

1.3% of adults aged 18 to 64 received unemployment insurance (UI) benefits.

The most common form of UI in this age range was government-provided benefits, with 89 percent of all UI recipients receiving this form. Only 11 percent received UI through their employer or from another source (such as union benefits).

\$756 was the average monthly payment for those receiving government-provided unemployment benefits in 2022.

This represents a notable decrease in average UI amounts compared to 2021, when additional benefits were distributed in response to the COVID-19 pandemic. The average government-provided monthly UI benefit in 2021 was \$1,140.

40% of households with a UI recipient in them also received health insurance through Medicaid or the Children's Health Insurance Program (CHIP).

Households in which someone was receiving UI were also more likely to receive nutrition assistance through the Supplemental Nutrition Assistance Program (SNAP; 19 percent) or through free or reduced-price school meals (18 percent) compared to all households (14 percent and 11 percent, respectively).

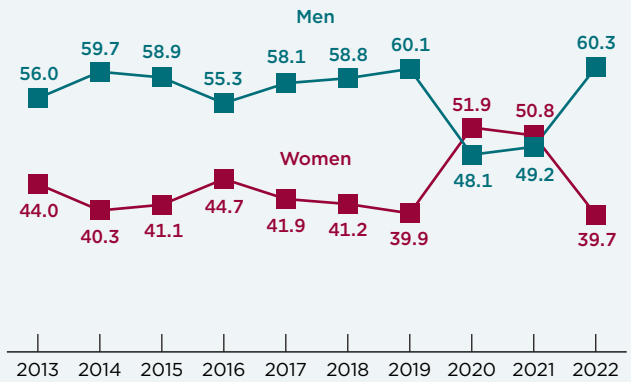
What is unemployment insurance?

Unemployment Insurance (UI) provides benefits to eligible individuals who have lost their job or face a reduction in work hours through no fault of their own and are actively seeking work. UI can be provided by the government, an employer, or through another source such as union benefits. Government-provided UI is the most common and is administered by every state individually, with each having varying eligibility rules, benefit amounts, and allowed benefit durations.

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

Sex of UI Recipients: 2013-2022

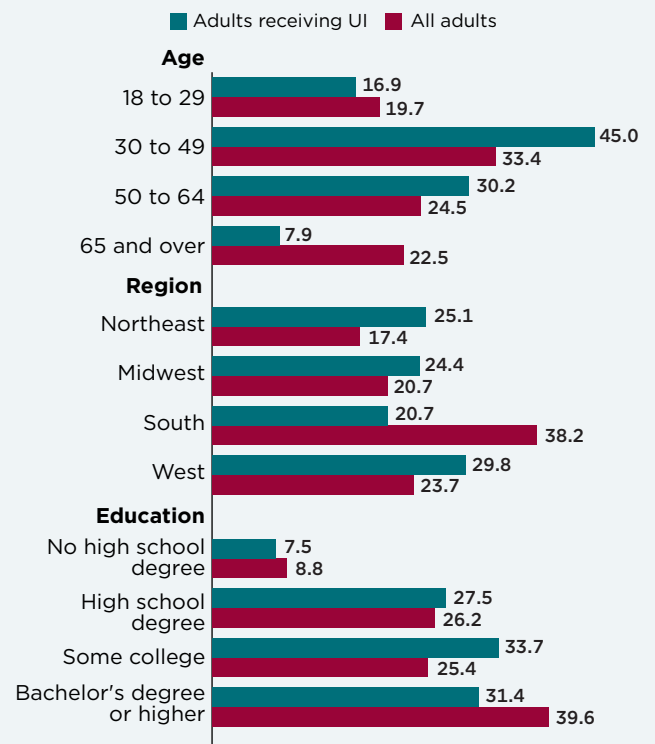
(In percent)



From 2013 to 2022, UI recipients were generally more likely to be men than women. The exception to this was in 2020 and 2021 during the COVID-19 pandemic when the gap between the two sexes closed. In 2022, the gap returned to similar levels as prepandemic.

Characteristics of Adults Receiving UI Compared to All Adults Aged 18 and Over: 2022

(In percent)



Note: Education results restricted to adults aged 25 and over.