If all households in Alaska were on a more solid financial footing, communities could look beyond crisis spending toward broader community well-being (see Figure 15). For example, funding that went toward emergency housing or food assistance could be redirected to create more affordable housing and locally grown food systems, as well as enhance opportunities for civic engagement, arts, and recreation. These investments can improve physical and mental health and overall quality of life — not just for ALICE families, but for entire communities, Alaska, and the nation as a whole.



Figure 15. Meeting Basic Needs Creates Cascading Benefits for Communities

If households have sufficient income for…	Benefits for ALICE Households	Benefits for the Wider Community
Safe, Affordable Housing	Improved physical and mental health; safer housing conditions and reduced stress; improved educational performance and outcomes for children; greater stability for household members; a means to build wealth and racial equity for homeowners	Expanded and updated housing stock, reduced systemic housing inequities; lower health care costs; reduced homelessness; opportunities for jobs and more money spent in local communities
Quality Child Care and Education	Increased labor force participation, lifetime earnings and retirement security for women; health benefits for children, school readiness, improved educational attainment and graduation rates; improved performance in higher education; higher lifetime earnings	Reduced racial/ethnic inequalities in learning and development; positive health, education, and economic outcomes for children and families; stronger community economies; more homebuyers and higher property values through availability of quality child care
Adequate Food	Decreased food insecurity leading to improved health (especially for children and adults age 65 and over); decreased likelihood of developmental delays and behavioral problems in school	Lower health care costs; improved school and workplace productivity; healthier food environment; less reliance on emergency food services; greater equity by age, gender, race/ethnicity, and immigration status
Reliable Transportation	Decreased transportation insecurity; improved access to work/job opportunities, school and child care, health care and social services, food/retail markets, and support systems (friends, family, and faith communities)	Improved air quality and reduced gasoline consumption/carbon emissions; increased economic opportunity through returns on investment; a more diverse labor market; decreased income disparities; more integrated neighborhoods
Quality Health Care	Better mental and physical health (including increased life expectancy); improved access to preventive care; decreased use of emergency room for non-urgent care; fewer missed days of work and school; lower share of income spent on health care	Decreased health care spending and strain on emergency services; reduced racial/ethnic disparities in insurance coverage and access to care; fewer communicable diseases; improved workplace productivity; decreased wealth-health gap; better outcomes during health crises
Reliable Technology	Improved access to job opportunities; expanded access to health information and telemedicine services; increased job and academic performance	Closing the digital divide in access to technology by income; increased economic development; greater connectivity that helps reduce disparities and increase opportunities for civic participation
Savings	Ability to withstand emergencies without impacting long-term financial stability; greater asset accumulation over time (e.g., interest on savings; ability to invest in education, property, or finance a secure retirement)	Less spending on public services to cover basic needs like health care, food, and housing; foundation for community investment and development, and collective progress

From Data to Action: We All Have a Role to Play

Our vision is a country where ALICE families not only have sufficient income to afford the basics but can also save and invest in their future. It is a country where all households have access to safe, affordable housing; well-paying jobs with benefits; education and training opportunities; safe, high-quality child care programs; comprehensive health services; reliable transportation; equitable financial services and asset building opportunities; and a comprehensive, holistic safety net to support households during times of need. Bringing this vision to fruition will require effort and investment across multiple sectors. While specific policy recommendations are beyond the scope of this Report, the information presented here can help stakeholders contemplate and prioritize which solutions will help ensure economic prosperity for all.

Community members:

- Raise awareness of ALICE through ALICE news and videos or share your experiences.
- Follow us at United4ALICE on Facebook, Instagram, and X, and share posts about the true state of financial hardship in your state or community.
- Connect with your local United Way for advocacy, support, and volunteer opportunities.

Nonprofits and community organizations:

- Advocate for the continuation of current government datasets (e.g., American Community Survey, Fair Market Rents). Consistent data over time is crucial for informed decision-making, effective policy implementation, and accountability.
- Visit our website and use United For ALICE tools, maps, and indicators of well-being for community needs assessments and to prioritize and target funding, programs, and services.
- Convene and share the ALICE data with existing and new partners — to advocate and innovate cross-sector strategies and solutions.

Employers:

- Implement strategies that support the well-being and retention of ALICE workers while also boosting engagement, productivity, and the bottom line.
- Explore the Federal Reserve Bank of Atlanta's Career Ladder Identifier and Financial Forecaster.
- Advocate for community resources that support your employees — from affordable housing to quality child care.

