NC Department of Health and Human Services

# North Carolina's Aging Population

## Division of Aging and Adult Services

# Aging Population In North Carolina

**Overview:**

O **Population estimates and projections**

O **Socio-economic characteristics**
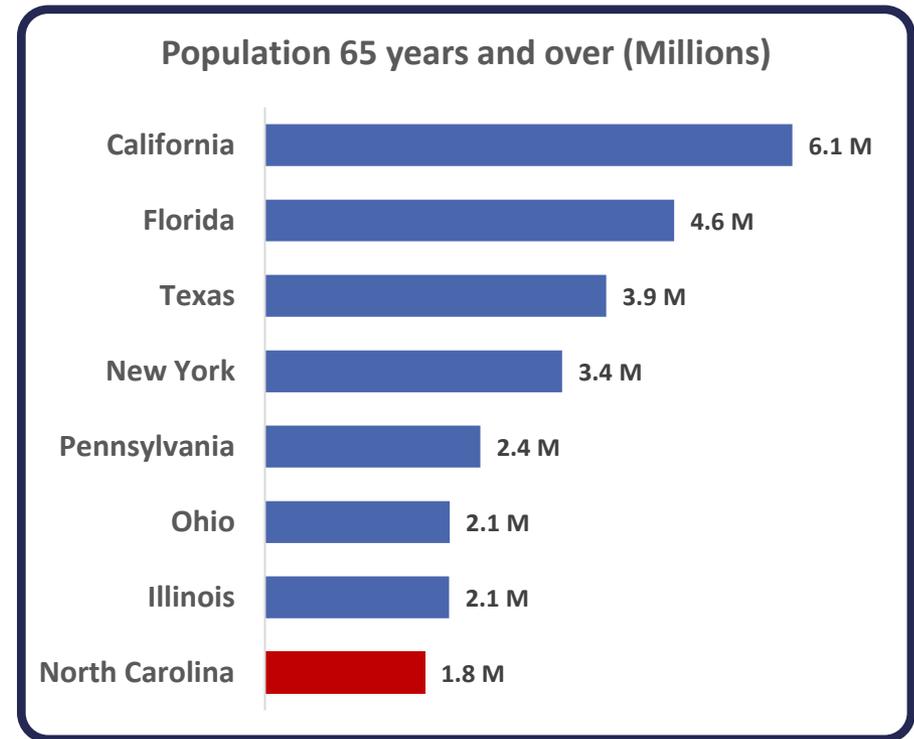
O **Health and well-being**

# Estimates and Projections

There has been an impact on data collection in 2020 due to COVID. Because of this, state demographer for computing estimates and projections utilized a blended base of information that relies on much of the detailed characteristics data from the 2010 census – while maintaining the population totals reported from the 2020 Census.  You may see considerable differences between these population projections and those produced previously.

# Nationally, North Carolina ranks:

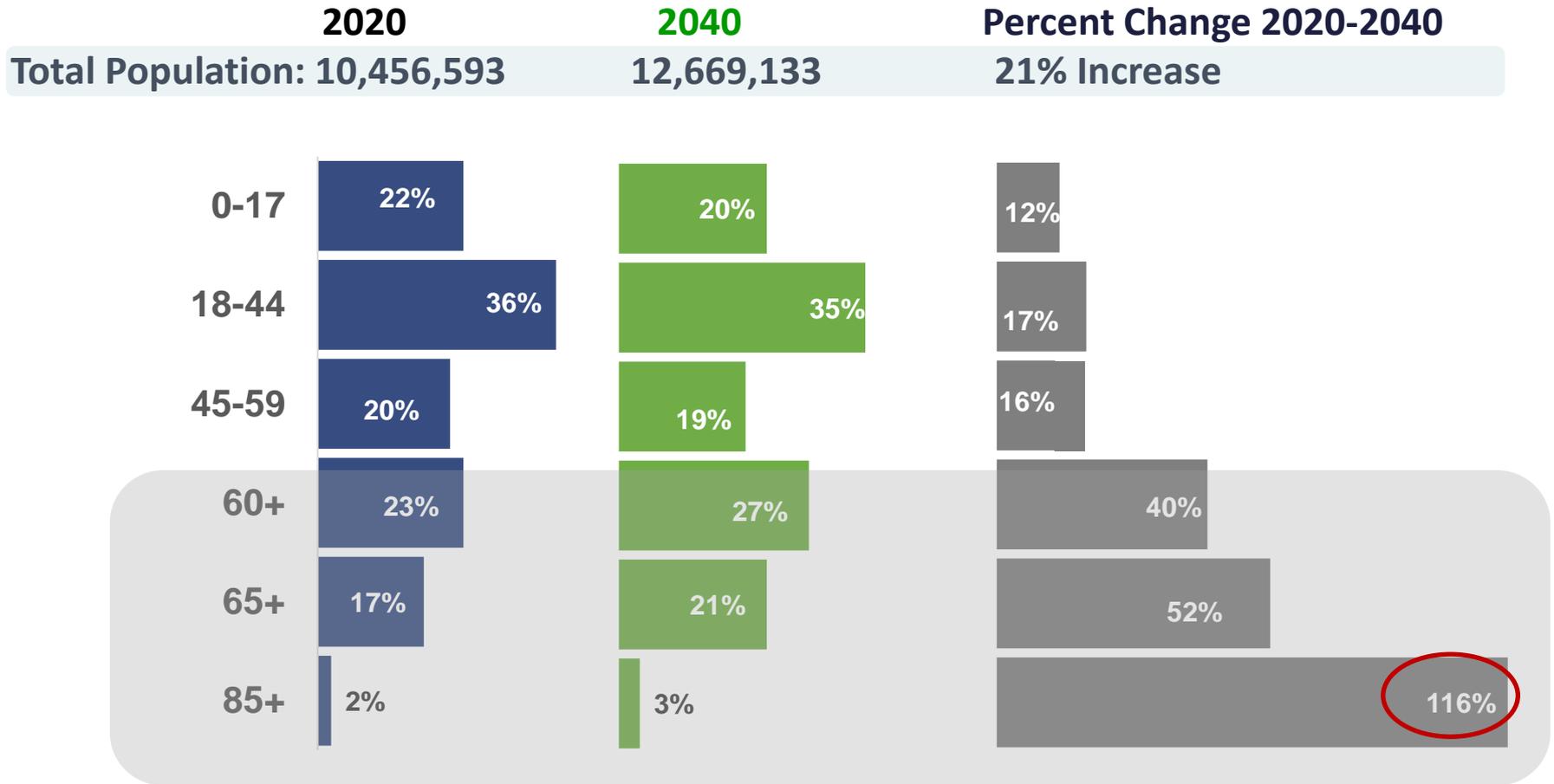**9**[th] in **total** population

**8**[th] in population **65** and older



**Population 65 years and over (Millions)**

| State | Population |
|---|---|
| California | 6.1 M |
| Florida | 4.6 M |
| Texas | 3.9 M |
| New York | 3.4 M |
| Pennsylvania | 2.4 M |
| Ohio | 2.1 M |
| Illinois | 2.1 M |
| North Carolina | 1.8 M |

# Projected NC's Population 2020-2040

| Age | 2020 | | 2040 | | % Change 2020-2040 |
|---|---|---|---|---|---|
| | # | % | # | % | |
| Total | 10,456,593 | | 12,669,133 | | 21% |
| 0-17 | 2,259,727 | 22% | 2,525,778 | 20% | 12% |
| 18-44 | 3,743,024 | 36% | 4,388,693 | 35% | 17% |
| 45-59 | 2,047,398 | 20% | 2,379,974 | 19% | 16% |
| 60+ | 2,406,444 | 23% | 3,374,688 | 27% | 40% |
| 65+ | 1,760,844 | 17% | 2,669,736 | 21% | 52% |
| 85+ | 193,247 | 2% | 417,112 | 3% | **116%** |

# Population 60 and older will increase in the next 20 years



|  | **2020** | **2040** | **Percent Change 2020-2040** |
|---|---|---|---|
| Total Population: | 10,456,593 | 12,669,133 | 21% Increase |

| Age | 2020 | 2040 | Percent Change 2020-2040 |
|---|---|---|---|
| 0-17 | 22% | 20% | 12% |
| 18-44 | 36% | 35% | 17% |
| 45-59 | 20% | 19% | 16% |
| 60+ | 23% | 27% | 40% |
| 65+ | 17% | 21% | 52% |
| 85+ | 2% | 3% | 116% |

# Population 65 and older is on the rise

- In **2020, one** in **six** people were 65 and older. By **2028**, **one** in **five** people will be 65 and older.

- By **2031,** there will be **more people 65+** than children under **18**
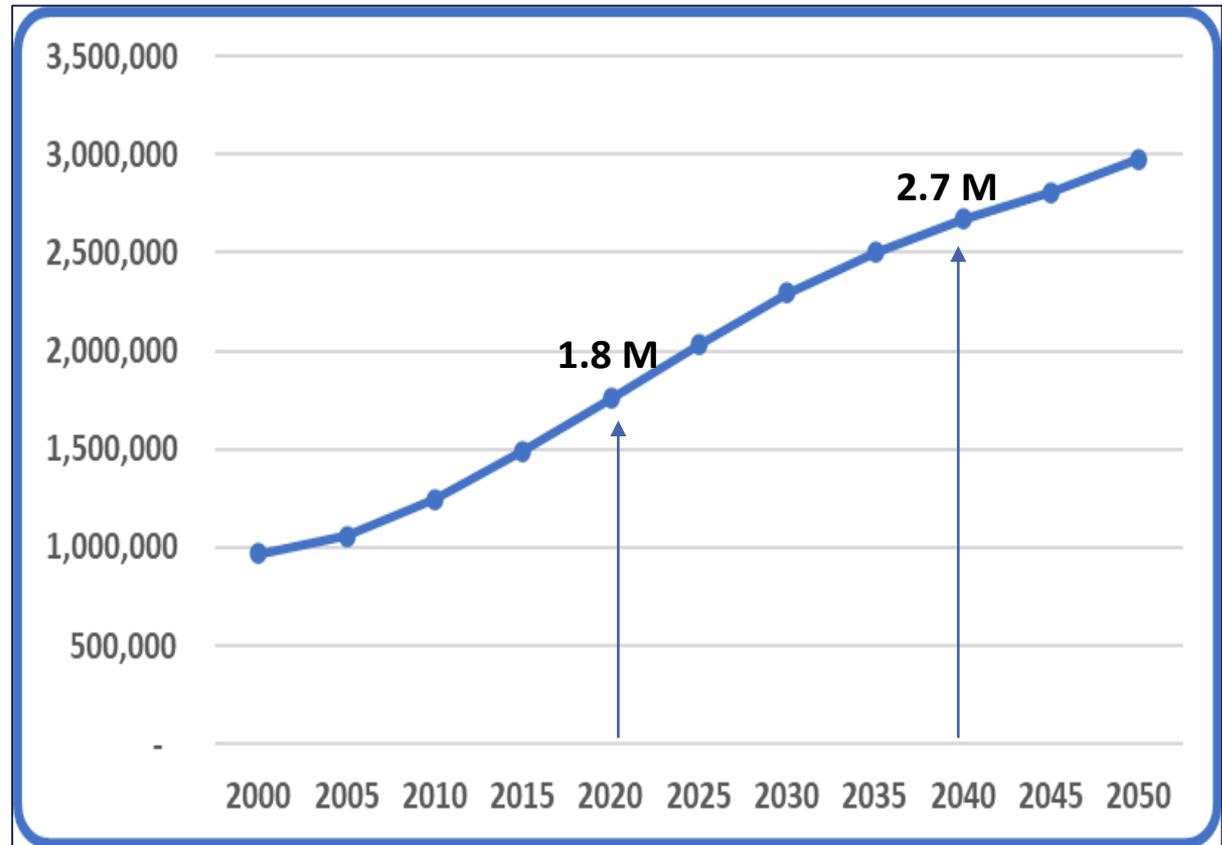
# Population 85 and older will have the fastest growth in the next 20 years



