

How Republican-Led Budget Cuts Could Impact



California Budget
& Policy Center

Congressional District

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Access to affordable health care, housing, and nutritious food is necessary for all Californians to thrive. But Republican federal budget proposals would pave the way for deep and harmful cuts that would take health coverage, nutrition assistance, and other essentials away from millions of Californians who are already struggling to make ends meet in the face of persistently high inflation and the high cost of living. These cuts would increase poverty and hardship, widen race and ethnic inequities, and make it harder for workers to maintain their jobs in exchange for funding huge tax giveaways for the wealthy.

This resource shows how many residents in each of California's congressional districts benefit from vital programs at risk of being cut to illustrate the potentially wide-reaching impact cuts could have in communities across the state.

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Health Care and Nutrition Assistance Programs

Health Care

Medi-Cal saves lives. It's a lifeline that provides free or low-cost health coverage for nearly 15 million Californians — over one-third of the state's population — including children, pregnant individuals, seniors, and people with disabilities. Cutting Medi-Cal funding would mean taking critical care away from residents who need it the most in every congressional district in the state. Without access to health coverage, Californians will face impossible choices that put their health and economic security at risk while also driving up long-term costs for the state. Communities that would be particularly harmed by cuts include those in CA-22 (Valadao), where 67% of residents are enrolled in Medi-Cal, as well as in CA-21 (Costa) and CA-13 (Gray), where roughly 60% of residents or more are enrolled.

WHAT IS MEDI-CAL?

Medi-Cal, California's Medicaid program, provides free or low-cost health care to over one-third of the state's population. This program covers a wide range of services to Californians with modest incomes, and many children, seniors, people with disabilities, and pregnant individuals rely on it.

Nutrition

CalFresh nutrition assistance helps over 5 million Californians each month, including workers with low-paying jobs, buy the food they need to support their households. It brings billions of federal dollars into the state each year that Californians spend in their communities helping to boost local businesses and jobs. In early 2023, CalFresh kept 1.1 million state residents out of poverty, reducing California’s poverty rate by 3 percentage points, according to the [Public Policy Institute of California](#). Cutting CalFresh funding would increase poverty and hunger, making it harder for residents in every California congressional district to maintain their jobs, and hurting local businesses as families spend less on groceries. Cuts could also reduce students’ access to free meals at school, putting additional pressure on family budgets. Communities that would be especially harmed by cuts include those in CA-21 (Costa) and CA-22 (Valadao), where more than one-quarter of residents benefit from CalFresh.

WHAT IS CALFRESH?

CalFresh — California’s name for the Supplemental Nutrition Assistance Program (SNAP) — is the state’s most powerful tool to fight hunger. CalFresh provides modest monthly cash-like assistance to over 5 million Californians with low incomes to purchase food.

Health Care and Nutrition Assistance Programs Benefit Millions of Californians Across Congressional Districts

Type your representative below to quickly access data for your congressional district.

District Characteristics			Health Care		
District	Representative	Political Party	Residents Benefiting from Health Coverage Through Medi-Cal		
			# in District	% Residents in District	Medi-Cal Spending in District (in Billions)

1	Doug LaMalfa	R	326,823	43%	\$4.28
2	Jared Huffman	D	238,194	31%	\$3.02
3	Kevin Kiley	R	174,941	23%	\$2.25
4	Mike Thompson	D	234,242	31%	\$2.91
5	Tom McClintock	R	228,161	30%	\$2.86
6	Ami Bera	D	330,107	44%	\$3.95
7	Doris Matsui	D	324,237	43%	\$4.06
8	John Garamendi	D	301,905	40%	\$3.70
9	Josh Harder	D	315,364	41%	\$3.76
10	Mark DeSaulnier	D	148,575	20%	\$1.99
11	Nancy Pelosi	D	200,736	26%	\$3.15
12	Lateefah Simon	D	262,116	35%	\$3.52
13	Adam Gray	D	450,225	59%	\$4.93
14	Eric Swalwell	D	205,356	27%	\$2.73
15	Kevin Mullin	D	210,438	28%	\$2.79
16	Sam Liccardo	D	157,943	21%	\$2.20
17	Ro Khanna	D	150,162	20%	\$2.13
18	Zoe Lofgren	D	354,699	46%	\$3.99
19	Jimmy Panetta	D	179,365	24%	\$2.30
20	Vince Fong	R	283,880	37%	\$3.31
21	Jim Costa	D	486,083	64%	\$5.50
22	David G. Valadao	R	527,192	67%	\$5.80
23	Jay Obernolte	R	366,472	48%	\$4.26
24	Salud Carbajal	D	258,390	34%	\$2.99
25	Raul Ruiz	D	427,700	56%	\$5.04
26	Julia Brownley	D	237,130	31%	\$2.78
27	George	D	200,407	26%	\$3.15

