

## **Loneliness highlights and statistics**

The older adult population represents 14.1% of the U.S. population, about one in every seven Americans.

- **The population age 65 and over numbered 44.7 million in 2013, an increase of 8.8 million or 24.7% since 2003.**
- **Between 2003 and 2013 the population age 60 and over increased 30.7% from 48.1 million to 62.8 million.**
- **The number of Americans aged 45–64—who will reach 65 over the next two decades—increased by 20.7% between 2003 and 2013.**
- **About one in every seven, or 14.1%, of the population is an older American.**
- **Persons reaching age 65 have an average life expectancy of an additional 19.3 years (20.5 years for females and 17.9 years for males).**
- **There were 67,347 persons aged 100 or more in 2013 (0.15% of the total 65+ population).**
- **Older women outnumber older men at 25.1 million older women to 19.6 million older men.**
- **In 2013, 21.2% of persons 65+ were members of racial or ethnic minority populations—8.6% were African-Americans (not Hispanic), 3.9% were Asian or Pacific Islander (not Hispanic), 0.5% were Native American (not Hispanic), 0.1% were Native Hawaiian/Pacific Islander, (not Hispanic), and 0.7% of persons 65+ identified themselves as being of two or more races. Persons of Hispanic origin (who may be of any race) represented 7.5% of the older population.**
- **Older men were much more likely to be married than older women---72% of men, 46% of women — (Figure 2). In 2014, 35% older women were widows.**
- **About 28% (12.5 million) of noninstitutionalized older persons live alone (8.8 million women, 3.8 million men).**
- **Almost half of older women (46%) age 75+ live alone.**
- **In 2013, about 536,000 grandparents aged 65 or more had the primary responsibility for their grandchildren who lived with them.**
- **The population 65 and over has increased from 35.9 million in 2003 to 44.7 million in 2013 (a 24.7% increase) and is projected to more than double to 98 million in 2060.**

- **The 85+ population is projected to triple from 6 million in 2013 to 14.6 million in 2040.**

**Over 4.2 million older adults (9.5%) were below the poverty level in 2013. This poverty rate is statistically different from the poverty rate in 2012 (9.1%). In 2011, the U.S. Census Bureau also released a new Supplemental Poverty Measure (SPM) which takes into account regional variations in the livings costs, non-cash benefits received, and non-discretionary expenditures but does not replace the official poverty measure. In 2013, the SPM shows a poverty level for older persons of 14.6% (more than 5 percentage points higher than the official rate of 9.5%). This increase is mainly due to including medical out-of-pocket expenses in the poverty calculations.**

**Between 1980 and 2014, the centenarian population experienced a larger percentage increase than did the total population. There were 72,197 persons aged 100 or more in 2014 (0.2% of the total 65+ population). This is more than double the 1980 figure of 32,194.**

**Since 1900, the percentage of Americans 65+ has more than tripled (from 4.1% in 1900 to 14.5% in 2014), and the number has increased over fourteen times (from 3.1 million to 46.2 million). The older population itself is increasingly older. In 2014, the 65-74 age group (26.4 million) was more than 12 times larger than in 1900; the 75-84 group (13.7 million) was more than 17 times larger, and the 85+ group (6.2 million) was 50 times larger**

\*Principal sources of data for the Profile are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. The Profile incorporates the latest data available but not all items are updated on an annual basis

