

AGING SNAPSHOT

Regional Trends in the Metro Atlanta Older Adult Population

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Key Takeaways

Demographics: The Atlanta region is relatively young compared to the rest of Georgia, but the proportion of people 65 or older has been increasing for decades

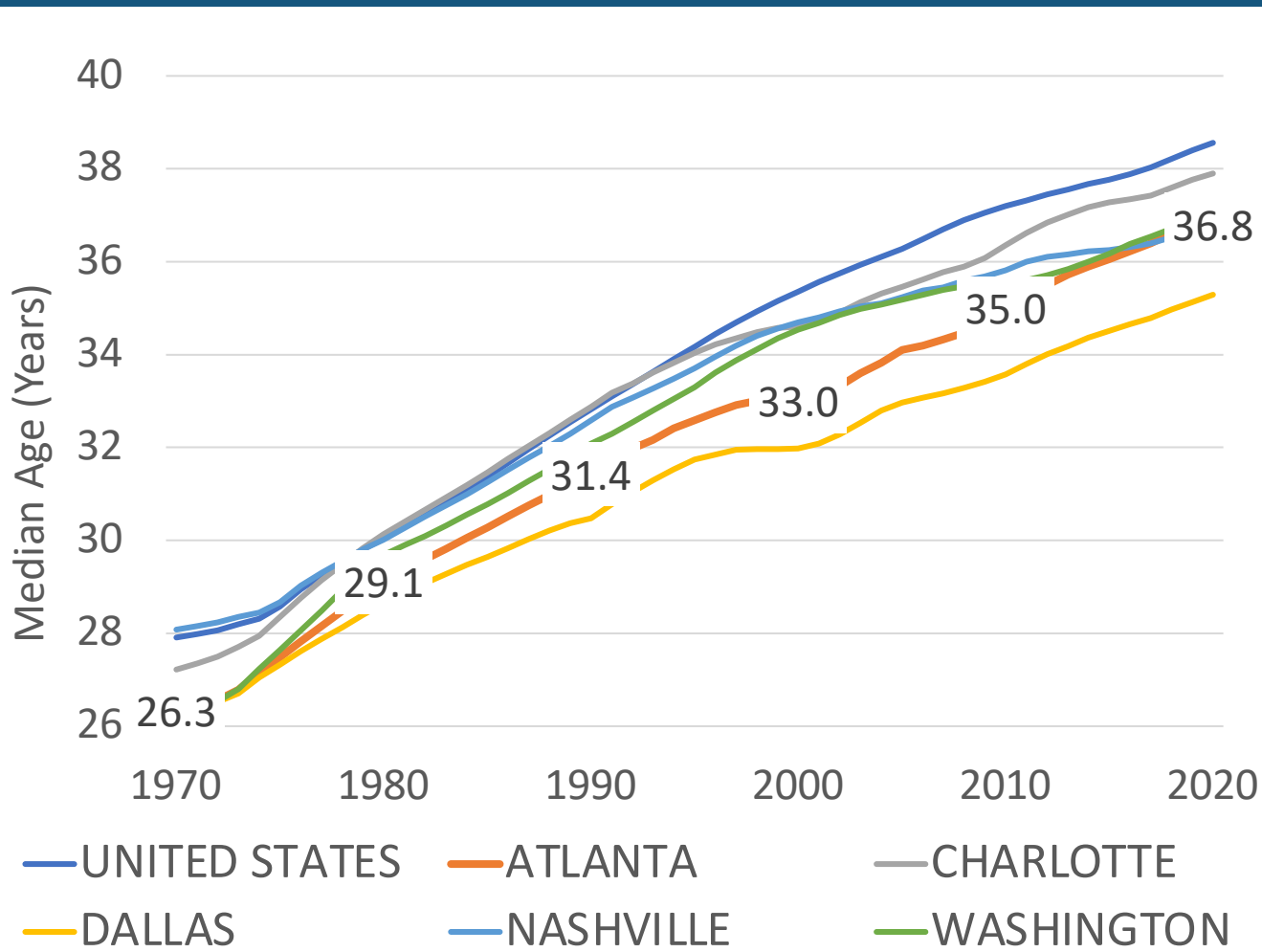
Population Projections: The 65+ age cohort in the Atlanta region will increase more than all other age cohorts combined, growing by over 200% between 2015 & 2050

