

ALICE Parish Reports with ZIP and Place Data

Parishes are the core geography for ALICE data: They reveal variations often masked by statewide averages, and the data is reported regularly and reliably.

ALICE IN ST. HELENA PARISH

ALICE is an acronym for **A**sset **L**imited, **I**ncome **C**onstrained, **E**mployed — households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county. While conditions have improved for some households, many continue to struggle, especially as wages fail to keep pace with the rising cost of household essentials (housing, child care, food, transportation, health care, and a basic smartphone plan). Households below the ALICE Threshold — ALICE households plus those in poverty — can't afford the essentials.

2024 Point-in-Time-Data

Population: 10,858 **Number of Households:** 4,176

Median Household Income: \$41,934 (state average: \$60,986)

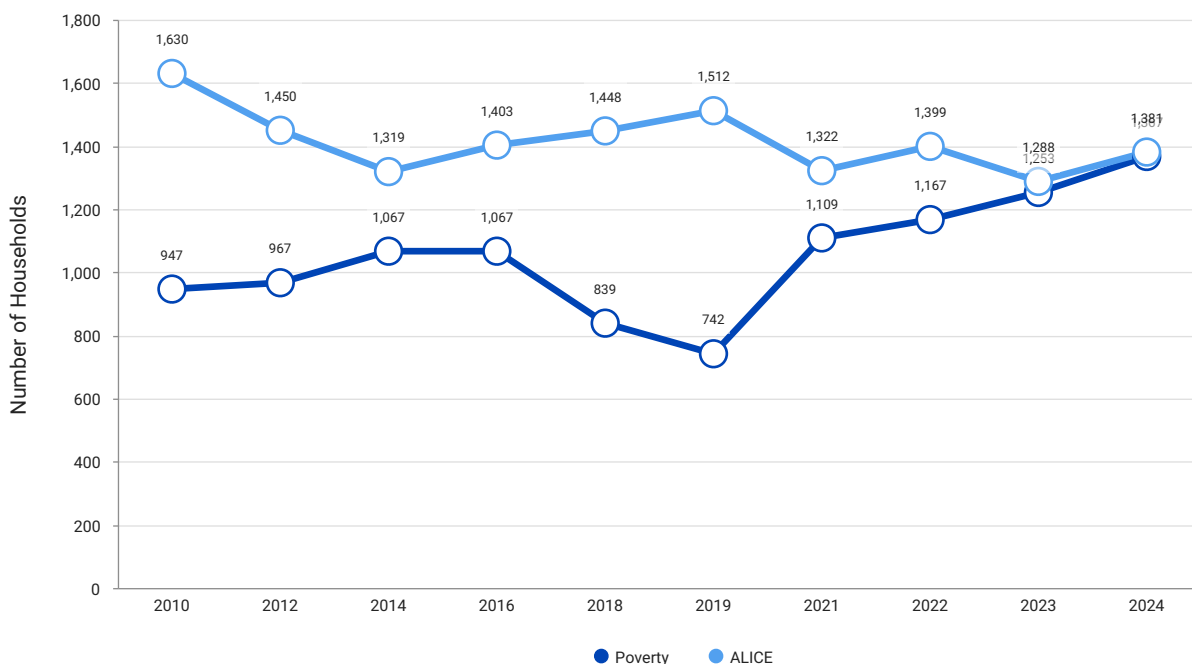
Labor Force Participation Rate:

ALICE Households: 33% (state average 30%) **Households in Poverty:** 33% (state average 19%)

