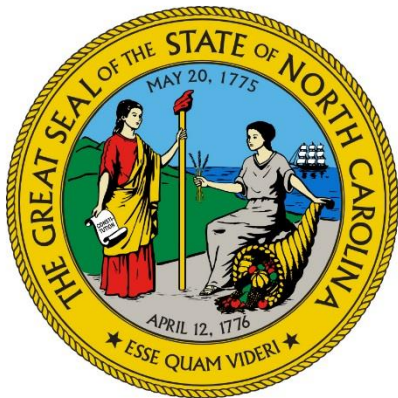


NC Department of Health and Human Services

# North Carolina's Aging Population



Division of Aging and Adult Services

2019

# Aging Population In North Carolina

## Overview:

- Population estimates and projections
- Race/Ethnicity
- Socio-economic characteristics
- Health and well-being

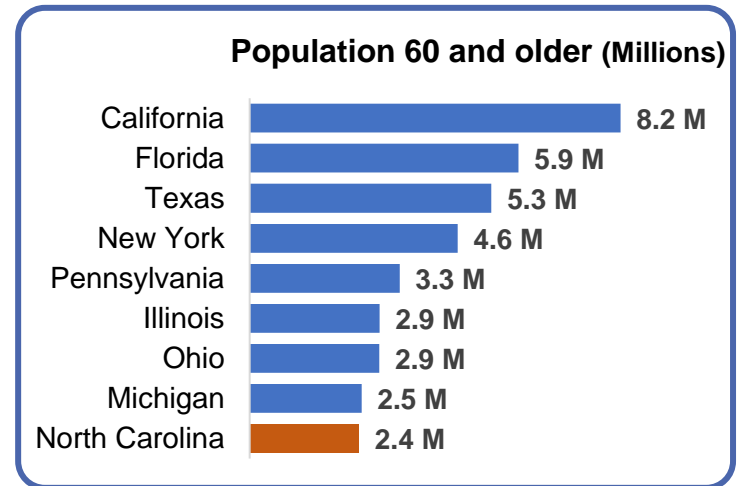
# Nationally, North Carolina ranks:

**9<sup>th</sup>** in **total** population

**9<sup>th</sup>** in population **60** and older

**9<sup>th</sup>** in population **65** and older

**10<sup>th</sup>** in population **85** and older



Source: American Community Survey 2019, one year estimate. Table B01001: Sex by Age

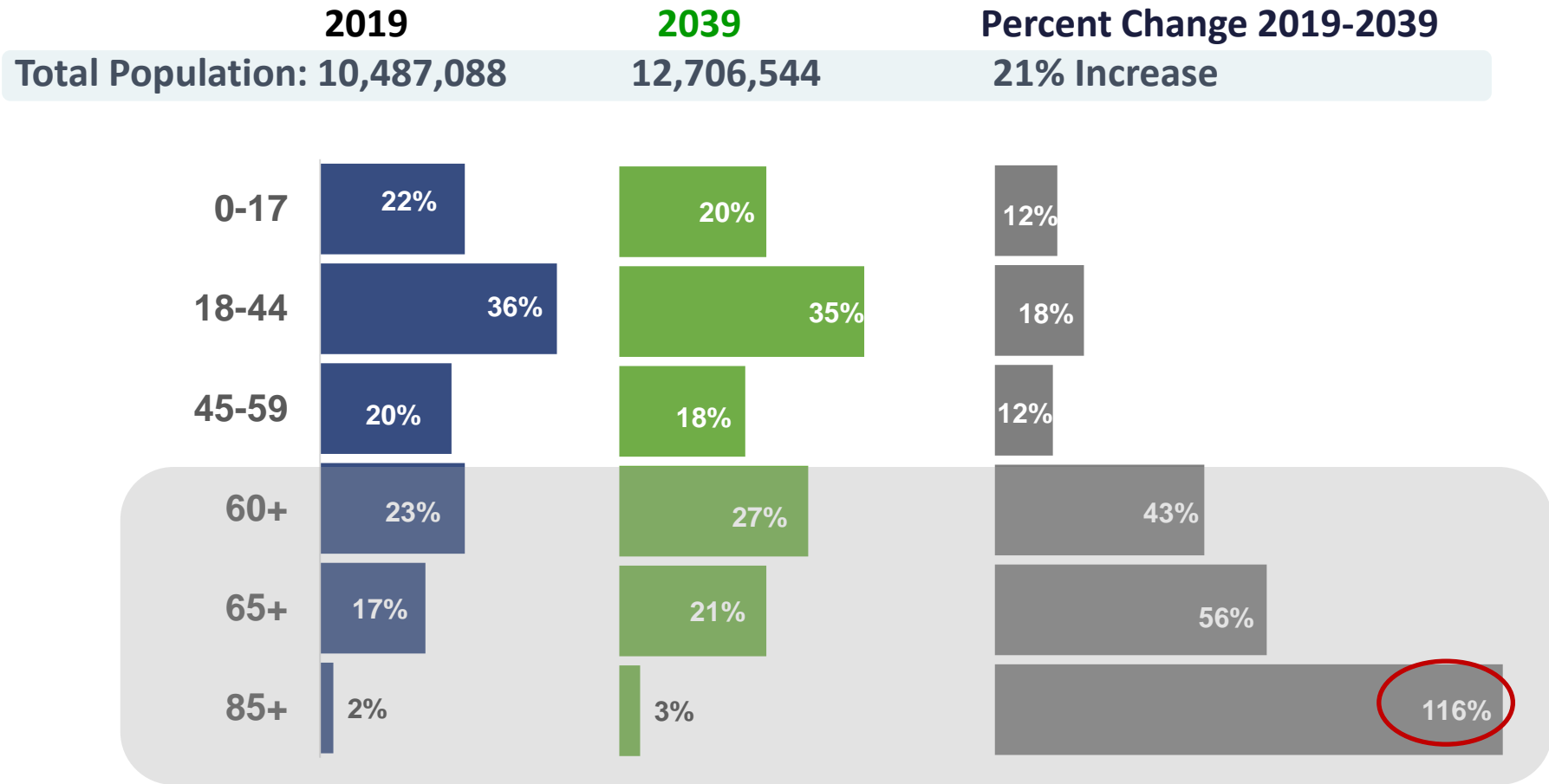
# Projected NC's Population 2019-2039

Age	2019		2039		% Change 2019-2039
	#	%	#	%	
Total	10,487,088		12,706,544		21%
0-17	2,309,948	22%	2,579,712	20%	12%
18-44	3,720,591	36%	4,395,245	35%	18%
45-59	2,074,591	20%	2,326,862	18%	12%
60+	2,382,240	23%	3,404,725	27%	43%
65+	1,735,619	17%	2,705,349	21%	56%
85+	190,083	2%	410,591	3%	116%

The proportion of population 60 and older will increase in the next 20 years

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Population 85 and older will have the fastest growth in the next 20 years

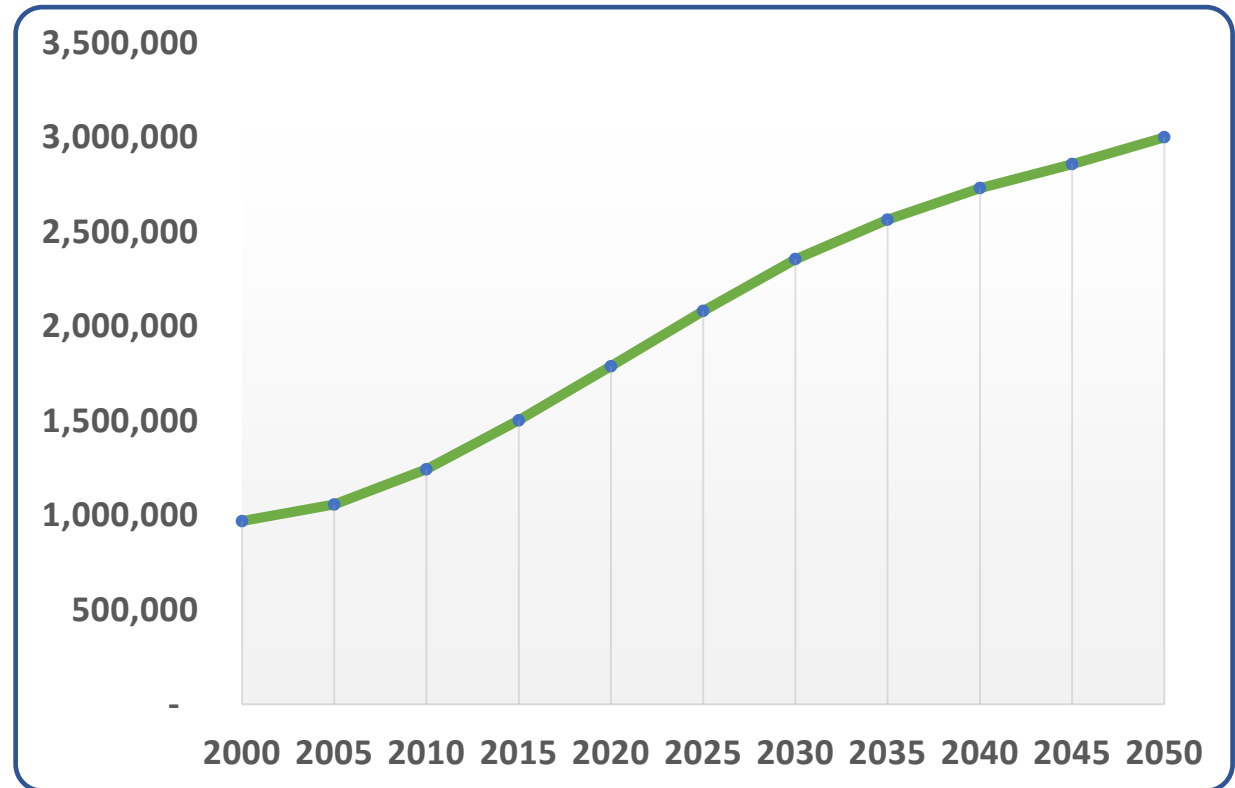


Source: NC State Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Population 65 and older will increase as baby boomers age

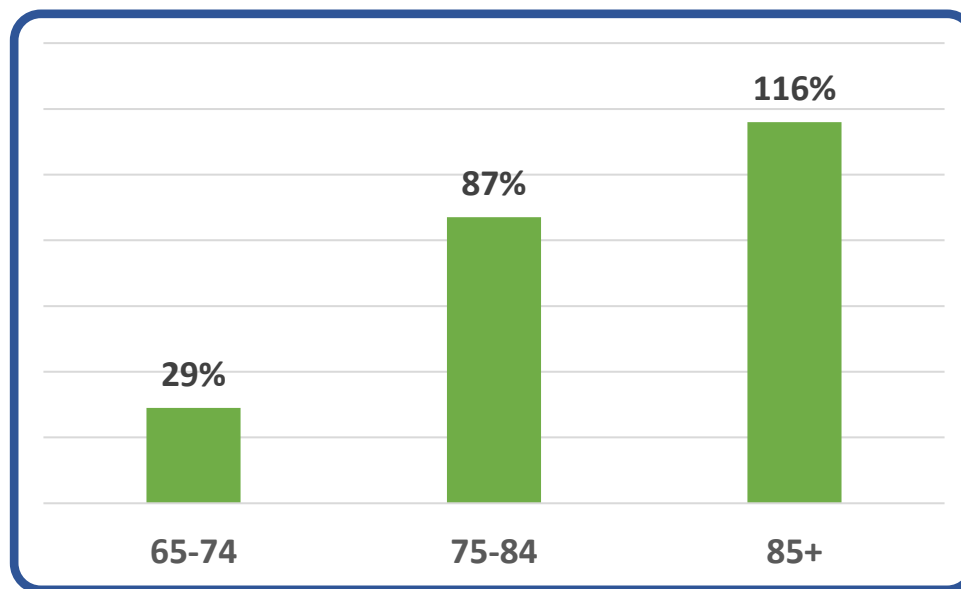
It is projected that:

