

# Energy and Rental Assistance: 2023

## Survey of Income and Program Participation Snapshots

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### 1 in 13 households received energy assistance or rental assistance.

Households that received either energy or rental assistance tended to be smaller than the average household. About 49 percent of households that received energy assistance and 62 percent of households that received rental assistance were one-person households. By comparison, 35 percent of all households were one-person.

### 1 in 6 households with annual income below their poverty threshold received energy assistance.

Among households in poverty, 20 percent of renters and 14 percent of owners received energy assistance.

### 1 in 5 households with annual income below their poverty threshold received rental assistance.

Among households in poverty, those with someone aged 65 or over were more likely to receive rental assistance (24 percent) than those without someone aged 65 or over (17 percent).

### 7 in 10 households that received energy or rental assistance had health insurance through Medicaid or the Children's Health Insurance Program (CHIP).

Among households that received energy or rental assistance, 61 percent received benefits from the Supplemental Nutrition Assistance Program (SNAP) and 40 percent received either Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) payments.

### What Are Energy Assistance and Rental Assistance?

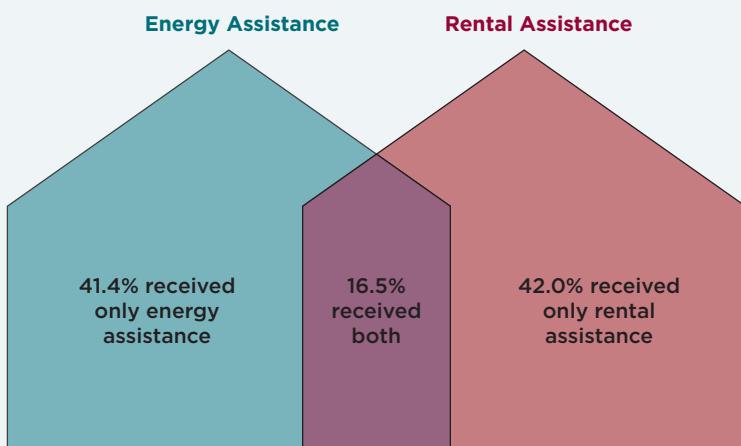
Energy assistance programs support households by reducing or covering the cost of utility bills. The [Low Income Home Energy Assistance Program \(LIHEAP\)](#) is the largest program that helps people with energy costs. Eligibility and benefit delivery vary by state.

Households receiving rental assistance pay reduced rent by participating in federal, state, and/or local programs such as the [Housing Choice Voucher Program](#) or a [public housing program](#).

**More information** on energy assistance, rental assistance, and other social safety net programs is available in [fact sheets](#), [detailed program participation tables](#), [data visualizations](#), and [reports](#).

### Overlapping Receipt Among Households Receiving Energy or Rental Assistance: 2023

(In percent)



### Renter-Occupied Households Receiving Energy Assistance and Rental Assistance by Region: 2023

(In percent)

