

Highlights from the 2025 Survey of Household Economics and Decisionmaking

June 4, 2026
3:00 to 4:00 PM ET



**Connecting
Communities**

Today's moderator



Sergio Galeano
Community and Economic Development Advisor
Federal Reserve Bank of Atlanta



**Connecting
Communities**

Today's panelists



Alicia Lloro

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Housekeeping items

- Views expressed during this session are those of the speakers and are intended for informational purposes. They do not necessarily represent the views of Fed Communities or the Federal Reserve System.
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- This session, including the presentation, video, and podcast, will be available on fedcommunities.org within two weeks of today's event.





2025 Survey of Household Economics and Decisionmaking

June 4, 2026

Presenters

Alicia Lloro, Mike Zabek, and Ellen Merry

Additional contributors to presentation materials:

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INTRODUCTION

SHED background

- Conducted annually since 2013
- Surveyed over 12,000 respondents in October 2025
- Results are nationally representative of US adults

Approach

1. Use subjective self-assessments along with objective outcomes
2. Ask individuals directly how they make financial decisions
3. Enable flexibility to cover new and emerging issues

Report release: Select findings were published in mid-May as the *Economic Well-Being of U.S. Households in 2025* with the full dataset.

INTRODUCTION

Takeaways

1. Overall financial well-being held steady in 2025, though at a level somewhat below the previous plateau from 2017 to 2020.
 - Concerns about prices eased slightly compared with the prior year yet remained widespread.
 - Concerns about finding or keeping a job increased. Fewer young workers moved into better jobs than in recent years.
2. Workers are split on whether generative AI will improve their career or replace their job. Workers in high-use occupations are more positive about AI's expected effects on their career.
3. Major unexpected expenses are common, yet most lower-income adults don't have savings to cover expenses over \$500.

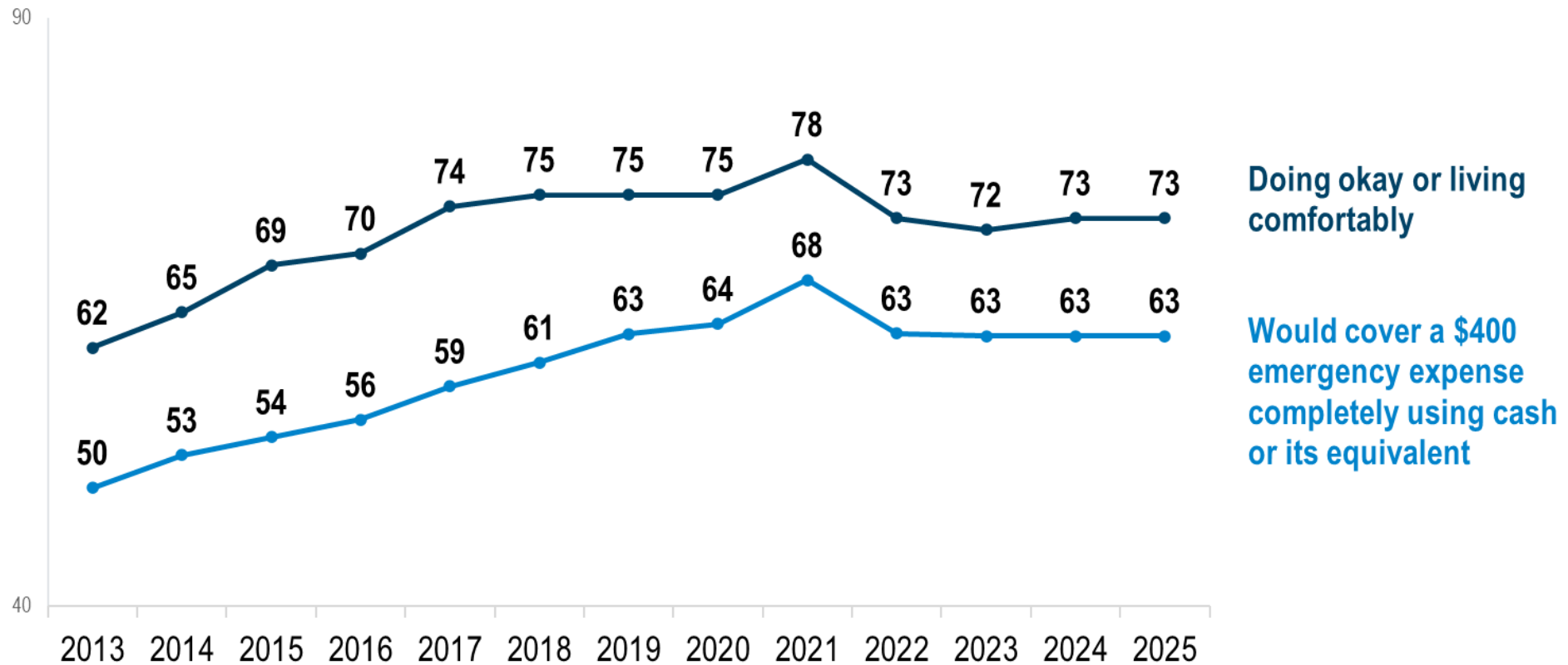
Family Finances



FAMILY FINANCES

In aggregate, self-reported financial well-being and preparedness for small \$400 emergencies held steady

Measures of financial circumstances



Note: Values are percentages. Among all adults.

FAMILY FINANCES

Other measures of financial well-being also generally remained stable over the past year

Savings, credit, and economic hardships

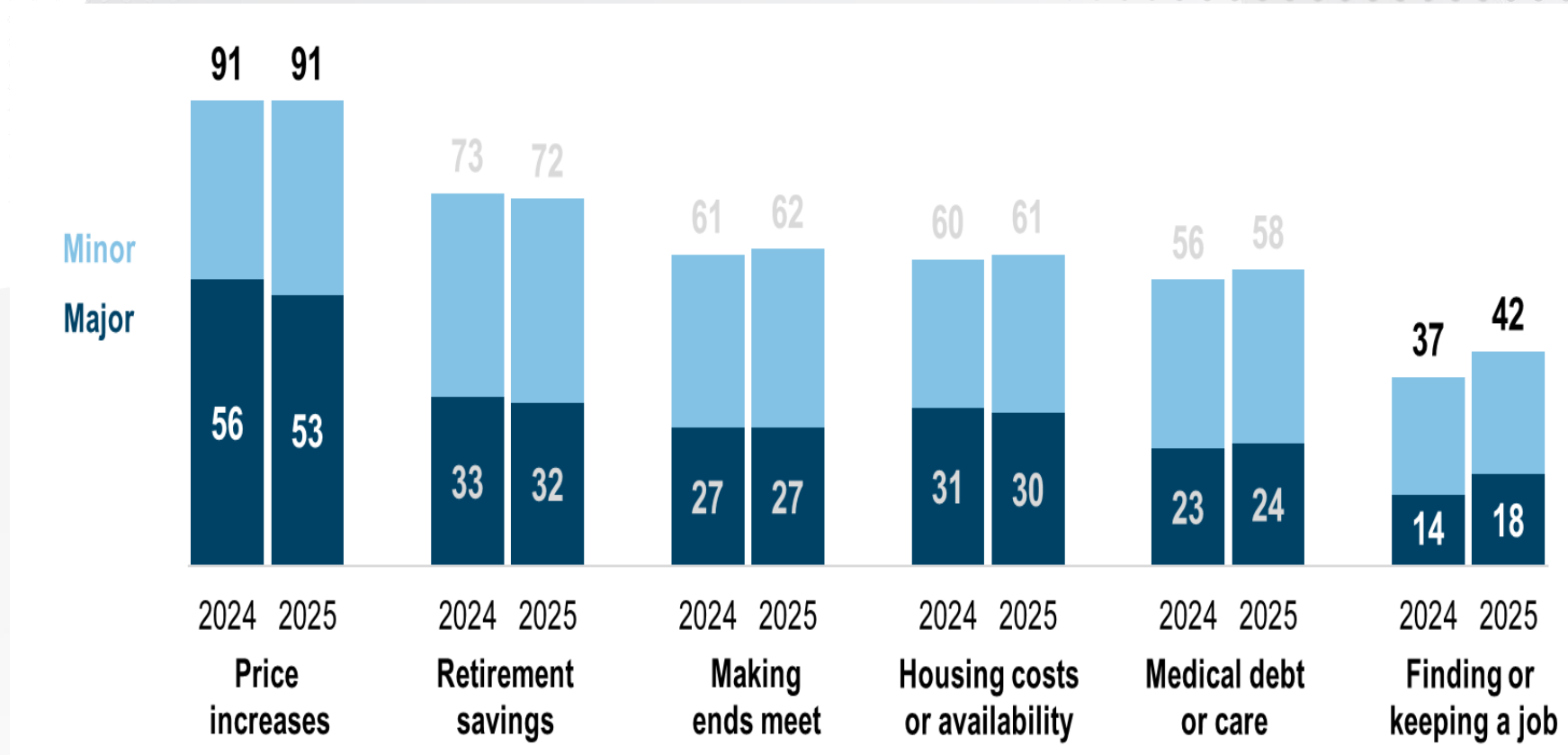
	2025	1-yr change (since 2024)
Doing okay or living comfortably financially	73	0
Savings measures		
Would cover a \$400 emergency expense with cash or the equivalent	63	0
Have savings to cover 3 mo. Expenses	55	0
View retirement savings plan as on track (among non-retirees)	35	0
Economic hardships		
Skipped medical treatment because of cost (prior year)	26	-2*
Did not pay all bills (prior month)	16	0
Sometimes or often did not have enough to eat (prior month)	8	0
Applying for credit		
Applied for any type of credit	33	0
Denied credit or offered less (among those who applied)	33	0