- By **2028**, **one** in **five** people will be **65 and older**
- By **2031**, there will be **more people 65+** than children **age 0 to 17**



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Projected growth of population 65 and older by age group between 2019-2039

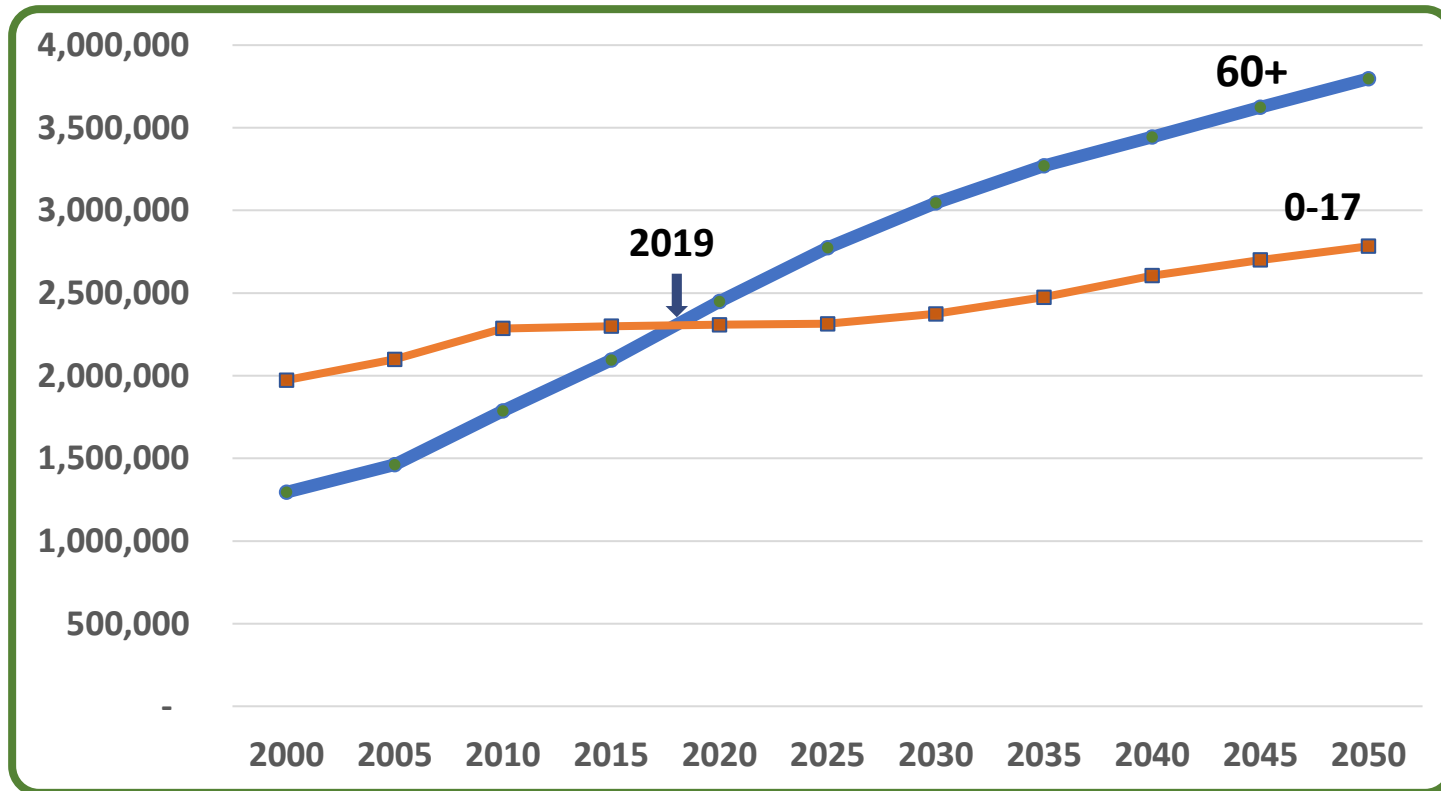


\*As a % of age group

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 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

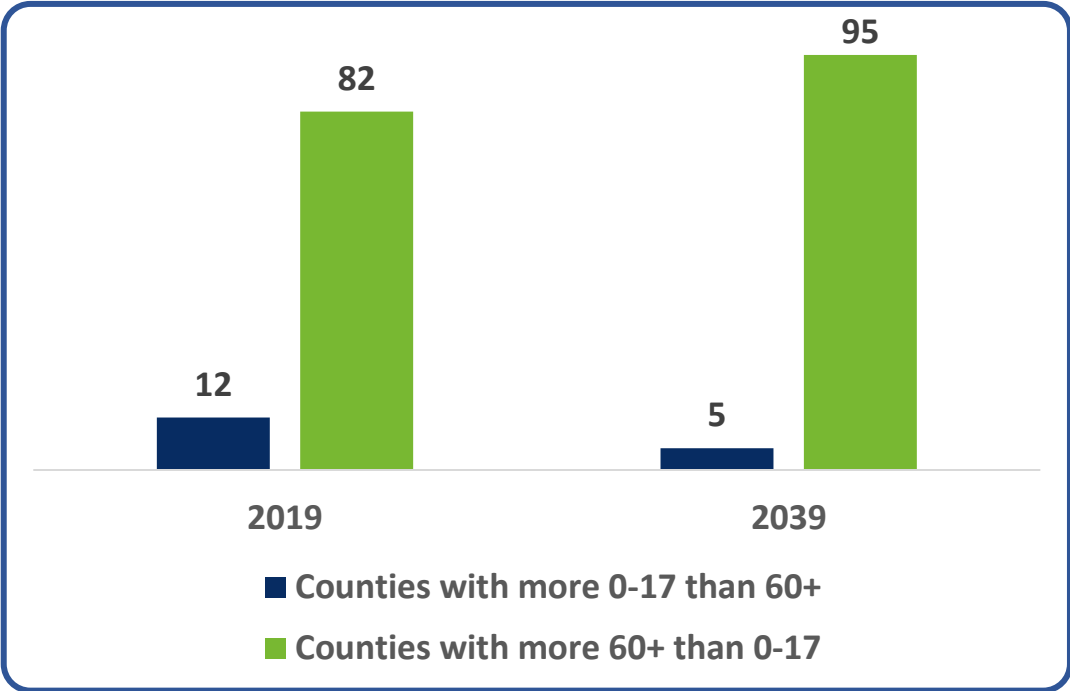
# The state has more adults 60 and older than children under age 18



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>



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

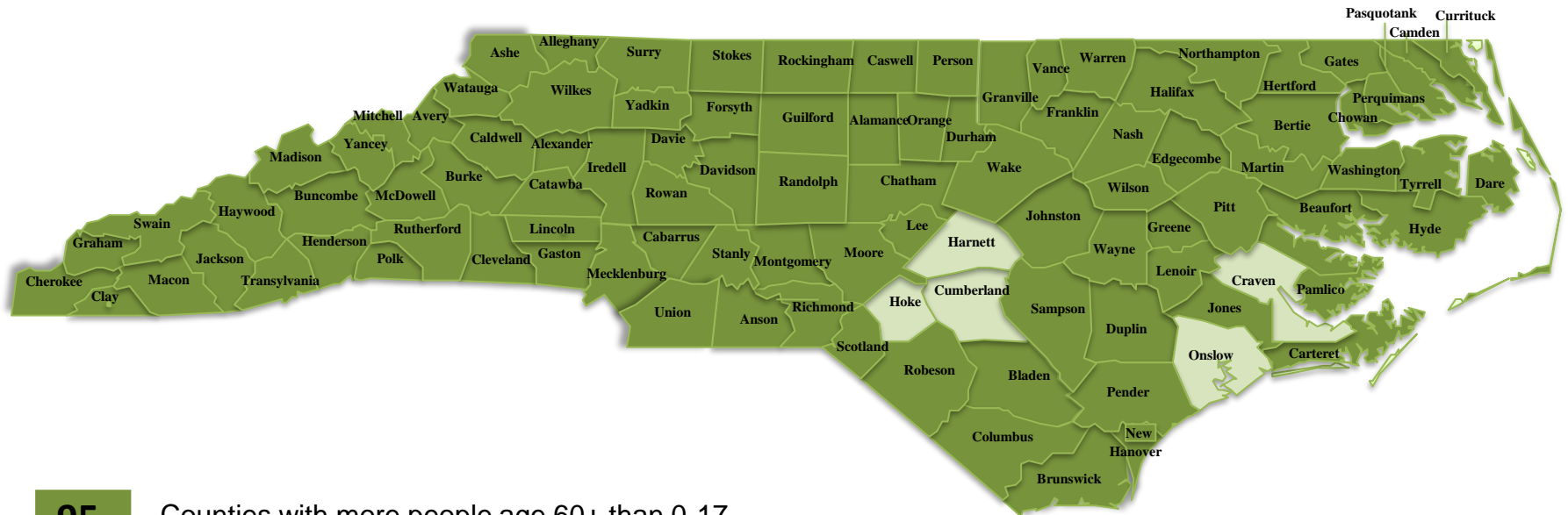


By 2025, **89** counties will have **more people 60 and over** than age under 18

Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>



# Counties with more people age 60 and older than 0-17, 2039

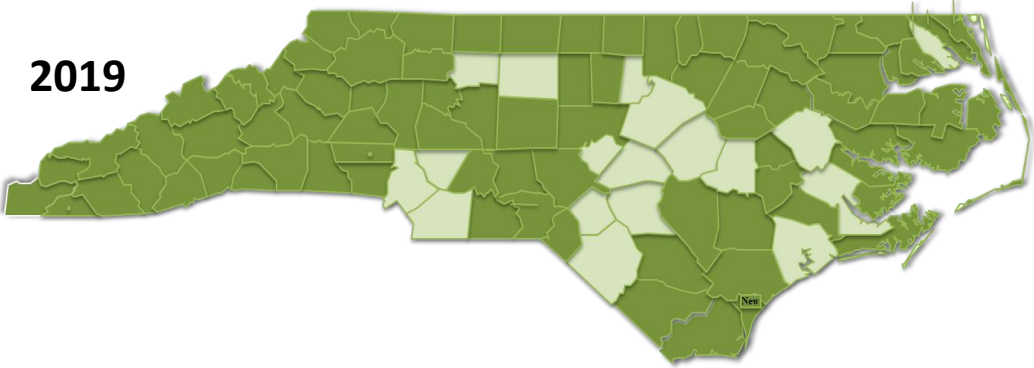


- 95 Counties with more people age 60+ than 0-17
- 5 Counties with more people age 0-17 than 60+

