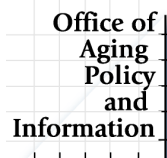




# Texas Demographics: Older Adults in Texas

April, 2003

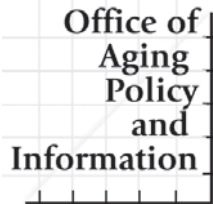
This report is one in a series published by the Texas Department on Aging Office of Aging Policy and Information in an effort to provide timely, relevant, and customized information on aging issues to the legislature, state and local government, and other stakeholders.



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## The Texas Department on Aging's Office of Aging Policy and Information



The mission of Texas Department on Aging (TDoA) is to be the state's visible advocate and steward for a full range of services and opportunities that allow older Texans to live healthy, dignified, and independent lives. Federal and state law charges TDoA with conducting long-range planning activities on aging issues.

The 76<sup>th</sup> Texas Legislature directed TDoA to serve as the state's primary resource on aging and to work with federal and state organizations in conducting studies and surveys on the special problems of older Texans (SB 374). The 75<sup>th</sup> Texas Legislature (SCR 36) endorsed TDoA's *Aging Texas Well* initiative to help Texans address individual and family preparedness for retirement and aging well, and to form partnerships between state government agencies and elected officials to address public policy issues related to older Texans.

To fulfill its mission and statutory mandates, TDoA established the Office of Aging Policy and Information (OAPI). OAPI serves as a comprehensive resource for state government and the general public on issues, trends, services and programs for an aging Texas. It also conducts primary and secondary research, provides in-depth policy and planning analysis, and disseminates information about aging services through reports, public information, and partnerships with public and private sector organizations.

OAPI maintains a wide range of stakeholder relationships. An Aging Policy Resource Group — consisting of experts from state government, consumer groups, service providers, and academic institutions — helps identify and prioritize aging issues and policy solutions. OAPI also relies on community forums, policy roundtables and similar events to ensure consumers and experts inform the policy and planning analysis.

OAPI's future work will continue to focus on the readiness of state government and local communities for an aging population. TDoA is committed to ongoing analysis of aging issues and their policy implications for Texas. OAPI will serve as resource and partner to other state agencies and state leadership to ensure that allows older Texans live healthy, dignified, and independent lives.



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## Executive Summary

The aging of the population is one of the most important demographic trends currently affecting the United States. This 60-plus population is growing more rapidly than any other major population group. In Texas, this growth continues to parallel national trends. The longevity and diversity of older adults in Texas presents unique challenges for policy-makers. Features such as absolute size, ethnic and racial diversity, and poverty rates that exceed the national average distinguish older Texans from the national older population.

The purpose of this report is to describe this population and changes in demographic characteristics that will impact Texas. This report is based on data from the Texas State Data Center. The analyses contain basic demographic data such as absolute and relative size of the older adults population, race/ethnicity, and gender composition.

The population characteristics of older Texans indicate:

- Over 2.7 million Texans are age 60 or older.
- Older Texans are relatively young; an estimated 66 percent of the older population is younger than 75.
- The female population outnumbers the male population; there are about 76 males for every 100 females. Disparity between men and women increases with age. The Black older adult population has the greatest gender disparity, with an estimated 60 males for every 100 females.
- Older Texans are predominately Anglo (72%), followed by Hispanics (18%), and Blacks (9%).

Geographical characteristics of older Texans indicate:

- Approximately 50 percent of the 60-plus population reside in three major areas of the state: San Antonio area, Houston-Galveston region, and the Dallas/Fort Worth metroplex.

- The proportional distribution of older adults tends to be highest in non-metropolitan regions.
- Although rural counties make up 80 percent of all Texas counties, they account for only 25 percent of the older adult population.

Demographers continue to stress a dramatic population change in the coming decades as the 60-plus population rapidly continues to grow. A revolution fueled by medical advances, improved public health, better nutrition, and wellness-oriented lifestyles, as well as large number of Baby Boomers (those born between 1946 and 1964) entering old age, will contribute to the increase in the 60-plus population. Understanding these demographic characteristics and geographic distribution patterns of older adults is essential for effective planning and policy changes.

#### **Future projections of the aging Texas population indicate:**

- Texans 60-plus are projected to total 8.1 million by 2040, a 193 percent increase from 2000. By 2040, the 60-plus population is projected to comprise 23 percent of the total Texas population.
- The 60-plus population will itself grow older. In 2000, the 85-plus population totaled over 237,000; by 2040, this population is projected to reach about 831,000, a 249.4 percent increase.
- The disparity between males and females is projected to decrease; males accounted for 44 percent of the aged population in 2000, this percentage is projected to increase to 47 percent in 2040.
- Minority populations are growing rapidly; by 2040, they will constitute almost half of all older Texans, with Hispanics comprising 31 percent.
- The Austin-San Marcos Metropolitan Statistical Area will experience the largest percent growth in the 60-plus population by 2040, a 321.7 percent increase.
- Hispanic elders will continue to outnumber other race/ethnicities along the Texas-Mexico Border region.

The aging of the Texas population will have profound implications for individuals, families, and society. However, much work still remains. The changing size and increasingly diverse client population groups will have substantial implications in the demand for services and

goods in both the public and private sectors.<sup>1</sup> Consequently, there is a need for ongoing assessment of policy priorities, both at the state and federal levels, aimed at identifying and defusing potential crisis associated with the changing demographics of Texas.

A more comprehensive version of this demographic report entitled, *Texas Demographics: A Profile of Older Adults in Texas*, is scheduled to be released this summer. This version will include additional data on economic, social, and health characteristics of the older adult population. It will also discuss potential implications for Texas policy-makers based on reports previously published by the Texas Department on Aging.





## Chapter I Introduction

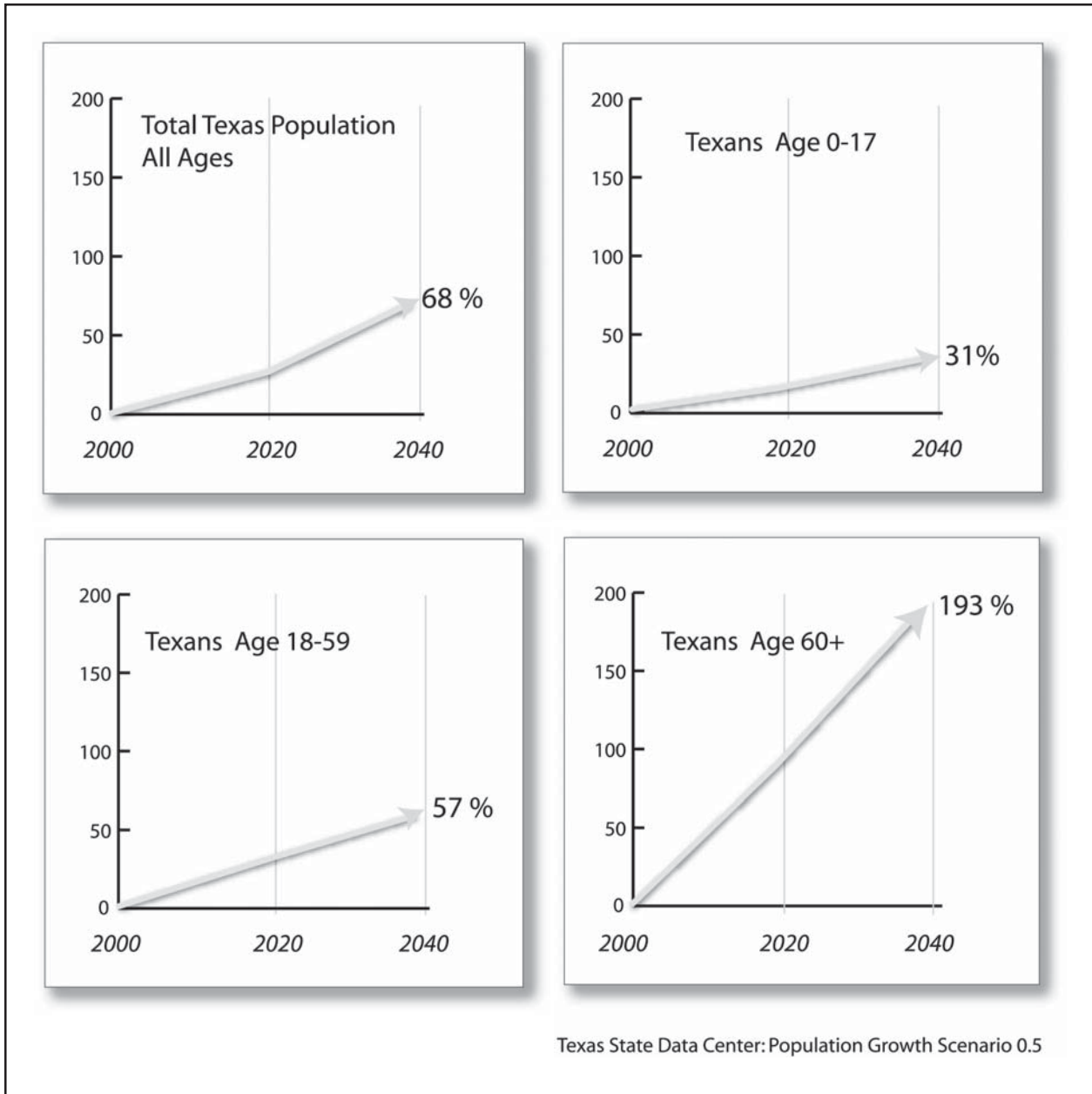
The aging of the population is one of the most important demographic trends affecting the United States. The population aged 60 years old and older is growing more rapidly than any other population group. In Texas, the growth of older adults has continued to parallel national trends. Texas policy-makers may be faced with unique challenges such as socioeconomic and services structures related to a Texas population that is projected to be larger, older, and increasingly diverse<sup>2</sup>.

The absolute size, ethnic and racial diversity, and poverty rate distinguish older Texans from the national population. Texas has the fourth largest population of older adults (2.7 million), behind California (4.7 million), Florida (3.5 million), and New York (3.2 million). Furthermore, Texas has the second largest older Hispanic population in the nation (488,925), only behind California (677,321), and has the third largest older Black population (239,441) in the U.S. following New York (352,558) and California (253,122).<sup>3</sup> In addition, the poverty rate among older Texans continues to exceed the national average.<sup>4</sup> Between 1990 and 2000, the 60-plus Texas population increased by an estimated 18.8 percent. This population will continue to grow rapidly as the first of the large post-World War II cohorts reach eligibility for full Social Security benefits in 2011. The 60-plus population will grow from 2,774,201 in 2000 to 8,128,376 in 2040, a projected 193 percent increase. Figure 1.1, page 2, illustrates the population growth in Texas for selected age groups.

Demographers continue to stress a dramatic change in the coming decades caused by aging Baby Boomers (those born between 1946 and 1964). These current and future demographic trends will have important implications for state leaders charged with instituting policies and programs designed to meet the needs of Texas residents.<sup>5</sup>

The purpose of this report is to describe the aged population and changes in demographic characteristics of older adults that will impact Texas. This report primarily uses data from the State Data Center.<sup>6</sup> The analyses contain basic demographic data such as absolute and relative size of the older adult population, race/ethnicity, and gender composition.

**Figure 1.1. Population Growth in Texas for Selected Age Groups**



## Report Structure

This report is organized in two sections. The first section, *Texas Today: 2000 - 2005*, details the demographic characteristics of older Texans between 2000 and 2005. This section includes information on population characteristics and geographic distribution of older adults. The second section, *Texas Tomorrow: 2000 – 2040*, illustrates the population projection of an aging population. A more comprehensive version of this demographic report entitled, *Texas Demographics: A Profile of Older Adults in Texas*, is scheduled to be released this summer. This version will include additional data on economic, social, and health characteristics of the older adult population. It will also discuss potential implications for Texas policy-makers based on reports previously published by The Texas Department on Aging

For purposes of this report, older adults are defined as people 60 and older. These individuals are the target population served by the Older Americans Act (OAA), the primary federal funding source for the Texas Department on Aging (TDoA). Four racial/ethnic groups are included in the analysis: Anglo, Black, Hispanic, and Other. People categorized in the Anglo, Black, and Other racial/ethnic group are non-Hispanic. People categorized in the Other racial/ethnic group include Asians, American Indian or Alaskan Native, Native Hawaiian, and Pacific Islanders. Although the 2000 Census allowed respondents to code more than one racial identity, only a relatively small percent of people in Texas (about 2.57) indicated they were members of more than 2 racial heritages. After in-depth analyses by the Texas State Data Center, four mutually exclusive groups were created (Anglo, Black, Hispanic, and Other). These four groups are comparable to those used in 1990, however, complete comparability between pre-2000 Census and 2000 Census data is not possible.







## Chapter II Texas Today: 2000 – 2005

Since the 1990 census, the Texas 60-plus population has increased by 18.8 percent. Currently, older adults comprise 13.3 percent of Texas population and 16.3 percent of the U.S. population. While the growth of the older adult population in Texas has continued to parallel national trends, there are significant differences between the U.S. population and the Texas population. The main difference is in the age structure of the Texas population. Although the Texas population is relatively young, the absolute numbers indicate that Texas has the fourth largest number of older adults (2.7 million).

### **Population Characteristics**

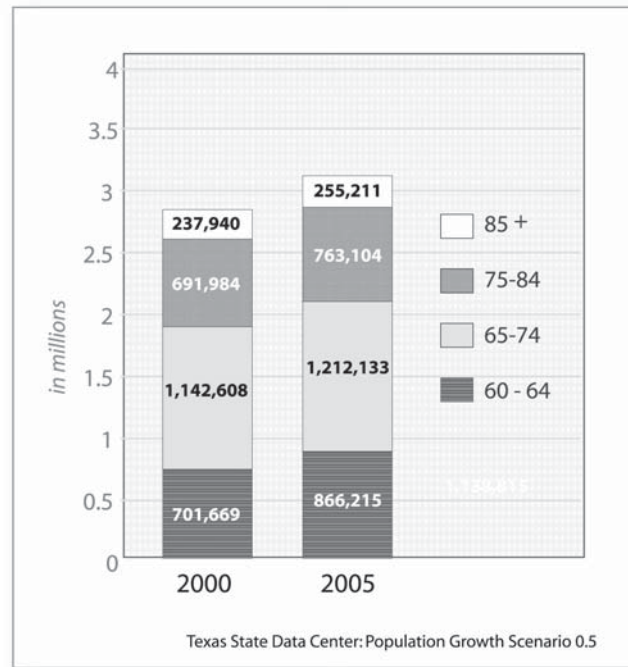
#### ***Age Distribution***

The older adult population in 2000 is relatively young, with the majority of the 60-plus population (66%) concentrated in the young-old age group (60-74). The middle-old age group (75-84) comprises 25 percent of the older adult population and the old-old (85+) comprise nine percent. Figure 2.1, page 6, illustrates the age structure of the 60-plus population in 2000 and 2005.