116%

81%

25%

65-74    75-84    85+
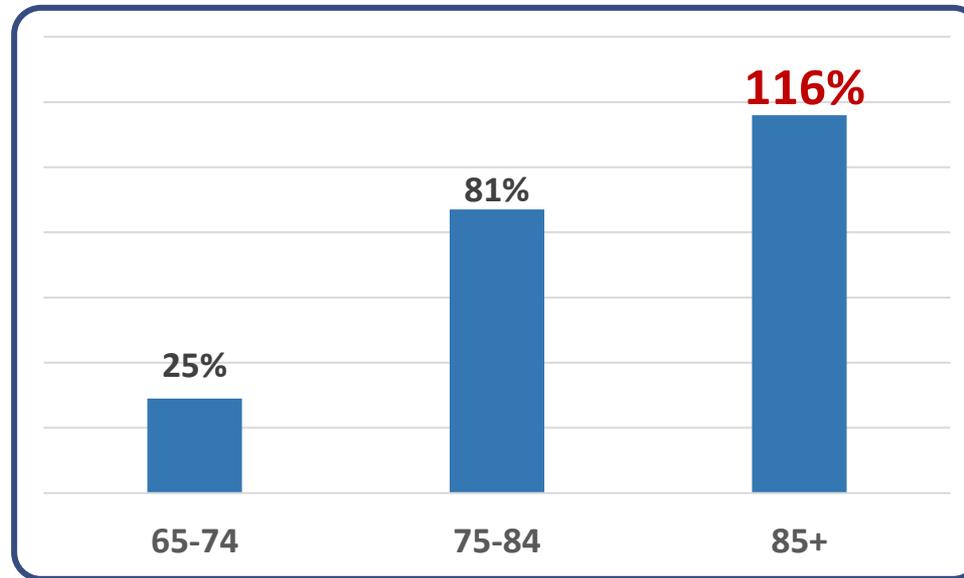
*As a % of age group

As the population **85** and older age, the prevalence of **functional limitations, frailty, and chronic diseases** increase creating significant impact on **long-term supports and services**

Source: **NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040,** https://www.osbm.nc.gov/facts-figures/population-demographics

# The state has **more** adults **60** and older than children under age 18
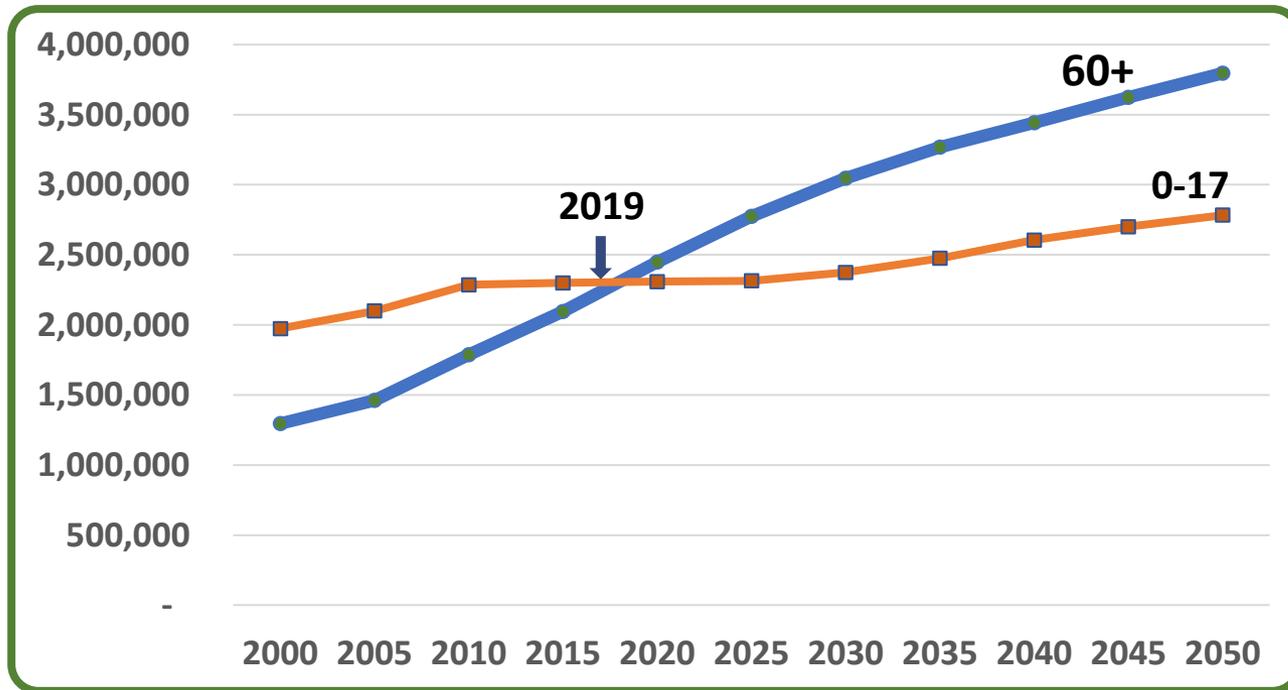
**Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040,** https://www.osbm.nc.gov/facts-figures/population-demographics

# Number of counties with adults 60 and older than age 0-17 will increase
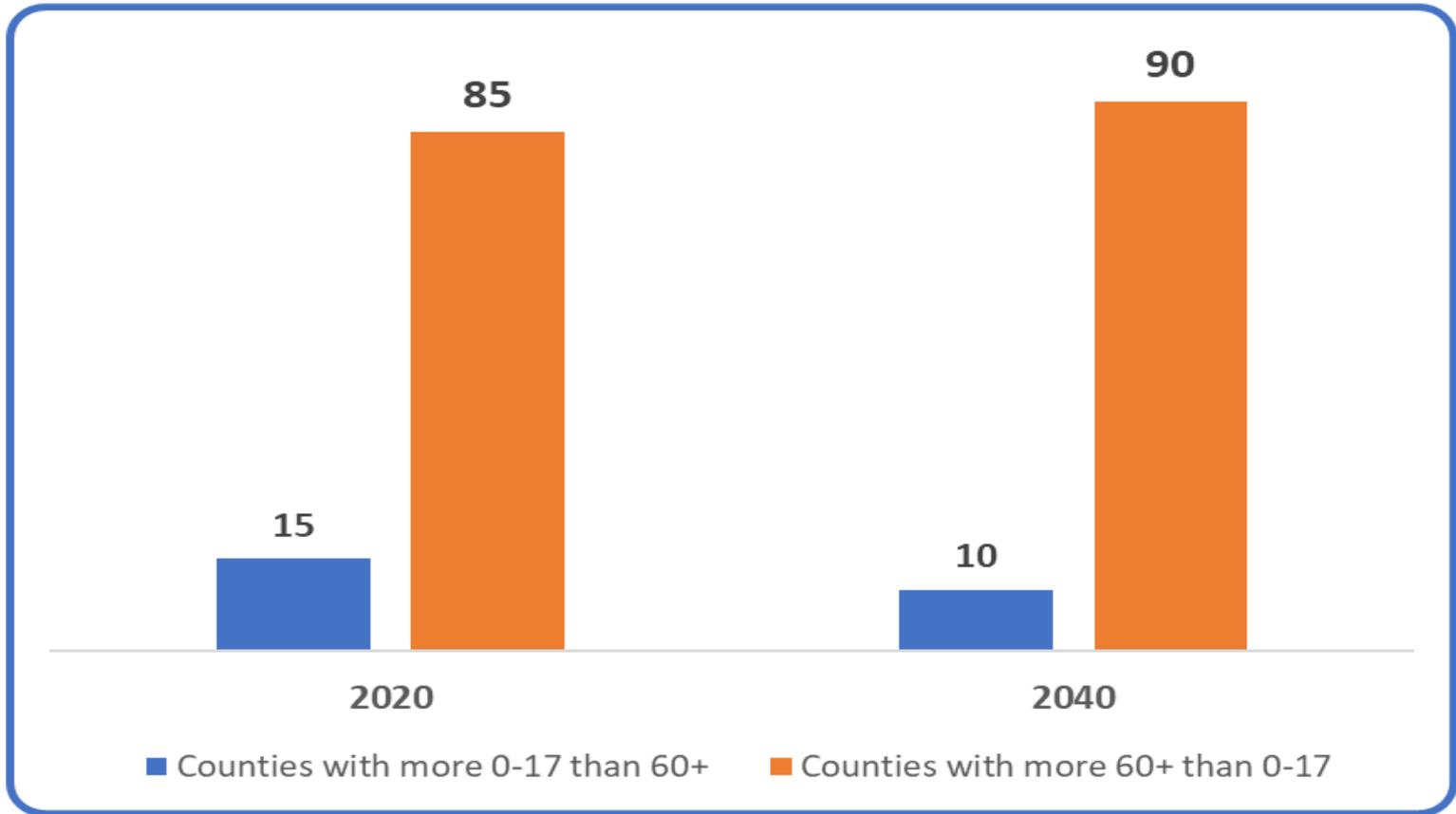


Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040, https://www.osbm.nc.gov/facts-figures/population-demographics

# Counties with more people age 60 and older than 0-17, 2020



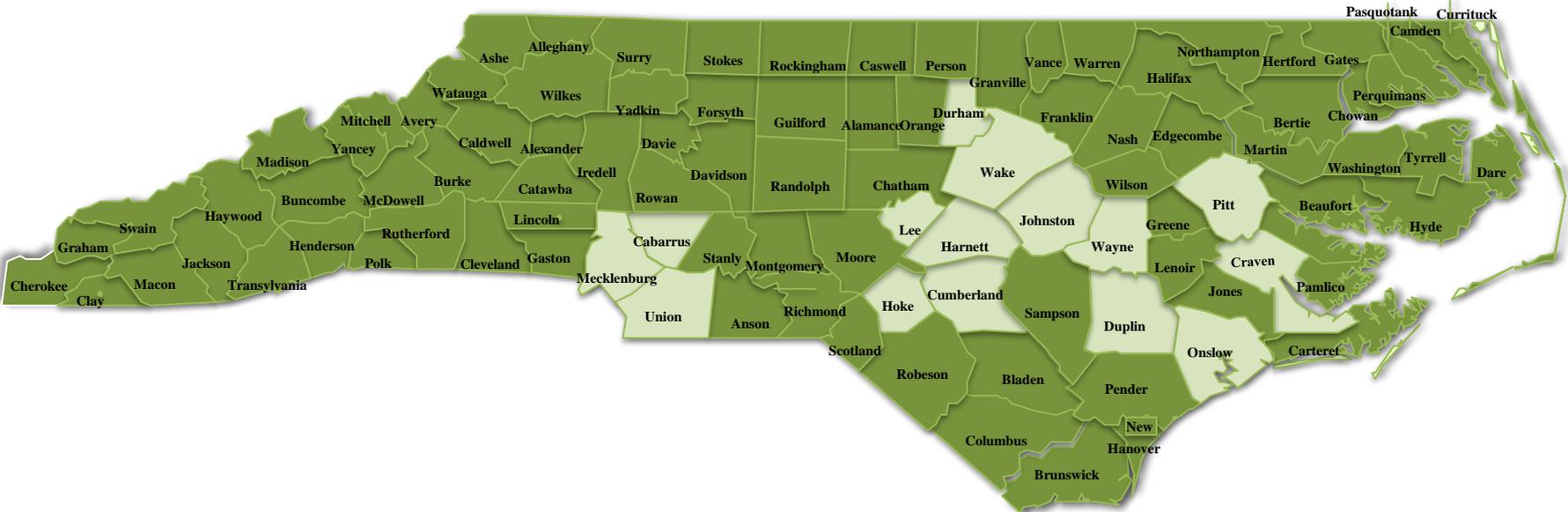| | |
|---|---|
| **85** | Counties with more people age 60+ than 0-17 |
| **15** | Counties with more people age 0-17 than 60+ |

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040, https://www.osbm.nc.gov/facts-figures/population-demographics

# Counties with more people age 60 and older than 0-17, 2040



**90** Counties with more people age 60+ than 0-17

**10** Counties with more people age 0-17 than 60+

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040, https://www.osbm.nc.gov/facts-figures/population-demographics