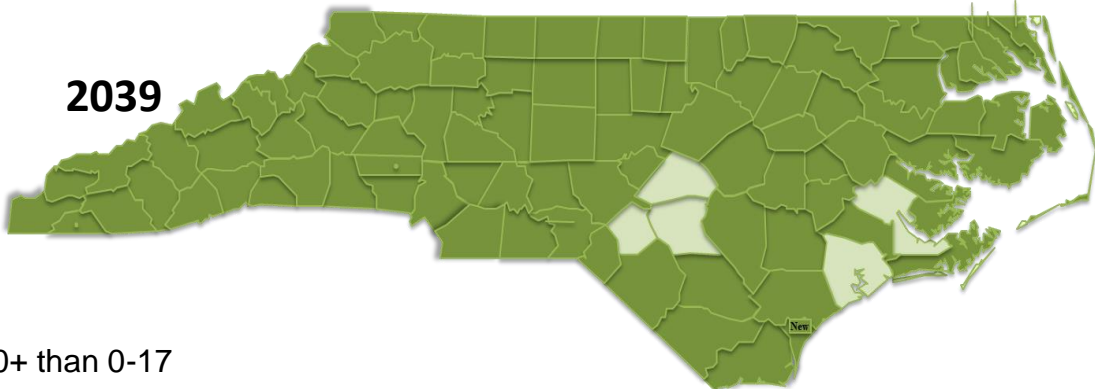
Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>


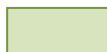
# Counties with more people age 60 and older than 0-17

2019



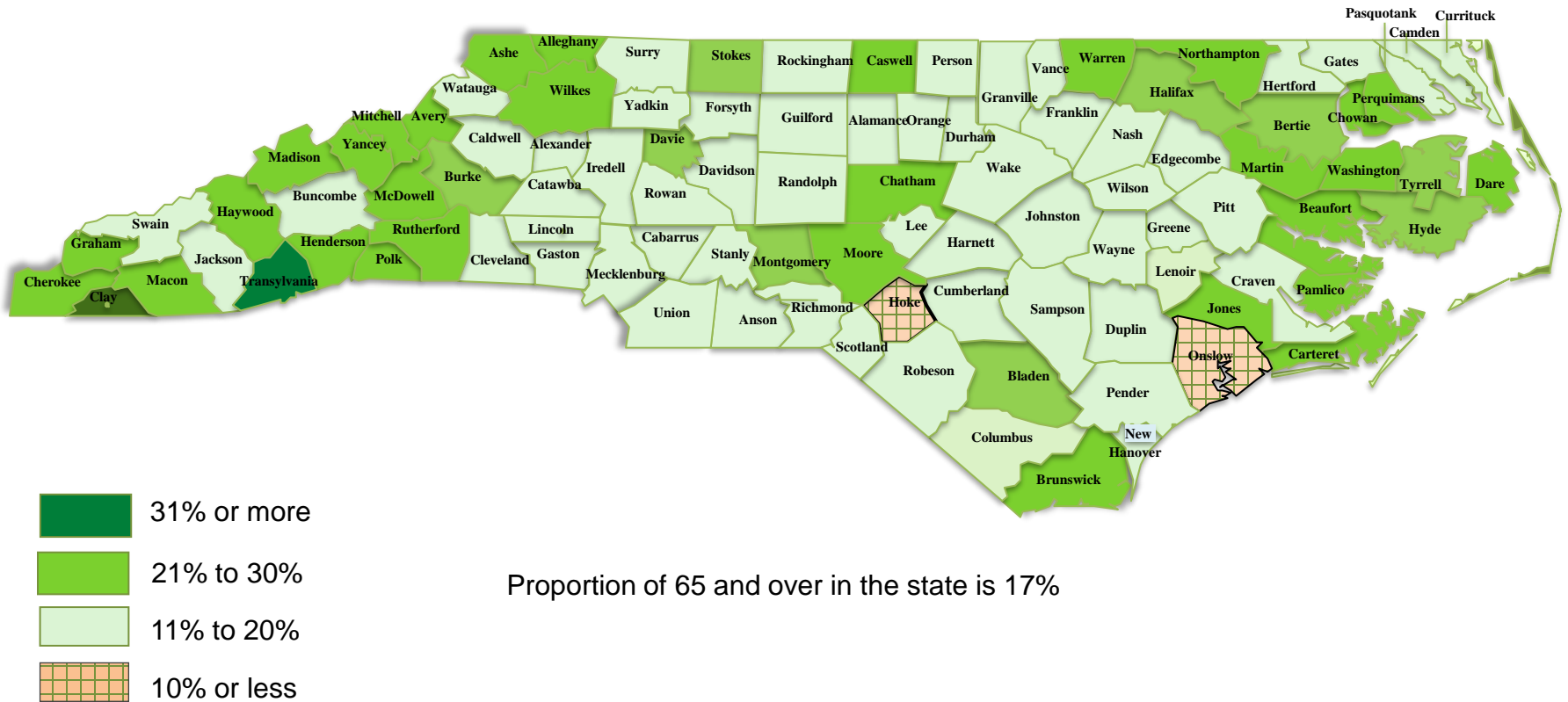
2039



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

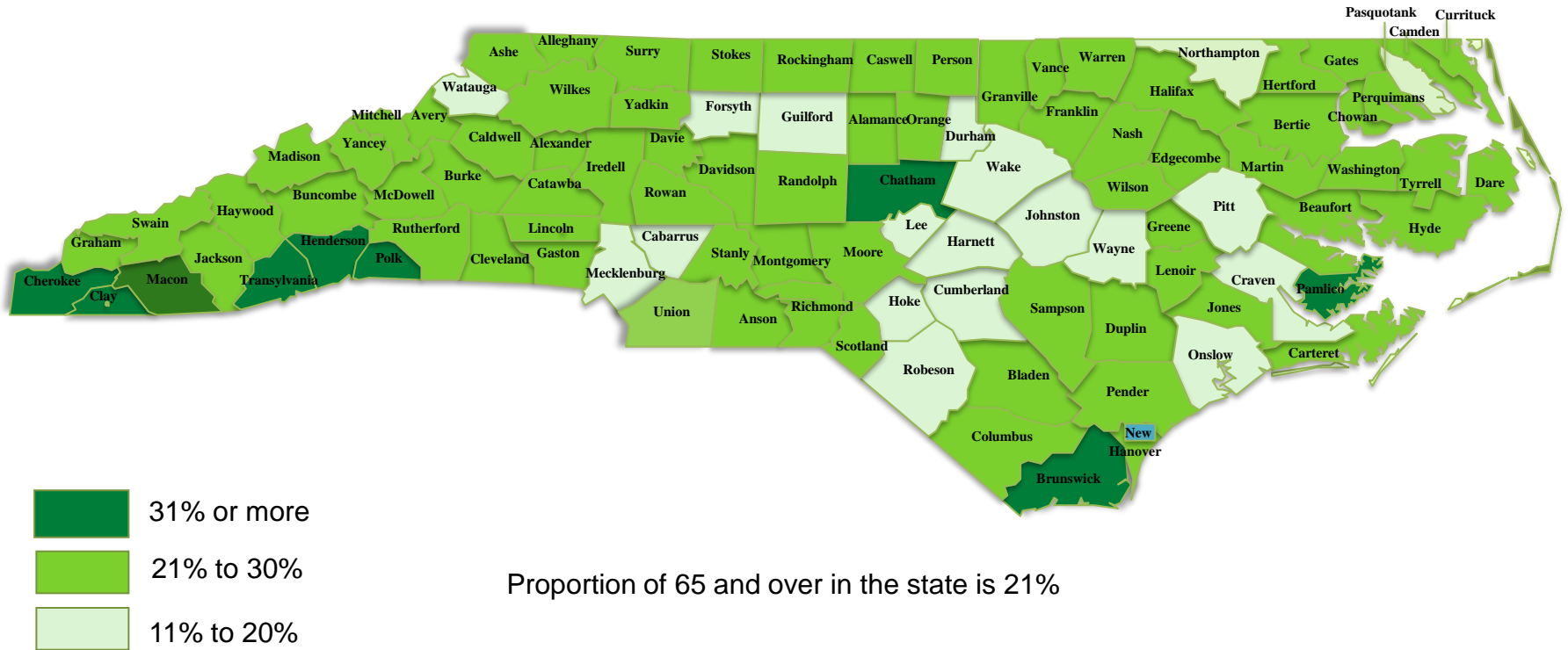
Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Percent of population 65 and older, 2019



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

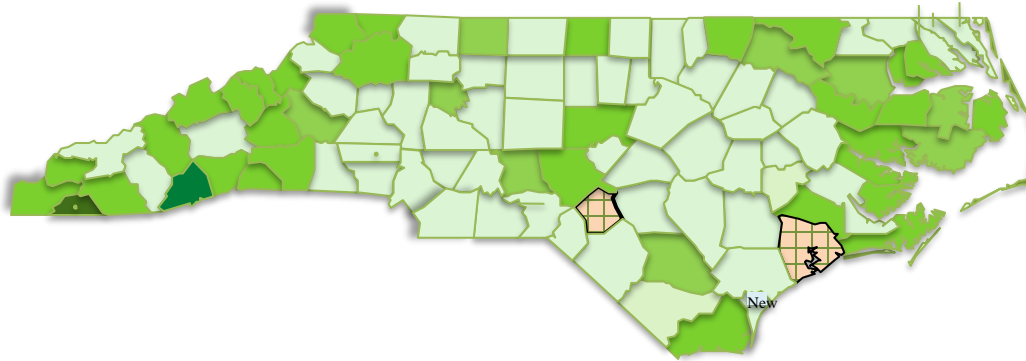
# Percent of population 65 and older, 2039



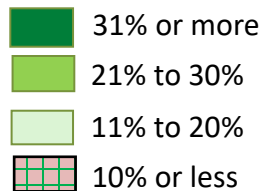
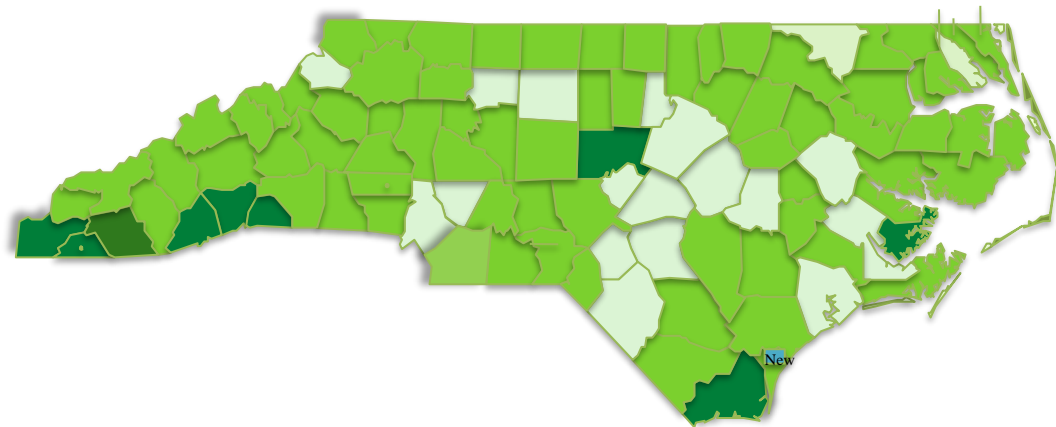
Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Percent of population 65 and older will increase

