North Carolina Division of Aging and Adult Services

North Carolina is Aging!

Nationally, NC ranks in the top 10!

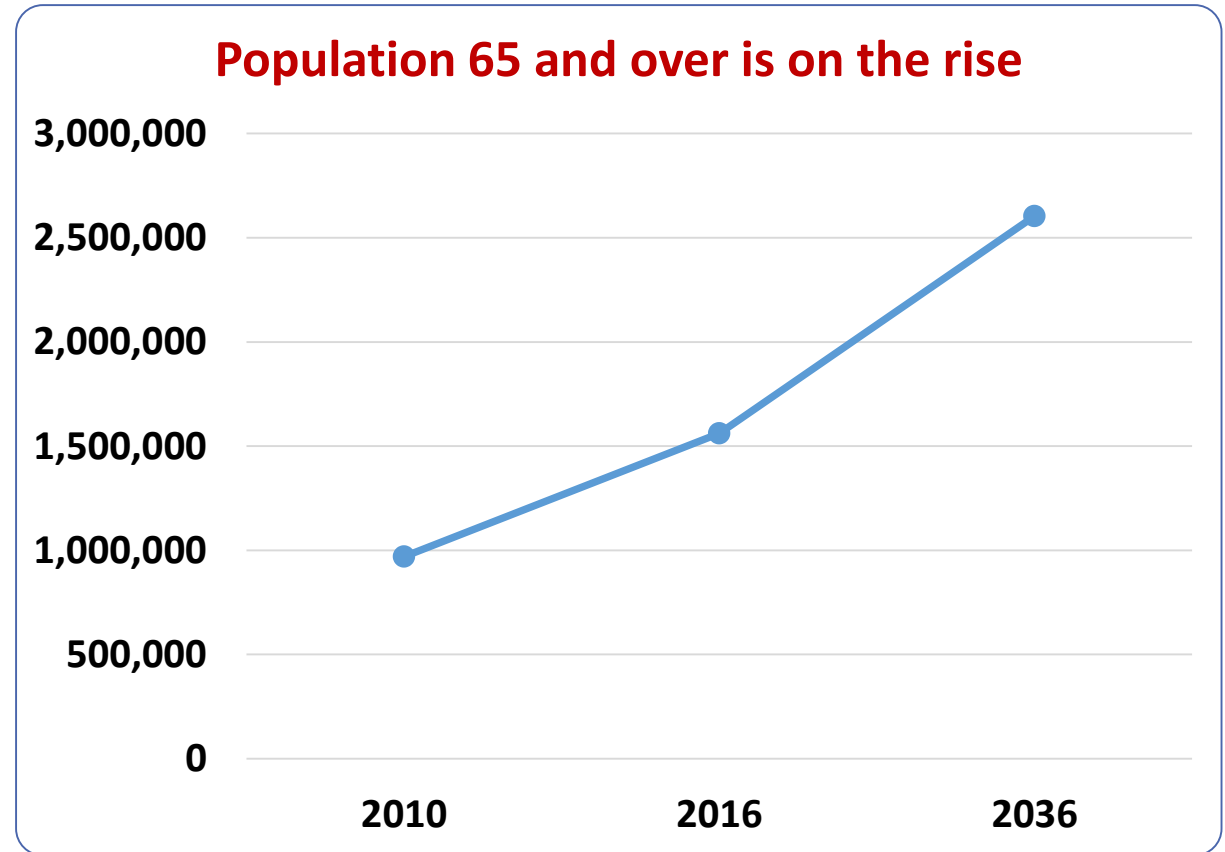**9th** Total population

9th Population age 60 and over

10th Population age 85 and over

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

Population 65 and over is on the rise

	2010	2016	2036
Population	~965,000	~1,560,000	~2,620,000

The older adult population will increase (2016-2036)

Ages	2016		2036		% Change 2016-2036
	#	%	#	%	
Total	10,155,942		12,440,324		22%
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%

*% is given as a percentage of total population

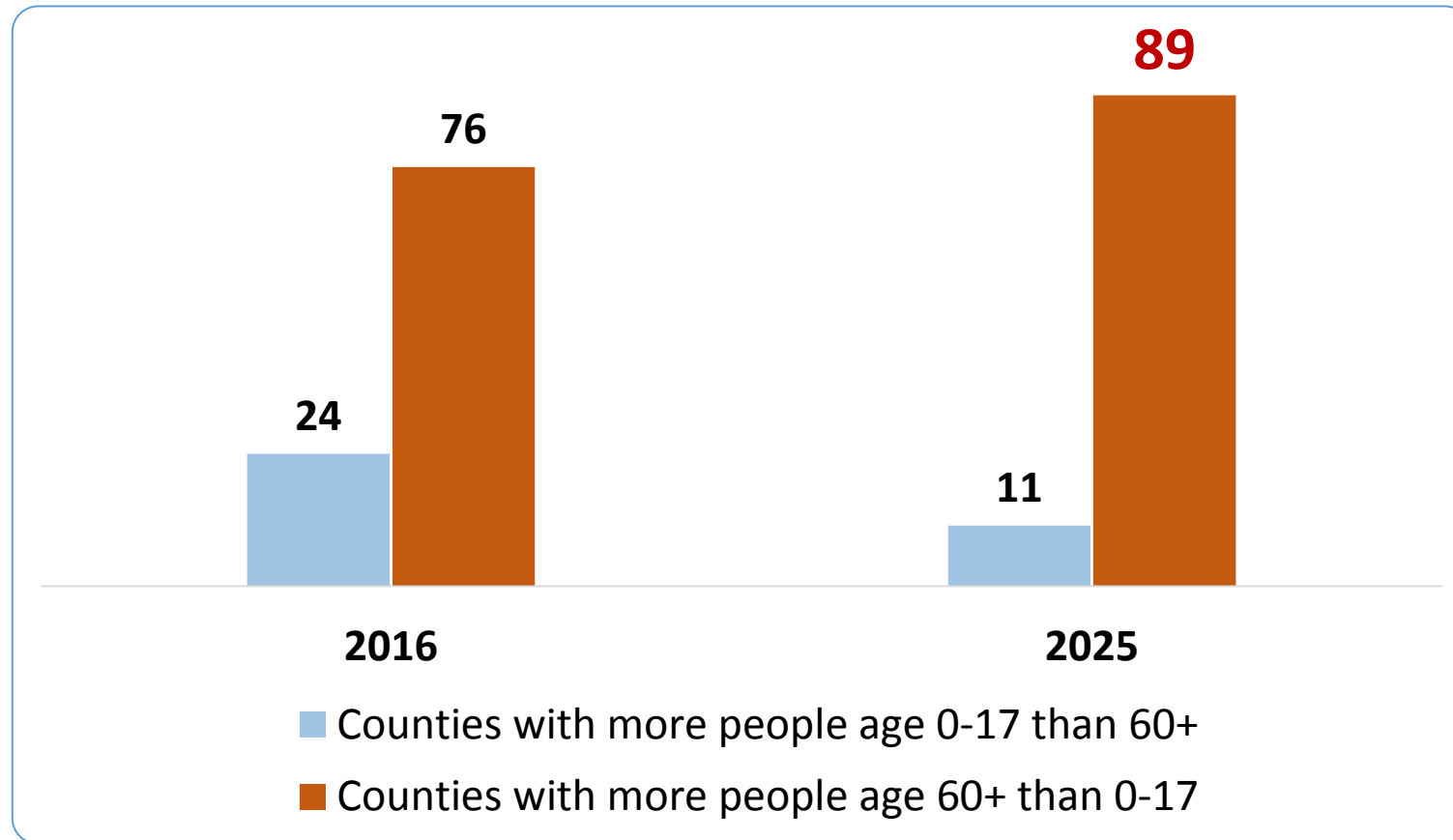# Growth of population 65+ by <u>age group</u> between 2016-2036
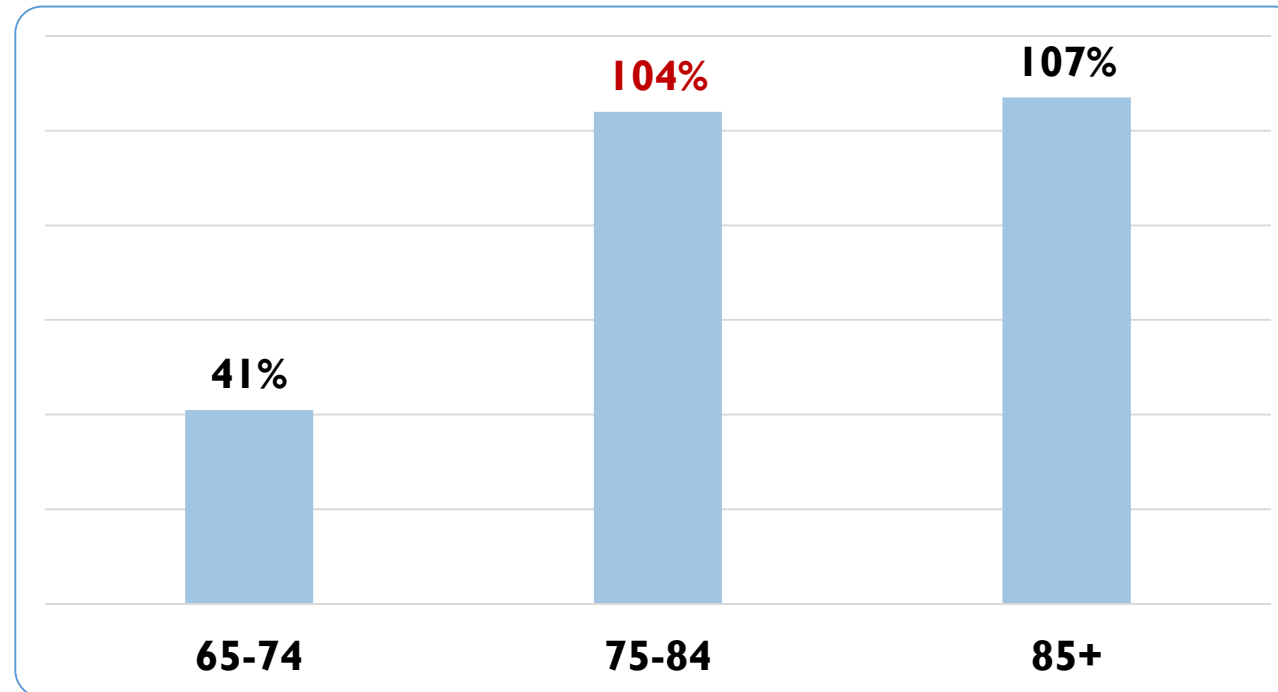
- Of the population 65 and over, age group 75-84 will grow rapidly in the next 2 decades.
- Beyond 2030 the growth will shift to the ages 85 and over, as the baby boomers move into this age group.
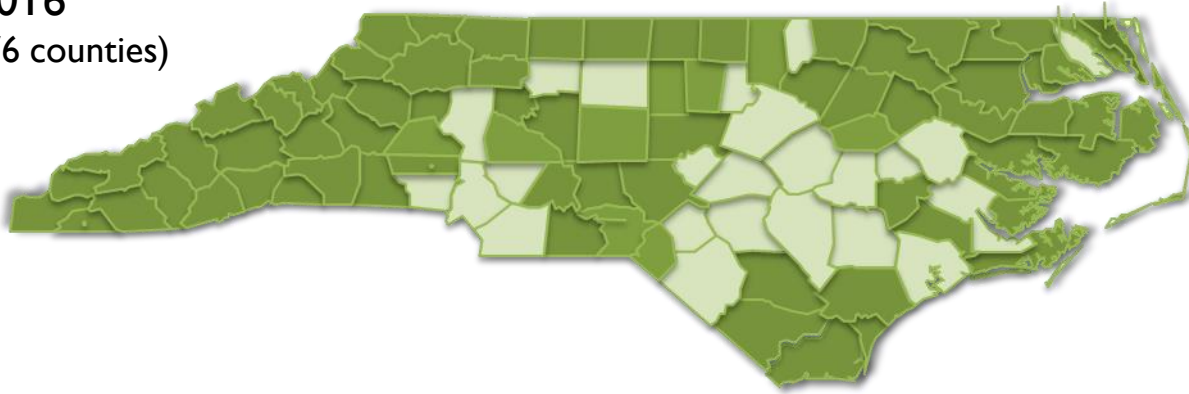
*As a % of age group

