

# AGING IN ORANGE COUNTY: FACTS AT A GLANCE

## SEPTEMBER 14, 2011

### National Demographic Shifts in Age

- ❖ Every day for the next nineteen years approximately 10,000 Americans will celebrate their 65<sup>th</sup> birthday.<sup>1</sup>
- ❖ By 2035, 1 out of 5 Americans will be older than age 65. This represents a 50% increase in the number of older adults between now and then.<sup>2</sup>
- ❖ The “oldest old,” or adults over age 85, is the fastest growing of all age groups.<sup>2</sup>

### Orange County Aging in Context

- ❖ In 2000, 15.4% of Orange County’s population was 55 and over.<sup>8</sup>
- ❖ Right now, 21% of the population is 55 and over, which is the same proportion of the population as individuals under the age of 18.<sup>5</sup>
- ❖ As a result of the aging population, the median age in Orange County increased from 30 to 33 years old, which represents a 56% increase in the number of adults 55 years and over in just the last 10 years.<sup>5, 8</sup>

### Orange County Aging Snapshot

- ❖ For adults 65+ in Orange County, there are 131 women for every 100 men.<sup>3</sup>
- ❖ 19% of those adults are of minority status.<sup>3</sup>
- ❖ Race/Ethnicity of adults 65+<sup>3</sup>
  - White: 81.3%
  - Black: 14.5%
  - Asian: 2%
  - Hispanic: 1.5%
  - Native American: 0.3%



UNC  
GILLINGS SCHOOL OF  
GLOBAL PUBLIC HEALTH

## Orange County Aging Snapshot

- ❖ Housing of adults 65+<sup>4</sup>
  - Family Households: 67.2%
  - Nonfamily Households: 30.1%
  - Institutionalized Group Quarters: 2.3%
  - Noninstitutionalized Group Quarters: 0.4%
- ❖ Over 6% of all households are individuals 65+ living alone.<sup>5</sup>
- ❖ 6.4% of adults 65+ are living below poverty level.<sup>6</sup>

## Economic Cost of Caregiving

- ❖ Nationwide, about 19% percent of Americans provide daily assistance for an older adult.<sup>9</sup>
- ❖ The estimated economic value of caregivers' unpaid contributions was approximately \$450 billion in 2009, up from an estimated \$375 billion in 2007.<sup>10</sup>
- ❖ Caregivers spend 19 hours per week, on average, providing unpaid care to a loved one over age 50. About 1/4 of caregivers spend 21 to over 40 hours per week.<sup>9</sup>
- ❖ 74% of caregivers for adults over 50 are also balancing careers.<sup>9</sup>
  - Among them, 2/3 have gone in late, left early, or taken time off during the day to deal with caregiving issues.
  - Furthermore, 37% reported they had quit their job or reduced work hours as a result of caregiving responsibilities.

## Emotional Cost of Caregiving

- ❖ 65% of caregivers report increased anxiety and stress.<sup>11</sup>
- ❖ 37% feel hopeless or depressed as a result of caregiving.<sup>11</sup>
- ❖ Around 42% of caregivers in America are over 50 years old and the stress of caregiving can compound already present health issues of an aging population.<sup>11</sup>



1. Passel, J. and Cohn, D. (2008). Immigration to Play Lead Role In Future U.S. Growth, U.S. Population Projections: 2005-2050. *Pew Research Center Publications*.  
<http://pewresearch.org/databank/dailynumber/?NumberID=1150>
2. Vincent, G.K and Velkoff, V.A. (2010). The Next Four Decades:The Older Population in the United States: 2010 to 2050. *U.S. Census Bureau Current Population Reports*.  
[http://www.aoa.gov/AoARoot/Aging\\_Statistics/future\\_growth/DOCS/p25-1138.pdf](http://www.aoa.gov/AoARoot/Aging_Statistics/future_growth/DOCS/p25-1138.pdf)
3. Administration on Aging. (2009). *County-Level Population Estimates Data*. Aging Integrated Database. Data set accessed 09-08-2011 at <http://www.agidnet.org/CustomTables>.
4. U.S. Census Bureau. (2010). *Orange County, North Carolina Household Type by Relationship for the Population 65 Years And Over*. American FactFinder. Data set accessed 09-08-2011 at [http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC\\_10\\_SF1\\_P34&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_10_SF1_P34&prodType=table).
5. U.S. Census Bureau. (2010). *Orange County, North Carolina Profile of General Population and Housing Characteristics: 2010*. American FactFinder. Data set accessed 09-01-2011 at [http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC\\_10\\_DP\\_DPDP1&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_10_DP_DPDP1&prodType=table)
6. American Community Survey. (2009). *Orange County, North Carolina Selected Economic Characteristics: 2005-2009*. 2005-2009 American Community Survey 5-Year Estimates. Data set accessed 09-08-2011 at [http://factfinder.census.gov/servlet/ADPTable?\\_bm=y&-geo\\_id=05000US37135&-qr\\_name=ACS\\_2009\\_5YR\\_G00\\_DP5YR3&-context=adp&-ds\\_name=&-tree\\_id=5309&-\\_lang=en&-redoLog=false&-format=.](http://factfinder.census.gov/servlet/ADPTable?_bm=y&-geo_id=05000US37135&-qr_name=ACS_2009_5YR_G00_DP5YR3&-context=adp&-ds_name=&-tree_id=5309&-_lang=en&-redoLog=false&-format=)
7. North Carolina State Center for Health Statistics. (2010). *2010 BRFSS Survey Results: Orange County Health Status*. Behavioral Risk Factor Surveillance System. Data set accessed 09-08-2011 at <http://www.epi.state.nc.us/SCHS/brfss/2010/oran/genhlth.html>.
8. U.S. Census Bureau. (2000). *Orange County, North Carolina Profile of General Demographic Characteristics: 2000*. American FactFinder. Data set accessed 09-01-2011 at [http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC\\_00\\_SF2\\_DP1&prodType=table](http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_00_SF2_DP1&prodType=table)
9. National Alliance for Caregiving and AARP. (2009). A Focused Look at Those Caring for Someone Age 50 or Older. [http://www.caregiving.org/pdf/research/FINALRegularExSum\\_50plus.pdf](http://www.caregiving.org/pdf/research/FINALRegularExSum_50plus.pdf)
10. Feinberg, L., Reinhard, S.C., Houser, A. and Choula, R. (2011). Valuing the Invaluable: 2011 Update, The Growing Contributions and Costs of Family Caregiving. *AARP Public Policy Institute*.  
<http://assets.aarp.org/rgcenter/ppi/ltc/i51-caregiving.pdf>
11. Evercare and National Alliance for Caregiving. (2007). Evercare Study of Family Caregivers –What They Spend, What They Sacrifice, Findings from a National Survey.  
[http://www.caregiving.org/pdf/research/Evercare\\_NAC\\_CaregiverCostStudyFINAL20111907.pdf](http://www.caregiving.org/pdf/research/Evercare_NAC_CaregiverCostStudyFINAL20111907.pdf)



UNC  
 GILLINGS SCHOOL OF  
 GLOBAL PUBLIC HEALTH