

1875 1885 1895 1905 1915 1925 1935 1945 1955 1965 1975 1985 1995 2005 2015 2025

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Center on
Aging and the Life Course

Optimal Aging - For Life

1870 1880 1890 1900 1910 1920 1930 1940 1950 1960 1970 1980 1990 2000 2010 2020

US Population Demographic Shifts Over the Next Ten Years

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Purdue University Retirees Association

www.purdue.edu/aging

1

CALC Fall Symposium

October 20, 2023

**The Nexus of Nutrition and Physical Activity
for Optimal Aging**

Keynote: Roger Fielding, PhD, Tufts University
Professor of Nutrition and Medicine



1905 1915 1925 1935 1945 1955 1965 1975 1985 1995 2005

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1910 1920 1930 1940 1950 1960 1970 1980 1990 2000

2

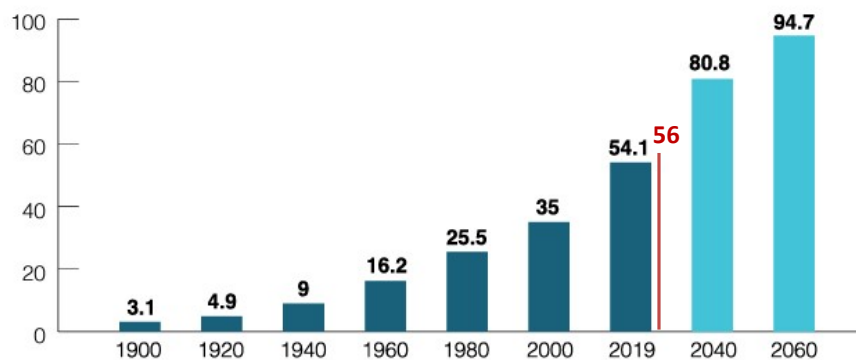
Overarching Questions

1. What factors lead to population aging?
2. How will the US older adult population change by 2033?



3

Number of Persons 65+, 1900-2060 (in millions)



Note: Increments in years are uneven. Lighter bars (2040 and 2060) indicate projections.
Source: U.S. Census Bureau, Population Estimates and Projections



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56 Million Older Adults vs. Total Population of Selected Areas



5

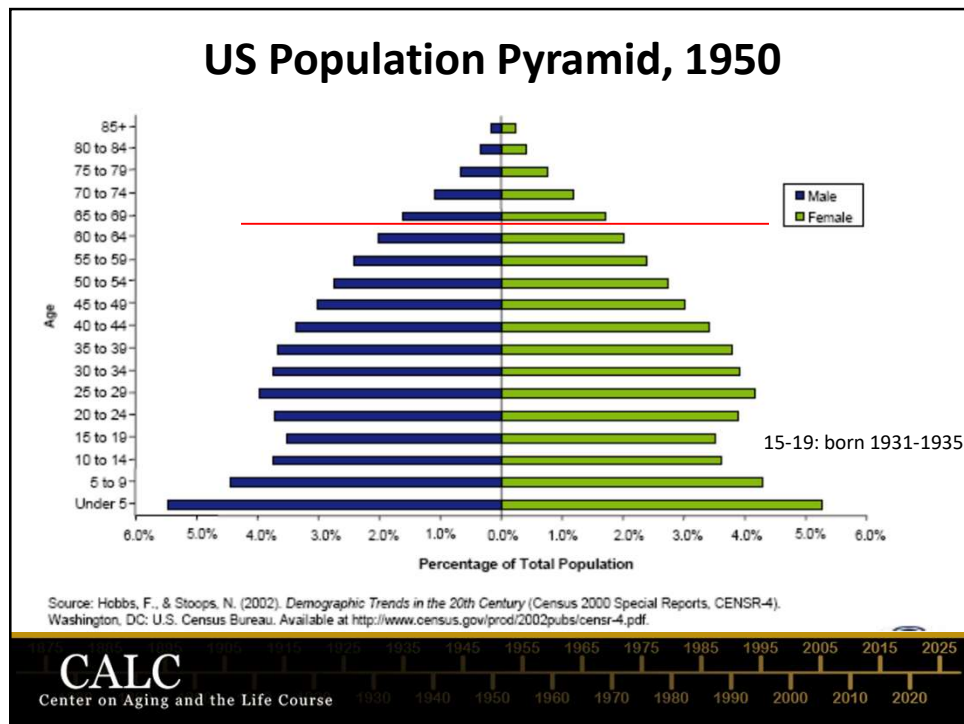
What Causes Population Aging?