Source: NC Office of State Budget and Management/demographics

Number of counties with people 60 and over than ages 0-17 will increase

89

76

24

11

2016

2025

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

■ Counties with more people age 60+ than 0-17
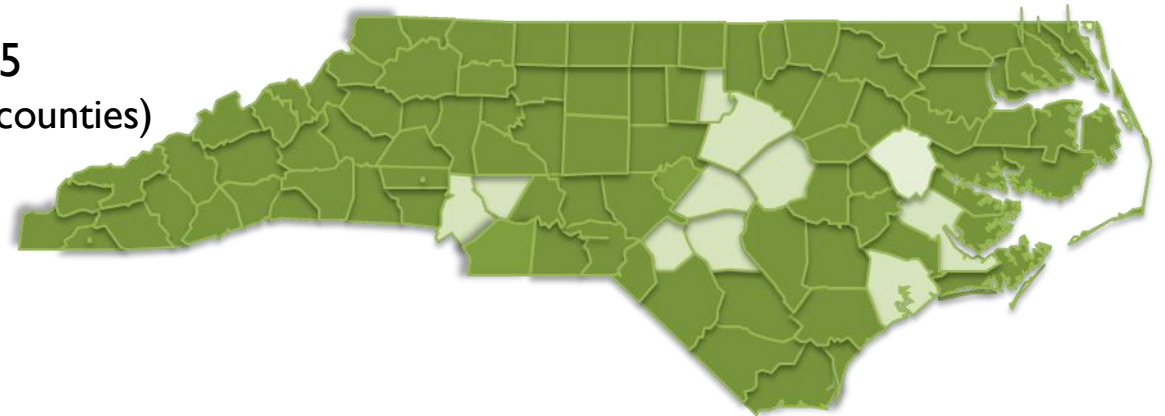
Counties with <u>more</u> people age <u>60 and over than 0-17</u>

2016
(76 counties)

2025
(89 counties)

Counties with more people ages 60+ than 0-17

Counties with more people ages 0-17 than 60+

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.

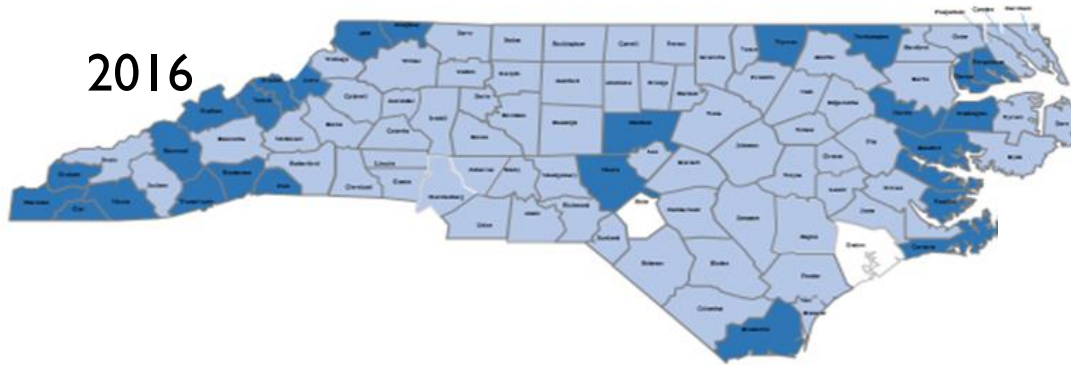# As the baby boomer population ages, number of counties with proportion of people 65 and over will increase

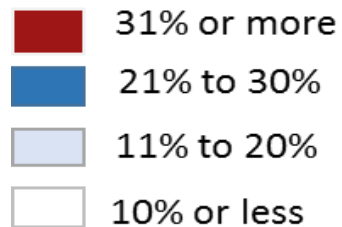| % 65 and over	Number of counties	
	2016	2036
10% or less	2	0
11%-20%	72	20
21%-30%	26	72
31%-34%	0	8

