

NC Department of Health and Human Services

North Carolina's Aging Population

Division of Aging and Adult Services

Aging Population In North Carolina

Population Estimates
and Projections

Socio-Economic
Characteristics

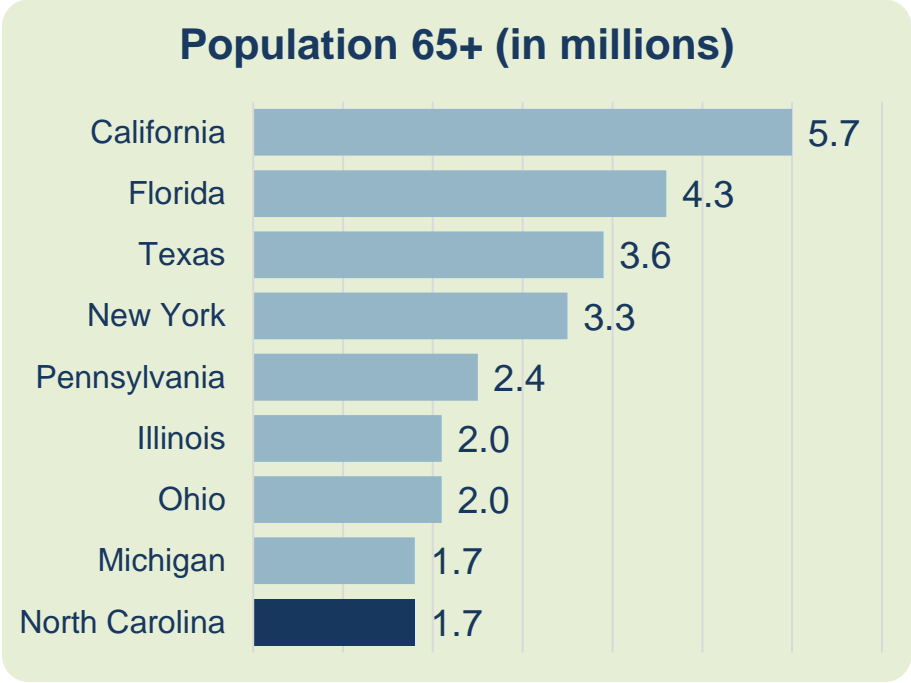
Health and Well-Being

Estimates & Projections

North Carolina's National Rankings

9th in total population

9th in population 65+



Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table B01001: Sex by Age.

Projected NC's Population 2021-2041

	2021		2041		% Change 2021-2041
Age	#	%	#	%	
Total	10,556,299		12,936,967		23%
0-17	2,257,066	21%	2,600,043	20%	15%
18-44	3,779,034	36%	4,457,480	35%	18%
45-59	2,046,769	19%	2,431,551	19%	19%
60+	2,473,430	23%	3,447,893	27%	39%
65+	1,817,132	17%	2,715,844	21%	50%
85+	197,946	2%	422,918	3%	114%

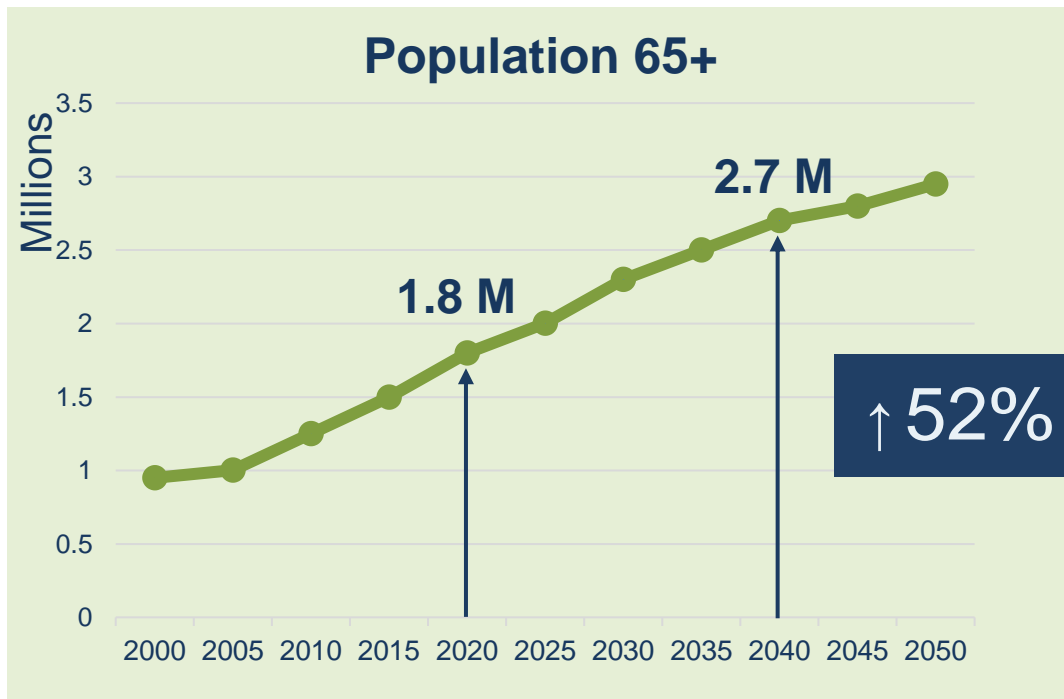
Source: NC Office of State Budget and Management, Standard Population Estimates, 2021; Population Projections, Vintage 2041,
www.osbm.nc.gov/facts-figures/population-demographics

Growth of Aging Population

2021: 1 in 6 were 65+
2024: 1 in 5 will be 65+
By 2031
More 65+ than under 18

Causes

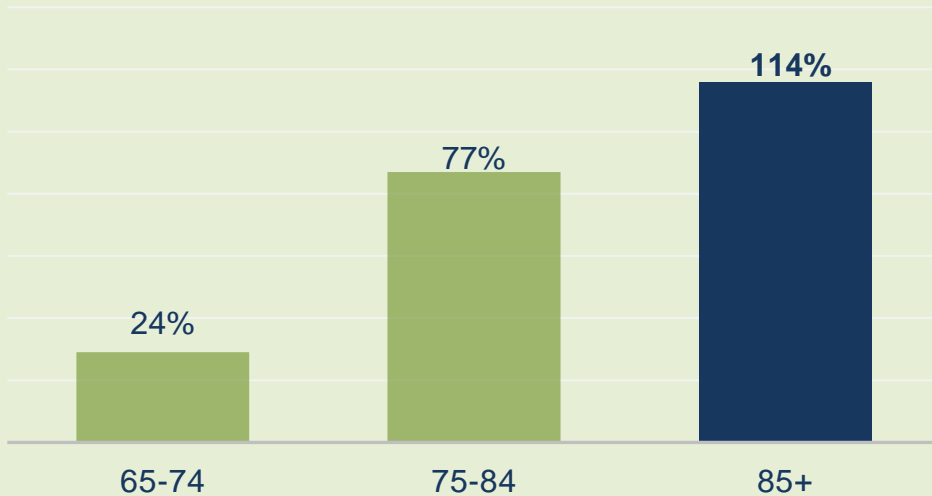
Aging baby boomers
Low fertility rates
Increased longevity
Migration



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041,
www.osbm.nc.gov/facts-figures/population-demographics

