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

Check out the <u>State and County Aging Profiles</u> 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

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



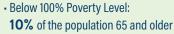
**43% of housing units** occupied by individuals aged 65 and older are **single-person households**.

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.





\*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

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