

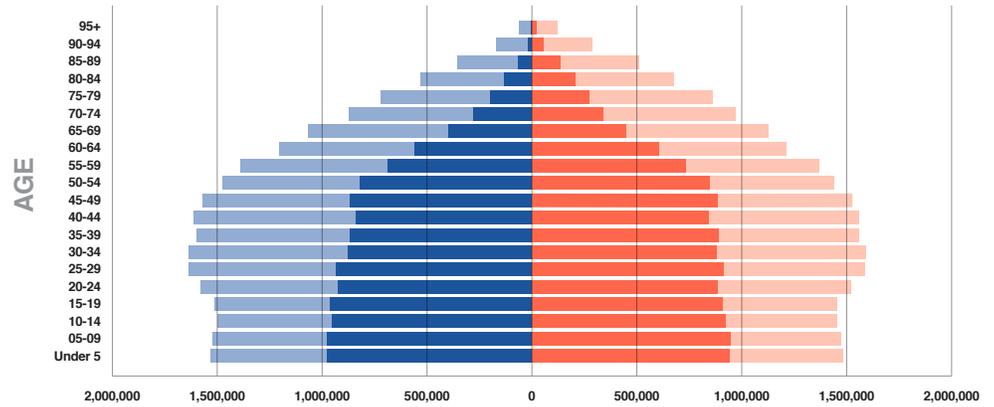
Texas' Aging Population: A Look at the Data

The Opportunities and Obstacles of Aging: From Policy to Personal - Knowing the Facts

April 29 – May 1, 2021

Texas is relatively young but is getting older.

Population Pyramids for Texas, 2010 and 2050

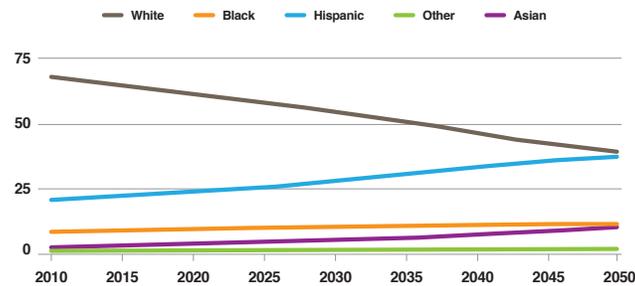


SOURCE: Texas Population Projections: 2010 to 2050, Texas Demographic Center, September 2019.

The Texas aging population is also growing more ethnically diverse.

Growth of Aging Population, by Race + Ethnicity

Shown: Population Aged 65+ Between 2010-2050, by Demographic Group.

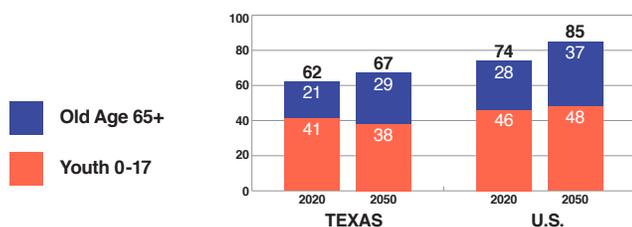


SOURCE: Texas Demographic Center, Texas Population Projections Program.

An aging state means that a growing share of the Texas population will be older and dependent on working age adults for support.

Dependency Ratio: Population of dependents relative to population of working-age adults 18-64

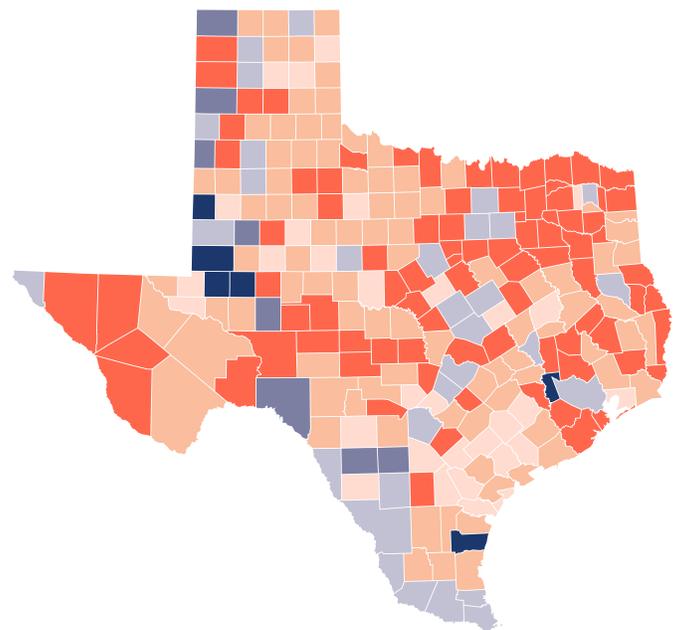
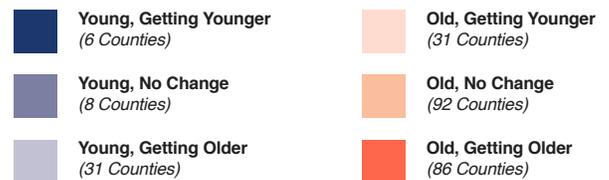
Dependency ratio is an indicator of economic pressure on the productive population



In Texas, aging is not distributed equally.