3 core demographic processes

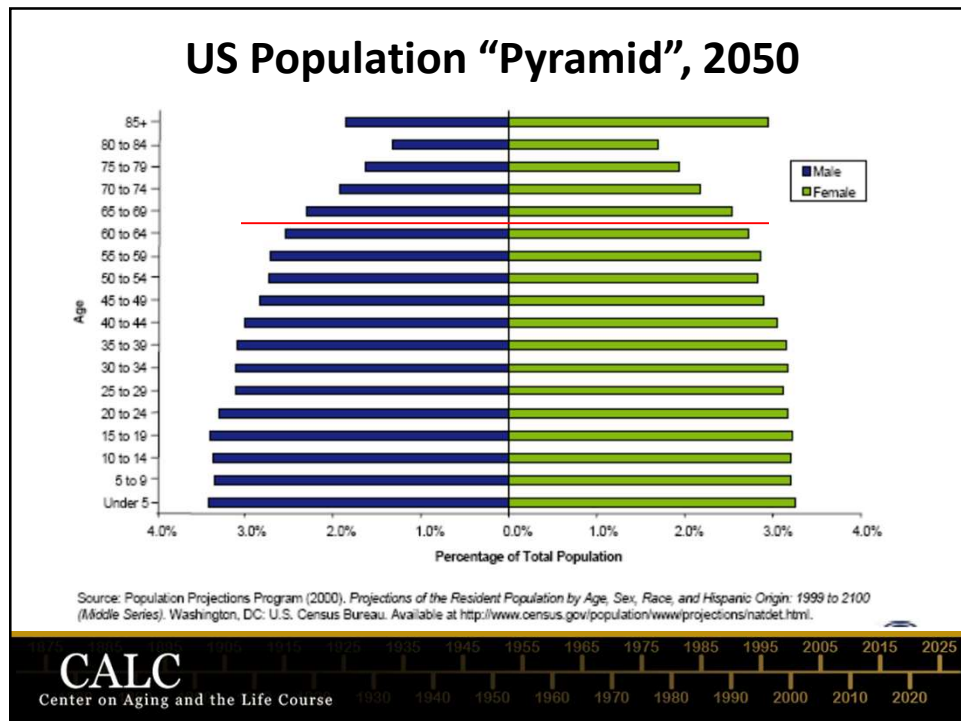
- Fertility
- Mortality
- Migration



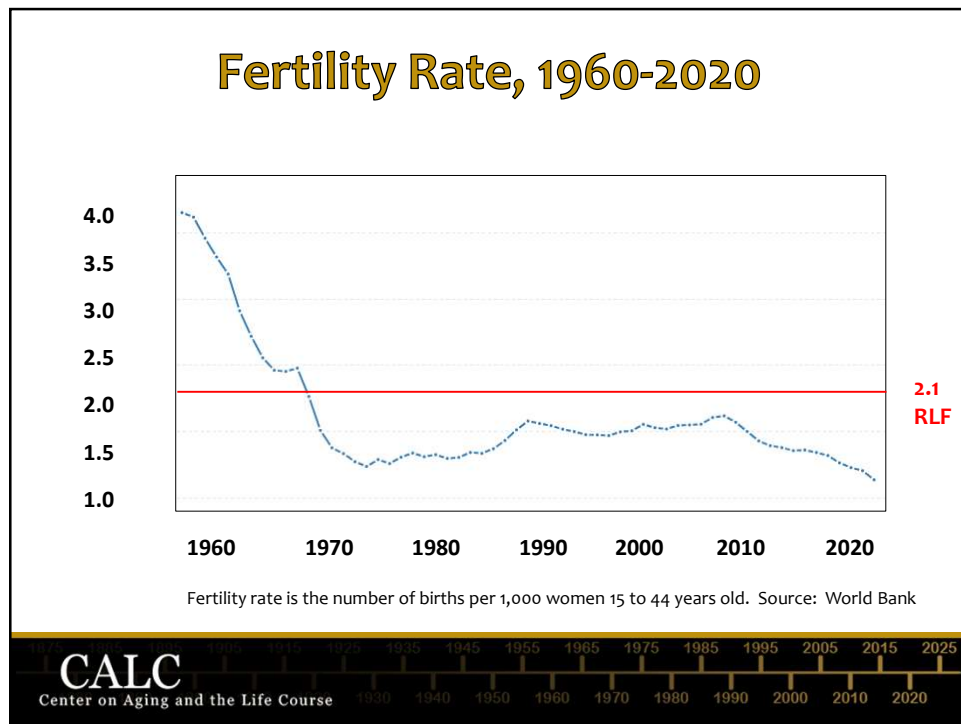