### **Future Growth**

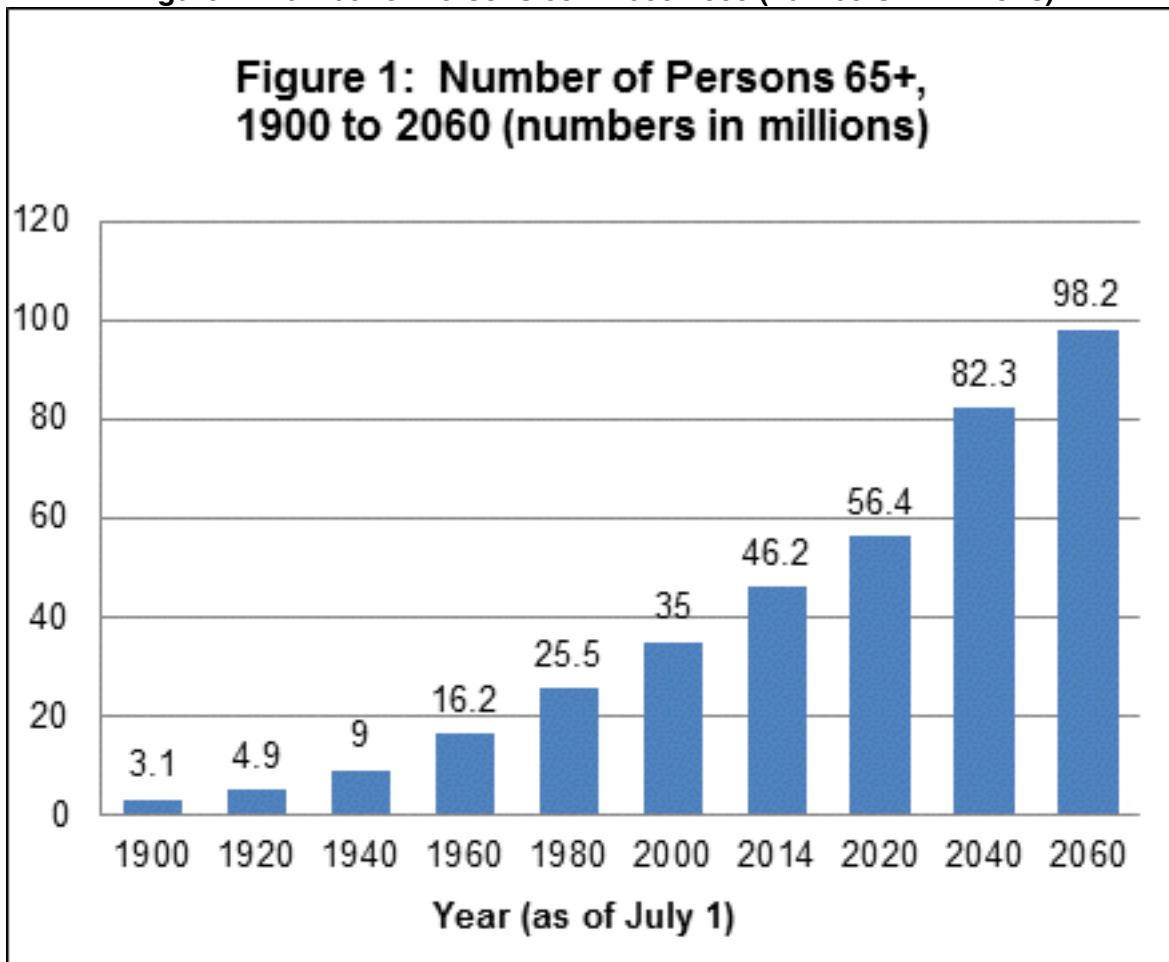
**The older population will continue to grow significantly in the future (Figure 1). This growth slowed somewhat during the 1990's because of the relatively small number of babies born during the Great Depression of the 1930's. But the older population is beginning to burgeon as the "baby boom" generation begins to reach age 65.**

**The population age 65 and over has increased from 36.2 million in 2004 to 46.2 million in 2014 (a 28% increase) and is projected to more than double to 98 million in 2060. By**

2040, there will be about 82.3 million older persons, over twice their number in 2000. People 65+ represented 14.5% of the population in the year 2014 but are expected to grow to be 21.7% of the population by 2040. The 85+ population is projected to triple from 6.2 million in 2014 to 14.6 million in 2040.

Racial and ethnic minority populations have increased from 6.5 million in 2004 (18% of the older adult population) to 10 million in 2014 (22% of older adults) and are projected to increase to 21.1 million in 2030 (28% of older adults). Between 2014 and 2030, the white (not Hispanic) population 65+ is projected to increase by 46% compared with 110% for older racial and ethnic minority populations, including Hispanics (137%), African-Americans (not Hispanic) (90%), American Indian and Native Alaskans (not Hispanic) (93%), and Asians (not Hispanic) (104%).

