



October 26, 2016

The High Cost of Being Poor in North Carolina

Anti-Poverty Programs Help Alleviate Costs, But More Must Be Done to Reduce Burdens

It is welcome news that the poverty rate in North Carolina declined from 17.2 percent in 2014 to 16.4 percent in 2015 and declined nationally from 15.5 percent in 2014 to 14.7 percent in 2015.¹ Sustained economic gains, strengthened by federal and state policies that increase income or reduce expenses, have finally begun to reach our low-income neighbors. North Carolina now ranks 12th in terms of highest poverty rate in the nation.

The decline in poverty is good news, and with job growth continuing, we ought to be able to take steps to accelerate the pace of poverty reduction. But the precarious situation for the poor and near poor stands in the way of substantial progress. The fact is, it is expensive to be poor in the United States. New data released in September by the Census Bureau show that 1.6 million adults and children remain in poverty in North Carolina – and they need to pay every dime they have for necessities like rent, child care, and groceries. They pay a premium for rent and food because of bad credit and inability to get to cheaper markets. Getting less value for their limited dollars, poor families are exposed to threats to health, child development, and employment. When expenses exceed income, late fees and fines make matters worse. For too many low-income Americans fall prey to predatory lenders taking advantage of these dynamics placing desperate and unsuspecting borrowers in repeated loans as borrowers desperately attempt to stave off eviction or loss of a vehicle, leading instead to a trap of debt and poverty. Time and time again borrowers realize too late that these loans only make financial problems worse and leave borrowers with insurmountable debt burdens. While North Carolina has restrictions against predatory payday lending, and car title lending we must ensure these protections are not weakened, putting more North Carolinians at risk. We also must clamp down on the predatory practices in the consumer finance industry that also traps borrowers in repeat lending transactions while attaching fees and high cost insurance products to many loans.

The new Census Bureau data also show that effective anti-poverty programs, like housing assistance, child care subsidies, and the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) lift millions out of poverty and reduce the cost of poverty for millions more. But more needs to be done to reduce the burden of poverty even further, and for more North Carolinians living in and near poverty every day.

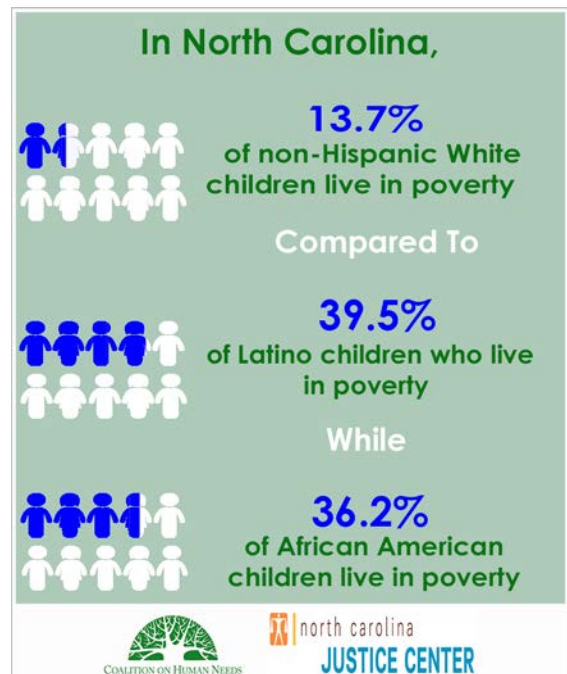
Progress to Build on

There were 2 million fewer poor people across the U.S. in 2015 than in 2014 and nearly 61,000 fewer poor North Carolinians. From 2011 to 2015, unemployment declined nationally from 10.3 percent to 6.3 percent. The proportion of Americans without health insurance plunged from 15.1 percent to 9.4 percent over the same five years.

While communities of color in general saw substantial improvement, they remain disproportionately affected by poverty and its associated costs. While 11.3 percent of non-Hispanic whites in North Carolina were poor in 2015, the poverty rate was 25.3 percent for African Americans and 30.8 percent for Latinos.²

People aged 65 or older saw their poverty rate drop from 9.5 percent to 9.0 percent from 2014 to 2015 nationally. In North Carolina, the poverty rate for seniors remained roughly the same at 9.2 percent. The Census Bureau's Supplemental Poverty Measure, however, counts income and expenditures more fully, and the differing budgets of seniors (such as more medical expenses) leads to a nationwide poverty rate of 13.7 percent for this group using this alternative measure.