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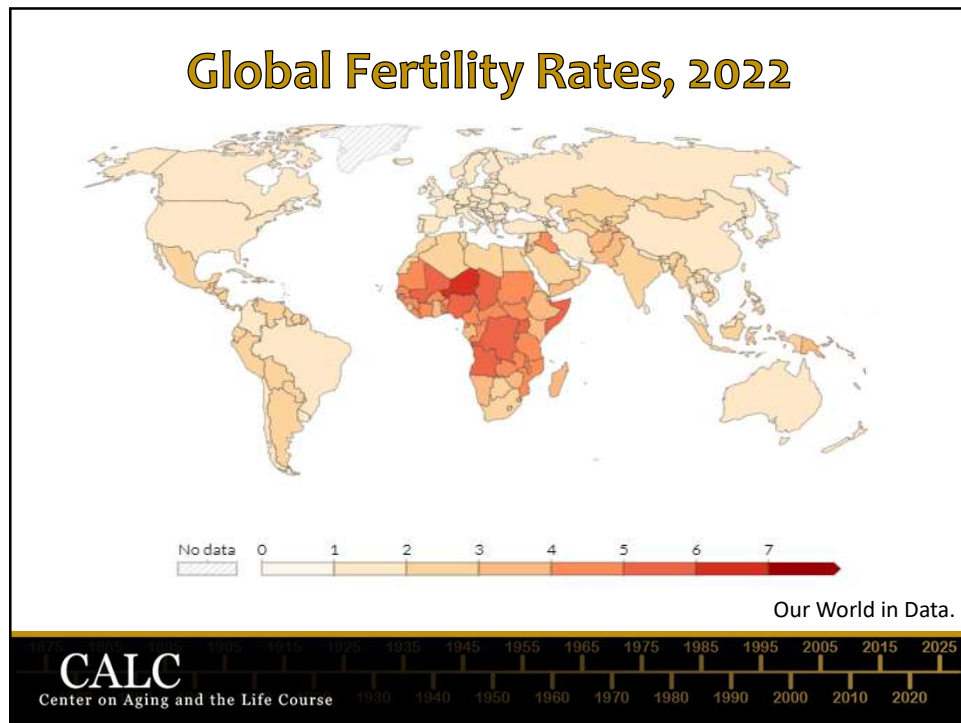
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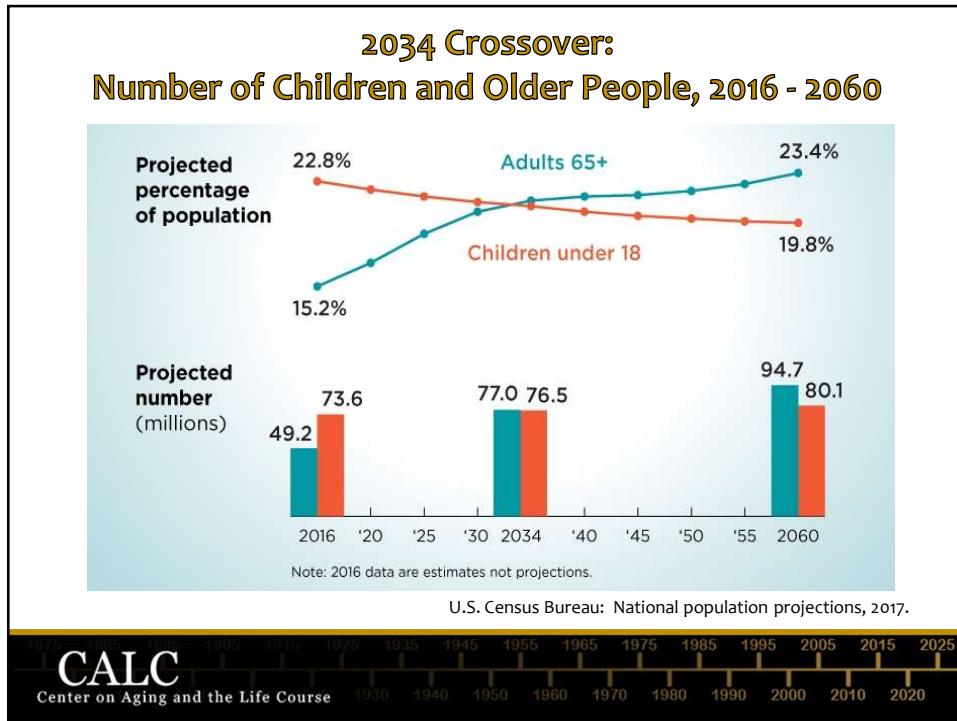