# Counties with more people age 60 and older than 0-17

**2020**

**85** Counties have more people 60 and over

**90** Counties will have more people 60 and over

**2040**
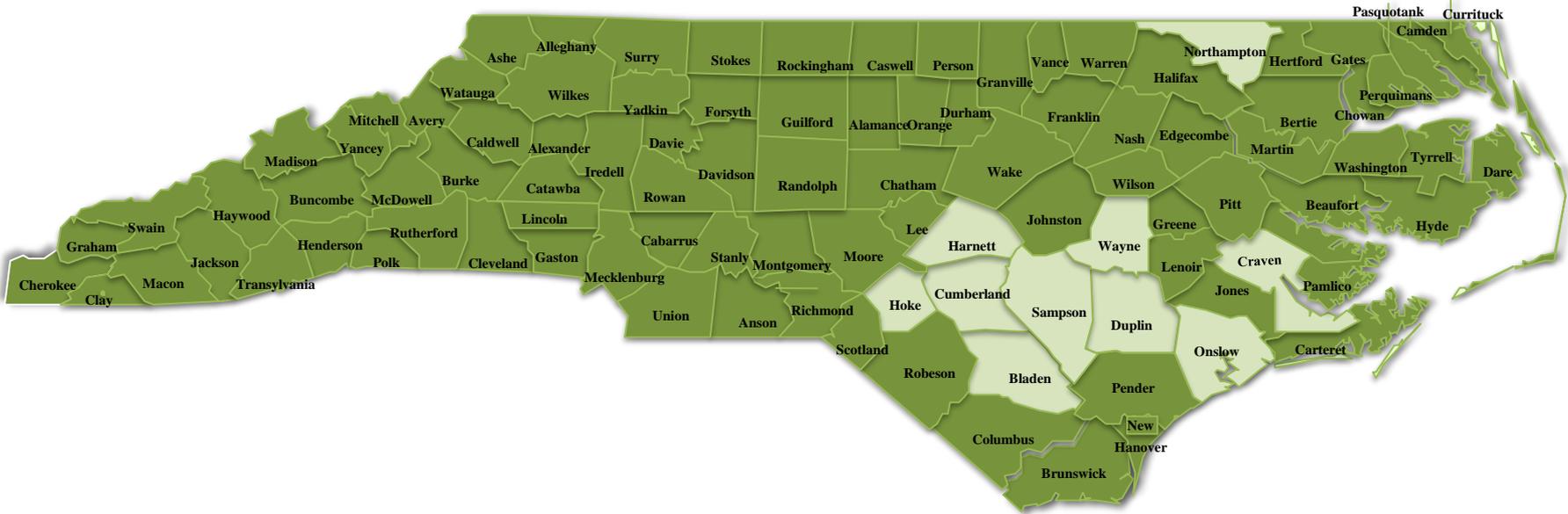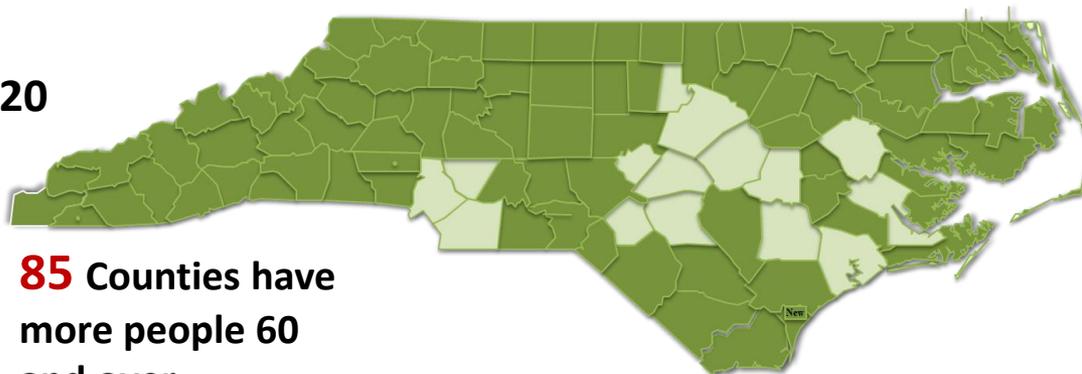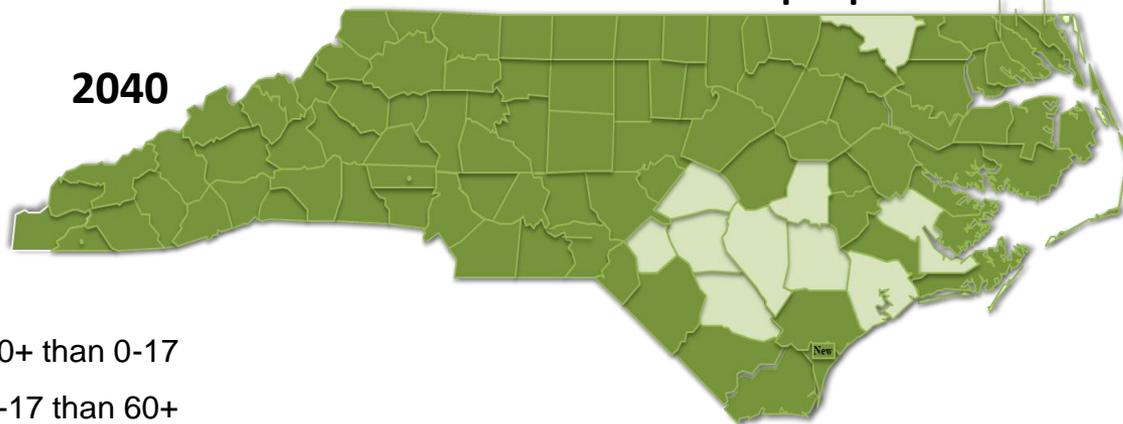
Counties with more people age 60+ than 0-17

Counties with more people age 0-17 than 60+

**Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040,** https://www.osbm.nc.gov/facts-figures/population-demographics

# Percent of population 65 and older, 2020



**More than 31% (4)**

**21% - 30% (42)**

**11% - 20% (53)**

**Less than 10% (1)**

Proportion of 65 and over in the state is 17%

# Percent of population 65 and older, 2040
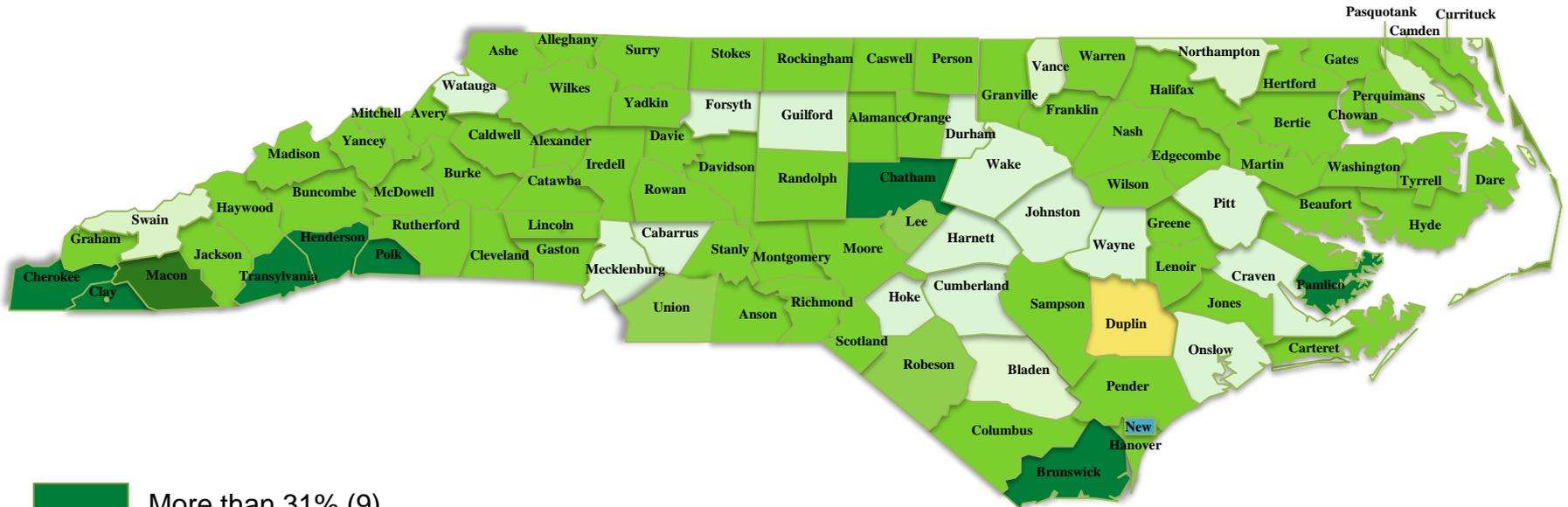


Proportion of 65 and over in the state is 21%

Legend:
- More than 31% (9)
- 21% - 30% (70)
- 11% - 20% (20)
- Less than 10% (1)

# Proportion of population 65 and older will increase in the next 20 years
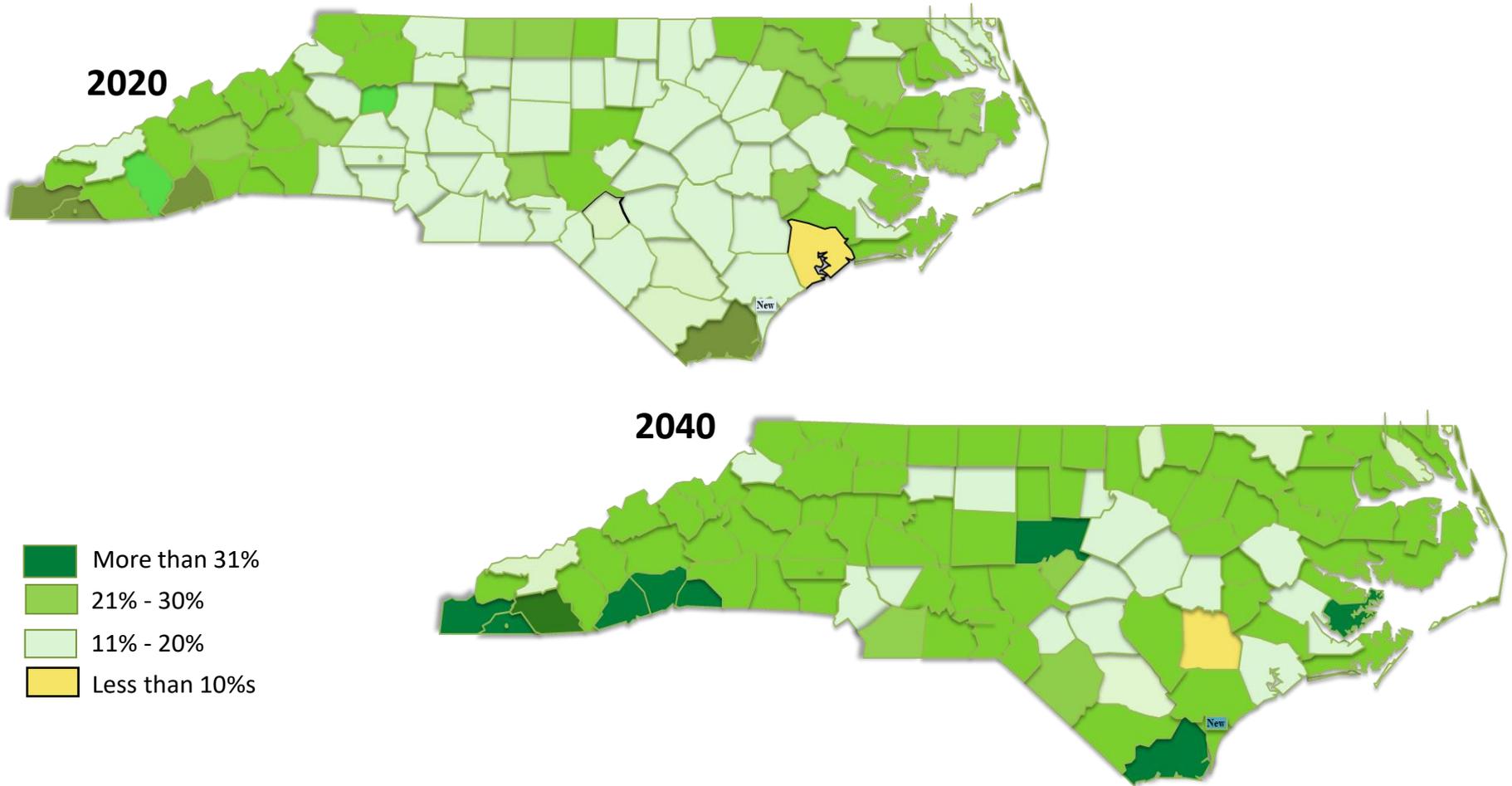
**2020**



**2040**

Legend:
- More than 31%
- 21% - 30%
- 11% - 20%
- Less than 10%s

**Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2020; Population Projections, Vintage 2040, https://www.osbm.nc.gov/facts-figures/population-demographics**