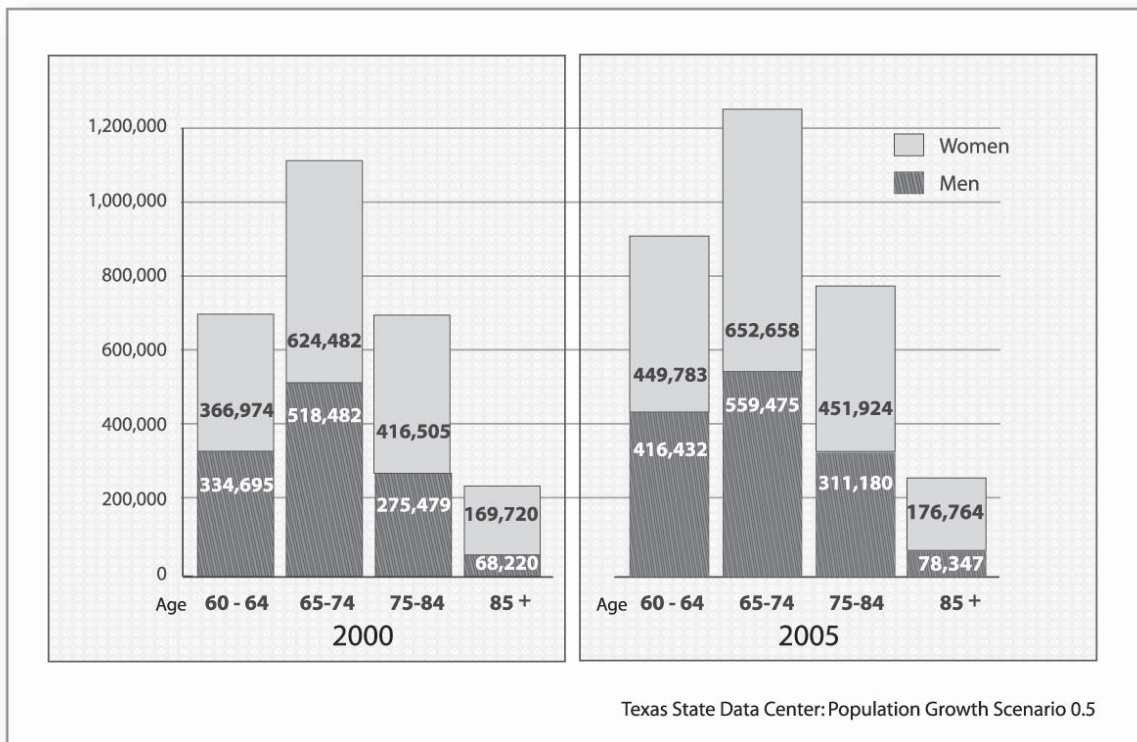
#### ***Gender***

Older females (57%) currently outnumber older males (43%) with a gender ratio of 75.9. This means there are about 76 older males for every 100 older females. Gender differences can be attributed to the population life expectancy. Women outlive men by about an average of seven years.<sup>7</sup> Figure 2.2, page 6, shows the gender composition of the 60-plus population by age group. As illustrated, the greatest gender disparity occurs in the oldest-old age group (85+) with a ratio of 40.2, i.e., 40 males for every 100 females. The ratio for those 60-64 is 91.2, 83.0 for those 65-74, and 66.1 for those 75-84. No significant changes are projected in the gender composition through 2005.

**Figure 2.1. Age Structure of the 60-Plus Population, 2000 and 2005**

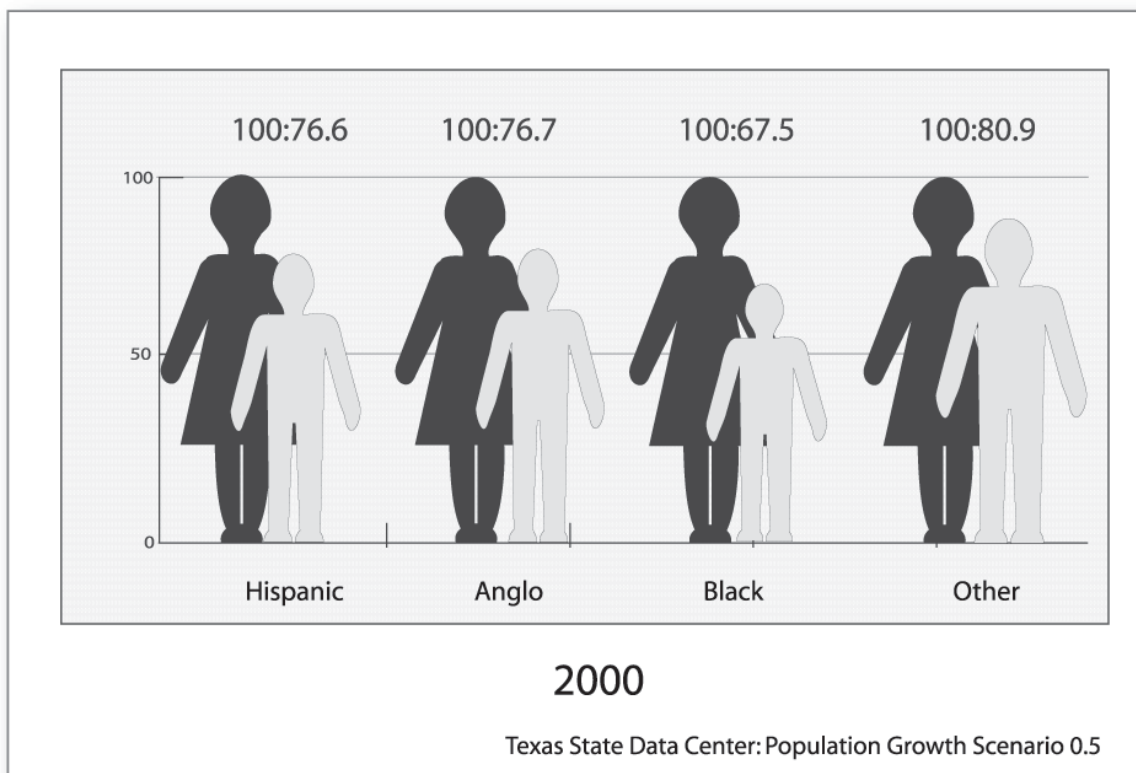


**Figure 2.2. Gender Composition by Age Group, 2000 and 2005**



The gender distribution for each of the racial/ethnic categories is similar to that of the overall 60-plus population with females outnumbering males. However, there are slight differences between each of the racial groups. A comparison of the proportional representation of males and females across the four race/ethnicity groups in the aged population is presented in Figure 2.3. The ratios for the Anglo and Hispanic population groups are nearly identical, 76.7 and 76.6 respectively. The greatest gender disparity occurs among the 60-plus Black population where females account for 60 percent of the population while males only make up 40 percent. The relatively low proportion of Black males may be attributed to a lower life expectancy.<sup>8</sup> The smallest gender disparity occurs in the Other racial population where females comprise 55 percent and males comprise 45 percent of the population. A possible factor for the low disparity may be the in-migration of males in this population group.<sup>9</sup>

**Figure 2.3. Gender Ratio by Race/Ethnicity Group**



As shown in Table 2.1, page 8, there are no significant changes projected in gender composition for each of the racial/ethnic groups through 2005.

**Table 2.1. 60-Plus Population Gender Composition by Race/Ethnicity, 2000 and 2005**

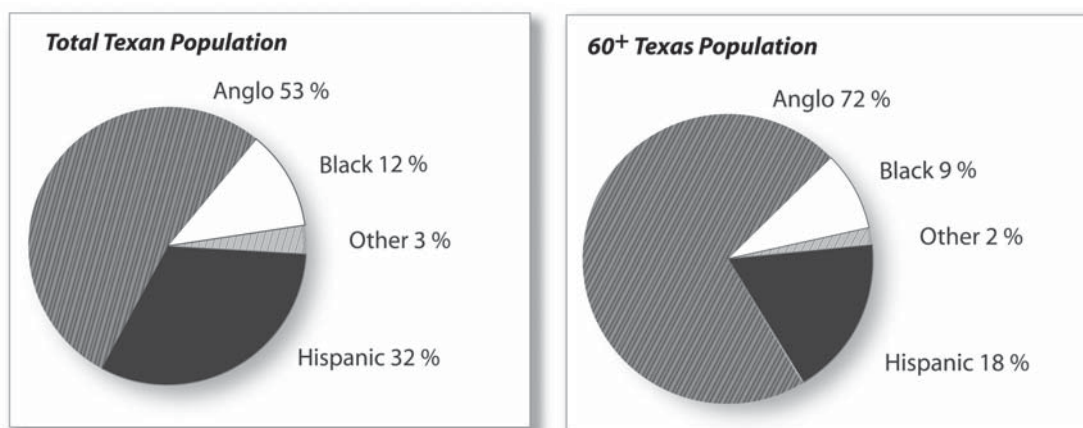
Race	Males		Females	
	2000	2005	2000	2005
Anglo	43%	45%	57%	55%
Black	40%	41%	60%	59%
Hispanic	43%	44%	57%	56%
Other	45%	46%	55%	54%

Texas State Data Center: Population Growth Scenario 0.5

**Race/Ethnicity**

The total Texas population is predominantly Anglo (53%). However, members of minority groups constitute a relatively large portion, specifically the Hispanic population, which comprises 32 percent of the total Texas population. As illustrated in Figure 2.4, the 60-plus population is less diverse than the total Texas population; Anglos comprise almost three quarters of the older adult population (72%). The racial/ethnic composition of the older adult population will remain relatively constant through 2005.

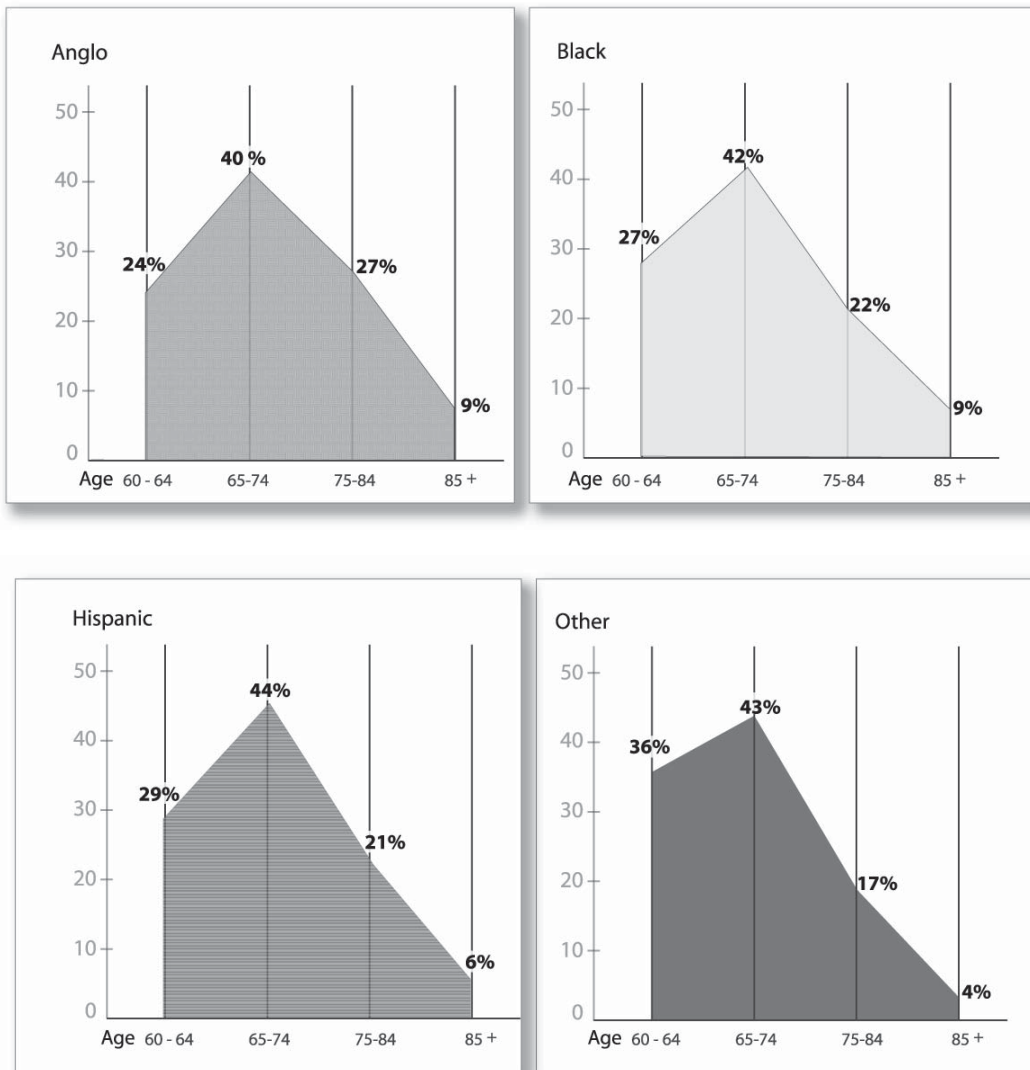
**Figure 2.4. Racial/Ethnic Composition of the Total Texas Population and Older Texans, 2000**



Texas State Data Center: Population Growth Scenario 0.5

The distribution of the ethnic and racial populations across age groups shows significant differences with respect to the proportions in the oldest and youngest old-age groups. (Figure 2.5.) The highest proportions in the middle-old age group (75-84) are found among the Anglo population (27%). Progressively lower proportions are found among the Black, Hispanic, and Other population groups. Conversely, the lowest proportions in the youngest old-age group (60-64) are found among the Anglo population (24%), while the highest proportions are found in the Other population group (36%). Differential life expectancy and in-migration are the most plausible explanations for the variation in age distribution across ethnic/racial groups.<sup>10</sup>

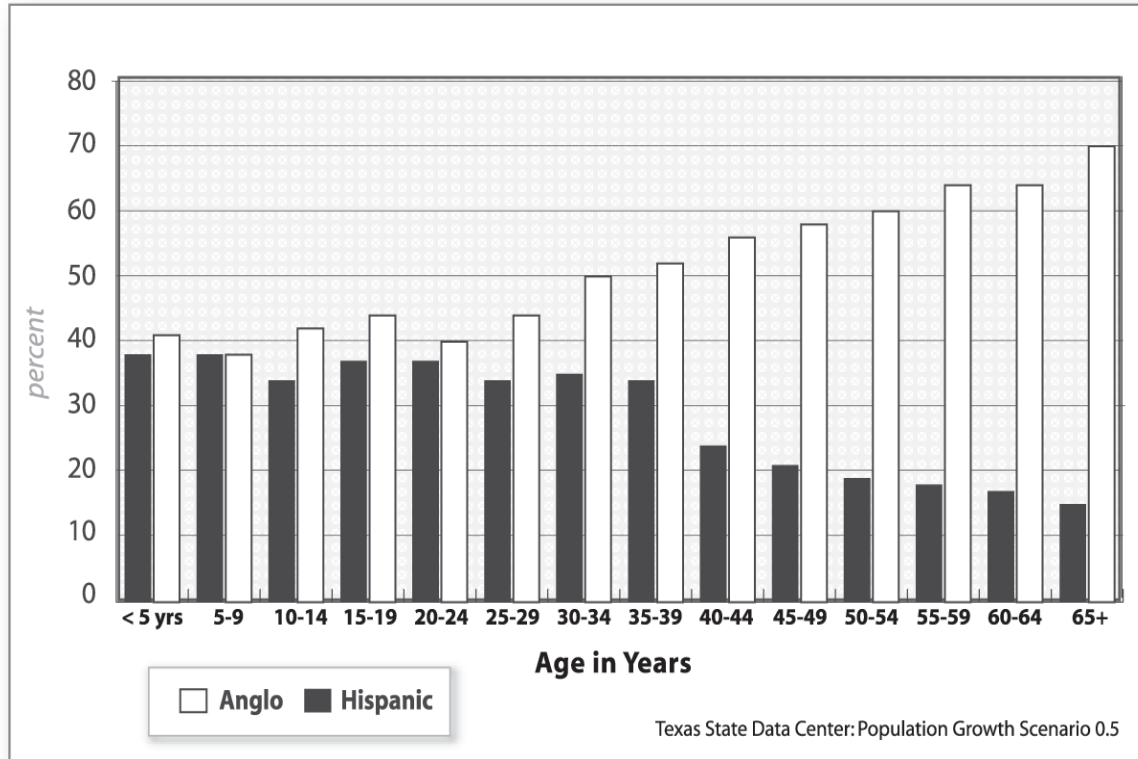
**Figure 2.5 Age Distribution of Race/Ethnic Groups, 2000**



Texas State Data Center: Population Growth Scenario 0.5

While the differences in the age distributions of the older Anglo and older Hispanic populations are clear, Figure 2.6 shows the expected shifts in Texas demographics. The changing face of Texas will be that of a majority minority state with large numbers of aging Hispanics and a much smaller number of aging Anglos.

