



North Carolina is Aging!

- ◆ The state's total population has exceeded 10 million!
- ◆ North Carolina ranks 9th 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 2019, the state has more people 60 and over than under 18 years.
- ◆ In 2018, 80 counties in the state had more people 60 and over than under 18 years. By 2025, this number is expected to increase to 88 counties and by 2038 to 95 counties.
- ◆ In 2018, an estimated 41,614 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 1.7 to 276 million, a projected growth of 61%. The projected growth among the age groups 65-74 (35%), 75-84 (94%) and 85+ (114%) 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 2018-2038

Age	2018		2038		% Change 2018-2038
	#	%	#	%	
Total	10,389,148		12,799,658		23%
0-17	2,311,348	22%	2,633,159	21%	14%
18-44	3,689,649	36%	4,435,853	35%	20%
45-59	2,075,879	20%	2,334,589	18%	13%
60+	2,312,272	22%	3,396,057	27%	47%
65+	1,676,545	16%	2,696,529	21%	61%
85+	186,059	2%	397,328	3%	114%

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

Race and Hispanic or Latino Origin, 2018

Race/Ethnicity, age 65 and over	NC	US
White alone	80.0%	82.5%
Black or African American alone	16.5%	9.3%
American Indian and Alaska Native alone	0.9%	0.5%
Asian alone	1.3%	4.5%
Some other race	0.5%	1.9%
Two or more races	0.7%	1.1%
Hispanic or Latino origin (of any race)	1.9%	8.4%

*As a % of age 65 and over

Source: US Census. 2014-2018 American Community Survey (ACS), 5-year estimates

Social and Economic Characteristics of population, 2018

Characteristics, age 65 and over	NC	US
Living alone	26.5%	25.6%
Veterans	19.0%	17.2%
Speak English less than “very well”	2.3%	8.6%
Have a disability	35.8%	33.9%
Have less than high school education	17.5%	14.9%
Have high school, GED/Alternative education	31.2%	30.8%
In labor force	16.4%	18.1%
Income is below poverty level	9.2%	9.4%
Income is between 100%-199% of the poverty level	22.0%	18.8%
Median household income	\$40,062	\$44,992

*As a % of 65 and over

Source: US Census. 2014-2018 American Community Survey, 5-year estimates

- ◆ Of the estimated 94,631 grandparents responsible for grandchildren under 18, 41% are age 60 and over.

Health Profile

- ◆ According to the Alzheimer’s Association, North Carolina currently (2019) 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 fourth 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**. 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, 2018:
 - 84% had at least one chronic disease, 55% of them had 2 or more chronic diseases;
 - 66% had an adult flu shot/spray and 77% had a pneumonia shot ever;
 - Only 8% reported that their health is poor and 68% reported exercising in the past 30 days.

Rank	Leading causes of death, age 65 and over, 2018	Number of deaths	% of Total deaths
1	Diseases of the heart	14,969	22%
2	Cancer	13,976	21%
3	Chronic lower respiratory diseases	4,470	7%
4	Alzheimer’s disease	4,454	7%
5	Cerebrovascular disease	4,286	6%
6	Diabetes mellitus	1,992	3%

Source: North Carolina State Center for Health Statistics

Type of disability, age 65 and over, 2018	% with a disability
Ambulatory difficulty	23%
Independent living difficulty	15%
Hearing difficulty	15%
Cognitive difficulty	9%
Self-care difficulty	8%
Vision difficulty	7%

Source: US Census, 2014-2018 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.