Inflation-adjusted Change in National Government Outlays Per Person for Selected Categories, by Presidential Term, Johnson to George W. Bush, in Percent
(Spending divided by total US population, not spending per recipient)

The largest non-means-tested social categories are Social Security and Medicare; the largest means-tested category is Medicaid.

Inflation adjustment with CPI-U-X, which applies the post-1982 CPI to the entire period.