



NC Institute of Medicine Serious Illness Task Force

The Demographics

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North Carolina is Changing

- The state's population has exceeded 10 million!
- North Carolina is 9th nationally, in total population and in those 65 and over.
- In 2025, one in five North Carolinians will be 65 and over.
- This year, the state will have more people 60 and over than under 18 years.
- In 2017, 78 counties had more people 60 and over than under 18 years. By 2025, this number will increase to 89 counties and by 2037 to 94 counties.
- In 2017, app. 39,381 people 60 and older migrated from other states and abroad to North Carolina.
- As baby boomers continue to age,(10K/day) there will be an increased proportion of older adults creating challenges for health care delivery and support.

Source: American Community Survey 2017, one year estimate. Table B01001: Sex by Age

NC's population by age in 20 years

Age	2017		2037		% Growth 2017-2037
	#	%	#	%	
Total	10,283,255		12,684,352		23%
0-17	2,312,886	23%	2,606,213	21%	13%
18-44	3,658,073	36%	4,419,187	35%	21%
45-59	2,072,070	20%	2,304,524	18%	11%
60+	2,240,226	22%	3,354,428	26%	50%
65+	1,617,993	16%	2,660,084	21%	64%
85+	181,695	2%	382,686	3%	111%

The proportion of the population 85 and over is projected to have the fastest growth in the next two decades

CHRONIC DISEASES IN AMERICA

6 IN 10

Adults in the US
have a **chronic disease**

4 IN 10

Adults in the US
have **two or more**



LEADING CAUSES OF DEATH AND DISABILITY

and Leading Drivers of the Nation's **\$3.3 Trillion** in Annual Health Care Costs

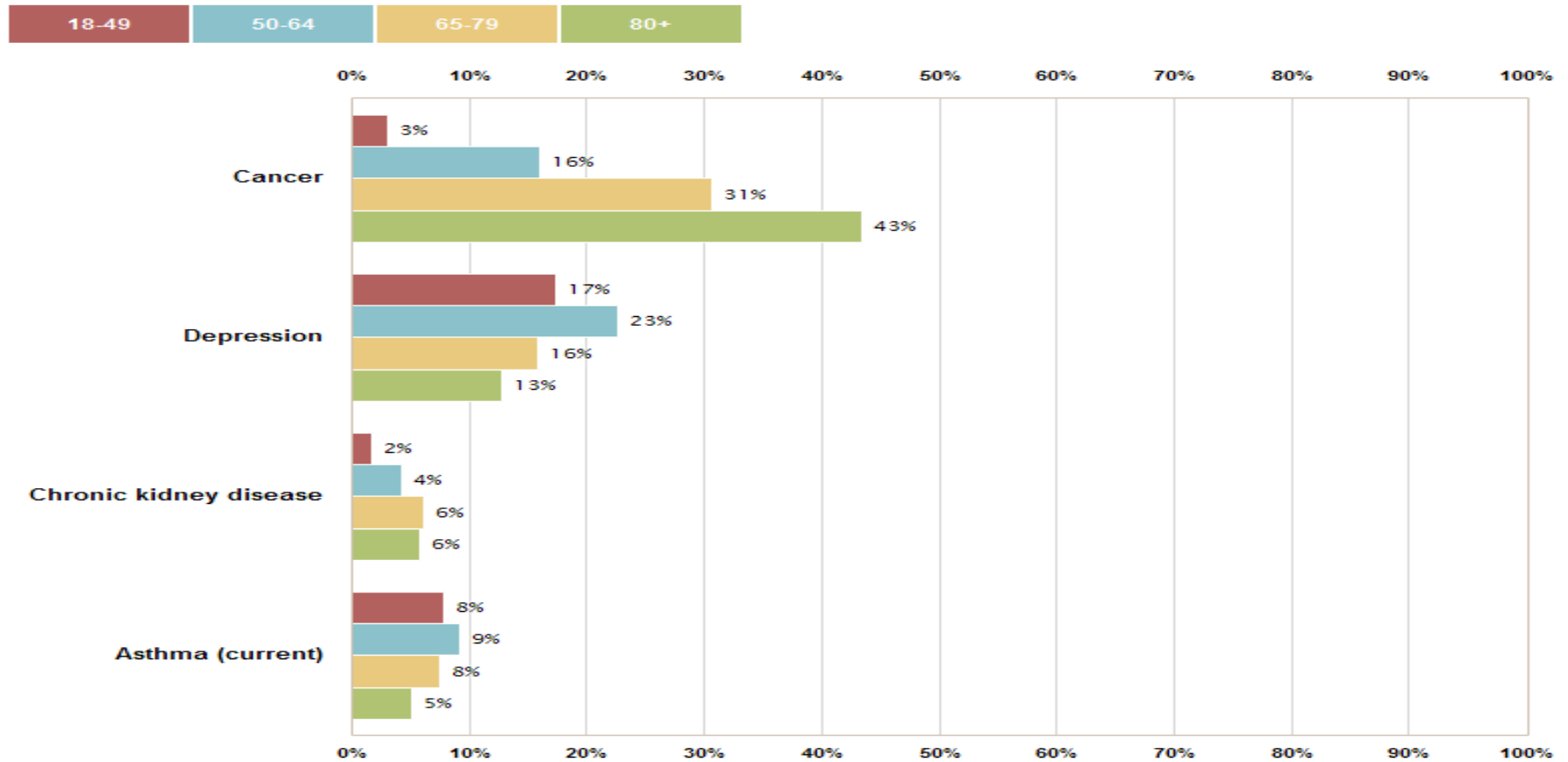
Prevalence of Diagnosed Health Conditions by State, Age, and Race/Ethnicity

