



More than 80% of renters already rent burdened, as inflation hits highest point in decades

- *New data reveals the shocking amount of money being spent on rent every month, on top of drastic cost of living increases -*
- 83% of renters spend more than 30% of their take home pay on rent every month and 41% spend more than 50%
- LA renters are losing more of their monthly take home pay to rent than New Yorkers, with 1 in 2 spending over half their pay on rent, compared to 40% of New Yorkers
- Women are hit the hardest - 45% of female renters have a second job and 68% of them couldn't afford their rent without it. While 36% of male renters have a second job and just over half (52%) said they couldn't afford their rent without it

March 14th 2022 - New data by roommate matching site [SpareRoom](#) reveals the shocking amount of money being spent on rent every month, with 83% of renters spending more than 30% of their take home pay on rent, and 41% handing over more than 50% of their pay. LA renters are losing more of their monthly take home pay to rent than New Yorkers, with 1 in 2 spending over half their pay on rent, compared to 40% of New Yorkers*. People spending more than 30% of their household income on rent are traditionally considered 'rent burdened', those who spend over 50% are considered 'severely rent burdened*'. SpareRoom's data shows the majority of renters are currently 'rent burdened'. This means many will already have difficulties affording necessities including food, transport and medical care on top of rent, not to mention finding money for increased living costs, with inflation recently hitting the highest level in 40 years**.

Survey conducted by SpareRoom during January and February 2022 with 2,601 respondents:

What % of your monthly take home pay goes on rent?	All
30%+	83%
50%+	41%

Do you consider your rent to be affordable?	All
No	61%
Yes	39%

Women are hit hardest financially - nearly half (45%) of female renters have a second job/source of income and over two thirds (68%) of them say they couldn't afford their rent without this extra income. These figures drop when it comes to men - over two thirds (36%) of male renters have a second job/source of income and just over half (52%) said they couldn't afford their rent without it***.

Survey conducted by SpareRoom during February 2022 with 2,598 respondents:

Do you have a second job/income source?	All	Male renters	Female renters
Yes	41%	36%	45%
No, I have one job/income source	42%	46%	40%
I don't currently have a job	17%	18%	16%

Could you afford your rent without a second source of income?	All	Male renters	Female renters
Yes	26%	34%	21%
No	62%	52%	68%
Not sure	12%	14%	11%

Matt Hutchinson, SpareRoom director comments: “The general rule of thumb for affordability has always been that you should spend around 30% of your income on rent. Even before the pandemic hit that definition felt outdated, but we’re about to see people’s financial situations hit hard over the coming months and years. With over 80% of the US currently rent burdened, people are already feeling the squeeze.

With so many already working second jobs to keep their heads above water, the rising cost of living will leave many struggling to cope.”

- ENDS -

Notes to editors

*Survey conducted by SpareRoom during January and February 2022 with 2,601 respondents

**<https://www.theguardian.com/business/2022/feb/10/us-inflation-reached-highest-level-40-years-january>

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About SpareRoom

SpareRoom launched across the US in 2016 and has so far helped over 1.5 million people find a room or a roommate.