WHERE WE STAND

An Update from

EAST-WEST GATEWAY
Council of Governments

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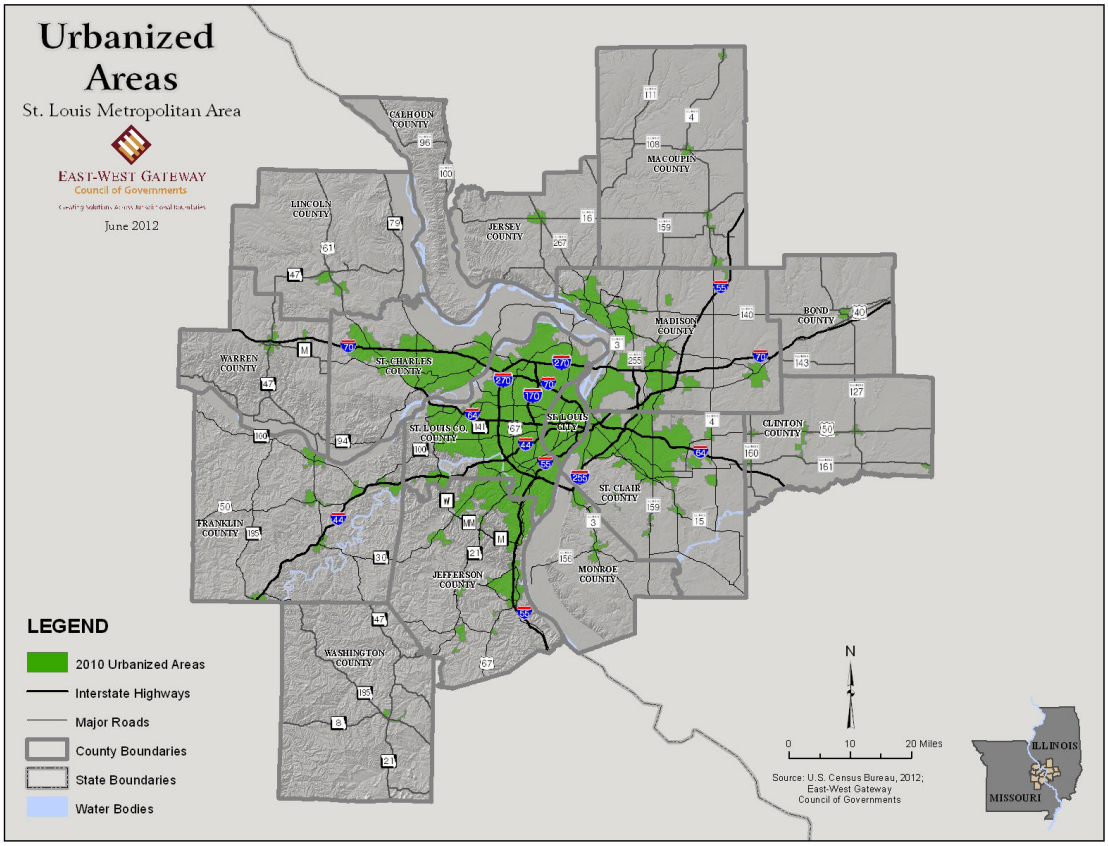
WHERE WE STAND UPDATE: POPULATION CHANGE—AGING

Since its first publication in 1990,* Where We Stand *has come to be recognized as an authoritative source of information about the competitive position of the St. Louis region in the national marketplace. We track over 100 variables that together tell a story about the health and competitive position of our region compared to 34 peer MSAs.[1] These regions are our domestic "competition" and are generally a consistent yardstick to gauge "Where We Stand." Now in its sixth edition,* Where We Stand *is issued about every three years with periodic updates in between each publication. These briefings provide an opportunity to update St. Louis' standing with new data or provide further insight on a specific topic. This issue builds on the data included in the WWS sixth edition, providing a greater understanding of where people of different age groups, with a focus on seniors, reside throughout our region and in our peer regions. Having an understanding of where people live and what their differing issues are can help us plan to meet housing, transportation, and other social service needs.

