Population Aging: Trends, Outlook & Implications for Minnesota

To the State Community Health Services Advisory Committee

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What is the role of the MN State Demographic Center?

- Serve as a liaison to the Census Bureau and assist with the decennial census counts
- Create MN population estimates and projections
- Analyze, interpret and distribute data from the state, U.S. Census Bureau and other sources
- Offer data and technical assistance to legislators, all levels of government, organizations and citizens across the state
- Monitor trends and help MN to make data-informed decisions
The nation in 1900

Source: U.S. Census Bureau
The nation in 1925

Source: U.S. Census Bureau
The nation in 1950

Source: U.S. Census Bureau
The nation in 1975

Source: U.S. Census Bureau
The nation in 2000

- G.I. / Greatest Generation
- Silent Generation
- Older Baby Boomers
- Younger Boomers
- Generation X
- Millennials
- Digitals

Source: U.S. Census Bureau
Minnesota total population in 5-year bars, 2010 decennial census

Population by age and sex
Minnesota, 2010

- Under 5
- 5 to 9
- 10 to 14
- 15 to 19
- 20 to 24
- 25 to 29
- 30 to 34
- 35 to 39
- 40 to 44
- 45 to 49
- 50 to 54
- 55 to 59
- 60 to 64
- 65 to 69
- 70 to 74
- 75 to 79
- 80 to 84
- 85+

Female
Male
Aging is gender lopsided

Among Minnesotans in their:

- early 60s, there are 97 men for every 100 women
- late 60s, there are 93 men for every 100 women
- early 70s, there are 87 men for every 100 women
- late 70s, there are 81 men for every 100 women
- early 80s, there are 69 men for every 100 women
- late 80s, there are 56 men for every 100 women
- 90s plus, there are 35 men for every 100 women

Sources: U.S. Census Bureau, 2010 decennial census.
What Minnesota looks like… this year

Population by age
Minnesota, 2015

Source: MN State Demographic Center Projections
How many additional “older adults” will we gain during this decade?

Change in older adults, age 65+ (Thousands)

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Sources: U.S. Census Bureau and Minnesota State Demographic Center
This decade and next: Unprecedented increases in MN’s 65+ population

Change in older adults, age 65+ (in thousands)

Sources: U.S. Census Bureau, MN State Demographic Center
QUIZ QUESTION:

What event is predicted to happen in 2020 that has never before happened in the history of our state?

A. The Vikings will win the Super Bowl
B. MN will have more immigrants than U.S.-born residents
C. MN will have more 65+ residents than school-age children, 5-17
For the first time in MN history: More 65+ than school-age by 2020

Sources: U.S. Census Bureau, decennial census, and Minnesota State Demographic Center projections
Change in MN age groups between 2015 and 2030 (percent)

- 0-17: 13%
- 18-24: 6%
- 25-64: -4%
- 65+: 49%
Change in MN age groups between 2015 and 2030 (people)

- 0-17: 167,000
- 18-24: 31,000
- 25-64: 389,000
- 65+: -103,000
Older adults in Minnesota by age cohort, 2010-2050

The number of older adults in MN will **double** between 2010 and 2030.

Sources: U.S. Census Bureau, decennial census, and Minnesota State Demographic Center projections
By 2030, more than 1 in 5 Minnesotans will be 65+, including all Baby Boomers.
The coming decades will see dramatic growth in older cohorts

Expected percentage change in people by age cohorts, between 2010 and given year, Minnesota

Sources: Minnesota State Demographic Center projections.
The coming decades will see dramatic growth in older cohorts.

Expected numeric change in people by age cohorts, between 2010 and given year, Minnesota.

Sources: Minnesota State Demographic Center projections.
What Minnesota looks like… this year (2015)

MN population by age and sex, 2015

Source: MN State Demographic Center Projections
What the Twin Cities 7-county metro looks like... this year

Population by age and sex
7-county Twin Cities metro, 2015

Source: Minnesota State Demographic Center
What the Twin Cities 7-county metro will look like... in 10 years

Source: Minnesota State Demographic Center
What the Twin Cities 7-county metro will look like... in 20 years

Population by age and sex
7-county Twin Cities metro, 2035

Source: Minnesota State Demographic Center
What the Twin Cities 7-county metro will look like… in 30 years

Population by age and sex
7-county Twin Cities metro, 2045

Source: Minnesota State Demographic Center
Median age in the darkest counties is 46 or older.

Median Age, 2013

Fast-growing counties with young families, large institutions of higher education, or large minority populations tend to have a lower median age.

Data source:
U.S. Census Bureau
© Center for Rural Policy & Development
County and regional differences in aging

* Otter Tail has more than 1 in 5 residents age 65+ (22%)

* 15 counties have a higher % than OTC

Sources: U.S. Census Bureau Population Estimates, via MNCompass.org.
By about 2020, half of MN’s older adults will live in the 7-county metro.

![Bar chart showing the share of MN's 65+ population, actual and projected, 2010-2040.

- 2010: 55% Balance of state, 45% 7-county TC metro
- 2020: 50% Balance of state, 50% 7-county TC metro
- 2030: 47% Balance of state, 53% 7-county TC metro
- 2040: 45% Balance of state, 55% 7-county TC metro

Legend:
- Yellow: Balance of state
- Red: 7-county TC metro

Share of MN's 65+ population, actual and projected, 2010-2040.
Higher percentages of older adults (65+) – patterning is very local

Source: Social Explorer
Percent 65+ in region’s counties, by census tract, 2008-2012

Census tracts in Traverse and Otter Tail counties exceed 29% of residents who are age 65+

Source: Social Explorer
Ramsey County has certain concentrations of 65+ residents.
Challenges related to our aging population

- Will we have or create sufficient **infrastructure** for more transportation, caregiving, health care, and social support needs, as **health challenges and disabilities increase**, especially when children live far away?