Fastest Growth in Next 20 Years: 85 and Older

Projected Population Change Next 20 Years



IMPACTS

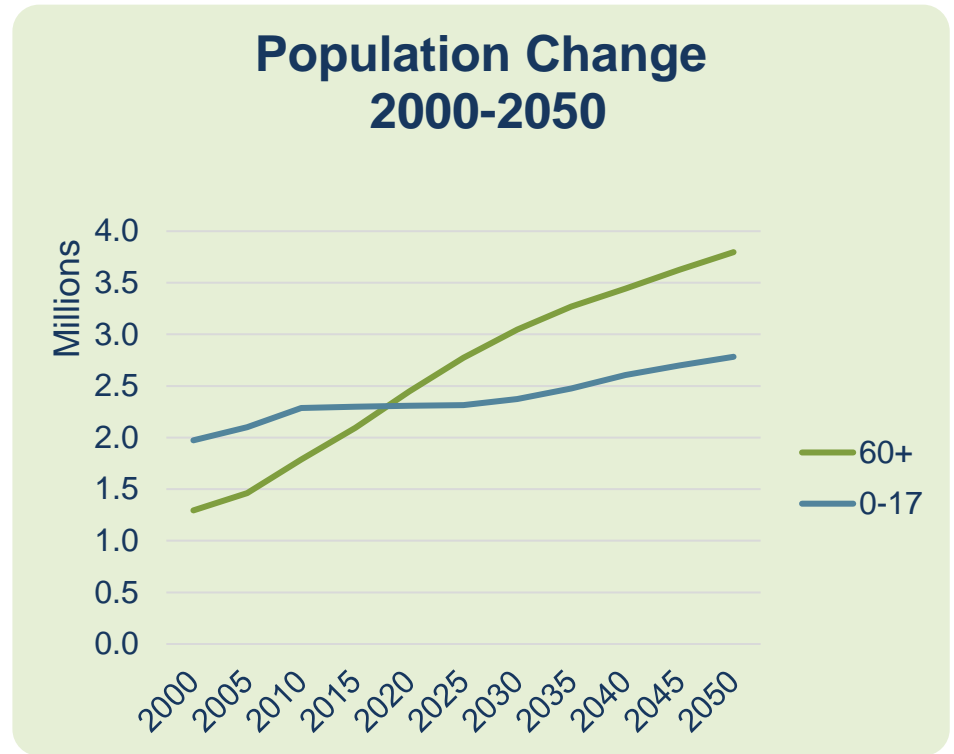
- Increased prevalence of functional limitations, frailty, chronic diseases
- More demand for long-term supports and services

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041, www.osbm.nc.gov/facts-figures/population-demographics

Shifting Demographics

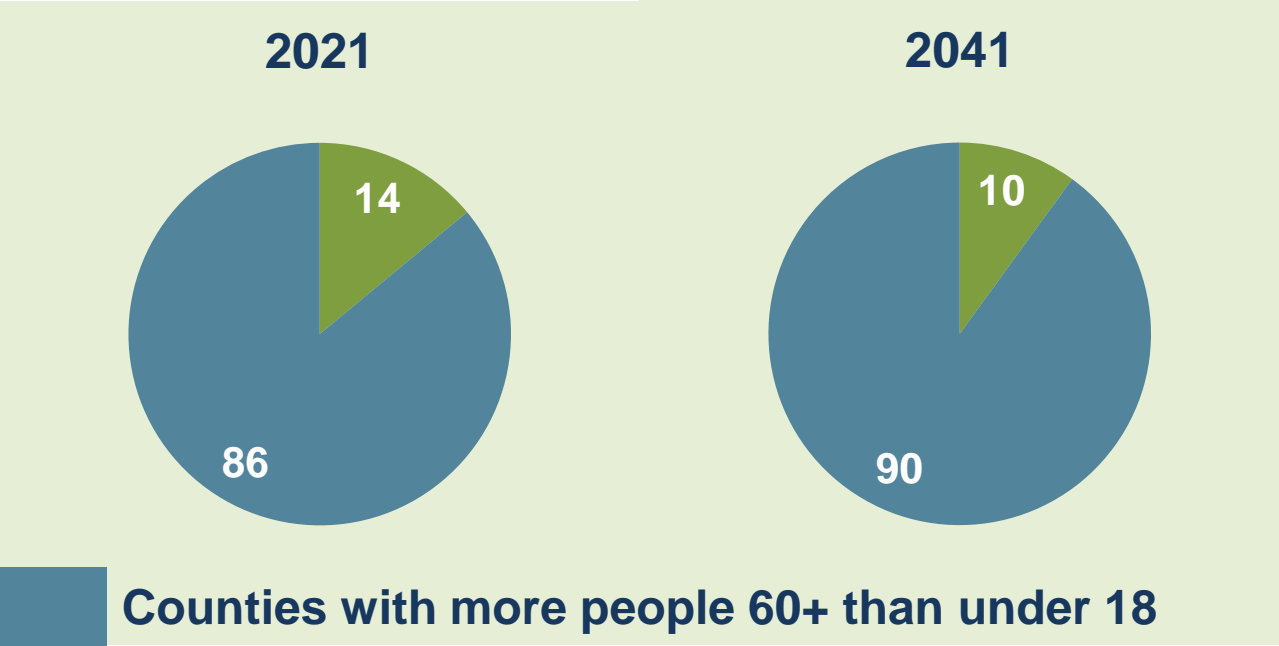
NC has more people 60+ than under 18

In 2021: 86 counties with more 60+ than under 18; 90 counties by 2041



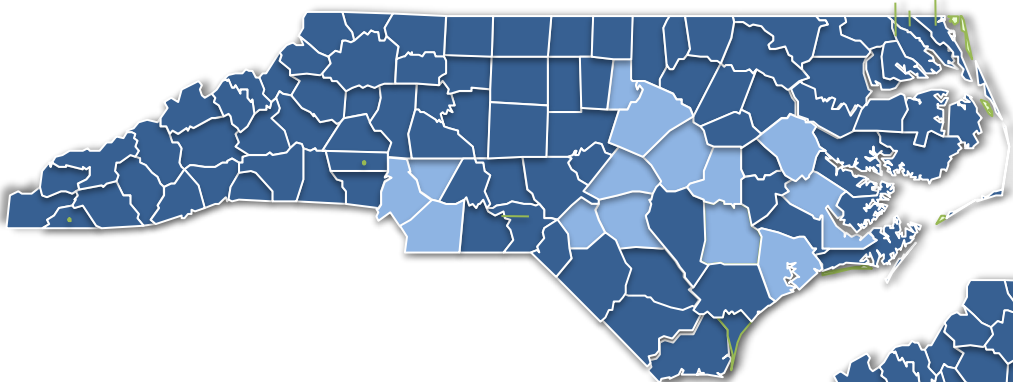
Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041, www.osbm.nc.gov/facts-figures/population-demographics

Shifting Demographics, 60+, 2021-2041

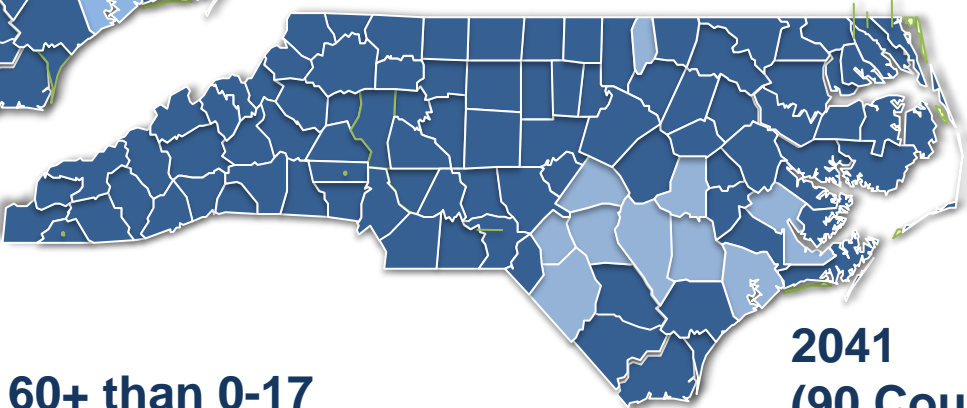


Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041, www.osbm.nc.gov/facts-figures/population-demographics