Children remain more likely to be poor in America than any other age group. Last year, nearly one in four (23.5 percent) of North Carolina's children were in poverty. This is statistically unchanged from 24.3 percent in 2014 but down from 25.2 percent in 2013. North Carolina also has the 12th highest child poverty rate in the nation. As with adults, children of color experience poverty at much higher rates than their white peers. In fact, African American and Latino children are nearly three times more likely to be poor than white children. In 2015, 13.7 percent of non-Hispanic white children in North Carolina lived in poverty, while 36.2 percent of African American and 39.5 percent of Latino children were poor.³ While their parents struggle to pay for necessities, children in poverty often pay a steeper price. Studies show that children who grow up in poverty are less likely to finish high-school, can suffer from delayed brain development, and have poorer mental health and employment outcomes.⁴



Those with jobs are not immune – the Census Bureau data shows that in two-thirds of poor North Carolina families, at least one person worked. Even low-income families, whose incomes are up to twice the poverty line (\$48,500 for a family of four last year), making ends meet is not easy. Here, 37 percent of North Carolinians are trying to get by with incomes this low. For the 37 percent of low-income North Carolinians, high costs affect them too, and may lead to the downward spiral to debt and poverty that the right policy choices can prevent.


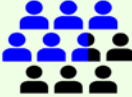
The High Cost of Being Poor

People living in poverty pay more in many different areas of daily living. Struggling families pay surcharges on food, hidden costs and fees on housing, and a higher price for getting sick. These inequities punish hard working families and often make it impossible for them to get ahead.


On average, low-income households pay slightly higher food prices than other households for the same basket of food.⁵ This forces families to choose lower quality items in order to reduce the cost. As a result, struggling families often get less for what they have to spend, and still end up spending a larger portion of their income on food than higher-income families.

The high cost of being poor is a major burden for all living in poverty, but for those in deep poverty, living below half of the federal poverty line, the burden is that much heavier. For a family of four in 2015, the official poverty line was \$24,250. According to the Census Bureau, 6.8 percent of Americans, or 20.4 million people, live in deep poverty. Nearly 1 in 11 children live in households with an annual income of less than \$12,125. Although the percentage of children in deep poverty has decreased since 2014, it is still higher than in 2007, before the Great Recession. Today, nearly 698,000 North Carolinians live in deep poverty.⁶ The Census data show that 56 percent of North Carolina households with incomes less than \$20,000 a year spend more than half of their income on rent alone.⁷ These families are especially prone to late fees for unpaid rent and eventual evictions, leading to frequent moves. Once they do find new housing, they often start out in the hole with a new landlord because they can't afford the first and last month's rent along with a security deposit.⁸

56% of renter households in North Carolina with incomes below \$20,000 spend more than 50% of their income on rent

but only 1 in 4 qualifying renters receives housing assistance due to limited government funding




Tenants with evictions on their records can also be banned from affordable housing programs and often lose their only possessions as a part of the eviction.⁹ Young children who live in poor housing conditions or who are subject to frequent moves or homelessness are more likely to suffer health problems. A Boston area study found that infants and toddlers in low-income families that had moved two or more times in the past year were 59 percent more likely to be hospitalized than similar children in more secure housing.¹⁰ Rental vouchers limiting the amount low-income families' pay for rent make a tremendous difference in child health, educational outcomes, and future earnings, but since 2004, the number of families with children receiving rental vouchers dropped by 250,000 nationwide (a 13 percent decline).¹¹ Families do not have to be deeply poor to risk eviction. A quarter of low-income tenants across the U.S. are paying at least 70 percent of their income on rent. Even among North Carolina households with incomes up to \$35,000, 39 percent are paying half or more of their income on rent. An unexpected car or health emergency could put these families at risk of being

unable to pay rent.