- Will we be able to **finance needed services**, especially long-term care? Private and public medical expenses will increase considerably.

- Will we have the workers to form a strong, skilled, highly **productive labor force** as the Boomers retire — for economic growth, tax revenues for needed services, and maintaining a high quality of life in MN?
Aging brings rising rates of disability among those living in the community

Sources: U.S. Census Bureau, American Community Survey, via MNCompass.org.
Note: Relates only to the civilian, non-institutionalized population with a serious difficulty in one or more of four basic areas of functioning: vision, hearing, ambulation, and cognition.
Types of disabilities among older adults *living in the community*

**Individuals with a disability by type,**
**ages 65 and older**

*Minnesota, 2012*

- Ambulatory: 18%
- Cognitive: 7%
- Hearing: 15%
- Independent living: 12%
- Self-care: 7%
- Vision: 5%
- One or more disabilities of any type: 32%

Sources: U.S. Census Bureau, American Community Survey, via MNCompass.org.
Note: Relates only to the civilian, non-institutionalized population with a serious difficulty in one or more of four basic areas of functioning: vision, hearing, ambulation, and cognition.
Dementias strongly associated with advanced age

- The number of Minnesotans with Alzheimer’s disease or other dementias is expected to grow dramatically:
  - The percent of people with Alzheimer’s doubles every five years after the age of 65
  - For persons over age 85, one out of every two persons has Alzheimer’s or another form of dementia
  - Minnesotans with dementias expected to double by 2040

Medical expenses rise considerably after age 65

U.S., 2010

Source: Medical Expenditure Panel Survey, 2010
Healthy Aging
Aging: not what it used to be…

- Minnesota’s older adults are healthier, living longer, and working longer than prior generations
  - Life expectancy for Minnesotans age 65 now is 20.1 more years (15.6 years in good health)
  - Variations across racial, educational, other groups
- Minnesota’s Boomers and older adults volunteer in record numbers

Older adults in Minnesota volunteer in large numbers

**Older adults who volunteered in the past year by detailed age**
Minnesota and U.S., 2010-2012

- Ages 55-64
- Ages 65-74
- Ages 75+

Source: MN Compass
Older adults projected to remain in the labor force longer than before

Projected labor force participation rates of older adults
Minnesota, 1980-2040

Sources: U.S. Census Bureau, decennial census, and Minnesota State Demographic Center projections
Healthy life expectancy at age 65 – Minnesota leads most states

Source: Centers for Disease Control, 2013
Healthy life expectancy at age 65

Source: Centers for Disease Control, 2013
Migration & diversity

See our new “Minnesota on the Move” special report on migration – available off our homepage at mn.gov/demography
About 113,000 people leave MN each year for other states

Annual leavers from Minnesota, by age group and student status, 2008-2012

- Only about 101,000 arrive from other states, resulting in domestic losses

Minnesota’s population by age groups, 2012

Sources: U.S. Census Bureau, 2012 population estimates
Diversity among Minnesota’s older adults and next wave (2013)

- **65+**
  - White, non-Hispanic: 1,314,000 (94%)
  - Persons of Color: 42,000 (6%)

- **45-64**
  - White, non-Hispanic: 714,000 (89%)
  - Persons of Color: 157,000 (11%)
Diversity among Minnesota’s older adults and next wave (2013)

- Multiracial or other race:
  - 65+: 3,700
  - 45-64: 15,200

- American Indian:
  - 65+: 5,300
  - 45-64: 10,700

- Asian:
  - 65+: 12,700
  - 45-64: 41,100

- Black:
  - 65+: 13,900
  - 45-64: 53,400

- Hispanic:
  - 65+: 6,800
  - 45-64: 36,900
First ancestry given by older adults in MN and next wave (2013)

- **Mexican**: 18,000 (65+), 2,000 (45-64)
- **Vietnamese**: 9,000 (65+), 1,000 (45-64)
- **Russian**: 9,000 (65+), 3,000 (45-64)
- **Chinese**: 7,000 (65+), 2,000 (45-64)
- **Hmong**: 6,000 (65+), 1,000 (45-64)
- **Asian Indian**: 6,000 (65+), 2,000 (45-64)
- **Somali**: 4,000 (65+), 3,000 (45-64)
- **"African" unspecified**: 4,000 (65+), 0 (45-64)
- **Laotian**: 3,000 (65+), 1,000 (45-64)
- **Liberian**: 2,000 (65+), 0 (45-64)
- **Nigerian**: 1,000 (65+), 0 (45-64)
- **Cambodian**: 1,000 (65+), 0 (45-64)

Note: These individuals may be U.S. or foreign-born.
The future will look very different from today.
1. All areas of the state will feel effects of an aging population, some places much more acutely. Health care and long-term care will become cost-drivers of public budgets. How will we balance this with other public needs?

2. There are many healthy years ahead for many of our older adults. How can we enlist and benefit from older adults helping their communities?

3. The next wave of older adults has a far different composition—plan services with an eye to the future.
Communities leaders will need to be brave, creative, collaborative, and adaptive in responding to these demographic changes.

You are part of the solution!
Stay in touch with the MN State Demographic Center
Last year, we launched a new website at mn.gov/demography

- Locate more data, more efficiently
- New interactive maps and data visualizations
- Featuring a new blog, guidance for data users, and more
- Follow us on Twitter at @MN_StateData
Questions? Comments?

Thank you!

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