

## Texas Demographics

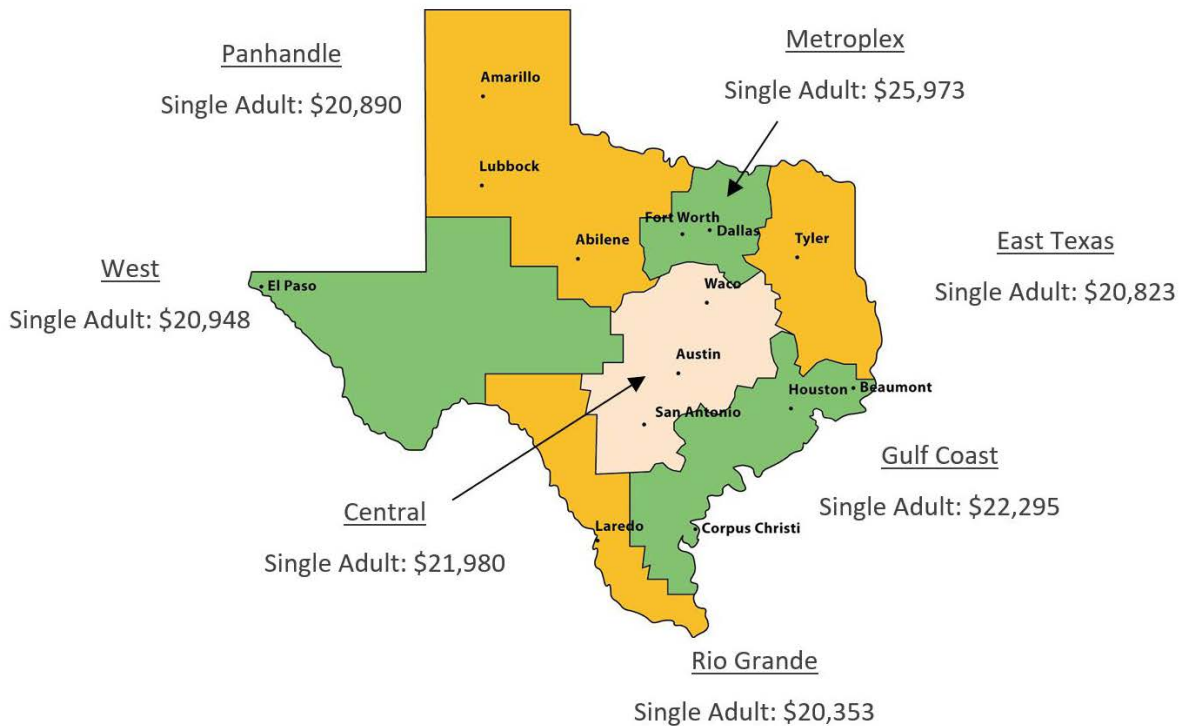
### Self Sufficiency Standard in Texas

The Self Sufficiency Standard, developed by the Center for Women’s Welfare at the University of Washington School of Social Work, determines the income families need in order to meet their basic needs at a minimally adequate level without using public or private assistance. The basic needs included in the calculation are housing, childcare, food, transportation, health care, taxes (minus federal and state tax credits), and other expenses such as telephone, clothing, and household items.

The costs are location specific. Single adults living in the Rio Grande Valley region would need an income of just over \$20,000 to be self-sufficient, while someone living in the Metroplex region would need to make nearly \$26,000. The statewide average self sufficiency income is \$21,091, which would mean an hourly wage of \$10.14 for a full-time worker. This hourly rate is almost three dollars higher than the statewide minimum wage of \$7.25, meaning that a full-time worker making minimum wage would likely need to turn to public or private assistance to make ends meet.

Institutions can help direct students who are struggling with their basic needs to campus, community, and governmental resources. The [Benefits Data Trust Toolkit](#) provides strategies to identify students who are likely eligible for a variety of federal assistance programs. Participating in the [Student Financial Wellness Survey](#) can give institutions a baseline of important information about students, including how many work while enrolled and the level of basic needs insecurities.

**Minimum Annual Salary Needed to be Self Sufficient  
Without Public or Private Assistance  
(2021)**



Source: Center for Women’s Welfare, University of Washington School of Social Work, Self Sufficiency Standard (<https://selfsufficiencystandard.org/>).