



Poverty in Arlington-Updated for 2026

The federal poverty level was set in the 1960s based predominantly on food costs. It does not take into account other costs such as housing, child care and health care, or geographic variation in costs of living. Policy makers agree that in the absence of an updated federal poverty line, we need to adopt a measure that reflects local living costs. 30% of Arlington’s 2026 Area Median Income is \$49,820 for a household of 4, which is about 150% of the federal poverty level. This is a more accurate reflection of functional poverty in our community. 12% of Arlington households are at or below this level. The 2024 American Community (Census) Survey shows that there are 13,181 households living at or below 30% of the AMI. The figures below are for the most recent years they are available. Of note is that **Arlington’s population earning 30% AMI or less has expanded at a rate that outpaces overall population growth, driven largely by households with 2 or more people.**(See p 2). *Special thanks to Elizabeth Hardy, Arlington County Demographer, for her help with this data.*

| Statistic | | Source | Notes | | | |
|--|---|---|--|-------------------------|------------------|---|
| 2026 AMI Household of 4 | \$166,100 | https://www.huduser.gov/datasets/il/il2026/median?year=2026&reporttype=county&cbsa=METRO47900M47900&states=51&counties=510139999 | Area | ACS2024 1-Year Estimate | Inflation Factor | FY 2026 Area MFI Estimate |
| | | | Washington-Arlington-Alexandria, DC-VA-MD HUD Metro FMR Area | \$157,469 | 1.0546 | \$157,469 * 1.0546 = \$166,059 |
| 2026 ≤30% AMI Household of 4 | \$49,820 | 30% of \$166,100 | | | | |
| 2024 # of individuals living at ≤30% AMI | 25,619 | ACS 2024 5-Year Estimate (C17002) https://data.census.gov/table/ACSST1Y2024.C17002?q=C17002&g=050XX00US51013 | Below 150% federal poverty level can be used as a proxy for 30% AMI as they are very close in value. | | | |
| 2024 # of households ≤30% AMI | 13,181 | 2024 5-Year Estimate ACS Microdata | Approximately 78% are renters. 2024 ACS 5-Year Microdata Total Households = 112,027 | | | |
| Zip code with highest number of individuals in poverty | 22204 8,612 individuals | ACS 2024 5-Year Estimate (C17002) ACS Table C17002 (by Zip Code) 2024 ACS + 24 HUD Income Limits | Number of individuals at or below 150% FPL | | | |
| 2024 Highest poverty neighborhoods | Buckingham Arlington Mill-Forest Glen Arlington Heights/Penrose/ Foxcroft Heights Radnor/Ft. Myer Heights | ACS 2024 5-Year Estimate ACS Table C17002 (by Census Tract) | # of individuals below 30% AMI (150% federal poverty level): <ul style="list-style-type: none"> • Buckingham CT 1020.03 – 1,529 (31%) • Arlington Mill-Forest Glen CT 1022- 2,107 (28%) • Buckingham CT 1020.01- 865 (26%) • Arlington Heights Part, Penrose Part & Foxcroft Heights – CT 102500 1,318 (26%) • Radnor/Ft. Myer Heights Part (River Place) CT 1017.04-483 (25%) | | | |