27	Whitesides	D	302,427	40%	\$3.66
28	Judy Chu	D	208,964	28%	\$3.10
29	Luz Rivas	D	387,821	51%	\$4.91
30	Laura Friedman	D	268,558	35%	\$4.04
31	Gilbert Cisneros	D	306,447	40%	\$4.03
32	Brad Sherman	D	216,316	29%	\$2.99
33	Pete Aguilar	D	378,433	50%	\$4.30
34	Jimmy Gomez	D	424,896	56%	\$5.56
35	Norma Torres	D	339,369	45%	\$3.92
36	Ted Lieu	D	124,668	16%	\$1.76
37	Sydney Kamlager	D	402,281	53%	\$5.06
38	Linda Sánchez	D	251,528	33%	\$3.30
39	Mark Takano	D	377,996	50%	\$4.18
40	Young Kim	R	157,262	21%	\$1.94
41	Ken Calvert	R	256,180	34%	\$2.94
42	Robert Garcia	D	333,666	44%	\$4.16
43	Maxine Waters	D	417,513	55%	\$5.06
44	Nanette Barragán	D	347,990	46%	\$4.39
45	Derek Tran	D	276,714	36%	\$3.71
46	Lou Correa	D	397,412	52%	\$4.74
47	Dave Min	D	152,411	20%	\$1.90
48	Darrell Issa	R	223,201	29%	\$2.60
49	Mike Levin	D	168,575	22%	\$1.93
50	Scott Peters	D	159,639	21%	\$2.05
51	Sara Jacobs	D	239,455	32%	\$2.99
52	Juan Vargas	D	365,215	48%	\$4.39

Note: **CalFresh:** District-level estimates for CalFresh are based on zip code-level proportions of recipients within congressional districts in November 2024 applied to the average monthly participation levels for the full calendar year. Data are for individuals receiving federal SNAP benefits and do not reflect individuals receiving state-funded assistance through the California Food Assistance Program.

School Meals: District-level estimates for school meal eligibility are based on county-level proportions of recipients within congressional districts for the 2023-2024 school year. Estimates for funding are based on county-level data from 2022-23 school year.

Source: **Residents benefiting from Medi-Cal:** UC Berkeley Labor Center (2024). **Adults at risk of losing health coverage:** Center on Budget & Policy Priorities (2024). **CalFresh:** Budget Center analysis of CA Department of Social Services (2024) and US Census Bureau, American Community Survey (2023) data. **School Meals:** Budget Center analysis of CA Department of Education (2023-24 and 2022-23 school years) and US Census Bureau, American Community Survey (2023) data.



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Income Assistance Programs

Income

Income supports like CalWORKs and SSI help Californians with very low incomes, including people who are blind and individuals with disabilities, pay the rent and buy essentials for their families, like diapers and school supplies. These and other safety net supports lifted 3.2 million Californians out of poverty in early 2023, according to the [Public Policy Institute of California](#). Cutting vital income supports would increase poverty and hardship for low-income families with children, seniors, and disabled children and adults. Cuts would also reduce the spending power of residents in every California congressional district, hurting local businesses and the local economy. Districts that would be particularly harmed by cuts to CalWORKs include CA-21 (Costa), CA-22 (Valadao), and CA-20 (Fong), and those especially harmed by cuts to SSI include CA-37 (Kamlager), CA-21 (Costa), and CA-22 (Valadao).

WHAT IS CALWORKS?

The California Work Opportunity and Responsibility to Kids (CalWORKs) program, California's TANF program, is a core component of California's safety net for families with low incomes. The program helps over 650,000 children and their families, who are predominantly people of color, with modest cash grants, employment assistance, and critical supportive services.

WHAT IS SSI?

The Supplemental Security Income (SSI) program is a critical lifeline that assists over 1 million low-income individuals with disabilities and adults age 65 or older in California by covering expenses such as housing, food, and other essential living costs. California provides a modest supplement to SSI recipients with its own state-funded State Supplementary Payment (SSP) program.

