



Report: The Affordability Crisis in Alabama's 7th Congressional District

How President Trump and Congressional Republicans Are Driving Up Costs for Alabama Families

Prepared by the Office of U.S. Representative Terri A. Sewell

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Executive Summary

One hundred days before Election Day, and more than a year and a half into the Trump Administration, families across Alabama's 7th Congressional District are paying more for nearly every basic necessity.

President Donald Trump promised to lower costs on "Day One." Instead, Alabama families are paying more for groceries, housing, electricity, health care, and child care while congressional Republicans have passed legislation that cuts health care and food assistance to help finance tax breaks for the wealthiest Americans.

For many families in Alabama's 7th District, the affordability crisis is a reality that means difficult choices between paying bills, buying groceries, filling prescriptions, or putting gas in the car.

The data are clear: costs are rising while Republicans in Washington are making it harder—not easier—for working families to make ends meet.

House Democrats are committed to building an Affordable America—one where families can afford groceries, gas, and housing, every American has access to affordable health care, and corporations that take advantage of consumers are held accountable. This report outlines why that work is more urgent than ever for the people of Alabama's 7th Congressional District.

By the Numbers

Alabama Families Are Paying More

Under President Trump and congressional Republicans:

- Alabama families are paying an average of **\$2,700 more** for basic living expenses.
- Housing costs have increased by an average of **\$506** per family.
- Alabama households have spent an average of **\$686 more on gasoline** since Trump's military escalation with Iran, totaling approximately **\$1.3 billion statewide**.

Source: [*Joint Economic Committee*](#) (through May 2026)



Families in Alabama's 7th District Face Rising Everyday Costs

The affordability crisis is especially challenging in a district where many families were already living paycheck to paycheck.

Today, families in Alabama's 7th Congressional District face:

Higher Grocery Bills

The average monthly grocery bill in AL-07 has reached **\$1,110**, placing additional strain on household budgets already stretched by inflation and higher housing costs.

Source: [*Urban Institute*](#)

Higher Electricity Bills

Families in AL-07 paid an average of **\$233 more** in electricity costs in 2025.

Source: [*Co-Equal*](#)

Child Care Costs Continue to Rise

The average annual cost of child care for two children in Alabama now stands at **\$16,640**, creating an enormous financial burden for working parents.

Source: [*Urban Institute*](#)



Health Care Costs Are Skyrocketing

Congressional Republicans voted to eliminate enhanced Affordable Care Act tax credits while making historic cuts to Medicaid. Those decisions are already dramatically increasing health care costs in Alabama's 7th District.

70,000 People Will Pay More

Approximately **70,000 people in AL-07** will see their health insurance costs increase because Republicans chose to eliminate enhanced Affordable Care Act tax credits.

Source: [Co-Equal](#)

Household	Annual Premium Increase
60-year-old couple earning \$85,600	+\$25,906 (415%)
Family of four earning \$66,000	+\$2,651 (400%)
Family of four earning \$133,750	+\$14,050 (133%)

Source: [Keep Americans Covered](#)

Thousands Losing Health Coverage

Republican legislation threatens health coverage for tens of thousands in Alabama's 7th District.

- **24,353** people in AL-07 will lose health coverage.
- **3,053** people will lose Medicaid coverage because of Republican Medicaid cuts.
- **21,300** people will lose Affordable Care Act coverage due to the expiration of enhanced tax credits and new administrative barriers.

Source: [Joint Economic Committee House Minority](#)

These coverage losses will not only affect families—they will increase uncompensated care costs for hospitals, particularly rural hospitals already struggling to remain open.



Gas Prices Soaring

The average Alabama family has paid **\$686 more for gasoline** since the war in Iran began.

Source: [*Joint Economic Committee Minority*](#)

Families Losing Food Assistance

The Republican budget law has also reduced access to nutrition assistance.

Already:

- **More than 81,800 Alabamians** have lost Supplemental Nutrition Assistance Program (SNAP) benefits.

Source: [*Center on Budget and Policy Priorities*](#)

For many families, these cuts come at the same time grocery prices remain elevated, making it even harder to afford healthy meals.

Financial Stress Is Growing

The economic pressures facing Alabama families are reflected in rising financial hardship.

In 2025:

- **20,395 Alabama individuals and families filed for bankruptcy**, representing a **6.7 percent increase** over the previous year.

Source: [*House Budget Committee Democrats*](#)

For too many households, rising costs, higher interest rates, medical expenses, and increased housing costs are proving unsustainable.



National Trends Affecting Alabama Families

Across the country:

- American families are paying approximately **\$3,500 more** for basic living expenses because of inflation under President Trump.
- Trump's tariff policies are projected to cost the average family **\$1,745** during their first year.
- More than **8 million Americans** have already lost health coverage under the Affordable Care Act, Medicaid, or CHIP.
- More than **4 million Americans** have already lost SNAP benefits.
- Nearly **\$1 trillion** has been cut from Medicaid.
- Roughly **15 million Americans** are ultimately expected to lose health insurance once all Republican health care provisions take effect.

Source: [House Budget Committee Democrats](#)

Conclusion

With 100 days remaining until Election Day, the economic challenges facing families in Alabama's 7th Congressional District are becoming increasingly difficult to ignore. Higher grocery bills. Rising utility costs. More expensive housing. Soaring health insurance premiums. Cuts to Medicaid and SNAP. These pressures are making it harder for working families, seniors, veterans, and parents to achieve financial security.

Congresswoman Terri Sewell has consistently opposed policies that increase costs for Alabama families, voting against Republicans' budget legislation and advocating instead for lowering prescription drug prices, protecting affordable health care, strengthening nutrition assistance, investing in good-paying jobs, and reducing everyday costs for working families.

House Democrats are fighting for an Affordable America by lowering the cost of groceries, gas, and housing, ensuring every American has access to affordable health care, and holding the crooks accountable when corporations exploit consumers and drive up prices. Alabama families deserve an economy that rewards hard work—not one where working people pay more while billionaires and special interests get another tax break.