2019

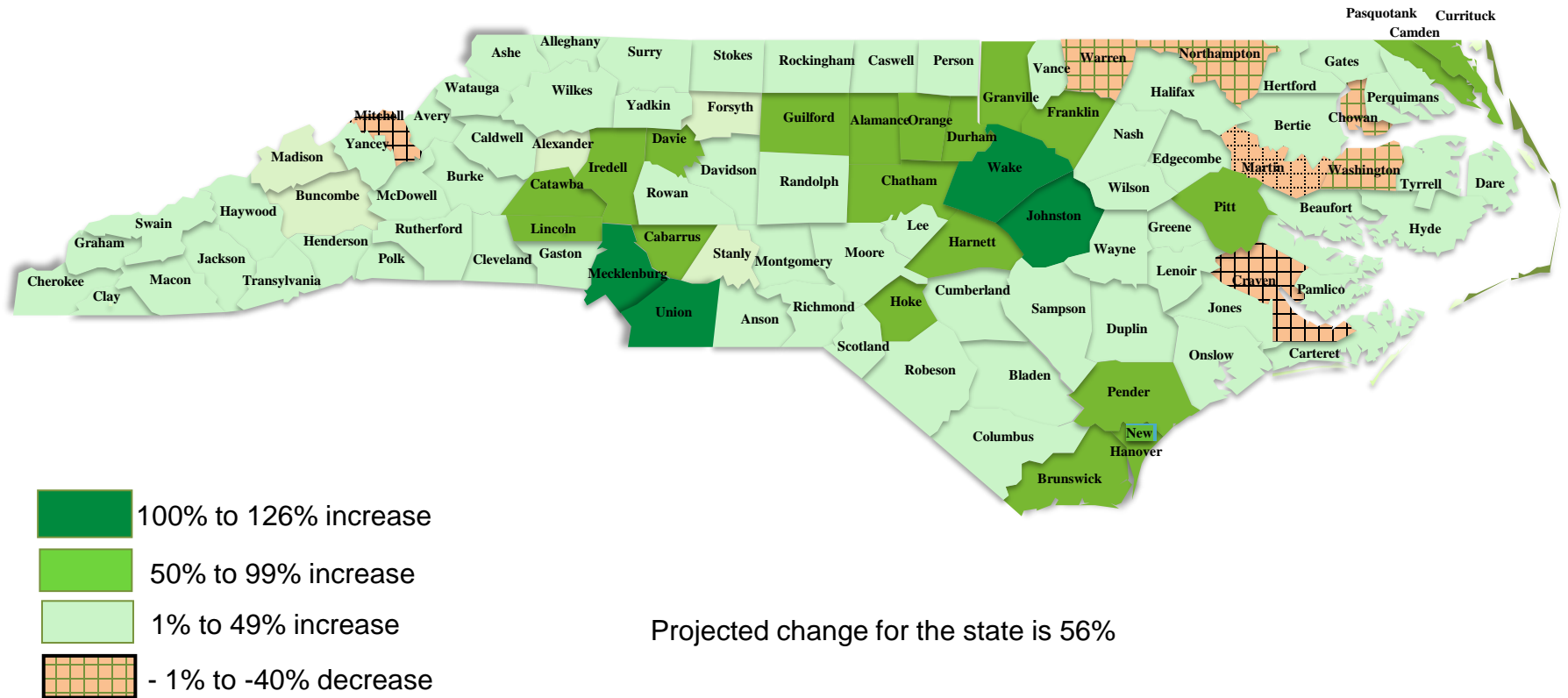


2039



Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>

# Projected change in population 65 and older (2019 to 2039)

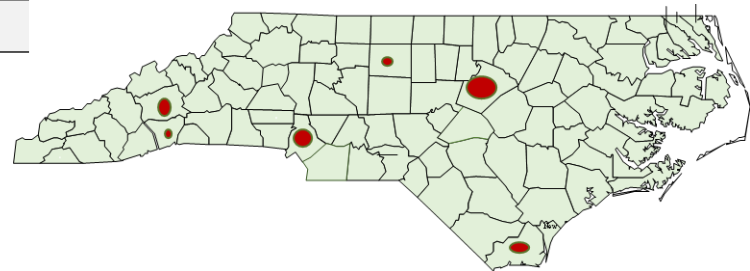


Source: NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039 <https://www.osbm.nc.gov/facts-figures/population-demographics>



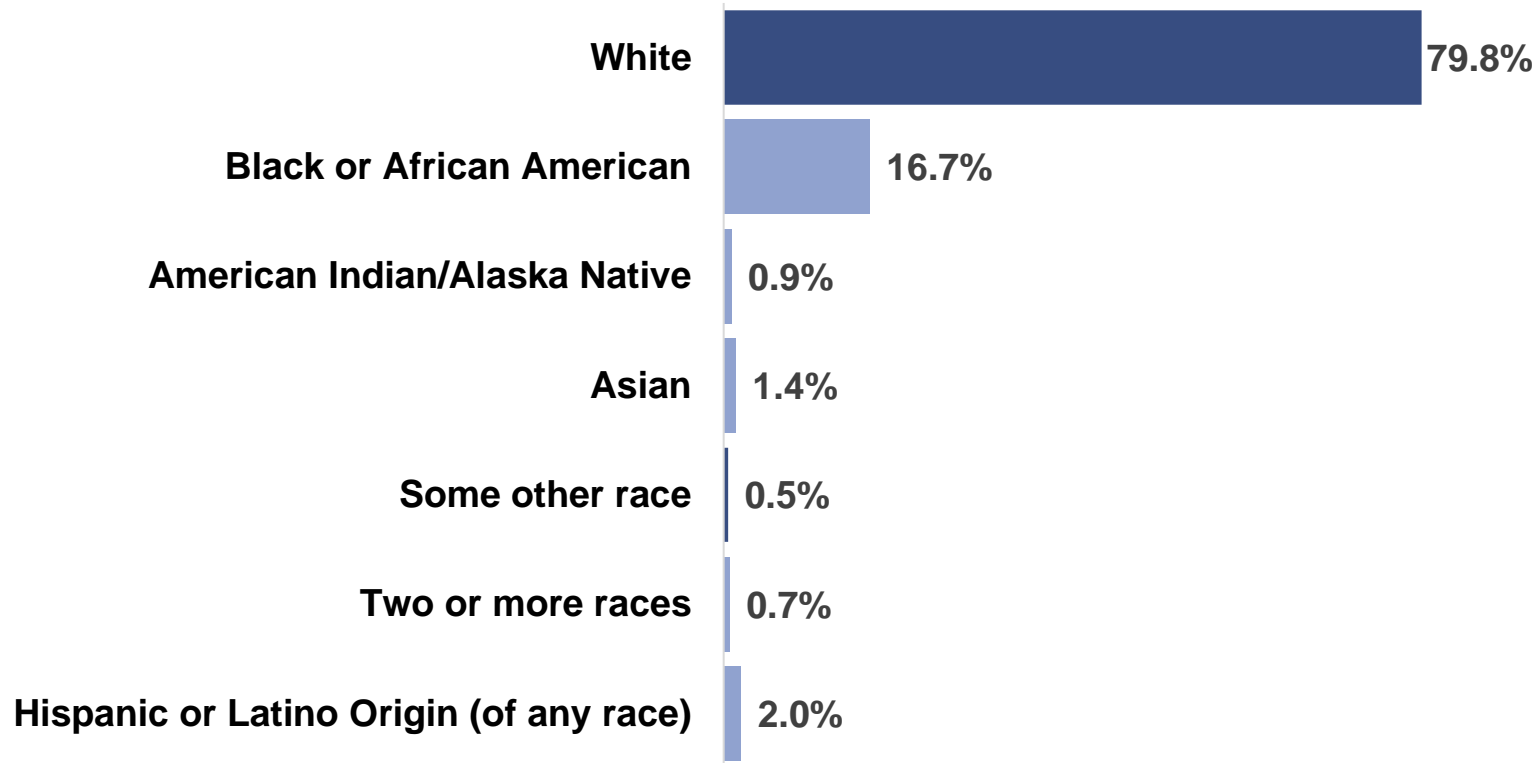
# There is more migration of people 60 and older to metropolitan areas

	Moved from different states and abroad
<b>North Carolina</b>	<b>44,306</b>
Wake	5,156
Mecklenburg	4,684
Brunswick	2,036
Guilford	1,750
Buncombe	1,650
Henderson	1,337



Source: American Community Survey 2015-2019, 5-year estimates. Table B07001: Geographical mobility in the past year by age for current residence in the United States

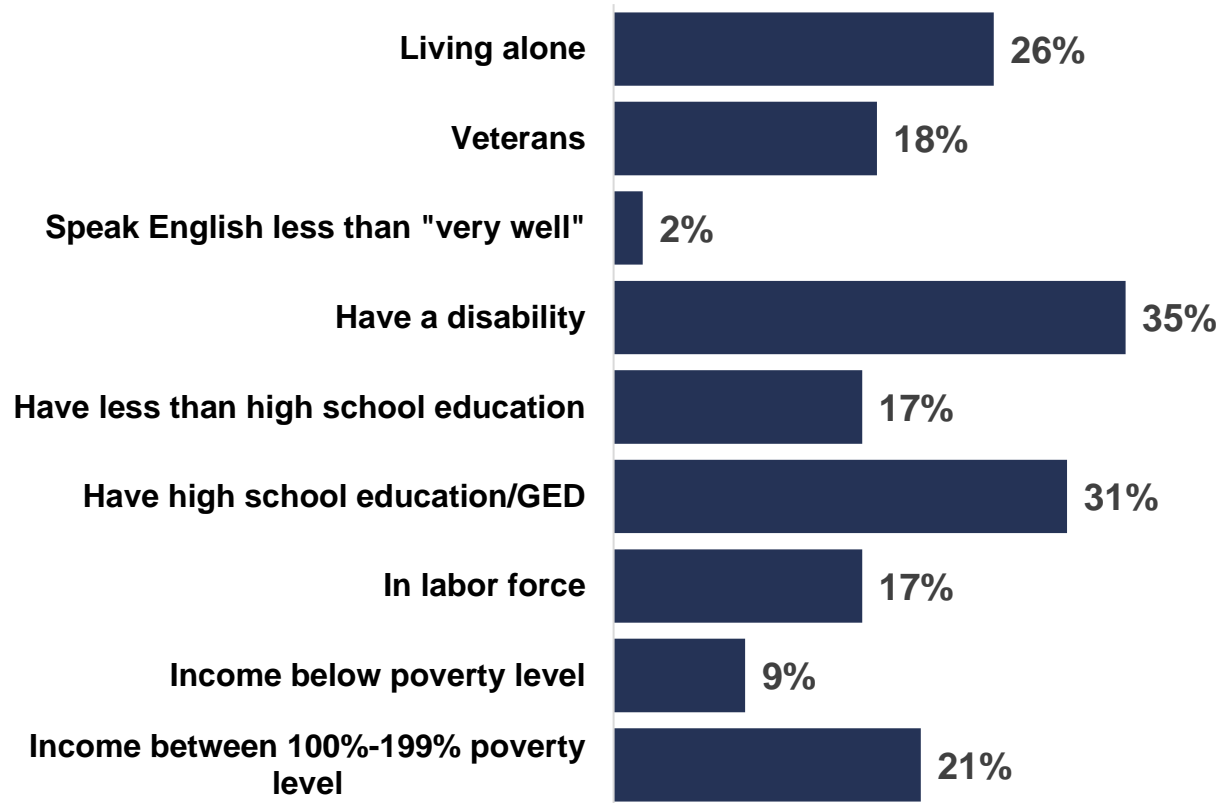
# Race/Ethnicity, adults 65 and older



\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table S0103: Population 65 and over