Figure 1: Number of Persons 65+: 1900-2060 (numbers in millions)



*Note: Increments in years are uneven.*

*Source: U.S. Census Bureau, Population Estimates and Projections.*

## **Living Arrangements**

**Over half (56%) of older noninstitutionalized persons lived with their spouse in 2015.**

**Approximately 14.3 million or 70% of older men, and 11.5 million or 45% of older women, lived with their spouse (Figure 3). The proportion living with their spouse decreased with age, especially for women. Only 32% of women 75+ years old lived with a spouse.**

**About 29% (13.3 million) of all noninstitutionalized older persons in 2015 lived alone (9.2 million women, 4.1 million men). They represented 36% of older women and 20% of older men. The proportion living alone increases with advanced age. Among women aged 75 and over, for example, almost half (46%) lived alone.**

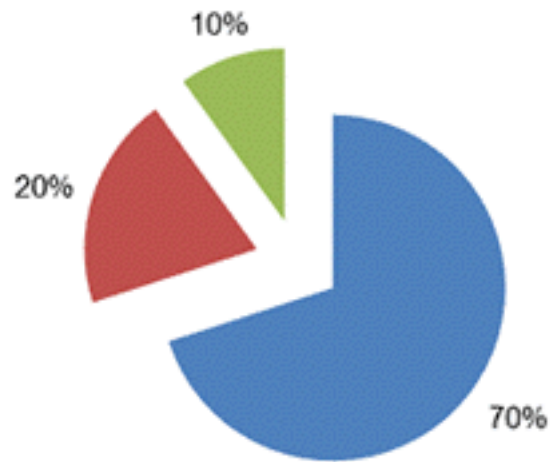
**In 2014, a total of about 2.4 million people age 65 and over lived in a household with a grandchild present. About 554,579 of these grandparents were the persons with primary responsibility for their grandchildren who lived with them.**

**A relatively small number (1.5 million) and percentage (3.2%) of the 65+ population in 2014 lived in institutional settings. Among those who did, 1.2 million lived in nursing homes. However, the percentage increases dramatically with age, ranging (in 2014) from 1% for persons 65-74 years to 3% for persons 75-84 years and 10% for persons 85+.**

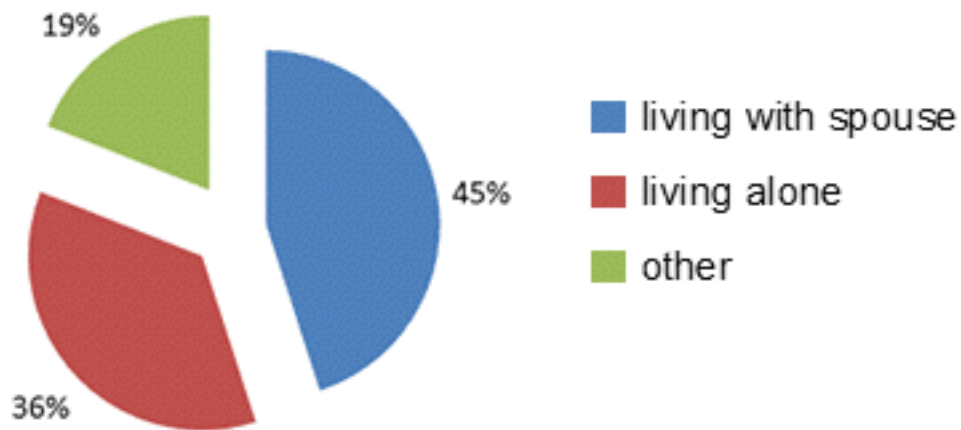
**A recent meta-analysis of 100 thousand of participants shows that living with loneliness increase your odds of an early death by 45%.**

**Figure 3: Living Arrangements of Persons 65+: 2015**

## Men



## Women



Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

### Geographic Distribution

The proportion of older persons in the population varies considerably by state with some states experiencing much greater growth in their older populations (Figures 4 and 5). In 2014, almost two-thirds (63%) of persons 65+ lived in 14 states: California (5.0 million); Florida (3.8 million); Texas (3.1 million); New York (2.9 million); Pennsylvania (2.1 million); and Ohio, Illinois, Michigan, North Carolina, New Jersey, Georgia, Virginia, Arizona, and Massachusetts each had well over 1 million (Figure 6).

