

North Carolina is Aging!

The number of adults 65 and older will increase dramatically over the next 15 years.

Here are a few facts:

- ◆ North Carolina ranks 9th nationally, both in total population and in the number of people 65 and older.
- ◆ In 2025, one in five North Carolinians will be 65 and older.
- ◆ Our 65 and older population will almost double in the next 20 years from 1.5 to 2.5 million.
- ◆ The number of people age 85 and older will be the fastest growing segment beginning in 2030 when the oldest of 2.4 million baby boomers near their 85th birthday.

Ages	2014		2034		% Change 2014-2034
	#	%	#	%	
Total	9,953,687		12,020,298		20.8%
60+	2,033,282	20.4%	3,163,037	26.3%	55.6%
65+	1,455,043	14.6%	2,459,532	20.5%	69.0%
85+	169,479	1.7%	325,964	2.7%	92.3%

Status of North Carolinians 65 and Older, 2014

Characteristics	NC	US
Living alone	28%	28%
Veterans	21%	22%
Have a disability	38%	36%
Have less than high school education	22%	20%
In labor force	16%	17%
Own their homes	82%	79%
Income is below poverty level	10%	10%
Income is between 100%-199% of the poverty level	24%	22%
Median household income	\$35,204	\$37,945

- ◆ 2% of individuals 65 and over speak English less than “very well”.
- ◆ An estimated 20,191 people 65 and over migrated from other states and abroad to North Carolina.
- ◆ 100,472 grandparents age 30 and over are responsible for grandchildren under 18 in the state. 1.4% of them are age 65 and over.

- ◆ 20% of persons age 65 and over are members of racial or ethnic minority populations, 16% of them are African-Americans.

Race and Hispanic or Latino Origin, 65 and older, 2014

Race/Ethnicity	NC	US
White	81.4%	84.5%
Black or African American	15.8%	8.7%
American Indian and Alaska Native	0.8%	0.5%
Asian	1.1%	3.8%
Native Hawaiian and Other Pacific Islander	0.0%	0.1%
Some other race	0.3%	1.5%
Two or more races	0.6%	1.0%
Hispanic or Latino origin (of any race)	1.5%	7.3%
White alone, not Hispanic or Latino	80.3%	79.1%

Health Facts:

- ◆ North Carolina currently (2015) has 160,000 adults 65 and over with Alzheimer’s disease and this number is projected to rise to 210,000 by 2025. This disease is the fifth leading cause of death among people 65 and over.
- ◆ Of the people 65 and over, according to the Behavioral Risk Factor Surveillance System (BRFSS) survey for 2014:
 - 82% had at least one chronic disease. 54% of them had 2 or more chronic diseases;
 - Diseases of the heart (22.1%) and cancer (21.6%) were the leading causes of death;
 - 69% had an adult flu treatment , 71% had a pneumonia shot and 36% either had shingles or the zoster vaccine;
 - 72% reported that they had not fallen in the past year;
 - 68% reported exercising in the past 30 days.

Sources

1. Alzheimer’s Association. 2015 Alzheimer’s disease Facts and Figures. <http://www.alz.org/facts/>
2. North Carolina Office of State Budget and Management, population estimates and projections . <http://www.osbm.nc.gov/facts-figures/demographics>
3. North Carolina State Center for Health Statistics, BRFSS. <http://www.schs.state.nc.us/data/brfss/2014/>
4. Census Bureau. American Community Survey, 2014 one year estimate and 2010-2014 five year estimates. <https://www.census.gov/>

*Prepared by Swarna Reddy, NC DAAS, December 2015