Paid Leave Means A Stronger Alabama

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Most working people in the United States do not have paid family leave through their jobs, including about 76 percent — about 1,758,000 workers — in Alabama. Even unpaid leave under the federal Family and Medical Leave Act is inaccessible for 63 percent of Alabamians. The lack of paid leave exacerbates the state’s economic and care challenges — from the cost of living, to a scarcity of reproductive and maternal health care, to an aging population, with devastating costs for Alabamians and their families, public health and the economy.

Impossible choices between work and family are hurting Alabama’s economy, and women suffer most. Paid leave means people — especially women — aren’t forced to leave the labor force to care for their families or health.

- If women in Alabama participated in the labor force at the same rate as women in countries with paid leave, there would be an estimated 111,000 additional workers in the state and $3.1 billion more wages earned statewide.
- Nationally, if women participated in the U.S. labor force at the same rate as in Germany and Canada, our economy would benefit from more than $775 billion in additional economic activity each year.
- In Alabama, a typical worker who takes four weeks of unpaid leave loses more than nearly $3,000 in income.
- Paid leave improves employee retention, morale and productivity, reducing turnover for employers of all sizes and boosting the economy. But small employers often cannot provide the benefit — and universal paid leave would help them do that.

Alabamians are caught between their work and family responsibilities. Paid leave means not having to choose between job and family.

- About 58,100 children are born in Alabama each year, and in 69 percent of all Alabama households with children — nearly 702,000 homes — all parents report to work.
- Women’s wages support their households. In Alabama, 83 percent of Black mothers, 37 percent of Latina mothers, 45 percent of white mothers and 39 percent of AAPI mothers are key family breadwinners. State-level
data is limited, but nationally 64 percent of Native American mothers are breadwinners.⁸

› Women make up nearly half Alabama’s labor force (47 percent) and more than one-quarter of its business owners (28 percent).⁹

› Across the country, many men want to play a larger role in caring for their children, but unsupportive policies and stigma hold them back.¹⁰

**Alabama families’ care needs are increasing.** Paid leave means older adults and disabled people can provide and receive care, and our care workforce is more resilient.

› More than one-fifth of Alabama workers are 55 and older,¹¹ and in the next 20 years, Alabama’s population aged 65 and older will grow by 109,000.¹²

› Nationwide, nearly one third of all adults aged 55-64 — and 41 percent of older Black women and 43 percent of older Latinas — hold a physically demanding job,¹³ which may exacerbate or cause serious medical conditions that require care, particularly in older workers and workers with disabilities.¹⁴ In Alabama, that would mean 118,500 older workers, 17,700 older Black women workers and 1,500 older Latina workers.¹⁵

› About 29 percent of Alabama nursing homes have a shortage of direct care workers.¹⁶ Paid leave reduces nursing home utilization and can help recruitment and retention of care workers.¹⁷

› An estimated 650,000 Alabamians report having long-term COVID-19 symptoms that affect their daily activities.¹⁸ Paid leave is a critical support as we continue through this mass disabling event, which disproportionately impacts women, people of color and workers with low incomes.¹⁹

› Paid leave helps family caregivers and disabled people (who are often caregivers themselves) manage their health and care needs while maintaining their income and employment.²⁰

**Alabamians need a common sense, national paid leave program. We recommend one that:**

› includes all workers, no matter where they live or work or what kind of job they have;

› replaces enough income that workers at any income level can afford leave;

› provides enough time and covers the range of major needs workers face, including addressing their own health conditions, caring for seriously ill, injured or disabled family members and welcoming newborn, newly adopted or foster children;

› provides education and outreach to ease implementation for workers and small businesses;

› has a sustainable funding source that is affordable for workers, employers and the government without harming other essential programs.

**National paid family and medical leave means a stronger economy, healthier families and businesses, and greater equality for all women and families.**

**To learn more, visit NationalPartnership.org/PaidLeave.**


15 See note 3, U.S. Bureau of Labor Statistics; National Partnership analysis of 2018-2022 American Community Survey accessed via IPUMS USA, University of Minnesota. Number of Black, non-Hispanic women and Hispanic/Latina women in the state’s labor force who are aged 55 to 64. We use a five-year dataset to have a sufficient sample size to analyze state-level data: due to pandemic-related labor force impacts in 2020 and 2021, this is a conservative estimate and we expect the population of older women workers to be higher in future years.


The National Partnership for Women & Families is a nonprofit, nonpartisan advocacy group dedicated to promoting fairness in the workplace, reproductive health and rights, access to quality, affordable health care and policies that help all people meet the dual demands of work and family. More information is available at NationalPartnership.org.

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