Income Assistance Programs Benefit Millions of Californians Across Congressional Districts

Type your representative below to quickly access data for your congressional district.

District Characteristics			Income Assistance		
District	Representative	Political Party	Residents Benefiting from Income Assistance Through CalWORKs		
			# in District	% of Target Population in District	CalWORKs \$ Going into District (in millions of dollars)
1	Doug LaMalfa	R	15,628	2.8%	\$104.0
2	Jared Huffman	D	8,040	0.9%	\$48.7
3	Kevin Kiley	R	8,455	2.5%	\$47.7

4	Mike Thompson	D	7,634	1.5%	\$45.9
5	Tom McClintock	R	15,920	6.5%	\$100.5
6	Ami Bera	D	21,500	8.2%	\$118.7
7	Doris Matsui	D	20,609	7.7%	\$114.2
8	John Garamendi	D	8,165	3.2%	\$52.7
9	Josh Harder	D	16,967	7.2%	\$115.0
10	Mark DeSaulnier	D	7,155	2.9%	\$46.4
11	Nancy Pelosi	D	4,981	2.8%	\$32.7
12	Lateefah Simon	D	6,798	4.5%	\$40.8
13	Adam Gray	D	23,553	9.6%	\$156.4
14	Eric Swalwell	D	6,805	3.3%	\$40.8
15	Kevin Mullin	D	1,853	0.3%	\$10.9
16	Sam Liccardo	D	3,818	1.6%	\$23.0
17	Ro Khanna	D	4,651	2.2%	\$28.1
18	Zoe Lofgren	D	7,742	2.0%	\$43.3
19	Jimmy Panetta	D	6,818	1.8%	\$38.7
20	Vince Fong	R	28,306	11.3%	\$183.1
21	Jim Costa	D	26,789	12.3%	\$176.9
22	David G. Valadao	R	30,349	11.8%	\$195.5
23	Jay Obernolte	R	17,487	9.1%	\$130.5
24	Salud Carbajal	D	7,807	3.6%	\$44.6
25	Raul Ruiz	D	14,529	5.6%	\$101.4
26	Julia Brownley	D	6,049	1.8%	\$36.9
27	George Whitesides	D	14,822	8.2%	\$100.0
28	Judy Chu	D	14,997	9.4%	\$102.5
29	Luz Rivas	D	14,764	9.9%	\$99.6

30	Laura Friedman	D	14,783	11.2%	\$99.8
31	Gilbert Cisneros	D	14,764	9.9%	\$99.6
32	Brad Sherman	D	14,758	8.7%	\$99.6
33	Pete Aguilar	D	17,090	8.5%	\$128.6
34	Jimmy Gomez	D	14,783	10.4%	\$99.8
35	Norma Torres	D	16,388	8.6%	\$120.2
36	Ted Lieu	D	14,783	9.6%	\$99.8
37	Sydney Kamlager	D	14,725	10.2%	\$99.4
38	Linda Sánchez	D	14,058	9.3%	\$94.4
39	Mark Takano	D	11,761	5.8%	\$74.9
40	Young Kim	R	6,982	3.9%	\$42.4
41	Ken Calvert	R	11,844	5.9%	\$75.4
42	Robert Garcia	D	14,764	10.0%	\$99.6
43	Maxine Waters	D	14,725	9.5%	\$99.4
44	Nanette Barragán	D	14,783	9.9%	\$99.8
45	Derek Tran	D	7,021	4.3%	\$41.9
46	Lou Correa	D	6,058	4.1%	\$34.7
47	Dave Min	D	6,070	3.3%	\$34.8
48	Darrell Issa	R	9,743	4.4%	\$59.8
49	Mike Levin	D	7,861	3.9%	\$46.5
50	Scott Peters	D	8,703	4.1%	\$51.9
51	Sara Jacobs	D	8,692	4.0%	\$51.9
52	Juan Vargas	D	8,726	4.0%	\$52.1

Note: The target population for SSI refers to individuals with a disability and/or over 65. CalWORKs and SSI funds account for the full 23-24 FY and include funding from all sources.

Source: Budget Center analysis of CA Department of Social Services (2024),





Refundable Tax Credit Programs

Refundable Tax Credits

Credits like the Earned Income Tax Credit (EITC) and Child Tax Credit (CTC) are proven tools for improving economic security among Californians with low and moderate incomes, and they've been linked to [long-term benefits for children](#), including better health and school achievement. Cutting these credits would take away income that families in every California congressional district count on to make ends meet, reducing their spending power and hurting local businesses and the economy. Districts that would be especially harmed by cuts to the CTC include CA-22 (Valadao), CA-21 (Costa), and CA-13 (Gray), where more than one-third of residents currently benefit from the credit, and CA-22 (Valadao), CA-21 (Costa), and CA-25 (Ruiz), where one-quarter or more residents benefit from the EITC.

