

2019 PROFILE OF **OLDER AMERICANS**

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The Administration for Community Living, which includes the Administration on Aging, is an operating division of the U.S. Department of Health and Human Services.



Profile Notes

This report is prepared by the Administration on Aging (AoA), part of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services.

AoA serves as an advocate for older adults within the federal government and is working to encourage and coordinate a responsive system of family- and community-based services throughout the nation. AoA helps states develop

The Profile incorporates the latest data available, but not all items are updated on an annual basis, so there is a combination of data ranging from 2015 to 2019 presented herein.

comprehensive service systems which are administered by a national network of 56 state agencies on aging, 629 area agencies on aging, nearly 20,000 service providers, and 282 Title VI grantees representing over 400 Federally recognized tribes, made up of 281 Tribal organizations and 1 Native Hawaiian organization.

Principal sources of data are the U.S. Census Bureau, the National Center for Health Statistics, and the Bureau of Labor Statistics. A complete list of sources appears at the end of this report.

This report includes data on the American population age 65 and older unless otherwise noted. The phrases “older adults” and “older persons” refer to that population. Age-adjusted estimates are used when available.

The data presented refer to the noninstitutionalized population except where noted.

Some numbers in this report may not add up due to rounding.

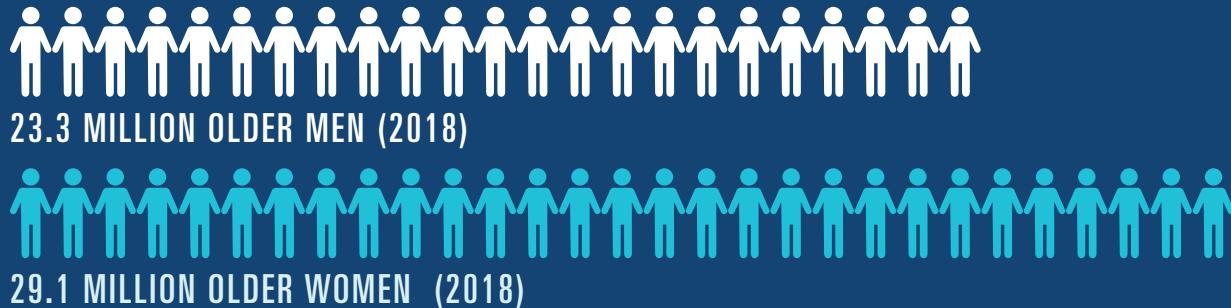
Profile Highlights

- Over the past 10 years, the population age 65 and older increased from 38.8 million in 2008 to 52.4 million in 2018 (a 35% increase) and is projected to reach 94.7 million in 2060.
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POPULATION GROWTH



- Racial and ethnic minority populations have increased from 7.5 million in 2008 (19% of the older adult population) to 12.3 million in 2018 (23% of older adults) and are projected to increase to 27.7 million in 2040 (34% of older adults).
 - The number of Americans age 45-64—who will reach age 65 during the next two decades—increased by 7% between 2008 and 2018.
 - In 2018, more than one in every seven Americans is an older adult.
 - There were 93,927 persons age 100 and older in 2018 (0.2% of the total age 65 and older population).
 - In 2018, older women outnumber older men at 29.1 million older women to 23.3 million older men.
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- In 2018, 23% of persons age 65 and older were members of racial or ethnic minority populations: 9% were African Americans (not Hispanic), 5% were Asian (not Hispanic), 0.5% were American Indian and Alaska Native (not Hispanic), 0.1% were Native Hawaiian/Pacific Islander (not Hispanic), and 0.8% of persons 65 and older identified themselves as being of two or more races. Persons of Hispanic origin (who may be of any race) represented 8% of the older population.

- In 2018, nearly 1 in 10 older adults (9.7%, or 5,146,000) lived below the poverty level. This poverty rate is not statistically different from the poverty rate among older adults in 2017 (9.2%).



NEARLY 1 IN 10 OLDER ADULTS LIVE BELOW POVERTY LEVEL (2018)

- A larger percentage of older men (69%) were married as compared to older women (47%). In 2019, 31% of older women were widows.
- As of 2019, about 28% (14.7 million) of older persons lived alone (5 million men, 9.7 million women). Among women age 75 and older, 44% lived alone.
- The median income of older persons in 2018 was \$34,267 for men and \$20,431 for women. The real median income (after adjusting for inflation) of all households headed by older people increased by 3.3% (which was statistically significant) between 2017 and 2018. Households containing families headed by persons age 65 and older reported a median income in 2018 of \$64,023.
- The need for caregiving increases with age. In 2018, the percentage of older adults age 85 and older who needed help with personal care (21%) was more than twice the percentage for adults ages 75–84 (8%) and five times the percentage for adults ages 65–74 (4%).
- The 85 and older population is projected to more than double from 6.5 million in 2018 to 14.4 million in 2040 (a 123% increase).

**AGE 85 AND OVER PROJECTED GROWTH
(IN MILLIONS)**



The Older American Population

In the United States, the population age 65 and older numbered 52.4 million in 2018 (the most recent year for which data are available). They represented 16% of the population, more than one in every seven Americans. The number of older Americans has increased by 13.7 million (or 35%) since 2008, compared to an increase of 4% for the under-65 population.

Between 2008 and 2018, the number of Americans age 45-64 (who will reach age 65 over the next two decades) increased by 7% from 78.6 million to 83.9 million. The number of Americans age 60 and older increased by 34% from 54.1 million to 72.8 million.

In 2018, 29.1 million women and 23.3 million men were over the age of 65. That's 125 women for every 100 men. At age 85 and older, this ratio increased to 181 women for every 100 men.

Since 1900, the percentage of Americans age 65 and older more than tripled (from 4.1% in 1900 to 16% in 2018), and the number increased more than 16 times (from 3.1 million to 52.4 million). The older population itself became increasingly older. In 2018, the 65-74 age group (30.5 million) was more than 13 times larger than in 1900 (2,186,767); the 75-84 group (15.4 million) was 20 times larger (771,369), and the 85+ group (6.5 million) was more than 53 times larger (122,362).

In 2018, persons reaching age 65 had an average life expectancy of an additional 19.5 years (20.7 years for women and 18.1 years for men). A child born in 2018 could expect to live 78.7 years, more than 30 years longer than a child born in 1900 (47.3 years).

In 2018, 3.7 million persons celebrated their 65th birthdays. Census Bureau population estimates showed an annual net increase between 2017 and 2018 of 917,687 people age 65.

Between 1980 and 2018, the centenarian population experienced a larger percentage increase than did the total population.

There were 93,927 persons age 100 and older in 2018 – almost triple the 1980 figure of 32,194.

Future Growth

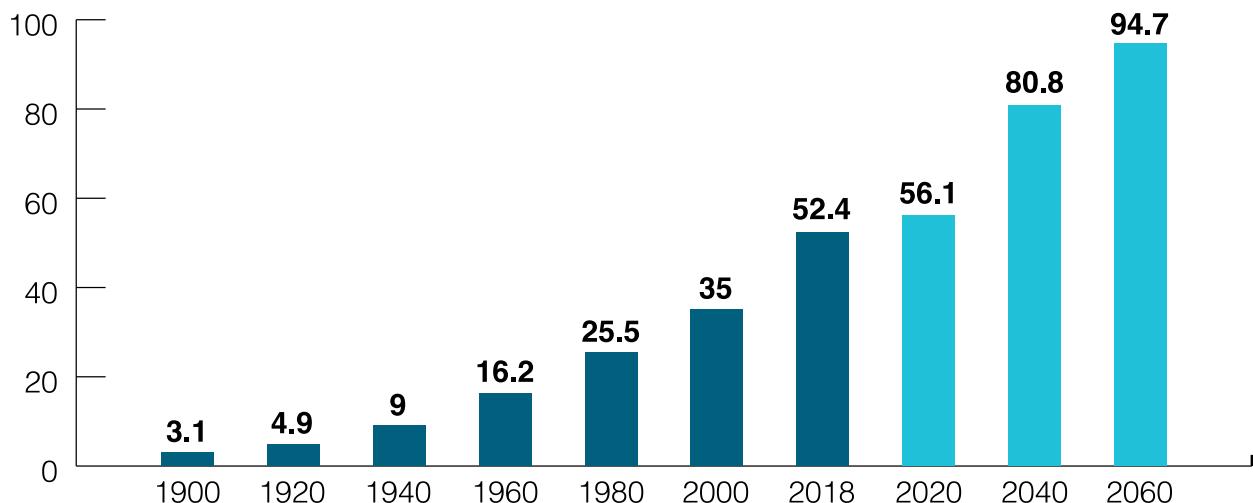
The older population is expected to continue to grow significantly in the future. Growth slowed somewhat during the 1990s because of the relatively small number of babies born during the Great Depression of the 1930s. But the older population is beginning to burgeon again as more than one-third (36%) of the “baby boom” generation is now age 65 and older.