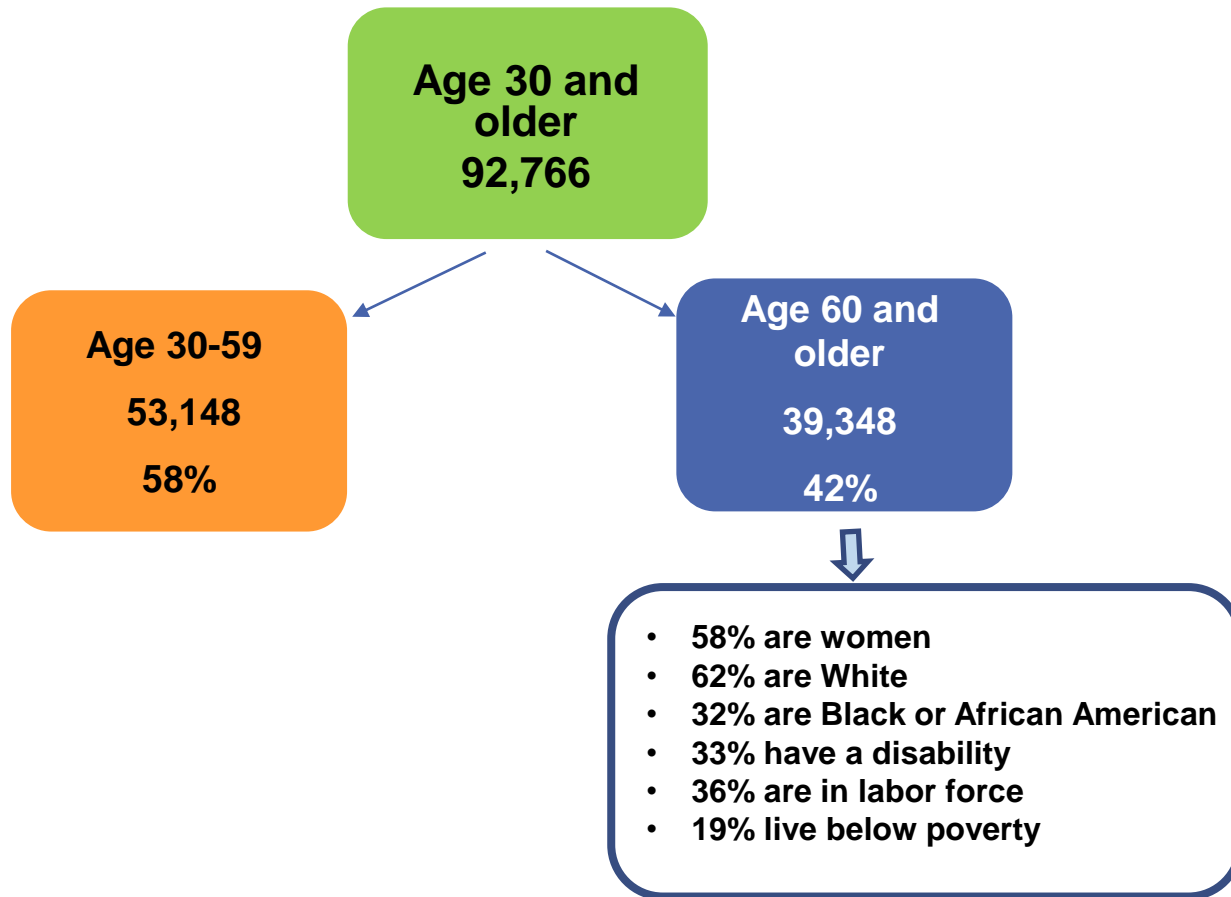
# Characteristics of adults 65 and older



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

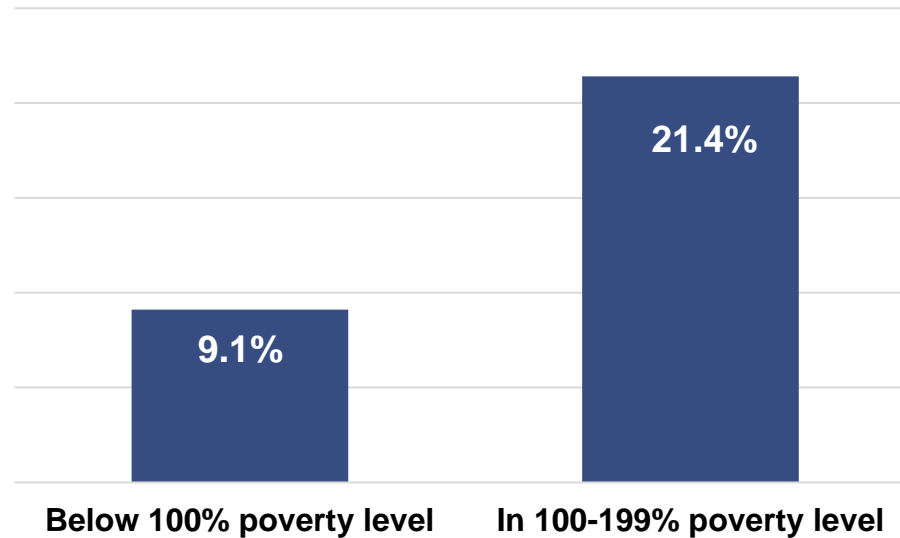
\* As % of population 65 and older, Civilian Non-institutionalized population only  
 Source: American Community Survey 2015-2019, 5-year estimates. Table S0103: Population 65 and over; B09020: Relationship by household type (including living alone) for population 65 and over

# Number of grandparents responsible for raising grandchildren under 18 Years



Source: American Community Survey 2015-2019, 5-year estimates. Tables B10056: Sex of grandparents living with own grandchildren under 18 years by responsibility for own grandchildren and age of the grandparent. Table S1002: Grandparents

# Poverty level of adults 65 and older

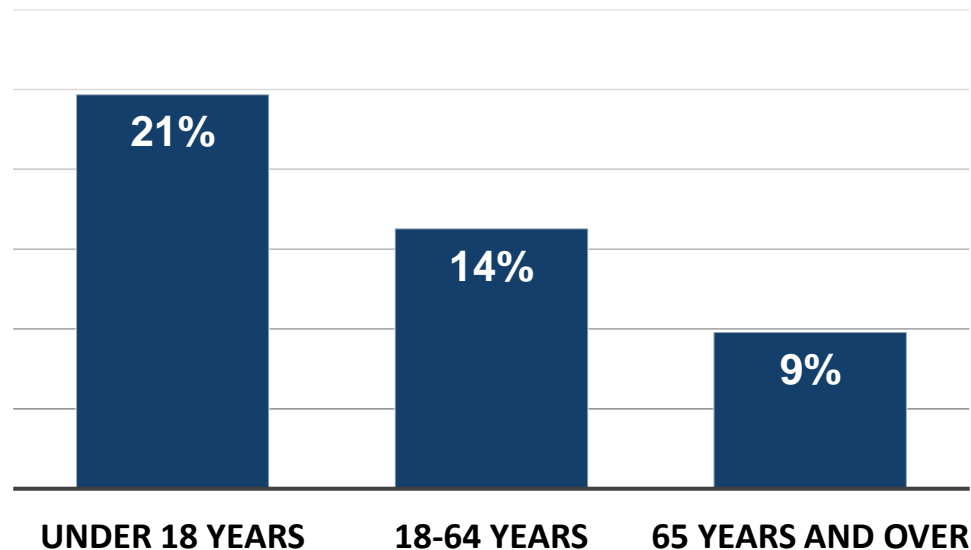


**\*Older American Act services** provide an important safety net for older adults below and near poverty (100%-199%) who are at risk of entering nursing homes

\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table B17024: Age by ratio of income to poverty level in the past 12 months

# Below poverty status by age groups

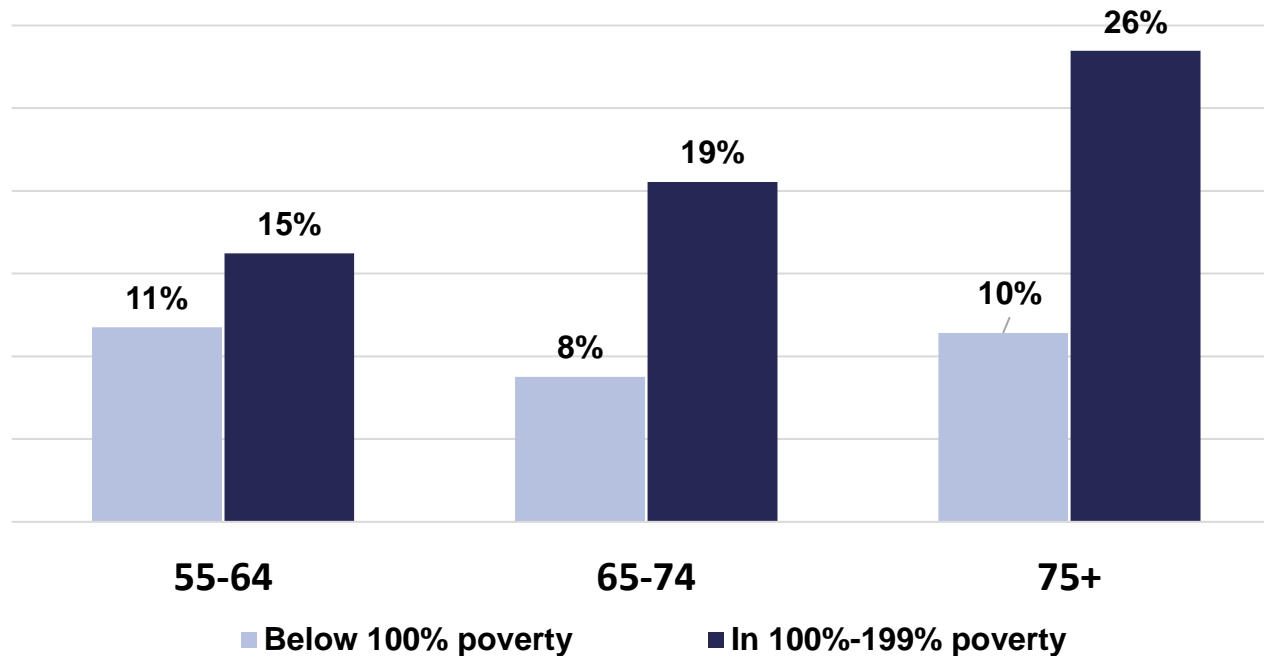


**\*Federal programs** such as Medicare, Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people 65 and older

\* As a % of age group

Source: American Community Survey 2015-2019, 5-year estimates, Table S1701: Poverty status in the past 12 months

