NC Department of Health and Human Services
Aging in North Carolina

Division of Aging and Adult Services

January 2020
Where does North Carolina stand nationally?

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

Source: American Community Survey 2018, one year estimate. Table B01001: Sex by Age
Effective 2019, the state has more people 60+ than ages 0-17

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
It is projected that by 2038, 21% of the total population will be 65 and older (one in five people will be 65 and older).

Population 85+ will be the fastest growing age group in the next two decades (114%).

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
The proportion of the population 85 and over is projected to have the fastest growth in the next two decades.

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Projected growth of population 65+ by age group between 2018-2038

As the population 85 and over age the prevalence of functional limitations, frailty, and chronic diseases increase creating significant impact on long-term supports and services.

Source: NC Office of State Budget and Management/ facts-figures, Certified county estimates and projections 2018, 2038
Number of counties with more people 60 and over than ages 0-17 will increase

By 2025, 88 counties will have more people 60 and over than age under 18

Source: NC Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Counties with more people age 60 and over than 0-17, 2018

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

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

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Counties with more people age 60 and over than 0-17, 2038

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

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

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Percent of population 65 and over, 2018

Proportion of 65 and over in the state is 16%

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Percent of population 65 and over, 2038

Proportion of 65 and over in the state is 21%

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Percent of population 65 and over

2018

2038

*As a % of total population

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Projected change in population 65 and over (2018 to 2038)

Projected change for the state is 61%

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
Top 5 counties with the most people 60 and over (2018-2038)

Source: NC State Office of State Budget and Management/ facts-figures, Certified county estimates and projections, 2018, 2038
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>36,416</td>
<td>5,198</td>
<td>41,614</td>
</tr>
<tr>
<td>Wake</td>
<td>3,950</td>
<td>1,007</td>
<td>4,957</td>
</tr>
<tr>
<td>Mecklenburg</td>
<td>3,373</td>
<td>457</td>
<td>4,130</td>
</tr>
<tr>
<td>Brunswick</td>
<td>2,064</td>
<td>18</td>
<td>2,082</td>
</tr>
<tr>
<td>Buncombe</td>
<td>1,650</td>
<td>127</td>
<td>1,777</td>
</tr>
<tr>
<td>Guilford</td>
<td>1,341</td>
<td>112</td>
<td>1,453</td>
</tr>
<tr>
<td>Henderson</td>
<td>1,245</td>
<td>65</td>
<td>1,310</td>
</tr>
</tbody>
</table>

Source: American Community Survey 2014-2018, 5-year estimates. Table B07001: Geographical mobility in the past year by age for current residence in the United States
<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>80.0%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>16.5%</td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td>0.9%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.3%</td>
</tr>
<tr>
<td>Some other race</td>
<td>0.5%</td>
</tr>
<tr>
<td>Two or more races</td>
<td>0.7%</td>
</tr>
<tr>
<td>Hispanic or Latino origin (of any race)</td>
<td>1.9%</td>
</tr>
</tbody>
</table>

Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over
Of the population 65 and over

- 2% speak English less than “very well”
- 19% are veterans
- 27% live alone
- 3% live in group quarters
- 81% are home owners
- Have a median household income of $40,062

Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over
Number of grandparents responsible for raising grandchildren under 18 Years

- **Age 30 and over**
  - 94,631

- **Age 30-59**
  - 56,090
  - 59%

- **Age 60 and over**
  - 38,541
  - 41%

- 58% are women
- 61% are White
- 33% are Black or African American
- 35% have disabilities
- 34% are in labor force
- 20% live below poverty

Source: American Community Survey 2014-2018, 5-year estimates. Tables B10056: Sex of grandparents living with own grandchildren under 18 years by responsibility for own grandchildren and age of the grandparent. Table S1002: Grandparents
Characteristics of grandchildren living with grandparents responsible

- 102,389 grandchildren live in households with grandparents responsible for them
- **Age:**
  - 38% under 6 years
  - 34% are 6 to 11 years
  - 28% are 12 to 17 years
- **Race:**
  - 48% White
  - 39% Black or African American
  - 9% Hispanic or Latino
- 28% live below poverty level
- 52% live in households with SSI, cash public assistance income, or SNAP benefits

Source: American Community Survey 2014-2018, 5-year estimates. Table S1001: Grandchildren
## Poverty level, 65 and over

<table>
<thead>
<tr>
<th>Category</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Below 100% of poverty level</td>
<td>9.2%</td>
</tr>
<tr>
<td>In 100%–199% of poverty level</td>
<td>22.0%</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 2014-2018, 5-year estimates. Table B17024: Age by ratio of income to poverty level in the past 12 months
Below poverty status by age groups

*Federal programs such as Medicare, Social Security and Supplemental Security Income play a critical role in enhancing economic security and reducing poverty rates among people ages 65 and older.