The population age 65 and older increased from 38.8 million in 2008 to 52.4 million in 2018 (a 35% increase) and is projected to reach 94.7 million in 2060. By 2040, there will be about 80.8 million older persons, more than twice as many as in 2000.

People age 65 and older represented 16% of the population in the year 2018 but are expected to grow to be 21.6% of the population by 2040.

The 85 and older population is projected to more than double from 6.5 million in 2018 to 14.4 million in 2040 (a 123% increase).

Number of Persons Age 65 and Older 1900 to 2060 (numbers in millions)



Note: Increments in years are uneven. Lighter bars (2020, 2040, and 2060) indicate projections.

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

Racial and ethnic minority populations increased from 7.5 million in 2008 (19% of the older adult population) to 12.3 million in 2018 (23% of older adults) and are projected to increase to 27.7 million in 2040 (34% of older adults). Between 2018 and 2040, the white (not Hispanic) population age 65 and older is projected to increase by 32% compared to 125% for older racial and ethnic minority populations, including Hispanics (175%), African Americans (not Hispanic) (88%), American Indian and Alaska Native (not Hispanic) (75%), and Asians (not Hispanic) (113%).

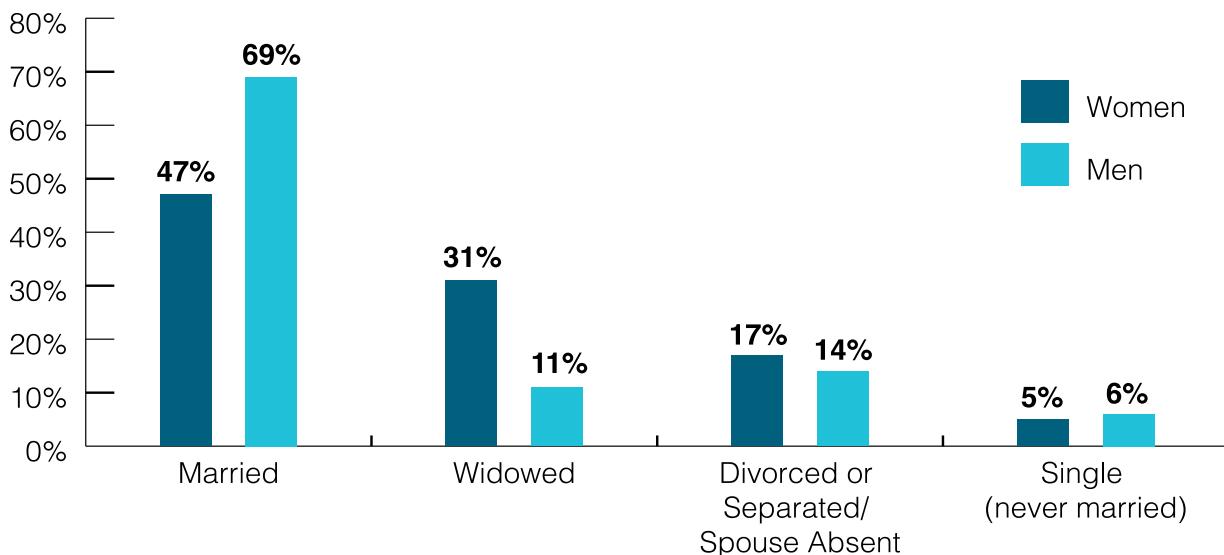
Marital Status

In 2019, a larger percentage of older men (69%) than older women (47%) were married.

Widows accounted for 31% of all older women in 2019. There were more than three times as many widows (8.9 million) as widowers (2.6 million).

Divorced and separated older persons represented only 15% of all older persons in 2019, which is unchanged from 2018. However, this percentage has increased since 1980, when approximately 5% of the older population were divorced or separated/spouse absent.

Marital Status of Persons Age 65 and Older, 2019



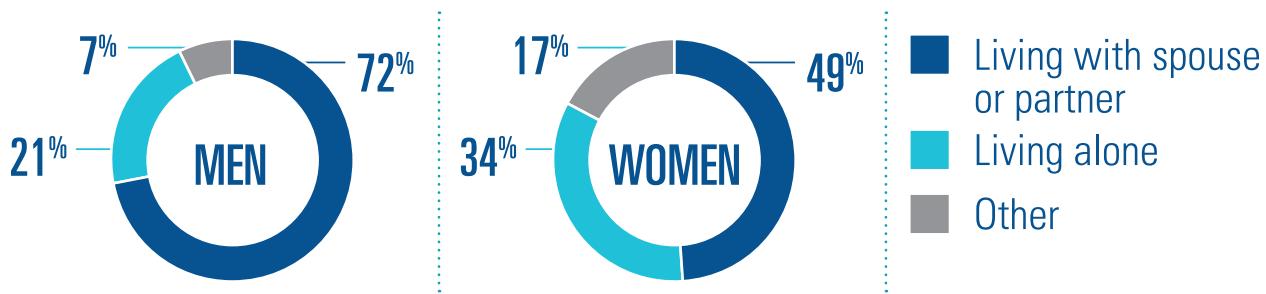
Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement

Living Arrangements

Of the older adults living in the community, more than half (57%) of persons age 65 and older lived with their spouse (including partner) in 2019. Approximately 17.3 million or 72% of older men, and 14.1 million or 49% of older women, lived with their spouse.

About 28% (14.7 million) of all older adults living in the community in 2019 lived alone (5 million men, 9.7 million women). They represented 21% of older men and 34% of older women. The proportion living alone increases with advanced age for both men and women. Among women age 75 and older, for example, 44% lived alone.

Living Arrangements of Persons Age 65 and Older, 2019



Sources: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement 1967 to present

A relatively small number of people (1.2 million) age 65 and older lived in nursing homes in 2018. However, the percentage increases dramatically with age, ranging from 1% for persons ages 65-74 to 2% for persons ages 75-84 and 7% for persons over age 85.

Racial and Ethnic Composition

In 2018, 23% of persons age 65 and older were members of racial or ethnic minority populations—9% were African Americans (not Hispanic), 5% were Asian (not Hispanic), 0.5% were American Indian and Alaska Native (not Hispanic), 0.1% were Native Hawaiian/Pacific Islander, (not Hispanic), and 0.8% of persons age 65 and older identified themselves as being of two or more races.

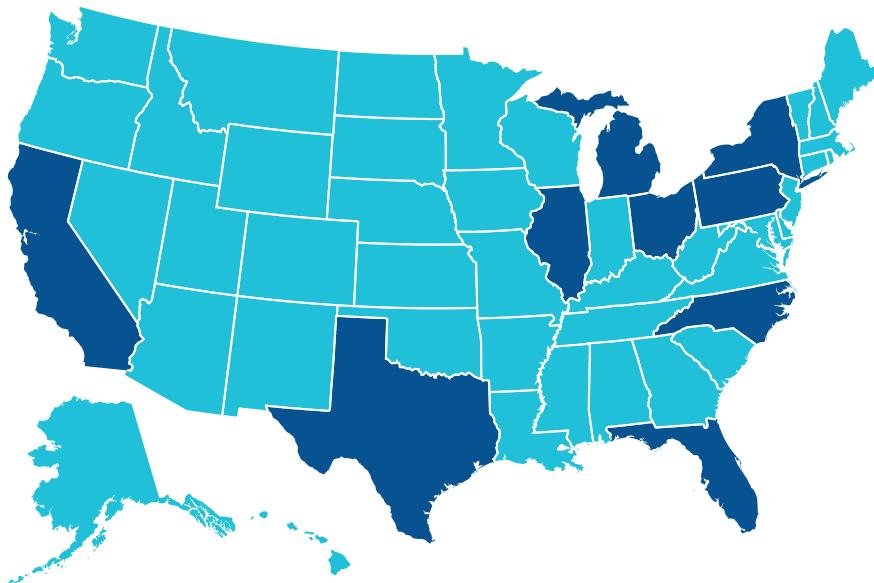
Persons of Hispanic origin (who may be of any race) represented 8% of the older population.