Note: Values are percentages. Among all adults. The * indicates the estimated change is statistically different from zero at the 10% level or better.

FAMILY FINANCES

Price increases remained the most common financial concern, but the share concerned about jobs was up from 2024

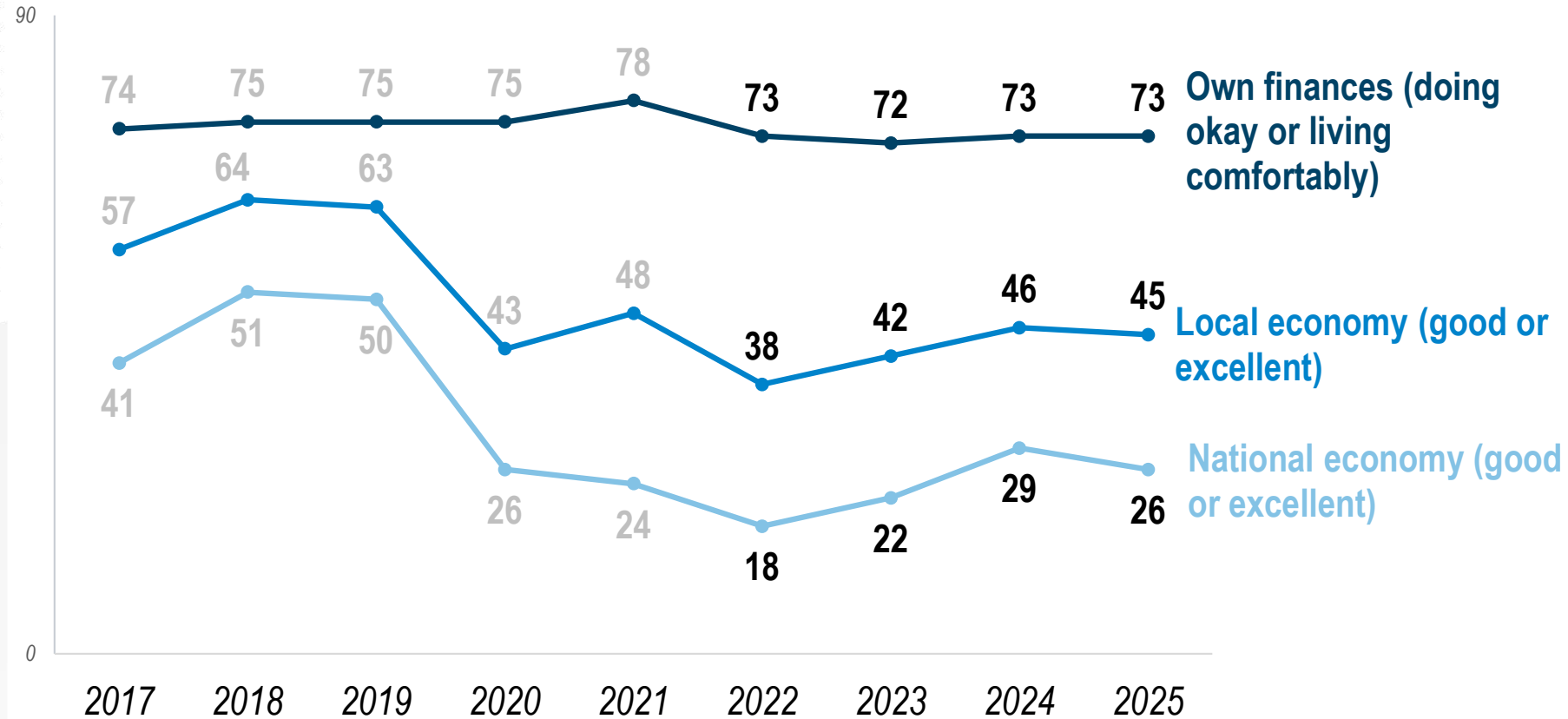
Major or minor financial challenge or concern



Note: Values are percentages. Among all adults. Response options include major concern, minor concern, and not a concern.

FAMILY FINANCES

People's views on the national economy worsened over the prior year, remaining far more pessimistic than before pandemic



Note: Among all adults. The estimates for each of the series on the figure represent the two most favorable response choices. The four response options for own finances were: "living comfortably," "doing okay," "just getting by," and "finding it difficult to get by." The response options for the local economy and the national economy were: "good," "excellent," "fair," and "poor."