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

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

Projected Change in Population 65 and over (2016 to 2036)
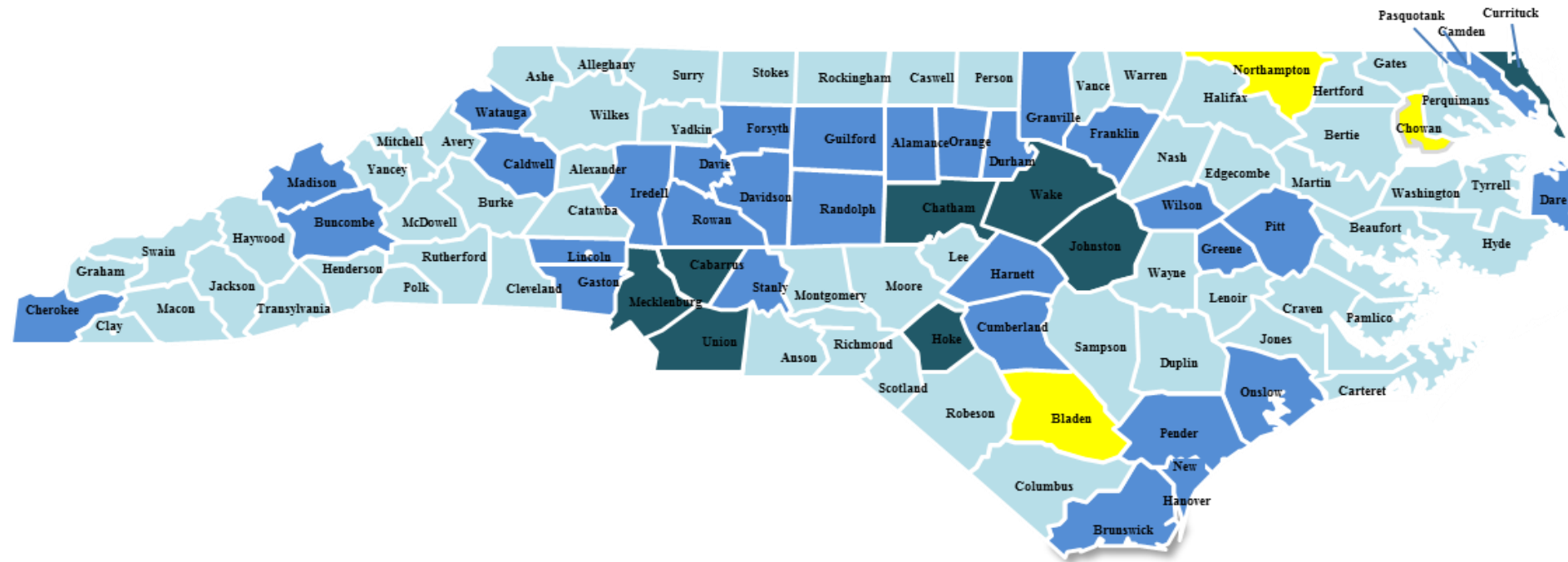
Change
Percent 65+ (number of counties)

- 100% to 148% (8)
- 50% to 99% (31)
- 1% to 49% (58)
- -7% to -8% (3)
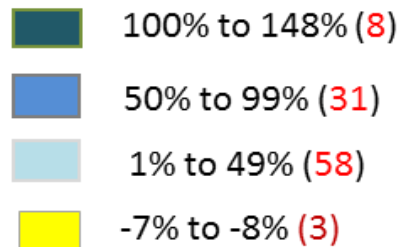
Range: -7% to 148%
Projected growth for the State : 67%

Top 5 counties with the most people 60 and over
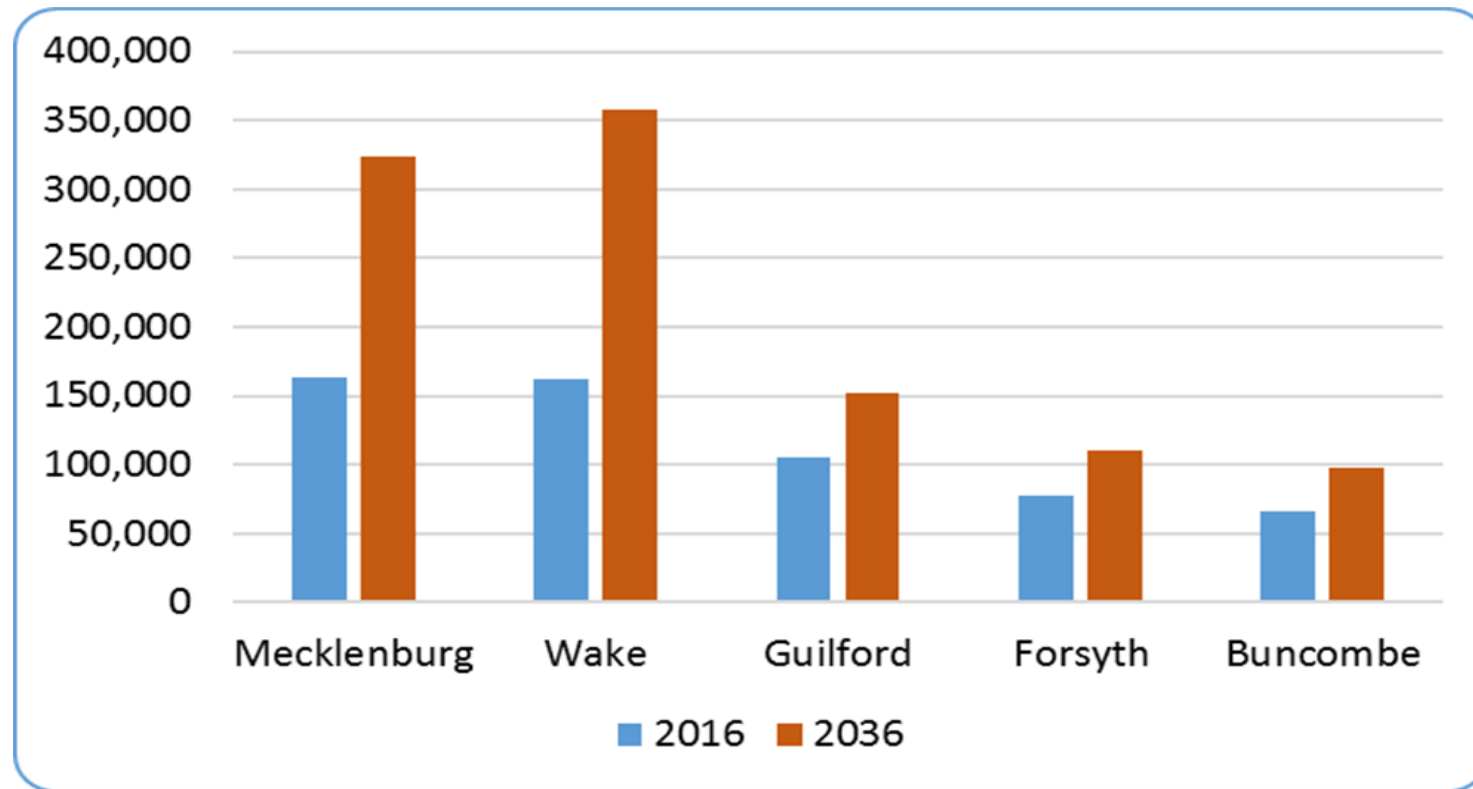
There is more migration of people 60 and over to metropolitan areas

	Moved from other states	Moved from abroad	Total
North Carolina	32,600	4,504	37,104
Wake	3,318	874	4,192
Mecklenburg	2,849	613	3,462
Brunswick	2,016	46	2,062
Buncombe	1,681	114	1,795
Guilford	1,149	199	1,348
Henderson	1,147	127	1,274
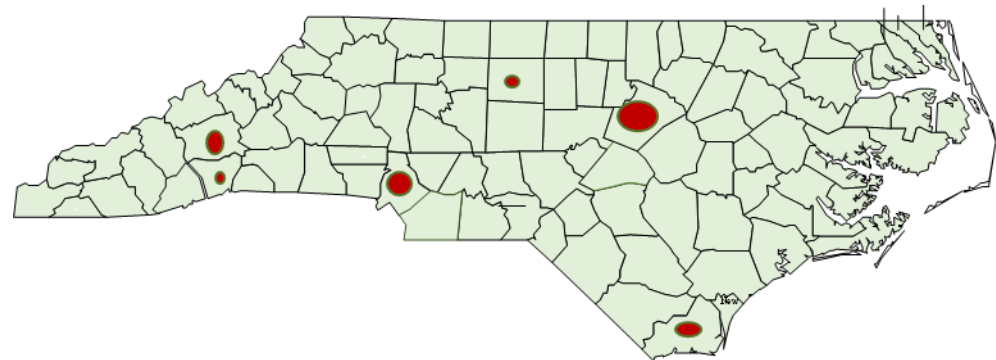
Race/Ethnicity, age 65 and over

