



Aging in North Carolina

Division of Aging and Adult Services
Audrey Edmisten, RD, LDN, MPH



Nationally, NC ranks in the top 10!

- 9th in total population
- 9th in population 60 and over
- 10th in population 85 and over

Source: American Community Survey 2015, one year estimate



The older adult population will increase (2015-2035)

Ages	2014		2034		% Change 2014-2034
	#	%*	#	%*	
Total	10 M		12M		20.8%
60+	2 M	20.4%	3.2 M	26.3%	55.6%
65+	1.5 M	14.6%	2.5 M	20.5%	69.0%
85+	169,479	1.7%	325,964	2.7%	92.3%
Baby Boomers	2.4 M	23.6%	1.7 M	15%	—

Baby Boomers: in 2015 (ages 51-69); in 2035 (ages 71-88)

By 2019, the state will have more people 60 and over than ages 0-17

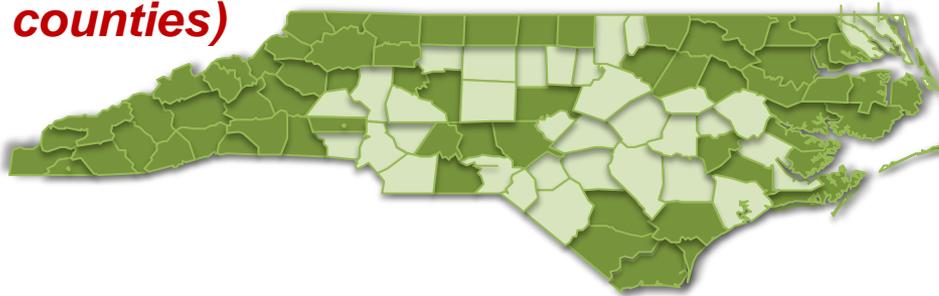
*% is given as a percentage of total population

Source: NC Office of State Budget and Management, 11/1/2015
<http://www.osbm.nc.gov/facts-figures/demographics>

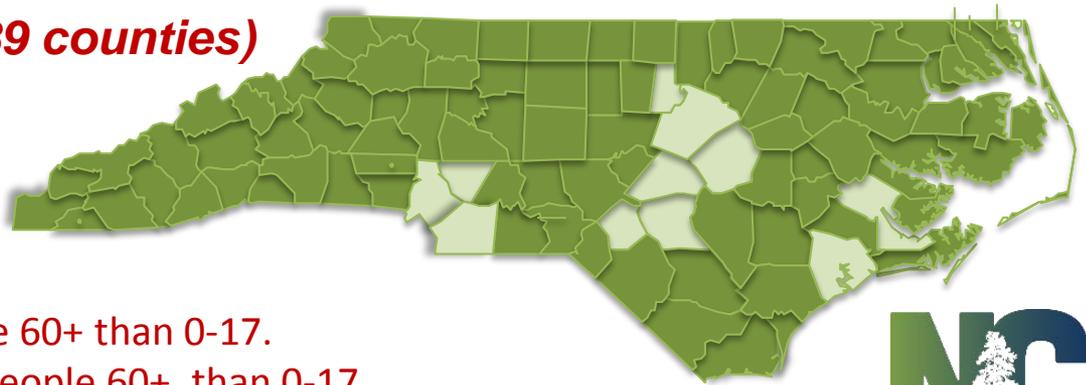


NC counties with more people 60 years and over than 0-17

2015
(65 counties)



2025
(89 counties)