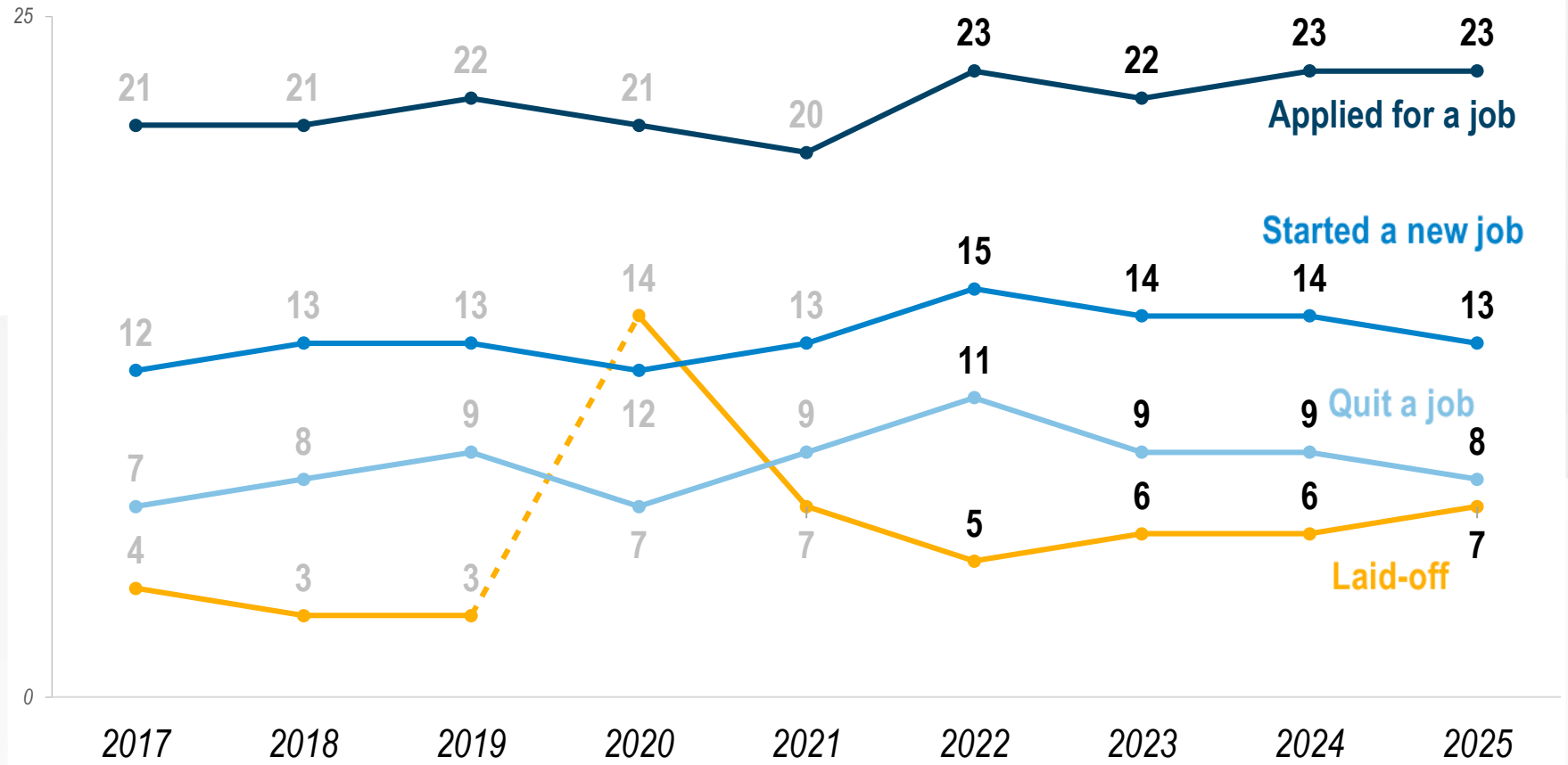
Employment



EMPLOYMENT

Employment indicators solid, despite some softening

Movements into and out of jobs

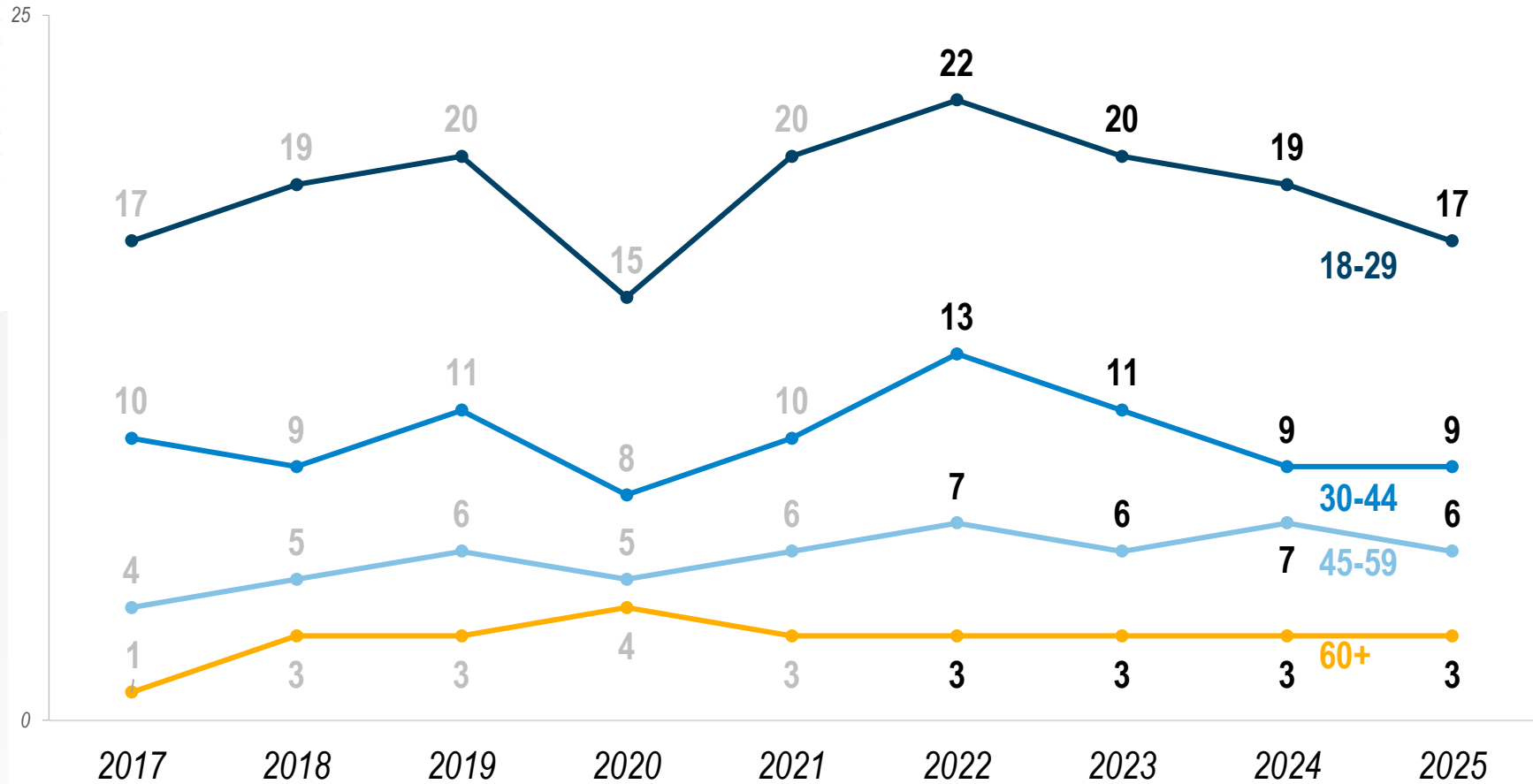


Note: Values are percentages. Among all adults. Layoffs from 2019 and earlier are not directly comparable with those from 2020 and after due to a change in the question format.

EMPLOYMENT

Fewer younger adults are quitting jobs

Quitting a job by age

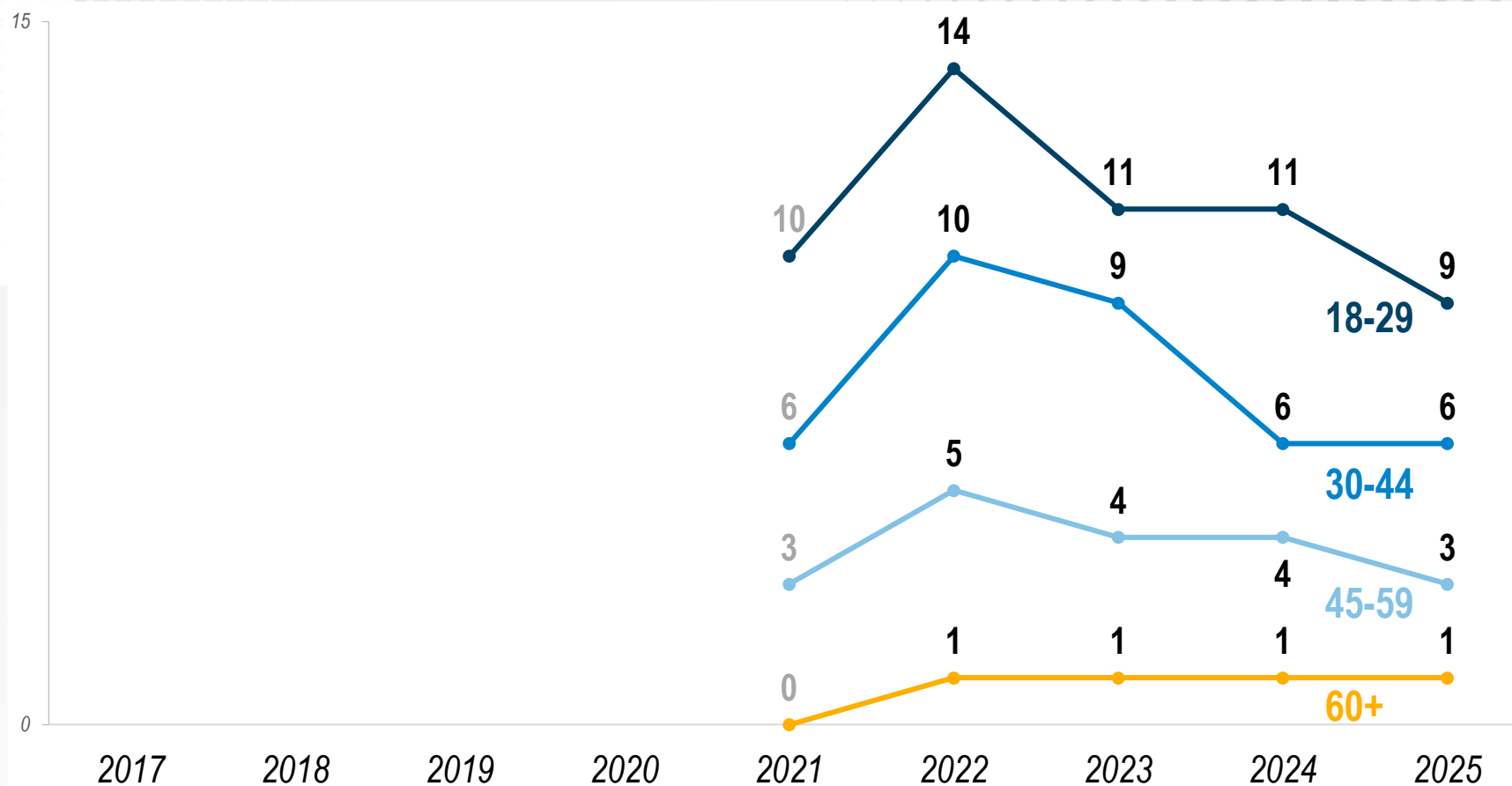


Note: Values are percentages. Among all adults.