Source: American Community Survey 2014-2018, 5-year estimates, Table S1701: Poverty status in the past 12 months
Poverty rate increases towards older age

Older population are at greater risk of higher poverty rates due to living alone with lower incomes and increase in healthcare costs

Source: American Community Survey 2014-2018, 5-year estimates, Table B17024: Age by ratio of income to poverty level in the past 12 months
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>35%</td>
</tr>
<tr>
<td>Senior Nutrition Assistance Program Benefits</td>
<td>10%</td>
</tr>
<tr>
<td>Supplemental Security Income (SSI)</td>
<td>6%</td>
</tr>
<tr>
<td>Cash Public Assistance (ex. TANF)</td>
<td>1%</td>
</tr>
</tbody>
</table>

* As % of age group

Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over
Level of education, age 65 and over

- Bachelor's Degree or Higher: 25%
- Some College or Associate's Degree: 26%
- High School Graduate, GED, or Alternate: 31%
- Less Than High School Graduate: 18%

* As % of age group

Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over
### Labor force participation, age 65 and over

<table>
<thead>
<tr>
<th>Status</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>In labor force</td>
<td>16.4%</td>
</tr>
<tr>
<td>Employed</td>
<td>15.8%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>0.6%</td>
</tr>
<tr>
<td>As a percent of total civilian labor force</td>
<td>3.5%</td>
</tr>
<tr>
<td>Not in labor force</td>
<td>83.6%</td>
</tr>
</tbody>
</table>

*As % of age group

Source: American Community Survey 2014-2018, 5-year estimates. Table S0103: Population 65 and over
More adults are working into older age delaying retirement, NC

Labor force participation rate

- 53% for 60-64
- 23% for 65-74
- 6% for 75 and over

* As % of age group

Keeping older adults in the workforce:

- Change bias and attitude towards older workers
- Design phased retirement programs
- Provide flexible roles and schedules
- Allow part-time work/telecommuting
- Retirement options
- Ongoing training to master new skills
- Invest in wellness programs
- Implement strategies to help aging workers balance work and caregiving roles

Source: American Community Survey 2014-2018, 5-year estimates. Table S2301: Employment status
### Senior Community Service Employment Program (SCSEP), 2019

*Helping low-income, unemployed individuals age 55 and older find work, increase skills and build self-confidence*

<table>
<thead>
<tr>
<th>Performance Metric</th>
<th>YTD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of hours of training provided</td>
<td>1,343</td>
</tr>
<tr>
<td>Total number of participants providing community service</td>
<td>333</td>
</tr>
<tr>
<td>Total number of hours worked in community service</td>
<td>170.778</td>
</tr>
</tbody>
</table>

Authorized by the Older Americans Act and funded by the U.S. Department of Labor, SCSEP places individuals 55 and older who are economically disadvantaged into part-time community service assignments while helping them transition into unsubsidized employment. SCSEP empowers low-income older workers to achieve economic independence while training in community service activities that assist in gaining marketable skills to re-enter the workforce.
Housing, age 65 and over

In Households 97%
- Family Households 55%
- Non-family Households 45%

In Group Quarters 3%

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

* As % of age group

Source: American Community Survey 2014-2018, 5-year estimates. Table B09020: Relationship by household type (including living alone) for population 65 and over
### 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>44,118</td>
<td>40,591</td>
<td>3,527</td>
</tr>
<tr>
<td>Male</td>
<td>34%</td>
<td>33%</td>
<td>43%</td>
</tr>
<tr>
<td>Female</td>
<td>66%</td>
<td>67%</td>
<td>57%</td>
</tr>
</tbody>
</table>

* As % of age group

- **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.