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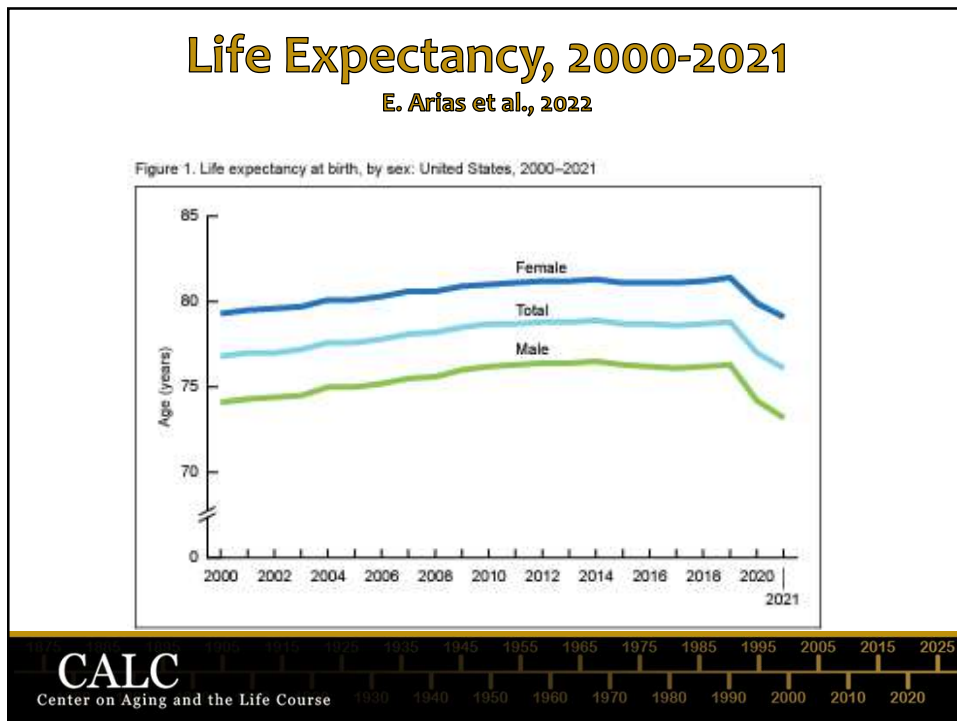
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10