EMPLOYMENT

Younger adults move to better jobs more often, but these rates have been declining

Moving to a better job by age



Note: Values are percentages. Among all adults.

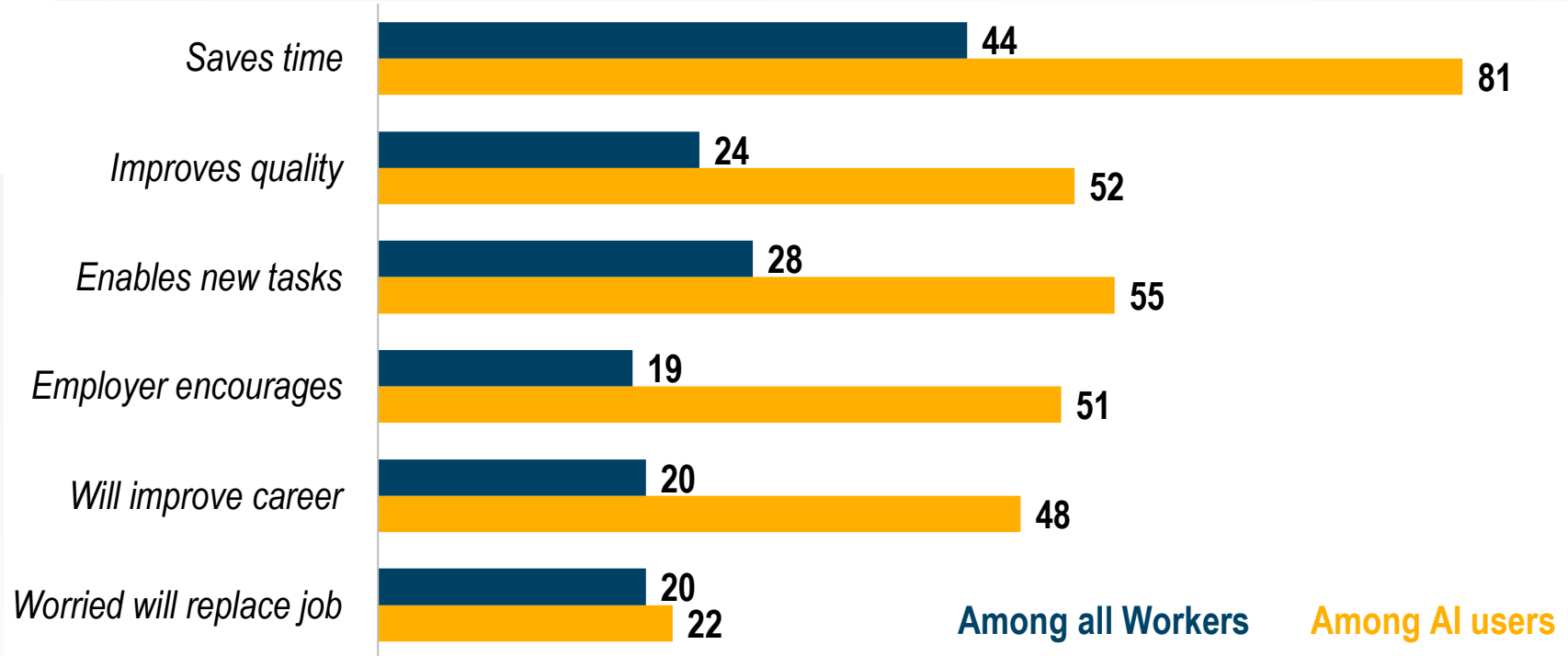
EMPLOYMENT

Workers saw benefits, but are split on AI improving their career or replacing their job

Share using Generative AI

Used Generative AI  25

Shares agreeing with statements about Generative AI (by use of AI)



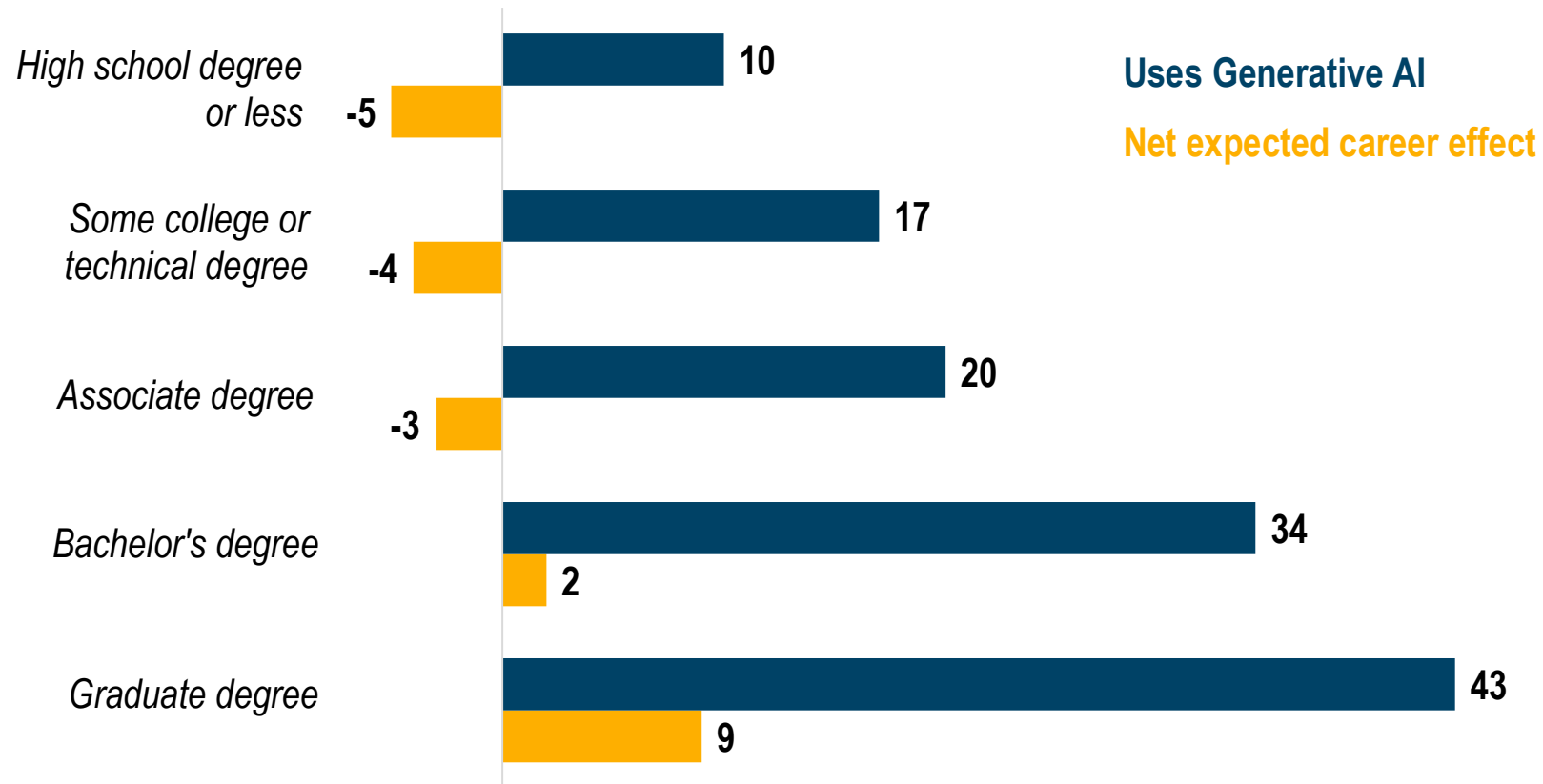
Note: Values are percentages. Among workers.

Respondents could agree, disagree, or neither agree nor disagree with the selected statements.