Low-wage workers are more likely to lack paid sick days and paid leave, and are less likely to have predictable work schedules, leaving them with even less money to cover expenses. Some gains for low-wage workers have been made in cities and states that have raised the minimum wage and adopted paid sick leave and other family-friendly policies. Not all states, however, have taken these steps, and national standards leave too many low-wage workers out in the cold. Their struggle to pay rent each month can also take its toll on employment. The Milwaukee Area Renters Study found that workers leaving housing involuntarily were 20 percent more likely to lose their jobs afterwards than comparable workers who did not have to leave their dwellings.¹²

Quality, affordable child care is critical for both the economic security of low-income parents, as it allows them to work, and for the development of children. Yet the high cost puts quality child care out of reach for many families. The average cost in North Carolina for an infant in a child care center is more than \$9,200 a year. For an infant and a 4-year-old, it's nearly \$16,900.¹³ A family at the poverty line with

an infant and toddler in child care would have to spend 69 percent of their income on child care. Without an adequate subsidy, low-income families have no choice but to make cheaper and often less reliable arrangements. Studies have shown that a lack of high quality, affordable child care options negatively impact a parent's employment.¹⁴ Another study found that in North Carolina, one in four families who were placed on a waiting list while seeking childcare assistance either lost or were forced to quit their jobs.¹⁵

Medical costs can have devastating effects on already modest family budgets. The Census data show that 11.2 million more people across the U.S. would be in poverty if out-of-pocket medical costs were taken into account, showing the importance of quality, affordable health insurance. Medical costs are even more of a burden for the poor in states that have not taken advantage of the Affordable Care Act option to use federal Medicaid dollars to expand health coverage to low-income adults. Low-income adults in the 19 states, including North Carolina, that have not expanded Medicaid are uninsured at nearly twice the rates of those in states that have taken this step to expand coverage.¹⁶ They do not make enough to qualify for health insurance subsidies through the Affordable Care Act, but do not qualify Medicaid, leaving them at even greater risk for overwhelming medical costs and, too often, forcing them to forgo necessary medical treatments. Untreated medical needs do not go away simply because people are unable to pay. Often times, people in poverty pay for these forgone treatments in the form of decreased productivity and time at work or even a larger price of decreased quality of life. In North Carolina, the percentage of uninsured people has declined from 16.3 percent in 2011 to 11.2 percent in 2015. Yet 244,000 North Carolinians would benefit if our state chose to expand health coverage to our low-income neighbors.

These dynamics are exacerbated by predatory lenders that take advantage of low income communities. In many states, low-income Americans are targeted by high cost predatory lenders and fall prey to payday, car title, and other high cost loans. . These loans do not solve financial problems but unfortunately, leads to higher costs still. Payday loan companies charge exorbitant interest rates – between 300 and 400 percent, on average but often higher, and fees that quickly rack up when borrowers are forced to take out loan after loan just to repay the previous one. This traps the borrower in a cycle of debt. In fact, the average payday loan customer who borrows \$400 to help them get by until their next paycheck winds up paying back \$950 over 11 loan cycles in a year.¹⁷ In one-third of these cases, the borrower is forced to overdraw his or her checking account to pay off the loan, thereby incurring additional fees.¹⁸ These predatory lenders target low-income Americans and communities of color. Nearly half of payday borrowers have a family income of under \$30,000. Nearly one in five borrowers relied on Social Security or some other form of government assistance.¹⁹ Payday lenders have been shown to be 2.4 times more concentrated in African American and Latino communities.²⁰ Because of these and other abusive practices, North Carolina has restrictions against payday lending.

Vehicle title borrowers are similar to payday borrowers, but the consequences of failing to pay back a loan can be even more severe. One in five car title loan borrowers, who agrees to repay the loan in a lump sum, plus interest and fees, loses his or her car.²¹ This creates an even larger burden when he or she can't get to work, to school or to their child care center. Every form of debt gets worse when it's passed along to collection agencies as their credit is negatively impacted. In December 2015, 35 percent of consumers in low- and moderate-income neighborhoods in North Carolina had debt in collections.²²

While the cost of poverty is extremely high for those in poverty, it is also high for our society as a whole. Child poverty alone costs the U.S. economy an estimated \$672 billion each year, or 3.8 percent of our gross domestic product (GDP).²³ Child poverty results in a less-educated workforce, which reduces

productivity and economic output years later. It raises the incidence and cost of crime, while also increasing physical and mental health costs. If we want a society where hard work pays off and everyone has an equal opportunity, we need policies that will eliminate the unfair disadvantages placed on people in poverty.