# Poverty rate increases towards older age

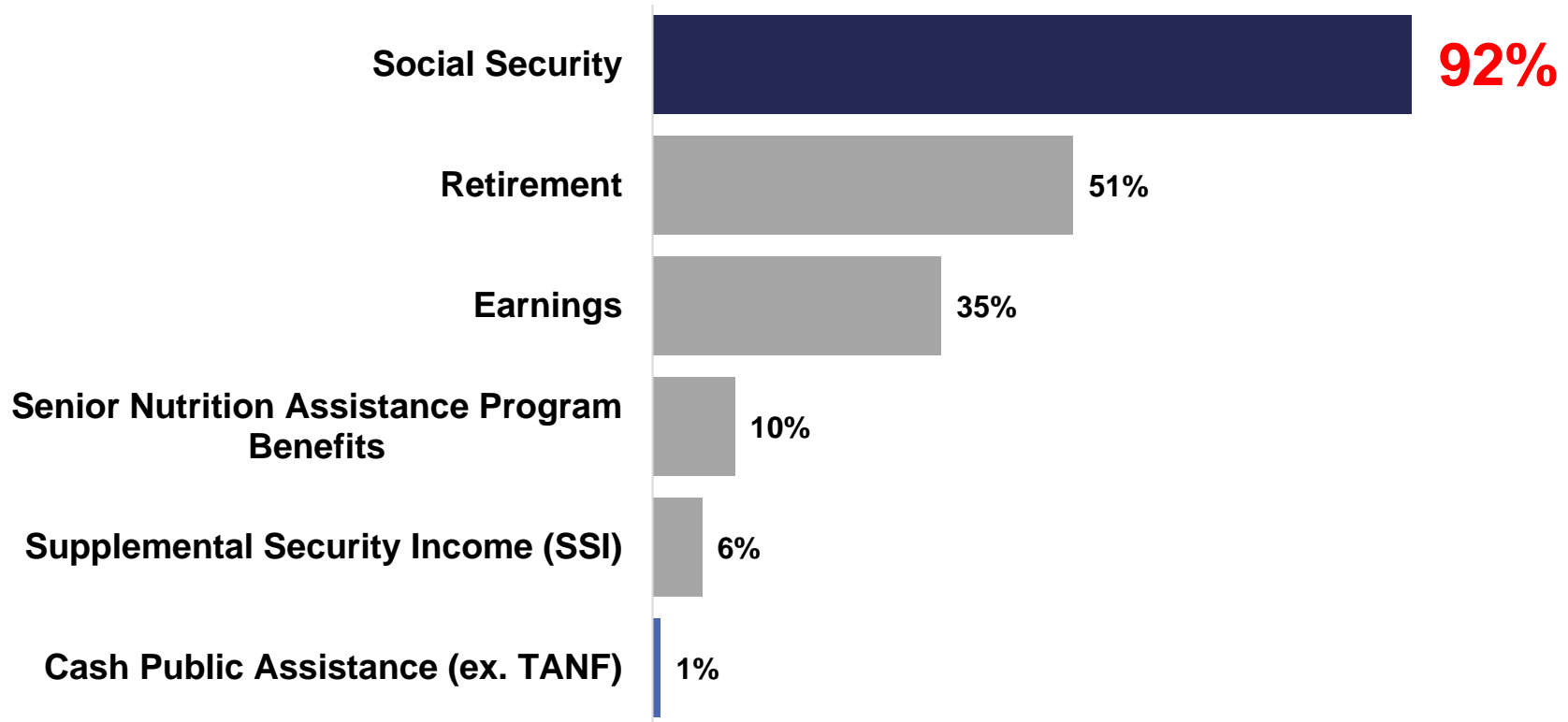


Older population are at greater risk of **higher poverty rates** due to living alone, disabilities, lower income and increase in healthcare costs

\* As % of age group

Source: American Community Survey 2015-2019, 5-year estimates, Table B17024: Age by ratio of income to poverty level in the past 12 months; Poverty among Americans aged 65 and older: <https://fas.org/sgp/crs/misc/R45791.pdf>

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

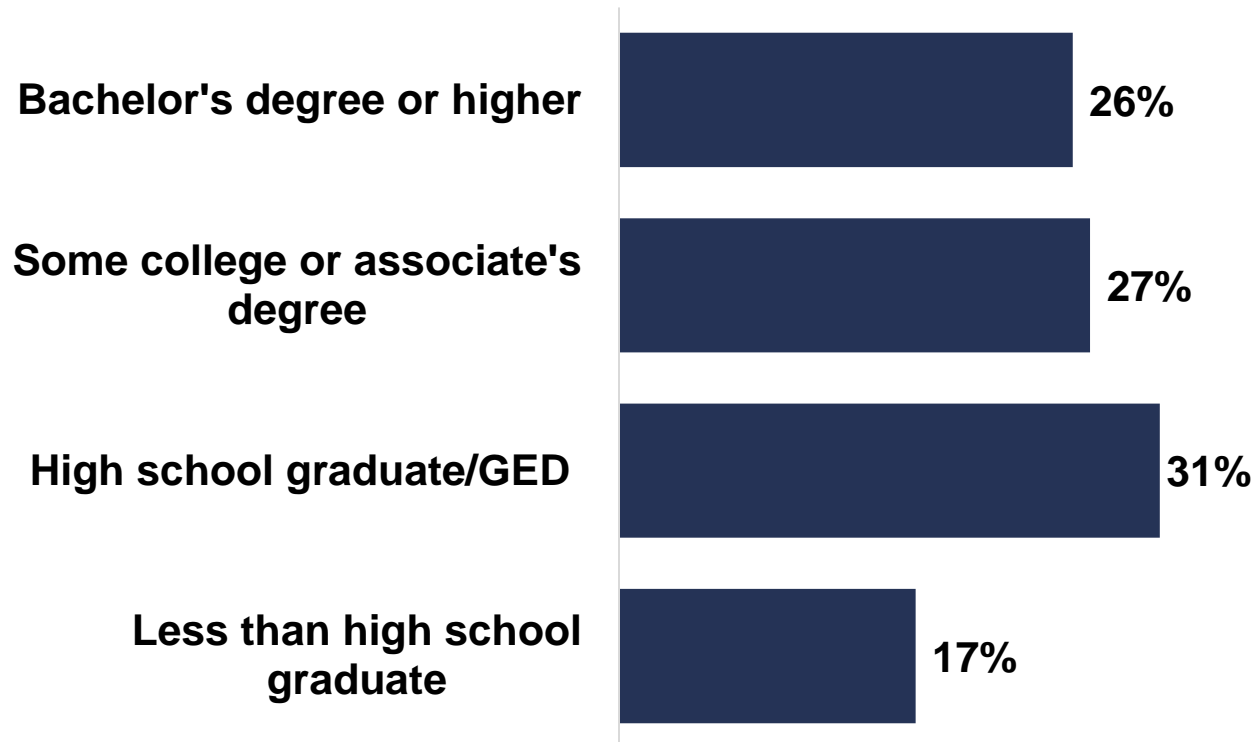


\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table S0103: Population 65 and over



# Level of education of adults 65 and older



\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table S0103: Population 65 and over

# Labor force participation of adults 65 and older

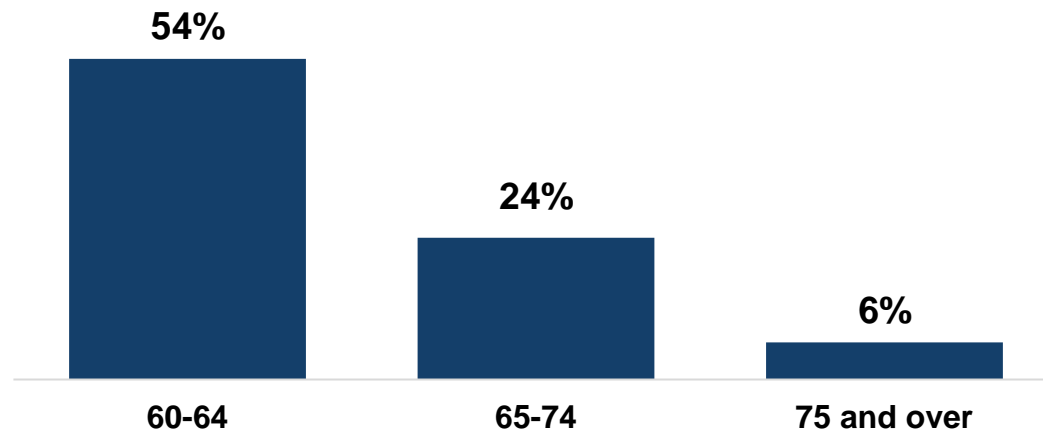
	%
In labor force	<b>16.7%</b>
Employed	16.2%
Unemployed	0.5%
As a percent of total civilian labor force	3.1%
Not in labor force	83.3%

\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table S0103: Population 65 and over

# More older adults are working longer

## Labor force participation rate



### 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: American Community Survey 2015-2019, 5-year estimates. Table S2301: Employment status

American's aging workforce: Opportunities and Challenges. <https://www.congress.gov/115/crpt/srpt191/CRPT-115srpt191.pdf>

# Senior Community Service Employment Program (SCSEP), 2019

*Helping low-income, unemployed individuals age 55 and older find work, increase skills and build self-confidence*

	YTD
Number of hours of training provided	929
Total number of participants providing community service	268
Total number of hours worked in community service	125,407

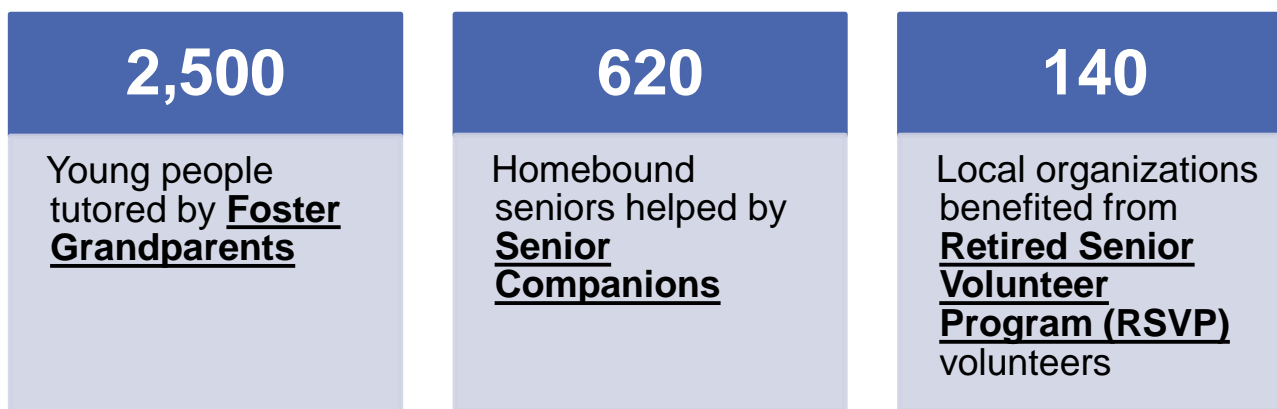
Authorized by the Older Americans Act and funded by the U.S. Department of Labor, SCSEP places individuals 55 and older who are economically disadvantaged into part-time community service assignments while helping them transition into unsubsidized employment. SCSEP empowers low-income older workers to achieve economic independence while training in community service activities that assist in gaining marketable skills to re-enter the workforce.