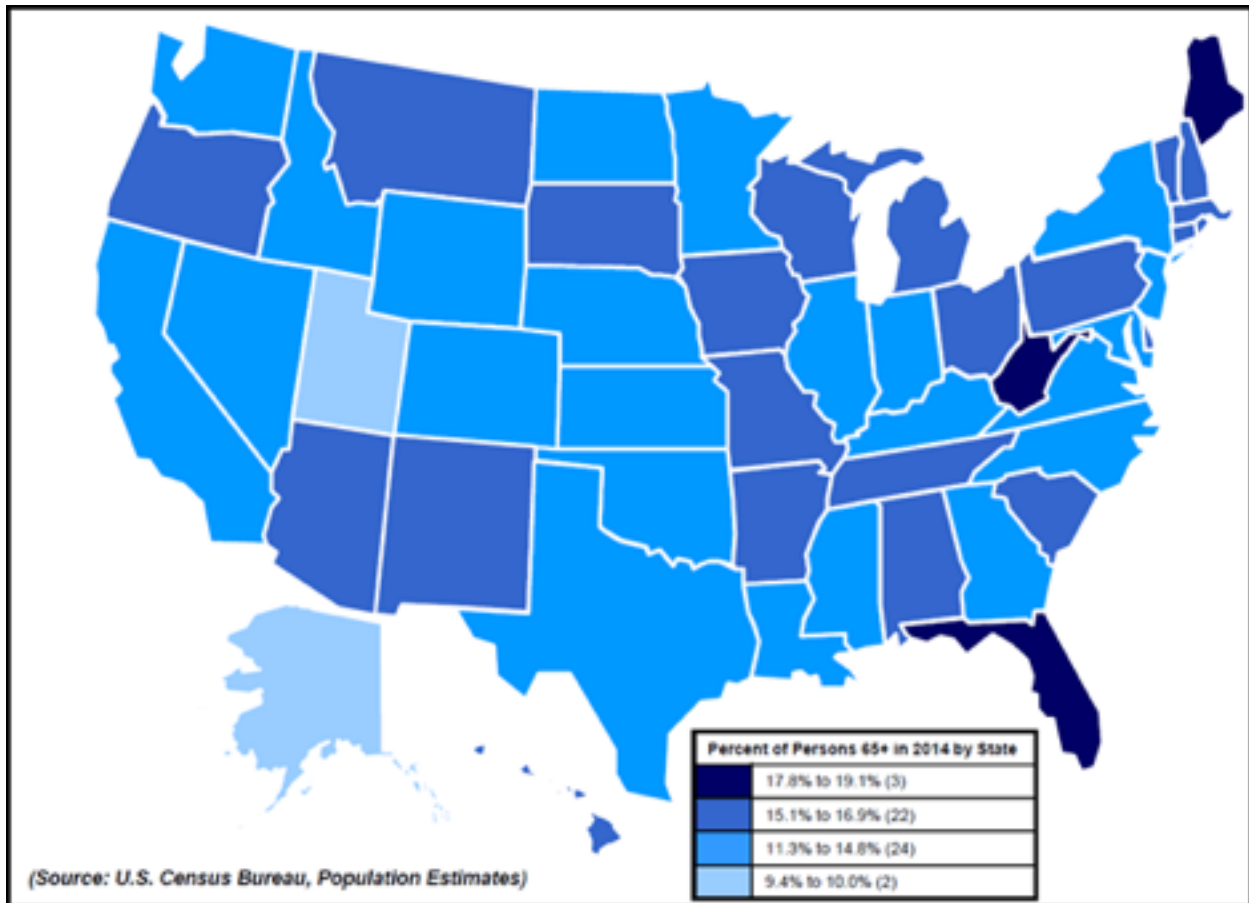
Persons 65+ constituted approximately 18% or more of the total population in three states in 2014: Florida (19%); Maine (18%); and West Virginia (18%). In 3 states, the 65+ population increased by 50% or more between 2004 and 2014: Alaska (62%); Nevada (52%); and Colorado (50%).