# Projected <u>change</u> in population 65 and older (2020 to 2040)

**There will be more growth around the urban areas and the rural counties will lose population**
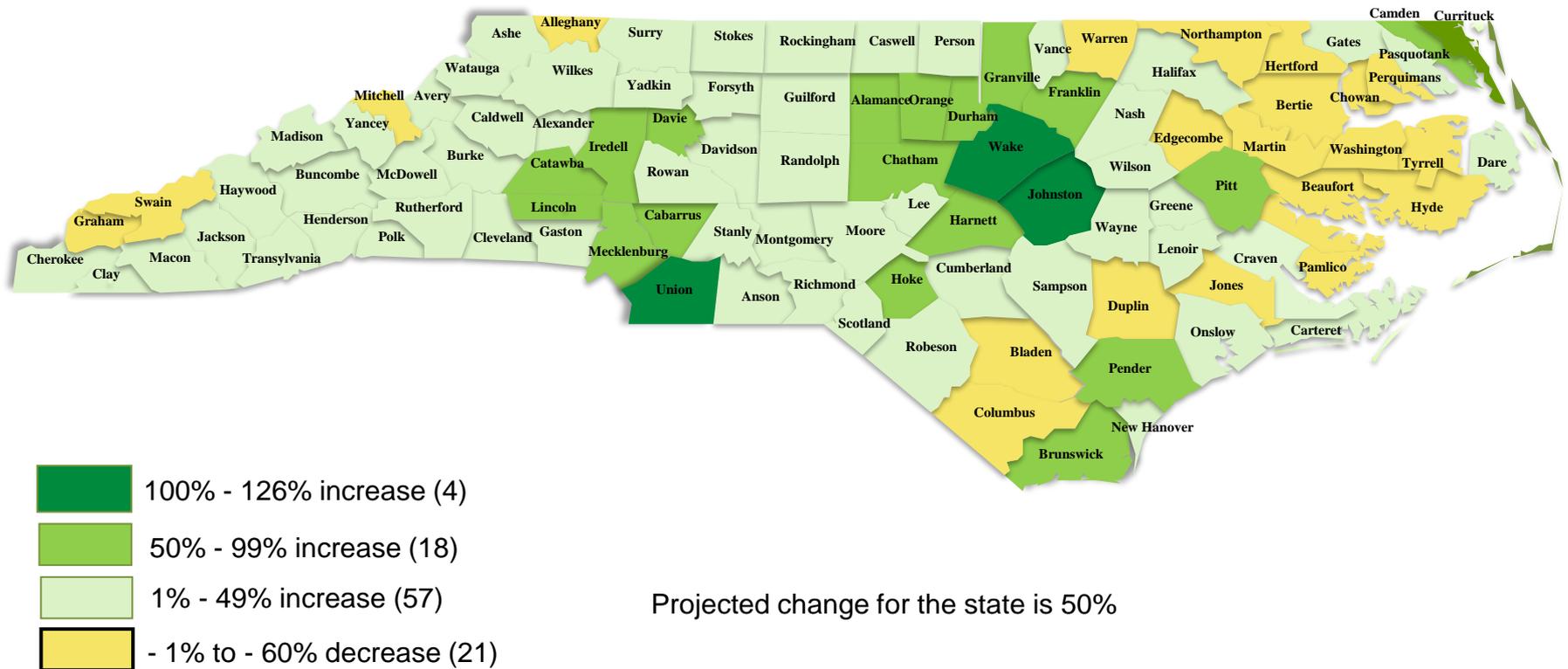


**Legend:**
- 100% - 126% increase (4)
- 50% - 99% increase (18)
- 1% - 49% increase (57)
- - 1% to - 60% decrease (21)

Projected change for the state is 50%

# There is more migration of people 60 and older to metropolitan areas

| | Moved from different states and abroad |
|---|---|
| **North Carolina** | **44,660** |
| Mecklenburg | 5,710 |
| Wake | 4,899 |
| Brunswick | 2,188 |
| Guilford | 1,635 |
| Buncombe | 1,467 |
| Durham | 1,467 |
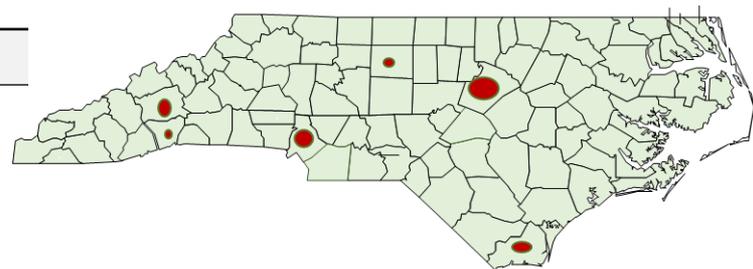
**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table B07001: Geographical mobility in the past year by age for current residence in the United States, https://data.census.gov/cedsci/**

# Socio-economic characteristics, 2020

Following pandemic-related data collection disruptions, the Census Bureau revised its methodology to reduce nonresponse bias in data collected in 2020. After evaluating the effectiveness of this methodology, the Census Bureau determined the standard, full suite of 2016–2020 ACS 5-year data are fit for public release, government and business uses.

Due to this adjustment in methodology and 2020 changes to race and ethnicity questions and coding, users should use caution when comparing the 2016-2020 ACS with earlier ACS releases.

# Population 65 and older is largely White
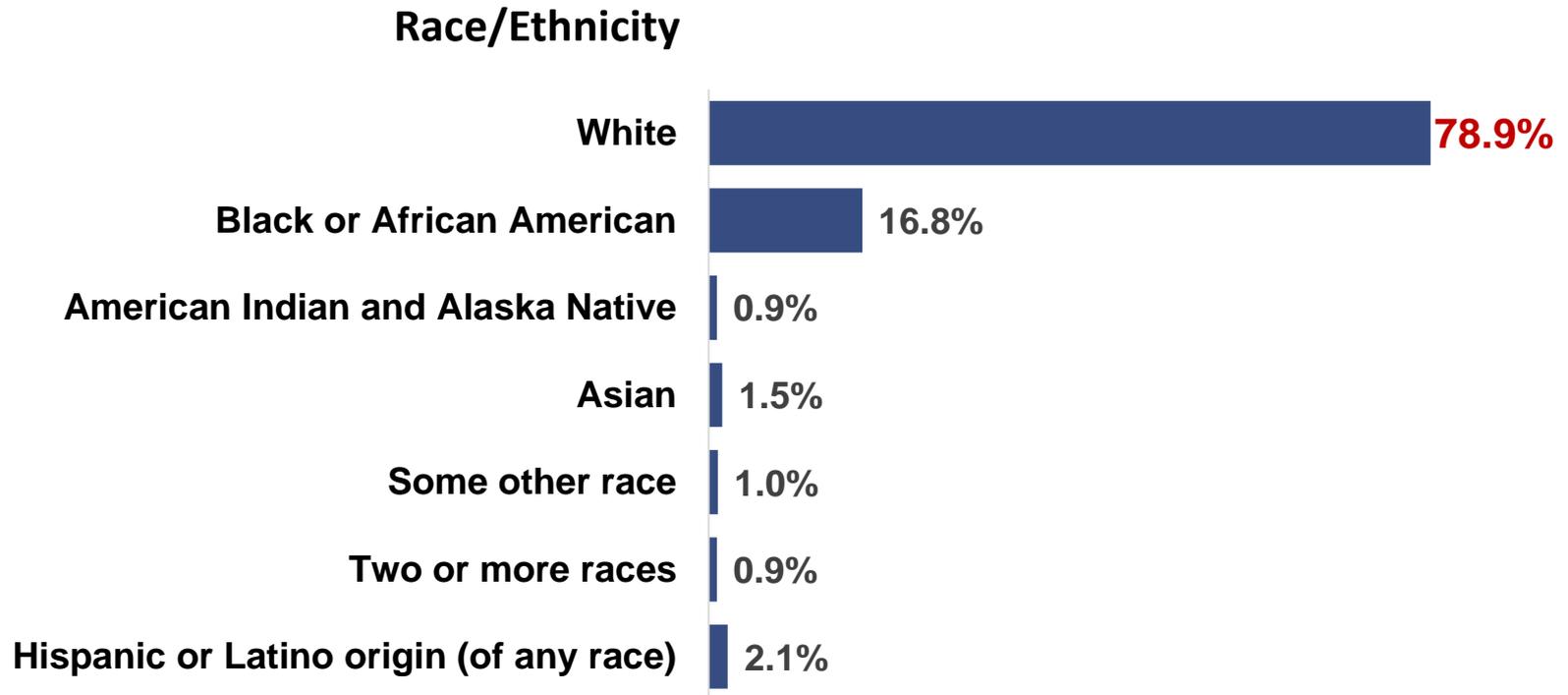
## Race/Ethnicity

| Race/Ethnicity | Percentage |
|---|---|
| White | **78.9%** |
| Black or African American | 16.8% |
| American Indian and Alaska Native | 0.9% |
| Asian | 1.5% |
| Some other race | 1.0% |
| Two or more races | 0.9% |
| Hispanic or Latino origin (of any race) | 2.1% |

\* As % of population 65 and older

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S0103: Population 65 and over, https://data.census.gov/cedsci/**

# Characteristics of adults 65 and older



Living alone — 27%
Veterans — 18%
Speak English less than "very well" — 2%
Have a disability — 35%
Have less than high school education — 15%
Have high school education/GED — 30%
In labor force — 17%
Income below poverty level — 9%
Income between 100%-199% poverty level — 22%
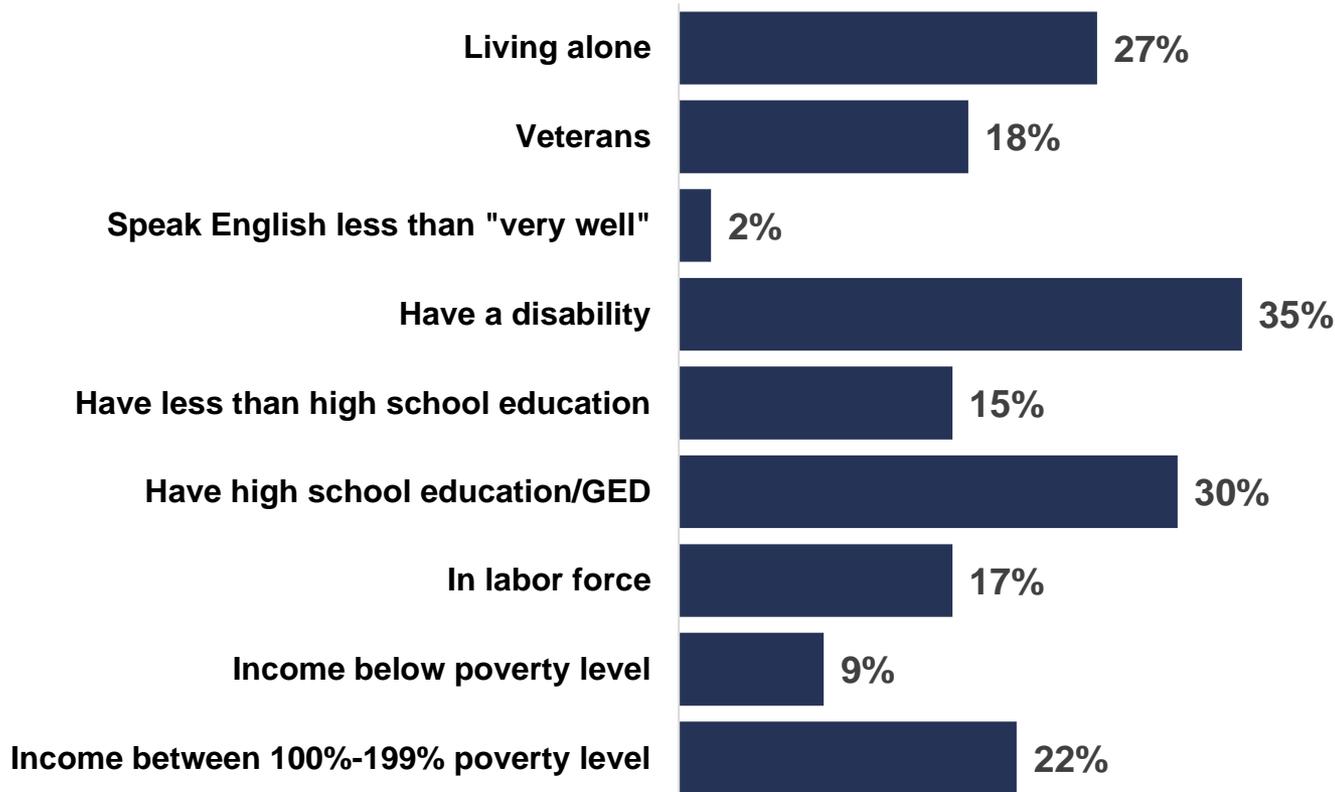
**Older adults living alone are at risk of social isolation, loneliness and poor health outcomes**