Policymakers:

- Explore ALICE by legislative district using the Legislative District Tool.
- Use interactive tools from the Federal Reserve Bank of Atlanta (which use ALICE budgets), including the Policy Rules Database to better understand the impact of benefits cliffs on ALICE families.
- Map ALICE by location to pinpoint need and identify gaps in community resources.

APPLICATIONS OF THE ALICE DATA

Are you wondering how to get started? Here are just some of the many applications of the United For ALICE data, tools, and resources. ALICE data is being used to:

- Guide strategic planning, help prioritize needs, and target community programs and services
- Advocate for and inform policy and legislation
- Paint a more accurate picture of your community when applying for funding and allocating resources
- Determine eligibility for assistance programs and services
- Build and strengthen partnerships and cross-sector collaboration for collective impact
- Create innovative strategies and shared learning to promote financial stability for ALICE

Learn more: See examples of policies, practices, and programs United For ALICE partners have implemented using ALICE data in the ALICE in Action database.

COUNTY-EQUIVALENT ENTITY COMPARISON: INCOME STATUS, 2024

Alaska County-Equivalent Entities, 2024		
Borough, City, or Census Area	**Households**	**% ALICE + Poverty**
Aleutians East Borough	1,045	51%
Aleutians West Census Area	956	37%
Anchorage Municipality	109,479	32%
Bethel Census Area	4,828	63%
Bristol Bay Borough	291	41%
Chugach Census Area	2,861	31%
Copper River Census Area	1,207	34%
Denali Borough	565	55%
Dillingham Census Area	1,403	52%
Fairbanks North Star Borough	36,359	39%
Haines Borough	901	38%
Hoonah-Angoon Census Area	924	53%
Juneau City and Borough	13,167	32%
Kenai Peninsula Borough	24,371	42%
Ketchikan Gateway Borough	5,732	35%
Kodiak Island Borough	4,640	46%
Kusilvak Census Area	1,916	73%
Lake and Peninsula Borough	324	54%
Matanuska-Susitna Borough	39,440	38%
Nome Census Area	2,816	54%
North Slope Borough	2,281	46%
Northwest Arctic Borough	1,825	61%
Petersburg Borough	1,371	43%
Prince of Wales-Hyder Census Area	2,419	46%
Sitka City and Borough	3,440	31%
Skagway Municipality	450	43%
Southeast Fairbanks Census Area	2,497	50%
Wrangell City and Borough	976	45%
Yakutat City and Borough	206	20%
Yukon-Koyukuk Census Area	2,296	51%

CENSUS SUBAREAS: INCOME STATUS, 2024

Alaska Census Subareas, 2024		
	Households	% ALICE + Poverty
Aleutians East	1,045	51%
Aleutians West	956	37%
Anchorage	108,597	32%
Aniak	378	69%
Bristol Bay	291	41%
Chugach	2,861	31%
Copper River	1,207	34%
Denali	565	55%
Dillingham	1,403	52%
Fairbanks North Star	36,359	39%
Haines	901	38%
Hoonah-Angoon	873	51%
Juneau	13,167	32%
Kenai-Cook Inlet	22,478	43%
Ketchikan	5,732	35%
Kodiak Island	4,640	46%
Koyukuk-Middle Yukon	1,351	46%
Kusilvak	1,916	73%
Lake and Peninsula	324	54%
Lower Kuskokwim	4,450	63%
Matanuska-Susitna	39,869	40%
McGrath-Holy Cross	377	52%
Metlakatla Indian Community	475	38%
Nome	2,816	54%
North Slope	2,281	46%
Northwest Arctic	1,825	61%
Petersburg	1,371	43%
Prince of Wales	1,926	49%
Seward-Hope	1,893	36%
Sitka	3,440	31%
Skagway	450	43%
Southeast Fairbanks	2,497	50%
Wrangell	976	45%
Yakutat	206	20%
Yukon Flats	568	64%

Note: Census Subareas (CSA) are a statistical division of a borough or census area in Alaska, equivalent to a Census County Division (CCD) in other states. Census subareas are delineated cooperatively by officials from Alaska and the Census Bureau.