The 14 jurisdictions with poverty rates at or over 10% for older adults during 2014 were: District of Columbia (14.5%); Mississippi (13.2%); New Mexico (13.2%); Louisiana (12.8%); New York (11.7%); Kentucky (11.3%); Alabama (11.2%); Texas (10.9%); Arkansas (10.6%); California (10.6%); South Dakota (10.6%); Florida (10.5%); Georgia (10.4%); and Tennessee (10.1%). Most persons 65+ lived in metropolitan areas in 2014 (80%). About 53% of these older persons lived outside principal cities and 27% lived inside principal cities. Also, 20% of older persons lived outside of metropolitan areas. Older adults are less likely to change residence than other age groups. From 2014 to 2015, only 4% of older persons moved as opposed to 13% of the under 65 population. Most older movers (60%) stayed in the same county and 21% remained in the same state (different county). Only 20% of the movers moved from out-of-state or abroad.

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Sources: Administration for Community Living [agid.acl.gov](http://agid.acl.gov). Data Source: Population Estimates 2004, accessed March 17, 2016. U.S. Census Bureau, American Community Survey; Current Population Survey, Annual Social and Economic Supplement; Table 1. General Mobility, by Race and Hispanic Origin, Region, Sex, Age, Relationship to Householder, Educational Attainment, Marital Status, Nativity, Tenure, and Poverty Status: 2014 to 2015; POV40. Age, Sex, Household Relationship, by Region and Residence—Ratio of Income to Poverty Level; Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties, and Puerto Rico Commonwealth and Municipios: April 1, 2010 to July 1, 2014. Release date June 2015.

#### **Figure 4: Persons 65+ as a Percentage of Total Population, 2014**



**Figure 5: Percent Increase in Population 65+, 2004 to 2014**

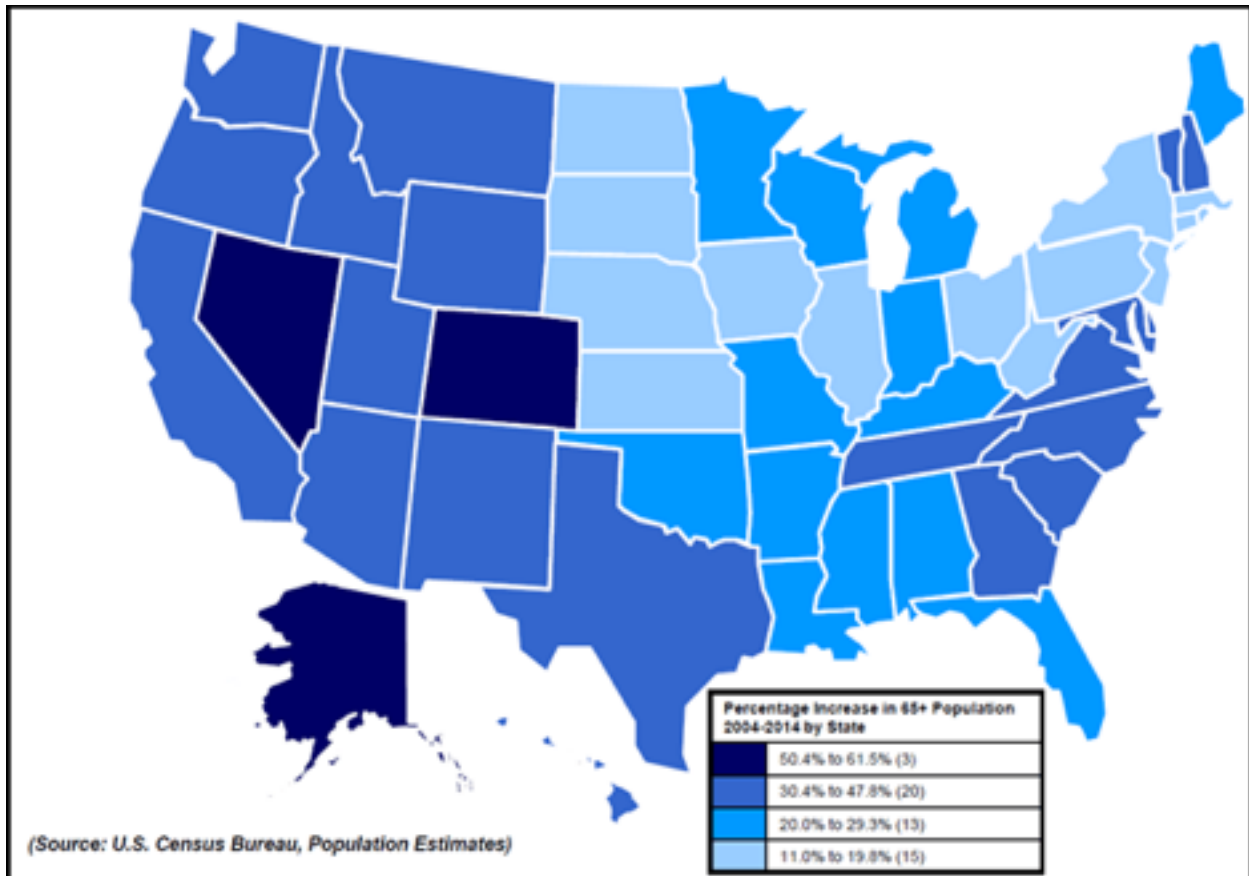
State	Number of Persons 65 and Older	Percent of All Ages	Percent Increase from 2004 to 2014	Percent Below Poverty 2014
US Total (50 States + DC)	46,243,211	14.5%	27.7%	10.0%
Alabama	743,932	15.3%	25.3%	11.2%
Alaska	69,413	9.4%	61.5%	4.3%
Arizona	1,070,217	15.9%	46.4%	9.4%
Arkansas	466,191	15.7%	22.6%	10.6%
California	4,993,047	12.9%	32.0%	10.6%