Race/Ethnicity	Percent
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%
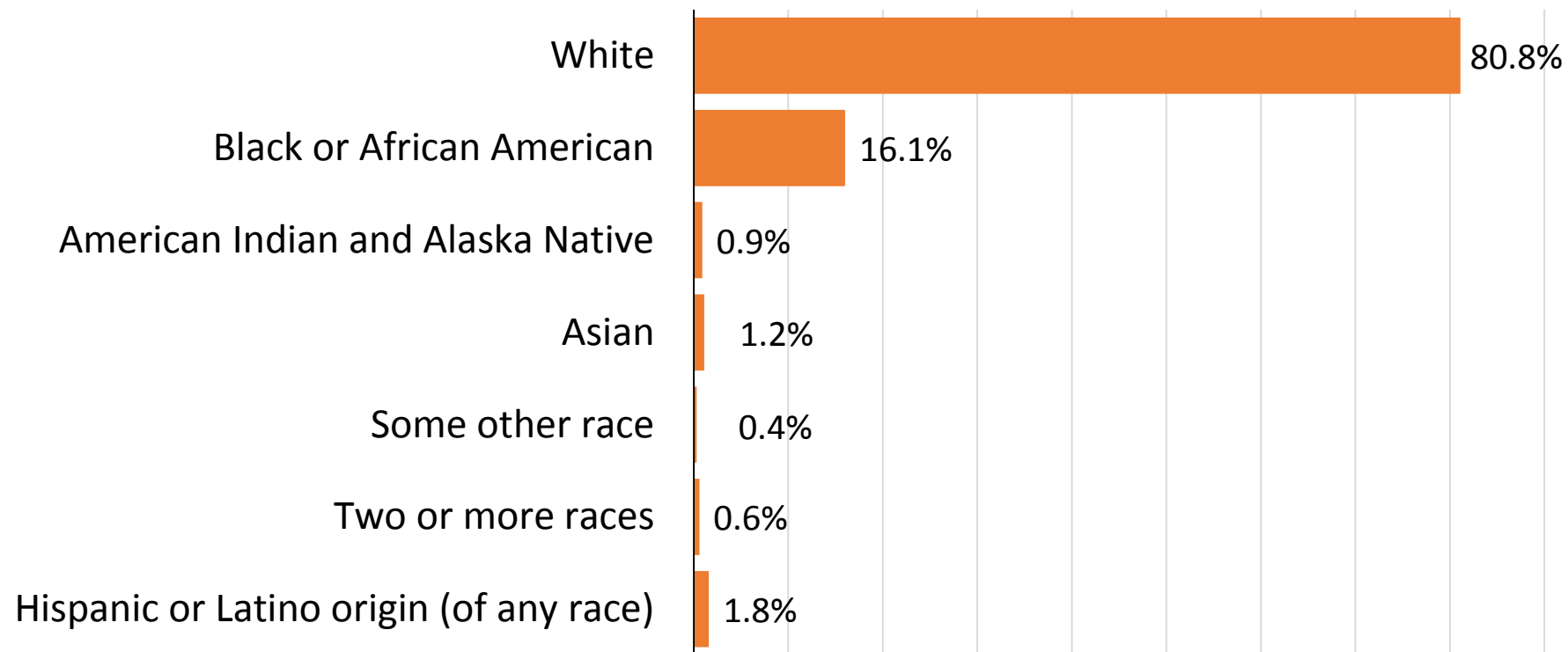
Of the people 65 and over……….

▶ **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**

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
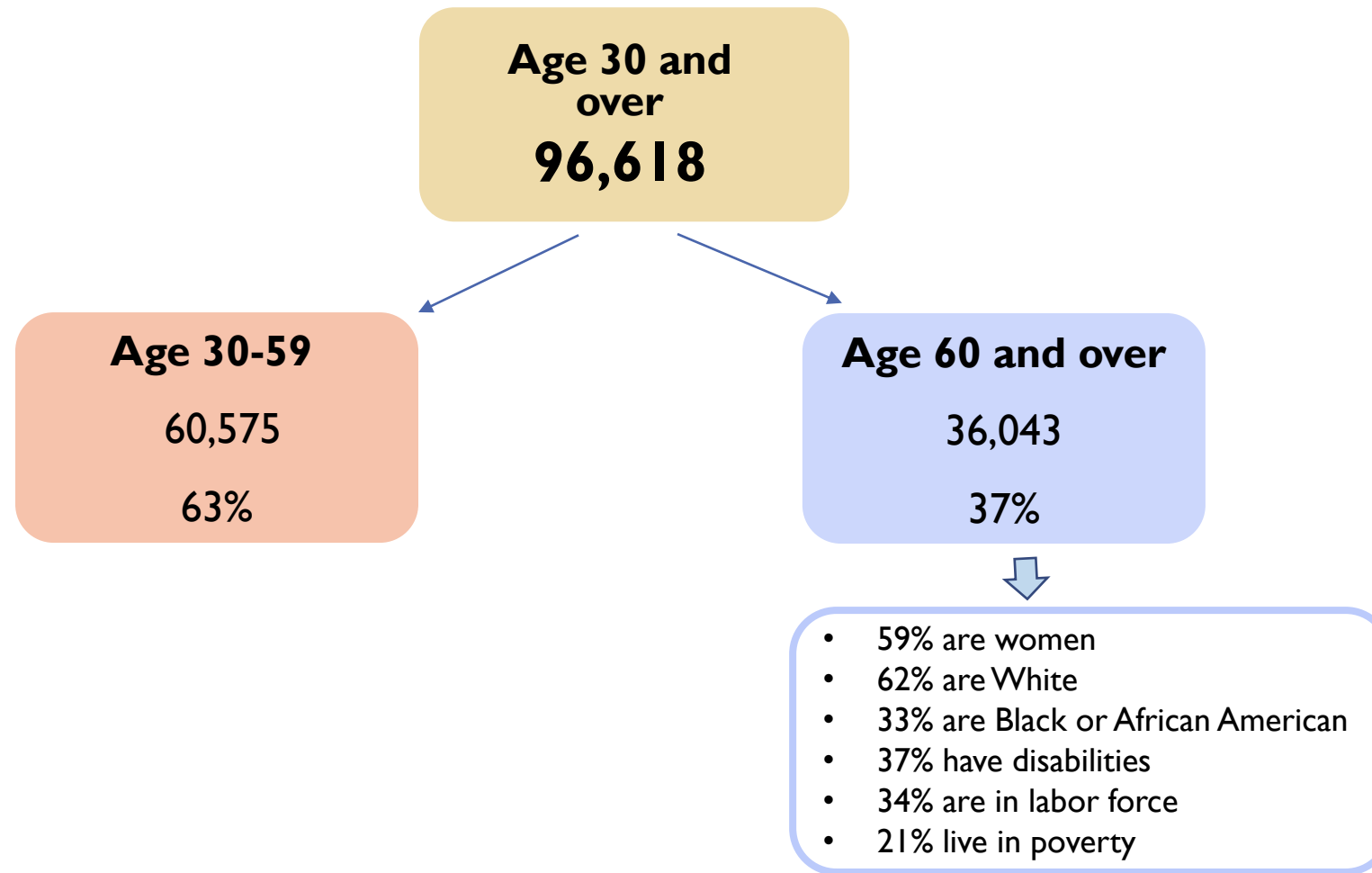
Characteristics of <u>grandchildren</u> living with grandparents responsible