Only 9% of all the people who were members of racial and ethnic minority populations were age 65 and older in 2018 compared to 20% of non-Hispanic whites. The percentage of people age 65 and older within each racial and ethnic minority group were as follows: 12% of African Americans (not Hispanic), 13% of Asians (not Hispanic), 10% of Native Hawaiian and Other Pacific Islanders (not Hispanic), 12% of American Indian and Alaska Native (not Hispanic), and 7% of Hispanics.

Geographic Distribution

The proportion of older persons in the population varied considerably by state, with some states experiencing much greater growth in their older populations. In 2018, 51% of persons age 65 and older lived in 9 states: California (5.7 million); Florida (4.4 million); Texas (3.6 million); New York (3.2 million); Pennsylvania (2.3 million); Ohio (2 million); Illinois (2 million); Michigan (1.7 million); and North Carolina (1.7 million). Georgia, New Jersey, Virginia, Arizona, Washington, Massachusetts, Tennessee, Indiana, and Missouri each had more than 1 million people age 65 and older in 2018.

About half of people 65 and older lived in one of 9 states.



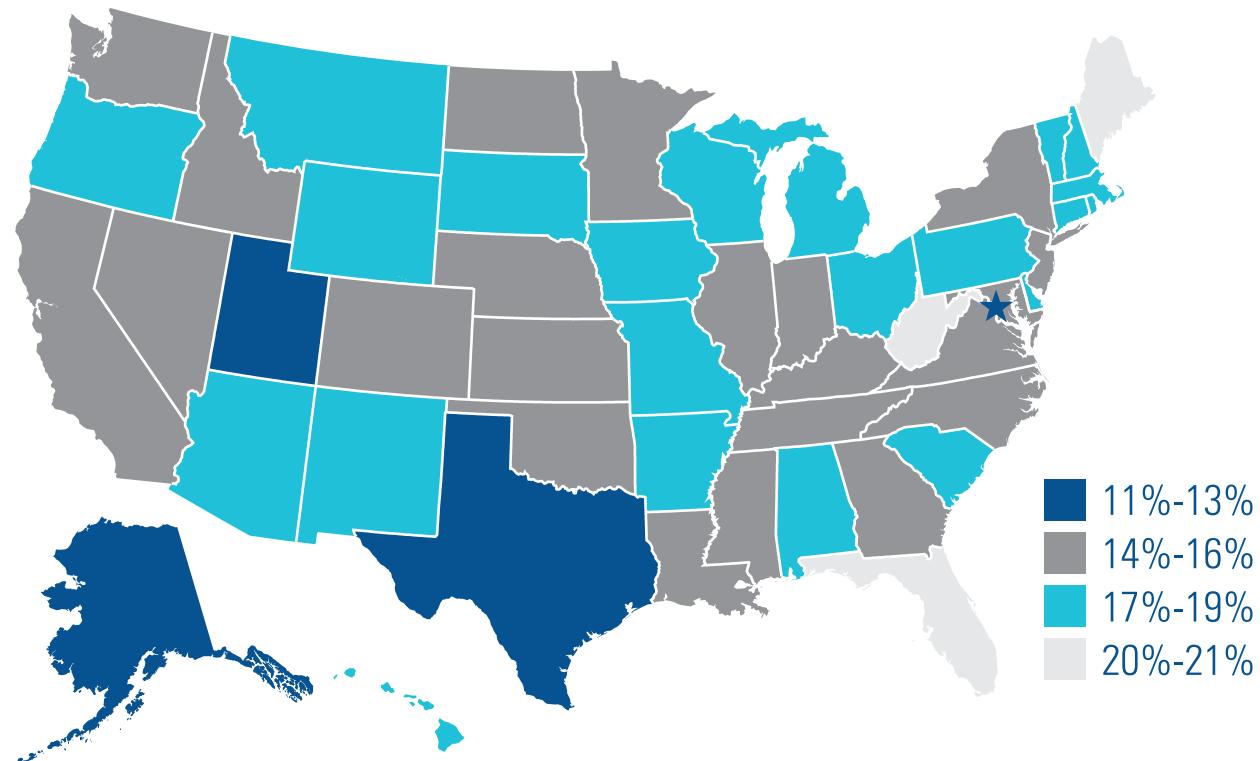
The three states with the highest percentage of their populations age 65 and older in 2018 were Maine (21%), Florida (21%), and West Virginia (20%).

In three states, the age 65 and older population increased by 57% or more between 2008 and 2018: Alaska (69%), Nevada (57%), and Colorado (57%).

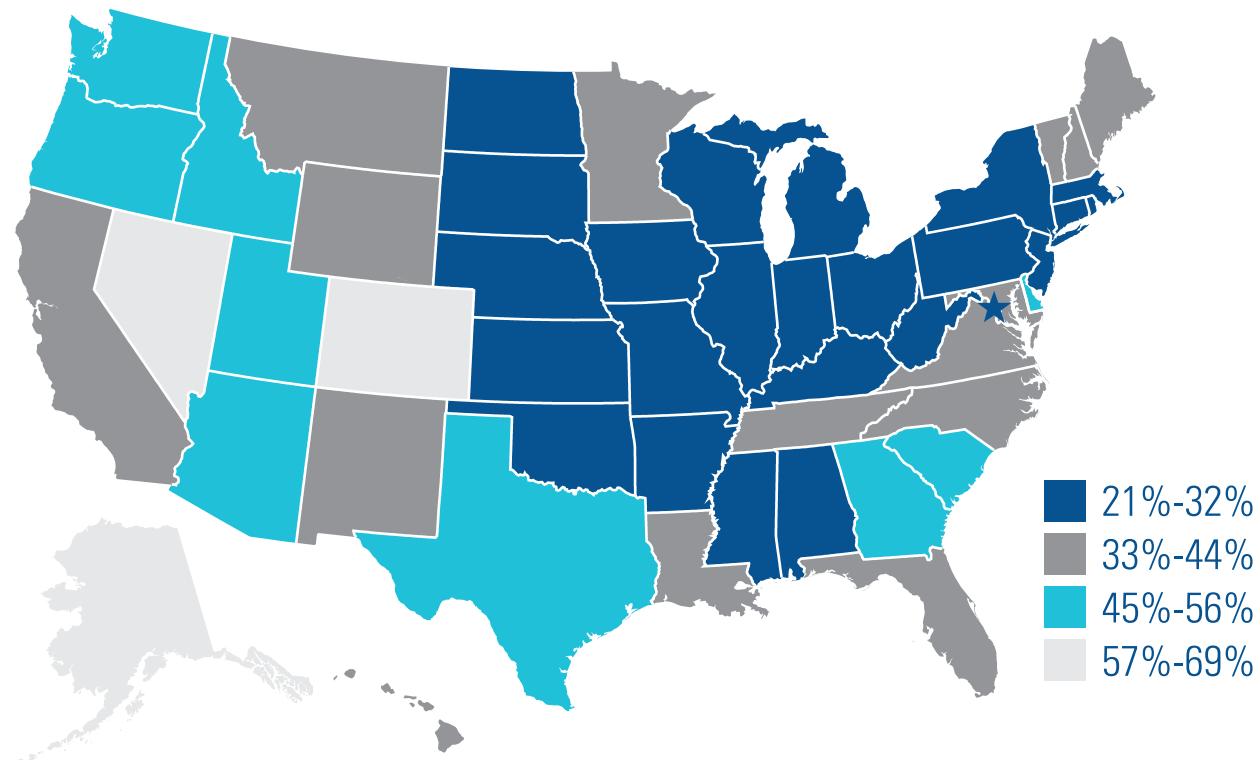
The 12 states with poverty rates at or above 10% for older adults during 2018 were: District of Columbia (16.7%), New Mexico (13.3%), Louisiana (12.4%), Mississippi (12.4%), New York (11.8%), Rhode Island (11.2%), Texas (11.1%), Florida (10.6%), California (10.5%), Alabama (10.3%), North Dakota (10.3%), Arkansas (10.2%), Georgia (10.2%), Kentucky (10.2%), and West Virginia (10.0%).