<b>State</b>	<b>Number of Persons 65 and Older</b>	<b>Percent of All Ages</b>	<b>Percent Increase from 2004 to 2014</b>	<b>Percent Below Poverty 2014</b>
Colorado	680,015	12.7%	50.4%	7.1%
Connecticut	555,923	15.5%	17.1%	7.8%
Delaware	153,907	16.4%	40.6%	7.5%
District of Columbia	74,754	11.3%	11.9%	14.5%
Florida	3,791,544	19.1%	29.3%	10.5%
Georgia	1,251,538	12.4%	47.8%	10.4%
Hawaii	228,154	16.1%	33.2%	8.2%
Idaho	233,376	14.3%	45.5%	9.5%
Illinois	1,788,533	13.9%	18.2%	8.8%
Indiana	941,444	14.3%	22.1%	7.0%
Iowa	491,349	15.8%	12.5%	7.4%
Kansas	415,459	14.3%	16.6%	7.9%
Kentucky	654,514	14.8%	26.0%	11.3%
Louisiana	632,894	13.6%	20.0%	12.8%
Maine	243,507	18.3%	28.1%	8.9%
Maryland	822,260	13.8%	30.4%	7.4%
Massachusetts	1,016,237	15.1%	19.5%	9.3%
Michigan	1,530,052	15.4%	22.6%	8.1%
Minnesota	780,142	14.3%	26.7%	7.5%