Life Expectancy: How long people live depends on where they live in the Atlanta region & this disparity is the focus of the Live Beyond Expectations Strategic Plan

COVID-19 Impact: The pandemic has exacerbated issues like the social isolation of older adults in the Atlanta region

Metro Atlanta Speaks 2020 Survey: Despite the devastating impacts of the COVID-19 pandemic, older adults in the Atlanta region remain resilient and optimistic

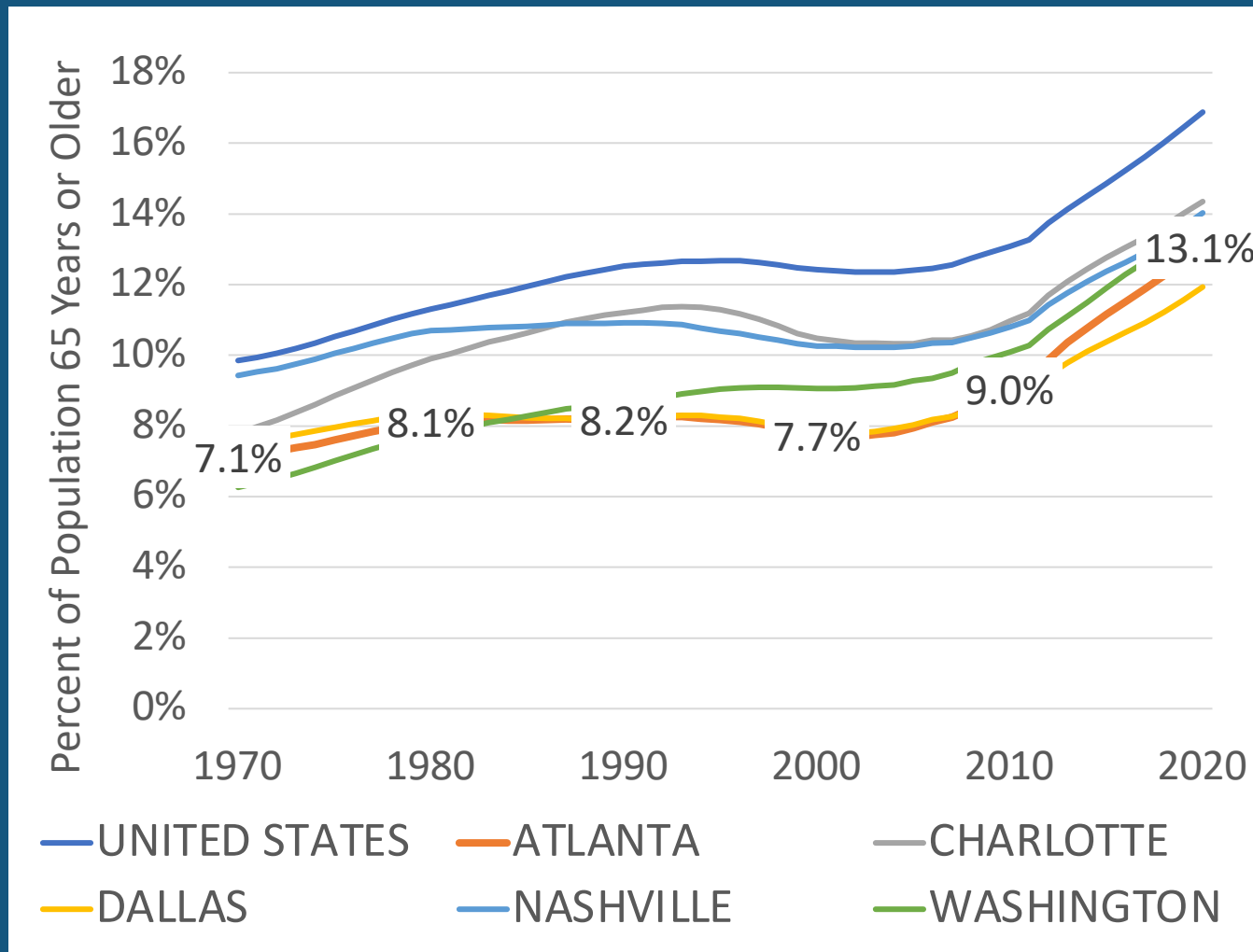
Median Age Over Time



Over the last 50 years, the median age of residents in the Atlanta region has increased by over a decade!

The median age in Atlanta has also grown faster than the nation and all peer metros except Washington DC.