11



12

Opioids

1. Prescription pain relievers such as:
 - hydrocodone ([Vicodin](#)), oxycodone ([OxyContin](#), [Percocet](#))
 - morphine ([Kadian](#), [Avinza](#))
2. Non-prescription derived from morphine such as:
 - Heroin
 - Fentanyl (>50 times more potent than morphine).

Annual opioid overdose deaths

2019: 46,720 (slightly > suicide death rate)

2022: 79,117

216 people in the U.S. died daily from an opioid overdose
(coded as “accidents or unintentional injuries”)

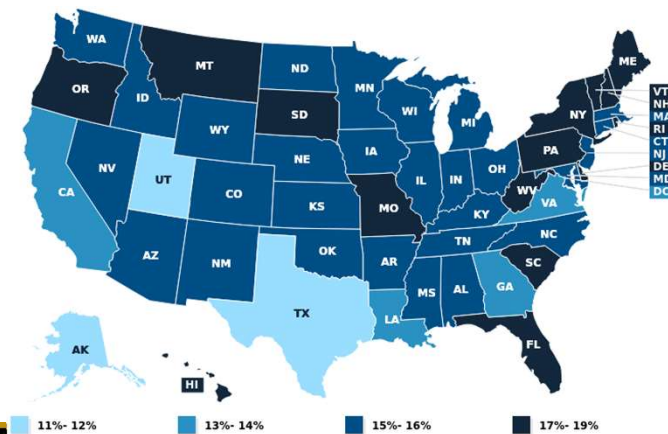


13

Older Population by State

Which states have the highest percent population 65+?

19%: FL, ME, MT
 18%: PA, SD, VT, WV
 ...
 12%: TX, AK
 11%: UT
 Kaiser Family Foundation

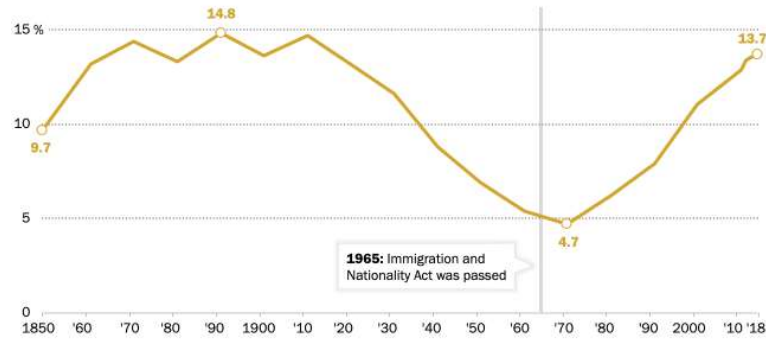


14

Immigrant Share of the U.S. Population Nears Historic High

Immigrant share of U.S. population nears historic high

% of U.S. population that is foreign born



Source: U.S. Census Bureau, "Historical Census Statistics on the Foreign-Born Population of the United States: 1850-2000" and Pew Research Center tabulations of 2010-2018 American Community Survey (IPUMS).

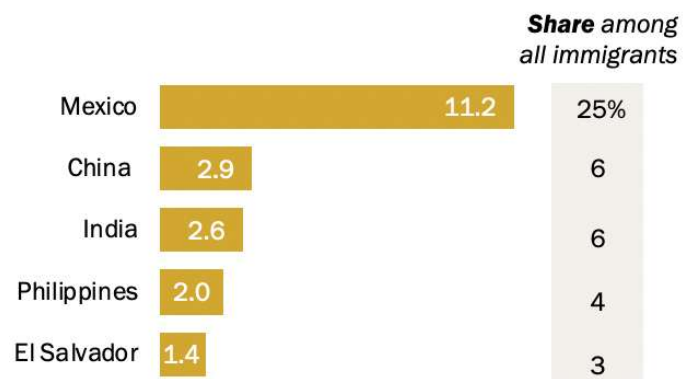
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15