**Figure 2.6. Age Distribution of Hispanics and Anglos, 2000**



## Geographic Distribution

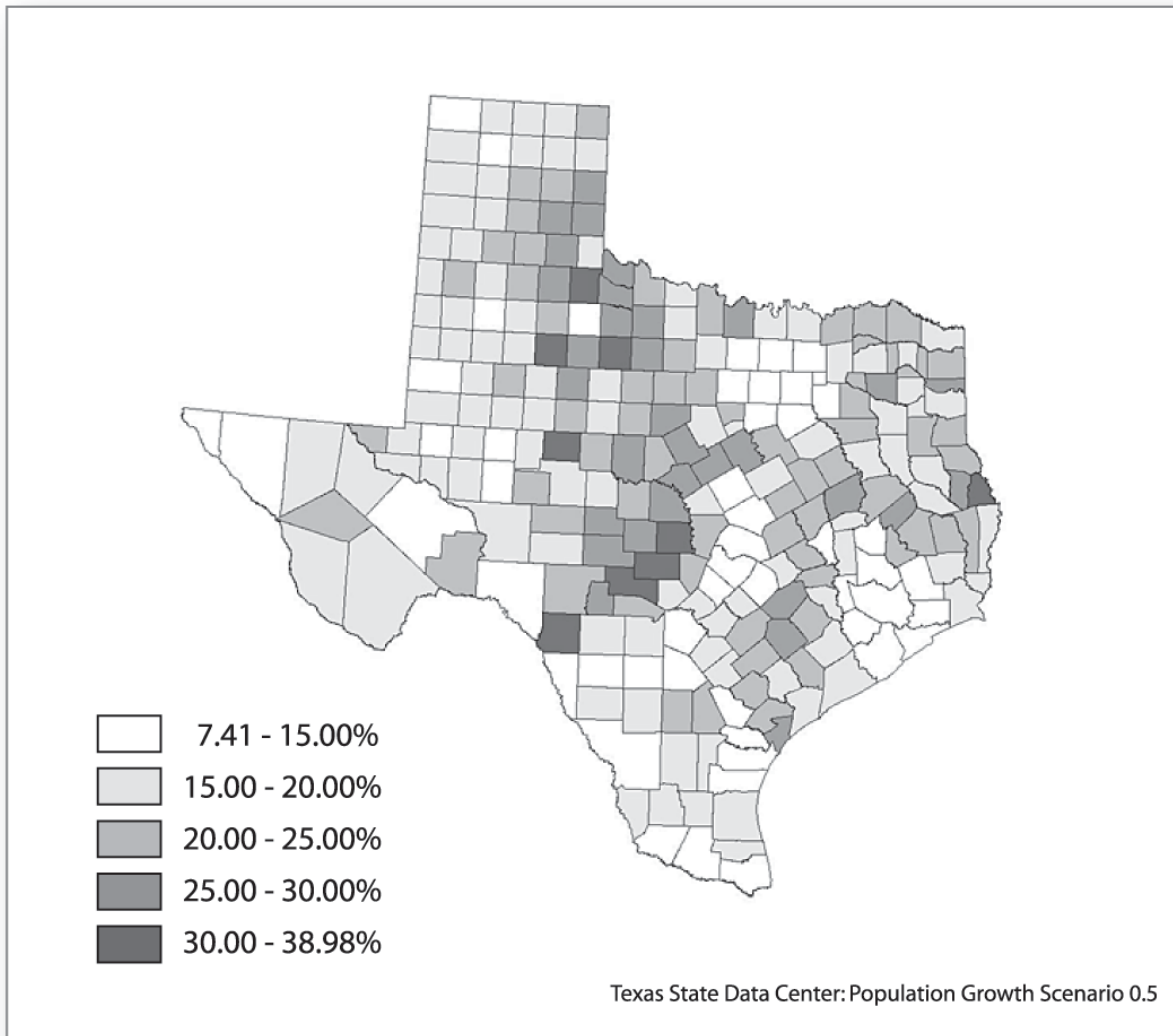
There is considerable variation in the geographic distribution of the older adult population in Texas today. This section looks at the population distribution by county, urban and rural region, state planning regions, Metropolitan Statistical Areas (MSAs), and border region.

### ***Texas Counties***

There are 254 counties in Texas with the total county populations ranging from 67 in Loving County to 3,400,578 in Harris County. Figure 2.7, page 11, shows the percent distribution

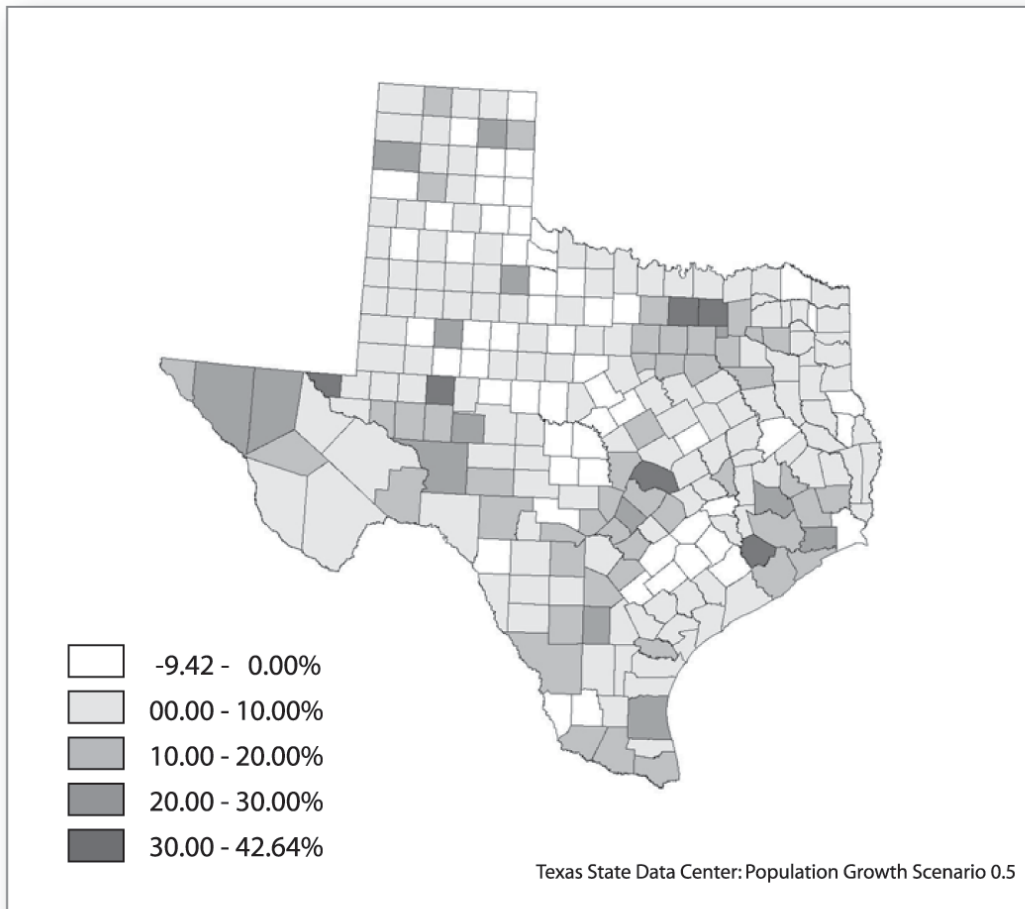
of the older adult population within each Texas county in 2000. Rural counties have the largest proportion of older adults. The following rural counties have a 60-plus population that comprises over 30 percent of the total population: Llano (38.9%), Kent (33.5%), and Sabine (32.8%).

**Figure 2.7. Percent Distribution of 60-Plus Population by County, 2000**



Between 2000 and 2005, Texas counties will likely experience considerable change with regard to the elder population, ranging from a 9.4 percent older adult population decrease in Knox County to a 42.6 percent population increase in Collin County. Fifty-three counties will experience a decrease in the 60-plus population, all of which are rural. Figure 2.8, page 12, shows the percent change by county, of the 60-plus population between 2000 and 2005.

**Figure 2.8. Older Adult Population Growth by County, 2000 – 2005**



### ***Urban and Rural Regions***

In the 2000 Census, the U.S. Census Bureau defined “urban” as densely settled *areas* containing at least 50,000 people, and in other *places* with populations of 2,500 or more. “Rural” is defined as a *place* with a population less than 2,500 or an area that is not urban. Eighty-percent of Texas’ counties are rural, yet they account for only 25 percent of the elder population. There will be no significant changes in the distribution of older adults living in urban and rural areas in 2005. Older adults living in rural areas will continue to comprise almost a quarter of the aged population.

The population living in rural counties is generally older. Twenty-five percent of older adults live in rural areas whereas only 16 percent of those 59 years or younger live in rural areas. Table 2.2, page 13, shows the age distribution of older adults living in rural and urban counties. A greater proportion of the old-old (29%) live in rural counties when compared to the young-old population group (24%).



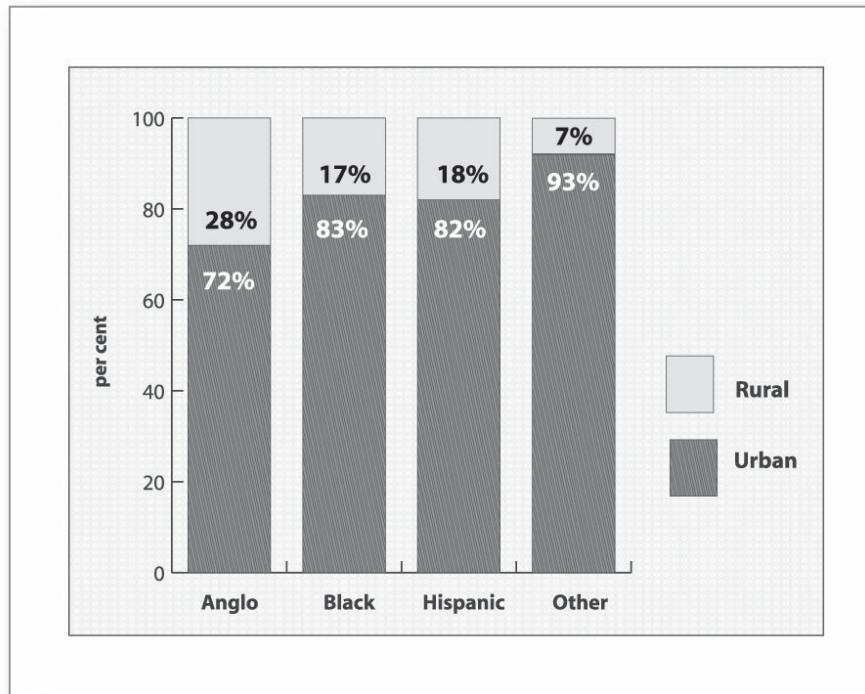
**Table 2.2. Proportion of Older Texans Living in Urban and Rural Counties by Age Group, 2000**

	Young-Old (60-74)	Middle-Old (75-84)	Old-Old (85+)
Urban	76%	74%	71%
Rural	24%	26%	29%

Texas State Data Center: Population Growth Scenario 0.5

Figure 2.9 shows differences in the percentage of people 60-plus, by race, living in urban and rural areas. Lower proportions of older adults in the Other race/ethnic group live in rural counties (7%) compared to older Anglos (28%), Hispanics (18%), and Blacks (17%).

**Figure 2.9. Proportion of 60-Plus Population Living in Urban and Rural Counties by Race**



## State Planning Regions

There are 24 state planning regions in Texas (Figure 2.10). State planning regions are voluntary associations of local governments formed under Texas law and comprising cities, counties, special districts (e.g., water or conservation districts), school districts, etc., that come together to work on issues that cross boundaries of local governments or that require regional attention. State planning regions coordinate planning and provide a regional approach to problem solving through cooperative action.

**Figure 2.10. Texas State Planning Regions**



State planning regions dominated by the largest metropolitan areas have the largest absolute numbers of people aged 60-plus (Figure 2.11, page 15). These three state planning regions, North Central Texas (Dallas/Fort Worth metroplex), Houston-Galveston (Houston

region), and Alamo Area (San Antonio metropolitan area), account for about 50 percent of the State 60-plus population.