Effective Anti-Poverty Programs Reduce the Cost of Being Poor

The Census Bureau's Supplemental Poverty Measure, which counts income sources such as federal tax credits and food and housing assistance, shows that federal programs increase incomes for millions of Americans, lifting them out of poverty and reducing the burdens of poverty for millions more. Across the U.S., more than 9 million people were lifted out of poverty by low-income refundable tax credits in 2015 and 2.5 million fewer were poor because of housing subsidies.²⁴ In North Carolina, 370,000 people were lifted out of poverty by low-income tax credits each year between 2011 and 2013 while 82,000 fewer were poor because of housing subsidies, each year between 2009 and 2011.²⁵

The Supplemental Nutrition Assistance Program (SNAP) lifted 340,000 North Carolinians out of poverty each year on average from 2009 to 2011, and lifted 4.6 million Americans out of poverty in 2015. The Women, Infants and Children (WIC) program served more than 8.6 million women, infants and children across the U.S. in 2013 and lifted 371,000 of them out of poverty last year.²⁶ More than 21 million children nationally received free and reduced-priced lunch during the 2014-2015 school year through the National School Lunch Program, lifting 1.3 million people out of poverty.²⁷

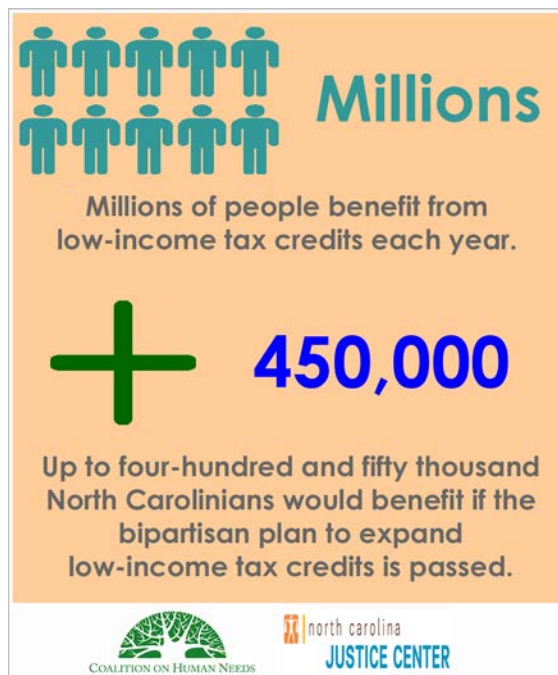
Child care subsidies reduce the cost of care, allowing parents to go to work or school and providing children with quality educational experiences in the critical early years. Single mothers were more likely to be employed, more likely to be employed full time, and more likely to have stable employment when receiving child care subsidies.²⁸ Nationally, families headed by single mothers with at least one full-time, year-round worker had a poverty rate of 11.5 percent, while similar families where workers only had part-time or part-year employment were five times as likely to be poor (55.3 percent rate).²⁹ Supporting working families through child care subsidies is crucial to making sure that hard work pays off.

States that raised their minimum wage saw faster wage growth for low-wage workers in 2015 than states without an increase.³⁰ More money in the pockets of low-income workers resulting from a higher minimum wage and more paid, predictable hours is better for workers, their families, and our economy.