Aging Population



The aging of the population in the United States has been an increasingly discussed topic as the baby boom generation approaches and surpasses age 65.[2] Less frequently discussed is that rural areas are aging faster than the rest of the country. Now that the first of this generation has reached the historical retirement age, the need to understand these nuances is even more important. There are many challenges that surface due to changing age demographics. At the federal level Social Security and Medicaid are greatly affected. At the state and local level the challenges are similar, with the senior population reliant on public programs. Additionally, these changes have significant impacts on housing and transportation planning as well as implications for the workforce and tax revenues. While this is true for both rural and urban areas, the growing senior population in rural areas is of particular concern because they tend to be poorer, less educated, have lower incomes, fewer resources for retirement, less adequate housing, poorer health and less access to services than their urban counterparts.[3]

1 The U.S. Census Bureau defines a MSA, or metropolitan statistical area, as "that of a large population nucleus, together with adjacent communities having a high degree of social and economic integration with that core. Metropolitan statistical areas comprise one or more counties…the Office of Management and Budget (OMB) defines metropolitan areas for purposes of collecting, tabulating, and publishing federal data. Metropolitan area definitions result from applying published standards to Census Bureau data."

2 The baby boom generation refers to those born between 1946 and 1964.

3 Rogers, Carolyn, *Changes in the Older Population and Implications for Rural Areas*, Food and Rural Economic Division, Economic Research Service, U.S. Department of Agriculture. Rural Development Research Report Number 90, Washington DC, December 1999.

To gain a better understanding of the concentration of seniors in rural areas, this update documents the change in rural and urban age distributions for the St. Louis MSA relative to the 34 metropolitan areas used to gauge "Where We Stand." Trends among age groups under 18 (youth), 18 to 34 (young adults), 35 to 64 (older adults) and 65 and older (seniors) are examined, comparing the population shifts in rural and urban boundaries.

Urbanization of America

Most of the population of the United States lives in urbanized areas.[4] As of 2010, 80.7 percent of the population in the United States reside in Census designated urban areas or urban clusters. This represents a slight increase (1.7 percent) from 2000.[5] To determine what portion of this increase is due to the change in how the geographic boundaries of the urbanized areas were redrawn, the 2000 and 2010 population demographics were both examined using the 2010 defined boundaries. This revealed that about 1.1 percent of the increase in the urbanized area population in the U.S. can be attributed to population growth while the remainder of the growth is due to the revised geographic boundaries. The 2010 boundaries are used throughout this update for both 2000 and 2010 data to mitigate the effects of the redrawn boundaries.

Although it may seem counterintuitive, metropolitan regions contain both urban and rural areas. In the St. Louis MSA, 86.2 percent of the population lives in urbanized areas while the remainder of the MSA population lives in rural areas. The rural areas of the MSA comprise 87.2 percent of the land area.

Each of the WWS MSAs, except Louisville and Nashville (80.7 percent and 76.8 percent, respectively), has a higher rate of urbanization than the full United States. St. Louis ranks 28th among the 35 peer regions. The map on page 1 depicts the urbanized area of the St. Louis region. The "urban area" includes the city of St. Louis, the areas of the region considered suburbs, and higher populated areas in the more rural parts of the region. The peer MSA average urbanized land area is about eight times (24.3 percent) the national average (3.0 percent), ranging from 3.3 percent (Salt Lake City) to a high of 57.4 percent (Boston). St. Louis ranks 26th out of 35 with 12.8 percent of its land considered "urbanized area."