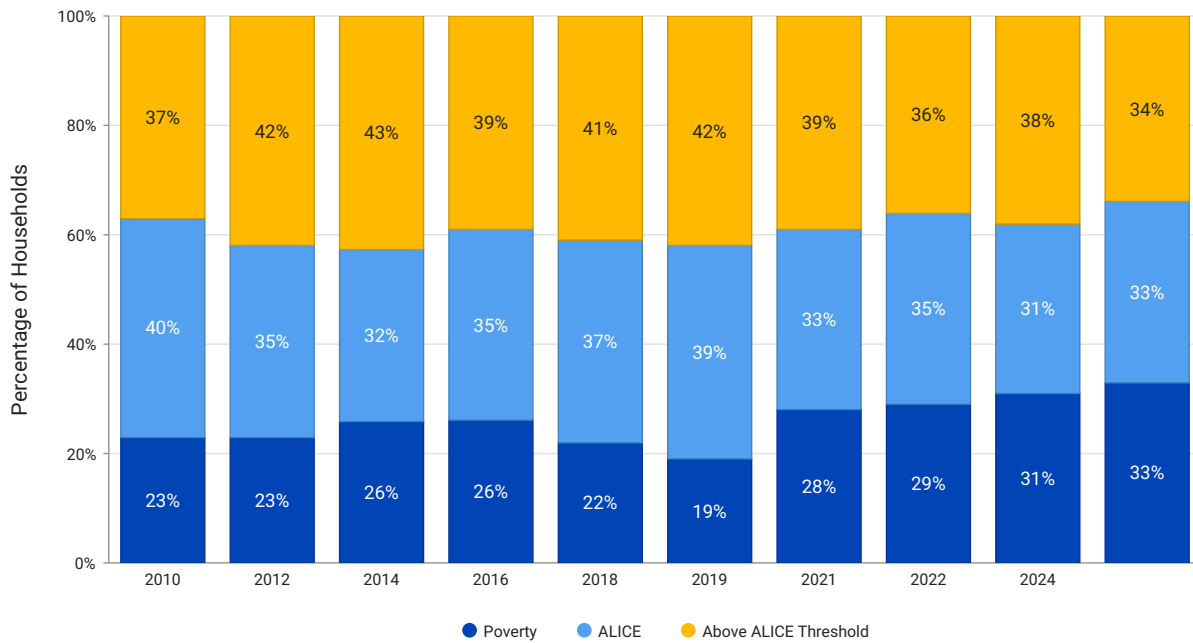
Financial Hardship Has Changed Over Time in St. Helena Parish

As circumstances change, households may find themselves below or above the ALICE Threshold at different times.

Number of ALICE and Poverty-Level Households, St. Helena Parish, Louisiana, 2024



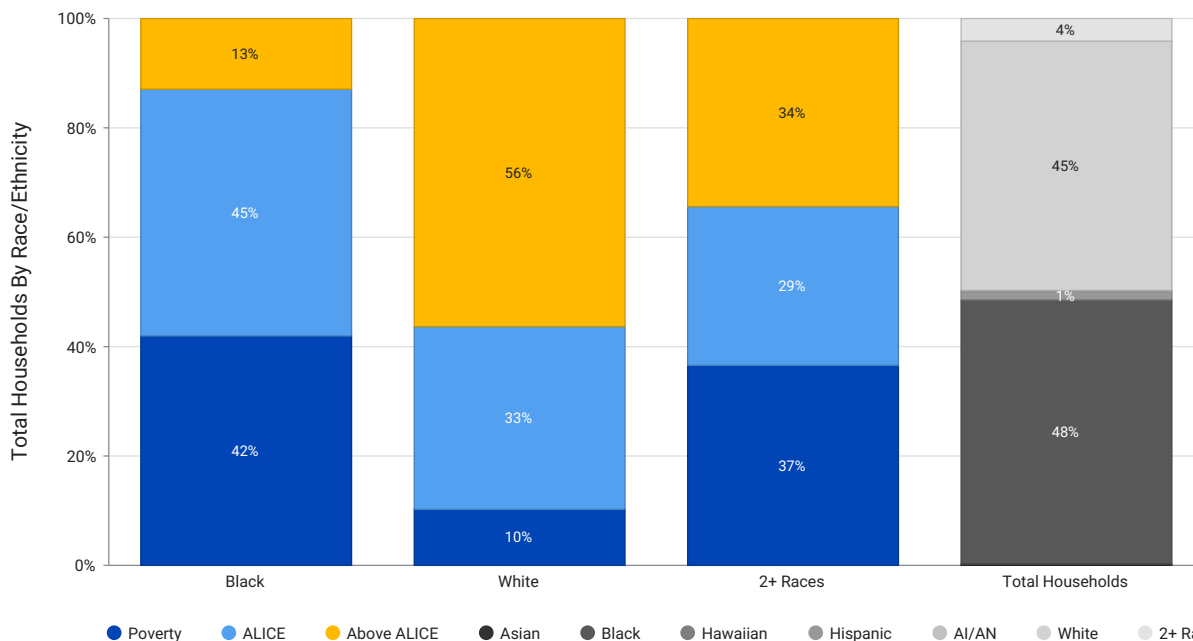
Percentage of Households, St. Helena Parish, Louisiana, 2024