EMPLOYMENT

Highly educated workers used AI more and were more likely to agree it will improve their careers

Using generative AI and net expected career effects by education

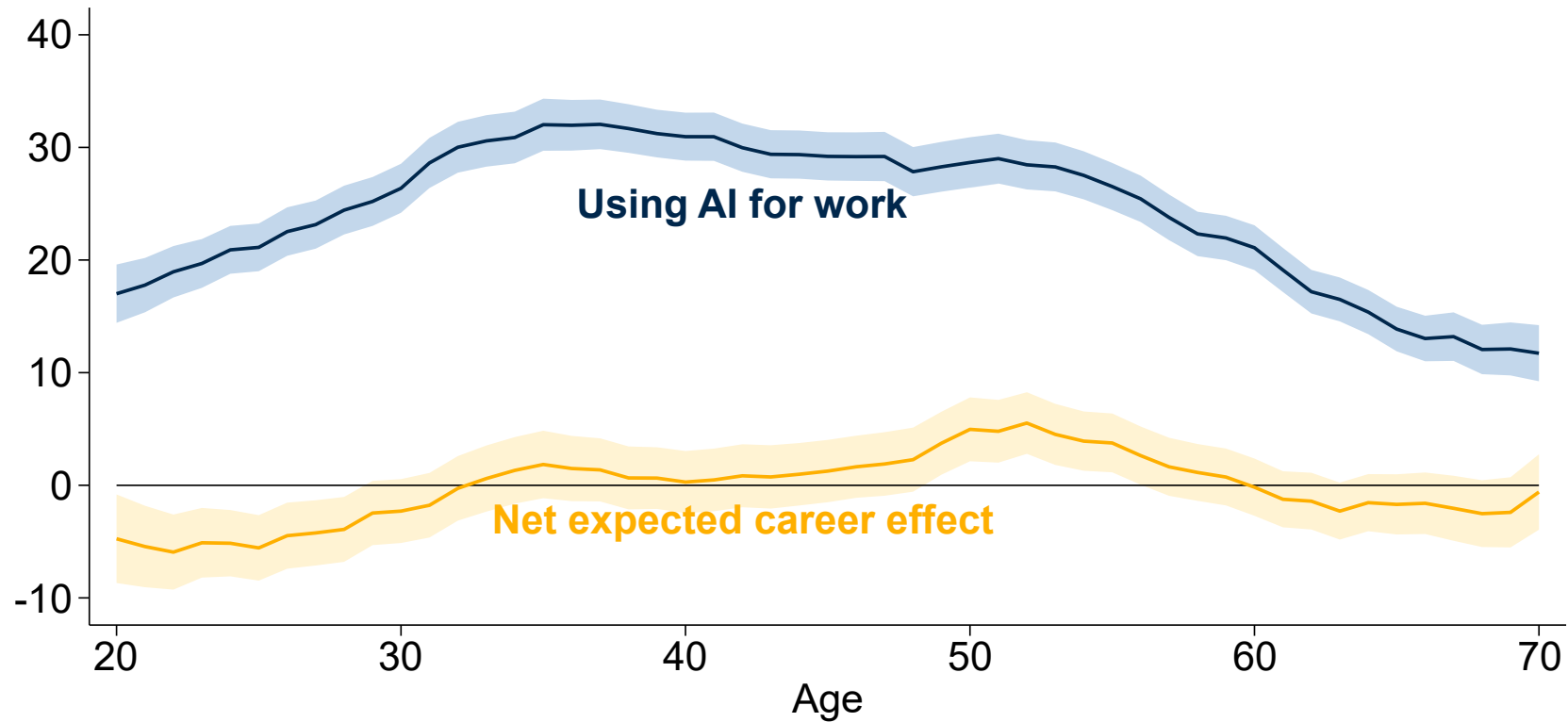


Note: Values are percentages. Among workers. Respondents could agree, disagree, or neither agree nor disagree.
Net career effect = (% agree will AI improve their career) - (% agree they worry that AI will replace their job)

EMPLOYMENT

Workers below age 30 and over age 55 were less likely to use AI and less positive about its career effects

AI use and net expected career effects by workers' ages



Note: Values are ten-year age window moving averages of percentages and percentage point differences. The shading indicates 95 percent confidence intervals around estimates. Among workers.
Net expected career effect = (% agree AI improves career) - (% worry AI replaces job).

EMPLOYMENT

Generative AI use varied substantially by occupation

Use and perceptions of generative AI (by selected occupations)

Occupation	Share using last month	Think will improve career	Worried will replace job
<i>Building/Grounds Cleaning & Maint.</i>	4	8	14
Installation, Maintenance, & Repair	6	8	10
<i>Transportation & Material Moving</i>	7	12	16
<i>Food Preparation & Serving Related</i>	7	12	16
<i>Sales & Related</i>	20	19	18
<i>Office & Administrative Support</i>	21	18	28
<i>Healthcare Practitioners & Technical</i>	21	20	14
Arts, Design, Sports & Media	32	18	43
<i>Management</i>	35	27	17
<i>Educational Instruction & Library</i>	36	20	18
<i>Business & Financial Operations</i>	36	24	29
<i>Life, Physical & Social Science</i>	41	27	17
Computer & Mathematical	56	40	27

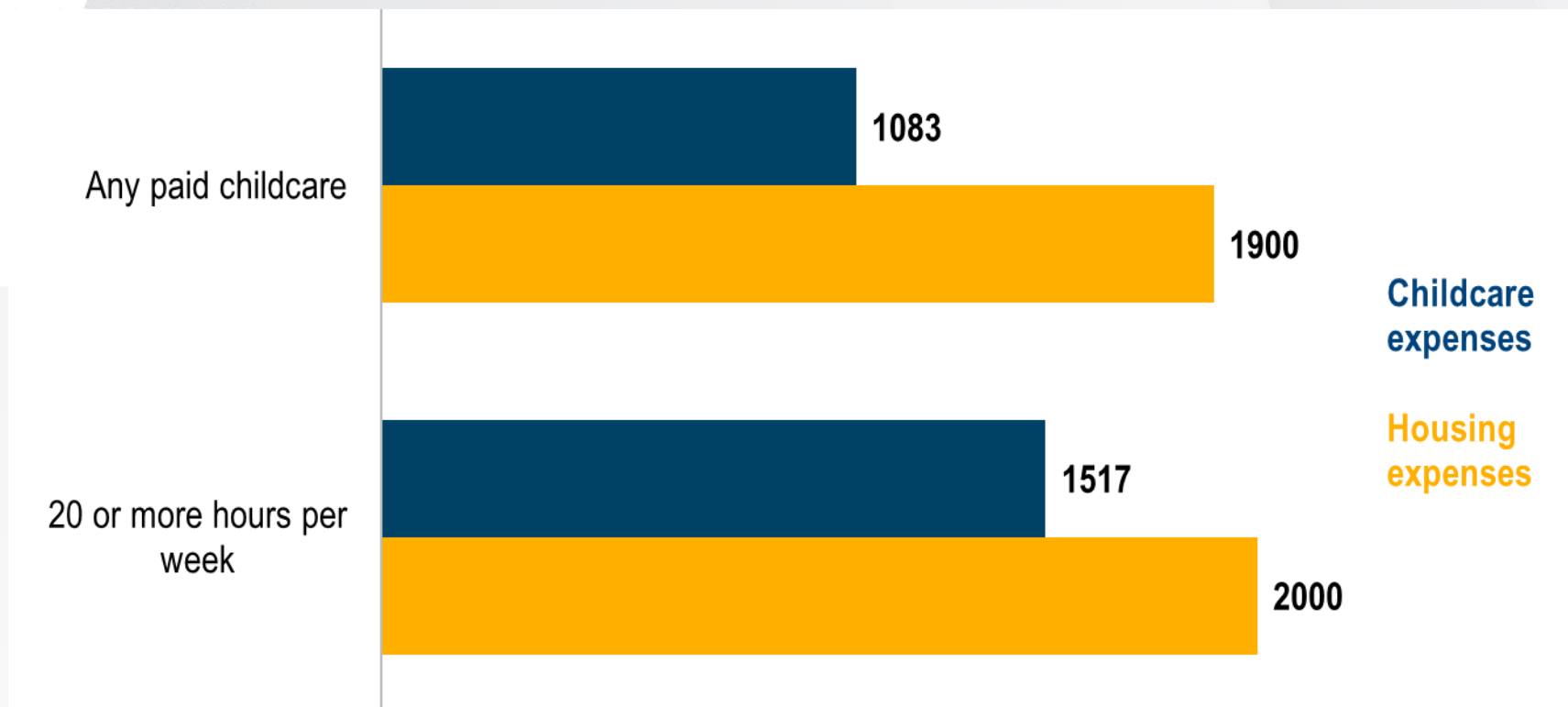
- More than half of Computer and Mathematical workers used AI last month.
- Single digit percentage of Installation, Maintenance, & Repair workers used AI.
- Workers in higher use occupations are more likely to agree that AI will improve their career.
- Arts, Design, Sports, and Media workers are especially negative.