**Figure 2.11. Number of Older Adults by State Planning Regions, 2000**

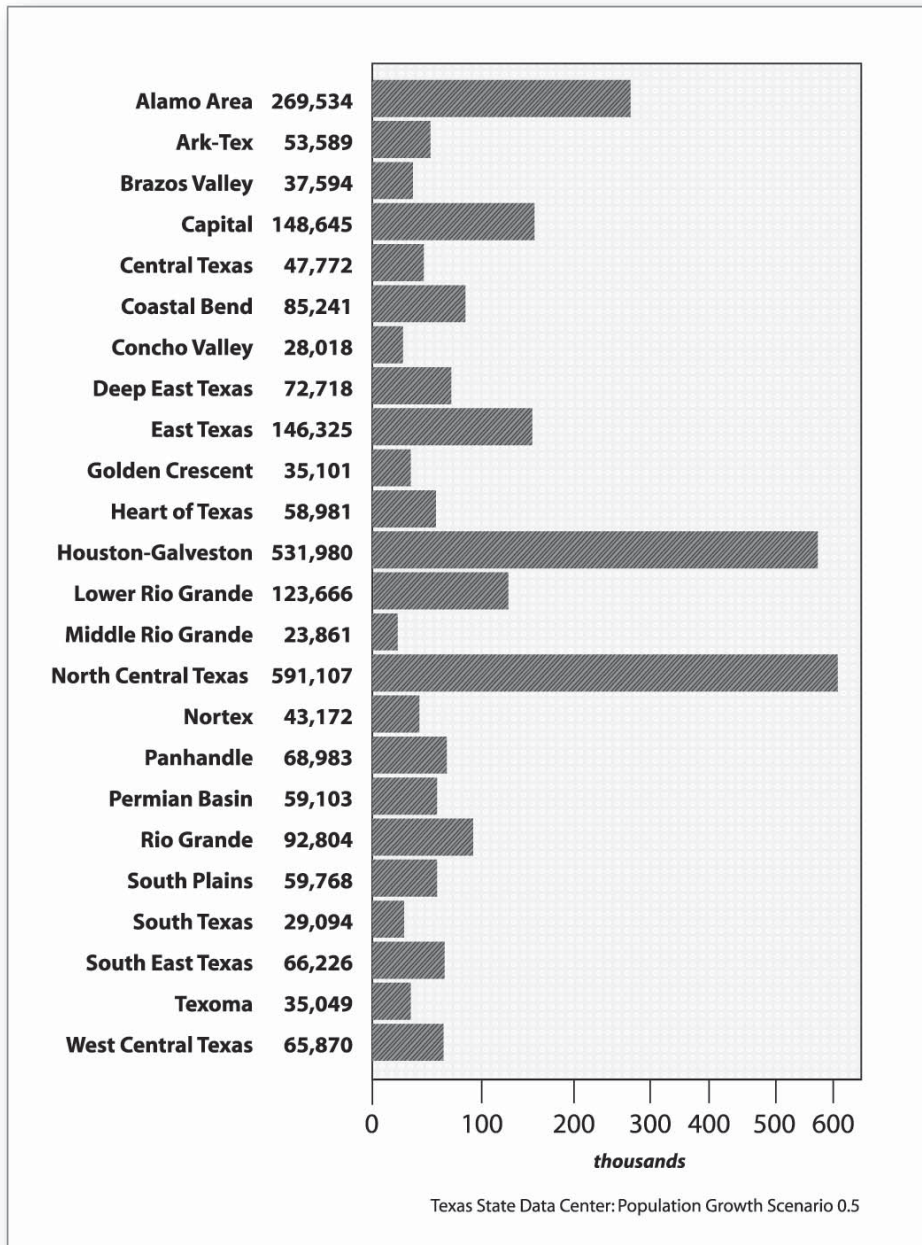
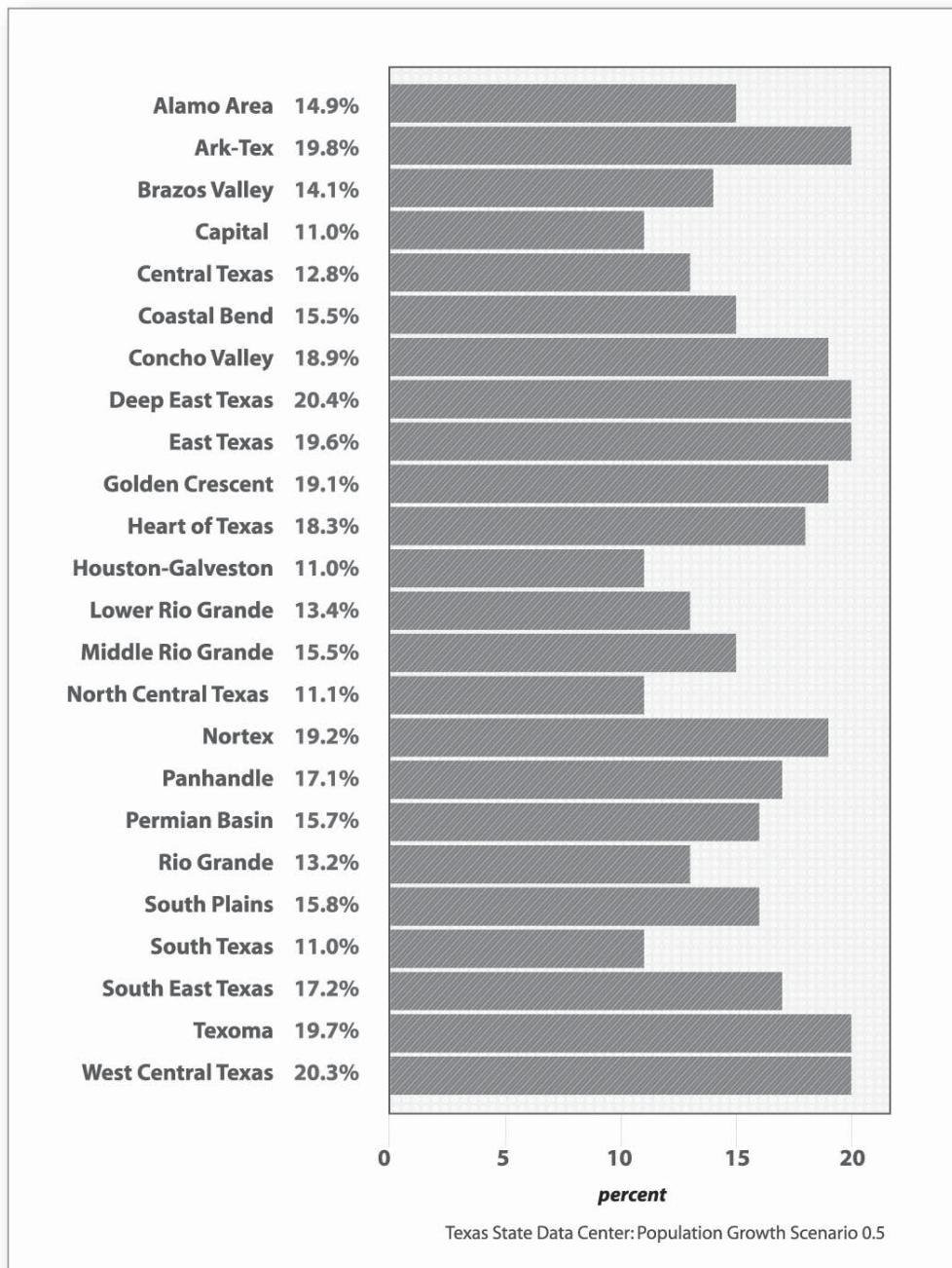


Figure 2.12, page 16, shows the percent distribution of older Texans by state planning region. The largest metropolitan state planning regions, Alamo Area, Houston-Galveston, and North Central Texas, have some of the lowest percentages of the total 60-plus

population. Conversely, the non-metropolitan regions (Ark-Tex, West Central Texas, and Deep East Texas) have the highest percentages of older adults, however they account for only 7 percent of the total aged population. A probable explanation for the proportional variation in these regions may be the out-migration of persons in younger age groups from non-metropolitan regions.<sup>11</sup>

**Figure 2.12. Percent Distribution of 60-Plus Population by State Planning Regions, 2000**



Between 2000 and 2005, minor changes in the distribution of older adults within the state planning regions are expected. Table 2.3 illustrates the population percent change for the 60-plus population between 2000 and 2005. The West Central Texas state planning region will have the smallest growth (0.6%) in the 60-plus population, while the Capital of Texas and Houston-Galveston State Planning Regions are projected to experience the greatest growth (17.7%).

**Table 2.3. 60-Plus Population Growth by State Planning Region, 2000 to 2005**

State Planning Region	Percent Growth	State Planning Region	Percent Growth
Alamo Area	9.7	Lower Rio Grande	13.8
Ark-Tex	3.0	Middle Rio Grande	6.0
Brazos Valley	6.9	North Central Texas	16.7
Capital	17.7	Nortex	1.9
Central Texas	7.7	Panhandle	3.7
Coastal Bend	7.3	Permian Basin	5.1
Concho Valley	4.6	Rio Grande	11.4
Deep East Texas	5.1	South Plains	4.1
East Texas	6.4	South Texas	13.0
Golden Crescent	2.8	South East Texas	3.5
Heart of Texas	2.4	Texoma	5.2
Houston-Galveston	17.7	West Central Texas	0.6

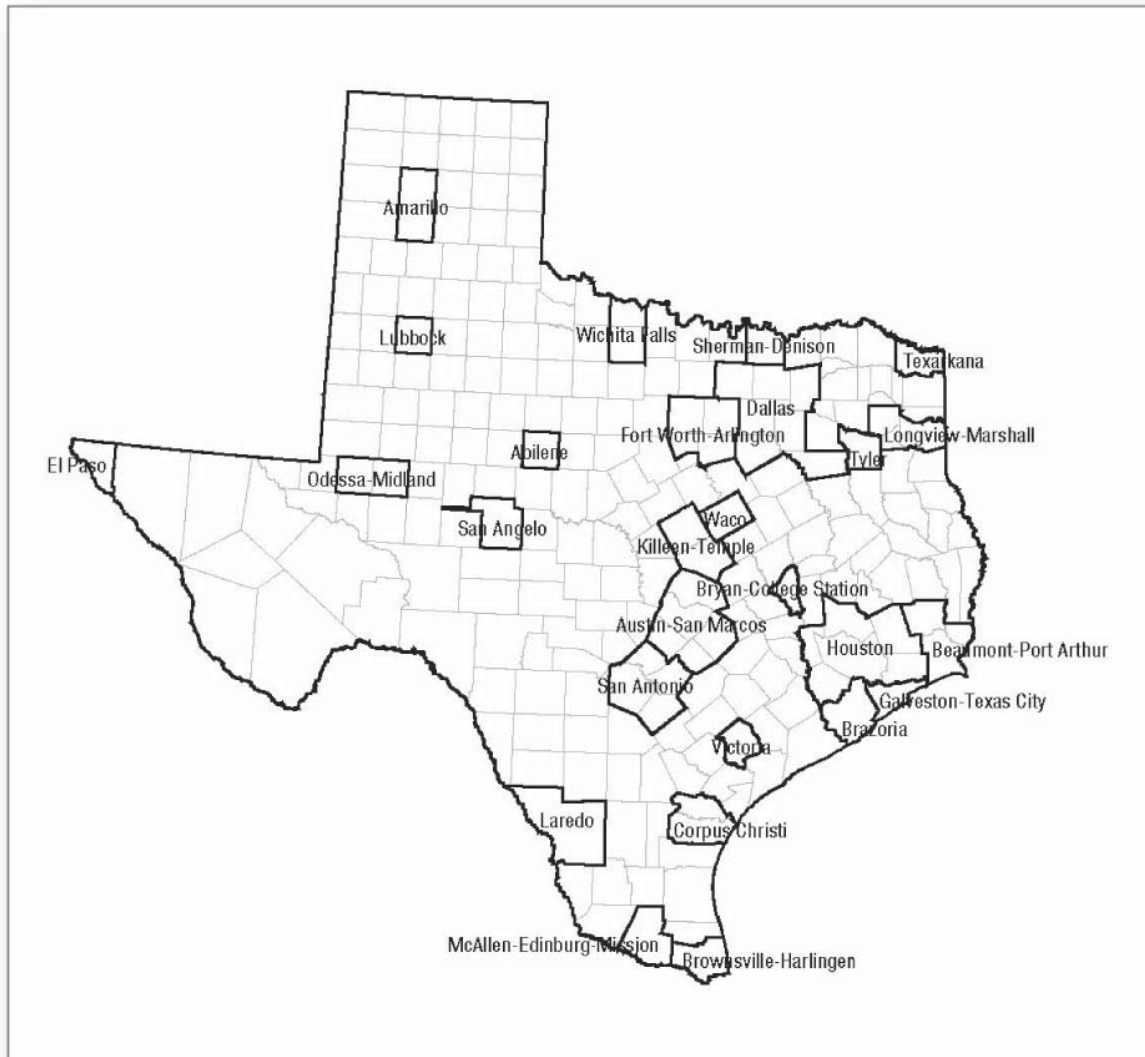
Texas State Data Center: Population Growth Scenario 0.5

### ***Metropolitan Statistical Areas (MSAs)***

The U.S. Census Bureau defines a Metropolitan Statistical Area (MSA) as a large population nucleus with adjacent communities that have a high degree of economic and social integration. Thus, MSAs consist of one or more counties that contain a city of 50,000 or more inhabitants, *or* contain a Census Bureau-defined urbanized area (UA) and have a total population of at least 100,000. Counties containing the principal concentration of

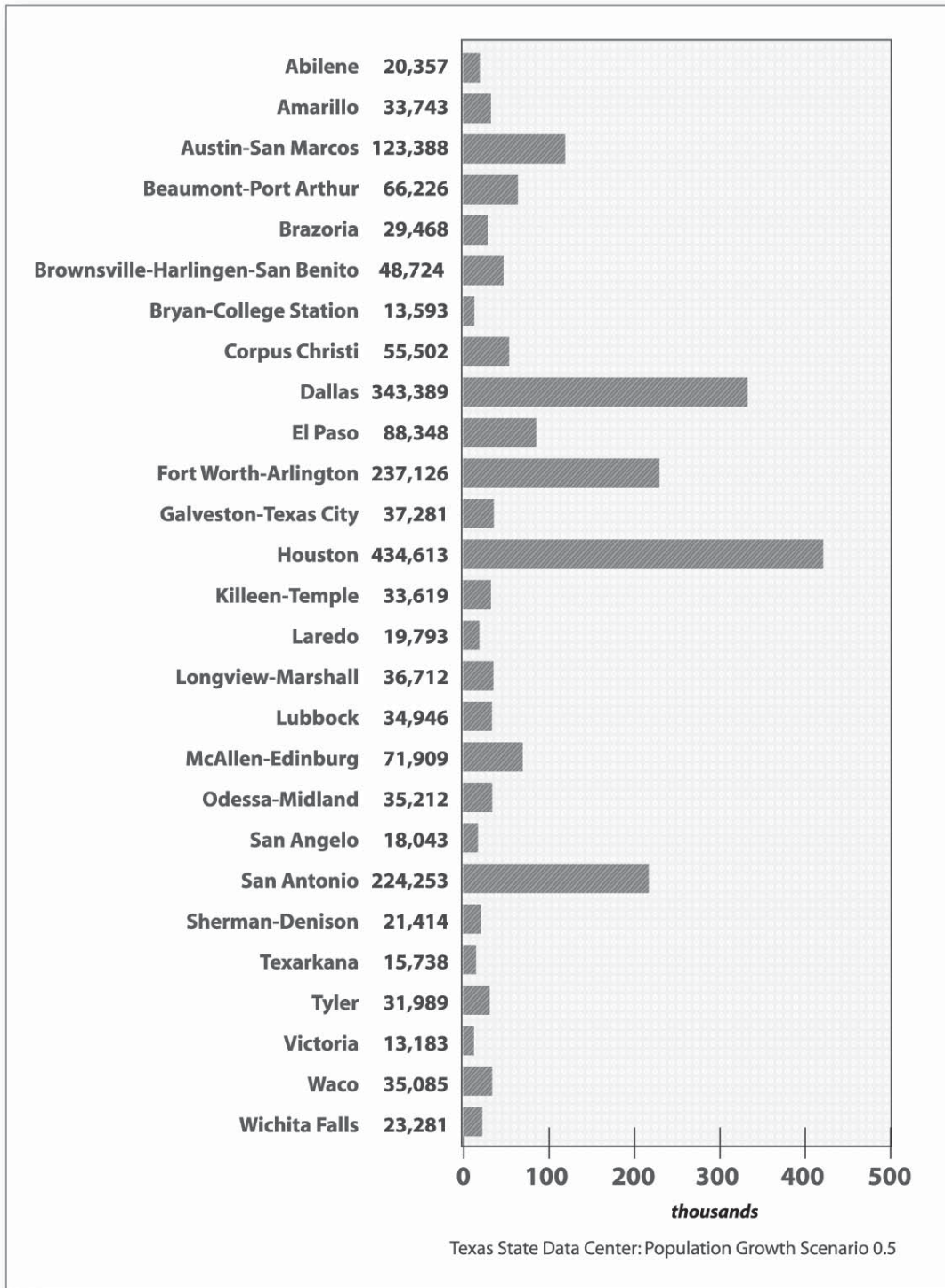
population—the largest city and surrounding densely settled area—are components of the MSA. There are twenty-eight MSAs in Texas (Figure 2.13).