All races; North Carolina; 2016; Percent



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Sources: [AARP DataExplorer](#)

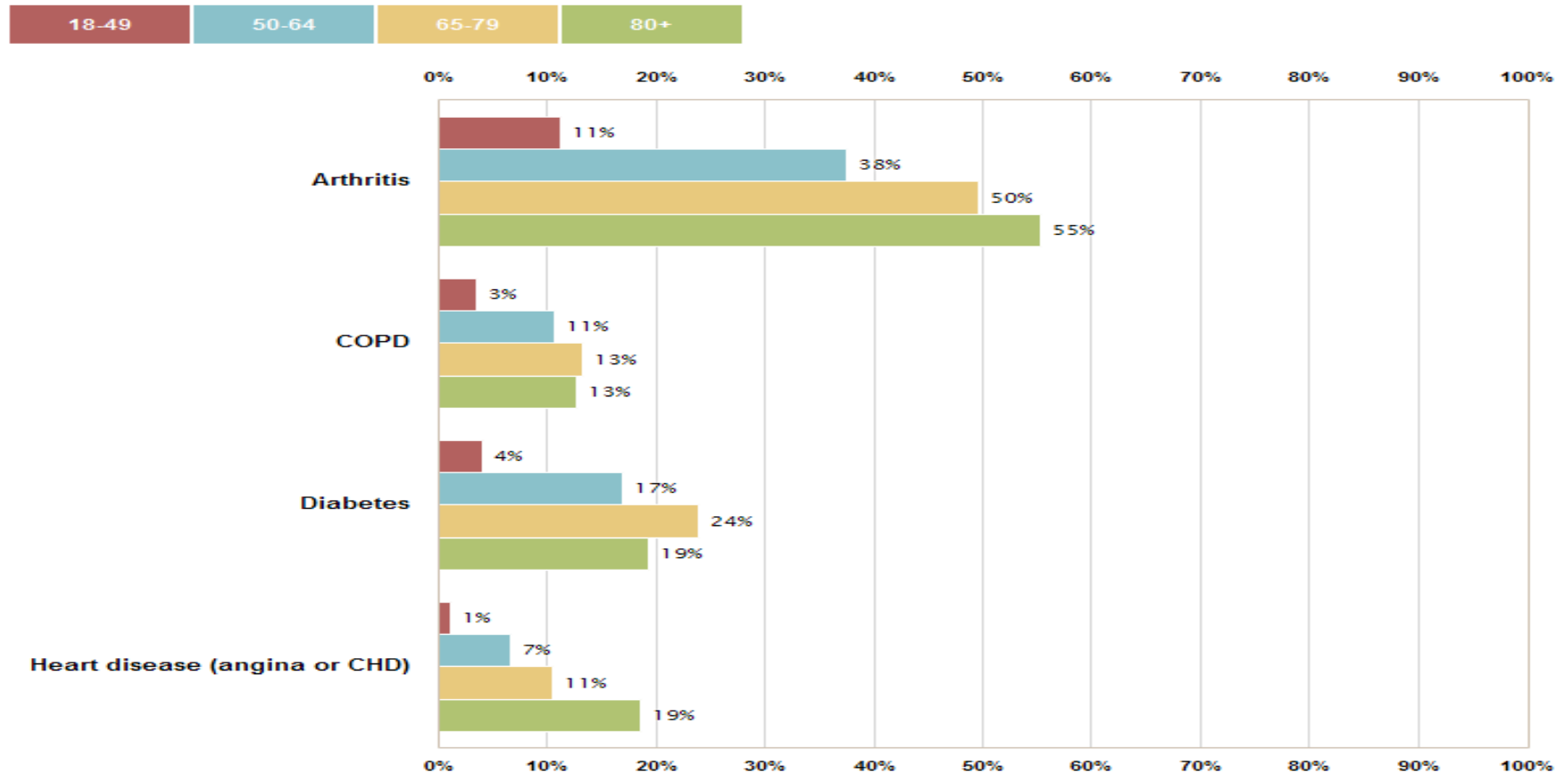