A smaller percentage of older adults changed residence as compared with younger age groups. From 2018 to 2019, only 4% of older persons moved as opposed to 11% of the population below the age 65. Most older movers (58%) stayed in the same county. The other older movers either remained in the same state (23%) or moved out-of-state or abroad (19%).

Persons Age 65 and Older as a Percentage of Total Population 2018



Percent Increase in Population Age 65 and Older, 2008 to 2018



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

The 65 and Older Population by State, 2018

State	Persons 65+	% of Population	% Increase 2008-2018	% Below Poverty
United States (50 States+DC)	52,431,193	16%	35%	9.7%
Alabama	826,894	17%	30%	10.3%
Alaska	87,011	12%	69%	6.7%
Arizona	1,258,250	18%	51%	8.6%
Arkansas	511,827	17%	25%	10.2%
California	5,669,025	14%	40%	10.5%
Colorado	808,229	14%	57%	7.4%
Connecticut	615,121	17%	25%	7.9%
Delaware	181,086	19%	46%	6.1%
District of Columbia	85,303	12%	28%	16.7%
Florida	4,358,071	21%	39%	10.6%
Georgia	1,460,409	14%	50%	10.2%
Hawaii	260,967	18%	41%	6.5%
Idaho	278,282	16%	51%	8.6%
Illinois	1,992,961	16%	27%	8.8%
Indiana	1,055,021	16%	29%	7.9%
Iowa	539,830	17%	21%	7.1%
Kansas	462,241	16%	26%	8.0%
Kentucky	730,626	16%	30%	10.2%
Louisiana	718,433	15%	34%	12.4%
Maine	275,999	21%	36%	9.1%
Maryland	931,136	15%	37%	7.3%
Massachusetts	1,139,100	17%	30%	9.1%
Michigan	1,716,604	17%	30%	9.0%
Minnesota	889,802	16%	35%	7.6%
Mississippi	474,475	16%	29%	12.4%
Missouri	1,033,964	17%	28%	8.2%
Montana	198,902	19%	42%	9.4%
Nebraska	303,666	16%	26%	7.6%
Nevada	476,181	16%	57%	9.8%
New Hampshire	245,645	18%	43%	5.5%
New Jersey	1,438,527	16%	24%	8.0%
New Mexico	366,189	18%	42%	13.3%
New York	3,213,534	16%	26%	11.8%
North Carolina	1,689,265	16%	44%	8.7%
North Dakota	116,637	15%	22%	10.3%

State	Persons 65+	% of Population	% Increase 2008-2018	% Below Poverty
Ohio	1,995,022	17%	26%	8.6%
Oklahoma	619,553	16%	26%	8.7%
Oregon	738,691	18%	45%	7.9%
Pennsylvania	2,335,630	18%	21%	8.3%
Puerto Rico	661,215	21%	28%	38.2%
Rhode Island	182,254	17%	22%	11.2%
South Carolina	899,915	18%	51%	9.5%
South Dakota	146,854	17%	29%	9.0%
Tennessee	1,109,697	16%	36%	9.2%
Texas	3,602,320	13%	46%	11.1%
Utah	350,478	11%	48%	6.1%
Vermont	121,207	19%	38%	9.3%
Virginia	1,315,401	15%	41%	8.4%
Washington	1,164,232	15%	50%	7.2%
West Virginia	359,878	20%	23%	10.0%
Wisconsin	985,473	17%	30%	7.9%
Wyoming	95,375	17%	42%	7.3%

Notes: Poverty data for US total are from the Current Population Survey. Poverty data for states and Puerto Rico are from the American Community Survey.

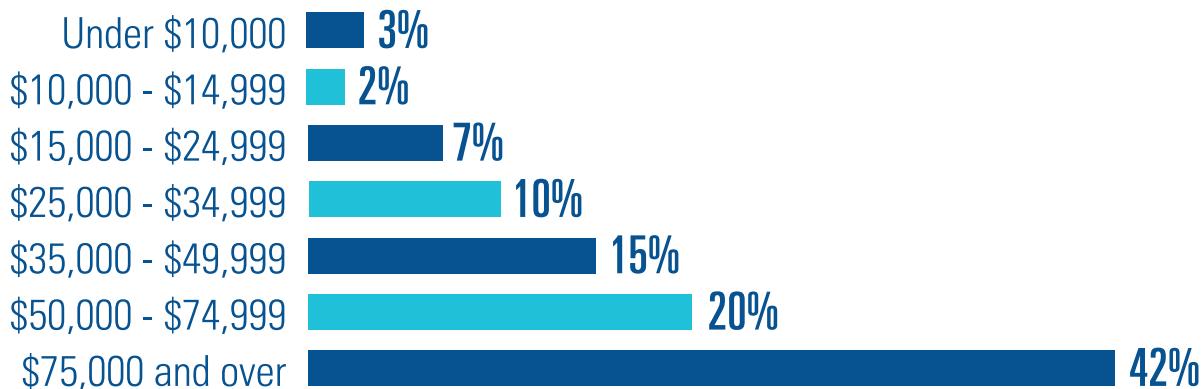
Sources: U.S. Census Bureau, Population Estimates; Current Population Survey, Annual Social and Economic Supplement; American Community Survey

Income

The median income of older persons in 2018 was \$25,601. Men had a higher median income overall: \$34,267 compared to \$20,431 for women. From 2017 to 2018, the real median income (after adjusting for inflation) of all households headed by older people increased by 3.3% which was statistically significant. Households containing families headed by persons age 65 and older reported a median income in 2018 of \$64,023 (\$67,904 for non-Hispanic Whites, \$41,928 for Hispanics, \$47,149 for African Americans, and \$63,528 for Asians). About 5% of family households with an older adult householder had incomes less than \$15,000 and 77% had incomes of \$35,000 or more.

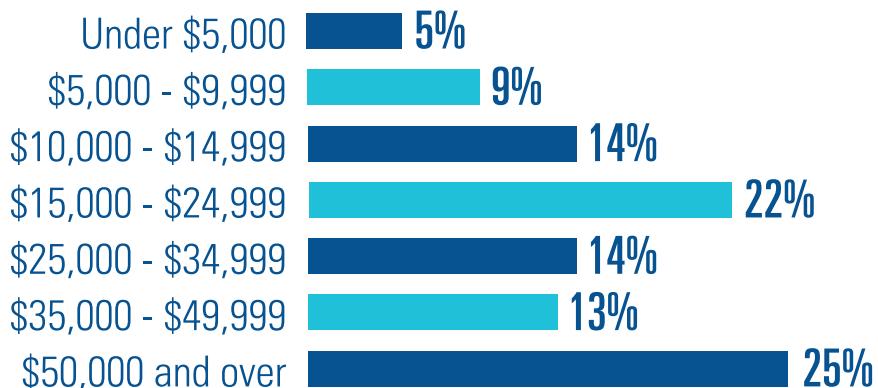
Percent Distribution by Income: 2018

Family Households with Age 65 and Older Householder, 2018



\$64,023 median income for 18.4 million family households with age 65 and over householder.

Persons Age 65 and Older Reporting Income, 2018



\$25,601 median income for 52.8 million persons 65 and older reporting income.

Note: Percentages may not add to 100 due to rounding.

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

For all older persons reporting income in 2018 (52.8 million), 14% reported less than \$10,000 and 52% reported \$25,000 or more.