**Figure 2.13. Metropolitan Statistical Areas in Texas (MSAs)**



MSAs account for 77 percent of the aged population. The distribution of the 60-plus population in 2000 within the 28 MSAs is illustrated on page 19 (Figure 2.14). The Houston MSA has the largest absolute number of older adults (434,613), followed by Dallas (343,389) and Fort Worth-Arlington (237,126). Victoria on the other hand, has the lowest number of older adults (13,183).

**Figure 2.14. Number of Older Texans by Metropolitan Statistical Area**



The growth of the older adult population between 2000 and 2005 by MSA is illustrated in Figure 2.15. The Austin-San Marcos area will experience the largest growth (20.6%).

**Figure 2.15. Percent Growth of Older Adult Population by Metropolitan Statistical Area, 2000 to 2005**

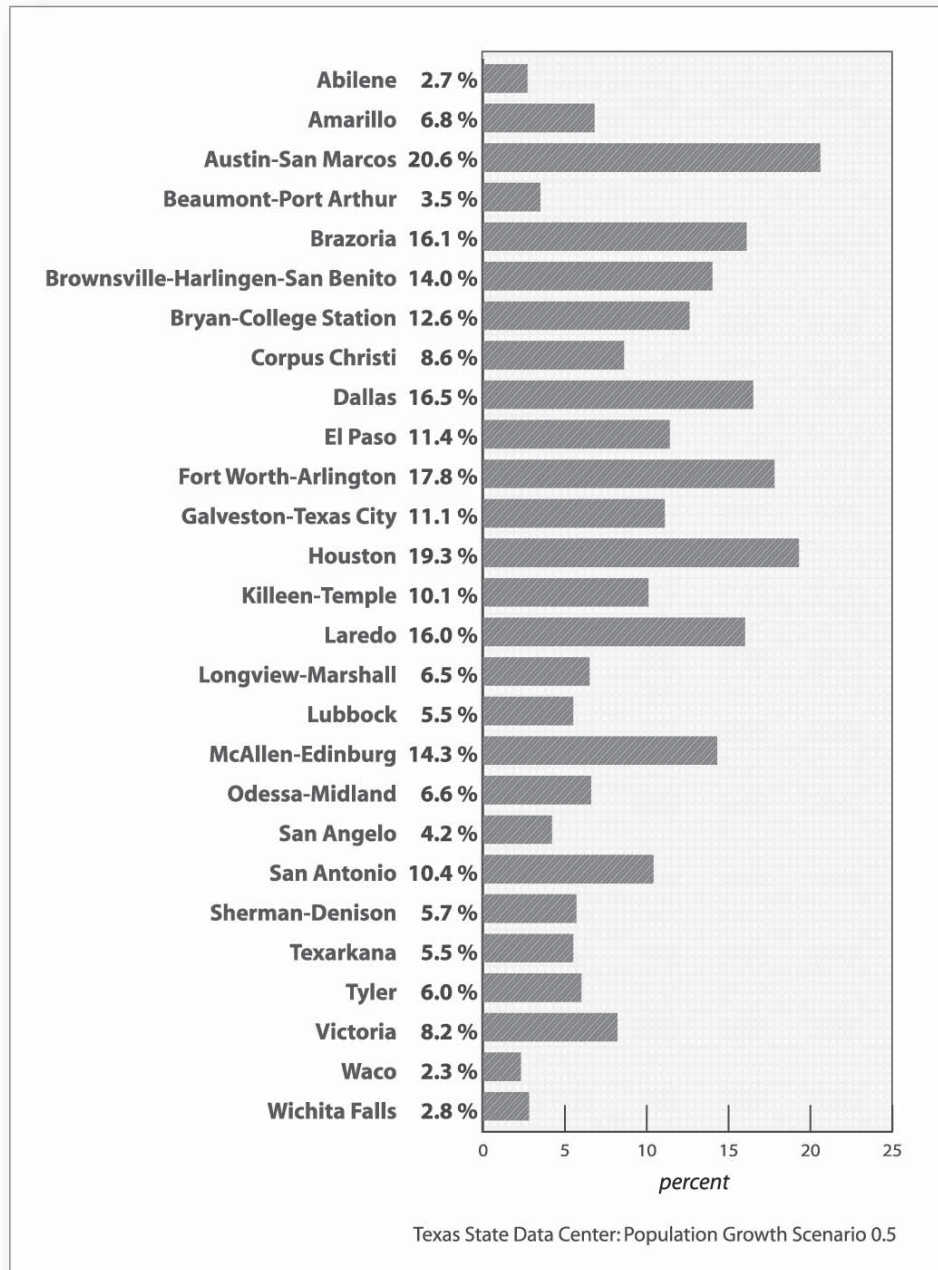
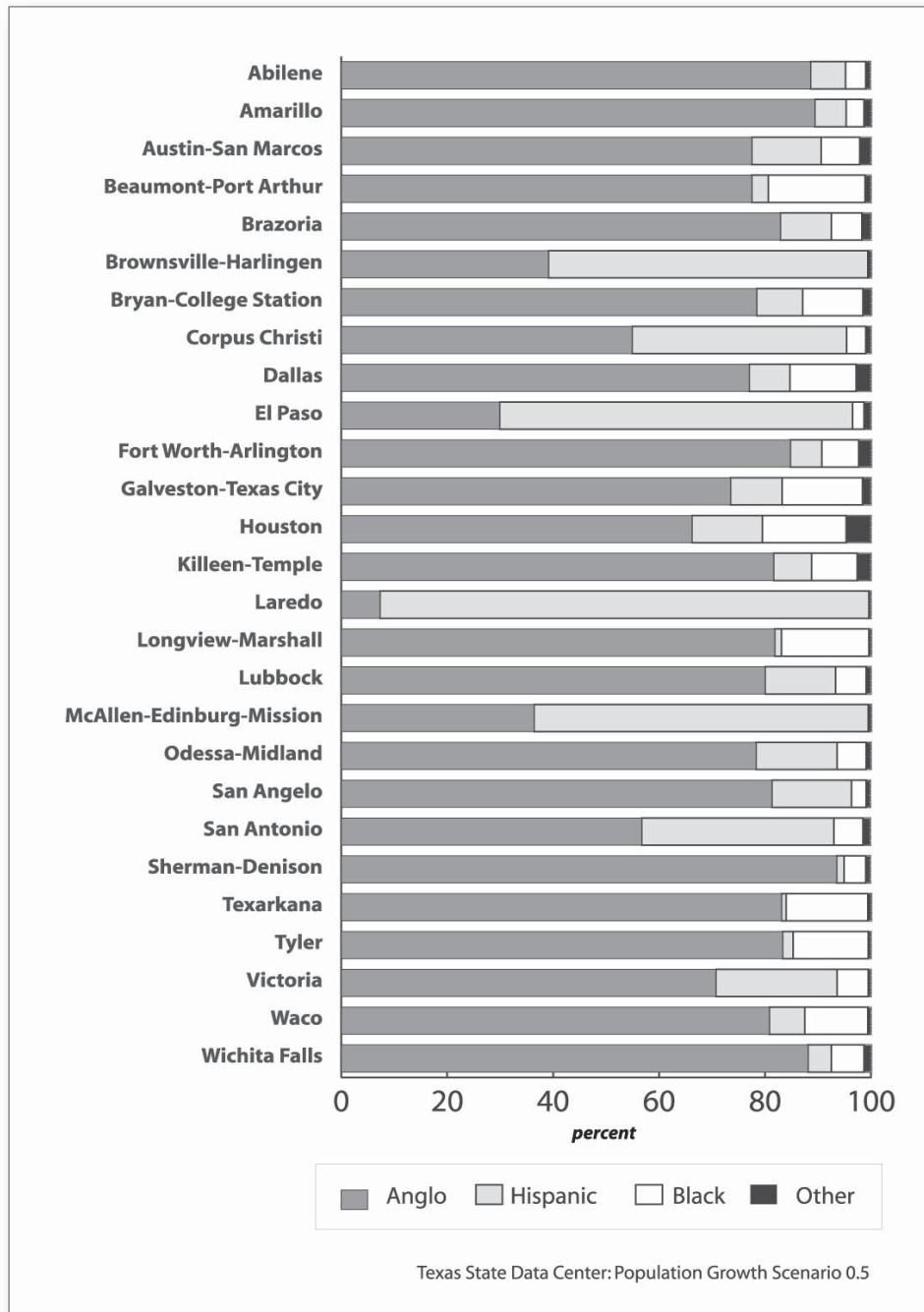


Figure 2.16, page 21, shows the racial/ethnic diversity of older adults within each MSA. The Hispanic population is concentrated in MSAs located in the southern and western portion of the state (Laredo, El Paso, McAllen-Edinburg-Mission, and Brownsville-Harlingen),



while the Black population is concentrated in MSAs located in the eastern part of Texas, such as Beaumont-Port Arthur, Longview-Marshall, and Houston. The Anglo population comprises the majority of the older adult population (70% and greater) in all but seven MSA regions – mostly located along the Texas-border.

**Figure 2.16. Racial/Ethnic Diversity of Older Adults by Metropolitan Statistical Area, 2000**

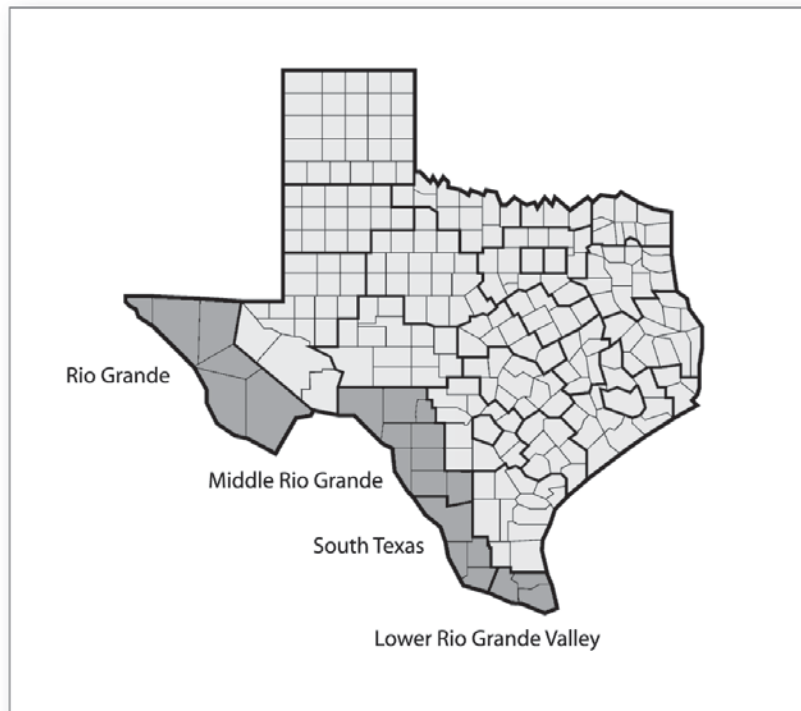


The older Hispanic population will continue to increase at a gradual pace through 2005, however, changes in the racial/ethnic composition within the MSAs is not projected to be significant.

### ***Texas-Mexico Border***

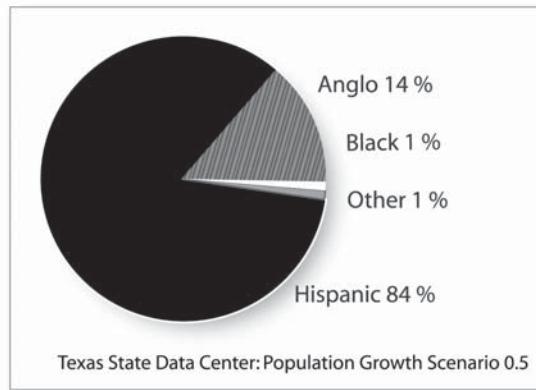
The Texas-Mexico border extends about 1,250 miles along the Rio Grande River, from Ciudad Juarez/El Paso to Matamoros/Brownsville. While the border is defined several ways, the Texas Department on Aging defines it as a 22-county region within four area agencies on aging (AAA) contiguous to the Texas-Mexico border. These AAAs include the Rio Grande AAA, Middle Rio Grande AAA, South Texas AAA, and Lower Rio Grande Valley AAA (Figure 2.17). Quality of life indicators along the border region, such as the poverty rate and level of completed education, rank below national and state averages. The border region also has a shortage of affordable housing, clean water, proper sewage removal, adequate sanitation, safe and affordable childcare services, health insurance and accessible utilities. In addition, there is a shortage of health care, dental care, mental health care providers, health facilities, preventive services, and health education. According to the Texas Department of Health, all 22 counties or parts of those counties contiguous to the Texas-Mexico border have been federally designated as medically under-served areas.<sup>12</sup>

**Figure 2.17. Texas-Mexico Border Region**



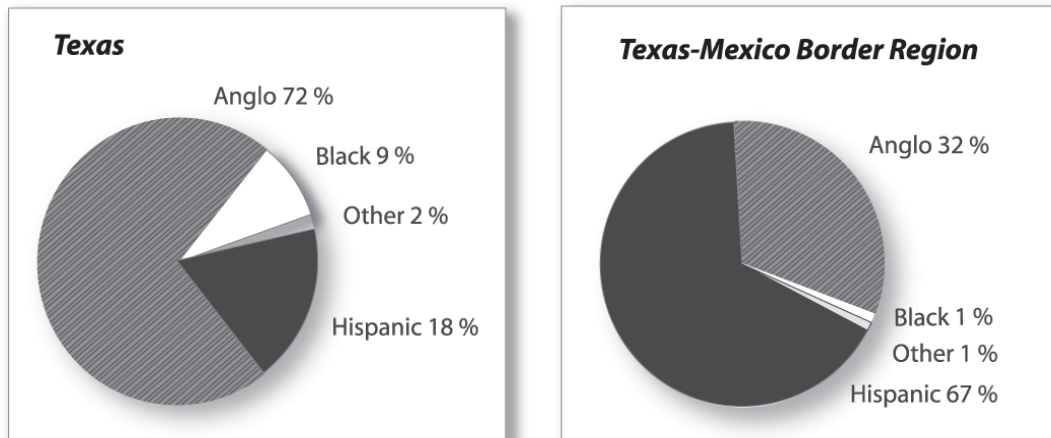
While the Texas-Mexico border region population is predominantly Hispanic (Figure 2.18), the percent of Hispanic population within each AAA varies from 94 percent in the South Texas AAA to 78 percent in the Rio Grande AAA.