Top-5 Countries of Origin among Immigrants



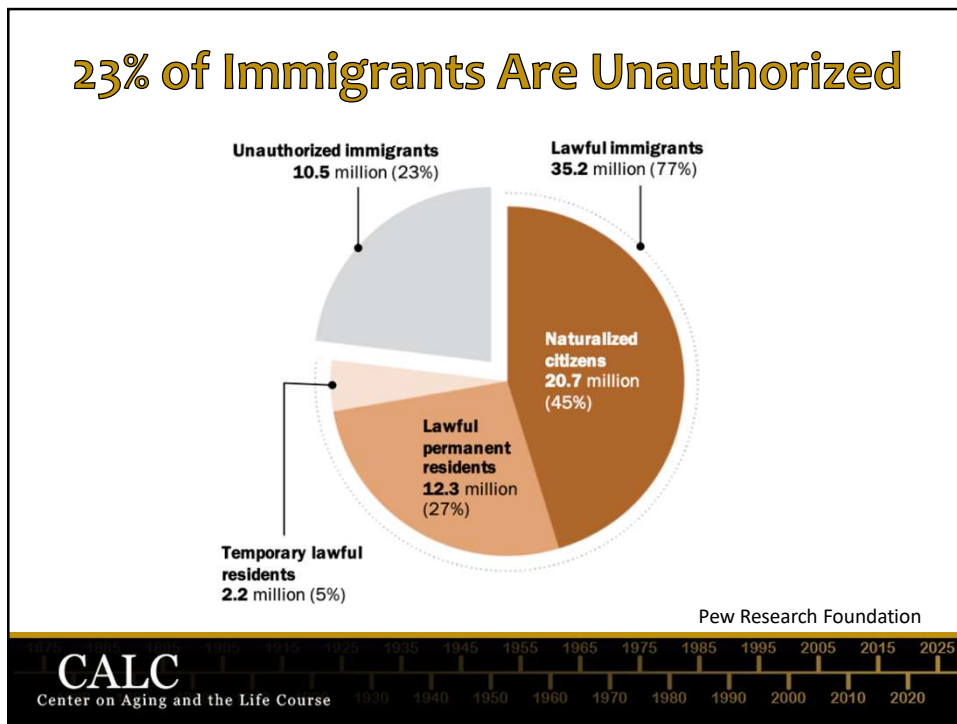
Note: China includes Macau, Hong Kong, Taiwan and Mongolia.

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16



17

Take Home Messages

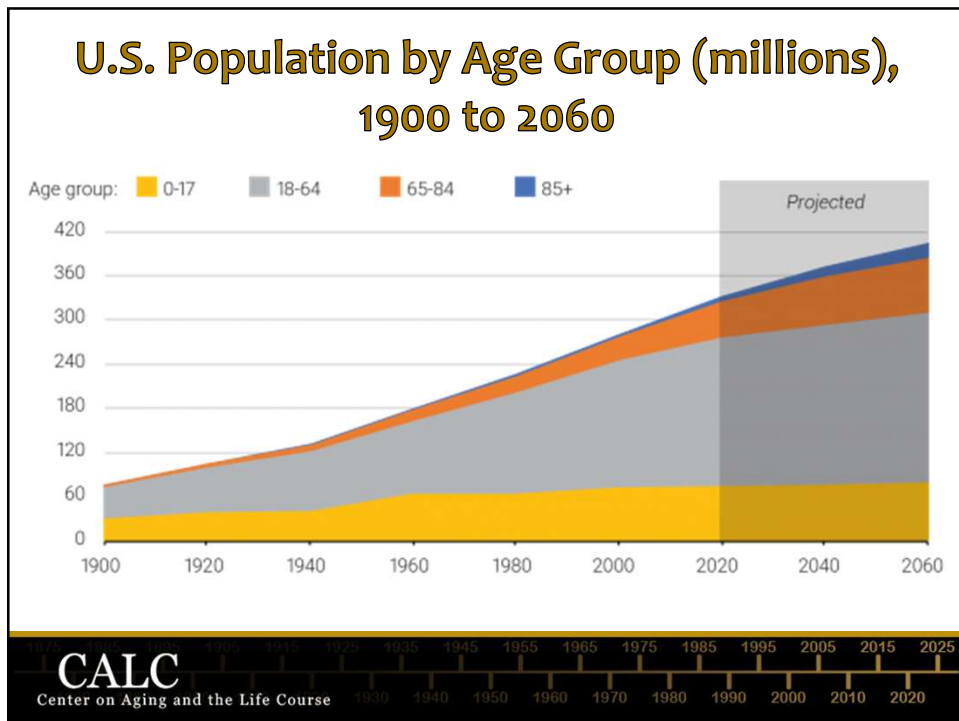
1. Population aging is a public health success!
2. Given current levels of fertility, population aging will continue.
3. Crossover in 2034: more people 65+ than < 18.
4. Accidents (including drug deaths) are the 4th leading cause of death.
5. Immigration is a counterbalance to low fertility.