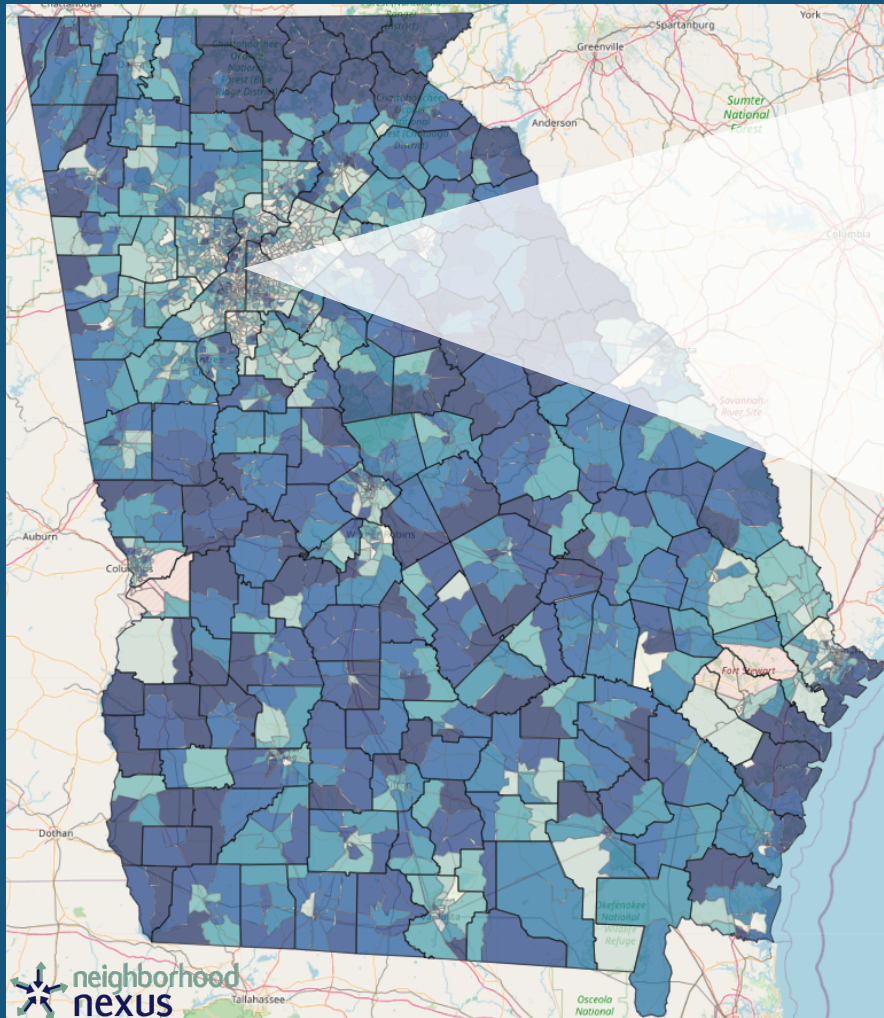
Older Adult Population Over Time



In addition to the increase in median age, the Atlanta region has seen a major increase in the proportion of residents that are 65 or older.

The Atlanta region saw its greatest increase between 2010-2020, outpacing all peer metros and even the national percentage increase.

