North Carolina Division of Aging and Adult Services

North Carolina is Aging!
Nationally, NC ranks in the top 10!

- **9th** Total population
- **9th** Population age 60 and over
- **10th** Population age 85 and over

Source: American Community Survey 2016, one year estimate
North Carolina population is aging

• In 2015, the total population exceeded 10 million

• It is projected that by 2036, 21% of the population will be 65 and Older

Source: NC Office of State Budget and Management/demographics
Retrieved on 10/19/2017
### The older adult population will increase (2016-2036)

<table>
<thead>
<tr>
<th>Ages</th>
<th>#</th>
<th>%</th>
<th>#</th>
<th>%</th>
<th>% Change 2016-2036</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>10,155,942</td>
<td>12,440,324</td>
<td>22%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>60+</td>
<td>2,169,194</td>
<td>3,293,615</td>
<td>26%</td>
<td>52%</td>
<td></td>
</tr>
<tr>
<td>65+</td>
<td>1,560,794</td>
<td>2,603,271</td>
<td>21%</td>
<td>67%</td>
<td></td>
</tr>
<tr>
<td>85+</td>
<td>177,453</td>
<td>367,617</td>
<td>3%</td>
<td>107%</td>
<td></td>
</tr>
</tbody>
</table>

*% is given as a percentage of total population
Source: NC Office of State Budget and Management/demographics
Retrieved on 10/19/2017
Growth of population 65+ by age group between 2016-2036

- Of the population 65 and over, age group 75-84 will grow rapidly in the next 2 decades.
- Beyond 2030 the growth will shift to the ages 85 and over, as the baby boomers move into this age group.

*As a % of age group
Source: NC Office of State Budget and Management/demographics
Number of counties with people 60 and over than ages 0-17 will increase.

Source: NC Office of State Budget and Management/demographics

<table>
<thead>
<tr>
<th>Year</th>
<th>Counties with more people age 0-17 than 60+</th>
<th>Counties with more people age 60+ than 0-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>2016</td>
<td>24</td>
<td>76</td>
</tr>
<tr>
<td>2025</td>
<td>11</td>
<td>89</td>
</tr>
</tbody>
</table>
Counties with more people age 60 and over than 0-17

By 2025, 89 counties will have more people 60 and over than under age 18. The 6 counties with more people 0-17 than 60 and over are Craven, Cumberland, Durham, Harnett, Hoke and Onslow.

By 2036, 94 counties will have more people 60 and over than under age 18. The 6 counties with more people 0-17 than 60 and over are Craven, Cumberland, Durham, Harnett, Hoke and Onslow.
As the baby boomer population ages, number of counties with proportion of people 65 and over will increase

<table>
<thead>
<tr>
<th>% 65 and over</th>
<th>2016</th>
<th>2036</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% or less</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>11%-20%</td>
<td>72</td>
<td>20</td>
</tr>
<tr>
<td>21%-30%</td>
<td>26</td>
<td>72</td>
</tr>
<tr>
<td>31%-34%</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>

By 2036-
- In 8 counties, 1 in 3 people will be 65 and over (*Cherokee, Clay, Henderson, Pamlico, Chatham, Brunswick, Polk and Transylvania*)

Source: NC Office of State Budget and Management/demographics
Proportion of population 65 and over will increase

2016

2036

31% or more
21% to 30%
11% to 20%
10% or less

*As a % of total population

Source: NC Office of State Budget and Management/demographics
Projected Change in Population 65 and over (2016 to 2036)

Change
Percent 65+ (number of counties)

- 100% to 148% (8)
- 50% to 99% (31)
- 1% to 49% (58)
- -7% to -8% (3)

Range: -7% to 148%
Projected growth for the State: 67%

Source: NC Office of State Budget and Management/demographics
Top 5 counties with the most people 60 and over

Source: NC Office of State Budget and Management, 10/19/2017
http://www.osbm.nc.gov/facts-figures/demographics
There is more migration of people 60 and over to metropolitan areas

<table>
<thead>
<tr>
<th></th>
<th>Moved from other states</th>
<th>Moved from abroad</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>North Carolina</td>
<td>32,600</td>
<td>4,504</td>
<td>37,104</td>
</tr>
<tr>
<td>Wake</td>
<td>3,318</td>
<td>874</td>
<td>4,192</td>
</tr>
<tr>
<td>Mecklenburg</td>
<td>2,849</td>
<td>613</td>
<td>3,462</td>
</tr>
<tr>
<td>Brunswick</td>
<td>2,016</td>
<td>46</td>
<td>2,062</td>
</tr>
<tr>
<td>Buncombe</td>
<td>1,681</td>
<td>114</td>
<td>1,795</td>
</tr>
<tr>
<td>Guilford</td>
<td>1,149</td>
<td>199</td>
<td>1,348</td>
</tr>
<tr>
<td>Henderson</td>
<td>1,147</td>
<td>127</td>
<td>1,274</td>
</tr>
</tbody>
</table>