*As % of population 65 and older

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S0103: Population 65 and over; B09020: Relationship by household type (including living alone) for population 65 and over, https://data.census.gov/cedsci/**

# Number of grandparents responsible for raising grandchildren under 18 Years

**Age 30 and older**
**87,329**

**Age 30-59**
**50,340**
**58%**

**Age 60 and older**
**36,989**
**42%**

- 58% are women
- 63% are White
- 30% are Black or African American
- 31% have a disability
- 37% are in labor force
- 19% live below poverty
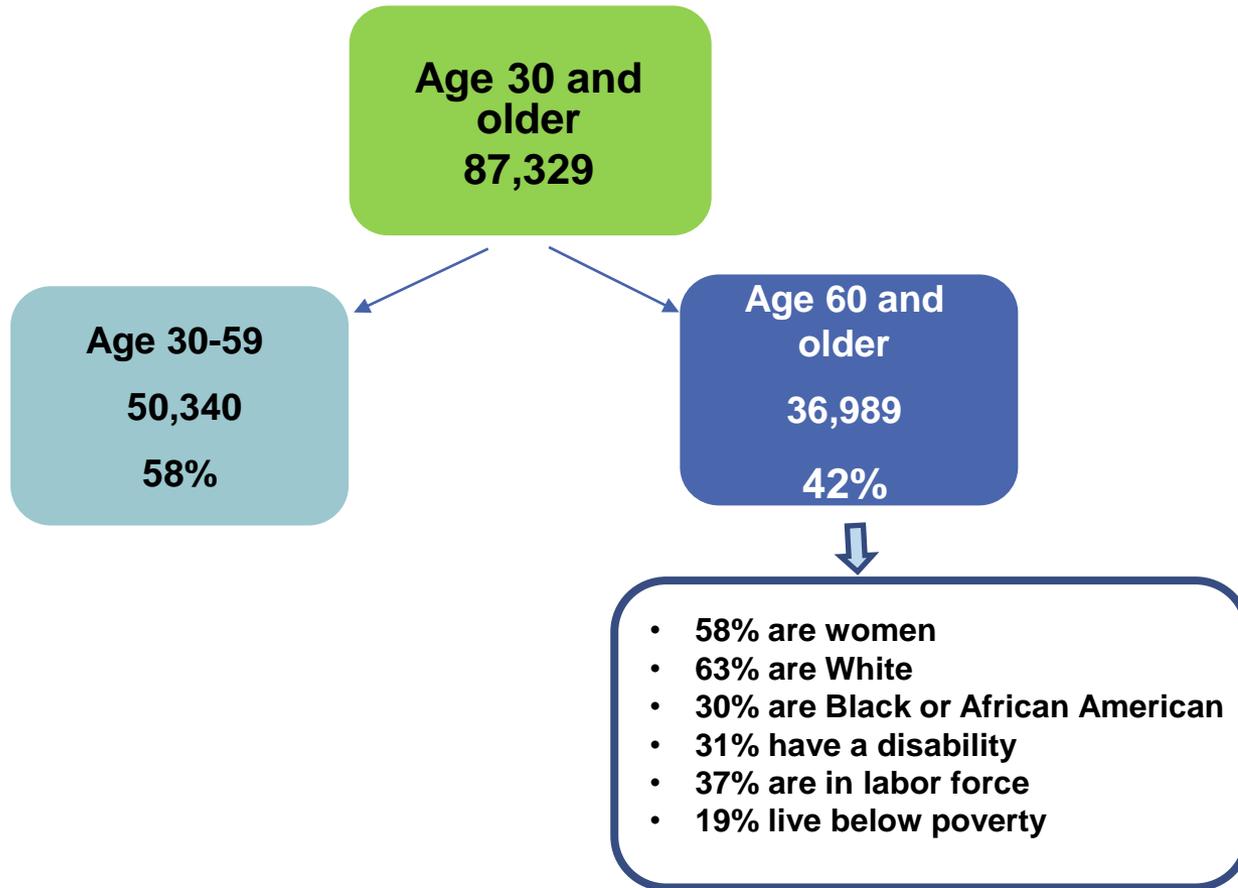
**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S1002: Grandparents,**
**https://data.census.gov/cedsci/**

# Poverty level of adults 65 and older

## Nearly **one** out of **ten** adults 65 and older live **below poverty**



9.2% — Below 100% poverty level

20.8% — In 100-199% poverty level
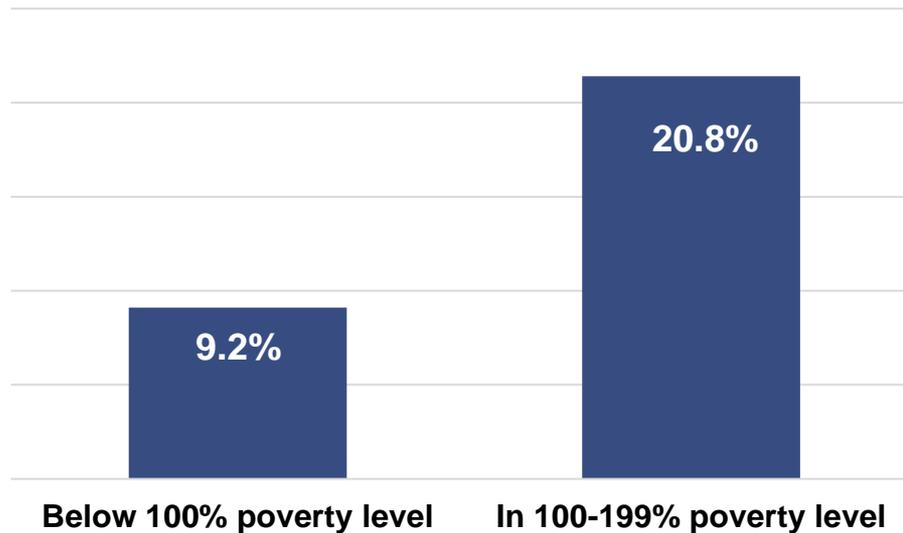
*Older American Act services* provide an important safety net for older adults below and near poverty (100%-199%) who are at risk of entering nursing homes

- As % of population 65 and older

Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table B17024: Age by ratio of income to poverty level in the past 12 months, https://data.census.gov/cedsci/

# Adults 65 and older experience lower poverty rates compared to other age groups



| | | |
|---|---|---|
| 20% | 13% | 9% |
| UNDER 18 YEARS | 18-64 YEARS | 65 YEARS AND OVER |
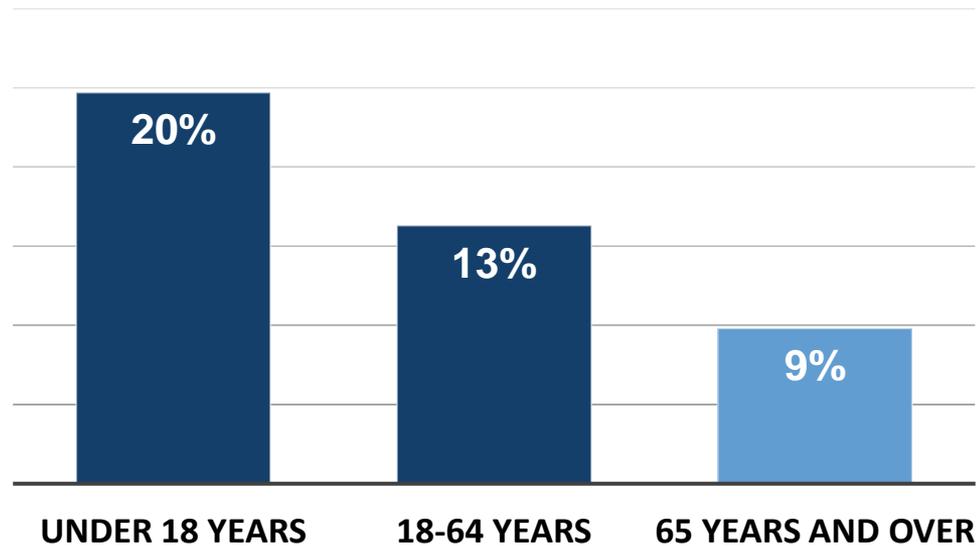
*Federal programs such as Medicare, Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people 65 and older

* As a % of age group

Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates, Table S1701: Poverty status in the past 12 months, https://data.census.gov/cedsci/

# Level of education of adults 65 and older
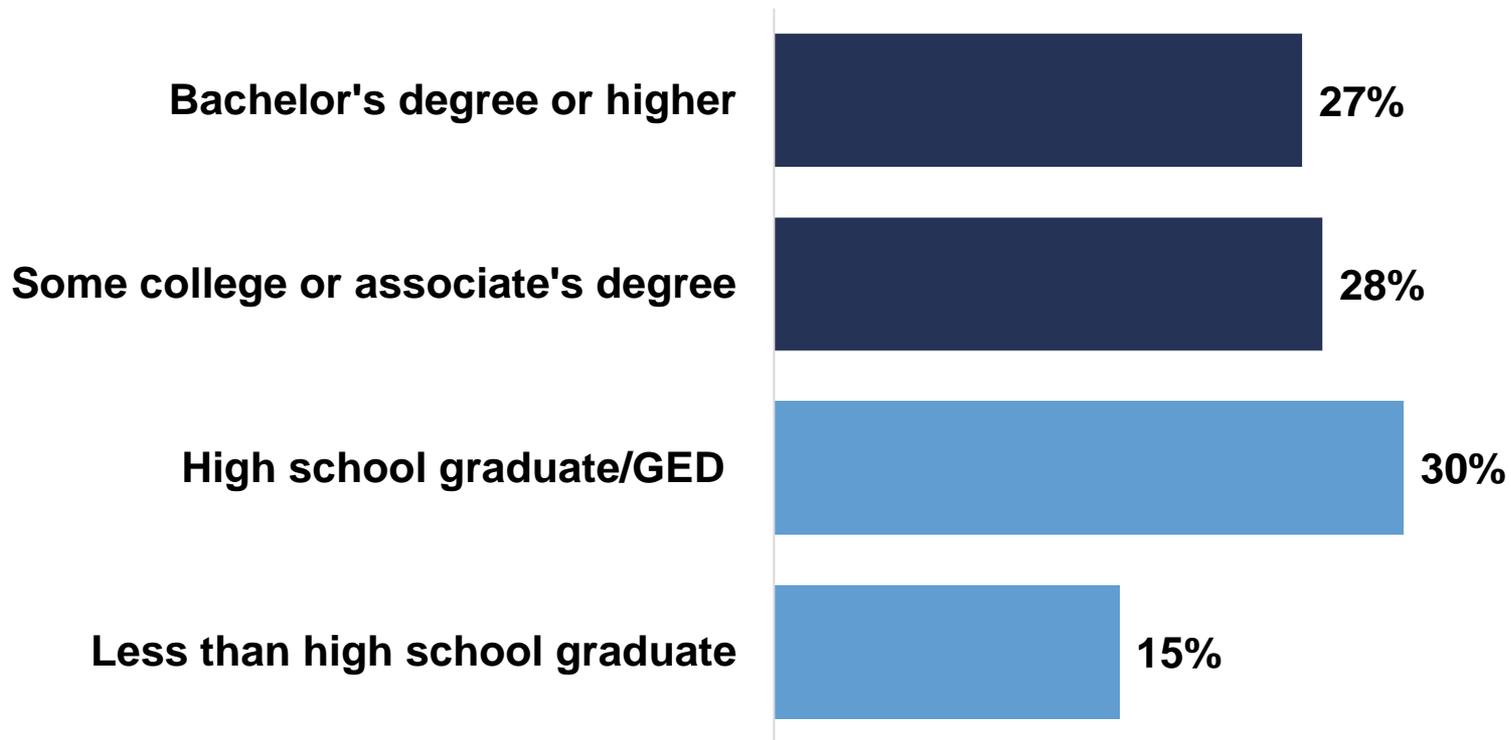
| Education Level | Percentage |
|---|---|
| Bachelor's degree or higher | 27% |
| Some college or associate's degree | 28% |
| High school graduate/GED | 30% |
| Less than high school graduate | 15% |