- 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

Poverty status by age groups

23.9% — Under 18 years

15.9% — 18-64 years

9.7% — 65 years and over
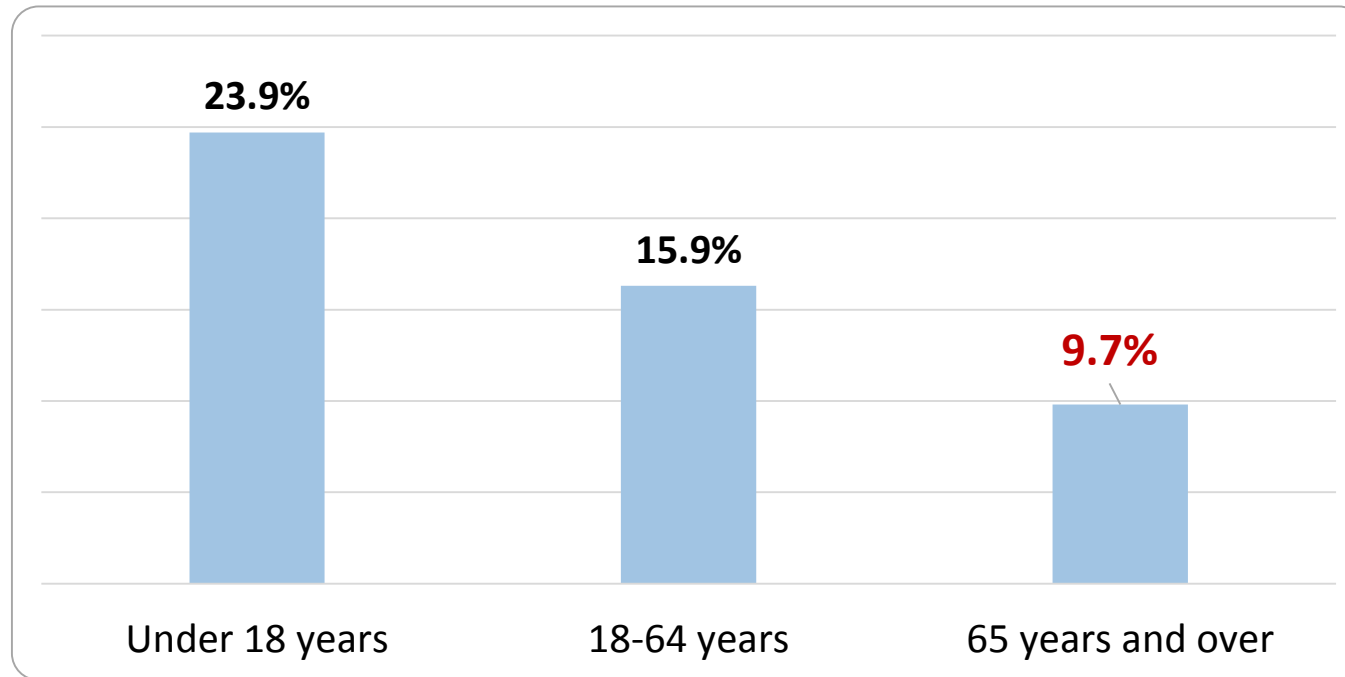
*Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people ages 65 and older.

* As % of age group

Poverty level, 65 and over

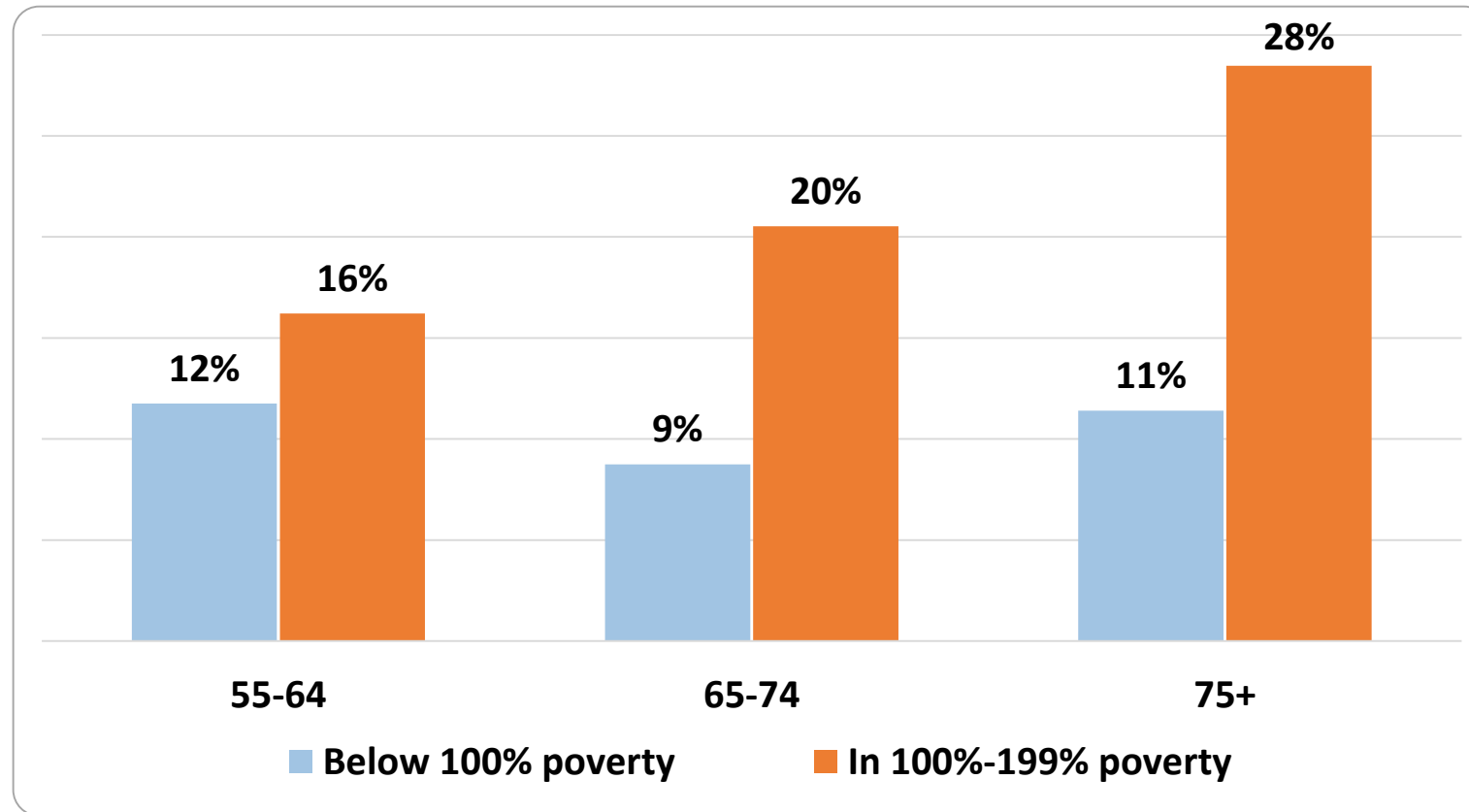|	%
Below 100% of poverty level	9.7%
In 100%-199% of poverty level	23.0%

US Census Poverty Thresholds, 2016
One person 65 and over $11,511
Two people 65 and over $14,522

*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.