In sharp contrast, the tax breaks Republican leaders want to provide through the budget will overwhelmingly enrich millionaires and billionaires, potentially providing a [tax break of \\$72,800](#) to California's richest 1%, who have incomes of roughly \$1 million or more. This means just a sliver of the population in California's congressional districts will reap the majority of the benefits of federal budget proposals, including just 0.14% of tax filers in CA-33 (Aguilar) and 0.16% of those in CA-23 (Oberholte) and CA-22 (Valadao) – roughly 500 tax filers in each of those three districts.

WHAT IS THE EITC?

The Earned Income Tax Credit (EITC) is a federal tax credit that provides hundreds to thousands of dollars as a tax refund to about 2.5 million working families and individuals with low or moderate incomes in California. Families mostly use the EITC to pay for necessities such as food and housing, and the credit lifts millions of people out of poverty across the US each year.

WHAT IS THE CTC?

The Child Tax Credit (CTC) is a federal tax credit that provides up to \$2,000 per child to about 4.6 million families in California. When the credit was significantly increased and expanded to families with low incomes for one year during the pandemic it cut the US child poverty rate to an historic low and substantially reduced California's child poverty rate.

Refundable Tax Credit Programs Benefit Millions of Californians Across Congressional Districts

Type your representative below to quickly access data for your congressional district.

District Characteristics						Refu
District	Representative	Political Party	Families Benefiting from the Child Tax Credit			Ch
			# Tax Filers in District	% Tax Filers in District	CTC \$ Going into District (in millions of dollars)	Ch
1	Doug LaMalfa	R	81,670	27%	\$185.78	44

2	Jared Huffman	D	68,990	21%	\$153.85	32
3	Kevin Kiley	R	85,320	25%	\$217.05	20
4	Mike Thompson	D	83,380	24%	\$192.08	28
5	Tom McClintock	R	88,240	26%	\$208.58	31
6	Ami Bera	D	89,930	26%	\$199.65	39
7	Doris Matsui	D	93,560	27%	\$207.95	40
8	John Garamendi	D	93,780	27%	\$202.14	37
9	Josh Harder	D	105,610	32%	\$236.97	53
10	Mark DeSaulnier	D	88,520	25%	\$213.61	22
11	Nancy Pelosi	D	42,700	12%	\$85.85	19
12	Lateefah Simon	D	66,700	20%	\$137.88	26
13	Adam Gray	D	108,290	35%	\$230.20	68
14	Eric Swalwell	D	91,010	26%	\$205.20	22
15	Kevin Mullin	D	73,010	20%	\$154.79	22
16	Sam Liccardo	D	65,280	19%	\$141.98	30
17	Ro Khanna	D	74,390	21%	\$157.57	20
18	Zoe Lofgren	D	104,250	31%	\$219.34	50
19	Jimmy Panetta	D	77,310	23%	\$173.67	24
20	Vince Fong	R	98,150	32%	\$225.09	60
21	Jim Costa	D	102,880	34%	\$198.71	77
22	David G. Valadao	R	105,340	35%	\$198.54	88
23	Jay Obernolte	R	89,360	31%	\$186.60	58
24	Salud Carbajal	D	79,620	24%	\$174.85	34
25	Raul Ruiz	D	103,970	31%	\$202.03	55
26	Julia Brownley	D	94,290	27%	\$207.14	34
27	George Whitesides	D	99,960	30%	\$215.51	48