Shifting Demographics, 60+, 2021-2041



**2021
(86 Counties)**

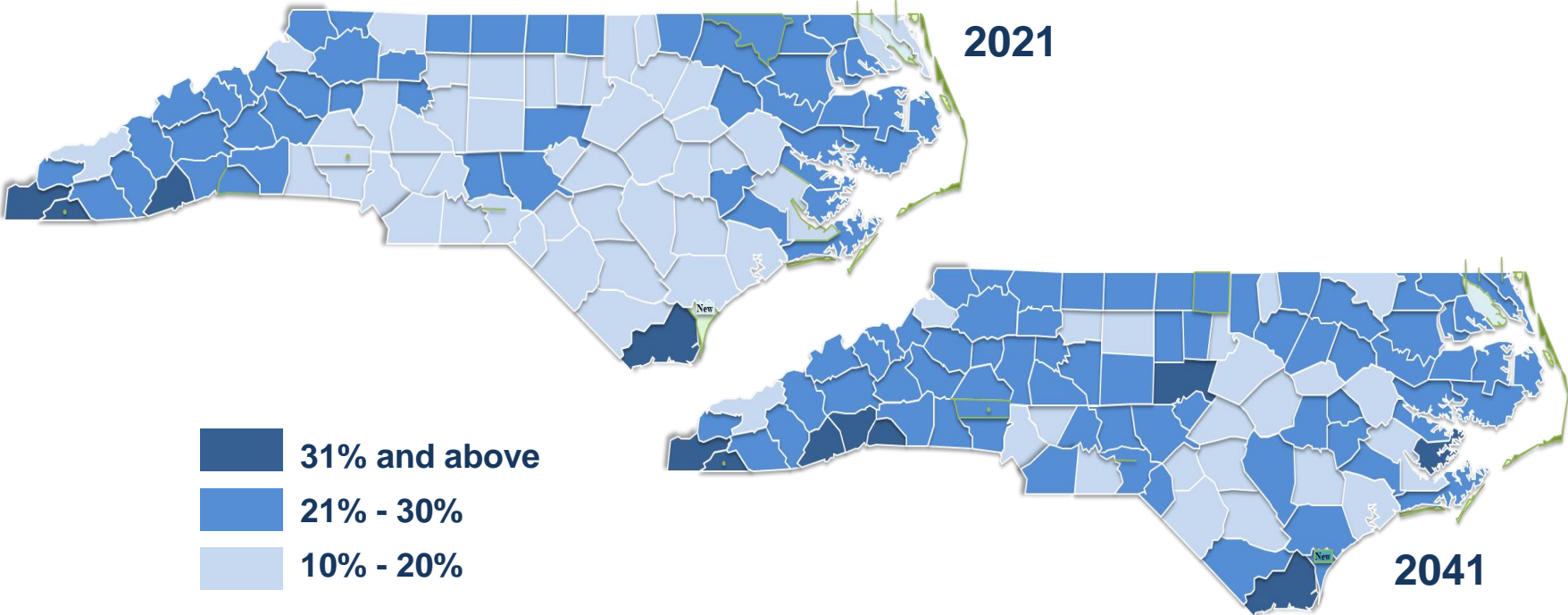


**2041
(90 Counties)**

 **More people ages 60+ than 0-17**

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041, <https://www.osbm.nc.gov/facts-figures/population-demographics>

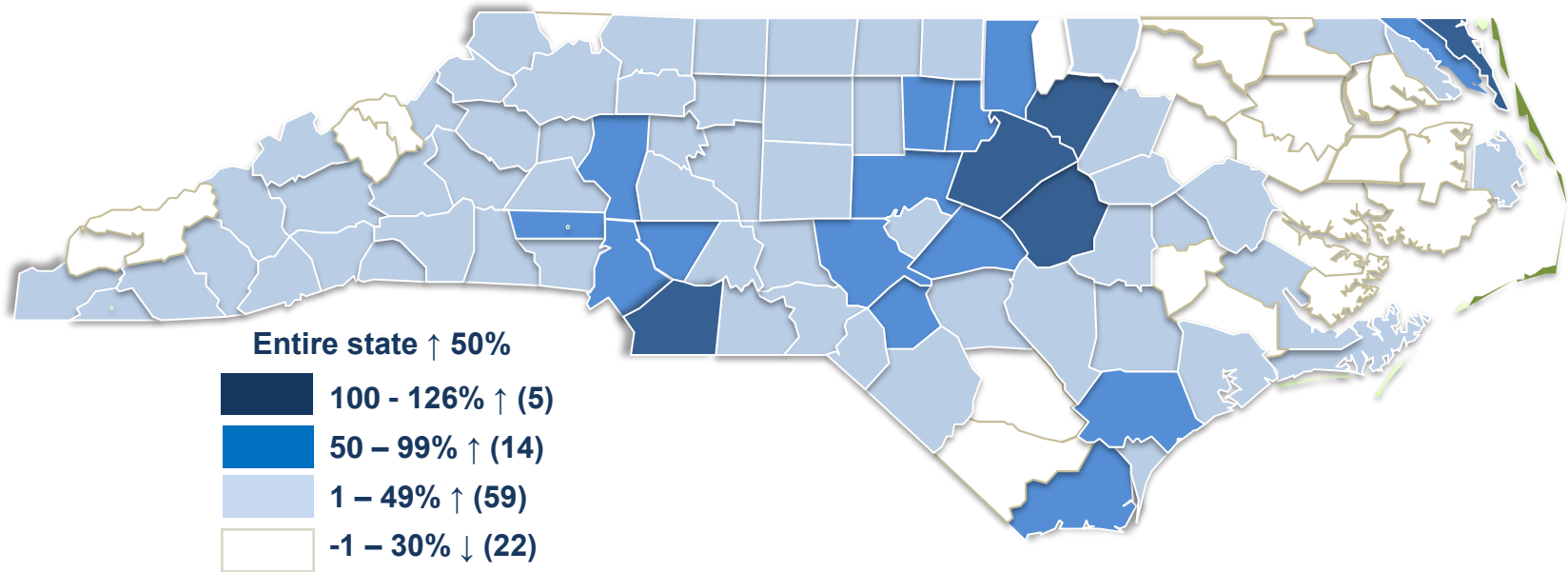
Increasing 65+ Population, 2021-2041



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041, <https://www.osbm.nc.gov/facts-figures/population-demographics>

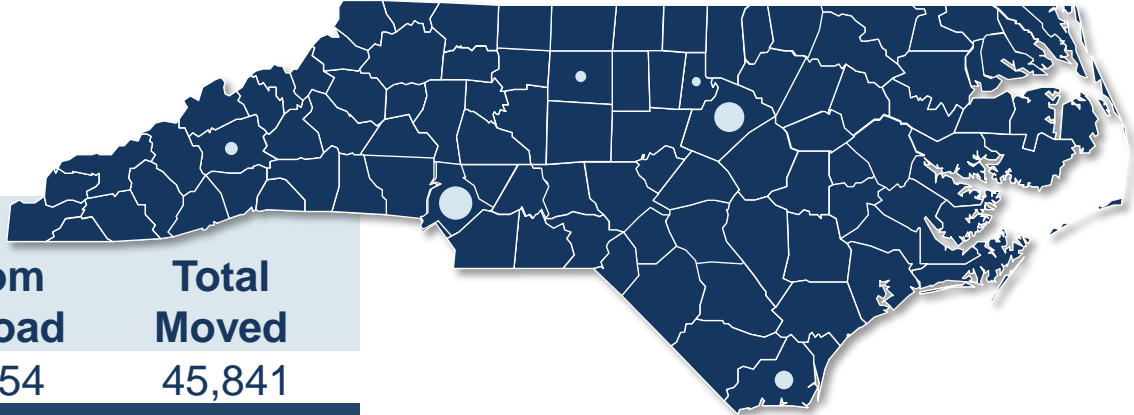
Projected Change in Population 65+ (2021 to 2041)

Many rural counties expected to decline due to out-migration of younger people and natural decrease of older adult population



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2021; Population Projections, Vintage 2041
www.osbm.nc.gov/facts-figures/population-demographics