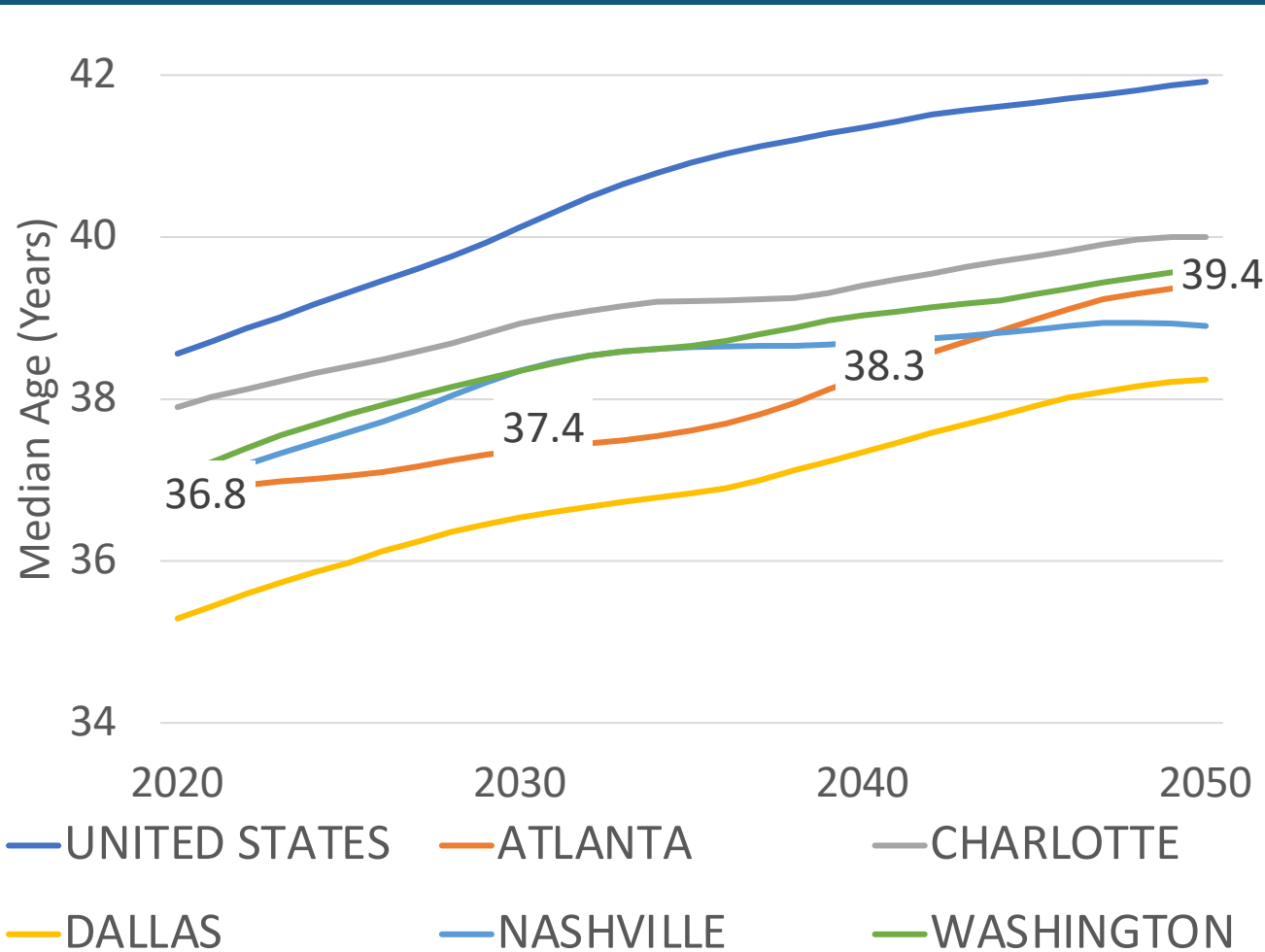
Older Adult Population in Georgia



On this map, the dark blue areas indicate populations where a greater proportion of residents are 65 years or older. Compared to the rest of the state of Georgia, the Atlanta region is relatively young.

In the Atlanta region, older adults tend to live in suburban and exurban areas where accessing services can be more challenging due to geography.

Projections for Median Age



By 2050, the median age in the Atlanta region is projected to rise even higher to 39.4 years!