Note: Values are percentages. Among all workers. Shown are the share agreeing with each statement within the selected high-level occupational groupings. Response options include agree, disagree, and neither agree nor disagree. The right two columns are among both users and non-users.

EMPLOYMENT

Median childcare costs are often more than half of housing expenses

Median childcare and housing payments (by hours of childcare used)

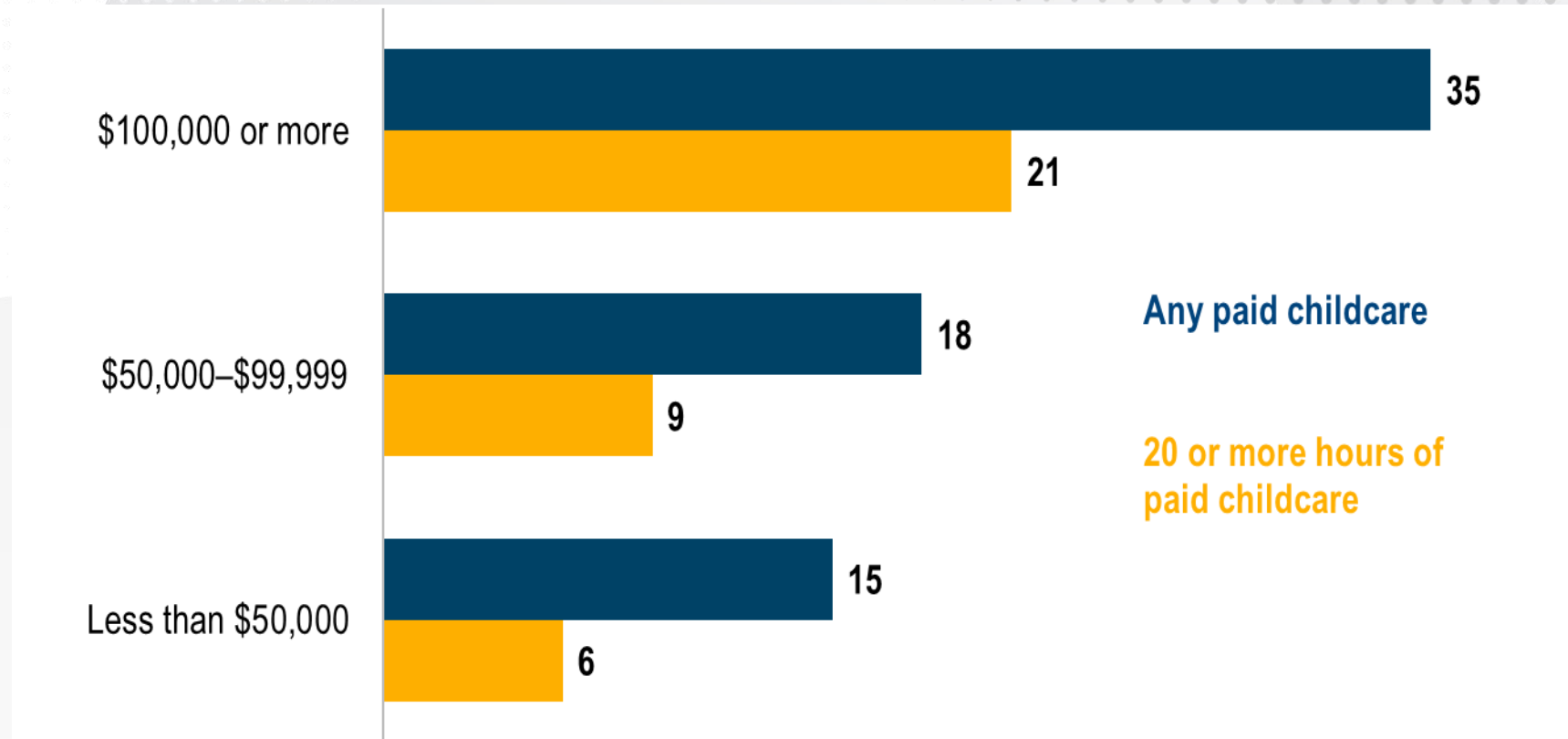


Note: Among adults with a positive value of the expense who pay for the specified amount of childcare. Housing costs are total monthly mortgage payments for homeowners and total monthly rents for renters. Weekly childcare costs are multiplied by 52/12 to obtain a monthly figure. Key identifies bars in order from top to bottom.

EMPLOYMENT

Low-income families rarely use paid childcare

Paid childcare used in the past week (by family income)



Note: Among adults living with their own children under age 13.

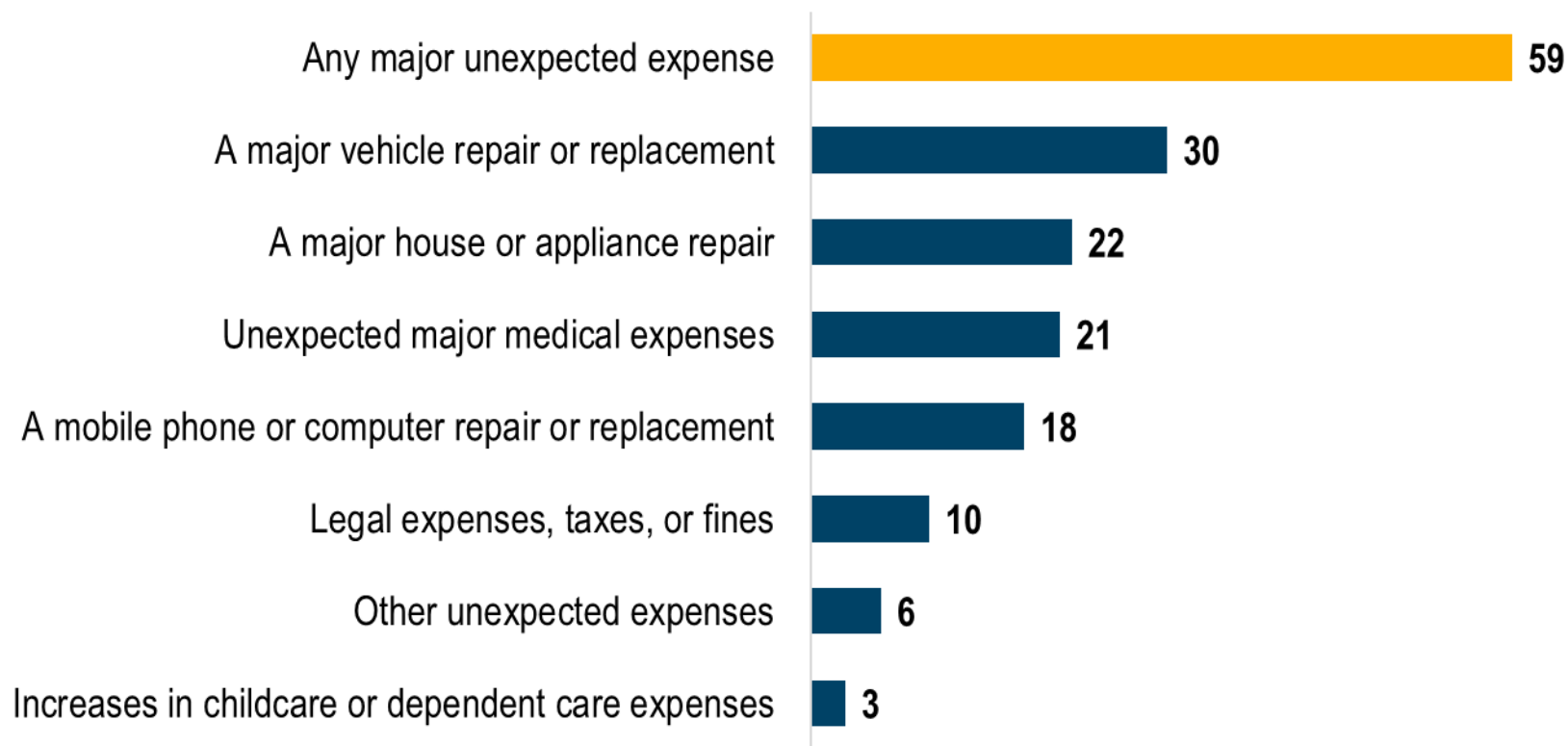
Economic Hardships



ECONOMIC HARDSHIPS

A majority of adults had at least one type of major unexpected expense in the prior 12 months