Source: American Community Survey 2012-2016, Table B07001
Race/Ethnicity, age 65 and over

- White: 80.8%
- Black or African American: 16.1%
- American Indian and Alaska Native: 0.9%
- Asian: 1.2%
- Some other race: 0.4%
- Two or more races: 0.6%
- Hispanic or Latino origin (of any race): 1.8%

Source: American Community Survey 2012-2016, five year estimates. Table S0103
Of the people 65 and over……….

- 2% speak English less than “very well”
- 21% are veterans
- 27% live alone
- 3% live in group quarters
- 81% are home owners
- Have a median household income of $36,870

Source: American Community Survey 2011-2016, five year estimates. Table S0103
Grandparents Responsible for Raising Grandchildren under 18 Years

Age 30 and over
96,618

Age 30-59
60,575
63%

Age 60 and over
36,043
37%

- 59% are women
- 62% are White
- 33% are Black or African American
- 37% have disabilities
- 34% are in labor force
- 21% live in poverty

Source: American Community Survey 2012-2016 five year estimates. Tables S1002, S1001
Characteristics of grandchildren living with grandparents responsible

- 105,836 grandchildren live in households with grandparents responsible for them

- Age:
  - 40% under 6 years
  - 33% are 6 to 11 years
  - 27% are 12 to 17 years

- Race:
  - 47% White
  - 40% Black or African American
  - 9% Hispanic or Latino

- 30% of them live below poverty level

- 56% of them live in households with SSI, cash public assistance income, or SNAP benefits

Source: American Community Survey 2012-2016, five year estimates. Table S1001
Poverty status by age groups

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Poverty Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 18 years</td>
<td>23.9%</td>
</tr>
<tr>
<td>18-64 years</td>
<td>15.9%</td>
</tr>
<tr>
<td>65 years and over</td>
<td>9.7%</td>
</tr>
</tbody>
</table>

*Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people ages 65 and older.

*As % of age group

Source: American Community Survey 2012-2016, five year estimates, Table S1701
<table>
<thead>
<tr>
<th>Poverty Level</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 100% of poverty level</td>
<td>9.7%</td>
</tr>
<tr>
<td>In 100%-199% of poverty level</td>
<td>23.0%</td>
</tr>
</tbody>
</table>

*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.

Source: American Community Survey 2012-2016, five year estimates. Table S0103, B17024
Poverty rate increases towards older age

*As % of age group

Source: American Community Survey 2012-2016, five year estimates, Table B17024
Percentage of people 65 and over living in poverty

North Carolina: 10%

Range: 4% - 30%

Source: American Community Survey 2012-2016, five year estimates. Table B17024
Sources of income for people age 65 and over

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Security</td>
<td>93%</td>
</tr>
<tr>
<td>Retirement</td>
<td>49%</td>
</tr>
<tr>
<td>Earnings</td>
<td>34%</td>
</tr>
<tr>
<td>Food Stamp/SNAP benefits</td>
<td>10%</td>
</tr>
<tr>
<td>Supplemental Security</td>
<td>6%</td>
</tr>
<tr>
<td>Cash Public Assistance</td>
<td>1%</td>
</tr>
</tbody>
</table>

* As % of age group

Source: American Community Survey 2012-2016 five year estimates. Table S0103
Level of Education, age 65 and over

- Bachelor's degree or higher: 23%
- Some college or associate's degree: 25%
- High school graduate, GED, or alternate: 32%
- Less than high school graduate: 20%

* As % of age group

Source: American Community Survey 2012-2016 five year estimates. Table S0103
## Labor force participation, age 65 and over

<table>
<thead>
<tr>
<th>Category</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>In labor force</td>
<td>16.0%</td>
</tr>
<tr>
<td>Employed</td>
<td>15.2%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>0.7%</td>
</tr>
<tr>
<td>As a percent of total civilian labor force</td>
<td>4.5%</td>
</tr>
<tr>
<td>Not in labor force</td>
<td>84.0%</td>
</tr>
</tbody>
</table>

* As % of age group

Source: American Community Survey 2012-2016 five year estimates. Table S0103
More adults are working into older age delaying retirement

<table>
<thead>
<tr>
<th>Age Group</th>
<th>% of Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>55-59 years</td>
<td>70%</td>
</tr>
<tr>
<td>60-64 years</td>
<td>52%</td>
</tr>
<tr>
<td>65-74 years</td>
<td>23%</td>
</tr>
<tr>
<td>75 years and over</td>
<td>6%</td>
</tr>
</tbody>
</table>

