

CVS Health: Health Trends: The Future of healthy aging, Spring 2023

Health care and the older American

The 65+ population is at an all-time high. What will they need from providers in the years to come?

Last year, the #CoastalGrandmother trend redefined the chic of life after 65. Videos with the tag racked up 275+ million video views on TikTok.

**The focus on these fashionable retirees was one sign of a larger shift. Older Americans make up more and more of the population—and that will change the health care system.**

Older Americans – who make up more of America’s population – will also bring change to the health care system. **People over 65 are a growing force.**

More people than ever are in the 65+ age group.

Bar chart shows the increasing population of people 65+ and by 2060 the population is expected to grow to 404 million people

By 2030, more than 1 in 5 people will be over 65. By 2060, the population over 85 will almost triple. In the next 40 years, 500,000+ people will turn 100.

So, what does this mean for health care?

Many people in this group are managing chronic conditions...

Number of chronic conditions people 65+ are living

0 to 1 31%

2 to 3 29%

4 to 5 22%

6 or more 18%

And people 65+ may require help with their physical limitations, including:

29% hearing

21% vision

28% cognition

39% getting around

8% self-care

When they seek health care, older Americans have more confidence in their providers than other groups.

Percent who trust their primary care provider to those that trust their pharmacist

People 18 -34 years old trust their pharmacist at 39% vs 34% primary care provider.

People aged 35-50 years old trust their primary care provider 49% to 43% who say pharmacist.

People aged 51-64 years old trust their primary care provider at 64% to 51% their pharmacist.

People over 65+ trust their primary care provider at 65% to their pharmacist at 55%.

And on average, they see their providers more. Currently, about 1 in 4 doctor visits are from people over 65.

Hospital stays from people 65+ are twice as likely as they are for people 45 to 64.

But older Americans aim to stay healthy. A high percentage are taking action to maintain...

A healthy heart

50-59 years old focus on heart health at 64%

60-69 years old focus on heart health at 77%

70-79 years old focus on heart health at 85%

80+ years old focus on heart health at 86%

Healthy weight is also a concern among those over 50.

50-59 years old focus on a healthy weight at 61%

60-69 years old focus on a health weight at 66%

70-79 years old focus on a healthy weight at 70%

And those over 80 focus on a healthy weight at 74%

And finally physical stamina is a focus of those over 50.

50-59 years old focus on physical stamina at 58%

60-69 years old focus on physical stamina at 64%

70-79 years old focus on physical stamina at 67%

And those over 80 focus on physical stamina at 73%

And they want to stay at home- even when they need care.

4 in 5 would prefer to get treatments at home instead of a health care facility.

About half say they would be healthier with more care at home.

The need for home health aides will grow 25% between 2021 and 2031.

But while there is work to be done, there is much to celebrate about an aging America – and about growing older.

People who think aging lets them focus on what makes them happy.

75% agree and 25% disagree

People who think they have a high quality of life

37% 50-59 years old

49% 60-69 years old

61% 70-79 years old

66% 80+

For more information, read our Health Trends Report at [CVSHealth.com/HealthTrends/Healthy Aging](https://www.cvshealth.com/HealthTrends/HealthyAging)

Sources include United States Census bureau, Centers for Medicare and Medicaid Services, Administration for Community Living, CVS Health Care Insights Study 2021, Peterson-KFF Health Systems Tracker, Uptodate Hospital management of older adults, AARP< The new Aging Survey, Harris Poll, National Health Project for CVS Health, US Bureau of Labor Statistics, Occupational Outlook handbook.