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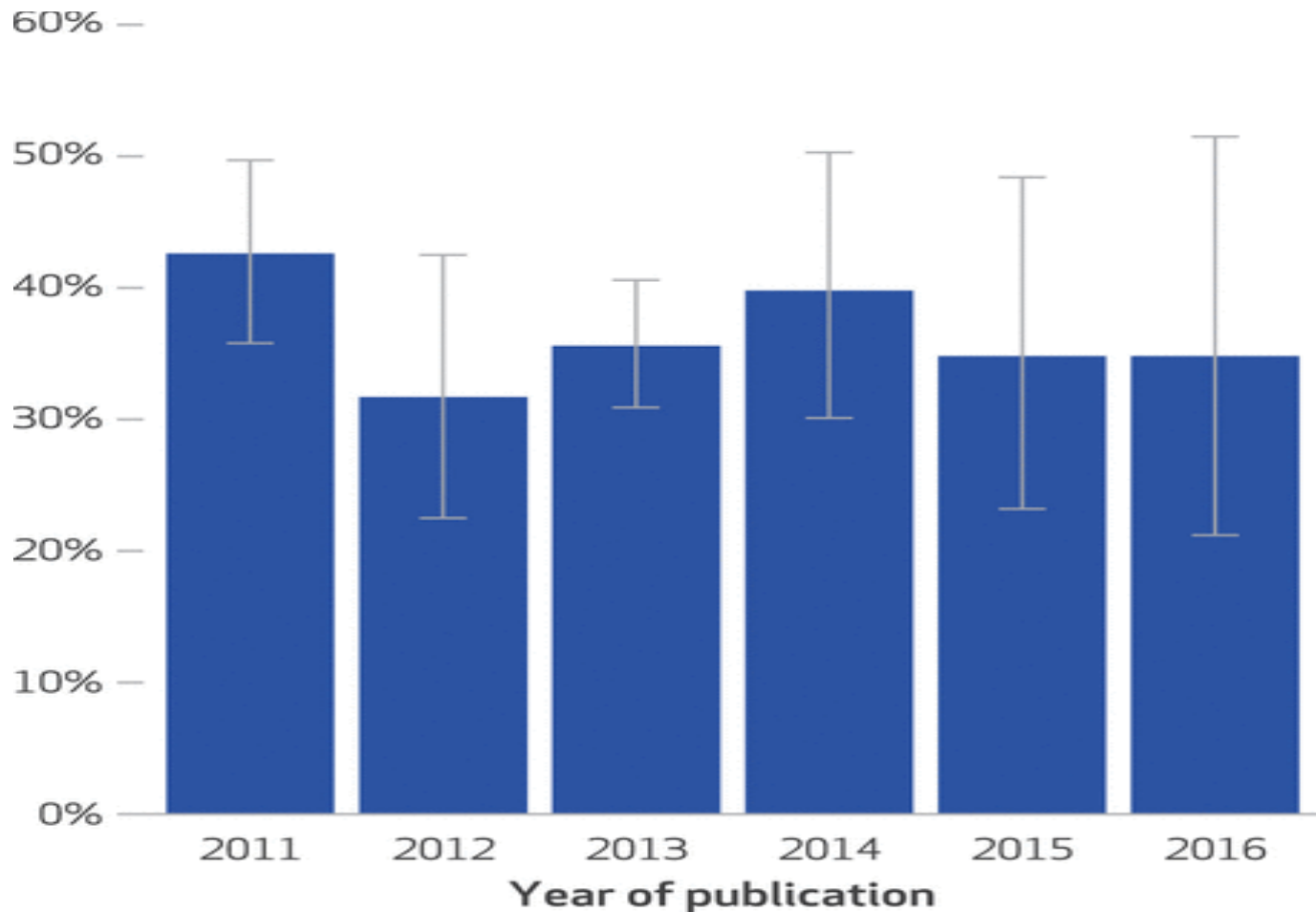
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Sources: [AARP DataExplorer](#)

