INTEREST ON THE DEBT

As of July 15, 2022, the U.S. gross national debt stood at $30.5 trillion, $8.5 trillion higher than it was just three years before and the highest level in our nation’s history.¹ Last year, the Congressional Budget Office (CBO) projected the federal government would spend $282 billion servicing our debt in 2022, but that projection ballooned to nearly $400 billion as the Federal Reserve tightens monetary policy and the debt continues to grow.² To put this in perspective, one day of interest payments could purchase more than 34,000 Ford F-150s or could cover the purchase cost of Major League Baseball’s Tampa Bay Rays at $1.1 billion.³ Even more troubling, if interest rates return to levels we have seen in recent history, the amount of money we waste on just interest payments could approach $1 trillion annually.

As the federal debt grows, we will be forced to spend more on interest payments than for Social Security benefit payments.⁴ While interest rates are currently low by historical standards, the sheer size of our debt has led to near record interest payments.⁵ As shown below, if the Federal Open Market Committee continues to raise its interest rate target to combat rising inflation, the U.S. government could start spending more to service our debt than we do on Medicare, Medicaid, and more.

Interest Payments on the Debt at Current Rates

- Currently, the federal government has been paying a rate of less than two percent to service the federal debt.⁶ Despite historically low rates, the federal government is projected to spend more in 2022 on net interest payments than on K-12 education, federal law enforcement activities, and veterans benefits and services, just to name a few.⁷

Source: U.S. Office of Management and Budget

Source: U.S. Department of the Treasury
Interest Payments on the Debt at 3.2% Rate
- If interest rates rose to 3.2 percent, which is the current 20-year average, the federal government would spend over $700 billion servicing the debt and nearly as much as we are expected to spend on Medicare or our National Defense in 2022.8

Interest Payments on the Debt at 5% Rate
- While interest rates have been low by historical standards, if interest rates rose to 5 percent, where they were as recently as 2007, net interest payments on the current debt levels held by the public would be over $1 trillion, more than the federal government spends annually on everything but Social Security.9

Clearly, a small increase in interest rates could quickly lead to debt service crowding out other important national priorities. Now that the Federal Reserve is hiking their interest rate target to rein in the highest inflation rate in over 40 years, Congress must take immediate action to address the federal debt. (See also the RPC guide titled “Confront the Federal Debt.”10).