But many of these effective programs do not reach enough of the people they are designed to help, and others, like SNAP, could do more good if their benefits were higher. Across the country only one in four qualifying renters receives rental assistance because Congress has not provided enough funding.³¹ Nationally, only one in six low-income children who ate a school lunch during the regular 2014-2015 school year were reached by federal summer nutrition programs.³² In North Carolina, 17 percent of households without children experienced food hardship in 2014-2015. Households with children in North Carolina fared worse as 22.4 percent suffered food hardship over the same period.³³

More than six out of seven children eligible to receive federal child care assistance nationally are not getting any help.³⁴ In North Carolina, 14,300 children in need have lost access to child care since 2006, leaving families to struggle to pay for care or forego jobs to stay home and provide care.³⁵ In addition, while the 2014 reauthorization of the Child Care and Development Block Grant (the primary source of federal funding for child care subsidies for low-income working families) included many improvements

that were long overdue, the bill did not include a guarantee of federal funding to implement the changes. This lack of funding threatens care for even more children.



The Earned Income Tax Credit (EITC), an extremely effective anti-poverty that promotes work, provides far less help to low-income workers who aren't raising children. Low-income childless working adults are the only group of Americans who are taxed into poverty. Expanding the EITC to these workers would benefit up to 450,000 North Carolinians.³⁶ Similarly, families with children earning under \$3,000 a year are excluded from claiming the Child Tax Credit (CTC), denying help to children because their parents, despite working, are too poor. Expanding the CTC to these poorest children and families would benefit millions across the U.S. every year.

Because predatory lending practices are so hurtful to low-income people, 14 states and the District of Columbia, including North Carolina, have restrictions against payday lending. The consumer watchdog agency, the Consumer Financial Protection Bureau (CFPB), issued a proposed rule in June to rein in

predatory payday, car title, and certain high-cost installment loans. Known as the ability-to-repay requirement, the proposed rule would require lenders to determine whether borrowers can afford to pay back their loans. While elements of the CFPB proposed rule are helpful, it contains loopholes pushed for by payday lenders that if adopted will harm borrowers. For example, the proposal exempts six high-cost payday loans from the ability-to-repay requirement and doesn't go far enough to ensure that after repaying the loan, the borrower will have enough money left over to cover other basic living expenses without reborrowing.³⁷ A weak CFPB rule may be disingenuously manipulated by the payday lending industry as an endorsement of payday lending in trying to get North Carolina and other states to weaken or even undo their existing laws. Protections that have helped low-income North Carolinians avoid the debt trap could be eroded.

We Can Further Reduce the Cost of Poverty

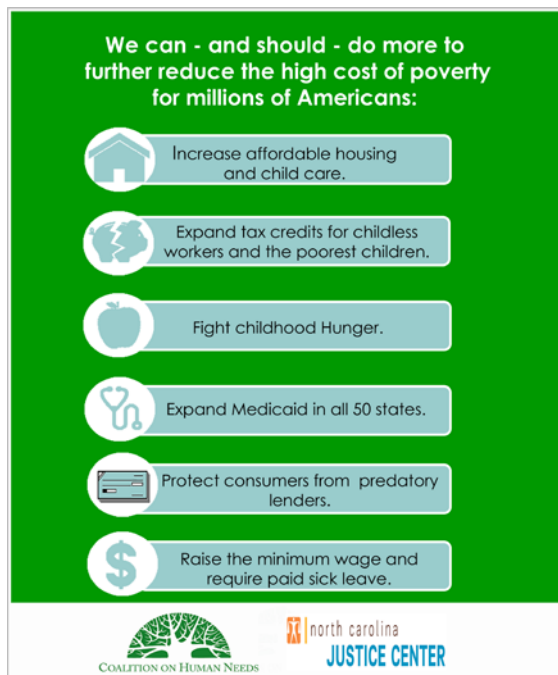
We can, and should, do more to further reduce the high cost of poverty on millions of Americans. **To achieve this goal, the North Carolina Justice Center and the Coalition on Human Needs recommend the following:**

- ❖ **Increase federal funding for housing subsidies and child care subsidies.** As Congress continues its Fiscal Year(FY) 2017 appropriations process, it should increase funding to provide millions more low-income Americans in need with access to safe, stable housing and quality, affordable child care. One analysis estimates that an additional \$1.2 billion investment is needed in FY17 funding to allow for full implementation of improvements contained in the reauthorization of the Child Care and Development Block Grant without the loss of additional spots for children.³⁸ Additional funding above FY16 levels is also needed to ensure existing housing vouchers keep pace with inflation and to expand the supply of vouchers for those left out in the cold. Beyond

these immediate needs, proposals such as President Obama's call for \$82 billion over 10 years to fund child care assistance for children younger than four and \$11 billion to end family homelessness by 2020 (providing housing for 550,000 families) should be implemented.

