

Aging in Minnesota Fact Sheet 2022

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University of Minnesota Project Reach

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Minnesota is home to 948,841 older adults, age 65 years and older (Minnesota Compass Data, 2020)¹

- *As of 2020 Minnesota has a larger 65+ population than school age children (5-17 years)¹*
- *From 2010 to 2030, # Minnesota older adults will double in population, 680,000 in 2010 and 1.3 million in 2030 (Knatterud, L., 2019)²*
- *From 2030 to 2050, # Minnesota older adults 85+ will triple²*
- *More aging women than men—25% more at 65 years and 78% at 85+ years (U.S. DHS, 2021)³, with more than half of women 85+ years living alone (Humphrey School, 2019)⁴*
- *Ageism plus sexism results in 2x more Minnesota older women living in poverty than men, with 17% of men relying exclusively on Social Security compared to over 33% of aging women (Humphrey School Report, 2019)⁴*
- *Greater Minnesota (geographic area outside the Twin Cities metro area) is home to a larger share of older adults, 482,026 to 466,815¹*
- *70% of aging women 65 years and older live in Greater Minnesota⁴*
- *Minnesota towns and rural communities aging faster, with more older adults than school age children prior to 2020, with rural aging trends continuing into the future ²*
- *Rural realities of distance, transportation challenges, financial constraints, poor housing and outdated built environments, diminished healthcare access, limited access to internet and connectivity are barriers to successful aging (Henning-Smith, C., 2021)⁵*

Where do Minnesota older citizens live?

- *Over 90% of older adults live independently in Minnesota communities*
- *21% of the 90% community older adults receive community supports and services funded through the Older Americans Act and state legislature (MN Board on Aging Report, 2019)⁶*
- *7% of MN older adults live in congregate settings--2.5% in Long-term Care and 4.5% in Assisted Living settings (Genworth Cost of Care⁷, 2019; AHCA National Center for Assisted Living⁸)*

Minnesota leads the national older adult voter rate at 78%; older adults are more likely to vote than other demographic groups (Brandon, E., 2020)⁹

Minnesota ranks 8th among U.S. states for older adult community volunteerism--38.5% compared to a high of 42.% in Utah and a low of 21.9% in Rhode Island (MN Compass, 2020)¹

Minnesota's 50+ population is responsible for 57 cents of every dollar spent in Minnesota and expected to grow to 62 cents by 2050 (AARP The Longevity Economy Minnesota 2018)¹⁰

- *Median income of \$54,800 for MN Baby Boomer households (age 65 to 74 years)*
- *Economic impact of \$154 billion to the state GDP, 1.7 million jobs, \$111 billion in wages, and state and local taxes of \$14 billion (AARP, The Longevity Economy, 2018)*
- *U.S. economic impact of the 50+ population (2020-2050) is 3rd largest economy in the world GDP--\$8.3 trillion (2018), \$12.6 trillion (2030), \$18.4 trillion (2040), and \$26.8 trillion (2050)*

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Minnesota demographics/costs for long-term and community-based services

- 4.5 % of MN older adults currently live in Assisted Living with an estimated consumer cost of \$1.9 billion/year based on average out-of-pocket per person cost of \$45,000 per year ⁷
- 2.5% live in long-term care at a yearly MN cost of \$7.9 billion/year (MN Dept Health, 2017)¹² with 69.5% public cost, and 30.5% private pay with an average yearly out-of-pocket cost/person of \$141,000/year (Bipartisan Policy Center, 2021)¹¹
- 21% of community older adults receive services through the Older Americans Act and MN Legislative Funding at a cost of \$52 million/year (Minnesota Board on Aging Report, 2019)⁶

National U.S. life expectancy changing--69.84 years in 1960 to 78.99 years in 2021 (U.S. Census Report)³²

Longer national life expectancies driving changes to aging policy and narrative—importance of quality-of-life outcomes through healthy aging definition and promotion, changing perceptions, and delaying and/or preventing needs for long-term and community supports and services (Coughlin J.F. 2017)¹⁴

- As U.S. population ages, older adults to make up a larger portion of the population through 2050 (Vespa, J., et.al, 2018)¹⁵
- U.S. costs for long-term and community-based services and supports at \$426.1 billion in 2019 representing 13% of all national spending on personal health (Bipartisan Policy Center, 2021)¹¹
- Congressional Budget Office projects that LTSS spending for 65+ population to more than double from 1.3% of gross domestic product in 2010 to 3% in 2050 (Bipartisan Policy Center, 2021)¹¹

National impact of \$6.7 billion in Medicare spending due to social isolation—importance of older adult physical/virtual access to community quality of life opportunities for social connectedness, purpose, personal agency, activity, and belonging in reducing morbidity and mortality of older adults

- Medicare estimates that social isolation and loneliness costs Medicare \$134 more per person monthly (\$1,608 annually), totaling \$6.7 billion annually (Flowers, et.al., 2017)¹⁶

National impact of \$63 billion in Medicare spending due to ageism—the stereotyping, societal promotion of negative self-perceptions of aging, and discrimination against individuals or groups on the basis of age. Ageism narrative increases Medicare spending for 8 health conditions--cardiovascular disease, chronic respiratory disease, musculoskeletal disorders, injuries, diabetes mellitus, treatment of smoking, mental disorders, and non-communicable diseases (Levy, B., et.al., 2020)¹⁷:

- \$11.1 billion for age discrimination
- \$28.5 billion for negative age stereotypes
- \$33.7 billion for negative self-perceptions of aging
- 15.4% of the total health care spending for those 60 years and older

Over 70% of COVID-19 deaths across the U.S. and over 90% in Minnesota are from the population of people 65 years and older¹⁸