In-Migration of People 60+ to Metropolitan Areas

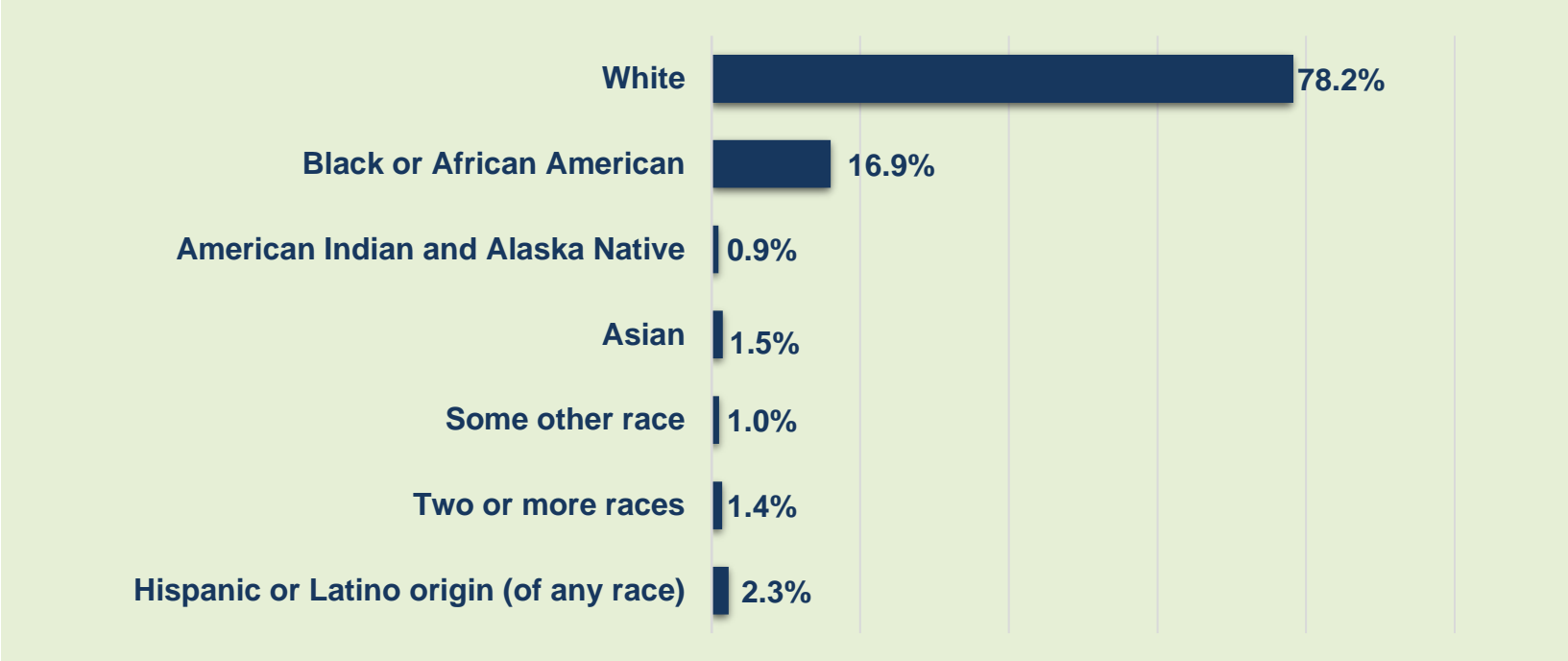


Destination	From Another State	From Abroad	Total Moved
North Carolina	41,287	4,554	45,841
Mecklenburg	4,915	753	5,668
Wake	4,444	597	5,041
Brunswick	1,952	35	1,987
Buncombe	1,586	76	1,662
Guilford	1,489	148	1,637
Durham	1,455	124	1,579

Source: U.S. Census Bureau, American Community Survey 2021, 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, 2021

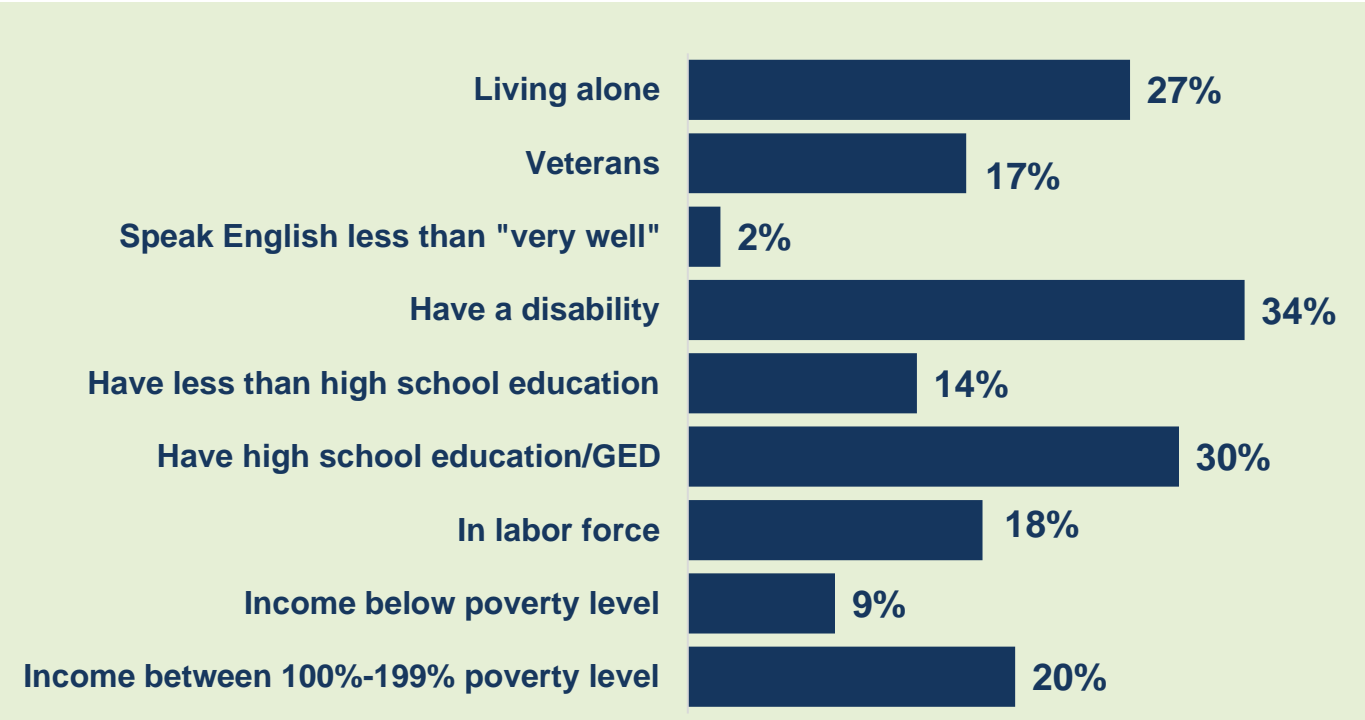
Race/Ethnicity of 65+



* As % of population 65 and older

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S0103: Population 65 and over, <https://data.census.gov/cedsci/>

Characteristics of Adults 65 and Older



*As % of population 65 and older

Older adults living alone at risk of social isolation, loneliness and poor health outcomes

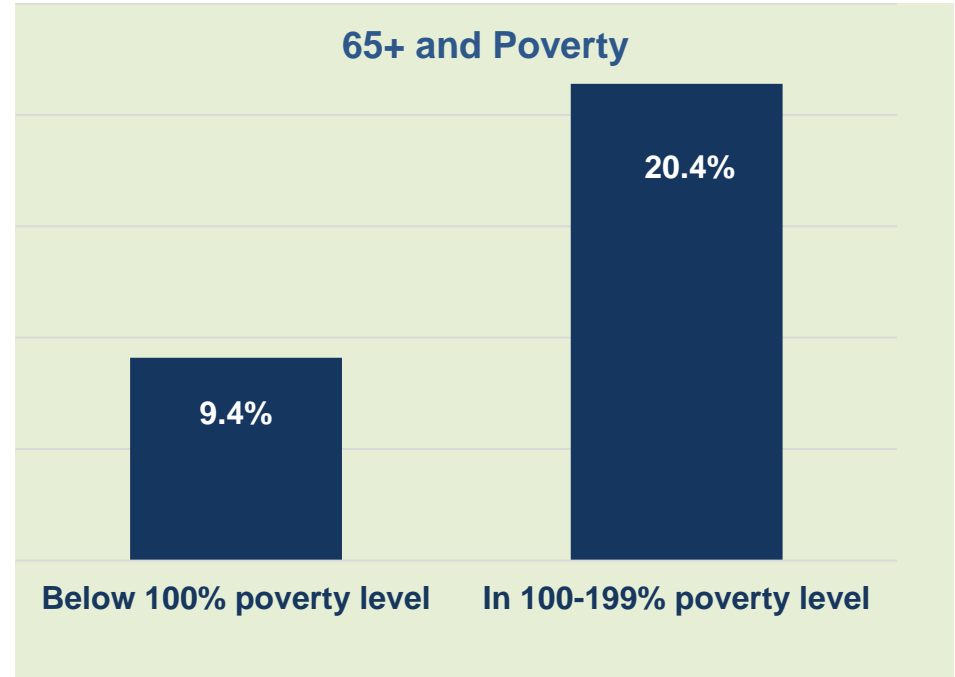
Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S0103: Population 65 and over; B09020: Relationship by household type (including living alone) for population 65 and over, <https://data.census.gov/cedsci/>