* As % of population 65 and older
**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S0103: Population 65 and over,**
https://data.census.gov/cedsci/

# Labor force participation of adults 65 and older

| | % |
|---|---|
| In labor force | **17.4%** |
|     Employed | 16.9% |
|     Unemployed (seeking employment) | 0.5% |
| As a percent of total civilian labor force | 3.1% |
| Not in labor force | 82.6% |

* As % of population 65 and older

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S0103: Population 65 and over,**
**https://data.census.gov/cedsci/**

# More older adults are working longer

**Labor force participation rate**



| | | |
|---|---|---|
| **54%** | **25%** | **7%** |
| 60-64 | 65-74 | 75 and over |
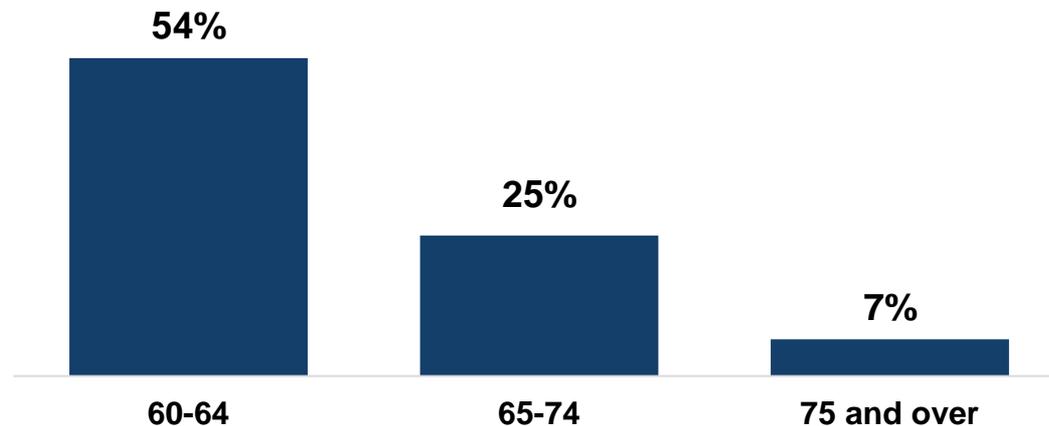
***Keeping older adults in the workforce:***

- Change bias and attitude towards older workers
- Design phased retirement programs
- Provide flexible roles and schedules
- Allow part-time work/telecommuting
- Retirement options
- Ongoing training to master new skills
- Invest in wellness programs
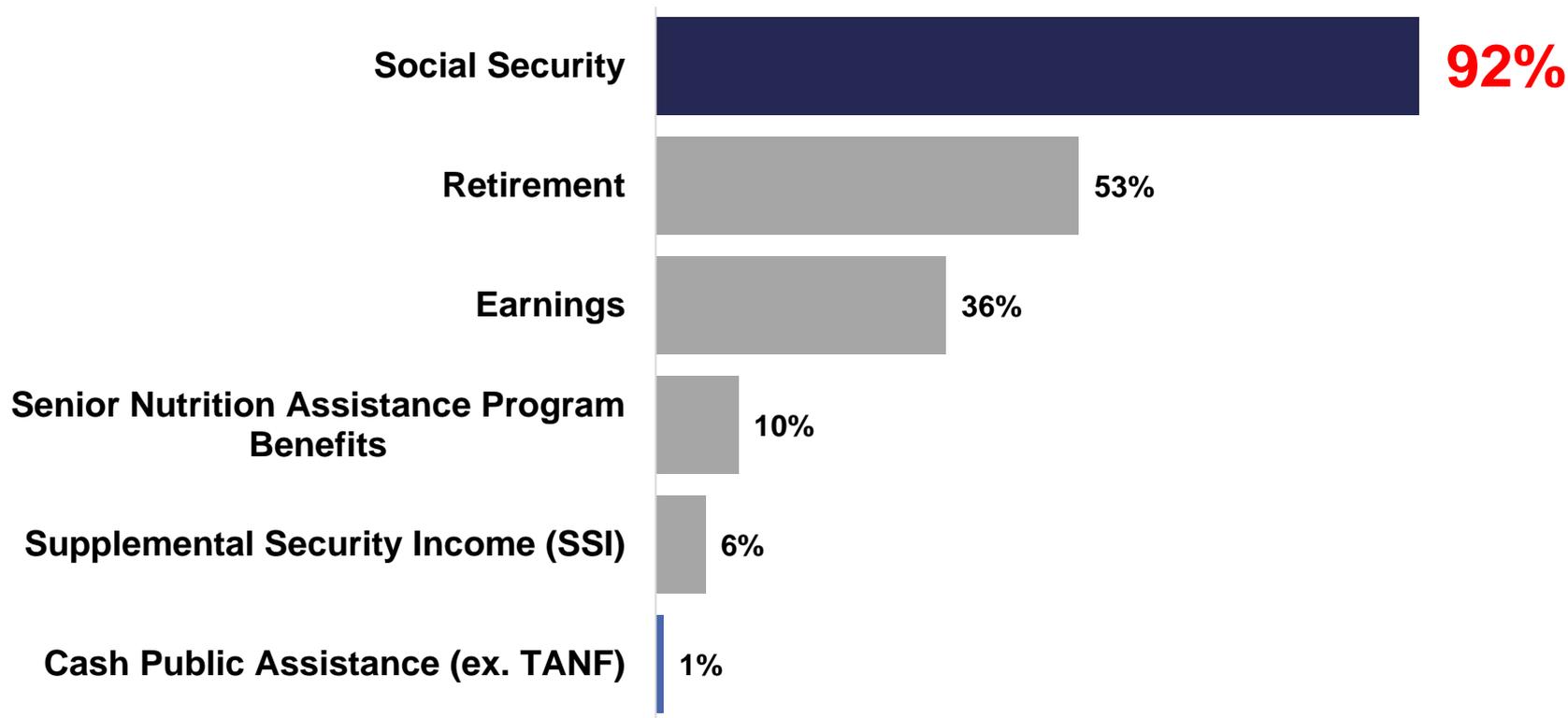- Implement strategies to help aging workers balance work and caregiving roles

\* As % of age group

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S2301: Employment status,**
**https://data.census.gov/cedsci/;**
**American's aging workforce: Opportunities and Challenges. https://www.congress.gov/115/crpt/srpt191/CRPT-115srpt191.pdf**

# Social Security is the primary source of income for adults 65 and older

| Source | Percentage |
|--------|-----------|
| Social Security | **92%** |
| Retirement | 53% |
| Earnings | 36% |
| Senior Nutrition Assistance Program Benefits | 10% |
| Supplemental Security Income (SSI) | 6% |
| Cash Public Assistance (ex. TANF) | 1% |

\* As % of population 65 and older

**Source: U. S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S0103: Population 65 and over,**
**https://data.census.gov/cedsci/**

# Most adults 65 and older live in households

**2.6%** live in group quarters

**97.4%** live in households
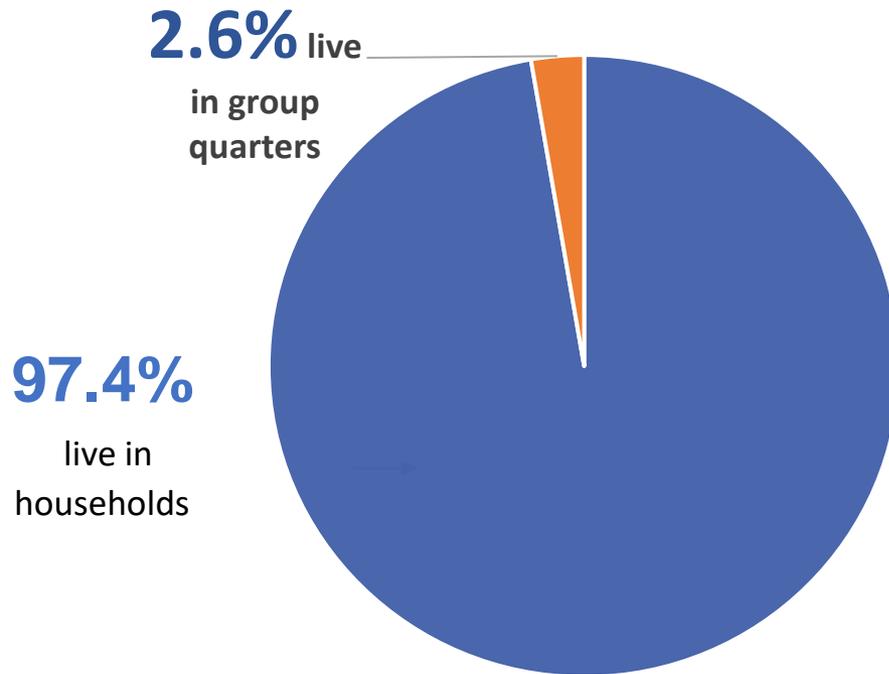
**43%** of housing units with people 65 and older **are single person households**

A household includes all the people who occupy a single housing unit as their place of residence, regardless of their relationship to one another

* As % of population 65 and older

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Tables S0103; B09020: Relationship by household type (including living alone) for population 65 and over, https://data.census.gov/cedsci/**

# Less than 3% of adults 65 and older live in group quarters

| | Total 65+ | Institutionalized | Noninstitutionalized |
|---|---|---|---|
| | 44,515 | 39,486 | 4,029 |
| Male | 35% | 34% | 50% |
| Female | **65%** | 66% | 50% |

Group quarters population: people not living in households and includes institutionalized and non-institutionalized population

- **Institutionalized:** correctional institutions, nursing homes, psychiatric hospitals, in-patient hospice facilities, etc.
- **Noninstitutionalized:** military quarters, group homes, emergency and transitional shelters for homeless people, etc.

* As % of population 65 and older in group quarters
Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S2601A: Characteristics of group quarters population, https://data.census.gov/cedsci/

# Marital Status of adults 65 and older

## More women are widowed and live alone in older age



| | Now married (except separated) | Widowed | Divorced | Separated | Never married |
|---|---|---|---|---|---|
| Males | 71% | 11% | 12% | 2% | 5% |
| Females | 45% | 34% | 15% | 1% | 5% |

■ Males ■ Females
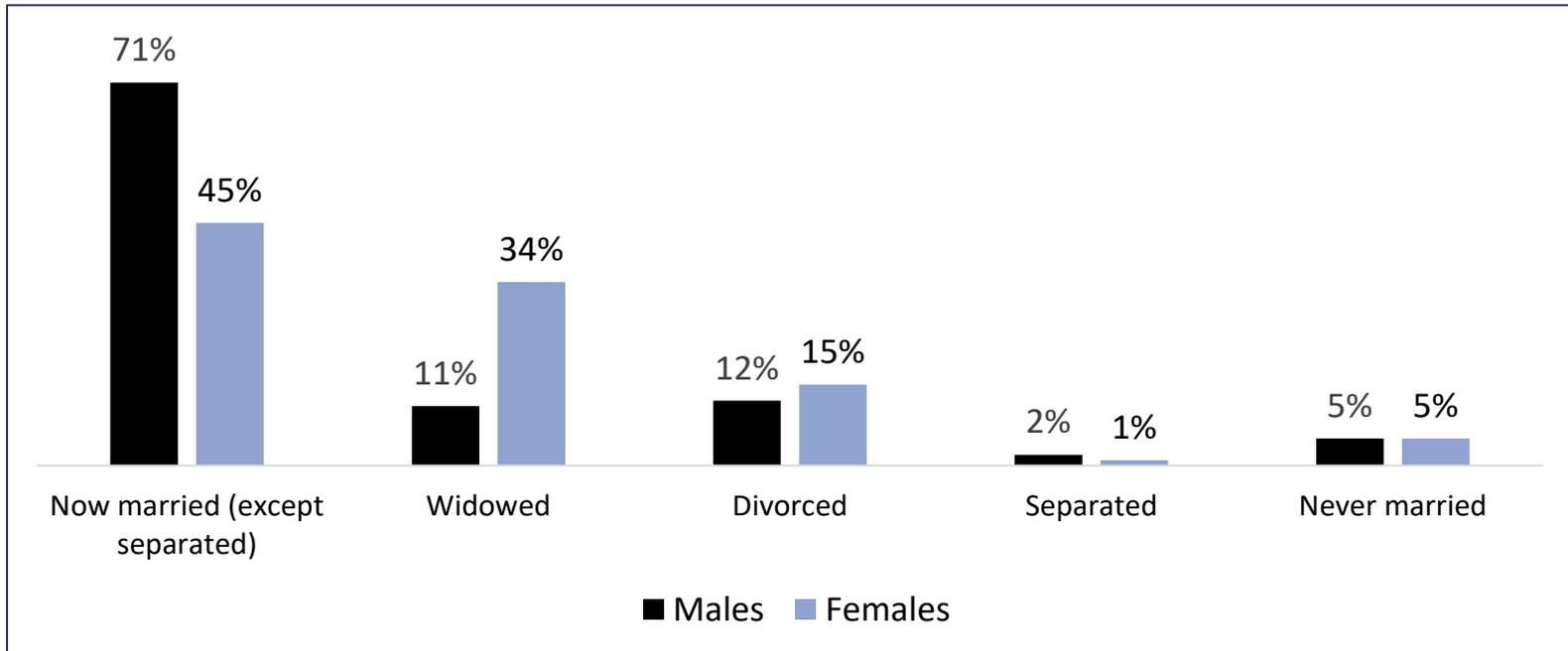
\* As % of population 65 and over

Now Married, Except Separated Includes people whose current marriage has not ended through widowhood, divorce, or separation (regardless of previous marital history). The category may also include couples who live together or people in common-law marriages if they consider this category the most appropriate. "now married" does not include same-sex married people even if the marriage was performed in a state issuing marriage certificates for same-sex couples.
Separated Includes people legally separated or otherwise absent from their spouse because of marital discord. Those without a final divorce decree are classified as "separated."