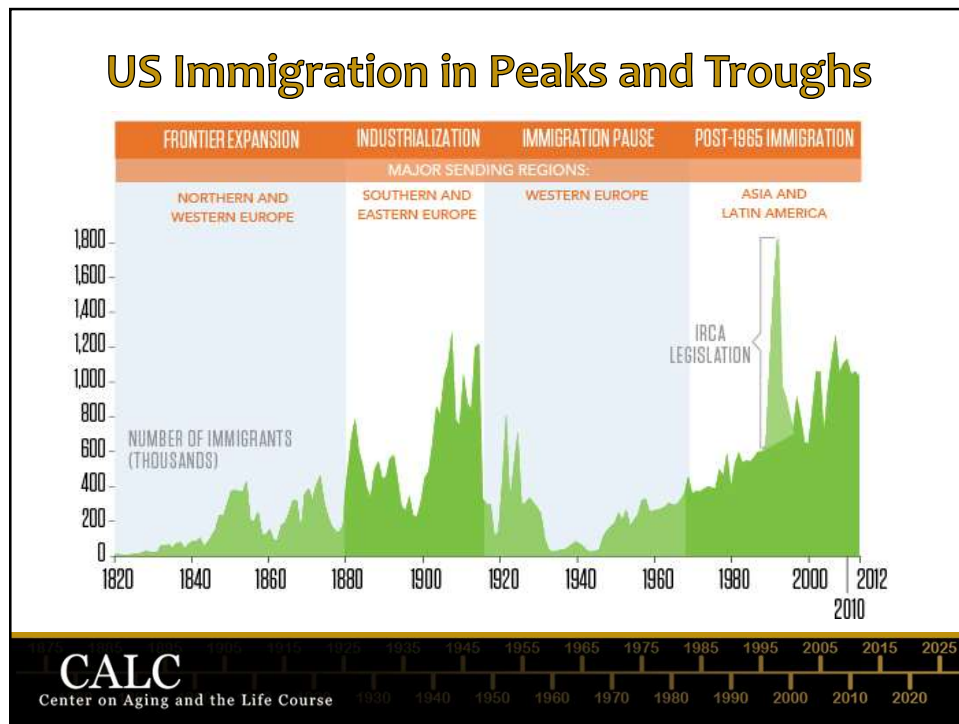
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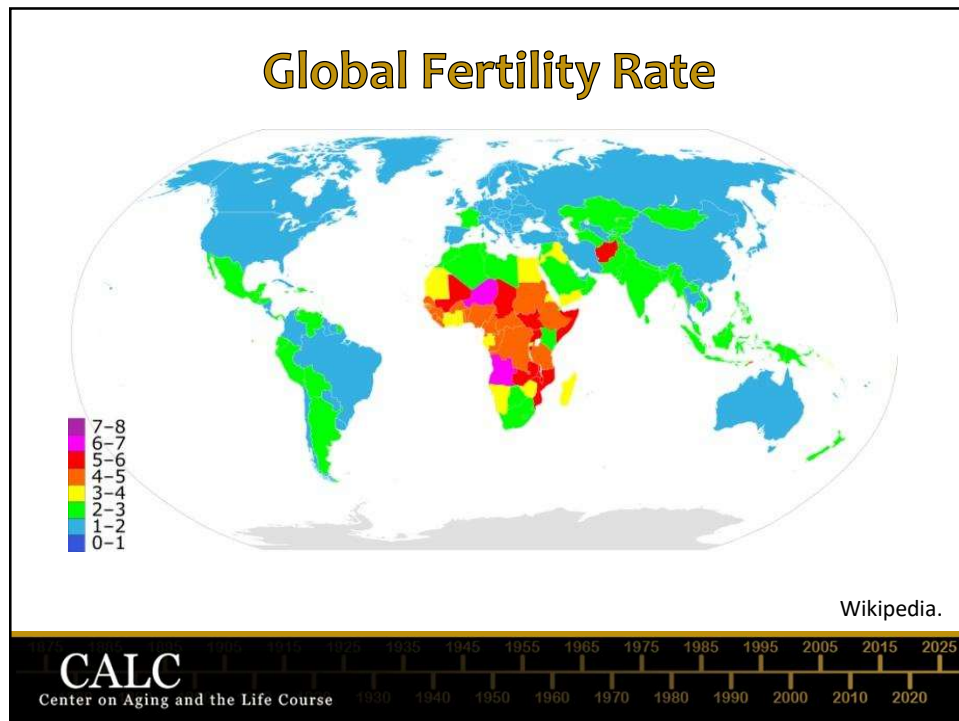
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22