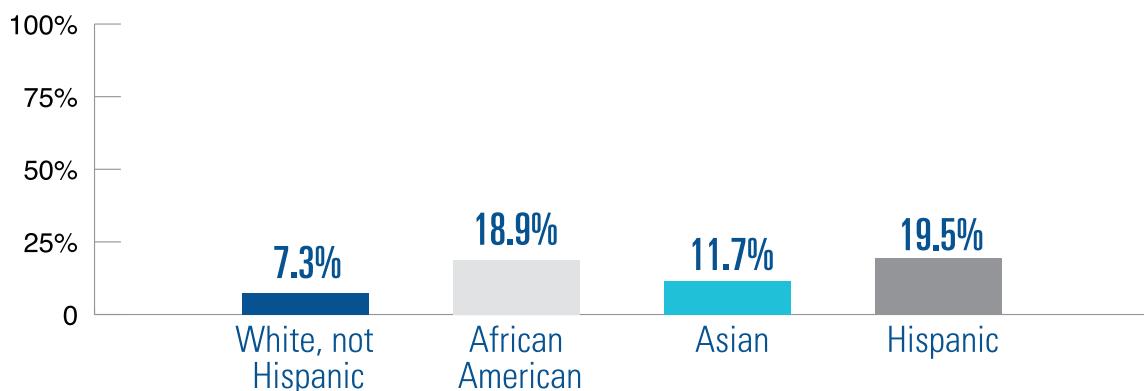
The Bureau of Consumer Financial Protection defines financial well-being as being able to meet current and ongoing financial obligations, feeling financially secure in the present and future, and being able to make choices that allow them to enjoy life. In 2015, adults age 62 and older who retired when they planned to scored higher on a financial well-being scale than those who retired earlier or later than they originally planned.

Poverty

In 2018, nearly 1 in 10 people age 65 and older (9.7% or 5.1 million) lived below the poverty level.¹ This poverty rate is not statistically different from the poverty rate in 2017 (9.2%). Another 2.3 million or 4.4% of older adults were classified as “near-poor” (income between the poverty level and 125% of this level).

In 2018, 3 million older Whites (alone, not Hispanic) (7.3%) were poor, compared to 18.9% of older African Americans (alone), 11.7% of older Asians (alone), and 19.5% of older Hispanics (any race).

Percentage of Persons Age 65 and Over Living Below the Poverty Level by Race and Hispanic Origin, 2018



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

Older women had a higher poverty rate (9.7%) than older men (8.1%) in 2018. A higher percentage of older persons living alone were poor (17.3%) as compared with older persons living with families (6.4%).

The highest poverty rates were experienced among older Hispanic women who lived alone (37.8%).

In 2011, the U.S. Census Bureau released a new Supplemental Poverty Measure (SPM). The SPM methodology shows a significantly higher number of older persons below poverty than is shown by the official poverty measure. For persons age 65 and older, this poverty measure showed a poverty level of 13.6% in 2018—almost 4 percentage points higher than the official rate of 9.7%. Unlike the official poverty rate, the SPM takes into account regional variations in the cost of housing etc. and, even more significantly, the impact of both non-cash benefits received (e.g., SNAP/food stamps, low income tax credits, and WIC) and non-discretionary expenditures including medical out-of-pocket expenses. For persons 65 and older, medical out-of-pocket expenses were the major source of the significant differences between these measures. The SPM does not replace the official poverty measure.

Housing

Of the 12.9 million households headed by persons age 75 and older in 2017, 76% owned their homes and 24% rented. The median family income of older homeowners was \$32,800. The median family income of older renters was \$17,000. In 2017, 37% of older householders spent one-third or more of their income on housing costs: 30% for owners and 65% for renters.



Persons Age 75+ Who Spent One-Third or More of Their Income on Housing Costs, 2017

*Source: Department of Housing and Urban Development,
American Housing Survey*

For older homeowners age 75 and older in 2017, the median construction year was 1971 compared to 1978 for all homeowners. Among the homes owned by people age 75 and older, 2.7% had moderate to severe problems with plumbing, heating, electric, wiring, and/or upkeep. In 2017, the median value of homes owned by older persons was \$175,000 (with a median purchase price of \$65,000). In comparison, the median home value of all homeowners was \$200,000 (with a median purchase price of \$137,000).

Employment

In 2019, 10.7 million (20.2%) Americans age 65 and older were in the labor force
(working or actively seeking work)

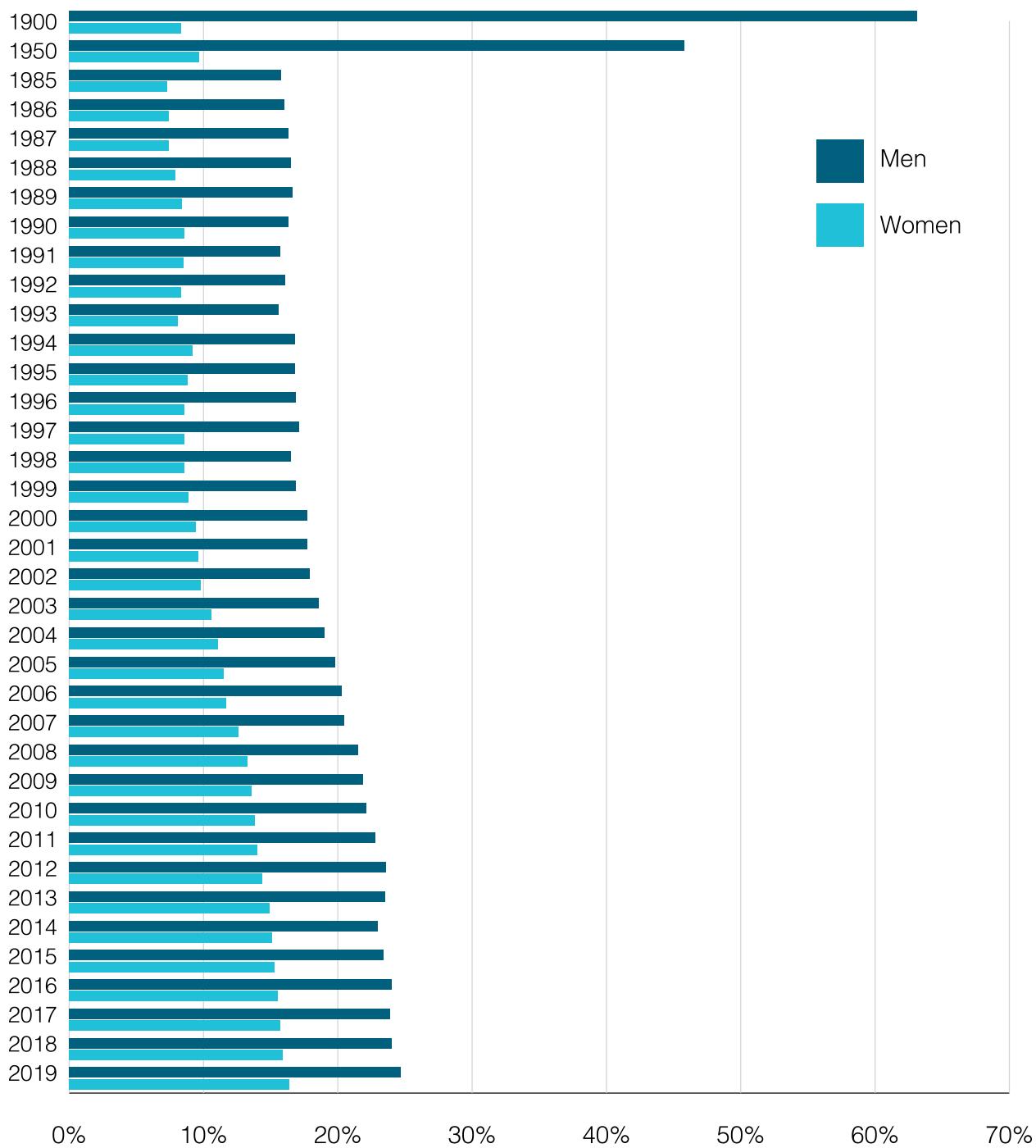


INCLUDING 5.9 MILLION MEN (24.7%) AND 4.8 MILLION WOMEN (16.4%)

Older adults constituted 6.5% of the U.S. labor force. Approximately 3% were unemployed.

Labor force participation of men age 65 and older decreased steadily from 63.1% in 1900 to 45.8% in 1950 and then to 15.8% in 1985. It stayed under 20% until 2006 and has been hovering around 23%-24% for the last few years. The labor force participation rate for women age 65 and older rose slightly from 8.3% in 1900 to 9.7% in 1950 and then fell to 7.3% in 1985. It stayed at 8%-9% during the 1990s. Beginning in 2000, the labor force participation rate of older women started to gradually rise to the 2019 level of 16.4%.

Employment Status of Persons Age 65 and Over by Sex, Selected Years 1900 to 2019



Note: Increments between years are uneven. While the enactment of the Social Security Act in 1935 played an important role in the declining labor force participation rates among men age 65+, research suggests the decline may have started as early as 1880.