Poverty Levels, 65+

Nearly 1 of 10 adults 65+ live below poverty*

- \$12,996 for individuals aged 65+
- \$16,400 per household of two people with householder aged 65+

Older American Act services provide important safety net for older adults below and near poverty and help older adults remain in their homes

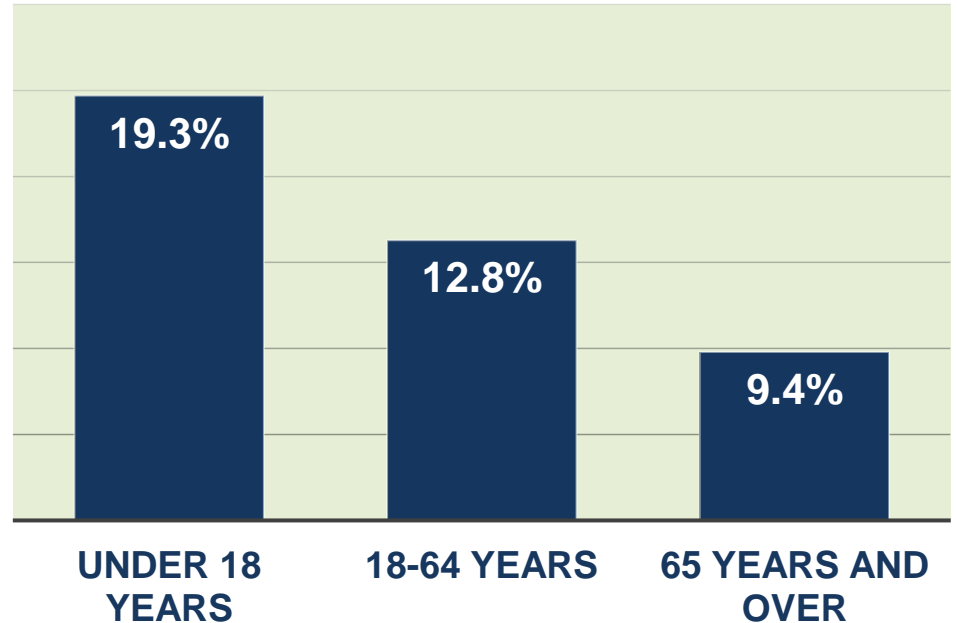


Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table B17024: Age by ratio of income to poverty level in the past 12 months, <https://data.census.gov/cedsci/>. *Based on 2021 census poverty threshold

Poverty Levels, 65+

Adults 65+ experience lower poverty rates compared to other age groups

Federal programs such as **Medicare, Social Security and Supplemental Security Income** critical to enhancing economic security and reducing poverty rates



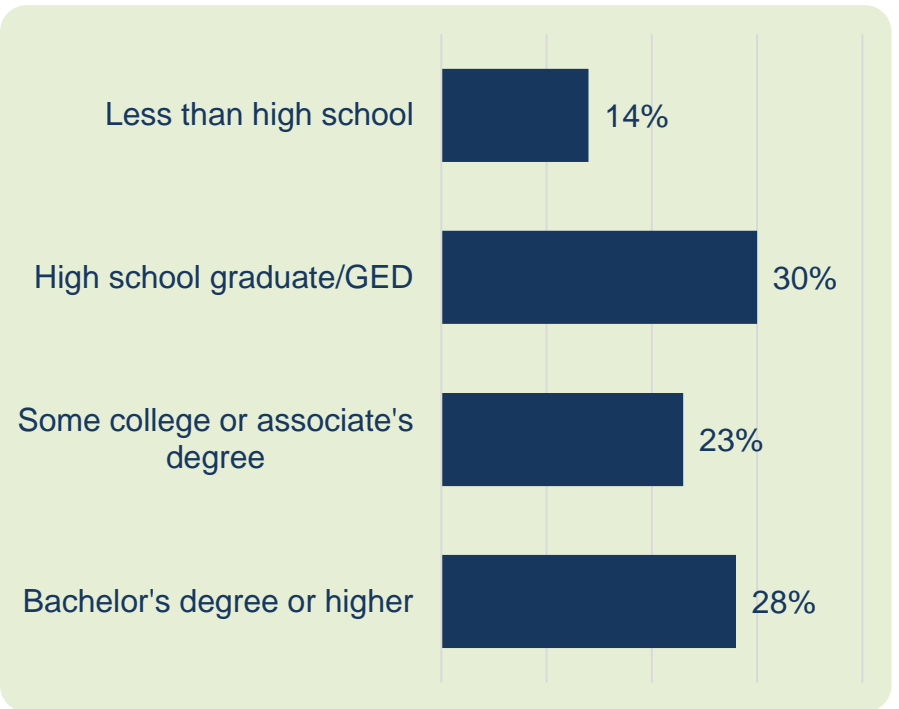
** As a % of age group*

Source: U.S. Census Bureau, American Community Survey 2021, 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/>

Education Level of 65+

Educational levels among 65+ **have risen** in past decade

Higher educational levels associated with higher incomes and **better health outcomes**



* As % of population 65 and older

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S0103: Population 65 and over, <https://data.census.gov/cedsci/>

Labor Force Participation, 65+

Participation rate among 65+ increased from 15% in 2010 to 17% in 2021

People are working longer due to:

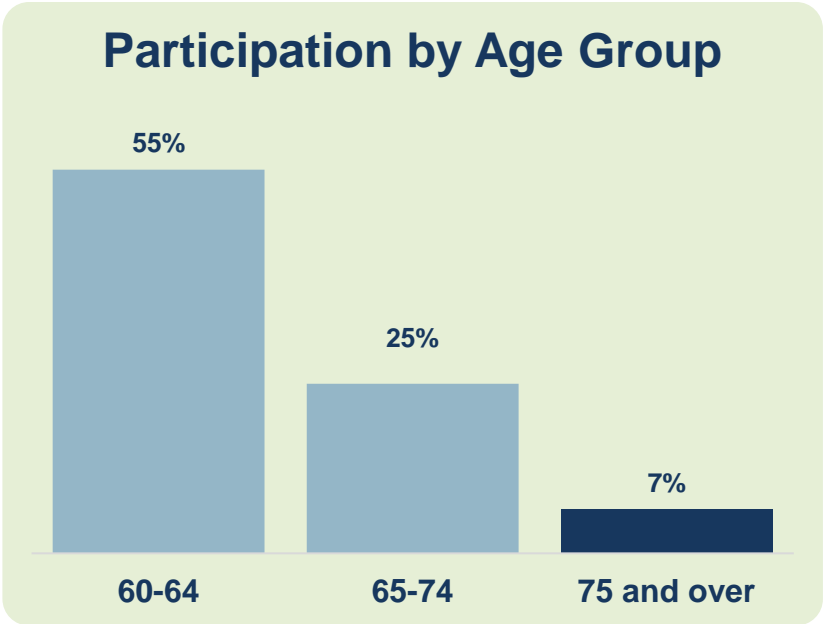
- Sense of purpose
- Being engaged
- Financial responsibilities
- Living longer
- Healthier

In labor force	17.6%
Employed	17.0%
Seeking Employment	0.6%
As percent of total civilian labor force	3.2%
Not in labor force	82.4%