Major unexpected expenses in the prior 12 months

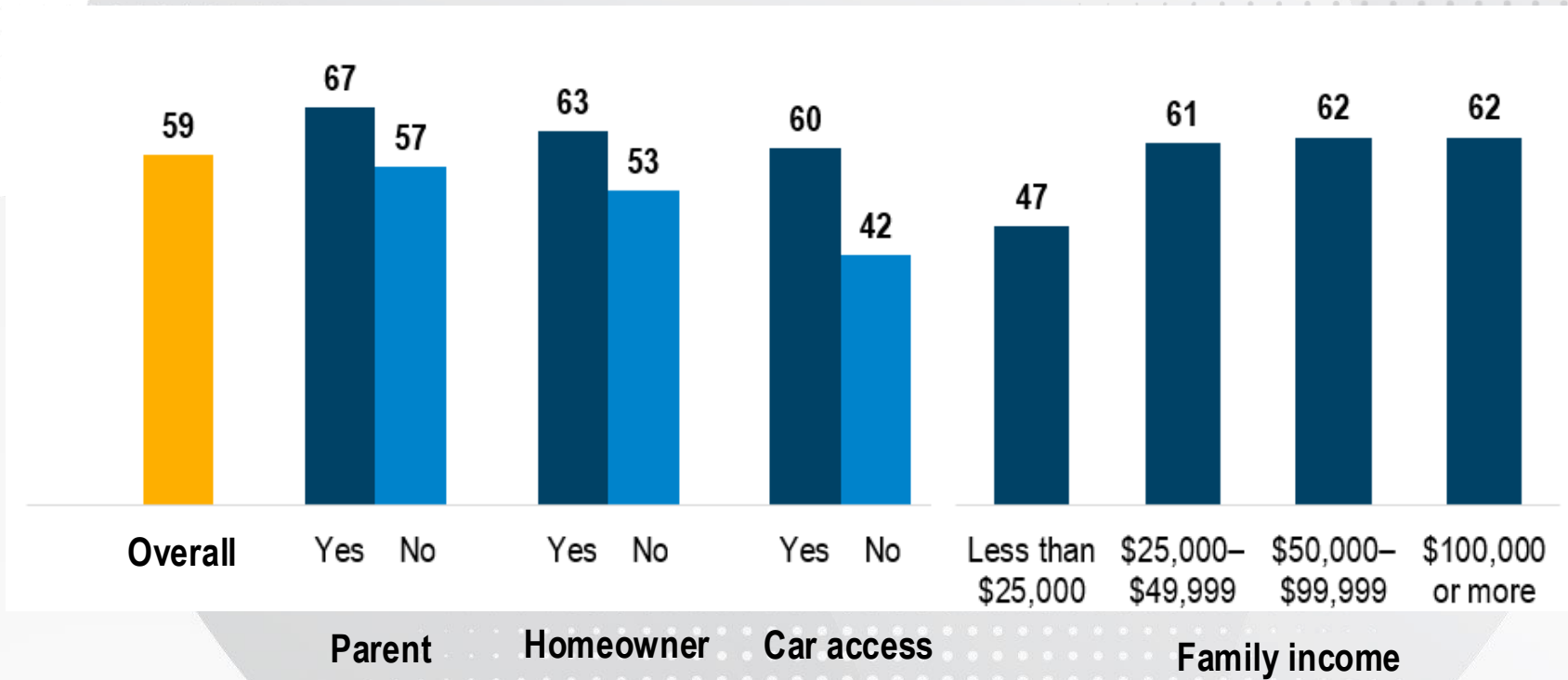


Note: Values are percentages. Among all adults. Respondents could select multiple answers.

ECONOMIC HARDSHIPS

Parents, homeowners, and those with a car were more likely to have an unexpected expense, while low-income adults were less likely to have one

Had a major unexpected expense in the prior 12 months (by demographics)

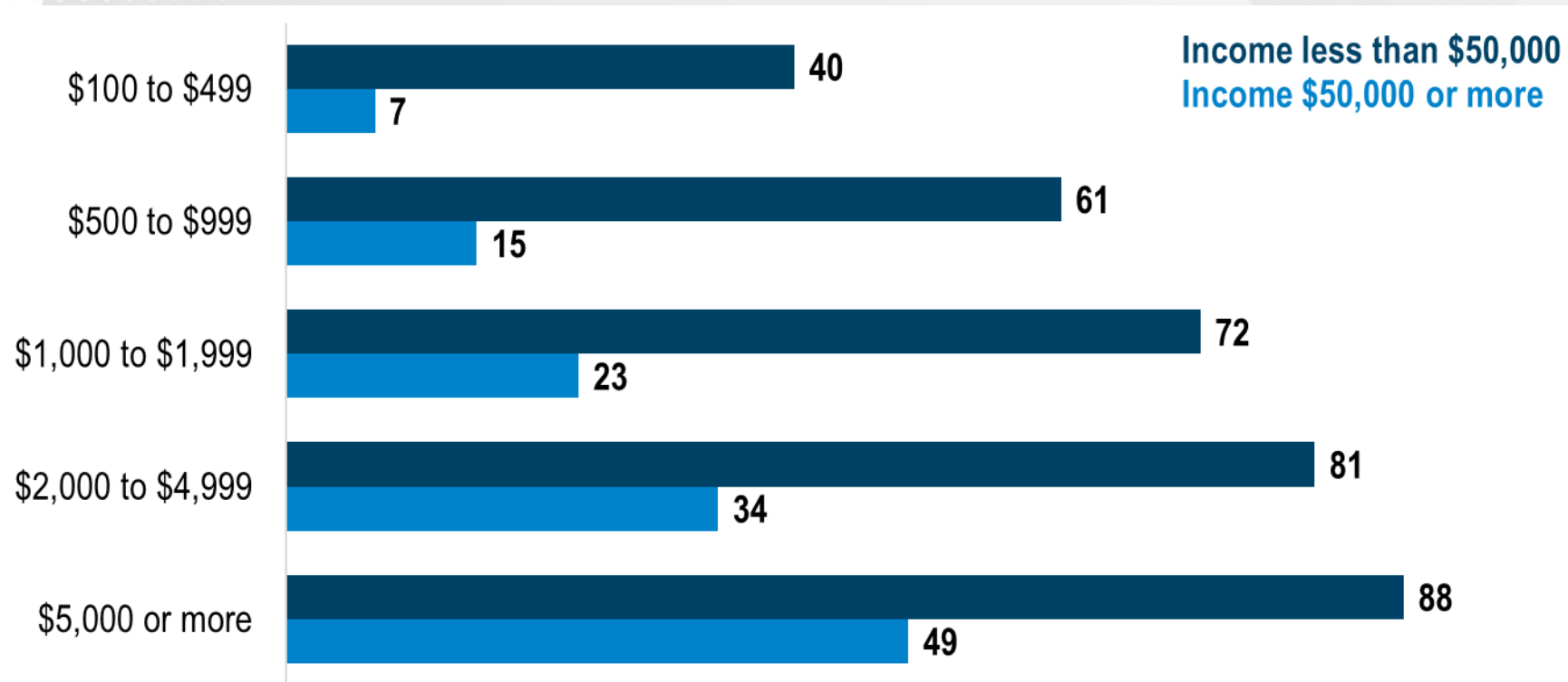


Note: Values are percentages. Among all adults.