Source: Bureau of Labor Statistics, Current Population Survey, Labor Force Statistics, Household Data; U.S. Census Bureau, Decennial Census, 1990

Education



The educational level of the older population is increasing. Between 1970 and 2019, the percentage of older persons who had completed high school rose from 28% to 88%.

Almost one-third (31%) in 2019 had a bachelor's degree or higher. The percentage who had completed high school varied considerably by race and ethnic origin in 2019: 92% of Whites alone (not Hispanic), 79% of African Americans alone, 80% of Asians alone, and 59% of Hispanics. The increase in educational levels is also evident within these groups. In 1970, only 30% of older Whites and 9% of older African Americans were high school graduates.

Health and Health Care

In 2018, 45% of noninstitutionalized people age 65 and older assessed their health as excellent or very good compared to 65% for persons ages 18-64 years.

Most older persons have at least one chronic condition and many have multiple conditions.

Leading chronic conditions among adults age 65 and older include heart disease (28% in 2016-2017), physician-diagnosed and undiagnosed diabetes (28% in 2013-2016), cancer (19% in 2016-2017), stroke (9% in 2016-2017), and arthritis (54% in 2018 among people age 75 and older). In 2013-2016, 67% of men age 75 and older and 79% of women age 75 and older had hypertension or were taking antihypertensive medication.

In 2018, 69% of people age 65 and older reported that they received an influenza vaccination during the past 12 months and 69% reported that they had ever received a pneumococcal vaccination. Only 9% of persons age 65 and older reported that they were current smokers and 8% reported excessive alcohol consumption.² Approximately 3% of persons age 65 and older reported that they had experienced serious psychological distress during the past 30 days.

In 2018, 8.5 million people age 65 and older stayed in a hospital overnight at least one night during the year.



Among this group of older adults, 11% stayed overnight 1 time, 3% stayed overnight 2 times, and 3% stayed overnight 3 or more times. This was approximately double the number of overnight hospital stays for the population ages 45 to 64: 5% had stayed overnight 1 time, 2% stayed overnight 2 times, and

1% stayed overnight 3 or more times. Older persons averaged more office visits with doctors than younger persons in 2018. Among people age 75 and older, 22% had 10 or more visits to a doctor or other health care professional in the past 12 months compared to 19% among people ages 65 to 74, 14% among people ages 45 to 64, and 11% among people ages 18 to 44.

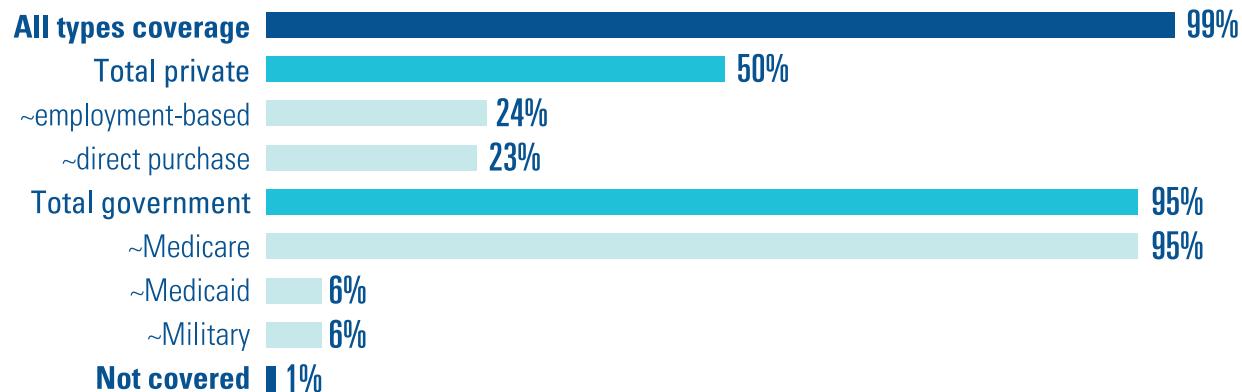
In 2018, 97% of persons age 75 and older reported that they had a usual place to go for medical care and only 3% of people age 65 and older said that they failed to obtain needed medical care during the previous 12 months due to cost.

In 2018, consumers age 65 and older averaged out-of-pocket health care expenditures of \$6,802, an increase of 48% since 2008 (\$4,605). In contrast, the total population spent considerably less, averaging \$4,968 in out-of-pocket costs. Older Americans spent 11.9% of their total expenditures on health, as compared to 8.1% among all consumers. Health costs incurred on average by older consumers in 2018 consisted of \$4,776 (70%) for insurance,³ \$998 (15%) for medical services, \$768 (11%) for drugs, and \$260 (4%) for medical supplies.

Health Insurance Coverage

In 2018, almost all (95%) non-institutionalized persons age 65 and older were covered by Medicare. Medicare covers mostly acute care services and requires beneficiaries to pay part of the cost, leaving about half of health spending to be covered by other sources. About half of older adults (50%) had some type of private health insurance, 6% had military-based health insurance, 6% were covered by Medicaid, and 1% had no coverage.

Percentage of Persons Age 65 and Over by Type of Health Insurance Coverage, 2018



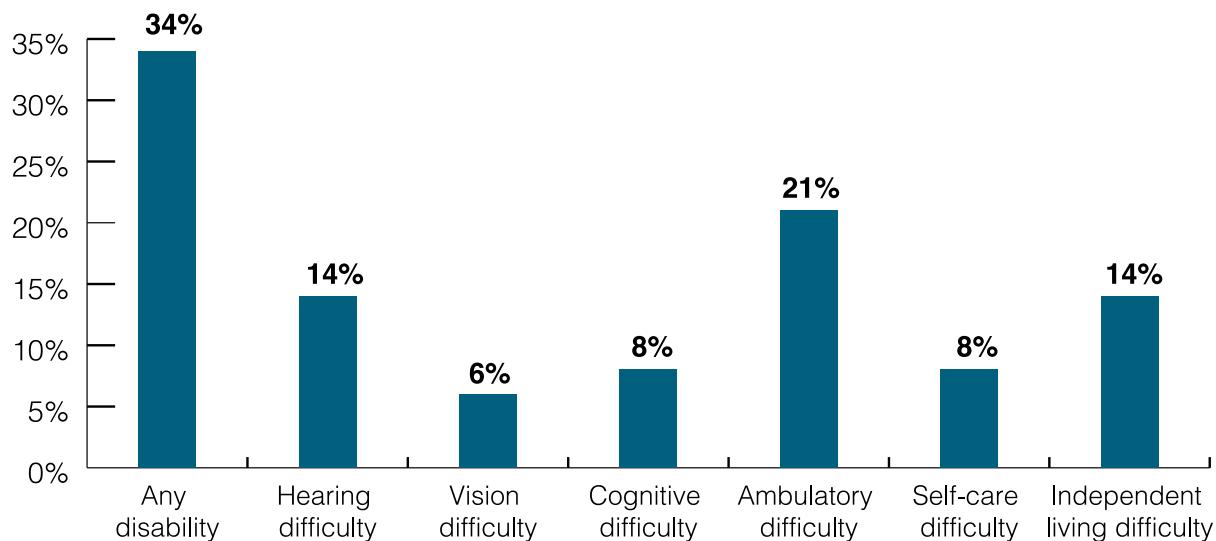
Note: A person can be represented in more than one category.

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

Disability and Physical Functioning

According to the U.S. Census Bureau's American Community Survey, 34% of people age 65 and older reported having some type of disability (i.e., difficulty in hearing, vision, cognition, ambulation, self-care, or independent living) in 2018. The percentages for individual disabilities ranged from 21% having an ambulatory disability to 6% having a vision difficulty.

Percentage of Persons Age 65 and Over with a Disability, 2018



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

In 2018, 49% of people age 75 and older reported having a difficulty in physical functioning. This percentage is more than twice as large as for the age group 45 to 64 (19%). The percentage of people age 75 and older reporting difficulties in physical functioning ranged from 5% reporting it was very difficult to (or cannot) sit for two hours to 33% reporting it was very difficult to (or cannot) stand for two hours.

Caregiving

The need for caregiving increases with age.