Poverty rate increases towards older age

55-64   **65-74**   **75+**

■ **Below 100% poverty**   ■ **In 100%-199% poverty**

* As % of age group

Percentage of people 65 and over living in poverty

Legend:
- 30%
- 16% - 20%
- 10% - 15%
- Less than 10%

North Carolina: 10%

Range: 4% - 30%
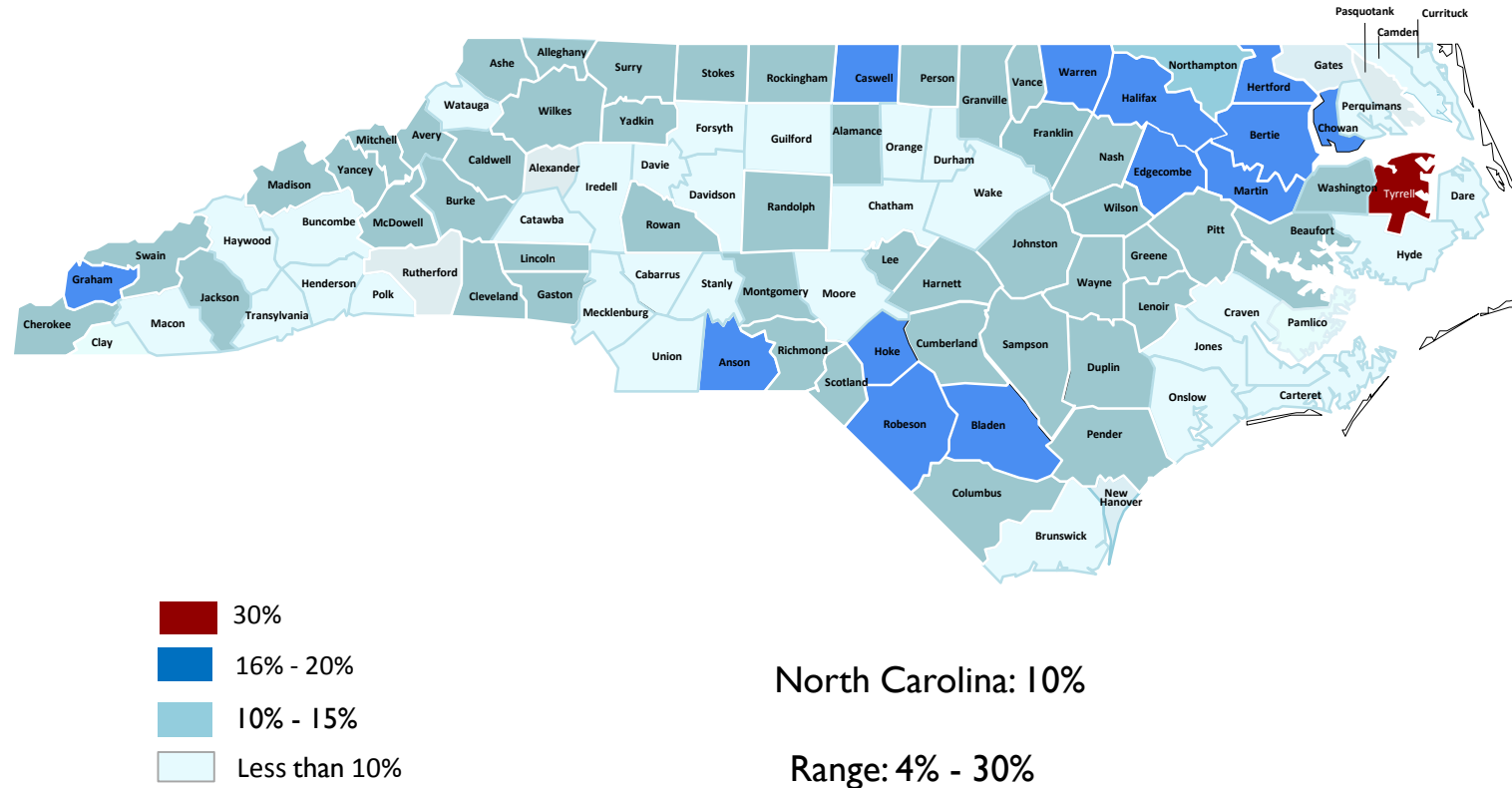
Sources of income for people age 65 and over

Social Security	**93%**
Retirement	**49%**
Earnings	34%
Food Stamp/SNAP benefits	10%
Supplemental Security	6%
Cash Public Assistance	1%

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%
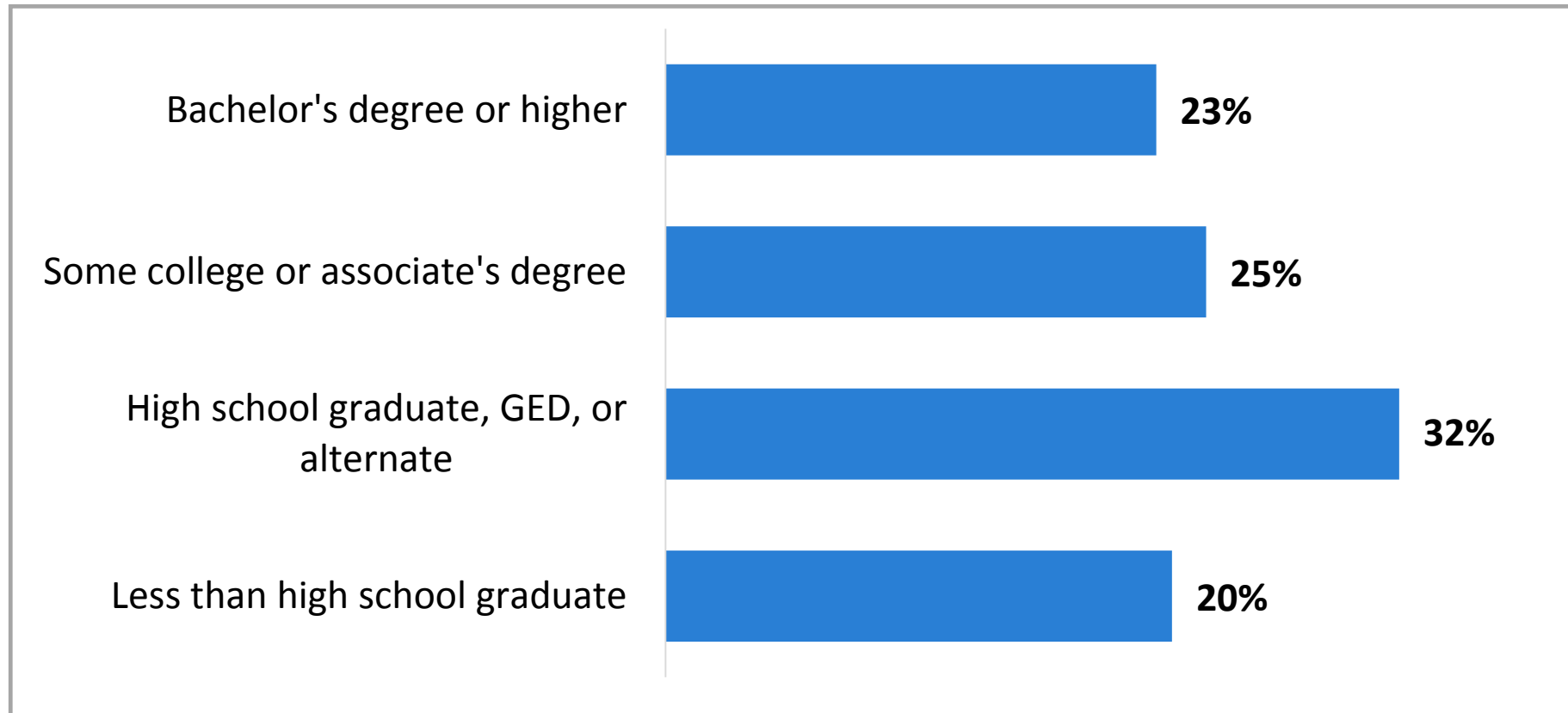
Source: American Community Survey 2012-2016 five year estimates. Table S0103

Labor force participation, age 65 and over

	%
In labor force	**16.0%**
Employed	15.2%
Unemployed	0.7%
As a percent of total civilian labor force	4.5%
Not in labor force	84.0%