ECONOMIC HARDSHIPS

Many lower income adults cannot cover the cost of common unexpected expenses using savings

Could not cover expense right now using savings (by amount of expense and family income)

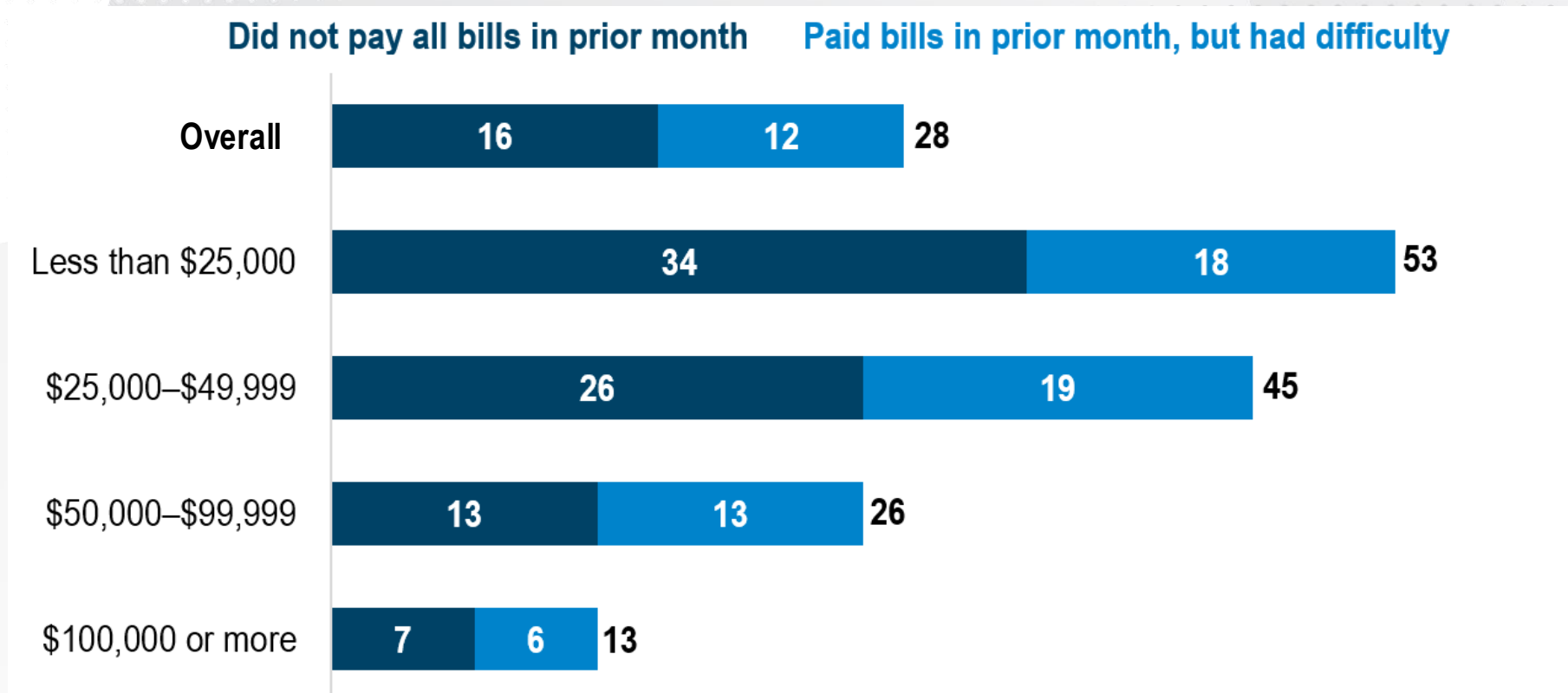


Note: Values are percentages. Among all adults.

ECONOMIC HARDSHIPS

Missed bills and difficulties paying bills were more common among lower income adults

Struggled to pay bills in the prior month (by family income)



Note: Values are percentages. Among all adults. Some numbers do not sum to totals because of rounding.

ECONOMIC HARDSHIPS

Cutting back on expenses and paying a bill late were the most common ways of coping with bill problems

Actions taken by people who struggled to pay bills in the prior month

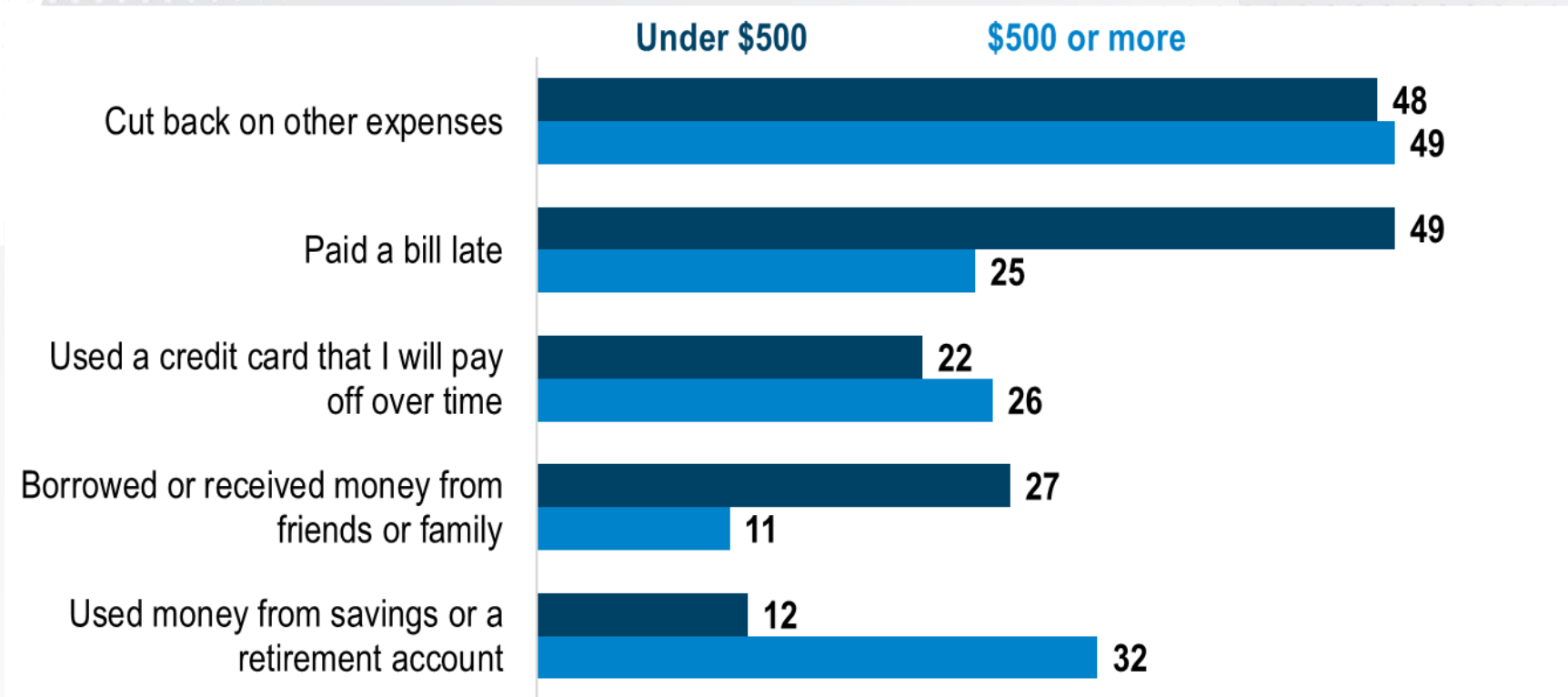
Actions	Percent
<i>Cut back on other expenses</i>	48
<i>Paid a bill late</i>	42
<i>Used a credit card that I will pay off over time</i>	23
<i>Borrowed or received money from friends or family</i>	22
<i>Used money from savings or a retirement account</i>	18
<i>Negotiated a lower payment or more time to pay</i>	16
<i>Increased income (e.g., working overtime or taking an extra job)</i>	12
<i>Sold or pawned something</i>	12
<i>Took out another type of loan (e.g., payday loan or personal loan)</i>	6

Note: Values are percentages. Among adults who did not pay all non-credit card bills or who had difficulty paying bills in the prior month. Respondents could select multiple answers.

ECONOMIC HARDSHIPS

Many of those struggling with bills had limited savings and used other means to cope with bills

Actions taken by people who struggled to pay bills in the prior month
(by amount of expense they could cover right now using savings)



Note: Values are percentages. Among adults who did not pay all non-credit card bills or who had difficulty paying bills in the prior month. Respondents could select multiple answers.

OTHER TOPICS

Chapters in the report

**Overall
Financial
Well-Being**

**Employment
&
Job Quality**

**Living
Arrangements
& Care Work**

**Income &
Expenses**

**Economic
Hardships**

**Savings &
Investments**

Banking

Credit

Housing

Closing remarks and requests

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- Mark your calendars for August 6 and join us for the next Connecting Communities webinar, ***Understanding Benefits Cliffs: Evidence, Insights, and Open Questions***. Registration will be open soon.



Thank you for joining us



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