** As % of population 65 and older*

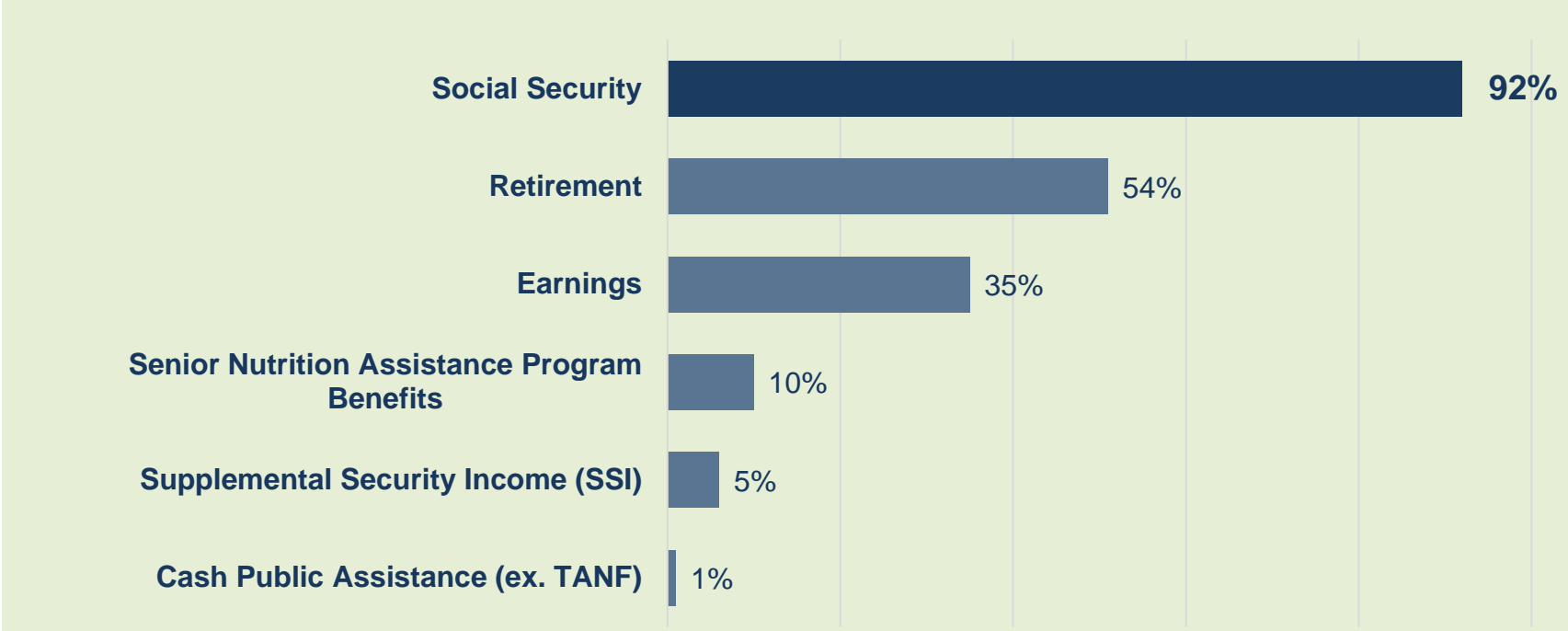
Source: U.S. Census Bureau, American Community Survey 2021 5-year estimates. Table S0103: Population 65 and over, <https://data.census.gov/cedsci/>

Labor Force Participation



Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S2301: Employment status, <https://data.census.gov/cedsci>; American’s aging workforce: Opportunities and Challenges. www.congress.gov/115/crpt/srpt191/CRPT-115srpt191.pdf

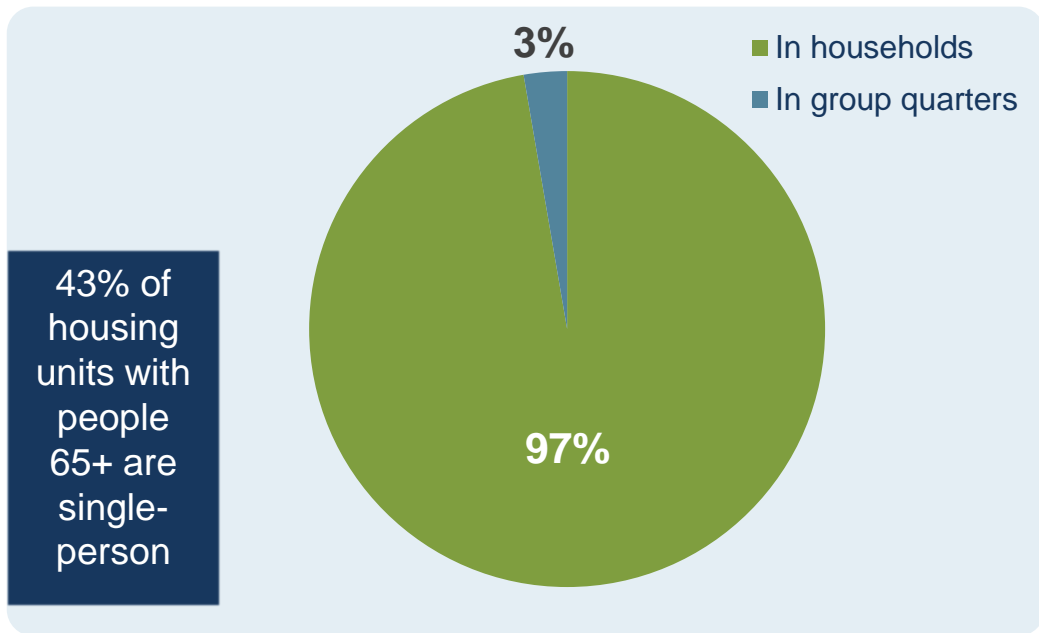
Sources of Income, 65+



* As % of population 65 and older

Source: U. S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S0103: Population 65 and over, <https://data.census.gov/cedsci/>

Housing, 65+



**As % of population 65 and older*

Aging in place requires livable communities, home modifications, transportation, access to services, health care, and social engagement

Aging population increases demand for home and community-based services

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Tables S0103; B09020: Relationship by household type (including living alone) for population 65 and over, <https://data.census.gov/cedsci/>

Women Disproportionately in Group Quarters, 65+

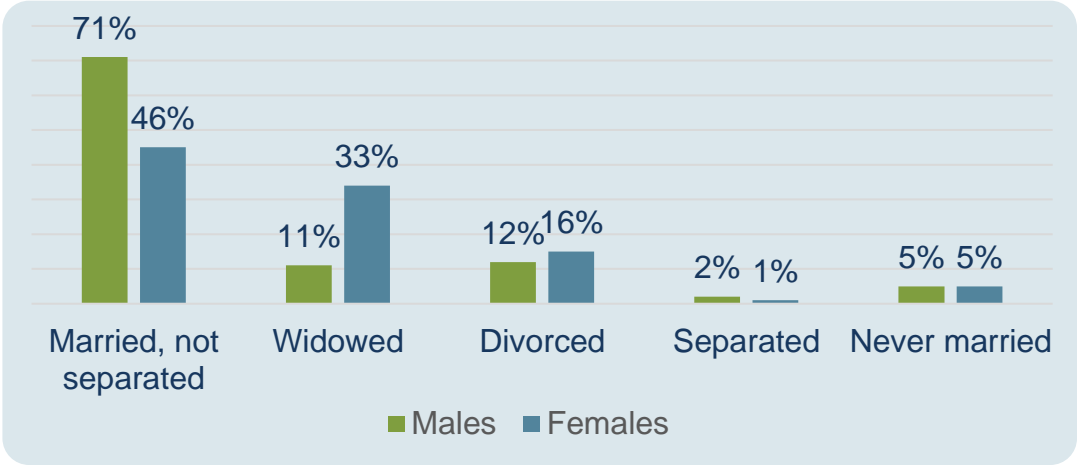
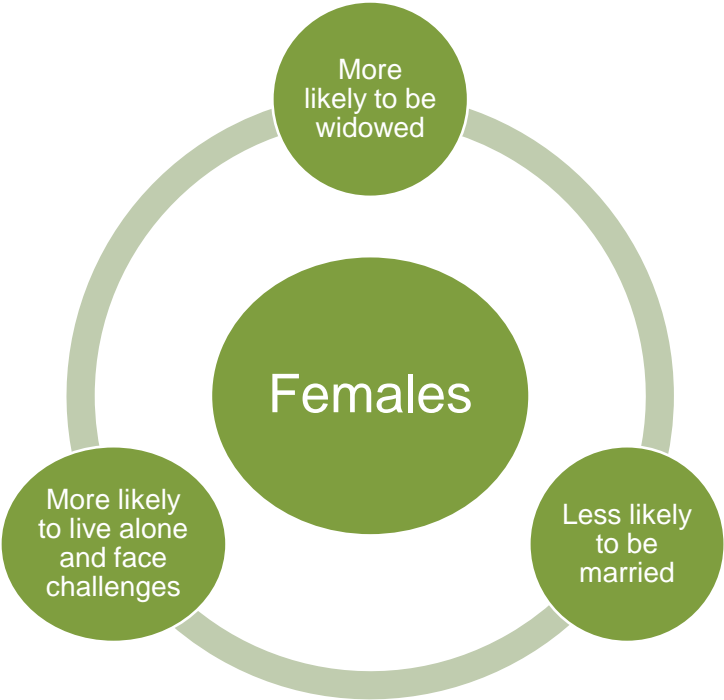
	Total 65+	Institutionalized	Noninstitutionalized
Total	43,515	39,486	4,029
Female	65%	66%	50%