PERCENT OF POPULATION LIVING IN URBANIZED AREAS

2010

1	**Miami**	**99.6**
2	Los Angeles	99.5
3	San Francisco	99.0
4	New York	98.0
5	Chicago	97.4
6	Salt Lake City	97.0
7	San Diego	96.7
8	Phoenix	95.9
9	Philadelphia	94.9
10	Boston	94.5
11	Seattle	94.4
12	Denver	94.3
13	Milwaukee	93.4
14	Detroit	93.2
15	Houston	93.1
16	Dallas	92.8
17	Washington DC	92.7
18	Cleveland	91.9
19	Baltimore	91.0
Average		**90.8**
20	Portland	90.1
21	Atlanta	89.1
22	Minneapolis	88.9
23	Indianapolis	88.4
24	Charlotte	87.9
25	Austin	87.2
26	Kansas City	87.1
27	San Antonio	86.2
28	**St. Louis**	**86.2**
29	Columbus	85.6
30	Cincinnati	85.4
31	Memphis	85.3
32	Pittsburgh	82.2
33	Oklahoma City	81.7
34	Louisville	80.7
35	**Nashville**	**76.8**

HIGHER

AVERAGE

LOWER

Source: U.S. Census Bureau

4 Urbanized areas are defined for this update to include both urban areas and urban clusters, which adhere to specific thresholds in population and density. Urban areas meet or exceed 50,000 population thresholds with density requirements of 500 or 1,000 people per square mile, depending on block level population. Urban clusters range, in population, from 2,500 to 50,000, with similar density requirements (For more details see the Federal Register at www.census.gov/geo/www/ua/fedregv76n164.pdf) See Map 1 for a depiction of urbanized areas in the St. Louis region.

5 US Census Bureau, 2000 and 2010.

RURAL AREA POPULATION

Percent change, 2000-2010

1	**Phoenix**	**50.2**
2	Austin	30.7
3	Atlanta	28.7
4	San Antonio	28.2
5	Dallas	19.8
6	Oklahoma City	18.8
7	Houston	16.4
8	Denver	15.5
9	Minneapolis	12.9
10	Nashville	11.4
11	Louisville	10.8
12	Memphis	10.7
13	Salt Lake City	10.6
14	Washington DC	9.4
15	Charlotte	8.2
16	Kansas City	6.4
17	**St. Louis**	**6.3**
Average		**6.2**
18	Columbus	4.1
19	Chicago	4.0
20	Boston	3.3
21	Cleveland	3.1
22	Milwaukee	2.8
23	Cincinnati	2.7
24	Detroit	1.4
25	Philadelphia	1.2
26	Portland	0.5
27	Baltimore	0.5
28	Seattle	0.4
29	New York	-0.1
30	Indianapolis	-0.4
31	Pittsburgh	-6.5
32	Los Angeles	-15.9
33	San Diego	-20.1
34	Miami	-21.9
35	**San Francisco**	**-37.0**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

URBANIZED AREA POPULATION

Percent change, 2000-2010

1	**Austin**	**38.4**
2	Charlotte	36.3
3	Phoenix	28.2
4	Houston	26.9
5	San Antonio	24.7
6	Nashville	24.5
7	Dallas	23.7
8	Atlanta	23.5
9	Indianapolis	17.6
10	Portland	17.4
11	Washington DC	17.0
12	Denver	16.8
13	Salt Lake City	16.2
14	Columbus	15.7
15	Seattle	13.9
16	Oklahoma City	13.4
Average		**13.0**
17	Kansas City	11.5
18	San Diego	11.4
19	Miami	11.3
20	Louisville	10.4
21	Minneapolis	10.2
22	Memphis	8.9
23	Baltimore	6.8
24	Cincinnati	6.6
25	San Francisco	5.9
26	Philadelphia	5.1
27	Chicago	4.0
28	**St. Louis**	**3.9**
29	Los Angeles	3.9
30	Milwaukee	3.7
31	Boston	3.7
32	New York	3.2
33	Pittsburgh	-2.3
34	Cleveland	-3.8
35	**Detroit**	**-3.9**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER

Among the 35 MSAs, the population in 2010 rural boundaries increased by an average of 6.2 percent between 2000 and 2010. This represents an increase of almost twice the aggregate rural population of the United States (3.5 percent). The change in rural population for the peer MSAs varies widely, from a decrease of 37.0 percent (San Francisco) to an increase of 50.2 percent (Phoenix). In St. Louis the rural population grew slightly above average, ranking 17th with a 6.3 percent increase.