In 2018, the percentage of older adults age 85 and older needing help with personal care (21%) was more than twice the percentage for adults ages 75–84 (8%) and five times the percentage for adults ages 65–74 (4%).

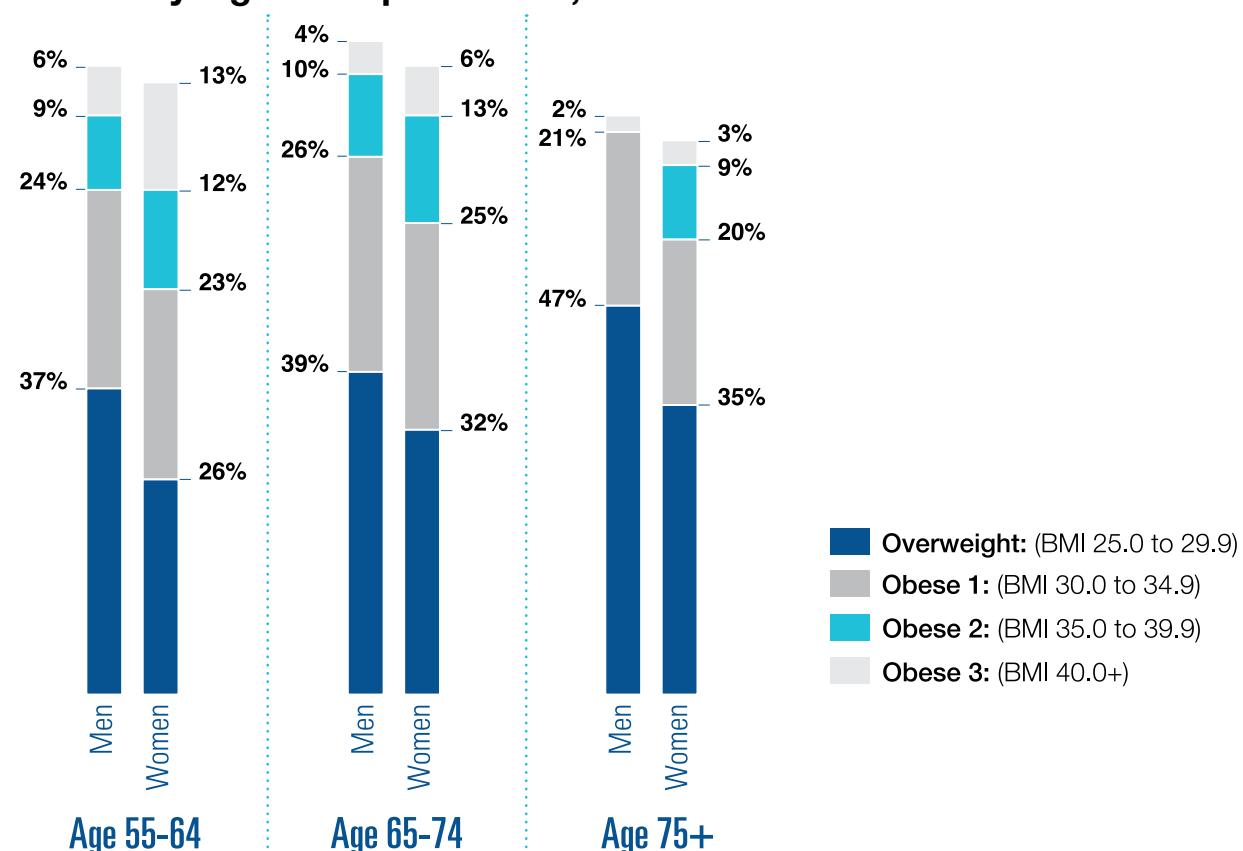
Older adults often also provide care to younger family members. For example, approximately 1.1 million grandparents age 60 and older were responsible for the basic needs of one or more grandchildren under age 18 living with them in 2018. Of these caregivers, 59% were grandmothers and 41% were grandfathers.

In addition, in 2017, among the 5.3 million people with Intellectual and Developmental Disabilities (I/DD) living with a family caregiver, 24% had caregivers who were age 60 and older (1,299,389). The percentage of people with I/DD living with older caregivers ranged from 12% in Alaska to 24% in Florida.

SPECIAL SECTION: Obesity

Obesity is a major cause of preventable disease and premature death and is a serious concern for older adults. Obesity is measured by dividing a person's weight in kilograms by their height in meters squared to calculate their body mass index (BMI). Starting at 25.0, the higher a person's BMI, the greater is their risk of developing obesity-related health problems. People who have obesity, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions, including all-causes of death, hypertension, hyperlipidemia, diabetes, heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and breathing problems, mental illness such as clinical depression, anxiety, and other mental disorders, and body pain and difficulty with physical functioning.

Percentage of People Age 55 and Older Who Are Overweight or Obese by Age Group and Sex, 2013-2016



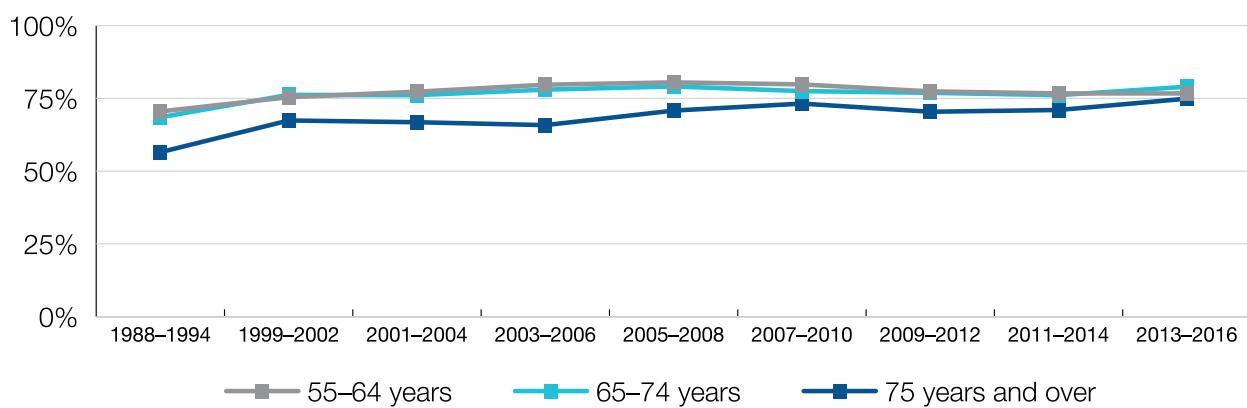
Note: Body mass index equals weight in kilograms divided by height in meters squared.
Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey

The most recent national data on obesity prevalence among U.S. adults, show that more than 60% of adults age 55 and older were overweight or obese in 2013-2016. The highest prevalence was 79% among men age 65 to 74 and the lowest prevalence, 67%, was among women age 75 and older.

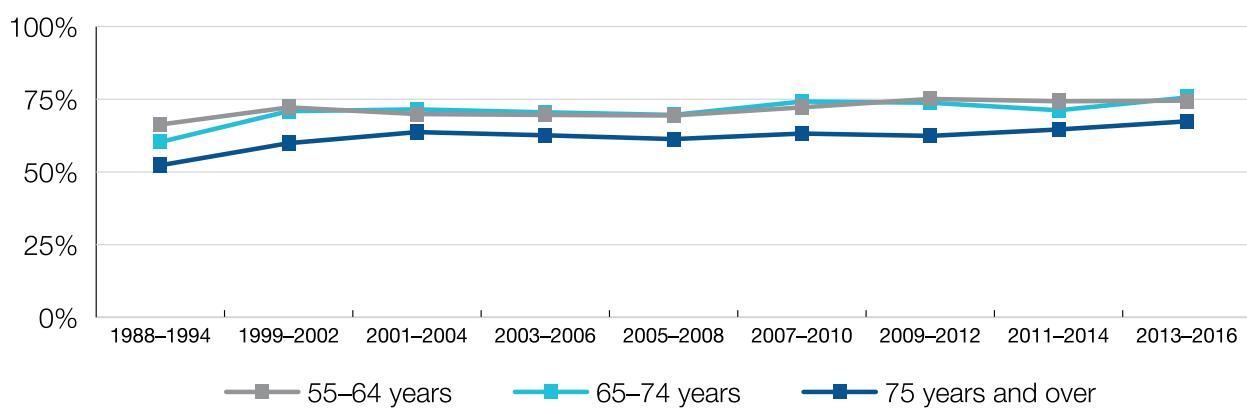
Age differences in obesity prevalence vary between men and women.