**As % of population 65 and older in group quarters*



Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S2601A: Characteristics of group quarters population, <https://data.census.gov/cedsci/>

Marital Status, 65+



**As % of population 65 and over*

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S1201. Marital Status, <https://data.census.gov/cedsci/>

Grandparents Raising Grandchildren Under 18 Years

45% are 60+; of these:

59% are women

61% are white

30% are black or African American

31% have disability

38% are in labor force

19% live below poverty

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table S1002: Grandparents, <https://data.census.gov/cedsci/>

Health & Well-Being

Health Characteristics, 65+

34% have disability

83% have one or more chronic diseases

70% had adult flu shot/spray in past 12 months

75% ever had pneumonia shot

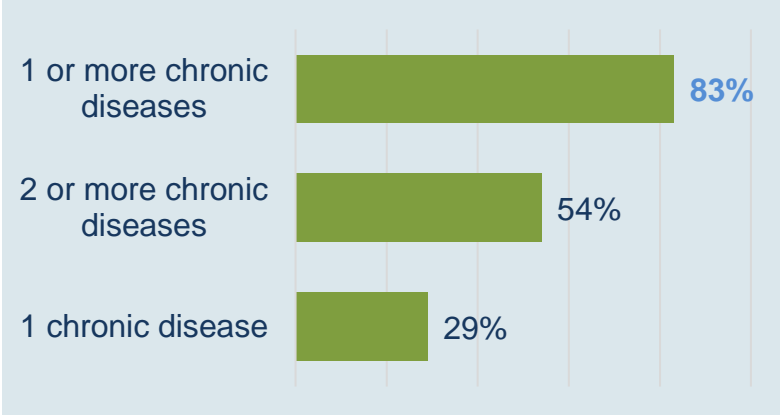
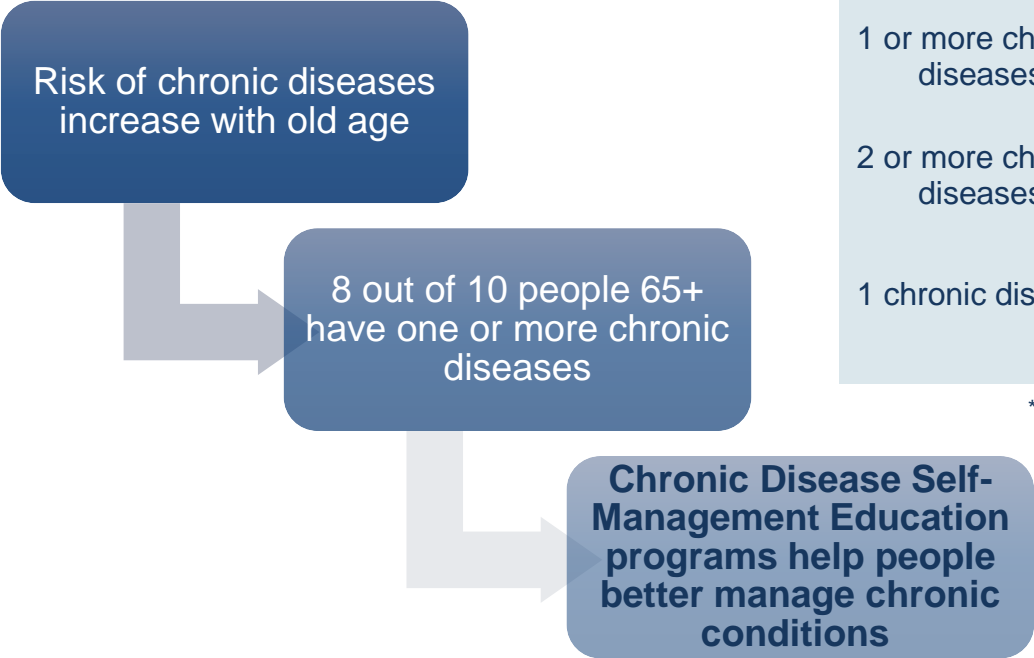
72% exercised in past 30 days

7% self-reported poor health

**As % of population 65 and older*

Source: U.S. Census Bureau, American Community Survey 2021, 5-year estimates. Table C18018: Age by number of disabilities, <https://data.census.gov/cedsci/>; NC State Center for Health Statistics. BRFSS 2021 survey results, <https://schs.dph.ncdhhs.gov/data/brfss/survey.htm>

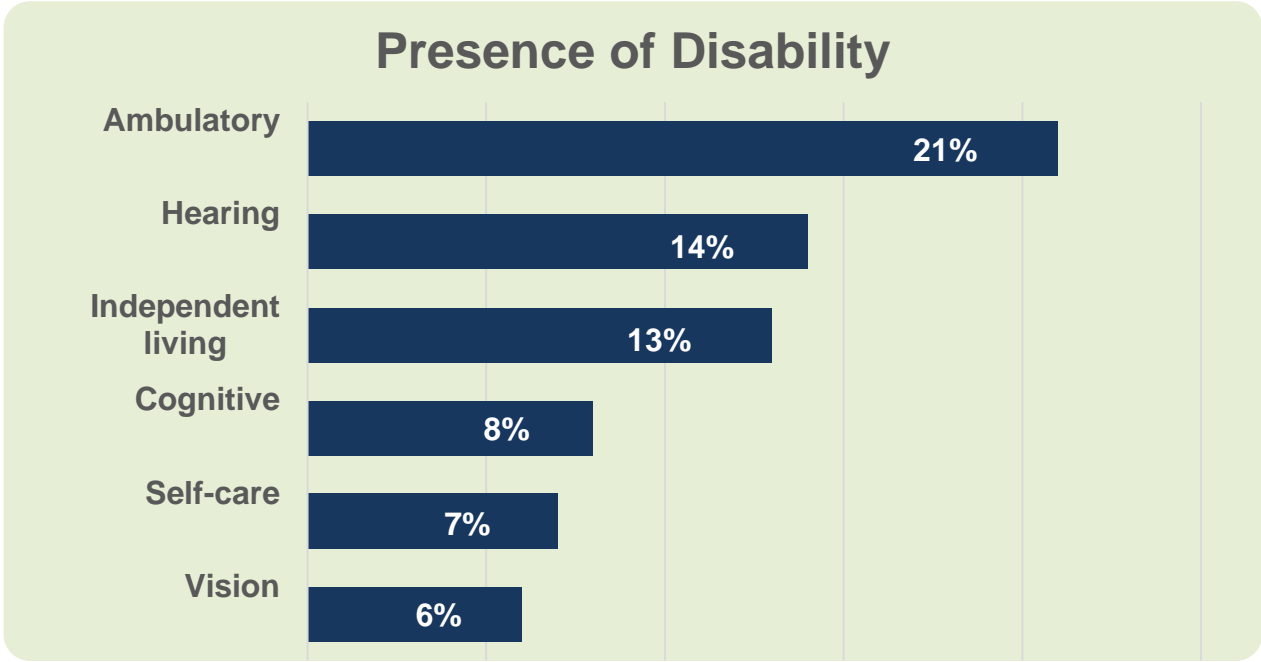
Chronic Diseases and Aging



**As % of population 65 and older*

Source: NC State Center for Health Statistics. Behavioral Risk Factor Surveillance System (BRFSS) 2021 survey results, <https://schs.dph.ncdhhs.gov/data/brfss/survey.htm>