The average increase for the peer MSAs was higher for the urban areas, 13.0 percent, compared to the average for the United States, 11.3 percent. Although the range among the peer regions was not as substantial as was seen for the rural areas, the difference between the fastest growing urban population, 38.4 percent increase in Austin, and the slowest growing, 3.9 percent decrease in Detroit, was still large. The urban population in St. Louis fell at the lower end of this spectrum, growing 3.9 percent over the past decade and ranking 28th among the 35 peers. St. Louis shared this low urban population growth with many of its Midwest peers while the region's rural population growth was larger than many of these counterparts.

"St. Louis shared this low urban population growth with many of its Midwest peers..."

Aging in Metro Areas

In each of the 35 metro areas, the rural population is aging faster than the urban population. In 2000, the average median age for the 35 peer MSAs in urbanized areas was 34.2, while the median age in rural areas was 37.5, an age gap of 3.3.[6] In 2010, the regions' average median age in urbanized areas increased to 35.8, while the median age in rural areas increased to 42.3, an age gap of 6.5. Therefore, the average age gap between rural and urban areas increased 3.2[7] years from 2000 to 2010.

RURAL AREA POPULATION MEDIAN AGE

2010

1	**San Francisco**	**47.5**
2	Denver	45.6
3	Pittsburgh	45.3
4	Baltimore	44.9
5	Portland	44.8
6	New York	44.4
7	Cleveland	44.4
8	Milwaukee	44.3
9	Seattle	44.1
10	Philadelphia	44.1
11	Los Angeles	43.4
12	Boston	43.2
13	Kansas City	43.2
14	Chicago	43.1
15	Washington DC	43.0
16	Miami	42.9
17	Indianapolis	42.8
18	San Diego	42.6
19	Detroit	42.4
Average		**42.3**
20	**St. Louis**	**41.9**
21	Cincinnati	41.9
22	Columbus	41.7
23	San Antonio	41.4
24	Charlotte	41.2
25	Louisville	40.9
26	Nashville	40.8
27	Minneapolis	40.7
28	Memphis	40.6
29	Oklahoma City	40.3
30	Dallas	40.1
31	Austin	39.7
32	Atlanta	39.6
33	Houston	39.6
34	Phoenix	38.9
35	**Salt Lake City**	**35.3**

Source: U.S. Census Bureau

URBANIZED AREA POPULATION MEDIAN AGE

2010

1	**Pittsburgh**	**41.9**
2	Cleveland	40.2
3	Miami	39.7
4	Detroit	38.7
5	San Francisco	38.2
6	Boston	38.0
7	Philadelphia	37.6
8	New York	37.4
9	**St. Louis**	**37.4**
10	Louisville	37.3
11	Baltimore	37.3
12	Seattle	36.4
13	Milwaukee	36.2
14	Cincinnati	36.2
15	Portland	36.0
Average		**35.8**
16	Kansas City	35.6
17	Chicago	35.6
18	Washington DC	35.6
19	Minneapolis	35.4
20	Denver	35.2
21	Los Angeles	35.1
22	Charlotte	34.7
23	Indianapolis	34.7
24	Phoenix	34.5
25	San Diego	34.5
26	Atlanta	34.4
27	Nashville	34.3
28	Memphis	34.2
29	Columbus	34.1
30	Oklahoma City	33.5
31	Dallas	33.1
32	San Antonio	33.1
33	Houston	32.8
34	Austin	31.9
35	**Salt Lake City**	**30.8**