Older Adult Population Forecasts

ARC Series 16 Forecast Dashboard

Introduction Population Race/Ethnicity Age Group Employment Occ

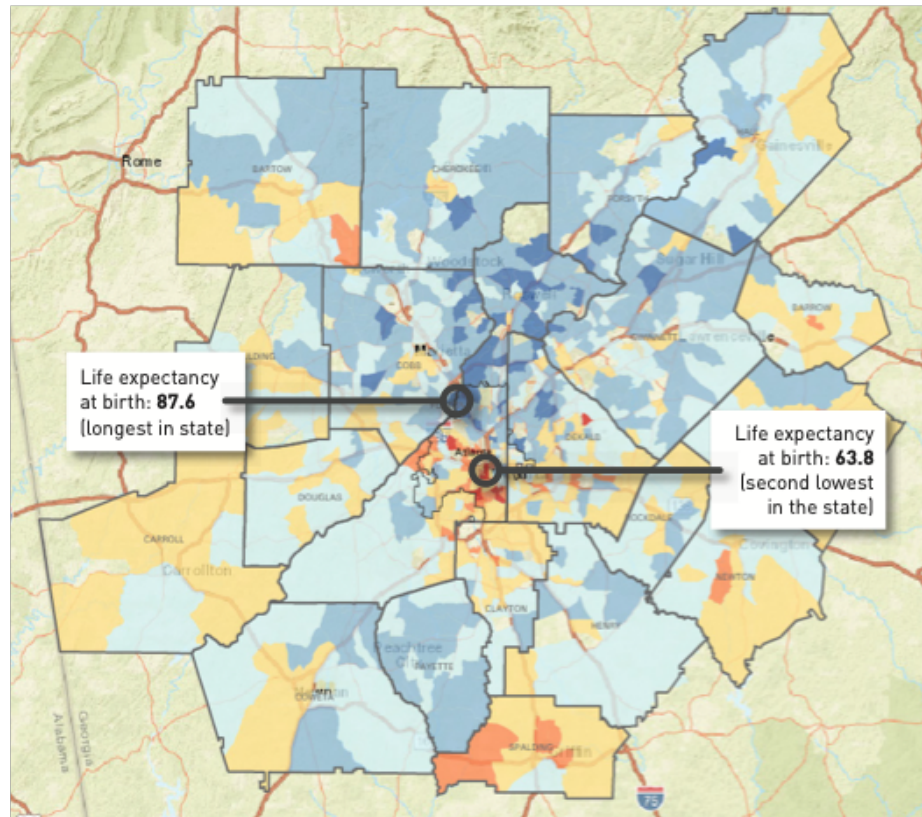
Age Distribution at Regional Level (2015-2050)

Region	Age group	2015	2050	Total change, 2015-2050	% change, 2015-2050
10-county region	0-18	1,176,500	1,416,900	240,400	20.44
	19-34	1,004,700	1,250,700	246,000	24.49
	35-54	1,291,500	1,709,900	418,400	32.40
	55-64	507,600	784,200	276,600	54.50
	65+	470,300	1,435,300	965,000	205.16
21-county region	0-18	1,527,300	1,847,300	320,000	20.95
	19-34	1,255,700	1,600,400	344,700	27.46
	35-54	1,655,000	2,257,600	602,600	36.41
	55-64	650,700	1,027,100	376,400	57.83
	65+	632,200	1,900,400	1,268,200	200.58

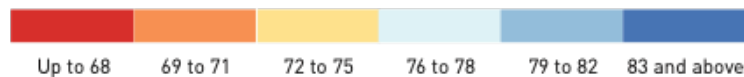
The latest population forecasts from the Atlanta Regional Commission estimate that the number of older adults 65 years or older will grow from being the smallest age cohort to the second largest, increasing by over 200% between 2015 and 2050.

This means that nearly 45% of the net increase in the Atlanta region's population by 2050 is expected to be in the 65+ age cohort.

Life Expectancy Depends on Where You Live



Life Expectancy at Birth



In metro Atlanta, ZIP codes tell this tale of inequity. Someone who lives in the 30339 ZIP code can expect to live, on average, 23.8 years longer than someone just 7 miles away, in the 30314 ZIP code.

Life Expectancy also Depends on Other Factors

Population Level Factors that Cause, Contribute to, or Correlate with Changes in Population Level Life Expectancy

Increasing these factors decreases life expectancy

- Alzheimer's disease
- Chronic Liver disease
- COPD
- Diabetes
- Hypertension
- Institutionalization
- Lung cancer
- Obesity
- Physical inactivity
- Suicide
- Unintentional poisonings (including drug and alcohol poisoning)
- Unintentional injuries