**Source: U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S1201. Marital Status,**
   https://data.census.gov/cedsci/

# Health and Well-being

# Health Characteristics of adults 65 and older

○ **35%** have a disability

○ **81%** have one or more chronic diseases

○ **12%** reported one fall and **19%** reported 2 or more falls

○ **75%** reported having an adult flu shot/spray

○ **73%** reported having a pneumonia shot ever

○ **72%** reported exercising in the past 30 days

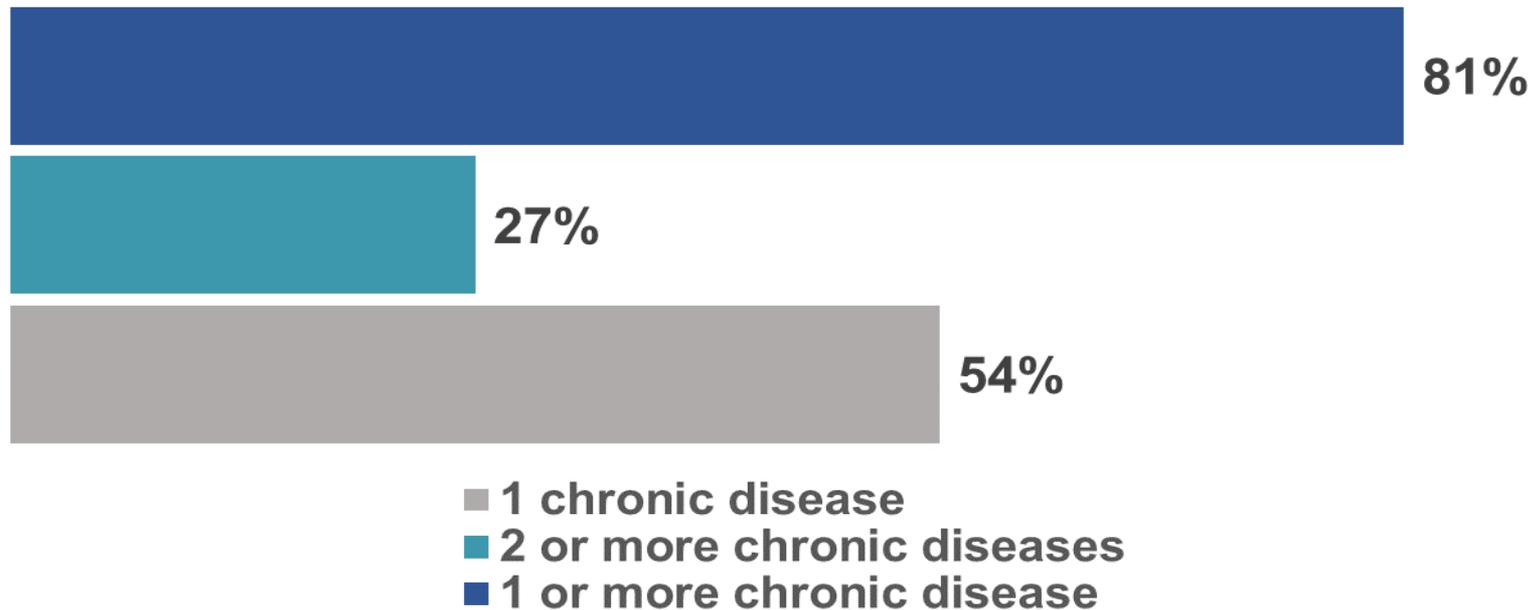○ **8%** self reported their health is poor

# Around 8 out of 10 people 65 and older have one or more chronic disease



81% — 1 or more chronic disease
27% — 2 or more chronic diseases
54% — 1 chronic disease

■ 1 chronic disease
■ 2 or more chronic diseases
■ 1 or more chronic disease

* As % of population 65 and older

**Source: NC State Center for Health Statistics. Behavioral Risk Factor Surveillance System (BRFSS) 2020 survey results,**
https://schs.dph.ncdhhs.gov/data/brfss/survey.htm

# Nearly one in four people 65 and older report trouble walking

**Disability status among adults 65 and older**



Ambulatory — 22%
Independent living — 14%
Hearing — 15%
Cognitive — 9%
Self-care — 7%
Vision — 7%
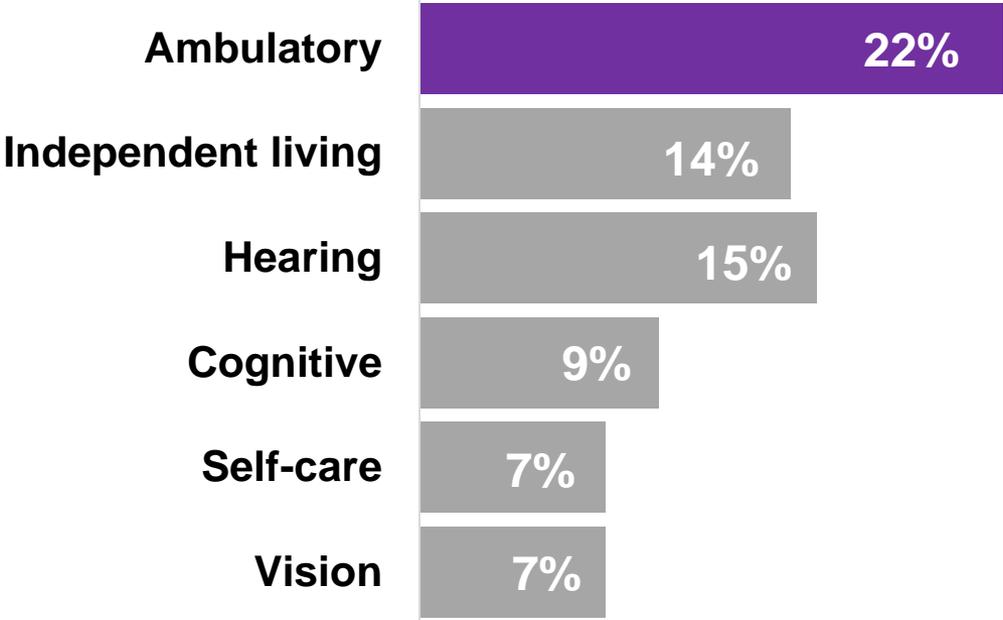
**Ambulatory** – Serious difficulty walking or climbing stairs
**Independent living** – Difficulty doing errands alone
**Hearing** – Deaf or having serious difficulty hearing
**Cognitive** – Difficulty remembering, concentrating or making decisions
**Self-care** – Difficulty bathing or dressing
**Vision** – Blind or serious difficulty seeing even with glasses

* As % of population 65 and older
* Civilian non-institutionalized population only
Source:  U.S. Census Bureau, American Community Survey 2016-2020, 5-year estimates. Table S1810: Disability Characteristics,
https://data.census.gov/cedsci/

# Leading causes of death among adults 65 and older, 2020



* As % of total deaths among population 65 and over
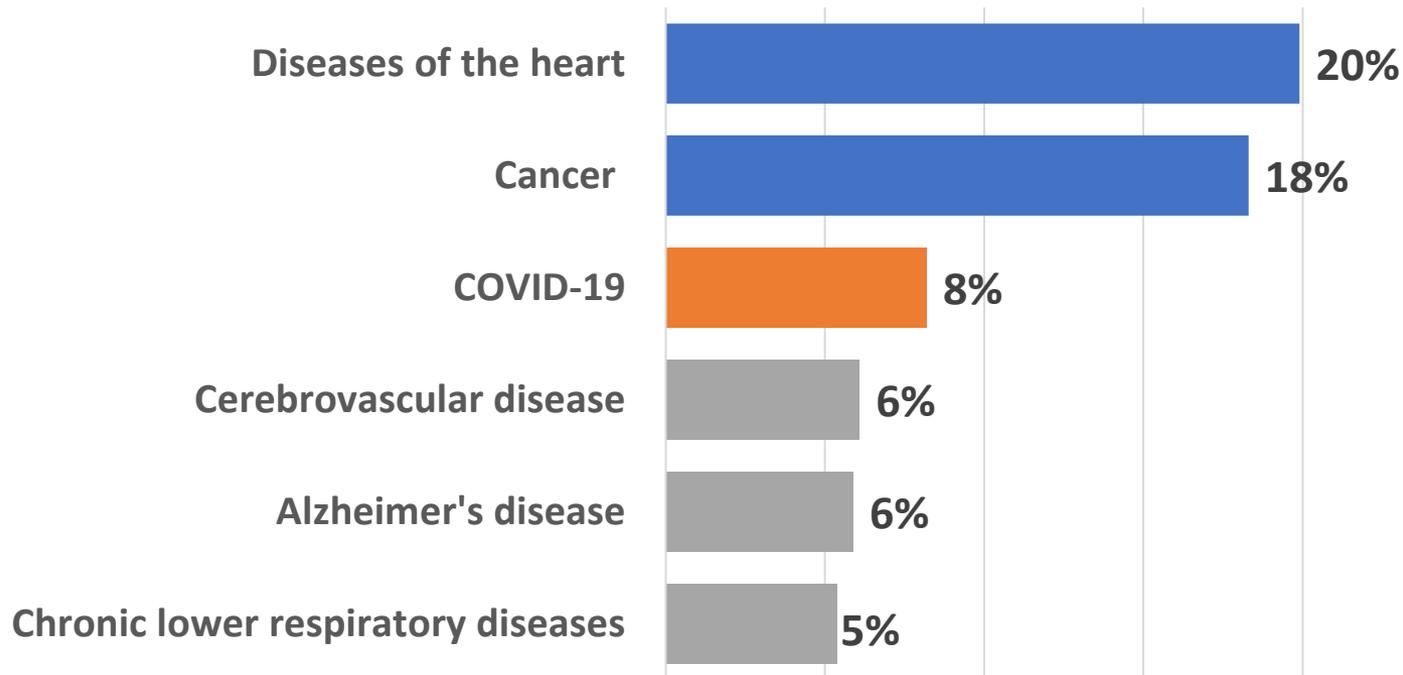
81% have one or more chronic diseases
27% have 1 chronic disease
54% have 2 or more chronic diseases