Source: U.S. Census Bureau

CHANGE IN DIFFERENCE OF RURAL AND URBANIZED AREAS MEDIAN AGE

2000-2010

1	**San Diego**	**7.5**
2	Milwaukee	4.7
3	Miami	4.7
4	Seattle	4.7
5	San Francisco	4.5
6	Denver	4.4
7	Indianapolis	4.2
8	San Antonio	4.1
9	Washington DC	3.9
10	Portland	3.8
11	Baltimore	3.6
12	Kansas City	3.6
13	Charlotte	3.6
14	Cincinnati	3.4
15	Philadelphia	3.4
16	Nashville	3.4
17	Minneapolis	3.4
18	Boston	3.3
Average		**3.3**
19	Louisville	3.1
20	Pittsburgh	3.1
21	**St. Louis**	**3.0**
22	New York	3.0
23	Chicago	3.0
24	Columbus	3.0
25	Oklahoma City	2.8
26	Memphis	2.5
27	Detroit	2.3
28	Houston	2.3
29	Dallas	2.3
30	Los Angeles	2.2
31	Cleveland	2.1
32	Salt Lake City	2.0
33	Atlanta	1.9
34	Austin	1.8
35	**Phoenix**	**1.6**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER

6 2010 Urbanized Area Boundaries were used to allow for comparison, controlling for the change in the geographic boundaries.

7 Numbers in the table differ due to rounding error.

Youth: Under 18 Years Old

Among the 35 peer MSAs, the under 18 rural population declined an average of 4.9 percent between 2000 and 2010. St. Louis ranks just below average at 18th with a 6.4 percent decrease in the rural youth population

Conversely, the urban youth population grew an average of 7.8 percent among the peer MSAs. The change in this demographic ranged from a decrease of 11.9 percent (Cleveland) to an increase of 40.9 percent (Charlotte). St. Louis ranked 31st with a 5.0 percent loss of urbanized area youth.

Ten of the twelve regions that saw increases in their rural youth population also had above average growth in urban youth population. All of the regions that saw decreases in their urban youth population also experienced decreases in their rural youth population.

The fastest growing regions for this age group are among the regions with the largest gains in overall population as well. Austin, Charlotte, Phoenix, Houston, San Antonio, Atlanta, Dallas, Nashville, and Denver experienced the largest overall population gains among the 35 regions.[8]

RURAL AREA UNDER 18 POPULATION CHANGE

Percent change, 2000-2010

1	**Phoenix**	**26.6**
2	Atlanta	21.6
3	Austin	21.4
4	San Antonio	13.1
5	Oklahoma City	12.4
6	Dallas	9.2
7	Houston	7.6
8	Salt Lake City	6.6
9	Nashville	2.7
10	Louisville	1.4
11	Memphis	0.7
12	Denver	0.6
13	Washington DC	-0.3
14	Minneapolis	-0.8
15	Columbus	-2.1
16	Charlotte	-2.4
17	Kansas City	-3.8
Average		**-4.9**
18	**St. Louis**	**-6.4**
19	Cincinnati	-8.2
20	New York	-8.3
21	Philadelphia	-8.4
22	Milwaukee	-8.7
23	Cleveland	-9.0
24	Chicago	-9.2
25	Boston	-9.5
26	Indianapolis	-10.8
27	Baltimore	-11.5
28	Detroit	-11.6
29	Portland	-13.9
30	Pittsburgh	-18.3
31	Seattle	-19.4
32	Miami	-27.8
33	San Diego	-28.3
34	Los Angeles	-29.1
35	**San Francisco**	**-47.4**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

URBANIZED AREA UNDER 18 POPULATION CHANGE

Percent change, 2000-2010

1	**Charlotte**	**40.9**
2	Austin	39.9
3	Phoenix	26.9
4	Nashville	25.0
5	Atlanta	23.7
6	Dallas	23.3
7	Houston	22.6
8	San Antonio	19.4
9	Indianapolis	16.3
10	Denver	13.3
11	Columbus	12.5
12	Salt Lake City	11.7
13	Oklahoma City	10.9
14	Washington DC	10.7
15	Portland	10.1
16	Kansas City	8.6
Average		**7.8**
17	Seattle	7.0
18	Louisville	6.9
19	Minneapolis	3.9
20	Memphis	3.0
21	Miami	2.2
22	San Diego	1.3
23	Cincinnati	1.3
24	San Francisco	-0.3
25	Chicago	-2.7
26	Baltimore	-2.7
27	Milwaukee	-2.9
28	Philadelphia	-3.4
29	Boston	-4.1
30	New York	-4.4
31	**St. Louis**	**-5.0**
32	Los Angeles	-8.5
33	Pittsburgh	-10.8
34	Detroit	-11.7
35	**Cleveland**	**-11.9**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER

8 East-West Gateway Council of Governments, Where We Stand Update: Population Growth in St. Louis, November 2011.

Young Adults: 18 to 34 Years Old

Between 2000 and 2010, the 18 to 34 year old cohort in rural areas declined at a similar rate to the under 18 age group (5.6 percent peer MSA average). Only about one-quarter (nine out of 35) of the peer MSAs experienced positive growth among this cohort. St. Louis ranked just below that at 10th with a 1.0 percent decrease.

The urban young adult population grew faster than the under 18 counterparts (9.2 percent average MSA increase) with only five regions experiencing a decrease in this population. None of these five regions were among those that saw an increase in their rural young adult population. St. Louis' urban young adult population grew 7.4 percent more than the rural counterparts at 6.4 percent, ranking 24th.

The regions with the highest urban young adult population were also among the regions with the highest net migration rates. Austin, San Antonio, Charlotte, Houston, Nashville, and Phoenix all had net migration rates of over 11 percent, some of the highest among the 35 peer regions.[9]

RURAL AREA 18-34 YEAR OLD POPULATION CHANGE

Percent change, 2000-2010

1	**Phoenix**	**53.0**
2	Austin	18.2
3	San Antonio	14.4
4	Oklahoma City	11.2
5	Dallas	10.4
6	Atlanta	9.9
7	Houston	5.9
8	Minneapolis	0.8
9	Memphis	0.2
10	**St. Louis**	**-1.0**
11	Denver	-2.2
12	Kansas City	-2.6
13	Nashville	-2.6
14	Chicago	-2.7
15	Louisville	-3.2
16	Baltimore	-5.0
17	Seattle	-5.4
Average		**-5.6**
18	Washington DC	-5.9
19	Portland	-6.7
20	Salt Lake City	-7.8
21	Cleveland	-7.8
22	Charlotte	-9.1
23	Philadelphia	-10.8
24	Boston	-11.0
25	New York	-11.2
26	Cincinnati	-11.8
27	Columbus	-11.9
28	Indianapolis	-13.2
29	Detroit	-14.5
30	Milwaukee	-15.2
31	Los Angeles	-15.6
32	Pittsburgh	-17.0
33	San Diego	-39.5
34	Miami	-41.1
35	**San Francisco**	**-45.7**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

URBANIZED AREA 18-34 YEAR OLD POPULATION CHANGE

Percent change, 2000-2010

1	**Austin**	**24.5**
2	San Antonio	24.4
3	Charlotte	22.3
4	Houston	22.1
5	Nashville	20.0
6	Phoenix	18.6
7	Washington DC	16.3
8	Oklahoma City	15.9
9	Indianapolis	12.7
10	San Diego	12.6
11	Portland	12.2
12	Dallas	11.6
13	Seattle	10.9
14	Baltimore	10.8
15	Salt Lake City	10.8
16	Miami	10.7
17	Denver	10.4
18	Columbus	10.2
Average		**9.2**
19	Louisville	8.8
20	Kansas City	8.7
21	Atlanta	8.5
22	Philadelphia	7.5
23	Minneapolis	6.6
24	**St. Louis**	**6.4**
25	Milwaukee	5.5
26	Memphis	5.4
27	Pittsburgh	2.7
28	Cincinnati	2.7
29	New York	2.0
30	Boston	1.7
31	Chicago	-0.2
32	San Francisco	-0.4
33	Los Angeles	-1.1
34	Cleveland	-7.8
35	**Detroit**	**-12.8**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER

"The regions with the highest urban young adult population were also among the regions with the highest net migration rates."

