

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 [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 Billion**

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

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