* As % of age group

More adults are working into older age delaying retirement
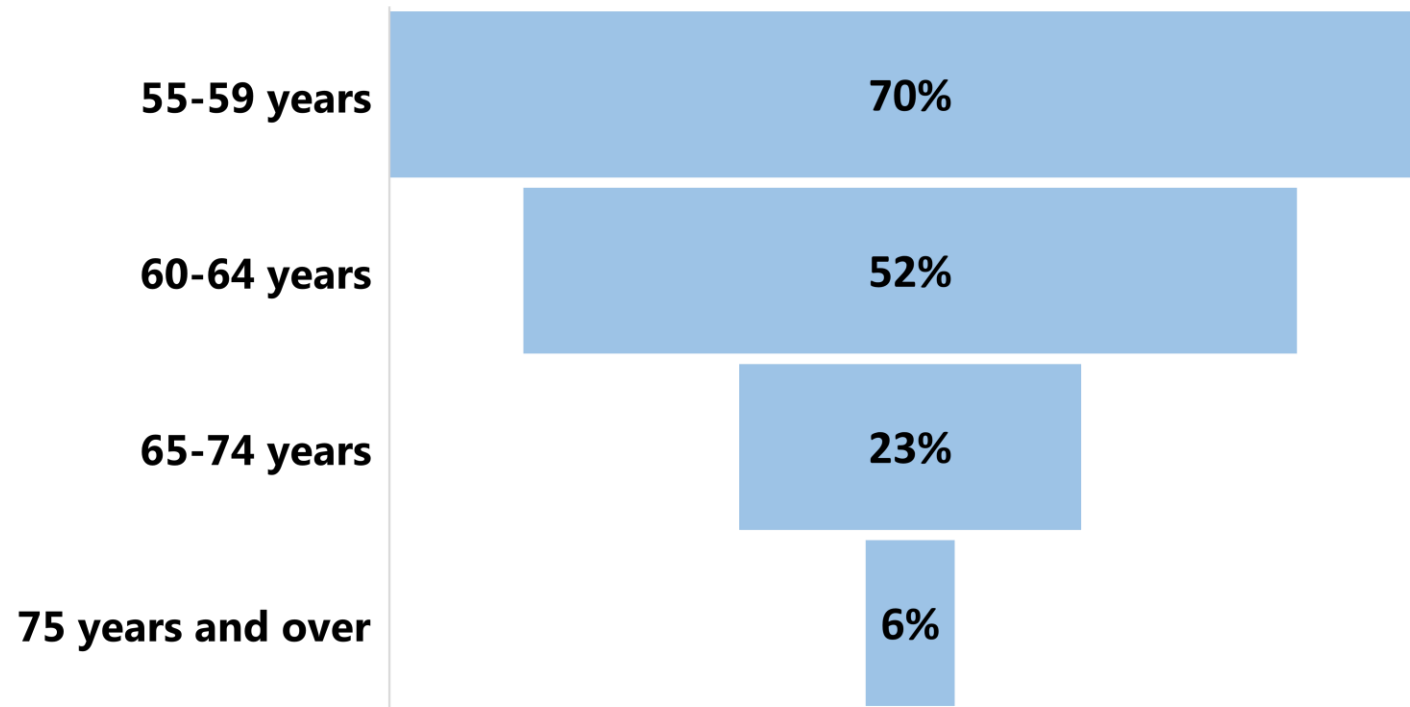
55-59 years — 70%
60-64 years — 52%
65-74 years — 23%
75 years and over — 6%

* As % of age group

Housing, age 65 and over

In Households
96.9%

In Group Quarters
3.1%
(44,888)

Family Households
55%

Non-family Households
45%
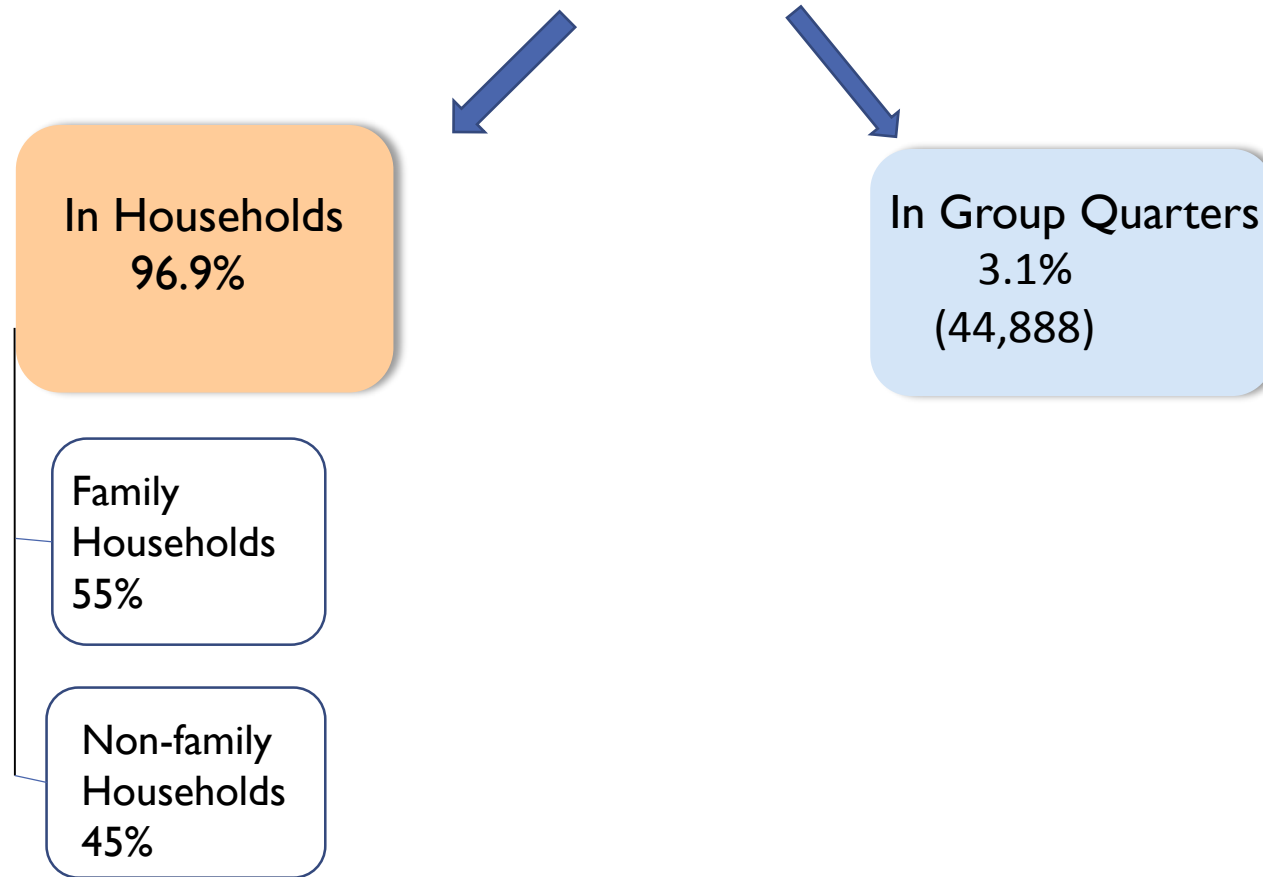
Group quarters population: people not living in households and includes institutionalized and non-institutionalized population

Source: American Community Survey 2012-2016 five year estimates. Table B09020

Characteristics of group quarters population, age 65 and over

	Total	Institutionalized	Noninstitutionalized
	44,888	41,428	3,460
Male	31.5%	31.0%	37.9%
Female	68.5%	69.0%	62.1%

- 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

Marital Status, age 65 and over

More women are widowed and live alone in older age

	Now married (except separated)	Widowed	Divorced	Separated	Never married
Male	72%	12%	11%	2%	4%
Female	44%	37%	14%	1%	4%

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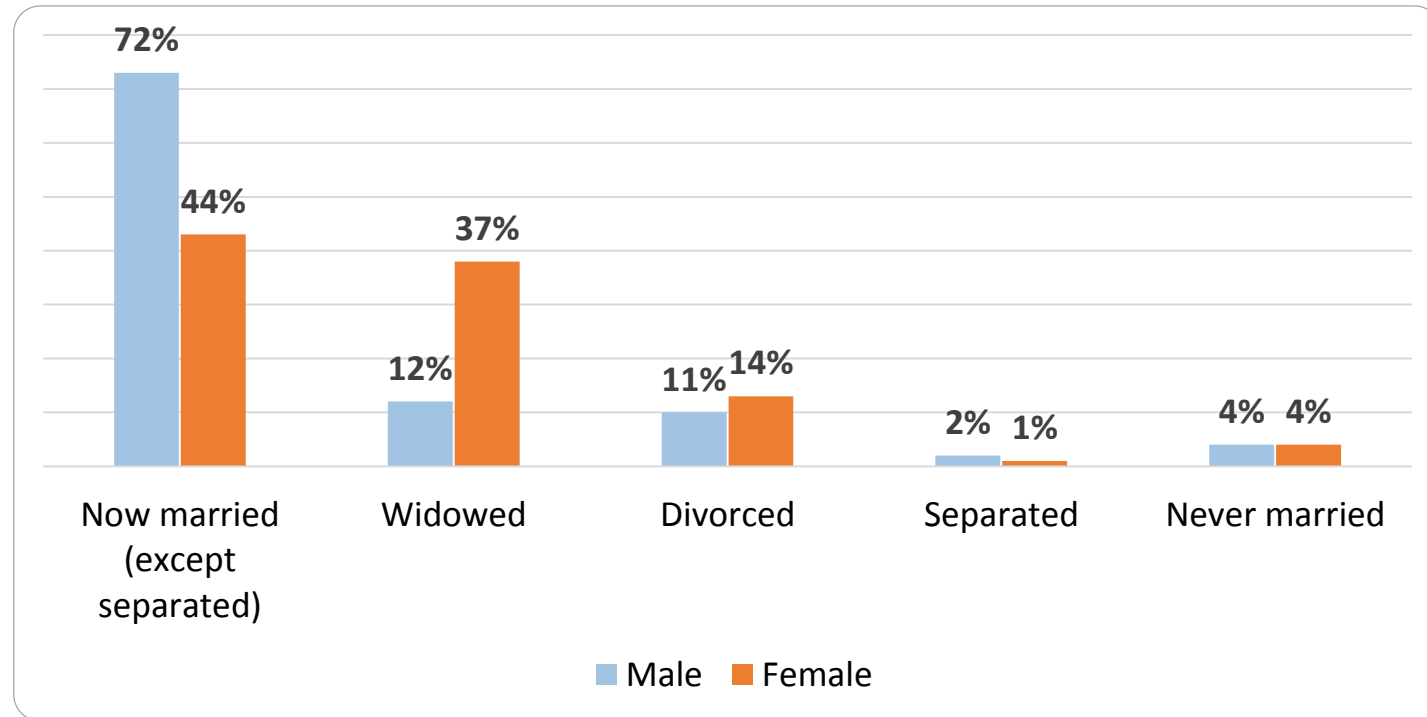
*Now married (except separated) includes people who are separated but not legally divorced

