

# North Carolina is Aging!

The state's total population has exceeded 10 million!

Here are a few facts:

- ◆ North Carolina ranks 9<sup>th</sup> nationally, both in total population and in the number of people 65 and older.
- ◆ In 2025, one in five North Carolinians will be 65 and older.
- ◆ By 2019, the state is estimated to have more people 60 and over than under 18 years.
- ◆ Our 65 and older population will increase in the next 20 years from 1.6 to 2.6 million. In the next two decades, the age group 75-84 will be the fastest growing segment and beyond 2030, the proportion of older adults 85 and over will increase as the baby boomer population moves into this age group.

**Population Change 2016-2036**

Ages	2016		2036		% Change 2016-2036
	#	%	#	%	
Total	10,155,942		12,440,324		22%
0-17	2,307,284	23%	2,569,024	21%	11%
18-44	3,620,014	36%	4,327,013	35%	20%
45-59	2,059,450	20%	2,250,672	18%	9%
60+	2,169,194	21%	3,293,615	26%	52%
65+	1,560,794	15%	2,603,271	21%	67%
85+	177,453	2%	367,617	3%	107%

**Race and Hispanic or Latino Origin, 65 and older, 2016**

Race/Ethnicity	NC	US
White alone	80.8%	83.9%
Black or African American alone	16.1%	8.8%
American Indian and Alaska Native alone	0.9%	0.5%
Asian alone	1.2%	4.0%
Native Hawaiian and Other Pacific Islander alone	0.0%	0.1%
Some other race	0.4%	1.6%
Two or more races	0.6%	1.0%
Hispanic or Latino origin (of any race)	1.8%	7.7%

\*as a % of age group

- ◆ An estimated 24,872 people 65 and over migrated from other states and abroad to North Carolina.
- ◆ 96,618 grandparents age 30 and over are responsible for grandchildren under 18 in the state. 1.4% of them are age 65 and over.

## Status of North Carolinians 65 and Older, 2016

Characteristics	NC	US
Living alone	26.8%	26.4%
Veterans	20.4%	20.3%
Speak English less than "very well"	2.0%	8.6%
Have a disability	37.0%	35.7%
Have less than high school education	19.8%	18.1%
Have high school, GED/Alternative education	31.8%	32.6%
In labor force	16.0%	17.2%
Income is below poverty level	9.7%	9.3%
Income is between 100%-199% of the poverty level	23.0%	20.6%
Median household income (householder 65 and over)	\$36,870	\$40,135

\*as a % of age group

## Health Profile

- ◆ North Carolina currently (2017) has 160,000 adults 65 and over with **Alzheimer's disease** and this number is projected to rise to 210,000 by 2025, an increase of 31%. This disease is the 5th leading cause of death among people 65 and over.
- ◆ Of the **people 65 and over**, according to the Behavioral Risk Factor Surveillance System (BRFSS) survey, 2016:
  - 81% had at least one chronic disease. 51% of them had 2 or more chronic diseases;
  - 65% had an adult flu shot/spray, and 73% had a pneumonia shot ever;
  - Only 9% reported that their health is poor;
  - 67% reported exercising in the past 30 days.
  - 13% reported having fallen once, 16% had 2 or more falls in the past 12 months.

Rank	Leading causes of death, age 65 and over	Number of deaths	% of Total deaths
1	Diseases of the heart	14,136	22%
2	Cancer	13,496	21%
3	Chronic lower respiratory diseases	4,385	7%
4	Cerebrovascular disease	4,207	7%
5	Alzheimer's disease	4,113	6%
6	Diabetes mellitus	1,871	3%

Types of disability, age 65 and over	% with a disability
With ambulatory difficulty	22%
With Independent living difficulty	14%
With hearing difficulty	15%
With cognitive difficulty	10%
With self-care difficulty	8%
With vision difficulty	7%

### Sources

1. Alzheimer's Association. 2017 Alzheimer's disease Facts and Figures. <http://www.alz.org/facts/>
2. North Carolina Office of State Budget and Management, population estimates and projections. <http://www.osbm.nc.gov/facts-figures/demographics>
3. North Carolina State Center for Health Statistics, BRFSS. <http://www.schs.state.nc.us/data/brfss/2016/>, Leading causes of death
4. Census Bureau. American Community Survey, 2016 one year estimate and 2012-2016 five year estimates. <https://www.census.gov/>