* As % of age group

Source: American Community Survey 2012-2016 five year estimates. Table B23001
Housing, age 65 and over

In Households 96.9%

- Family Households 55%
- Non-family Households 45%

In Group Quarters 3.1%

(44,888)

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

Source: American Community Survey 2012-2016 five year estimates. Table B09020
Characteristics of group quarters population, age 65 and over

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Institutionalized</th>
<th>Noninstitutionalized</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>44,888</td>
<td>41,428</td>
<td>3,460</td>
</tr>
<tr>
<td>Male</td>
<td>31.5%</td>
<td>31.0%</td>
<td>37.9%</td>
</tr>
<tr>
<td>Female</td>
<td>68.5%</td>
<td>69.0%</td>
<td>62.1%</td>
</tr>
</tbody>
</table>

- **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 age group

Source: American Community Survey 2012-2016 five year estimates. Table S2601A
Marital Status, age 65 and over

More women are widowed and live alone in older age

Now married (except separated)
- Male: 72%
- Female: 44%

Widowed
- Male: 12%
- Female: 37%

Divorced
- Male: 11%
- Female: 14%

Separated
- Male: 2%
- Female: 1%

Never married
- Male: 4%
- Female: 4%

*Now married (except separated) includes people who are separated but not legally divorced

Source: American Community Survey 2012-2016 five year estimates. Table S1201
Health and well-being

Of the people 65 and over:

- 37% have at least one disability
- 81% have at least one chronic disease. 51% of them had 2 or more chronic diseases
- 64% reported having an adult flu shot/spray
- 73% reported having a pneumonia shot ever
- 13% had 1 fall, and 16% had 2 or more falls in the past 12 months
- 67% reported exercising in the past month
- 9% reported that their health is poor
Disability Status, age 65 and over

- No disability: 63%
- With one type of disability: 17%
- With 2 or more types of disability: 20%

* Civilian non-institutionalized population only

Source: American Community Survey 2012-2016 five year estimates, Table B18101
Functional limitations, age 65 and over
One in four people 65 and over report having trouble walking

<table>
<thead>
<tr>
<th>Types of disability</th>
<th>% with a disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>With an ambulatory difficulty</td>
<td>24%</td>
</tr>
<tr>
<td>With an independent living difficulty</td>
<td>16%</td>
</tr>
<tr>
<td>With a hearing difficulty</td>
<td>15%</td>
</tr>
<tr>
<td>With a cognitive difficulty</td>
<td>10%</td>
</tr>
<tr>
<td>With a self-care difficulty</td>
<td>9%</td>
</tr>
<tr>
<td>With a vision difficulty</td>
<td>7%</td>
</tr>
</tbody>
</table>

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

Source: American Community Survey 2012-2016 five year estimates. Table S1810
### Leading causes of death, age 65 and over, 2016

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of death</th>
<th>Number of deaths</th>
<th>% of Total deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Diseases of the heart</td>
<td>14,136</td>
<td>21.8</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>13,496</td>
<td>20.8</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>4,385</td>
<td>6.8</td>
</tr>
<tr>
<td>4</td>
<td>Cerebrovascular disease</td>
<td>4,207</td>
<td>6.5</td>
</tr>
<tr>
<td>5</td>
<td>Alzheimer’s disease</td>
<td>4,113</td>
<td>6.3</td>
</tr>
<tr>
<td>6</td>
<td>Diabetes mellitus</td>
<td>1,871</td>
<td>2.9</td>
</tr>
</tbody>
</table>

*Number of people 65+ with at least one chronic disease is 81%:
- One chronic disease only – 30%
- 2 or more chronic diseases – 51%*
Health Status, age 65 and over

What would you say in general your health is?

- Excellent: 10%
- Very Good: 30%
- Good: 35%
- Fair: 15%
- Poor: 9%

Source: NC State Center for Health Statistics, BRFSS 2016
# Life Expectancy, 2016

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.

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>23.1</td>
</tr>
<tr>
<td>65-69</td>
<td>19.3</td>
</tr>
<tr>
<td>70-74</td>
<td>15.6</td>
</tr>
<tr>
<td>75-79</td>
<td>12.4</td>
</tr>
<tr>
<td>80-84</td>
<td>9.5</td>
</tr>
<tr>
<td>85+</td>
<td>7.1</td>
</tr>
</tbody>
</table>

Source: NC State Center for Health Statistics
References:


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.

Glossary:

Definitions of terminology used are available at http://factfinder.census.gov/home/en/epss/glossary_a.html