The prevalence of obesity was higher among women age 55 to 64 (48%) compared with women age 65 to 74 (44%) and 75 and older (32%). Among men, the prevalence of obesity was approximately the same for men age 55 to 64 (39%) and 65 to 74 (40%) and less for men 75 and older (23%).

Percentage of Men Age 55 and Older Who Are Overweight or Obese by Age Group, 1988-2016



Percentage of Women Age 55 and Older Who Are Overweight or Obese by Age Group, 1988-2016



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey

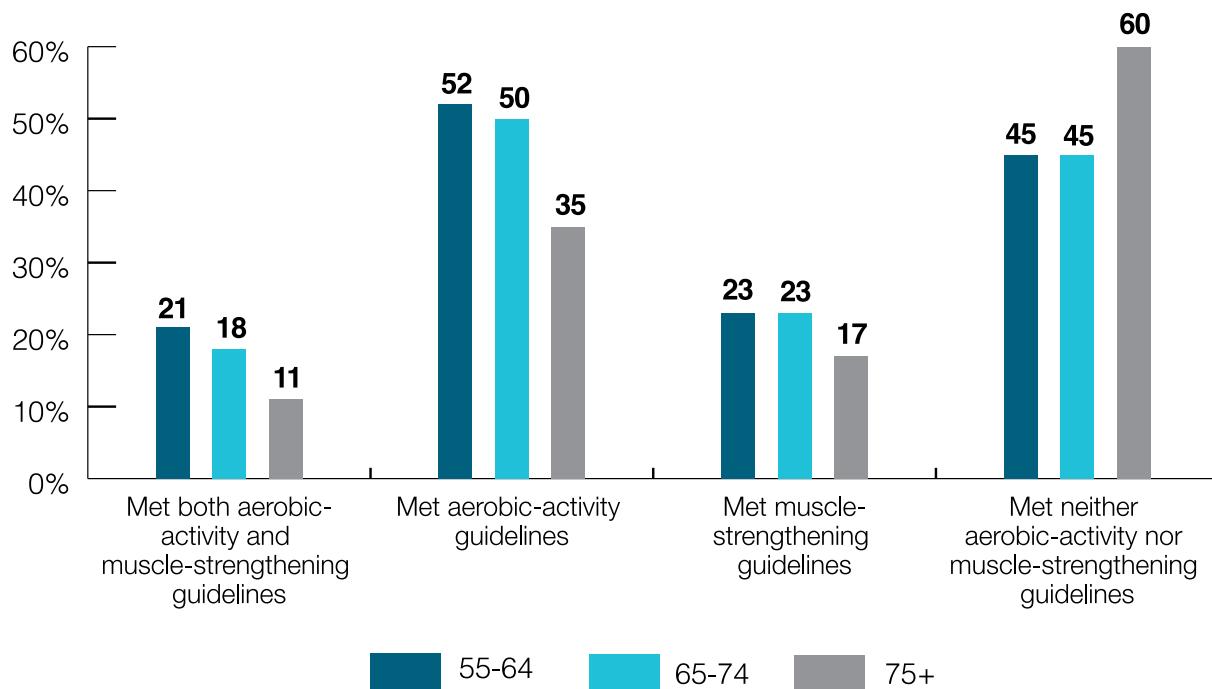
The prevalence of obesity has increased over time for both men and women age 55 and older. The largest increase was among men age 75 and older from 57% in 1988-1994 to 75% in 2013-2016.

In recent years, the prevalence of obesity leveled off at around 75% for the age group 55-64 for both men and women, however the older age groups continued to see an increase.

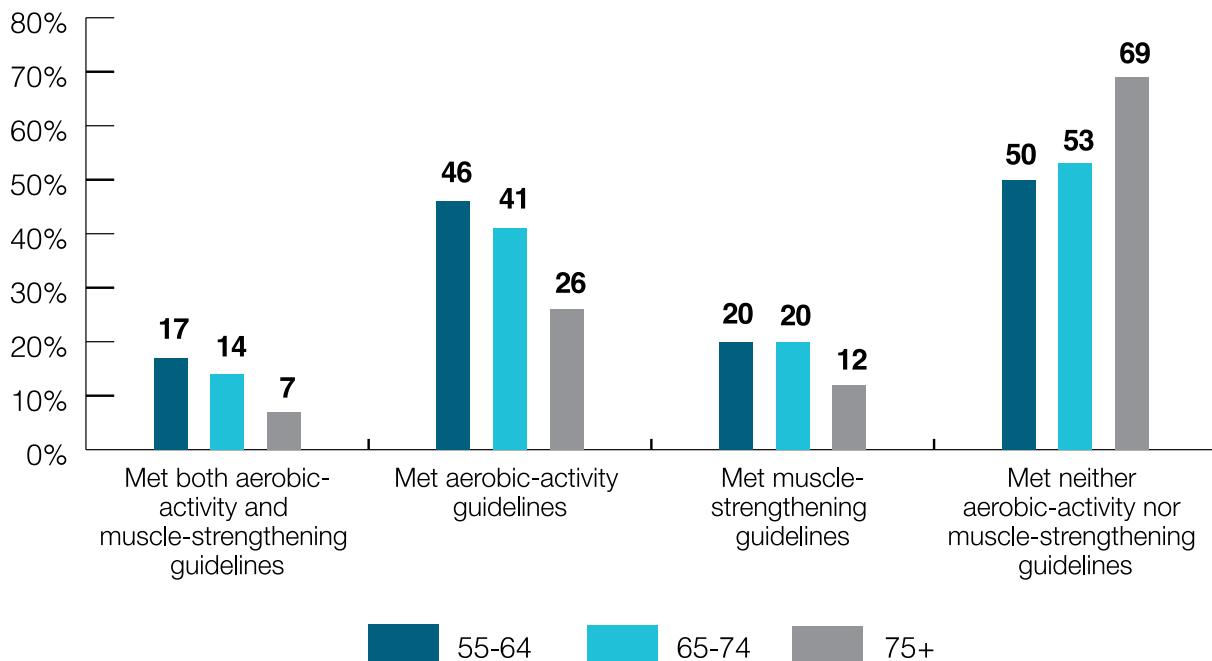
SPECIAL SECTION: Aerobic Activity and Muscle-Strengthening Activities

Aerobic activity and muscle-strengthening activities are important for older adults to improve overall health and reduce the risk of many health problems. According to the HHS Office of Disease Prevention and Health Promotion's Physical Activity guidelines for Americans, the key guidelines for older adults include 150-300 minutes a week of moderate-intensity or 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Adults should also engage in muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits. The guidelines advise older adults to determine their level of effort for physical activity relative to their level of fitness.

Percentage of Men Age 55 and Older Who Met Aerobic-activity and Muscle-strengthening Guidelines by Age Group, 2017



Percentage of Women Age 55 and Older Who Met Aerobic-activity and Muscle-strengthening Guidelines by Age Group, 2017



Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health Interview Survey

In 2017, approximately one-fifth of men ages 55-64 (21%) and 65-74 (18%) met both aerobic-activity and muscle-strengthening guidelines.

More than double the percentage of men at all ages met only the aerobic-activity guidelines as compared with only the muscle-strengthening guidelines.

Similar to older men, older women had a higher percentage meeting aerobic-activity guidelines at all ages as compared with meeting only muscle-strengthening guidelines. More than twice the percentage of women age 55-64 (17%) met both the aerobic-activity and muscle-strengthening guidelines as compared with women ages 75 and older (7%). However, these percentages are still low.

More than half of all older women did not meet either the aerobic-activity nor muscle-strengthening guidelines with 50% for women age 55-64, 53% for women age 65-74, and 69% for the age group 75 and older.

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Endnotes

- 1 The poverty threshold in 2018 was \$12,043 for householders age 65 and older living alone.
- 2 Five or more drinks in one day at least once in the past year.
- 3 Data on health care expenditures are payments (after reimbursement) made directly to the providers of care, such as hospitals, and payments to third parties, such as insurance companies, for private group and individual health insurance coverage. Payments to the Federal Government for Medicare Part B and Part D coverage are also included.