**Figure 2.18. Racial/Ethnic Composition of the Total Population Living Along the Texas-Mexico Border, 2000**



Consistent with the total Texas population, older adults living along the Texas-Mexico border population account for about 13 percent of the total border population, and will remain at 13 percent through 2005. However, there are notable differences in the racial/ethnic composition between the Texas-Mexico border 60-plus population and the total 60-plus Texas population (Figure 2.19). Sixty-seven percent of the older adult population living along the border is Hispanic compared to only 18 percent of the total aged population in Texas.

**Figure 2.19. Comparison of the Total Older Adult Texas Population and Older Texans Living Along the Texas-Mexico Border, 2000**



Texas State Data Center: Population Growth Scenario 0.5

Older adults living along the Texas-Mexico border face unique challenges including lower per capita income, limited education, language barriers when English is not a person's first language, and substantial barriers accessing health care (e.g., lack of insurance). Social and economic issues will be discussed in the next version of this report, *Texas Demographics: A Profile of Older Texans*.

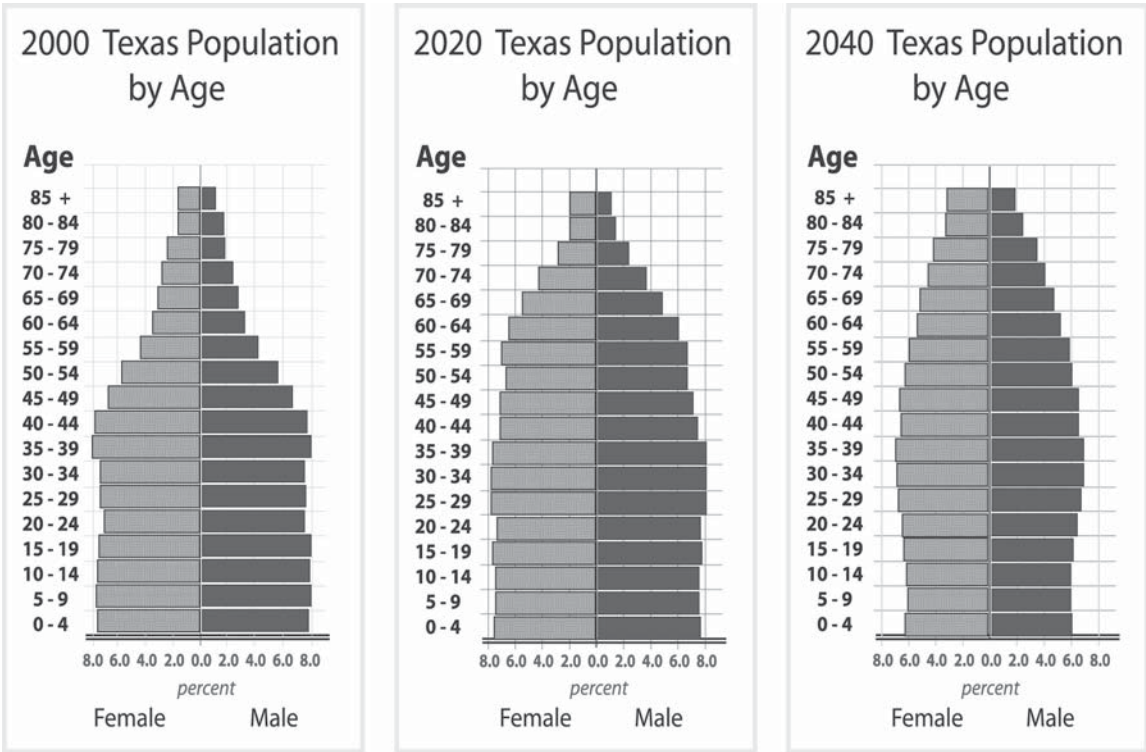


## Chapter III Texas Tomorrow: 2000-2040

### Population Projections and Future Growth

Like the rest of the nation, Texas will continue to grow older. The older adult population will grow more rapidly as Texas Boomers reach age 60 and older. In 2000, the aged population comprised 13 percent of the Texas population, but by 2040, older adults will comprise almost one quarter (23%) of the total Texas population. As illustrated in Figure 3.1, there will be significant changes in the age distribution of Texans between 2000 and 2040.

**Figure 3.1. Texas Population by Age and Sex: 2000 and 2040**



Source: Texas State Data Center

## Age Distribution

The older adult population will continue to grow older. Changes in the age distribution of the older adult population from 2000 to 2040 are illustrated in Figure 3.2. In 2000, the 85-plus population group totals over 237,000; by 2040, they are projected to reach over 831,000, a 249.4 percent increase. The age distribution of the population will have important implications for the demand for services.

**Figure 3.2. Distribution of the 60-Plus Population in Texas by Age Group, 2000 to 2040**

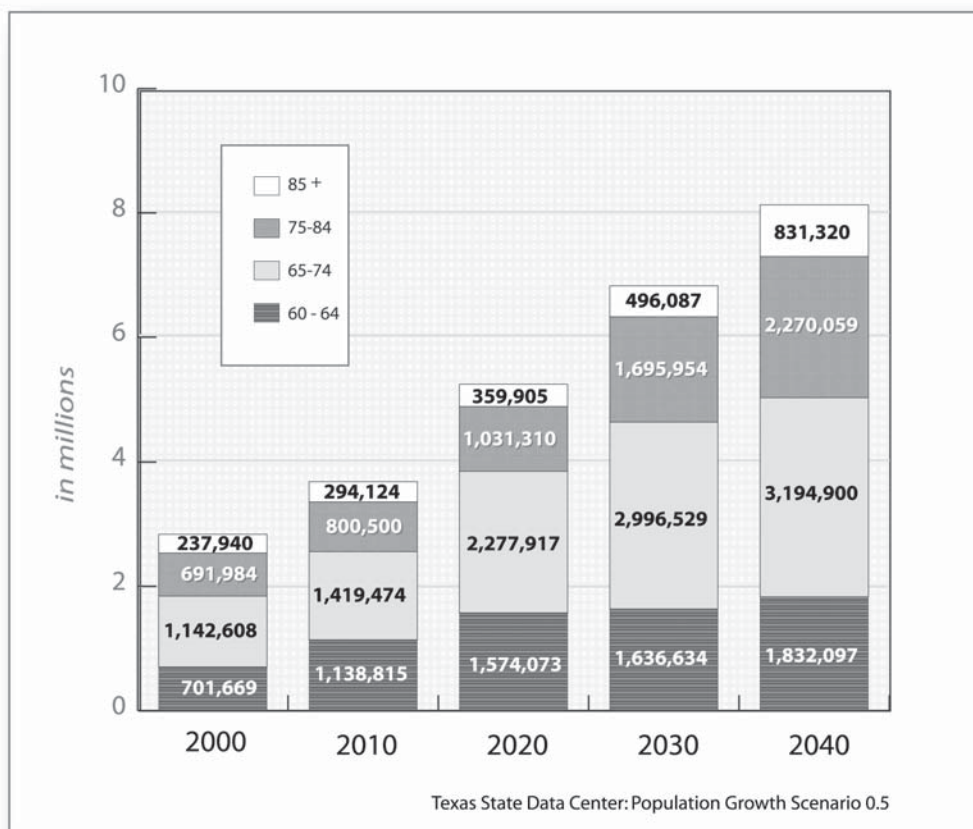


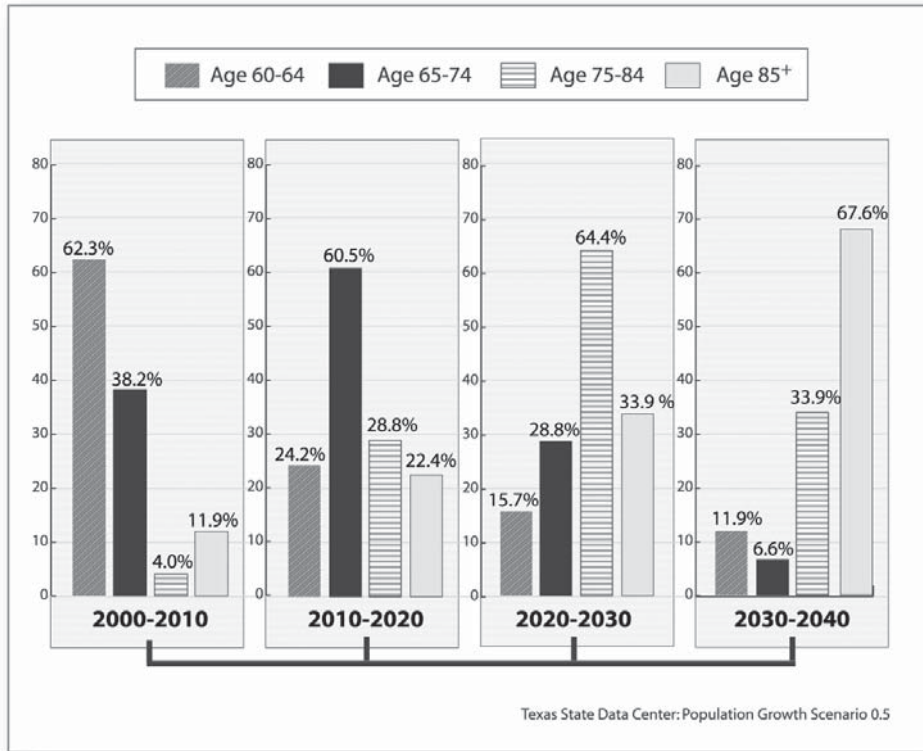
Figure 3.3, page 27, shows the decade specific growth rates for each age group. There will be a decline in the young-old population groups (60-74) and an increase in the middle-old and the oldest-old age groups (75-84; 85+).

## Gender

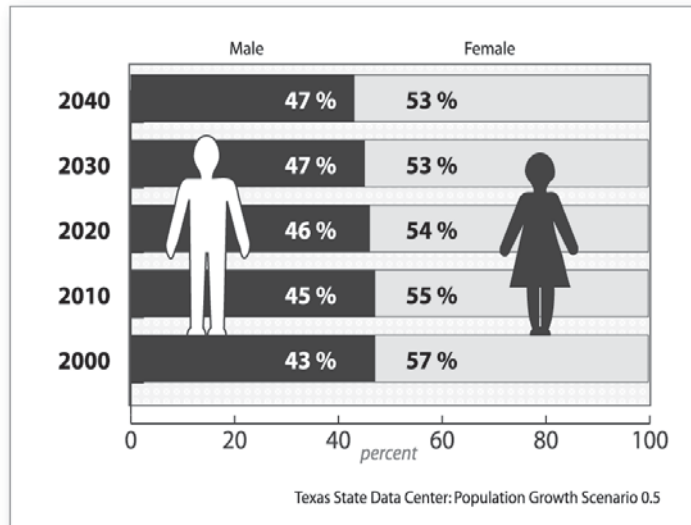
Figure 3.4, page 27, displays the effect of projected growth on the gender composition of the older population. The main effect is a decrease in the disparity between men and

women, with a ratio of 75.8 in 2000 to 90.1 in 2040. The projected decrease in the gender gap may be attributed to an increase in the life expectancy of men.<sup>13</sup>

**Figure 3.3 60-Plus Population Percent Growth by Age Group and Decade**

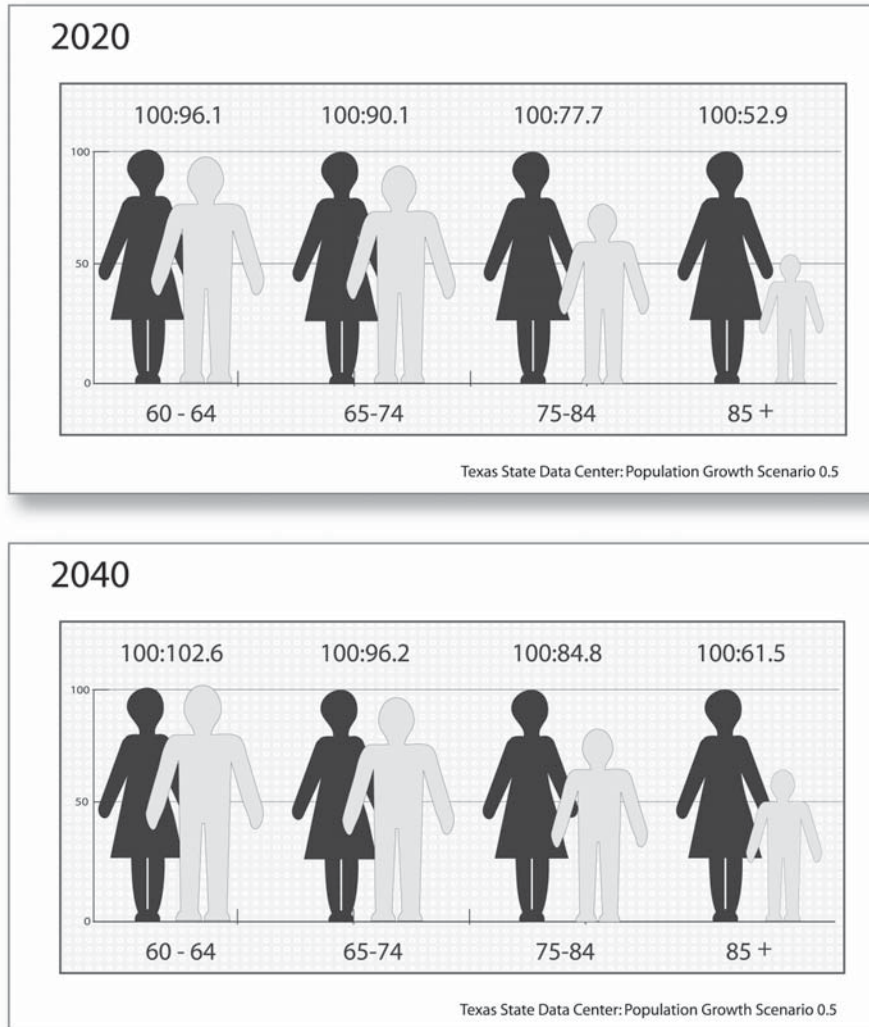


**Figure 3.4. Projected Gender Composition for Texans Age 60-Plus**



The disparity between the number of men and women will continue to decrease. Older women will generally continue to outnumber older men, especially in the old and old-old age groups. However, in 2040 men age 60-64 will outnumber women of the same age. Figure 3.5 shows the gender ratio for four age groups in the older adult population.