Most counties are older than the state average, and many counties have grown even older throughout the last decade.

Trends in Aging by County, 2010 to 2018



SOURCE: The Aging Population in Texas: Trends, Characteristics, and Projections, Texas Demographic Center, February 2020.

Living Arrangements of the Aging Population in Texas, 2019

	TOTAL TEXAS POPULATION	TOTAL 65+ POPULATION
Marital Status		
Married	48.4%	56.2%
Widowed	5.0%	22.7%
Divorced or Separated	12.8%	16.4%
Never Married	33.8%	4.7%
Lives Alone	25.6%	38.8%
Living with Grandchild(ren)	4.5%	6.9%
Responsible for Grandchild(ren)	1.6%	1.7%

SOURCE: American Community Survey, 2019 ACS 1-Year Estimates Subject Tables, Texas.

Economic Characteristics of the Aging Population in Texas, 2019

	TOTAL TEXAS POPULATION	TOTAL 65+ POPULATION
In Poverty	13.6%	10.6%
Income Sources (not mutually exclusive)		
With Earnings	82.3%	42.2%
With Social Security Income	26.0%	87.4%
With Retirement Income	19.1%	51.7%
With Food Stamp/SNAP benefits	10.8%	9.0%
With a Disability	11.5%	35.8%

SOURCE: American Community Survey, 2019 ACS 1-Year Estimates Subject Tables, Texas.

Health of the Aging Population

America's Health Ranking

All Texans face some health challenges, and this is particularly true of older Texans

HEALTH BEHAVIORS

Physical Inactivity



39th

33.6% of seniors do no physical activity or exercise in past 30 days

Insufficient Sleep



10th

24% of Texans age 65+ average fewer than 7 hours of sleep

SOCIAL DETERMINANTS OF HEALTH

Social Isolation



32nd

61%ile on scale of risk factors for social isolation among adults age 65+

Nursing Home Quality



50th

30.1% of beds rated 4 or 5 stars

HEALTH OUTCOMES

Frequent Mental Distress



38th

8.7% of Texans age 65+ reported their mental health was not good for 14 or more days

Multiple Chronic Conditions



39th

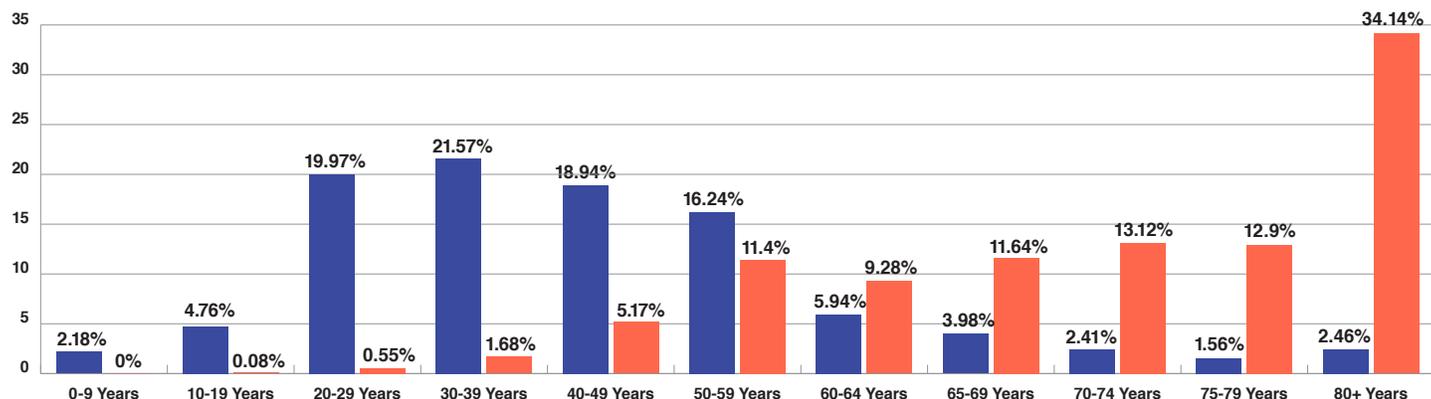
41.9% of Texans age 65+ with four or more chronic conditions

SOURCE: America's Health Rankings, Senior 2020 Health Update, Texas.

COVID-19 Effect on Texas Seniors

Cases Fatalities

COVID-19 deaths have hit Texas seniors particularly hard, even though they are a relatively small percentage of cases.



KEY TEXAS 2036 RESOURCES:

Shaping Our Future: A Strategic Framework for Texas:
<https://texas2036.org/shaping-our-future/>

COVID-19 Dashboard: [COVID19.texas2036.org](https://covid19.texas2036.org/)

Health Coverage Policy Explorer: <https://texas2036.org/health-coverage-explorer/>

Health Evaluation of Life Phases (HELP): A Check-up on The Lone Star State:
healthy.texas2036.org

Data Lab: <https://datalab.texas2036.org>

TEXAS 2036

Texas 2036 is a non-profit organization building long-term, data-driven strategies to secure Texas' continued prosperity for years to come. We engage Texans and their leaders in an honest conversation about our future, focusing on the big challenges. We offer non-partisan ideas and modern solutions that are grounded in research and data to break through the gridlock on issues that matter most to all Texans. Smart strategies and systematic changes are critical to prepare Texas for the future.