❖ **Expand the Earned Income Tax Credit to workers not raising children and expand the Child Tax Credit to families making less than \$3,000 a year.** President Obama, House Speaker Paul Ryan (R-WI), and Senator Sherrod Brown (D-OH) are among the bipartisan supporters of expanding the EITC. Helping workers without dependent children should be a top priority for Congress. Congress should also act to ensure *all* low-income children benefit from the CTC.

❖ **Increase SNAP benefits and pass a Child Nutrition Reauthorization bill to ensure that low-income children have access to healthy and nutritious foods.** As part of the reauthorization, Congress should streamline and expand the summer food program, expand WIC eligibility for children not in full day kindergarten from age five to six, reject attempts to deny free and reduced-priced meals to students in high-poverty schools, and reject attempts to block grant school meal programs. Congress should also protect SNAP from cuts, increase SNAP benefits to align with the cost of the Low-Cost Food Plan rather than the inadequate Thrifty Food Plan currently used, and end the harsh time limits on SNAP benefits for jobless adults who are willing but unable to find work.



❖ **States that haven't yet expanded health coverage to low-income Americans by drawing down federal Medicaid dollars should do so.** Governors of states like North Carolina that have continued to deny health coverage to low-income residents should end this costly failure to take advantage of federal dollars on the table to provide necessary health care to those who can least afford it.

❖ **A strong rule from the Consumer Financial Protection Bureau on predatory lending.** A robust rule, without loopholes, is needed to stop predatory lending, help low-income Americans break out of the dangerous debt trap, and ensure that consumers in states like North Carolina where the practice is already restricted remain protected from these harmful practices. Low-income advocates should encourage the CFPB to strengthen the rule to protect all low-income consumers.

❖ **Raise the minimum wage, and guarantee paid sick leave and more predictable hours.** Low-wage workers need more hours and higher pay. The federal government, along with states that haven't already done so, should increase the minimum wage and adopt paid leave requirements and predictable scheduling laws.

As Election Day draws nearer, we should be thinking hard about our priorities as a nation. Reducing poverty and the high costs of being poor clearly should be a top priority, especially in North Carolina

where the child poverty rate remains stuck. The evidence from 2015 shows that proven anti-poverty programs like SNAP, housing assistance, and low-income tax credits are effective at lifting millions of people out poverty, reducing the costs associated with poverty, and building family economic security. Other research and common sense tell us that child care, by helping parents to work and children to develop and thrive, can reduce poverty across generations. As poverty in North Carolina remains higher than in 2007, before the Great Recession,³⁹ we must invest more to reduce the burden of poverty for more North Carolinians. If we are concerned about trapping people in poverty, we need to maintain strong protections against harmful practices like predatory lending that prey on low-income people and aim to keep them down. North Carolina's economy depends on everyone having an equal chance to succeed.

This report was prepared by [North Carolina Justice Center](#) and the [Coalition on Human Needs](#).

¹ U.S. Census Bureau, 2015 American Community Survey, released September 15, 2016, <http://www.census.gov>

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¹⁶ The Commonwealth Fund, <http://www.commonwealthfund.org/publications/issue-briefs/2016/aug/who-are-the-remaining-uninsured> and U.S. Census Bureau, Current Population Survey Health Insurance Coverage, released September 13, 2016, <http://www.census.gov/library/publications/2016/demo/p60-257.html>

¹⁷ Stop the Debt Trap Coalition, <https://medium.com/@stop paydaypreds/five-things-you-need-to-know-about-payday-lending-d30a94ddcd44#7m5gyvt8>

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²² FRBNY Consumer Credit Panel/Equifax data, tabulated by the Federal Reserve Banks of Philadelphia and Minneapolis and accessed via the Consumer Credit Explorer (accessed Sept. 2016). <https://www.philadelphiafed.org/eqfx/webstat/index.html>

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