Increasing these factors increases life expectancy

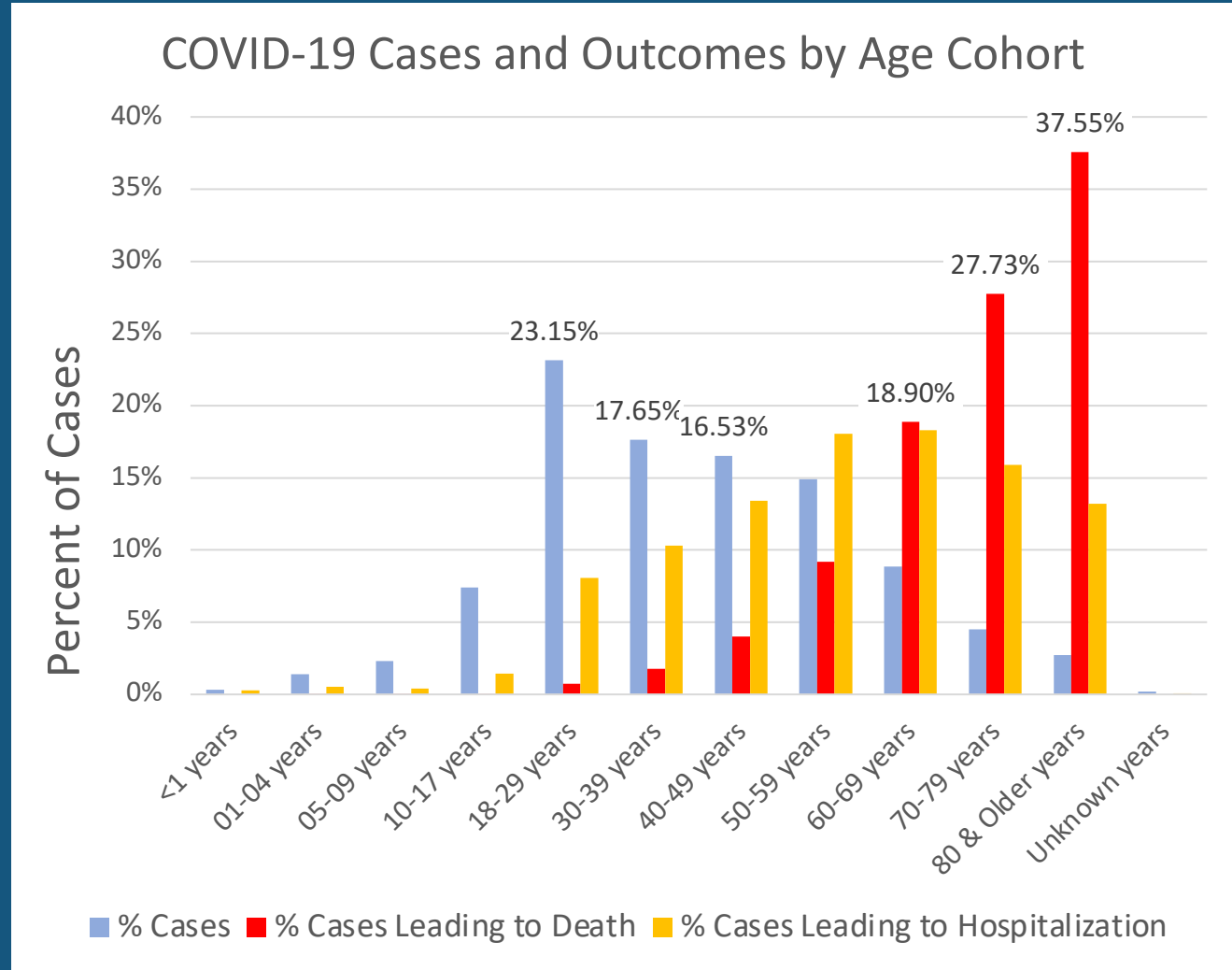
- Education
- Government spending
- Immigration
- Per capita income

Reducing these factors increases life expectancy

- Air pollution
- Aortic aneurysm
- Cancer
- Cardiovascular disease
- Ethnic inequity
- Gender inequity
- Heart disease
- Infant mortality
- Older adult mortality
- Physical inactivity
- Physical disability
- Pneumonia
- Racial inequity
- Socioeconomic inequity
- Smoking
- Stroke

During the next five years, ARC will begin implementing the Live Beyond Expectations Regional Strategic Plan 2020-2025. This strategic framework is designed to identify and address the inequities that create disparities in life expectancy.

