Recent data reveals **cyberattacks as the most widespread means of stealing information** nationally.

Across the U.S., **cyberattack-related data breaches have increased by 27% since 2020**, with **phishing and ransomware breaches emerging as the primary methods**, according to data compiled from the Identity Theft Resource Center.

This year, the number of **phishing and ransomware incidents reached 215**. The rise of cyberattacks juxtaposes a stark decline in physical attacks, especially document theft.

**Document theft has declined by nearly 75% since 2020** with **only six reported instance**s.

Despite this, community associations in D.C., like the Foggy Bottom Association, still focus on document shredding rather than awareness events.

In fact, companies like Shred-It focus exclusively on mitigating physical attacks despite the low risks.

To combat growing cybersecurity challenges, the Identity Theft Resource Center President Eva Velasquez, suggesting adopting “good cyber hygiene.”

Ready.gov’s page on cybersecurity expands on Velasquez sentiment. They describe online practices citizens can take to protect themselves. This includes crafting longer passwords with specialized characters and not clicking on links sent from unfamiliar email addresses.

<https://docs.google.com/spreadsheets/d/1680gQqxz_gdZPbOAe5eMaRCLomk45GIlZEbdg6Y3jyM/edit?usp=sharing>