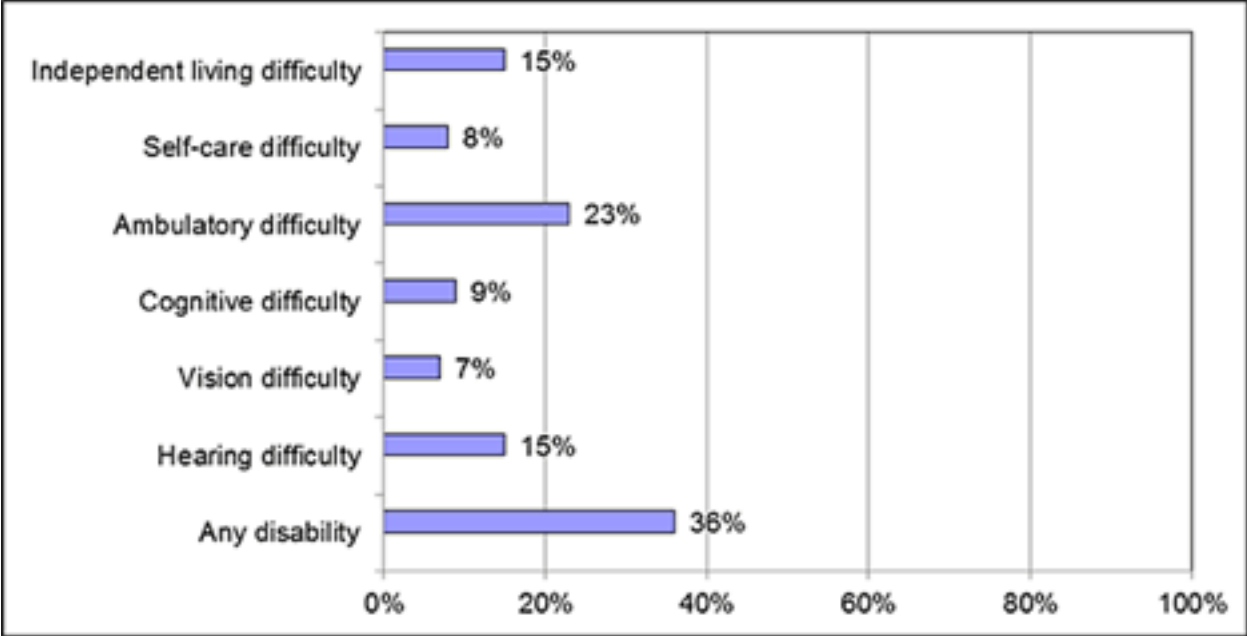
<b>State</b>	<b>Number of Persons 65 and Older</b>	<b>Percent of All Ages</b>	<b>Percent Increase from 2004 to 2014</b>	<b>Percent Below Poverty 2014</b>
Mississippi	428,383	14.3%	22.2%	13.2%
Missouri	932,215	15.4%	21.7%	9.0%
Montana	171,155	16.7%	34.9%	8.3%
Nebraska	270,989	14.4%	16.5%	7.9%
Nevada	401,847	14.2%	52.4%	8.3%
New Hampshire	211,063	15.9%	35.2%	5.1%
New Jersey	1,313,503	14.7%	17.5%	8.6%
New Mexico	318,855	15.3%	39.1%	13.2%
New York	2,898,094	14.7%	16.6%	11.7%
North Carolina	1,463,362	14.7%	41.5%	9.7%
North Dakota	104,998	14.2%	11.5%	8.7%
Ohio	1,799,169	15.5%	18.3%	8.1%
Oklahoma	562,531	14.5%	21.9%	8.5%
Oregon	633,887	16.0%	37.5%	8.8%
Pennsylvania	2,134,521	16.7%	13.0%	8.1%
Rhode Island	166,147	15.7%	11.0%	9.7%
South Carolina	761,865	15.8%	47.0%	9.3%
South Dakota	130,223	15.3%	19.8%	10.6%
Tennessee	985,700	15.1%	34.1%	10.1%

<b>State</b>	<b>Number of Persons 65 and Older</b>	<b>Percent of All Ages</b>	<b>Percent Increase from 2004 to 2014</b>	<b>Percent Below Poverty 2014</b>
Texas	3,099,081	11.5%	40.5%	10.9%
Utah	295,260	10.0%	42.8%	6.7%
Vermont	106,199	16.9%	31.6%	7.1%
Virginia	1,146,886	13.8%	36.2%	7.8%
Washington	992,755	14.1%	41.7%	8.4%
West Virginia	328,612	17.8%	17.5%	9.3%
Wisconsin	875,868	15.2%	21.6%	7.2%
Wyoming	81,641	14.0%	32.8%	6.2%
Puerto Rico	617,007	17.4%	29.1%	40.4%



## Disability and Activity Limitations

According to the U.S. Census Bureau's American Community Survey, some type of disability (i.e., difficulty in hearing, vision, cognition, ambulation, self-care, or independent living) was reported by 36% of people age 65 and over in 2014. The percentages for individual disabilities ranged from almost one quarter (23 percent) having an ambulatory disability to 7 percent having a vision difficulty (Figure 9). Some of these disabilities may be relatively minor but others cause people to require assistance to meet important personal needs.



Source: U.S. Census Bureau, American Community Survey