# Value of informal caregiving for older Adults with dementia in NC (2020)

| | |
|---|---|
| 358,000 | Number of caregivers |
| 517,000,000 | Total hours of unpaid care |
| $7,302,000,000 | Total value of unpaid care |
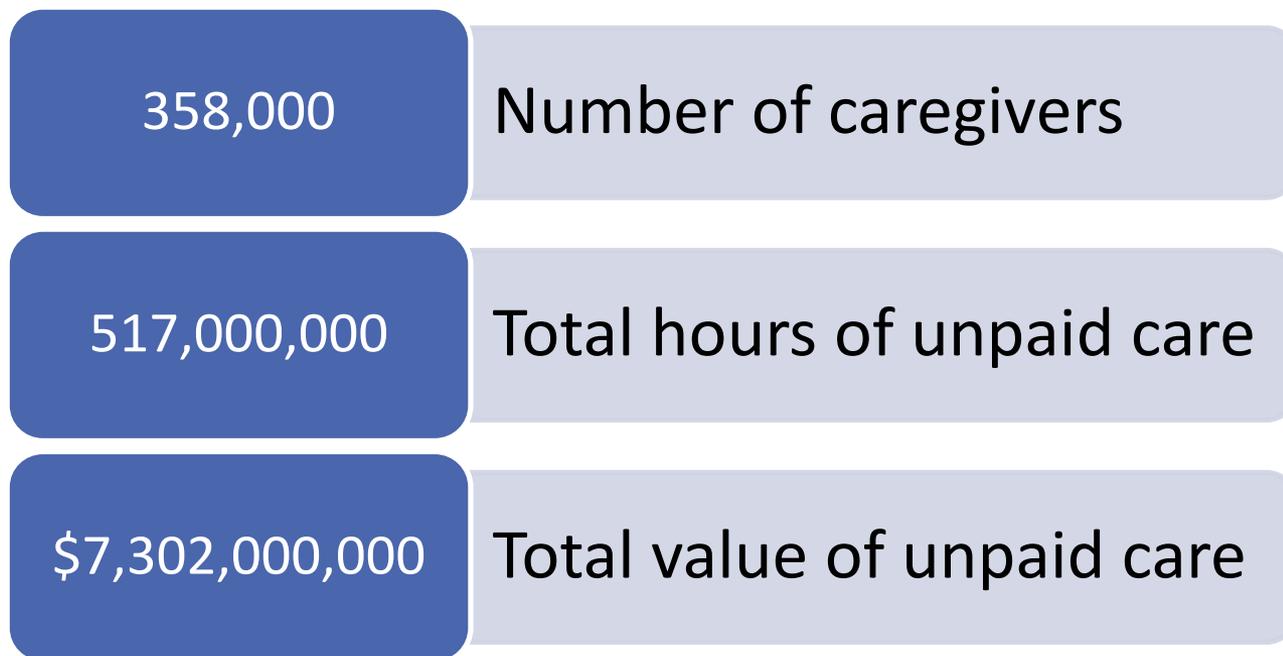
**Source: Alzheimer's Association: Alzheimer's Disease Facts and Figures report, NC;**
**https://www.alz.org/media/Documents/northcarolina-alzheimers-facts-figures-2021.pdf**

# Opioid related deaths among adults 60 and older, SFY 2021

**Number of opioid related deaths have increased by 28% since 2018**



| 2018 | 2019 | 2020 | 2021 |
| --- | --- | --- | --- |
| 104 | 116 | 131 | 133 |

**Number of deaths by race**



- White: 89
- Black or Arican American: 37
- American Indian: 4
- Unknown: 3
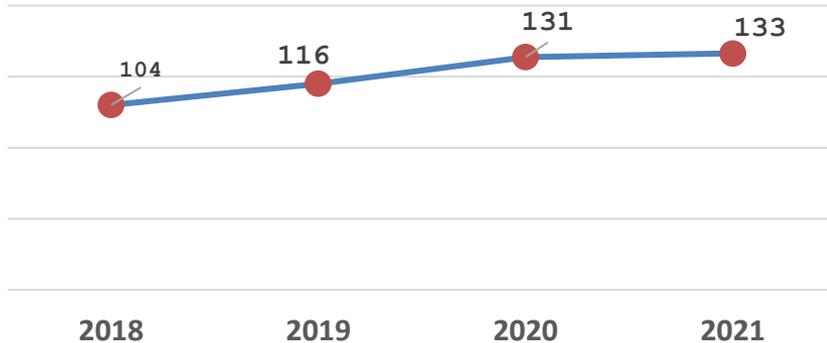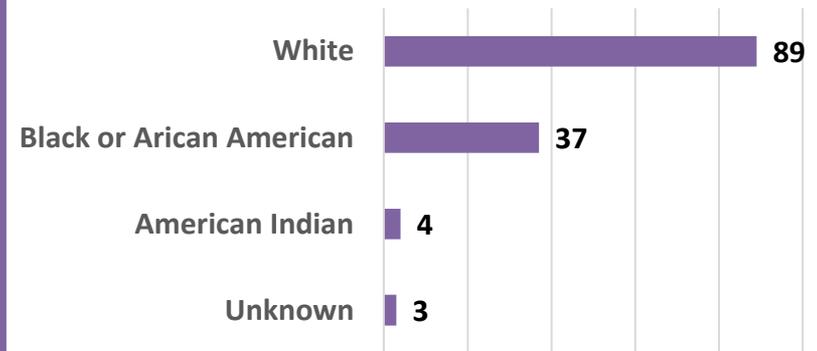
**Number of deaths by gender**

**Male: 96        Female: 37**

**Number of deaths by age group**



- 118
- 14
- 1

■ 60-69  ■ 70-79  ■ 80+

**Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results**
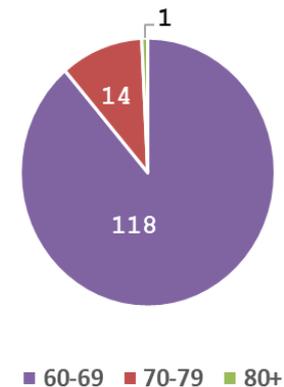
# Health Effects of **Social Isolation** and **Loneliness**

- An estimated 1 in 4 adults aged 65 and older live alone

- An estimated 42% of adults 65 and older are unmarried (widowed, never married or divorced)

- Research links social isolation and loneliness to higher risks of:
  - *Premature Mortality*
  - *Blood pressure and heart disease*
  - *Chronic health conditions*
  - *Depression and anxiety*

- Increased Medicare Spending

- Many aging services address isolation and promote well-being

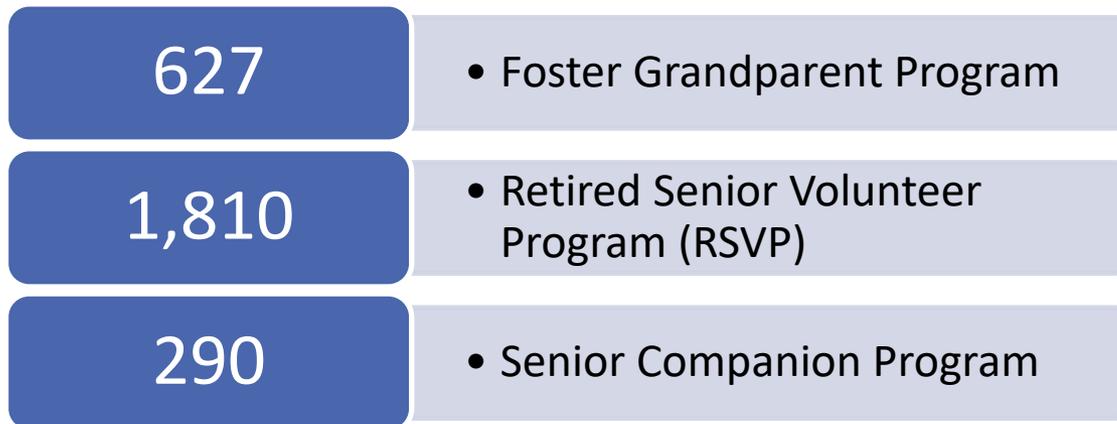**Note**: Social isolation is the objective physical separation from other people (living alone), while loneliness is the subjective feeling of being alone or separated

Source: https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks

# Older adults and civic engagement

AmeriCorps Seniors Programs in North Carolina, 2020

More than **2,700** North Carolinians aged 55 and older participated in programs

| | |
|---|---|
| **627** | • Foster Grandparent Program |
| **1,810** | • Retired Senior Volunteer Program (RSVP) |
| **290** | • Senior Companion Program |

**Reported health benefits after one year of volunteering:**
- Decrease in anxiety and depression
- Decrease in loneliness and social isolation
- Enhanced physical activity
- Higher life satisfaction

**Source: National Service in North Carolina** https://www.americorps.gov/sites/default/files/upload/state_profiles/pdf_2021/NC%20Combined.pdf **, Senior volunteers reap health benefits, American Association for Retired Persons** https://www.aarp.org/health/healthy-living/info-2017/health-benefits-volunteering-seniors-fd.html

# Life expectancy has increased

| Age Groups | Years expected to live |
|:---:|:---:|
| 60-64 | 23.2 |
| 65-69 | 19.5 |
| 70-74 | 15.9 |
| 75-79 | 12.5 |
| 80-84 | 9.6 |
| 85+ | 7.1 |

For example, if you are 62 years old, you are expected to live to 85 years

***Life expectancy** is the average number of additional years that someone at a given age would be expected to live if current mortality conditions remained constant throughout their lifetime

# Glossary

**Disability** - A long-lasting physical, mental, or emotional condition that makes it difficult for a person to do activities such as walking, climbing stairs, dressing, bathing, learning, or remembering.

**Household -** A household includes all the people who occupy a housing unit as their usual place of residence. Household types are arranged into 2 groups. A *family household* contains at least 2 persons, the householder and at least 1 other person related to the household by birth, marriage or adoption. A *nonfamily household* may contain only one person, the householder or additional persons who are not relatives of the householder.

**Householder -** The person, or one of the people, in whose name the home is owned, being bought, or rented.

**Income -** "Total income" is the sum of the amounts reported separately for wages, salary, commissions, bonuses, or tips; self-employment income; interest, dividends, net rental income, royalty income, or income from estates and trusts; Social Security or Railroad Retirement income; Supplemental Security Income (SSI); any public assistance or welfare payments from the state or local welfare office; retirement, survivor, or disability pensions; and any other sources of income received regularly such as Veterans' (VA) payments, unemployment compensation, child support, or alimony.

**Labor force -**The labor force includes all people classified in the civilian labor force, plus members of the U.S. Armed Forces (people on active duty with the United States Army, Air Force, Navy, Marine Corps, or Coast Guard). The Civilian Labor Force consists of people classified as employed or unemployed.

**Marital Status**: Now Married, Except Separated Includes people whose current marriage has not ended through widowhood, divorce, or separation (regardless of previous marital history). The category may also include couples who live together or people in common-law marriages if they consider this category the most appropriate. In certain tabulations, currently married people are further classified as "spouse present" or "spouse absent." In tabulations, unless otherwise specified, "now married" does not include same-sex married people even if the marriage was performed in a state issuing marriage certificates for same-sex couples.
Separated Includes people legally separated or otherwise absent from their spouse because of marital discord. Those without a final divorce decree are classified as "separated." This category also includes people who have been deserted or who have parted because they no longer want to live together, but who have not obtained a divorce.

**Median income -** The median income divides the income distribution into two equal groups, one having incomes above the median, and other having incomes below the median.

**Metropolitan Area** - A metro area contains a core urban area of 50,000 or more population. Each metro area consists of one or more counties and includes the counties containing the core urban area, as well as any adjacent counties that have a high degree of social and economic integration (as measured by commuting to work) with the urban core.

**Poverty:** The Census Bureau uses a set of money income thresholds that vary by family size and composition to determine who is in poverty. If the total income for a family or unrelated individual falls below the relevant poverty threshold, then the family (and every individual in it) or unrelated individual is considered in poverty. The poverty threshold (2020) for a person 65 and older is $12,413 and for two people (householder aged 65 and older) is $15,644.

**Race/Ethnicity:**  The Census Bureau collects racial data in accordance with guidelines provided by the U.S Office of Management and Budget. The data is based on self-identification in which residents choose the race or races with which they most closely identify. **Hispanic or Latino** refers to an ethnic category, a person of Cuban, Mexican, Puerto Rican, South or Central American or other Spanish culture or origin regardless of race.

**Rural**: All territory, population, and housing units located outside of urbanized areas and urban clusters.

**Urban**: For the 2010 Census, an urban area will comprise a densely settled core of census tracts and/or census blocks that meet minimum population density requirements, along with adjacent territory containing non-residential urban land uses as well as territory with low population density included to link outlying densely settled territory with the densely settled core.  To qualify as an urban area, the territory identified according to criteria must encompass at least 2,500 people, at least 1,500 of which reside outside institutional group quarters.

*Definitions of other terminology used in the report are available in the glossary of American Community Survey at:*
*http://factfinder.census.gov/home/en/epss/glossary_a.html*