Source: American Community Survey 2014-2018, 5-year estimates. Table S2601A: Characteristics of group quarters population
Marital Status, age 65 and over

More women are widowed and live alone in older age

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Now married (except separated)</td>
<td>72%</td>
<td></td>
</tr>
<tr>
<td>Widowed</td>
<td>12%</td>
<td>44%</td>
</tr>
<tr>
<td>Divorced</td>
<td>11%</td>
<td>14%</td>
</tr>
<tr>
<td>Separated</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Never married</td>
<td>4%</td>
<td>4%</td>
</tr>
</tbody>
</table>

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

Now Married, Except Separated
Includes people whose current marriage has not ended through widowhood, divorce, or separation (regardless of previous marital history). The category may also include couples who live together or people in common-law marriages if they consider this category the most appropriate. In certain tabulations, currently married people are further classified as "spouse present" or "spouse absent." In tabulations, unless otherwise specified, "now married" does not include same-sex married people even if the marriage was performed in a state issuing marriage certificates for same-sex couples.

Separated
Includes people legally separated or otherwise absent from their spouse because of marital discord. Those without a final divorce decree are classified as "separated." This category also includes people who have been deserted or who have parted because they no longer want to live together, but who have not obtained a divorce.

Source: American Community Survey 2014-2018, 5-year estimates. Table S1201: Marital status
Health and well-being

Of the people 65 and over:

- 36% have at least one disability
- 84% have at least one chronic disease. 55% of them had 2 or more chronic diseases
- 73% reported no falls
- 66% reported having an adult flu shot/spray
- 77% reported having a pneumonia shot ever
- 68% reported exercising in the past month
- 8% reported that their health is poor

Source: American Community Survey 2014-2018, 5-year estimates. Table C18018: Age by number of disabilities
NC State Center for Health Statistics. BRFSS 2018 survey results
Older adults and civic engagement
Senior Corps in North Carolina, 2018

More than 3,300 North Carolinians age 55 and over met critical community needs

<table>
<thead>
<tr>
<th>2,220</th>
<th>790</th>
<th>150</th>
</tr>
</thead>
<tbody>
<tr>
<td>Young people tutored by Foster Grandparents</td>
<td>Homebound seniors helped by Senior Companions</td>
<td>Local organizations benefited from Retired Senior Volunteer Program (RSVP) volunteers</td>
</tr>
</tbody>
</table>

Reported health benefits after one year of volunteering:
- Decrease in anxiety and depression
- Decrease in loneliness and social isolation
- Enhanced physical activity
- Higher life satisfaction

Source: Corporation for National and Community Service, American Association for Retired Persons
Opioid related deaths among adults 60 and over, SFY 2019

Total opioid related deaths, 60+ in the state - 116

Number of deaths
- 5 to 9
- 1 to 4

Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results
Opioid related deaths among adults 60 and over, SFY 2019

Number of deaths by age group:
- 60-69: 105
- 70-79: 8
- 80+: 3

Number of deaths by race:
- White: 96
- Black or African American: 17
- American Indian: 1
- Unknown: 2

Number of deaths by gender:
- Male: 68
- Female: 48

Source: NC Division of Public Health, Office of the Chief Medical Examiner, provisional results
**Family Caregiving for Older Adults with Dementia in NC (2018)**

*Number of Alzheimer’s and dementia caregivers, hours of unpaid care and costs of caregiving.*

Source: Alzheimer’s Association: Alzheimer’s Disease Facts and Figures report, NC

- **473,600**
  - Number of Caregivers

- **538,000,000**
  - Total hours of unpaid care

- **$6,806,000,000**
  - Total value of unpaid care

- **$311,000,000**
  - Higher health costs of caregivers
Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

*Did you provide regular care or assistance to a friend or family who has a health problem or disability during the past 30 days?* (N=3,792; YES = 755 (20%))

Age of the caregivers

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-34</td>
<td>14%</td>
</tr>
<tr>
<td>35-44</td>
<td>19%</td>
</tr>
<tr>
<td>45-54</td>
<td>23%</td>
</tr>
<tr>
<td>55-64</td>
<td>28%</td>
</tr>
<tr>
<td>65-74</td>
<td>21%</td>
</tr>
<tr>
<td>75+</td>
<td>15%</td>
</tr>
</tbody>
</table>

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017
Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

What age is the person to whom you are giving care? (N=734)