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

With one type of disability

17%

With 2 or more types of disability

20%

No disability

63%
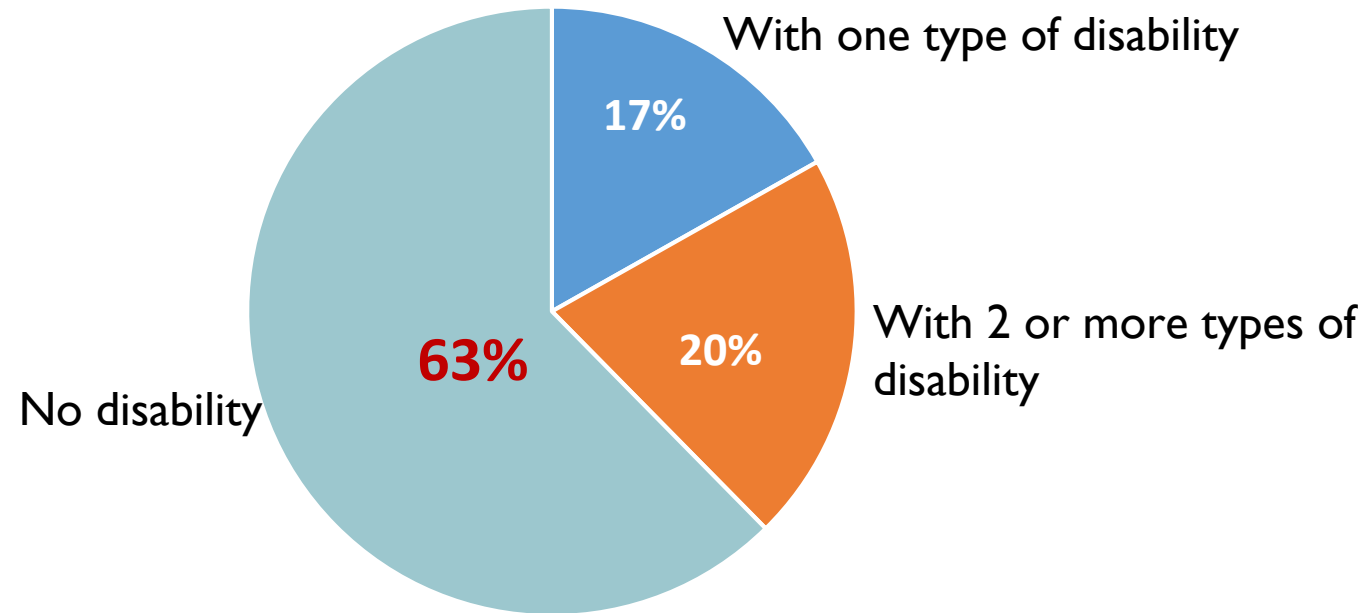
Functional limitations, age 65 and over
One in four people 65 and over report having trouble walking

Types of disability	% with a disability
With an ambulatory difficulty	24%
With an independent living difficulty	16%
With a hearing difficulty	15%
With a cognitive difficulty	10%
With a self-care difficulty	9%
With a vision difficulty	7%

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

* Civilian non-institutionalized population only

Source: American Community Survey 2012-2016 five year estimates. Table S1810

Leading causes of death, age 65 and over, 2016

Rank	Cause of death	Number of deaths	% of Total deaths
1	Diseases of the heart	14,136	21.8
2	Cancer	13,496	20.8
3	Chronic lower respiratory diseases	4,385	6.8
4	Cerebrovascular disease	4,207	6.5
5	Alzheimer's disease	4,113	6.3
6	Diabetes mellitus	1,871	2.9

*Number of people 65+ with at least one chronic disease is **81%:**
One chronic disease only – **30%**
2 or more chronic diseases – **51%**
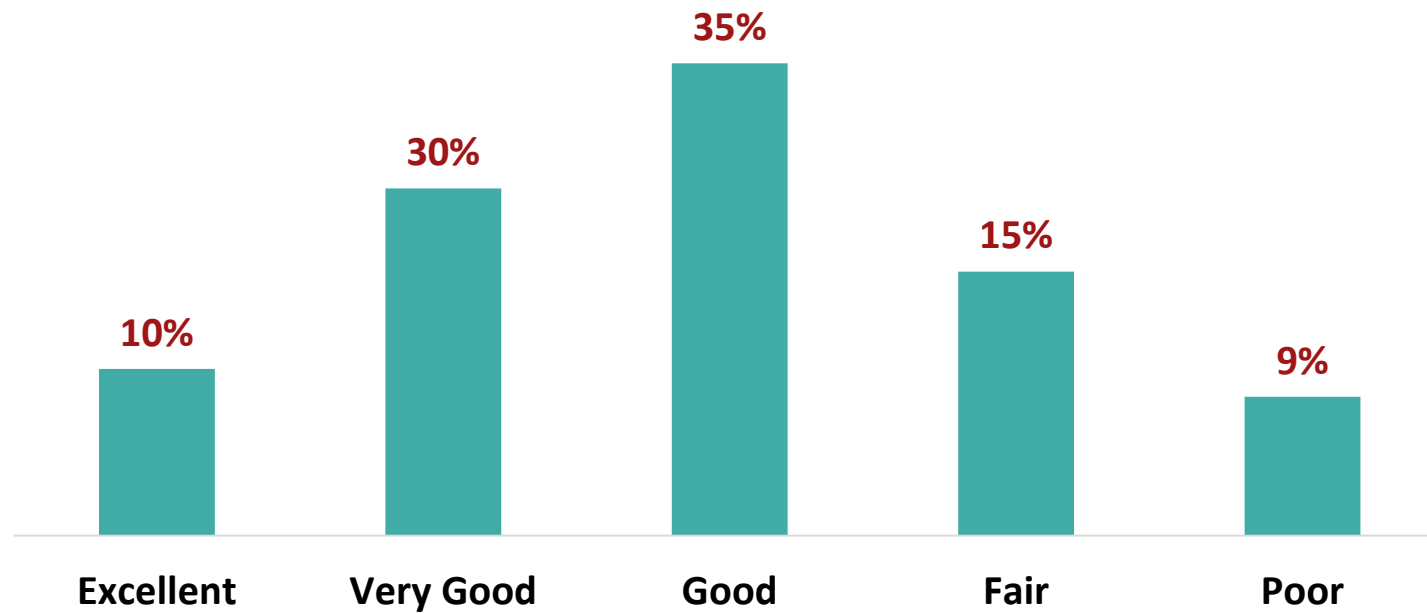
Life Expectancy, 2016

Age Groups	Years
60-64	23.1
65-69	19.3
70-74	15.6
75-79	12.4
80-84	9.5
85+	7.1

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:

Population estimates and projections: North Carolina State Data Center. County/state population estimates and projections; July 1, 2016, 2036; Retrieved in 10/2017 from http://www.osbm.nc.gov/facts-figures/demographics

US Census Bureau. American Community Survey 2012-2016, 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 2016. 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