

# Insights Into Aging in North Carolina

## Population Estimates and Projections

### POPULATION OVERVIEW



In 2024, there were **4,503 centenarians**. This population is projected to **increase to 16,804 by 2050**, a 273% change.

In 2024, **88 counties** have more people above the age of 60 and older than under the age of 18.



	2024		2050		% Change 2024-2050
	#	%	#	%	
<b>Total</b>	10,984,106		14,241,032		30%
<b>0-17</b>	2,277,028	21%	2,841,892	20%	25%
<b>18-44</b>	3,950,947	36%	4,769,622	34%	21%
<b>44-59</b>	2,074,345	19%	2,763,692	19%	33%
<b>60+</b>	2,681,786	24%	3,865,826	27%	44%
<b>65+</b>	1,993,441	18%	3,038,133	21%	52%
<b>85+</b>	210,203	2%	529,204	4%	152%

Check out the [State and County Aging Profiles](#) to find county-specific data related to county rankings, race and ethnicity, social and economic characteristics, in-migration, kinship care, and others.

## Demographic Snapshot (2022)

NC ranks **9th** in total population nationally. NC also ranks **9th** in the population of those age 65 and older.



An estimated **47,600** people 60 and older migrated from another state or abroad to North Carolina.



By 2031, the number of individuals aged 65 and older is **expected to surpass** the population under 18 years old.



Adults aged 85 and older are **projected to experience the fastest growth in the state** over the next 20 years.



## Health and Wellness



**81%** of individuals aged 65 and older live with one or more chronic diseases, with **54%** managing two or more chronic conditions.

**34%** of adults aged 65 and older report living with a disability.

## Community Engagement and Civic Participation

NC voters have become older, on average, over the last decade. **Nearly a quarter of all registered voters in 2023** were 66 and older (23.4%) compared to just 18.2% in 2013. As the Baby Boomer generation has aged, the proportion of older voters has grown, signifying Baby Boomers remain **one of the largest voting cohorts**.



### NATIONAL TRENDS IN INFORMAL VOLUNTEERING (2019-21):

Baby boomers had the **highest rate** (59%) of all generations.

*While formal volunteering rates dropped from 2019 to 2021 in every demographic group, informal helping rates largely remained steady.*

## Alzheimer's Disease in NC



In 2024, according to North Carolina Alzheimer's statistics, **210,500** adults aged 65 and older were **diagnosed with Alzheimer's disease**, constituting **12%** of the population within that age group.



## Food Insecurity and Malnutrition

- In 2020, North Carolina had the **14th-highest rate of older adult food insecurity** in the United States; **nearly 7.7%** of older adults aged 60 and older were food insecure.
- The **annual costs of disease-associated malnutrition** for adults aged 65 and older in North Carolina is **\$140,348,592**.

## Caregiving in NC (2021)

# of Family Caregivers: **1,280,000**


**Total Hours** of Unpaid Care: **1.2 Million**

**Total Value** of Unpaid: **\$16.5 Billion**

*A caregiver is a person of any age who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability.*

# Socio-Economic Characteristics (2022)

## HOUSING AND LIVING ARRANGEMENTS

 **43% of housing units** occupied by individuals aged 65 and older were **single-person households**.

**27%** of adults aged 65 and older **lived alone**, placing them at risk of **social isolation** and **associated poor health outcomes**.

## POVERTY AND INCOME

**One in 10 people** aged 65 and older lived below the 100% poverty level and another **20%** of the population 65 and older lived below the 100-199% poverty level.



Poverty thresholds stood at **\$14,040 for individuals** aged 65 and older and **\$17,710 per household of two people** with the householder aged 65.

## EDUCATION



Among individuals aged 65 and older, **43% attained a high school education or less**.

## LABOR FORCE PARTICIPATION

**17%** of the population aged 65 and older **actively participated in the labor force**.

## COMMUNITY LIVING

**97%** of individuals aged 65 and older **lived in the community**.



In households with individuals aged 65 and older, **86% possessed a computer**, while **78% had a broadband internet subscription**. These figures underscore the critical need for enhancing technological literacy among older adults, including educating them about online scams, phishing attempts, and other cybersecurity risks.

## KINSHIP CARE

**45%** of the estimated **80,928 grandparents** responsible for grandchildren under 18 were aged 60 and older.

# Healthcare Workforce Crisis



Research shows that from 2018 to 2028, North Carolina's long-term care sector will need to fill more than **186,000 openings in direct care**, including nearly **21,000 new jobs** to meet rising demand and **165,500 jobs that become vacant** as existing workers transfer to other occupations or exit the labor force.

## Cost of Long-Term Care: North Carolina Statistics (2023)



National statistics revealed that **seven out of 10 people** will require long-term care services and support in their lifetime.

 Based on the 2023 Genworth Cost of Care survey data, the **median long-term care costs** in North Carolina were as follows:

HOME HEALTH AIDE	ASSISTED LIVING FACILITY	NURSING HOME FACILITY PRIVATE ROOM
<b>\$5,339 per month</b> (\$64,068 annually)	<b>\$5,769 per month</b> (\$69,228 annually)	<b>\$9,125 per month</b> (\$109,500 annually)

Local-level data can be accessed at [www.genworth.com/aging-and-you/finances/cost-of-care](http://www.genworth.com/aging-and-you/finances/cost-of-care)

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