- Under 18 years old: 5%
- 18-64 years old: 36%
- 65 years or older: 59%

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017
Caregivers in NC

According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

Of the respondents (N=753):

- 22% of caregivers were veterans
- 21% had high school or GED education
- 23% had functional disabilities
- 19% were employed or self-employed; 20% retired; 20% were unable to work; 25% other not in labor force
  - 24% of the caregivers provided care for more than 5 years
  - 56% provided care up to 8 hours and 20% for 40 hours or more per week
  - 35% cared for people with disabilities
  - 25% cared for people who have hypertension, diabetes and organ failure/disease
  - 52% provided care managing personal care
  - 79% provided care managing household tasks
- 38% provided care to parent/parent-in-law; 7% to Child/Grandchild; 15% to Spouse (include in-law); 24% to grandparent/other relative; 16% to non-relative/family friend.

Source: NC State Center for Health Statistics, BRFSS, NC Caregiver Survey, 2017
Caregiving and Workforce Issues

**Impact:**
- Decreased productivity
- Lost time from work
- Lost career opportunities
- Unpaid leave of absences
- Early retirement
- Decreased lifetime earnings
- Decline in physical and emotional health

**Best practices:**
- Flexible work hours
- Information and assistance
- Emotional support
- Change in work policies
- Education/training to supervisors on caregiver issues

Source: Family Caregiver Alliance, American Association of Retired Persons (AARP)
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>Ambulatory difficulty</td>
<td>23%</td>
</tr>
<tr>
<td>Independent living difficulty</td>
<td>15%</td>
</tr>
<tr>
<td>Hearing difficulty</td>
<td>15%</td>
</tr>
<tr>
<td>Cognitive difficulty</td>
<td>9%</td>
</tr>
<tr>
<td>Self-care difficulty</td>
<td>8%</td>
</tr>
<tr>
<td>Vision difficulty</td>
<td>7%</td>
</tr>
</tbody>
</table>

* Civilian non-institutionalized population only

Source: American Community Survey 2014-2018, 5-year estimates. Table S1810: Disability Characteristics

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
Leading causes of death, age 65 and over, 2018

<table>
<thead>
<tr>
<th>Rank</th>
<th>Causes 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>14,969</td>
<td>22%</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>13,976</td>
<td>21%</td>
</tr>
<tr>
<td>3</td>
<td>Chronic lower respiratory diseases</td>
<td>4,470</td>
<td>7%</td>
</tr>
<tr>
<td>4</td>
<td>Alzheimer's disease</td>
<td>4,454</td>
<td>7%</td>
</tr>
<tr>
<td>5</td>
<td>Cerebrovascular disease</td>
<td>4,286</td>
<td>6%</td>
</tr>
<tr>
<td>6</td>
<td>Diabetes mellitus</td>
<td>1,992</td>
<td>3%</td>
</tr>
</tbody>
</table>

*Number of people 65+ with at least one chronic disease is 84%: One chronic disease only – 29%, 2 or more chronic diseases – 55%

Source: NC State Center for Health Statistics
Health Status, age 65 and over

What would you say in general your health is?

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>11%</td>
</tr>
<tr>
<td>Very Good</td>
<td>26%</td>
</tr>
<tr>
<td>Good</td>
<td>34%</td>
</tr>
<tr>
<td>Fair</td>
<td>21%</td>
</tr>
<tr>
<td>Poor</td>
<td>8%</td>
</tr>
</tbody>
</table>

Source: NC State Center for Health Statistics, BRFSS 2018
**Life Expectancy, 2018**

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>23.2</td>
</tr>
<tr>
<td>65-69</td>
<td>19.4</td>
</tr>
<tr>
<td>70-74</td>
<td>15.8</td>
</tr>
<tr>
<td>75-79</td>
<td>12.5</td>
</tr>
<tr>
<td>80-84</td>
<td>9.5</td>
</tr>
<tr>
<td>85+</td>
<td>7.1</td>
</tr>
</tbody>
</table>

For example, if you are 62 years old, you are expected to live to 85 years

*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*

Source: NC State Center for Health Statistics
References:

Population estimates and projections: North Carolina State Data Center. County/state population estimates and projections; July 1, 2018, 2038; http://www.osbm.nc.gov/facts-figures/demographics

   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