Approximately One In Three US Adults Completes Any Type Of Advance Directive For End-Of-Life Care



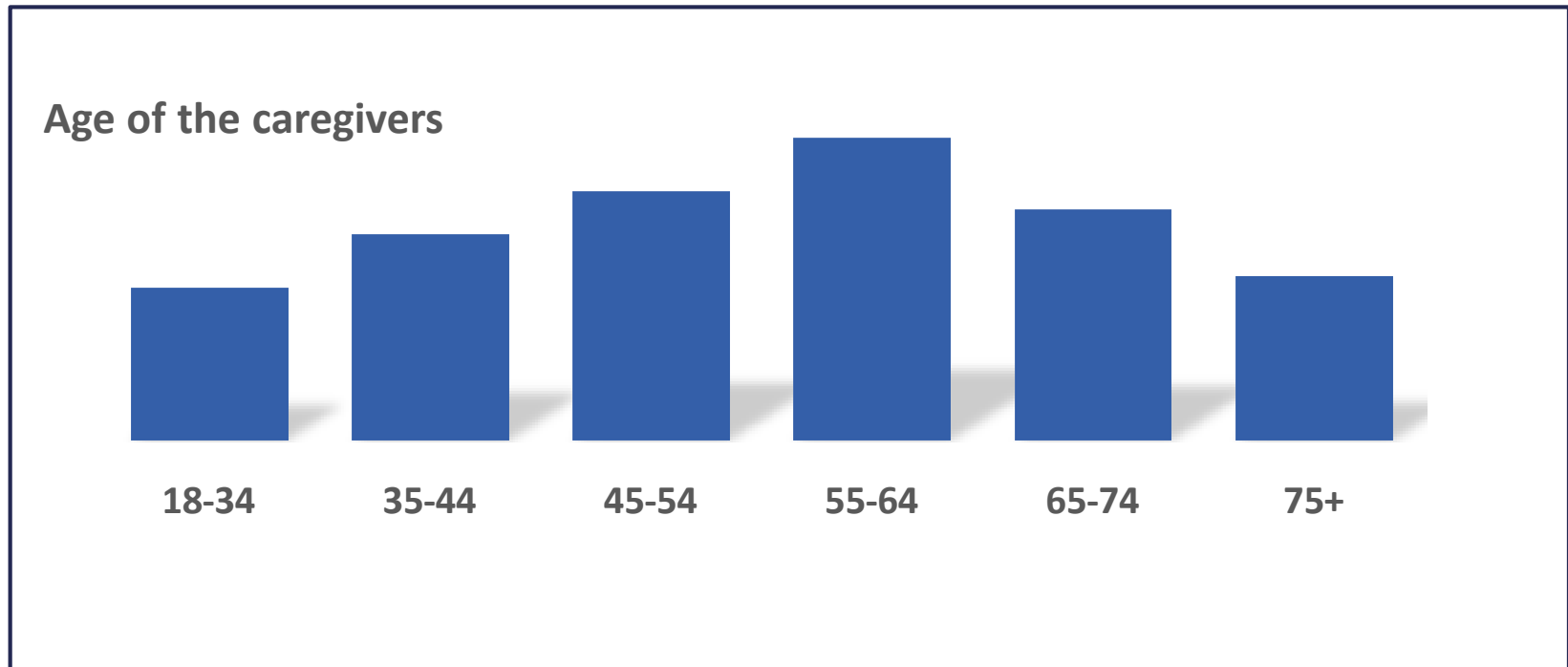
Percentages of people in the United States who had completed advance directives as reported in 150 articles, by year of publication