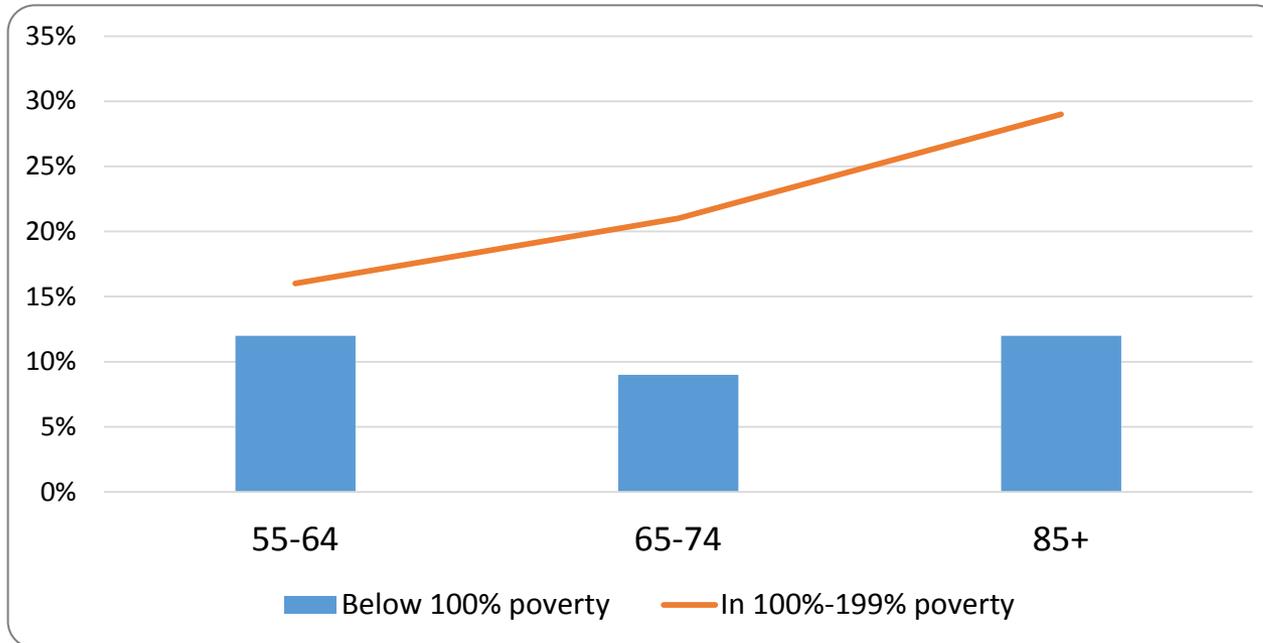


In 2005, 28 counties had more people 60+ than 0-17.
By 2034, 95 counties will have more people 60+, than 0-17.

Source: NC Office of State Budget and Management, 11/1/2015
<http://www.osbm.nc.gov/facts-figures/demographics>



Poverty rate increases towards older age



* As % of age group

Poverty Level of North Carolinians 65 years +

9.9% are below 100% of the poverty level

24.9% are in 100% to 199% of the poverty level



Source: American Community Survey 2010-2014, five year estimates. Table B17024

NC Older Adult Selected Health and Social Characteristics

Of the people 65 and over

- 38% have at least one disability
- 82% have at least one chronic disease
- 72% reported that they had not fallen in the past year
- 84% are not in the labor force
- 21% are veterans
- 28% live alone



Leading Causes of Death in North Carolina, 2014

Rank	Cause of Death	Number	%
1	Cancer	19301	22.7
2	Diseases of heart	17547	20.6
3	Chronic lower respiratory diseases	5020	5.9
4	Cerebrovascular diseases	4691	5.5
5	Alzheimer's disease	3240	3.8
6	All other unintentional injuries	3152	3.7
7	Diabetes mellitus	2685	3.2
8	Influenza and pneumonia	1869	2.2
9	Nephritis, nephrotic syndrome and nephrosis	1790	2.1
10	Motor vehicle injuries	1386	1.6
	All other causes (Residual)	24531	28.7
Total Deaths -- All Causes		85212	100.0

*Number of people 65+ with at least one chronic disease: 82%
 2 or more chronic diseases: 55%



Alzheimer's Disease

North Carolinians aged 65 and older with Alzheimer's Disease

in 2014	150,000
In 2025	210,000

Number of NC deaths from Alzheimer's Disease in 2010 (5th leading cause of death)	2,817
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Alzheimer's disease and related dementias have a significant impact on affected families. Approximately 448,000 North Carolinians provided \$6.2 billion in unpaid care for loved ones with dementia in 2014.

Reference: www.alz.org/facts



Medication Misuse and Abuse

- As people age, they typically take more medicines. Older adults (65 years or older) are twice as likely as others to come to emergency departments for adverse drug events and nearly seven times more likely to be hospitalized after an emergency visit.

http://www.cdc.gov/medicationsafety/pdfs/cdc_5538_ds1.pdf

- Approximately 25 percent of older adults use prescription psychoactive medications. Older adults are more likely to use psychoactive medications for longer periods than younger adults. Longer periods of use increases the risk of misuse and abuse.