CENSUS PLACES: INCOME STATUS, 2024

Alaska Census Places, 2024		
CDP, City, Borough, or Municipality	Households	% ALICE+ Poverty
Akiachak CDP	162	85%
Alakanuk city	193	69%
Anaktuvuk Pass city	108	53%
Anchorage municipality	109,479	32%
Anchor Point CDP	1,044	51%
Angoon city	183	74%
Aniak city	175	55%
Badger CDP	6,721	31%
Bear Creek CDP	717	25%
Bethel city	2,095	44%
Big Delta CDP	135	31%
Big Lake CDP	1,461	45%
Brevig Mission city	156	71%
Buckland city	141	74%
Buffalo Soapstone CDP	318	52%
Butte CDP	1,422	38%
Chefornak city	136	74%
Chena Ridge CDP	2,333	21%
Chevak city	107	77%
Chickaloon CDP	136	55%
Clam Gulch CDP	109	40%
Coffman Cove city	117	44%
Cohoe CDP	666	50%
College CDP	4,626	38%
Cooper Landing CDP	110	22%
Copper Center CDP	151	48%
Cordova city	1,010	33%
Craig city	518	40%
Delta Junction city	521	40%
Deltana CDP	834	43%
Diamond Ridge CDP	514	37%
Dillingham city	738	40%
Eielson AFB CDP	835	53%
Elim city	101	74%
Emmonak city	261	56%
Ester CDP	1,386	59%
Fairbanks city	12,071	50%
Farmers Loop CDP	1,845	27%
Farm Loop CDP	984	31%
Fishhook CDP	2,063	30%

Alaska Census Places, 2024		
CDP, City, Borough, or Municipality	Households	% ALICE+ Poverty
Fort Yukon city	335	59%
Fox River CDP	167	42%
Fritz Creek CDP	1,047	40%
Funny River CDP	649	57%
Galena city	295	33%
Gambell city	172	80%
Gateway CDP	2,041	22%
Glacier View CDP	137	70%
Glennallen CDP	205	19%
Goldstream CDP	1,558	30%
Gustavus city	251	48%
Haines CDP	757	37%
Happy Valley CDP	377	59%
Harding-Birch Lakes CDP	100	26%
Healy CDP	268	39%
Homer city	2,552	44%
Hoonah city	292	42%
Hooper Bay city	197	79%
Houston city	735	54%
Hydaburg city	131	60%
Juneau city and borough	13,167	32%
Kachemak city	337	39%
Kake city	241	55%
Kalifornsky CDP	3,383	35%
Kasigluk CDP	132	67%
Kasilof CDP	195	61%
Kenai city	3,051	42%
Ketchikan city	3,415	40%
Kiana city	112	66%
King Cove city	412	52%
King Salmon CDP	106	30%
Kipnuk CDP	163	87%
Kivalina city	161	77%
Klawock city	335	51%
Knik-Fairview CDP	6,696	36%
Knik River CDP	315	33%
Kodiak city	1,880	42%
Kodiak Station CDP	528	51%
Kotlik city	186	84%
Kotzebue city	796	49%

CENSUS PLACES: INCOME STATUS, 2024

Alaska Census Places, 2024		
CDP, City, Borough, or Municipality	Households	% ALICE+ Poverty
Koyuk city	109	77%
Kwethluk city	203	85%
Kwigillingok CDP	135	74%
Lazy Mountain CDP	536	36%
McGrath city	135	50%
Manokotak city	150	72%
Meadow Lakes CDP	3,121	48%
Mekoryuk city	131	85%
Metlakatla CDP	455	38%
Mill Bay CDP	1,480	46%
Minto CDP	107	54%
Moose Creek CDP	238	45%
Mountain Village city	211	72%
Naknek CDP	138	38%
Napakiak city	132	85%
Nenana city	263	48%
Nikiski CDP	1,577	47%
Nikolaevsk CDP	105	55%
Ninilchik CDP	435	60%
Noatak CDP	178	56%
Nome city	1,166	36%
Noorvik city	142	67%
North Lakes CDP	3,510	35%
North Pole city	876	31%
Nuiqsut city	159	59%
Nunapitchuk city	137	81%
Palmer city	2,310	53%
Petersburg CDP	1,263	46%
Pilot Station city	154	84%
Pleasant Valley CDP	284	2%
Point Hope city	185	60%
Point MacKenzie CDP	106	58%
Quinhagak city	297	76%
Ridgeway CDP	870	43%
Ruby city	112	46%
St. Mary's city	248	67%
Salamatof CDP	288	50%

Alaska Census Places, 2024		
CDP, City, Borough, or Municipality	Households	% ALICE+ Poverty
Salcha CDP	376	46%
Sand Point city	442	44%
Savoonga city	144	62%
Saxman city	124	56%
Seldovia city	103	33%
Seward city	925	46%
Shishmaref city	111	63%
Sitka city and borough	3,440	31%
Skagway CDP	403	38%
Soldotna city	1,802	55%
South Lakes CDP	2,108	40%
South Van Horn CDP	208	43%
Stebbins city	178	75%
Steele Creek CDP	2,196	20%
Sterling CDP	2,718	27%
Susitna North CDP	650	55%
Sutton-Alpine CDP	422	51%
Talkeetna CDP	406	56%
Tanaina CDP	3,290	33%
Tanana city	168	42%
Tazlina CDP	163	36%
Thorne Bay city	228	44%
Togiak city	267	69%
Tok CDP	623	55%
Toksook Bay city	171	78%
Trapper Creek CDP	263	54%
Two Rivers CDP	178	31%
Unalakleet city	183	46%
Unalaska city	839	39%
Utqiaġvik city	1,441	43%
Valdez city	1,672	27%
Wainwright city	194	45%
Wasilla city	4,183	55%
Whittier city	138	51%
Willow CDP	786	39%
Womens Bay CDP	325	41%