**Figure 3.5. Gender Ratio by Age Group, 2020 and 2040**



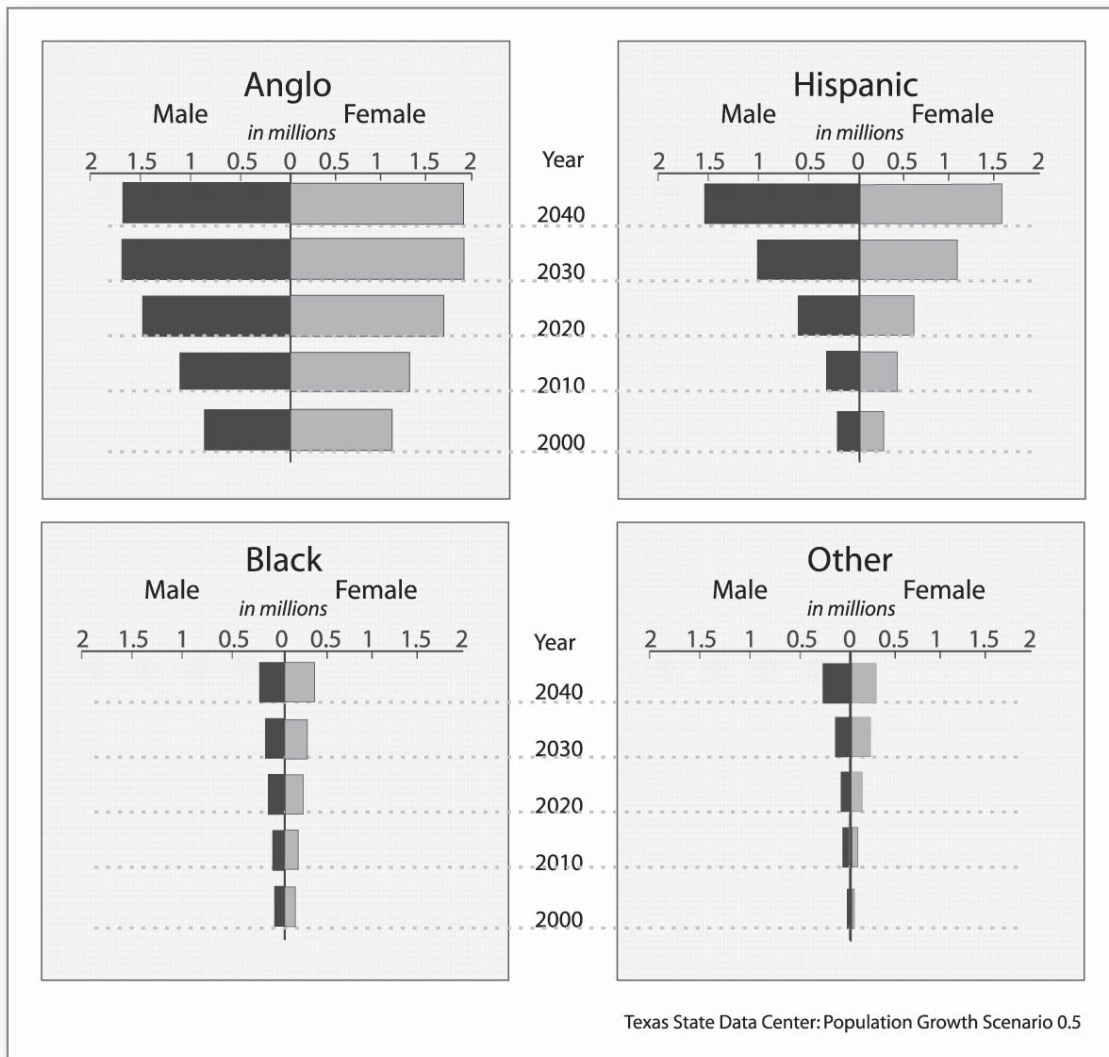
Due to the disproportionate number of women in the middle-old and old-old age groups, long-term care will remain largely a woman’s issue. Many of these women are likely to be widowed, live alone, and suffer disproportionately from chronic disabilities and disorders.<sup>14</sup> Older women also tend to have lower incomes, and are usually primary caregivers of older adults.<sup>15</sup> These women, therefore, will be less likely to afford long-term care. An



estimated 75 percent of nursing home residents, and about 67 percent of health care consumers are women. Furthermore, while the majority of older men have spouses to rely on for assistance, specifically when their health fails, most older women do not.

Older women will continue to outlive older men in every race/ethnic group. Gender disparities, however, will continue to decrease among each race/ethnic group over time. Figure 3.6 shows the differences in gender composition among each race/ethnic group for the 60-plus population. The gender disparity among the Black population is greatest, while people in the Other race/ethnic population have the lowest gender disparity.

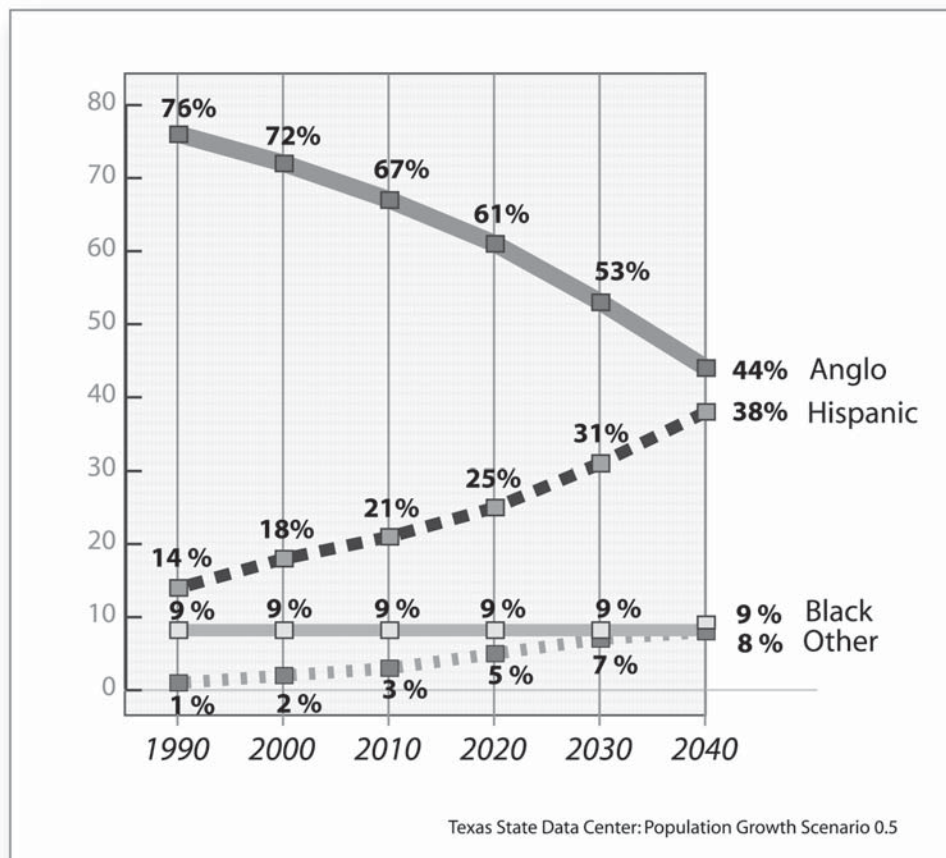
**Figure 3.6. Changes in Gender Composition of the 60-Plus Population Among the Four Race/Ethnic Groups, 2000 to 2040**



## Race/Ethnicity

Important changes are projected to occur with respect to the race/ethnic composition of the older adult population. The proportion of the population that is Anglo will continue to decline while the proportion that is non-Anglo will continue to increase. The Anglo population currently constitutes the major portion of the aged population (72%). However, by 2040 minorities are projected to comprise over 50 percent of this population. Between 1970 and 1990, the Anglo population grew by 34 percent, while the combined minority population grew by 91 percent. Hispanics grew 11 percent and Blacks grew 42 percent.<sup>16</sup> Most of the projected growth will continue to occur among the Hispanic population. Older Hispanics are expected to reach over 3 million (38%), and over half of the total Texas population by 2040. The Black and the Other population group will remain relatively stable; the Black population group is projected to remain at 9 percent, while the Other population group is projected to increase to 684,219 (8%). Figure 3.7 below illustrates the changing diversity of older adults.

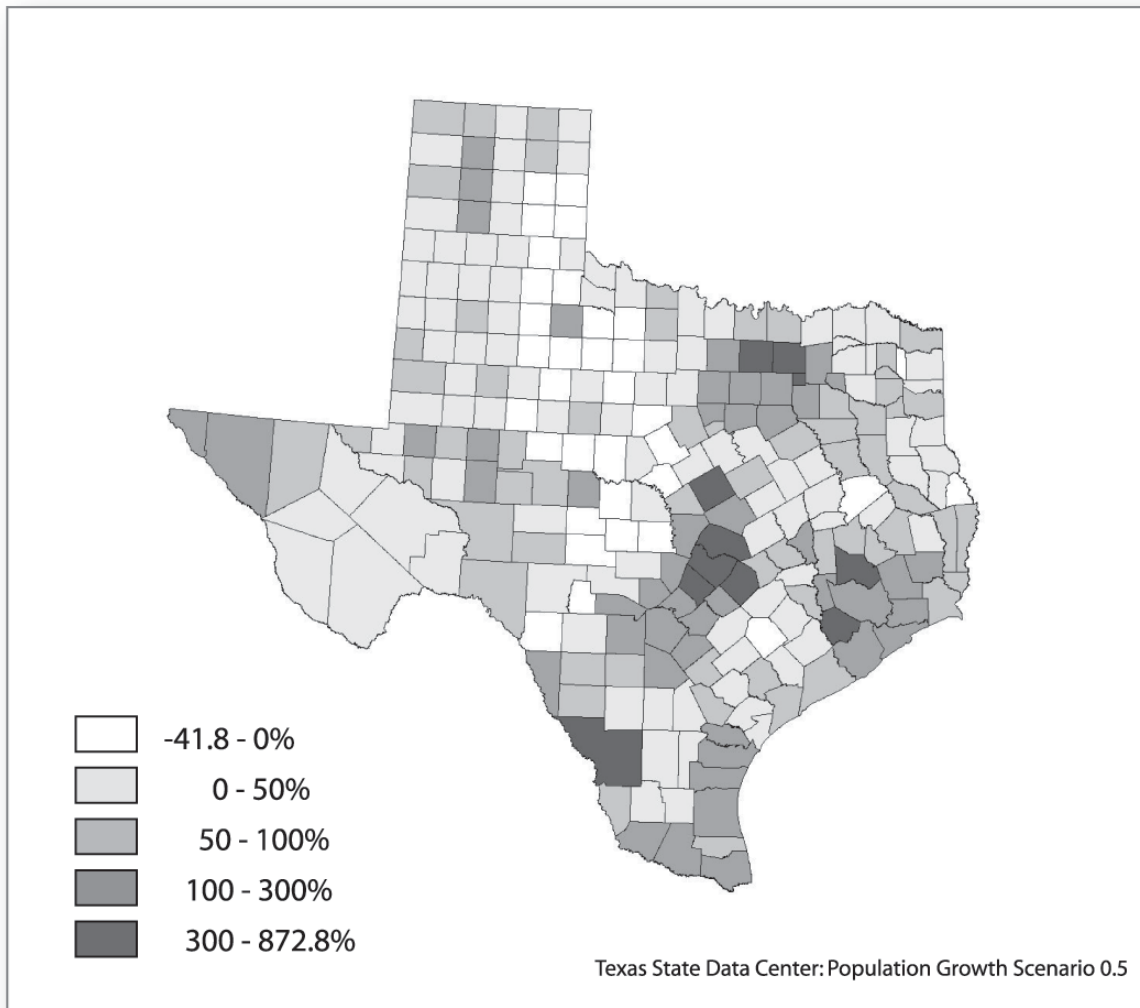
**Figure 3.7. Changing Diversity of the Older Texans, 1990 to 2040**



## Texas Counties

Although the Texas older adult population continues to grow, some counties are projected to experience a decrease in their 60-plus population. Decrease in population growth ranges from 41.8 percent in Llano County to .7 percent in Houston. Figure 3.8 below shows percent change between 2000 and 2040 for the 60-plus population. Counties experiencing the greatest growth include Denton (872.8%), Collin (864.5%), Williamson (697.6%), and Hays (602.4%).

**Figure 3.8. Projected Population Change of Texans 60-Plus by County, 2000 to 2040**



The older Hispanic population will continue to constitute a large portion of older adults living in border counties, with the highest proportions of older Hispanics in counties such as Starr (97%), Webb (95%), Maverick (94%), and Hidalgo (92%). The older Black population will continue to be highest in East Texas counties such as Jefferson (30%), Bowie (23%), and San Augustine (23%).

### **State Planning Regions**

State planning regions dominated by the largest metropolitan areas will continue to have the largest absolute numbers of persons 60-plus (Table 3.1). By 2020, the three state planning regions, which include Houston, North Central Texas, and Alamo, will account for over almost 60 percent of the State’s older adult population (57%). By 2040, these three regions will account for more than 60 percent of the aging population.

**Table 3.1. Projected Number of Older Texans by State Planning Regions, 2020 and 2040**

<i>State Planning Region</i>	<i>2020</i>	<i>2040</i>
Alamo Area	470,429	637,199
Ark-Tex	69,117	74,249
Brazos Valley	61,378	80,194
Capital	378,185	730,869
Central Texas	79,927	134,858
Coastal Bend	132,748	163,578
Concho Valley	39,343	42,835
Deep East Texas	97,095	105,627
East Texas	214,157	246,590
Golden Crescent	47,452	51,616
Heart of Texas	77,581	90,339
Houston-Galveston	1,214,507	1,936,027
Lower Rio Grande	232,305	408,751
Middle Rio Grande	33,431	41,450
North Central Texas	1,325,068	2,408,860
Nortex	55,170	60,643
Panhandle	98,638	121,564
Permian Basin	89,735	102,794
Rio Grande	165,531	243,786
South Plains	82,075	96,366
South Texas	55,419	100,922
South East Texas	93,068	106,886
Texoma	50,073	56,917
West Central Texas	80,159	184,456

Texas State Data Center: Population Growth Scenario 0.5

The absolute numbers of the aging population indicate that a large portion of older adults live in large metropolitan statistical areas. However, when looking at the proportion of older adults within each state planning region, it is evident that greater proportions of older adults live in non-metropolitan areas. The Texoma, East Texas and Ark-Tex state planning regions are projected to have higher proportions of older adults in 2020 (24.9%, 24.7%, and 24.4% respectively). By 2040, those proportions are projected to increase. Table 3.2 shows the proportion of older adults living in each of the state planning regions. Ark-Tex, Texoma, and Capital will experience the greatest growth.

**Table 3.2. Proportion of Older Texans By State Planning Region, 2040**

<i>State Planning Region</i>	<i>Percent</i>
<b>Alamo Area</b>	<b>24.6%</b>
<b>Ark-Tex</b>	<b>27.1%</b>
<b>Brazos Valley</b>	<b>21.0%</b>
<b>Capital of Texas</b>	<b>26.7%</b>
<b>Central Texas</b>	<b>22.9%</b>
<b>Coastal Bend</b>	<b>21.1%</b>
<b>Concho Valley</b>	<b>25.1%</b>
<b>Deep East Texas</b>	<b>24.1%</b>
<b>East Texas</b>	<b>25.4%</b>
<b>Golden Crescent</b>	<b>22.5%</b>
<b>Heart of Texas</b>	<b>21.8%</b>
<b>Houston-Galveston</b>	<b>22.8%</b>
<b>Lower Rio Grande</b>	<b>19.2%</b>
<b>Middle Rio Grande</b>	<b>18.1%</b>
<b>North Central Texas</b>	<b>23.9%</b>
<b>Nortex</b>	<b>24.5%</b>
<b>Panhandle</b>	<b>23.0%</b>
<b>Permian Basin</b>	<b>22.1%</b>
<b>Rio Grande</b>	<b>20.6%</b>
<b>South Plains</b>	<b>21.9%</b>
<b>South Texas</b>	<b>15.6%</b>
<b>Southeast Texas</b>	<b>23.9%</b>
<b>Texoma</b>	<b>26.8%</b>
<b>West Central Texas</b>	<b>24.4%</b>

Texas State Data Center: Population Growth Scenario 0.5

As Table 3.3 shows, the projected growth of the 60-plus population will be greater between 2000 and 2020 than 2020-2040. The state planning regions that are projected to experience the greatest growth between 2000 and 2020 include Capital (154.4%), Houston-Galveston (128.3%), and North Central Texas (124.2%) while Nortex (27.8%), Ark-Tex (29.0%), and Heart of Texas (31.5%) are projected to have the smallest growth.