	WITNESSES					
28	Judy Chu	D	80,170	22%	\$162.47	29
29	Luz Rivas	D	87,060	25%	\$154.17	49
30	Laura Friedman	D	59,950	17%	\$112.74	28
31	Gilbert Cisneros	D	96,480	27%	\$183.13	42
32	Brad Sherman	D	70,360	20%	\$140.29	27
33	Pete Aguilar	D	108,890	32%	\$220.30	61
34	Jimmy Gomez	D	73,640	23%	\$120.82	47
35	Norma Torres	D	103,900	30%	\$207.44	43
36	Ted Lieu	D	58,320	16%	\$125.50	24
37	Sydney Kamlager	D	79,570	25%	\$131.81	60
38	Linda Sánchez	D	99,370	28%	\$196.62	36
39	Mark Takano	D	105,570	32%	\$219.54	46
40	Young Kim	R	89,130	24%	\$205.78	22
41	Ken Calvert	R	96,330	28%	\$220.33	35
42	Robert Garcia	D	93,810	28%	\$169.86	43
43	Maxine Waters	D	98,190	29%	\$169.89	56
44	Nanette Barragán	D	100,660	29%	\$186.98	53
45	Derek Tran	D	91,670	25%	\$193.21	34
46	Lou Correa	D	97,110	28%	\$186.92	39
47	Dave Min	D	72,200	20%	\$160.69	20
48	Darrell Issa	R	98,090	28%	\$236.96	34
49	Mike Levin	D	80,900	23%	\$189.20	26
50	Scott Peters	D	68,150	19%	\$157.54	25
51	Sara Jacobs	D	84,030	23%	\$186.68	29
52	Juan Vargas	D	114,630	30%	\$228.44	39

Note: District-level estimates of tax filers with incomes of \$1 million or more

Note: District-level estimates of tax filers with incomes of \$1 million or more are based on county-level proportions of filers within congressional districts for Tax Year 2022.

Source: **Families and individuals benefiting from the Child Tax Credit and Earned Income Tax Credit:** Center on Budget & Policy Priorities analysis of Internal Revenue Service data (2022). **Children left out of the full child tax credit:** Center on Poverty and Social Policy analysis of American Community Survey data (2023). **Tax filers with incomes of \$1 Million or more:** Budget Center analysis of Franchise Tax Board data (2022)



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Early Care and Education

Subsidized early care and education programs allow parents with low incomes to work or go to school, feeling secure that their children have a safe space to learn and grow. However, early care and education programs in California remain unaffordable for many families across the state. For example, a single mother in California with an infant and a school-age child will spend **61% of her income** on child care. Additionally, **only 14%** of California's children eligible for state-administered child care actually receive care due to inadequate state and federal funding.

The federal Head Start, Early Head Start, Migrant/Seasonal Head Start, and American Indian/Alaska Native Head Start (collectively, Head Start) programs provide critical early care and education for more than 73,000 children ages zero to 5 for families living in poverty in California, plus homeless, foster, and disabled children. Federal Head Start funding flows directly to local programs and is not a part of state-administered subsidized child care programs. Given the tremendous gap in the number of children eligible and the number of children enrolled in state-administered programs, Head Start provides a lifeline for families with low incomes looking for affordable child care. Without Head Start, thousands more families in California would be stuck on child care waiting lists, making it even harder for them to make ends meet. This strain not only burdens families but also negatively impacts the state's economy by reducing workforce participation and spending as parents struggle to find affordable child care options.

Head Start programs also provide an economic benefit for the communities where they offer early care and education. Research shows that **every one dollar invested in Head Start generates at least seven dollars in benefits**. Districts that would be particularly harmed by cuts to Head Start programs include CA-13 (Gray), CA-21 (Costa), CA-22 (Valadao), C-31 (Cisneros), and CA-52 (Vargas).

Housing

Safe, affordable housing provides the foundation for families and individuals to thrive, supporting strong communities, better health, career and educational success, and economic mobility. However,

California’s housing shortage, combined with wages that have not kept pace with the cost of living, forces millions into economic hardship and unstable housing situations. More than half of all California renters struggle with unaffordable housing costs, leaving them vulnerable to financial crises, displacement, and even homelessness.

High housing costs push Californians out of their homes and communities while stretching budgets so thin that basic necessities like food, child care, gas, and medical expenses become out of reach. Federal housing programs—such as rental assistance, homelessness prevention and mitigation, and affordable housing development—support Californians in every congressional district by helping people pay rent, secure stable homes, and stay in their communities. In California, [federal housing programs support 920,437 people and 507,463 households](#). Still, these programs don’t meet the demand—Housing Choice Vouchers, for example, reach only 1 in 4 eligible households, leaving many without the support they need. Since housing programs are not entitlements, limited funding leaves many without support even though they qualify, and further cuts could put even more Californians at risk of losing their homes. Districts where renters face particularly high rental costs compared to their income include CD-27 (Whitesides), CA-29 (Rivas), CA-33 (Aguilar), CA-49 (Levin), and CA-51 (Jacobs).

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