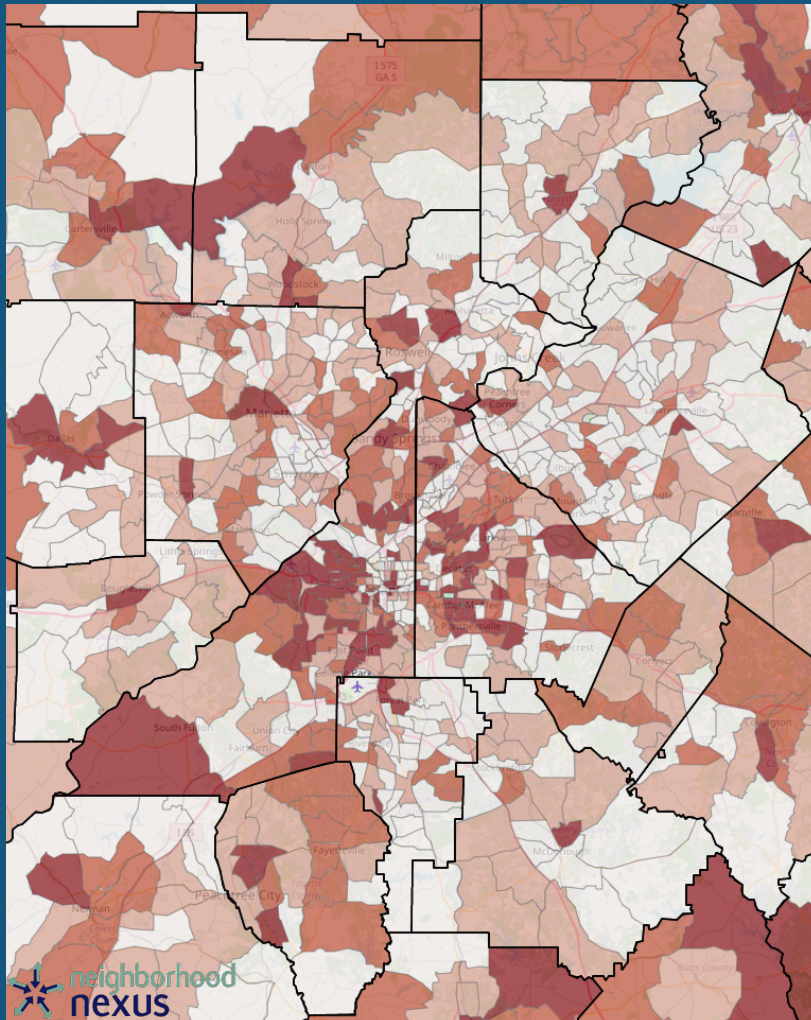
Devastating Impact of COVID-19



As of April 30, 2021, SARS-CoV-2 has infected over 375,000 people in the Atlanta region and killed 5,741.

16% of those cases were attributed to those 60 years or older, yet this same age cohort of older adults accounted for 84% of COVID-19 deaths in the 10-county Atlanta region.

Social Isolation



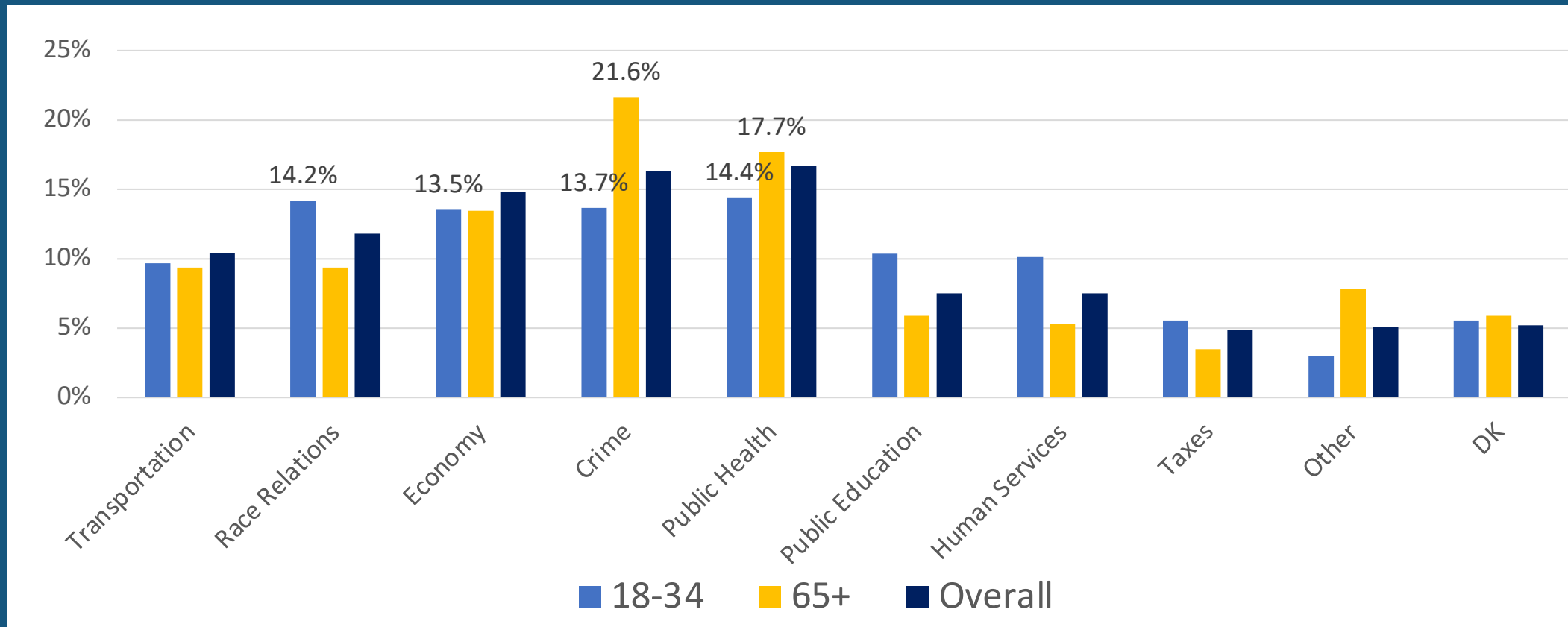
According to the CDC, on average women live about 5 years longer than men in the United States.