Financial Hardship is Not Equally Distributed

By total number, groups with the largest population of households below the ALICE Threshold tend to also be in the largest demographic groups. However, when looking at the proportion of each group that is below the ALICE Threshold, it is clear that some groups are more likely to be ALICE than others.

Households by Race/Ethnicity, St. Helena Parish, Louisiana, 2024



There were also differences in financial hardship by household type and age of householder.

HOUSEHOLD TYPE

Group	% Below ALICE Threshold
Single or Cohabiting (no children)	70%
Married (with children)	37%
Single-Female-Headed (with children)	96%
Single-Male-Headed (with children)	100%

AGE OF HOUSEHOLDER

Group	% Below ALICE Threshold
Under 25 Years	0%
25 to 44 Years	74%
45 to 64 Years	64%
65 Years and Over	61%

Sources: ALICE Threshold, 2010-2024; American Community Survey, 2010-2024

The Cost of Basics Outpaces Wages

The Household Survival Budget reflects the minimum cost to live and work in the current economy and includes housing, child care, food, transportation, health care, technology, and taxes. It does not include savings for emergencies or future goals like college or retirement. In 2024, household costs in every parish in Louisiana were well above the Federal Poverty Level of \$15,060 for a single adult and \$31,200 for a family of four.

Household Survival Budget, St. Helena Parish, Louisiana, 2024								
Monthly Costs	Single Adult	One Adult, One Child	One Adult, One In Child Care	Two Adults	Two Adults Two Children	Two Adults, Two In Child Care	Single Adult 65+	Two Adults 65+
Housing	\$1,218	\$1,236	\$1,236	\$1,236	\$1,405	\$1,405	\$1,218	\$1,236
Child Care	\$0	\$266	\$710	\$0	\$533	\$1,421	\$0	\$0
Food	\$490	\$828	\$743	\$898	\$1,506	\$1,328	\$451	\$827
Transportation	\$404	\$496	\$496	\$578	\$849	\$849	\$342	\$455
Health Care	\$210	\$606	\$606	\$606	\$881	\$881	\$528	\$1,056
Technology	\$106	\$106	\$106	\$140	\$140	\$140	\$106	\$140
Miscellaneous	\$243	\$354	\$390	\$346	\$531	\$602	\$265	\$371
Taxes	\$422	\$399	\$491	\$501	\$513	\$694	\$478	\$750
Monthly Total	\$3,093	\$4,291	\$4,778	\$4,305	\$6,358	\$7,320	\$3,388	\$4,835
ANNUAL TOTAL	\$37,116	\$51,492	\$57,336	\$51,660	\$76,296	\$87,840	\$40,656	\$58,020
Hourly Wage	\$18.56	\$25.75	\$28.67	\$25.83	\$38.15	\$43.92	\$20.33	\$29.01

Notes: The budget for One Adult, One Child includes costs for one adult and a school-age child. The budget for One Adult, One in Child Care includes costs for an adult and an infant. The budget for Two Adults, Two in Child Care includes costs for two adults, one infant, and one preschooler. "Hourly Wage" shows the full-time wage needed to support each budget.

Sources: For ALICE Survival Budget sources, see the Methodology Overview on the Methodology page.

Financial Hardship Varies by Location in Louisiana

There is substantial variation in the number of households who live below the ALICE Threshold within the parish. Explore the map and table below to learn more. The map is shaded to show the percentage of households that are below the ALICE Threshold (poverty-level and ALICE households combined). The darker the blue, the higher the percentage.



St. Helena Parish, Louisiana, 2024		
Counties	Total Households	% Below ALICE Threshold
St. Helena	4,176	66%

Sources: ALICE Threshold, 2010-2024; American Community Survey, 2010-2024