Source: Department of Labor 's Senior Community Service Employment Program National Database – SCSEP Performance and Result Quality Reporting Program (SPARQ)

# Older adults and civic engagement

Senior Corps Programs in North Carolina, 2019

More than **2,800** North Carolinians age 55 and older met critical community needs

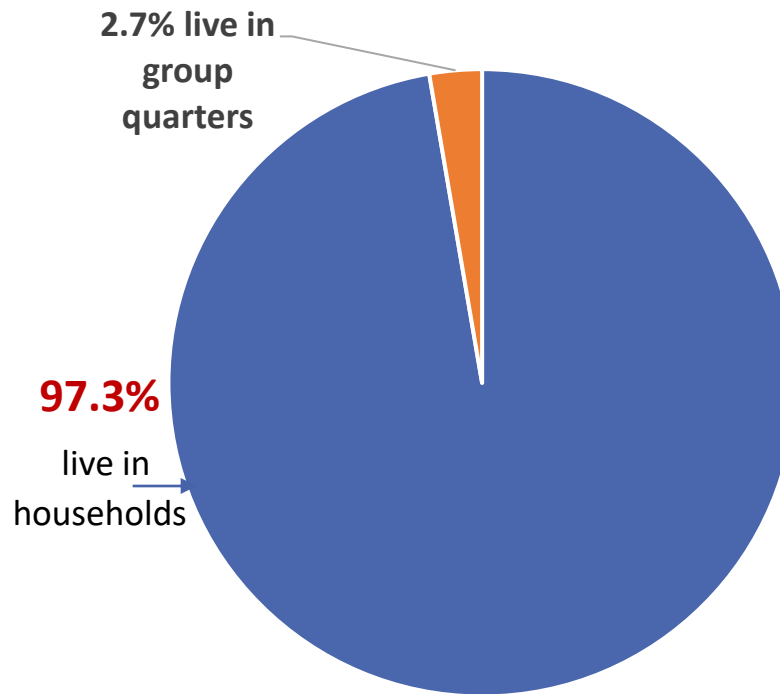


## Reported health benefits after one year of volunteering:

- 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.nationalservice.gov/impact-our-nation/state-profiles/NC>, American Association for Retired Persons

# Most adults 65 and older live in households



**42%** 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: American Community Survey 2015-2019, 5-year estimates. Tables S0103; B09020: Relationship by household type (including living alone) for population 65 and over

# Characteristics of group quarters population, 65 and older

	Total	Institutionalized	Noninstitutionalized
	44,153	40,298	3,855
Male	35%	34%	43%
Female	65%	66%	57%

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

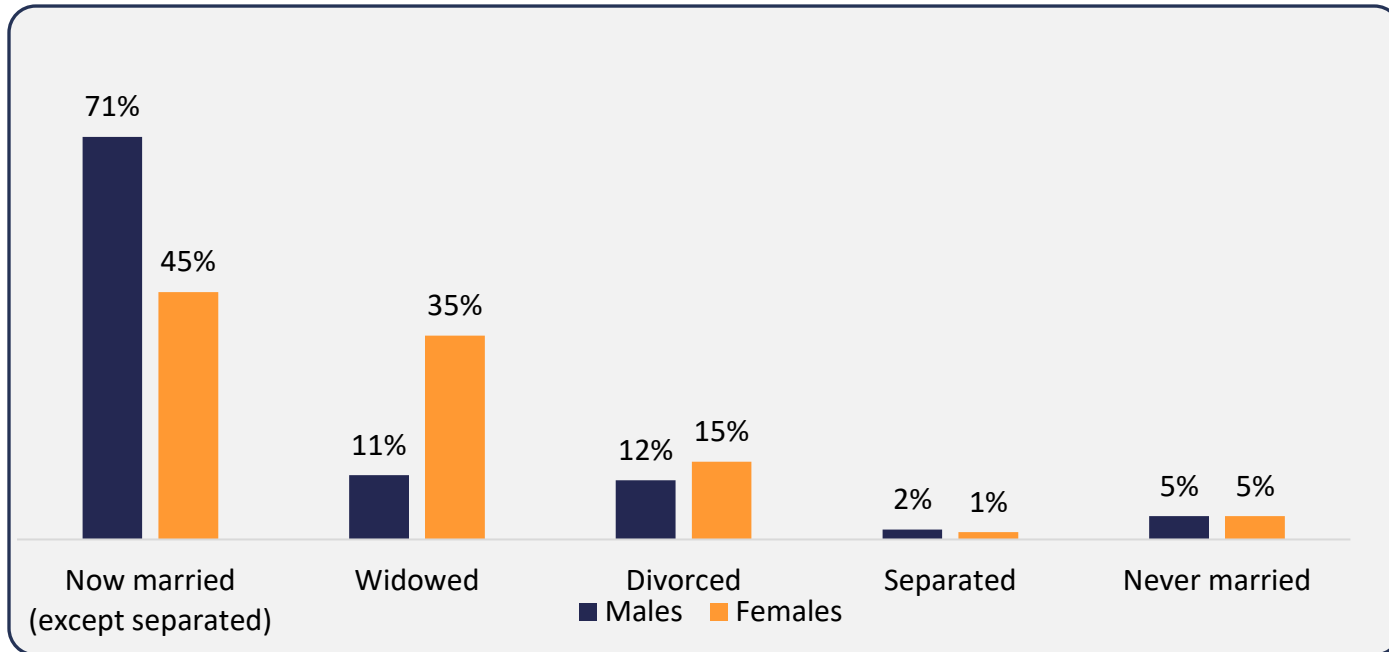
- **Institutionalized:** correctional institutions, nursing homes, psychiatric hospitals, in-patient hospice facilities, etc.
- **Noninstitutionalized:** military quarters, group homes, emergency and transitional shelters for homeless people, etc.

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

Source: American Community Survey 2015-2019, 5-year estimates. Table S2601A: Characteristics of group quarters

# Marital Status of adults 65 and older

More women are widowed and live alone in older age



\* 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. 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.

Source: American Community Survey 2015-2019, 5-year estimates. Table S1201. Marital Status



# Health and well-being

## Of the population 65 and older:

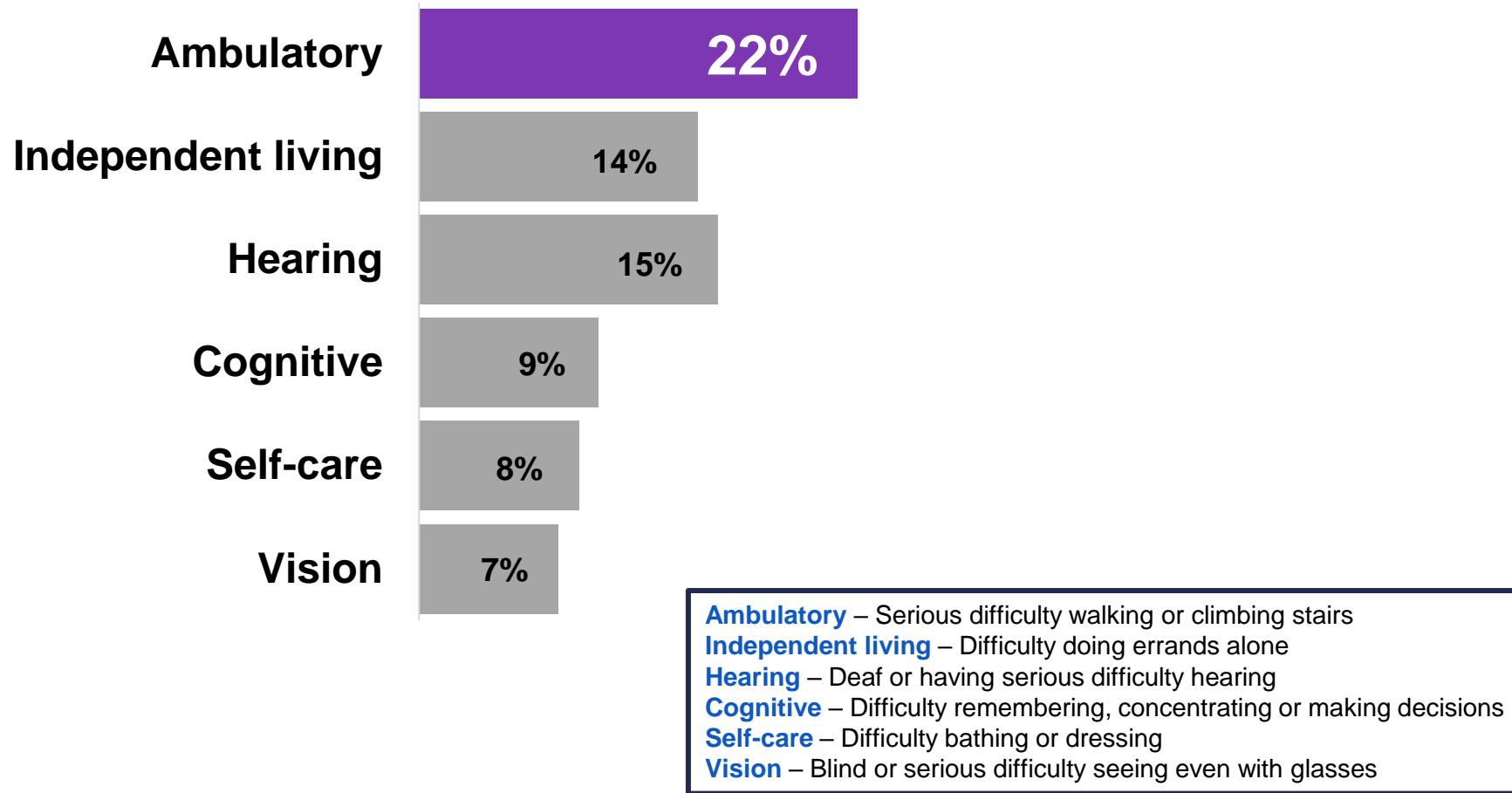
- **35%** have a disability
- **81%** have at least one chronic disease, **54%** of them have 2 or more chronic diseases
- **71%** reported having an adult flu shot/spray in the past 12 months
- **76%** reported having a pneumonia shot ever
- **72%** reported exercising in the past 30 days
- **9%** self reported their health is poor

\* As % of population 65 and older

Source: American Community Survey 2015-2019, 5-year estimates. Table C18018: Age by number of disabilities  
NC State Center for Health Statistics. BRFSS 2019 survey results

# Disability status among adults 65 and older

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



\* As % of population 65 and older

\* Civilian non-institutionalized population only

Source: American Community Survey 2015-2019, 5-year estimates. Table S1810: Disability Characteristics

# CORONAVIRUS DISEASE 2019 (COVID-19)

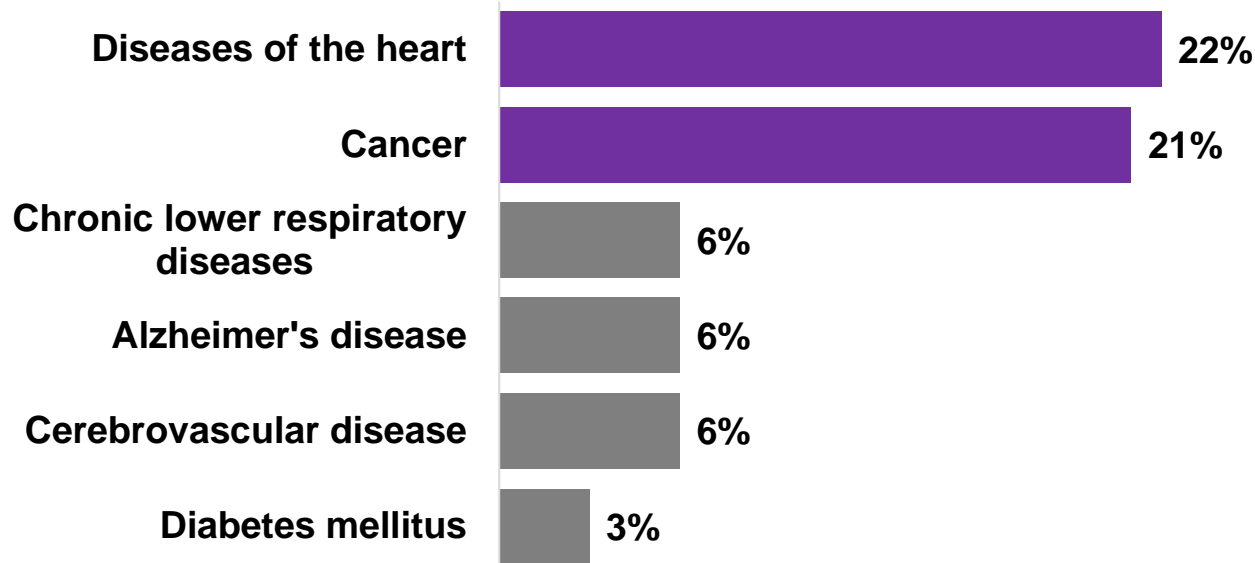
- ◆ The risk for severe illness due to COVID-19 increases with age
- ◆ **Older adults are at greater risk of requiring hospitalization or dying** if diagnosed with COVID-19
- ◆ As of December 6, 2020, **23%** of COVID-19 related total deaths occurred among people **65-74** years and **60%** in the **75+** age groups
- ◆ Daily updates on COVID-19 cases, hospitalizations, deaths, vaccinations and other demographics for the state and counties are available at