The dark red areas on this map indicate populations where a greater proportion of householders 65 years or older are living alone.

Many older adults in the Atlanta region experience isolation, which has been shown to have adverse health effects on par with smoking 15 cigarettes per day.

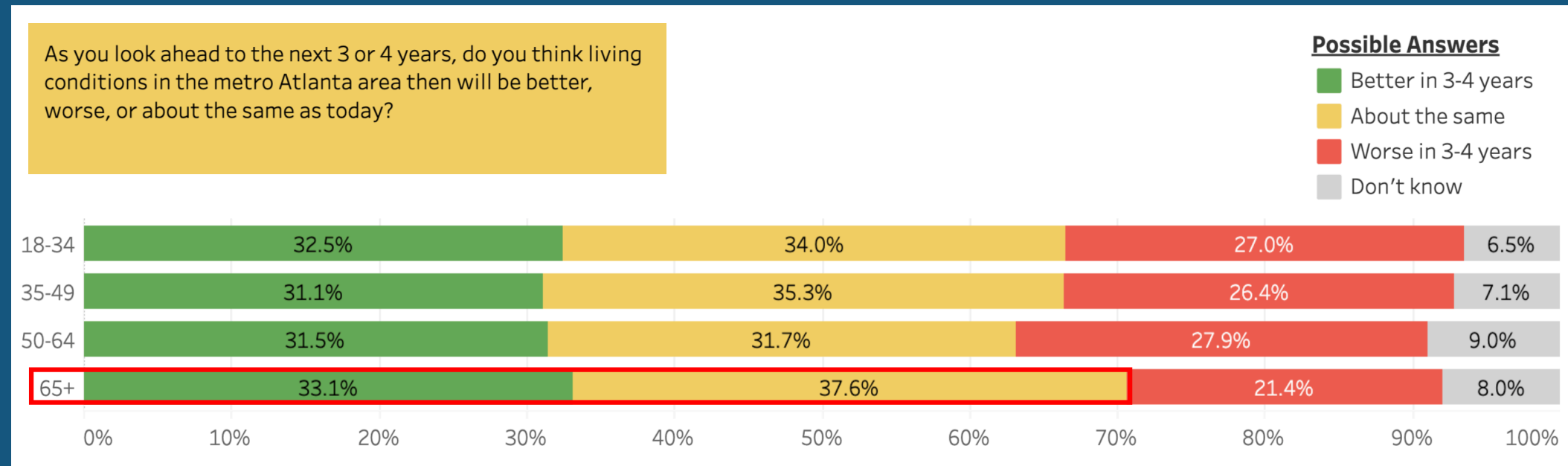
Metro Atlanta Speaks 2020: Biggest Problem?

Crime and Public Health are the top concerns for people 65 years or older in the Atlanta region, while the youngest age cohort of ages 18-34 is evenly concerned about Public Health, Race Relations, Crime, and the Economy.



Metro Atlanta Speaks 2020: The Future?

Despite the devastating impacts of the COVID-19 pandemic, older adults in the Atlanta region remain resilient and optimistic. More than 70% of respondents aged 65+ thought that metro Atlanta area living conditions in the next 3-4 years would be better or the same as today.





QUESTIONS?

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