Note: Places are a concentration of population either legally bounded as an incorporated place or identified by the Census Bureau as a Census Designated Place (CDP). In this table, each Place is references as a city or a CDP. A city is a type of incorporated place. A CDP is a statistical entity comprising a densely settled concentration of population that is not within an incorporated place. It is locally identified by a name and defined for each decennial census. CDPs are delineated cooperatively by State and local officials and the Census Bureau, following Census Bureau guidelines.

NATIONAL COMPARISON: INCOME STATUS, 2024

STATE	RANK	TOTAL	Household Income Status		
	(1 = lowest % Below ALICE Threshold)	Number of Households	Households in Poverty	ALICE Households	% Households Below ALICE Threshold
U.S		131,939,401	16,495,052	38,027,832	41%
Alabama	45	2,039,058	324,519	587,238	45%
Alaska	**17**	**270,986**	**23,913**	**77,466**	**37%**
Arizona	33	2,978,528	345,084	873,504	41%
Arkansas	42	1,232,610	196,766	335,094	43%
California	48	13,791,591	1,646,419	4,822,094	47%
Colorado	10	2,452,702	236,293	640,791	36%
Connecticut	24	1,454,541	159,441	410,493	39%
Delaware	25	412,304	41,375	120,719	39%
District of Columbia	13	329,687	49,443	71,152	37%
Florida	47	9,115,371	1,126,478	3,143,688	47%
Georgia	43	4,141,265	543,142	1,262,000	44%
Hawaii	44	493,475	51,810	164,744	44%
Idaho	16	737,568	80,370	194,968	37%
Illinois	20	5,095,290	627,541	1,315,178	38%
Indiana	21	2,755,436	340,168	712,607	38%
Iowa	4	1,329,232	147,602	301,391	34%
Kansas	11	1,189,214	136,310	290,281	36%
Kentucky	40	1,835,838	301,973	481,948	43%
Louisiana	51	1,836,752	344,381	548,775	49%
Maine	28	607,168	72,490	168,350	40%
Maryland	23	2,395,600	239,306	694,650	39%
Massachusetts	37	2,828,403	304,302	883,682	42%
Michigan	29	4,109,904	551,257	1,079,772	40%
Minnesota	6	2,340,041	231,727	579,571	35%
Mississippi	50	1,162,158	220,707	336,806	48%
Missouri	19	2,533,895	327,532	636,928	38%
Montana	15	466,267	51,964	121,077	37%
Nebraska	8	811,502	91,573	192,470	35%
Nevada	31	1,239,322	145,389	357,634	41%
New Hampshire	9	566,004	47,504	151,962	35%
New Jersey	26	3,543,650	345,620	1,050,032	39%
New Mexico	38	844,438	140,602	215,792	42%
New York	49	7,809,082	1,106,981	2,634,467	48%
North Carolina	32	4,452,562	570,996	1,245,057	41%
North Dakota	1	340,817	39,336	67,247	31%
Ohio	12	4,910,723	643,139	1,149,335	37%
Oklahoma	41	1,592,174	243,117	440,254	43%
Oregon	34	1,742,091	212,032	502,271	41%
Pennsylvania	22	5,353,274	654,981	1,431,066	39%
Rhode Island	39	446,751	58,903	131,627	43%
South Carolina	35	2,210,021	302,424	608,075	41%
South Dakota	3	372,581	39,585	85,112	33%
Tennessee	36	2,882,467	395,081	796,596	41%
Texas	30	11,388,247	1,523,679	3,085,614	40%
Utah	2	1,170,555	100,603	289,345	33%
Vermont	27	276,206	29,959	78,863	39%
Virginia	18	3,405,893	345,879	935,739	38%
Washington	14	3,154,247	313,142	856,500	37%
West Virginia	46	730,791	125,865	204,987	45%
Wisconsin	7	2,513,972	269,822	603,981	35%
Wyoming	5	247,147	26,527	58,839	35%

United For ALICE. (2026). “ALICE in Alaska: A Study of Financial Hardship.”
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