<https://covid19.ncdhhs.gov/dashboard>

**8** out of **10**  
COVID-19  
deaths reported  
have been in  
adults **65 and  
older**

Source: NC Department of Health and Human Services, Centers for Disease Control and Prevention,  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.htm>

# Leading causes of death among adults 65 and older, 2019



**81%** of adults 65 and older have one or more chronic diseases  
**27%** have 1 chronic disease  
**54%** have 2 or more chronic diseases

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

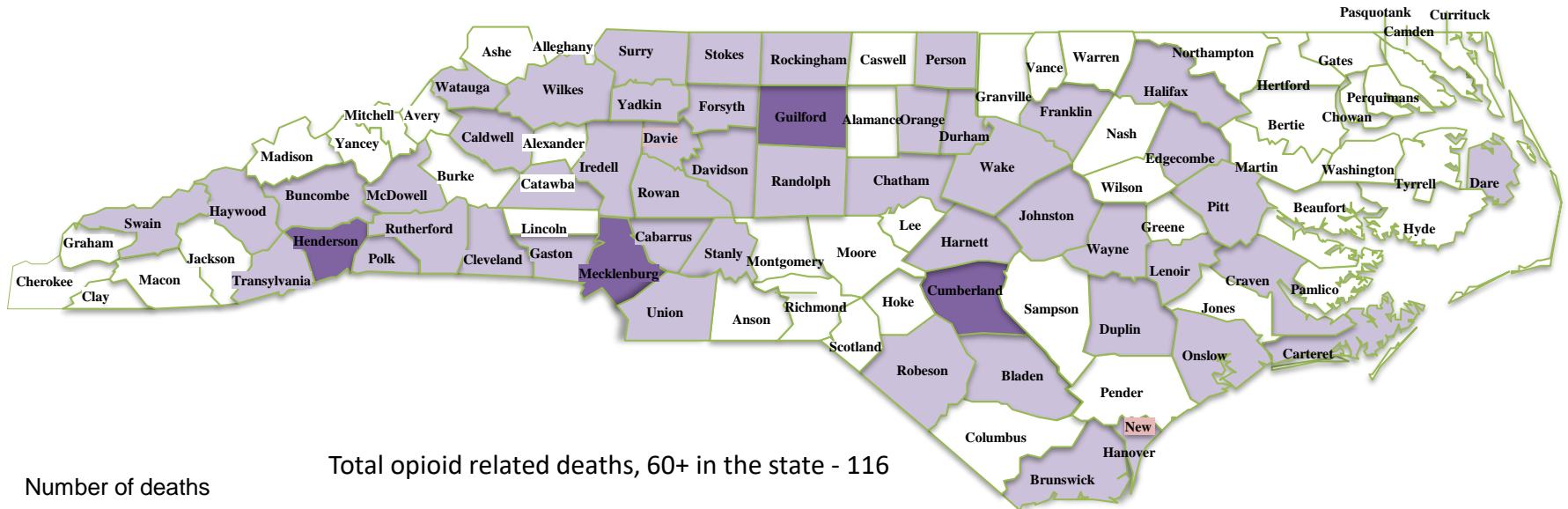
Source: NC State Center for Health Statistics, <https://schs.dph.ncdhhs.gov/interactive/query/lcd/lcd.cfm>

# The risk of falling and fall-related injuries increases with age

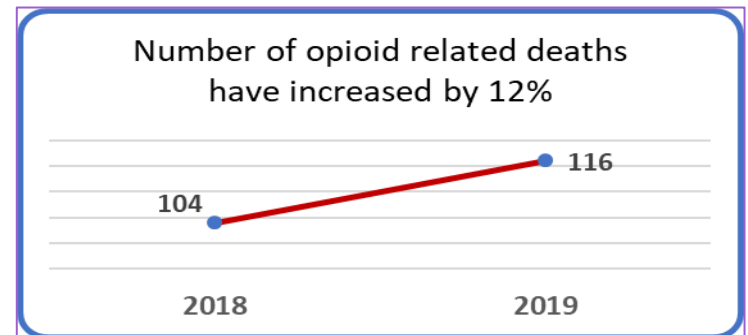
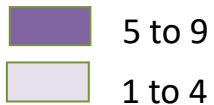
- Population most at risk of falls, **85 and older** is projected to increase by 114% over the next 20 years
- Falls are the number one cause of injury death for individuals 65 and older
- Of all the fall-related injuries, **80% deaths**, **75% hospitalizations** and **40% Emergency Department** visits occurred in adults 65 and older
- 
- Fall-related injuries can result in decreased functional independence and quality of life among older adults
- Evidence-based Fall Prevention Programs target older adults and adults with disabilities

Source: NC State Center for Health Statistics. Vital Statistics – Deaths (2016-2019), NCHS Hospital Discharge Data and NCDETECT, NC State Office of State Budget and Management/ facts-figures, Vintage 2019 & Population Projections 2039

# Opioid related deaths among adults 60 and older, SFY 2019



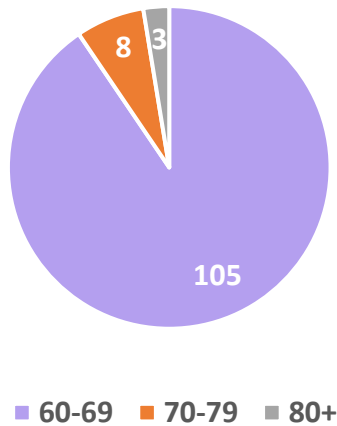
Number of deaths



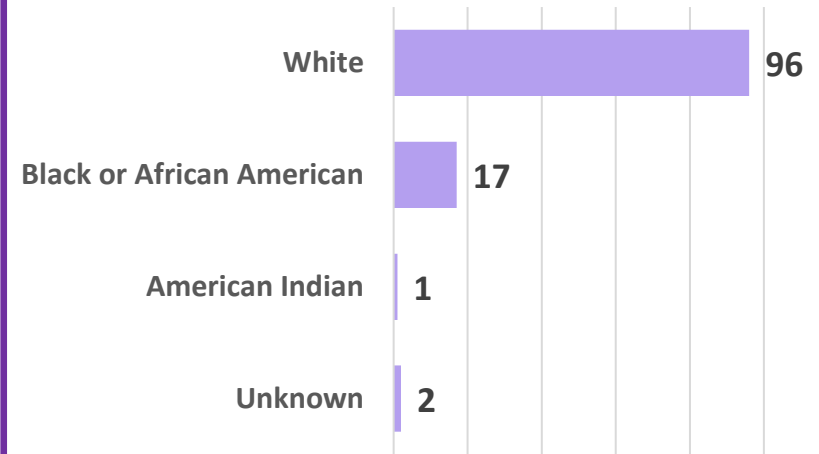
Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results

# Opioid related deaths among adults 60 and older, SFY 2019

Number of deaths by age group



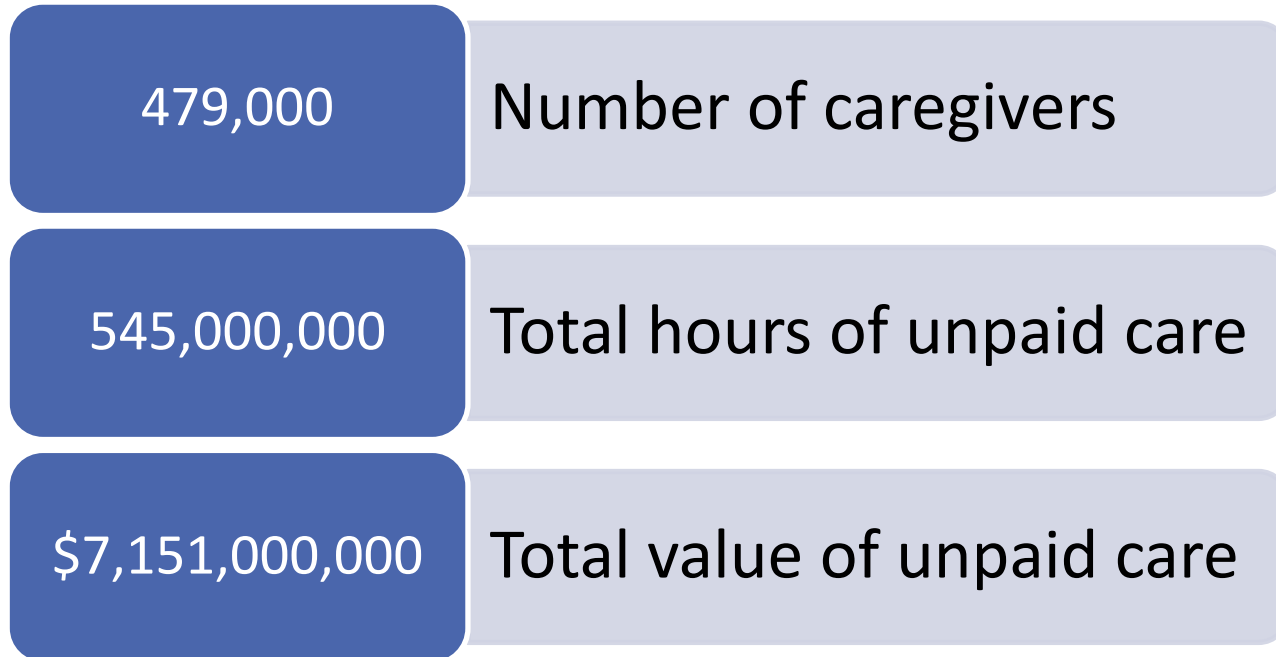
Number of deaths by race



Number of deaths by gender

Male: 68      Female: 48

## Value of informal caregiving for older Adults with dementia in NC (2019)



\*Number of Alzheimer's and dementia caregivers, hours of unpaid care and costs of caregiving  
Source: Alzheimer's Association: Alzheimer's Disease Facts and Figures report, NC



# Caregiving and Workforce Issues

## Impact

- Decreased productivity
- Lost time from work
- Lost career opportunities
- Unpaid leave of absences
- Early retirement
- Decreased lifetime earnings
- Decline in physical and emotional health

## Best Practices

- Flexible work hours
- Information and assistance
- Emotional support
- Change in work policies
- Education/training to supervisors on caregiver issues

Source: Family Caregiver Alliance, American Association of Retired Persons (AARP)

# Life Expectancy of adults 60 and older

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

## *References:*

NC Office of State Budget and Management, Standard Population Estimates, Vintage 2019; Population Projections, Vintage 2039. <https://www.osbm.nc.gov/facts-figures/population-demographics>

US Census Bureau. American Community Survey 2015-2019, 5 year estimates.

Table S0102. Population 60 and over

Table S0103. Population 65 and over

Table S1810. Disability characteristics

Table B10056. Sex of grandparents living with own grandchildren under 18 years

Table B17024. Age by ratio of income to poverty level in the past 12 months

Table B23001. Sex by age by employment status for population 16 years and over

NC State Center for Health Statistics.

Leading causes of death. Retrieved from <http://www.schs.state.nc.us/schs/data/lcd/lcd.cfm>

Life expectancy reports. Retrieved from <http://www.schs.state.nc.us/schs/data/lifexpectancy/>

Health status. BRFSS 2019. Retrieved from <http://www.schs.state.nc.us/data/brfss/survey.htm>

## **Glossary:**

Definitions of terminology used are available at [http://factfinder.census.gov/home/en/epss/glossary\\_a.html](http://factfinder.census.gov/home/en/epss/glossary_a.html)