



## North Carolina is Aging!

- ◆ The state's total population has exceeded 10 million!
- ◆ North Carolina ranks 9<sup>th</sup> nationally, both in total population and in the number of people 65 and over.
- ◆ In 2025, one in five North Carolinians will be 65 and over.
- ◆ Effective this year (2019), the state is estimated to have more people 60 and over than under 18 years.
- ◆ In 2017, 78 counties in the state had more people 60 and over than under 18 years. By 2025, this number is expected to increase to 89 counties and by 2037 to 94 counties.
- ◆ In 2017, an estimated 39,381 people 60 and older migrated from other states and abroad to North Carolina.
- ◆ In the next two decades, our 65 and over population will increase from 1.6 to 2.6 million, a projected growth of 64%. The projected growth among the age groups 65-74 (38%), 75-84 (100%) and 85+ (111%) indicates that as the baby boomers continue to age, there will be an increased proportion of older adults in the state creating challenges for long-term services and supports.

### NC Population Change 2017-2037

Age	2017		2037		% Change 2017-2037
	#	%	#	%	
Total	10,283,255		12,684,352		23%
0-17	2,312,886	23%	2,606,213	21%	13%
18-44	3,658,073	36%	4,419,187	35%	21%
45-59	2,072,070	20%	2,304,524	18%	11%
60+	2,240,226	22%	3,354,428	26%	50%
65+	1,617,993	16%	2,660,084	21%	64%
85+	181,695	2%	382,686	3%	111%

Source: NC Office of State Budget and Management, Facts and Figures

### Race and Hispanic or Latino Origin, 2017

<b>Race/Ethnicity, age 65 and over</b>	<b>NC</b>	<b>US</b>
White alone	80.4%	83.5%
Black or African American alone	16.3%	8.9%
American Indian and Alaska Native alone	0.9%	0.5%
Asian alone	1.3%	4.2%
Some other race	0.4%	1.7%
Two or more races	0.6%	1.0%
Hispanic or Latino origin (of any race)	1.8%	7.9%

\*As a % of age 65 and over

Source: US Census. 2013-2017 American Community Survey, 5-year estimates

Social and Economic Characteristics of population, 2017

Characteristics, age 65 and over	NC	US
Living alone	26.6%	26.2%
Veterans	19.7%	19.4%
Speak English less than "very well"	2.1%	8.7%
Have a disability	36.6%	35.5%
Have less than high school education	18.6%	17.2%
Have high school, GED/Alternative education	31.6%	32.1%
In labor force	16.2%	16.8%
Income is below poverty level	9.4%	9.3%
Income is between 100%-199% of the poverty level	22.4%	20.0%
Median household income (householder 65 and over)	\$38,466	\$41,876

\*As a % of 65 and over

Source: US Census. 2013-2017 American Community Survey, 5-year estimates

- ◆ Of the estimated 94,821 grandparents responsible for grandchildren under 18, 40% are age 60 and over.

Health Profile

- ◆ According to the Alzheimer's Association, North Carolina currently (2018) has 170,000 adults 65 and over with **Alzheimer's disease** and this number is projected to rise to 210,000 by 2025, an increase of 24%. Alzheimer's disease is the fifth leading cause of death among people age 65 and over.
- ◆ NC Division of Public Health, Office of the Chief Medical Examiner, reported **104 opioid related deaths among people 60 and over, in 2018**, a 60% increase from previous year. 78% of them were White and 57% were males.
- ◆ Of the **people 65 and over**, according to the Behavioral Risk Factor Surveillance System (BRFSS) survey, 2017:
  - 82% had at least one chronic disease, 55% of them had 2 or more chronic diseases;
  - 66% had an adult flu shot/spray and 72% had a pneumonia shot ever;
  - Only 10% reported that their health is poor and 65% reported exercising in the past 30 days.

Rank	Leading causes of death, age 65 and over, 2017	Number of deaths	% of Total deaths
1	Diseases of the heart	14,710	22%
2	Cancer	13,656	20%
3	Chronic lower respiratory diseases	4,599	7%
4	Cerebrovascular disease	4,295	6%
5	Alzheimer's disease	4,245	6%
6	Diabetes mellitus	1,973	3%

Source: North Carolina State Center for Health Statistics

Type of disability, age 65 and over, 2017	% with a disability
Ambulatory difficulty	24%
Independent living difficulty	15%
Hearing difficulty	15%
Cognitive difficulty	10%
Self-care difficulty	8%
Vision difficulty	7%

Source: US Census, ACS, 5-year estimates

- ◆ Given the potential social and economic impact of this unprecedented growth in the aging population, it is critical that NC focus efforts to improve those social determinants of health shown to have a direct positive effect on the health and well-being of individuals as they age including food security, access to health care services and transportation, availability of home and community-based services and other supports that promote aging within the community and postpone or avoid the necessity for long-term care.