North Carolina Caregivers

Caregivers in NC

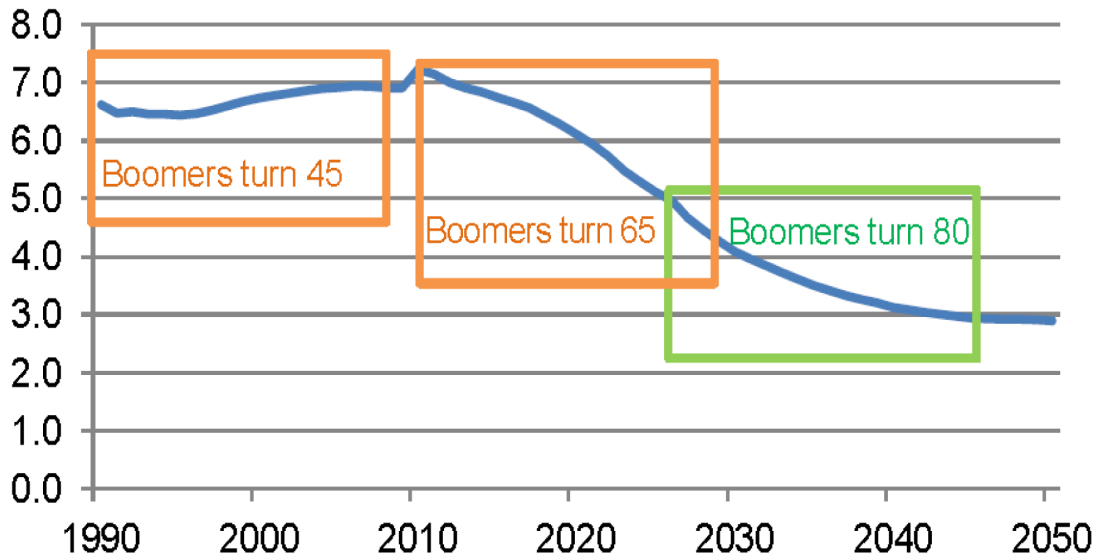
According to the Behavioral Risk Factor Surveillance System (BRFSS), NC Caregiver Survey Results 2017:

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%))





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

Caregiver Support Ratio



2025
(87 counties)

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-  Counties with more people ages 60+ than 0-17
 -  Counties with more people ages 0-17 than 60+

Additional Resources

<https://dataexplorer.aarp.org>

<https://www.fightchronicdisease.org/about>

<https://www.cdc.gov/chronicdisease/index.htm>

<https://www.healthaffairs.org/doi/10.1377/hlthaff.2017.0175>