

# Insights Into Aging in North Carolina

## Population Estimates and Projections

### POPULATION OVERVIEW



In 2025, there were **3,781** centenarians. This population is projected to **increase to 14,844** by 2050, a 293% change.

In 2025, **88** counties have more people above the age of 60 and older than under the age of 18.



	2025		2050		% Change 2025 2050
	#	%	#	%	
<b>Total</b>	11,107,246		14,170,486		28%
<b>0-17</b>	2,348,815	21%	2,689,831	19%	15%
<b>18-44</b>	3,963,333	36%	4,906,016	35%	24%
<b>44-59</b>	2,054,493	18%	2,729,257	19%	33%
<b>60+</b>	2,740,605	25%	3,845,382	27%	40%
<b>65+</b>	2,038,854	18%	2,996,376	21%	47%
<b>85+</b>	186,398	2%	509,848	4%	174%

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 (2023)

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



An estimated **49,506** people 60 and older migrated to NC from other states and abroad.



By 2032, 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 (2023)



**76%** of individuals aged 65 and older **live with one or more chronic diseases**, with **49%** managing two or more chronic conditions.

**33%** 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** are 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 North Carolina, **211,000** people aged 65 and older are projected to be living with Alzheimer's in 2025.



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


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

**Total Value** of Unpaid Care: **\$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 (2023)

## HOUSING AND LIVING ARRANGEMENTS

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

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

## POVERTY AND INCOME

**One in 10 people** aged 65 and older live below the poverty level.

- Below 100% Poverty Level:

**10%** of the population 65 and older

- In 100-199% Poverty Level: **20%** of the population 65 and older



\*Based on 2023 census poverty threshold; **\$14,040 for individuals** aged 65+ **\$17,710 per household of two people** with householder aged 65+.

## EDUCATION

Among individuals aged 65 and older, **41% have attained a high school education or less**.



## LABOR FORCE PARTICIPATION

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

## COMMUNITY LIVING

**97%** of individuals aged 65 and older **live 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 **79,605 grandparents** responsible for grandchildren under 18 were aged 60 and older.

# Healthcare Workforce Crisis



PHI's 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. North Carolina's direct care workforce is **critical** to the state's long-term services and supports sector, ensuring that older adults and people with disabilities can **live and thrive** in their homes and communities and across congregate settings.

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



National statistics reveal that **seven out of 10 people** will require long-term care 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**

**\$5,339 per month**  
(\$64,068 annually)

**ASSISTED LIVING FACILITY**

**\$5,769 per month**  
(\$69,228 annually)

**NURSING HOME FACILITY PRIVATE ROOM**

**\$9,125 per month**  
(\$109,500 annually)

County-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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