- The combination of alcohol and medication misuse has been estimated to affect up to 19 percent of older Americans.

http://www.aoa.acl.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%205%20Prescription%20Med%20Misuse%20Abuse.pdf



Suicide Rates by Age

- Older Americans have the highest suicide rate of any age group.
- In 2014, the highest suicide rate (19.3) was among people 85 years or older. The second highest rate (19.2) occurred in those between 45 and 64 years of age. Younger groups have had consistently lower suicide rates than middle-aged and older adults. In 2014, adolescents and young adults aged 15 to 24 had a suicide rate of 11.6.

<https://afsp.org/about-suicide/suicide-statistics/>



HIV & AIDS

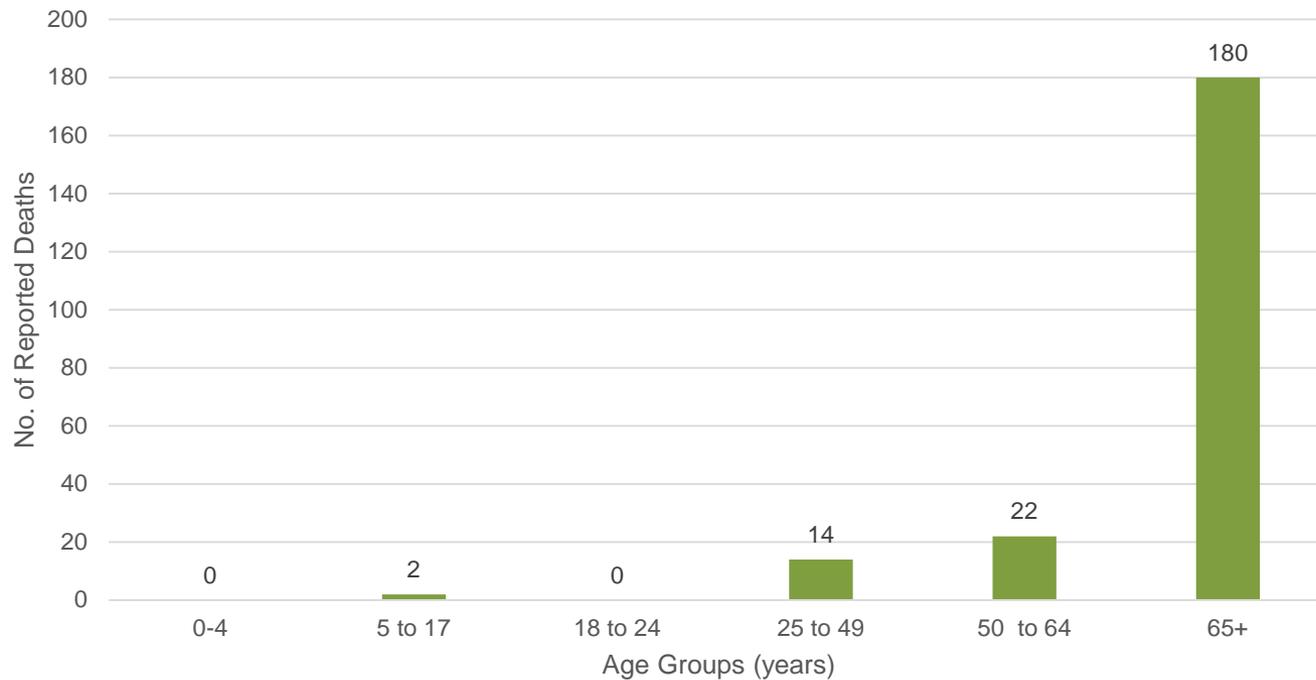
- People aged 55 and older accounted for one-quarter of all Americans living with HIV in 2012.
- In 2013, people aged 50 and older accounted for 27% (7,108) of the estimated 26,688 AIDS diagnoses in the United States.
- Of the 6,955 deaths related to AIDS in 2013, 2,588 (37%) were among people aged 55 and older.

• <http://www.cdc.gov/hiv/group/age/olderamericans/index.html>



Influenza

Influenza Associated Deaths in NC by Age Groups 2014-15



people 65+ are at greater risk of serious complications from the flu because weaker immune defenses

- 80-90 % of seasonal flu-related deaths
- 50 - 70 percent of seasonal flu-related hospitalizations

<http://epi.publichealth.nc.gov/cd/flu/figures/flu1415.pdf>