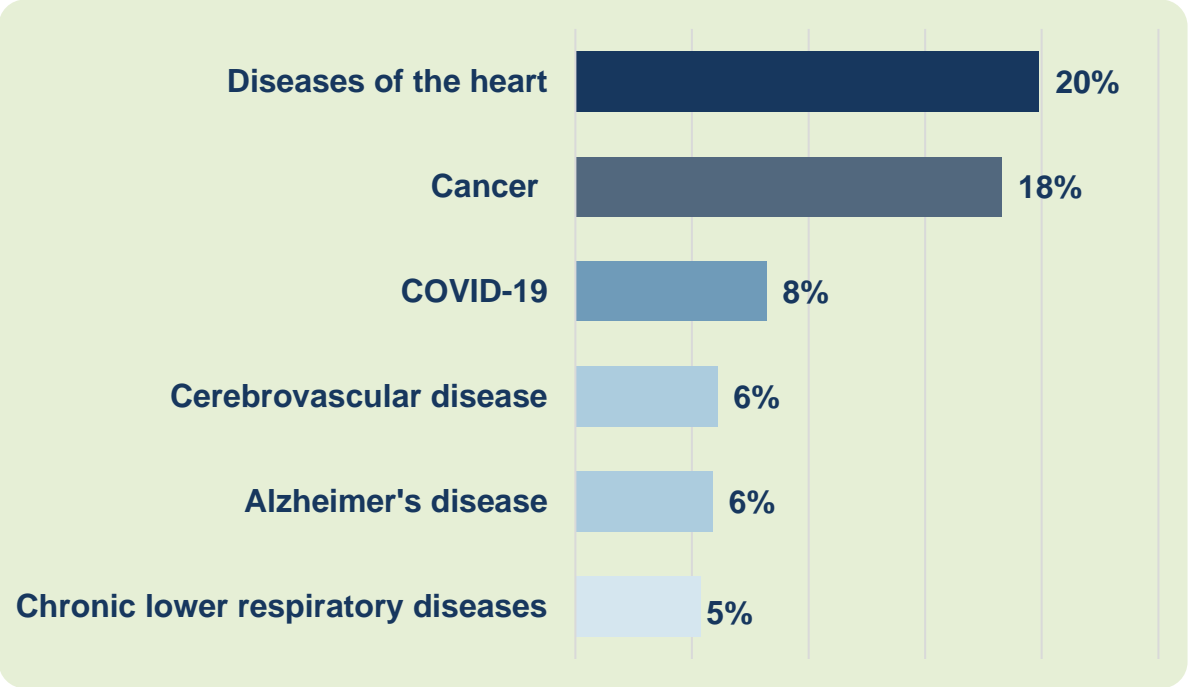
Disability Status, 65+



**As % of population 65 and older. Civilian non-institutionalized population only.*

Source: U.S. Census Bureau, American Community Survey 2021 5-year estimates. Table S1810: Disability Characteristics, <https://data.census.gov/cedsci/>; www.ncbi.nlm.nih.gov/pmc/articles/PMC6873710/

Leading Causes of Death, 65+, 2021



**As % of total deaths among population 65 and over*

Physical activity, engagement, proper nutrition, clinical preventive services **promote health**

Source: NC State Center for Health Statistics, Leading Causes of Death, <https://schs.dph.ncdhhs.gov/interactive/query/lcd/lcd.cfm>; www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm

NC Caregivers*, All Ages (2021)

358,000
Number of
caregivers

517 Million
Total hours of unpaid
care

\$7.3 Billion
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-2022.pdf>. *A caregiver is a person who tends to the needs or concerns of a person with short- or long-term limitations due to illness, injury or disability.

BRFSS Survey Responses of NC Caregivers, 65+

17% provided regular care/assistance to friend/family member with health problem/disability during past 30 days

38% provided care for more than 5 years

48% provided weekly care up to 8 hours and 30% for 40+ hours

28% cared for people with disabilities; 31% for people with hypertension, diabetes and organ failure/disease; 16% for people with dementia and other cognitive impairment

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2021 According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2021

BRFSS Survey Responses of NC Caregivers, 65+

48% managed care recipient's personal care; 75% managed personal tasks

79% of care recipients were 65+

17% provided care to parent/parent-in-law; 14% to child/grandchild; 38% to spouse (include in-law); 17% to grandparent/other relative; 14% to non-relative

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2021 According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2021

Caregiving in NC (2021)

Need for caregivers significantly increases as population ages



Caregiving is rewarding but caregivers are at risk of increased stress, depression, and poor health outcomes



Family Caregiver Supports provides needed supports and services to caregivers

Family Caregiver Support Program	Lifespan Respite	Project CARE	Truanta NC Caregiver Platform
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Source: <https://www.ncdhhs.gov/assistance/adult-services/family-caregiver-support>

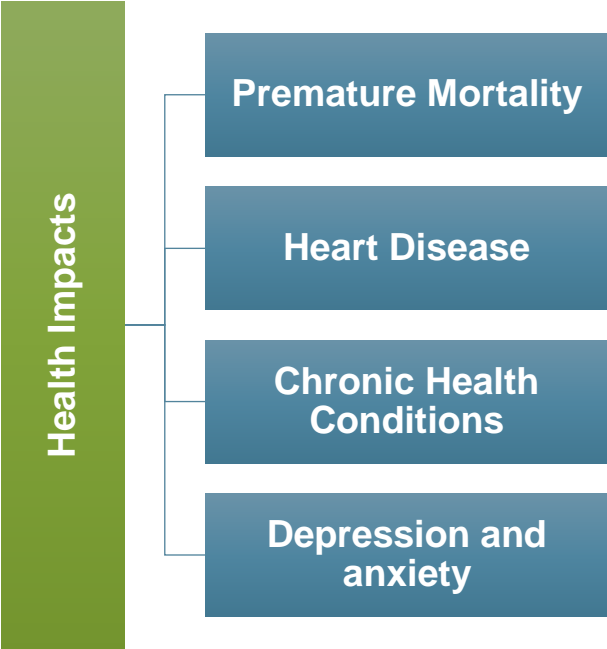
Social Isolation and Loneliness

Associated with poor health outcomes and increased Medicare spending

27% of those 65+ live alone

~43% of those 65+ are unmarried (widowed, never married or divorced)

Many aging services address isolation and promote well-being



Source: www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks U.S. Census Bureau, American Community Survey 2021, 5-year estimates .09020: Relationship by household type (including living alone) for population 65 and over. Table S1201. Marital Status, <https://data.census.gov/cedsci/> Note: Social isolation is the objective physical separation from other people (living alone), while loneliness is the subjective feeling of being alone or separated.

Older Adults and Civic Engagement: AmeriCorps Seniors Programs in North Carolina, 2021

Members and Volunteers

Prepare students for jobs

Help those impacted by COVID-19

Connect veterans to services

Fight opioid epidemic

Help seniors live independently

Rebuild communities after disasters

Lead conservation and climate change efforts

Source: National Service in North Carolina https://americorps.gov/sites/default/files/upload/state_profiles/pdf_2022/NC%20Combined.pdf

Older Adults and Civic Engagement:

AmeriCorps Seniors Programs in North Carolina, 55+, 2021

NC Foster Grandparents
served **1,950+** young
people with special needs

NC Seniors
Companions provided
independent living
support to **670+**
individuals

Source: National Service in North Carolina https://americorps.gov/sites/default/files/upload/state_profiles/pdf_2022/NC%20Combined.pdf

Benefits Reported After Volunteering One Year

Decreased
anxiety and
depression

Decreased
loneliness and
social isolation

Enhanced
physical
activity

Higher life
satisfaction

Senior volunteers reap health benefits, American Association for Retired Persons www.aarp.org/health/healthy-living/info-2017/health-benefits-volunteering-seniors-fd.html

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.

- **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

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 people, 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 people 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.

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

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.