**Table 3.3. 60-Plus Population Percent Growth, by State Planning Region 2000 to 2020 and 2020 to 2040**

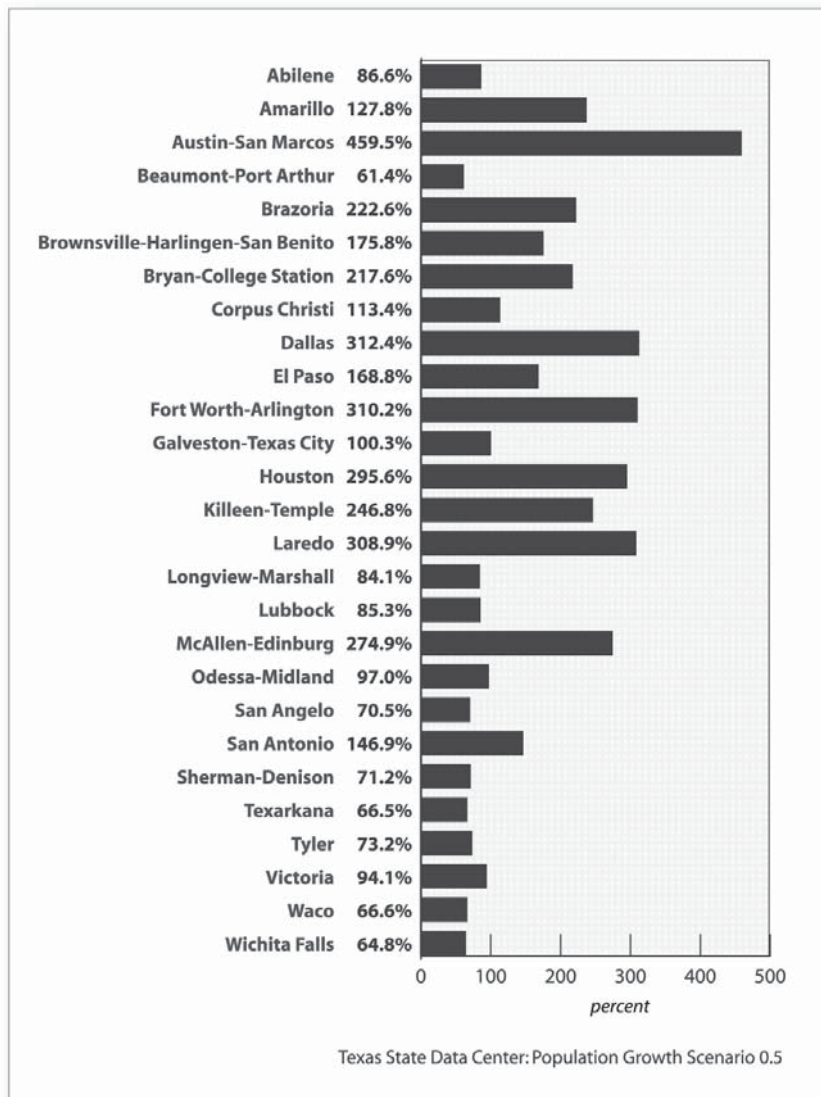
<i>State Planning Region</i>	<i>Percent Growth 2000-2020</i>	<i>Percent Growth 2020-2040</i>
Alamo Area	75.4	35.5
Ark-Tex	29.0	7.4
Brazos Valley	63.3	30.7
Capital	154.4	93.3
Central Texas	67.3	68.7
Coastal Bend	55.7	23.2
Concho Valley	40.4	8.9
Deep East Texas	33.5	8.8
East Texas	46.4	15.1
Golden Crescent	35.2	8.8
Heart of Texas	31.5	16.4
Houston-Galveston	128.3	59.4
Lower Rio Grande	87.8	76.0
Middle Rio Grande	40.1	24.0
North Central Texas	124.2	81.8
Nortex	27.8	9.9
Panhandle	43.0	23.2
Permian Basin	51.8	14.6
Rio Grande	78.4	47.3
South Plains	37.3	17.4
South Texas	90.5	82.1
South East Texas	41.5	14.1
Texoma	42.9	13.7
West Central Texas	21.7	6.6

Texas State Data Center: Population Growth Scenario 0.5

### **Metropolitan Statistical Area (MSA)**

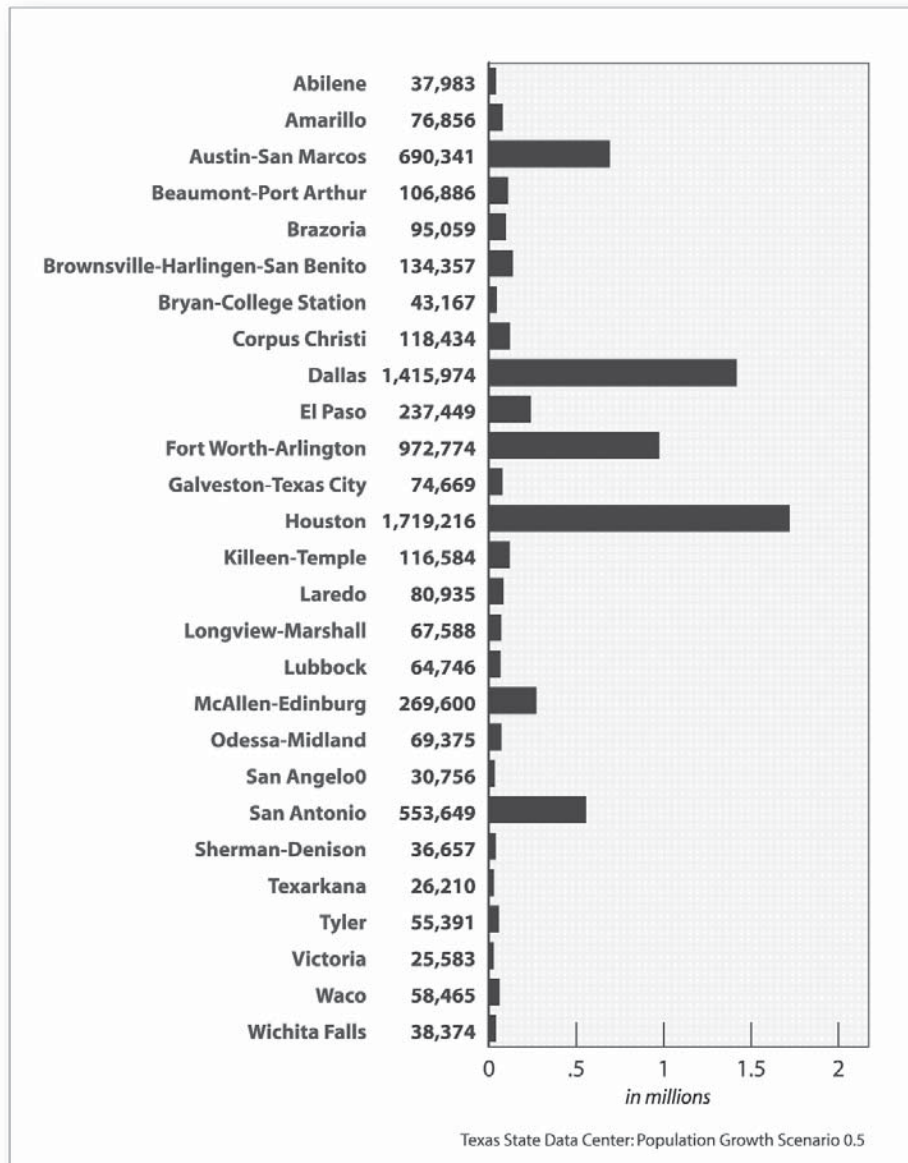
National trends indicate there will be continued growth in the number of people living in MSAs compared to non-MSAs.<sup>17</sup> Texas will continue to parallel the national trend with an increase from 77 percent of older adults living in Texas MSAs to 89 percent. Figure 3.9 illustrates the percent change of the 60-plus population living within each MSA. The Austin-San Marcos MSA will experience the largest growth, a 459.5 percent increase by 2040. On the other hand, the Beaumont-Port Arthur MSA is projected to have the smallest increase in population growth, only 61.4 percent.

**Figure 3.9. Projected Population Growth of the 60-Plus Population by Metropolitan Statistical Area, 2020 to 2040**



In 2040, the MSA with the largest absolute number of older adults will be Houston with a projected population of 1,719,216 older adults, on the other hand, Victoria is projected to be the MSA with the smallest absolute number of older adults (25,583). The distribution of the aged population in 2040 is illustrated below (Figure 3.10).

**Figure 3.10. Population Projections for Older Texans by Metropolitan Statistical Area in 2040**







## Chapter IV Looking Ahead

Population trends point to a rapidly growth in the number of older adults. The 60-plus population will continue to increase at a faster pace than the State's total population as the large cohort of Boomers approach older adulthood. Moreover, a longevity revolution fueled by medical advances (e.g., pharmacology, surgery, etc.), improved public health, better nutrition, and wellness-oriented lifestyles, is driving mortality rates steadily downward. Whereas at the beginning of the 20<sup>th</sup> Century the typical American could expect to only live to about 46.4 years<sup>18</sup> the average life expectancy is now 76.9 and increasing.<sup>19</sup> Today's 65-year-olds can expect to live, on average, another 17.9 years.<sup>20</sup> Some experts believe that number could increase to 24 years by 2100.<sup>21</sup> So what does all this mean?

The rapidly growing number of older adults is expected to have profound implications for individuals, families, and society. Much work remains, however, for Texas to prepare for an aging population. Texas policies need to reflect the changing size and increasingly diverse aging population. An ongoing assessment of policy priorities is needed at both at the state and federal levels in order to identify and offset a potential crisis associated with the changing demographics of Texas.

A more comprehensive version of this demographic report entitled, *Texas Demographics: A Profile of Older Adults in Texas*, is scheduled to be released this summer. This version will include additional data on economic, social, and health characteristics of the older adult population. It will also discuss potential implications for Texas policy-makers based on reports previously published by The Texas Department on Aging. These reports include:

- *Gaps and Coordination of Services for Older Texans: Survey Results* - Compiles the responses of 160, state agencies to questions about gaps in aging-related services and efforts to coordinate with other agencies;
- *Survey Response on the Readiness of State Government to Meet the Challenges of an Aging Texas* - Presents self-reported information about 152 state agencies on their preparedness for aging-related change;

- *The State of our State on Aging* - Provides an objective, definitive resource document on aging issues for state and local policy-makers based on a concept called Aging Texas Well;
- *Housing and Older Texans* – A policy paper that outlines specific housing issues and recommendations based on data collected from six public policy forums held across the state, key informant interviews, and literature reviews;
- *Workforce and Older Texans* – A policy paper that outlines specific housing issues and recommendations based on data collected from six public policy forums held across the state, key informant interviews, and literature reviews; and
- *Healthy Aging* – A policy paper that outlines specific housing issues and recommendations based on data collected from six public policy forums held across the state, key informant interviews, and literature reviews.

The Texas Department on Aging’s Office of Aging Policy and Information is committed to an ongoing analysis of aging issues and policy implications for Texas.



## Endnotes

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- <sup>1</sup> Steve H. Murdock, Steve White, Md. Nazrul Hoque, Beverly Pecotte, Xiuhong You, and Jennifer Balkan, *The Texas Challenge in the Twenty-first Century: Implications of Population Change for the Future of Texas* (College Station, Texas: Department of Rural Sociology, Texas A&M University, 2002), 317-325.
- <sup>2</sup> Murdock et al., 27.
- <sup>3</sup> Administration on Aging, *Profile of General Demographic Characteristics for the United States: 2000* <http://www.aoa.gov/census2000/stateprofiles/ageprofile-states.html> (Accessed July 12, 2002).
- <sup>4</sup> J. Dalkar, *Poverty in the United States: 2000* Current Population Reports, Series P60-214 (Washington, DC: U.S. Government Printing Office, 2001).
- <sup>5</sup> R. Saenz and E. Murgia, Texas Agricultural Experimentation Station, *The Demography of the Texas Elderly Population* (College Station, TX: Texas A&M University, 1995).
- <sup>6</sup> Projections of the Population of Texas and Counties in Texas by Age, Sex, and Race/Ethnicity for 2000-2040. Population Growth Scenario 0.5. (2001). Prepared by the Population Estimates and Projections Program, Texas State Data Center; Department of Rural Sociology, Texas Agricultural Experiment Station; Texas A&M University System, and The Center for Demographic and Socioeconomic Research and Education, Department of Rural Sociology; Texas Agricultural Experimentation Station; Texas A&M University System in the Office of the State Demographer, State of Texas.
- <sup>7</sup> E. Kramarow, H. Lentzer, R. Rooks, J. Weeks, and S. Saydah, *Health and Aging Chartbook: Health, United States, 1999* (Hyattsville, MD: National Center for Health Statistics, 1999).
- <sup>8</sup> Kramarow et al.
- <sup>9</sup> Saenz and Murgia.
- <sup>10</sup> Texas Department on Aging Demographic Profile of the Elderly in Texas (Austin, TX: Texas Department on Aging; 2000), 6
- <sup>11</sup> Saenz & Murguia.
- <sup>12</sup> Texas Department of Health, Bureau of State Health Data and Policy Analysis Texas MUA and MUP Designations (Austin, TX: Texas Department of Health) <http://www.tdh.state.tx.us/dpa/01mua-wc.htm> (Accessed April 18, 2002).
- <sup>13</sup> Ibid.
- <sup>14</sup> Administration on Aging, 2001.
- <sup>15</sup> American Association of Retired Persons, *Long-term Care: A Woman's Issue*, *Caring* 6(10) (1987): 67-73.
- <sup>16</sup> John Sharp, *The Changing Face of Texas: Texas Through the Year 2026. Economic Growth, Cultural Diversity. Forces of Change Project*(Austin, TX: Texas Comptroller of Public Accounts, 1992).
- <sup>17</sup> Sharp, 1992.
- <sup>18</sup> Social Security Administration, Office of the Chief Actuary, *Social Security Area Population Projections*<http://www.ssa.gov/OACT/NOTES/AS112/as112.html> (Accessed November 11, 2002).
- <sup>19</sup> Centers for Disease Control, National Center for Health Statistics, *Life Expectancy*<http://www.cdc.gov/nchs/fastats/lifexpec.htm> (Accessed November 11, 2002).
- <sup>20</sup> Ibid.
- <sup>21</sup> Friedland, R. (October 1998) "Life Expectancy in the Future: A Summary of a Discussion Among Experts." *North American Actuarial Journal*.