9 East-West Gateway Council of Governments, *Where We Stand Update: Population Growth in St. Louis*, November 2011.

Older Adults: 35 to 64 Years Old

In 2000, the baby boom cohort ranged in age from 36 to 54. Therefore, it is not surprising then that the older adult age group increased in both urban and rural areas in most MSAs.

The older adult rural population increased by 8.8 percent nationally and an average of 11.3 percent for the peer MSAs. The rural population in St. Louis for this age group grew at a slightly higher rate, 12.2 percent, ranking 16th. This growth is in contrast to the decreases experienced for the rural population in St. Louis among the youth (6.4 percent decrease) and the young adults (1.0 percent decrease).

The urban population for this age demographic grew at the fastest rate for the peer MSA average (18.3 percent) compared to 7.8 percent for the youth, 9.2 percent for young adults and 17.2 percent for seniors. St. Louis' older adult urban population grew at less than half the rate of the peer average, at 8.3 percent, ranking 30th out of 35.

RURAL AREA 35-64 YEAR OLD POPULATION CHANGE

Percent change, 2000-2010

1	**Phoenix**	**56.5**
2	San Antonio	37.5
3	Austin	36.3
4	Atlanta	35.0
5	Dallas	24.2
6	Houston	21.2
7	Oklahoma City	20.6
8	Minneapolis	20.1
9	Salt Lake City	18.5
10	Denver	18.4
11	Nashville	18.0
12	Charlotte	16.9
13	Louisville	16.6
14	Memphis	16.6
15	Washington DC	13.9
16	**St. Louis**	**12.2**
Average		**11.3**
17	Boston	10.0
18	Kansas City	9.5
19	Cincinnati	9.1
20	Milwaukee	8.3
21	Columbus	8.0
22	Detroit	7.6
23	Chicago	7.1
24	Seattle	6.6
25	Cleveland	6.5
26	Philadelphia	5.4
27	Indianapolis	3.9
28	New York	3.8
29	Portland	2.1
30	Baltimore	2.0
31	Pittsburgh	0.2
32	San Diego	-9.2
33	Los Angeles	-12.8
34	Miami	-17.4
35	**San Francisco**	**-38.0**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

URBANIZED AREA 35-64 YEAR OLD POPULATION CHANGE

Percent change, 2000-2010

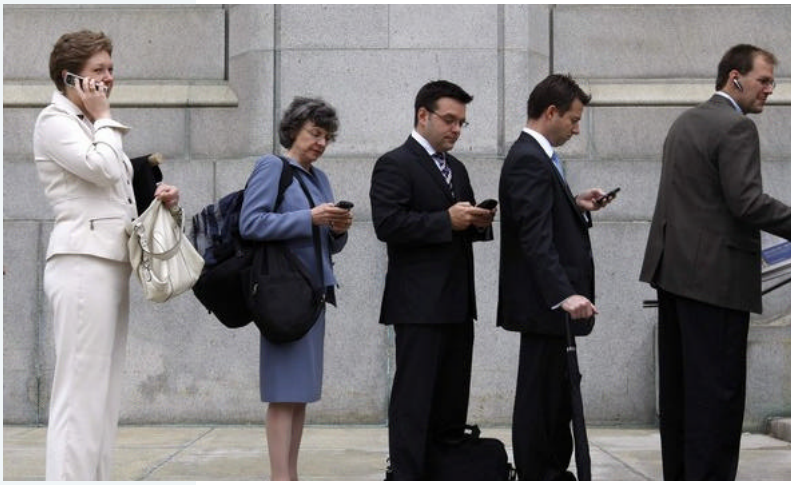
1	**Austin**	**48.0**
2	Charlotte	43.2
3	Phoenix	35.2
4	Houston	31.2
5	Atlanta	30.7
6	Dallas	30.5
7	San Antonio	29.9
8	Nashville	27.5
9	Portland	23.8
10	Salt Lake City	23.2
11	Indianapolis	22.3
12	Columbus	21.6
13	Denver	20.8
14	Miami	19.0
15	Washington DC	18.9
16	Seattle	18.5
Average		**18.3**
17	San Diego	17.7
18	Memphis	15.2
19	Kansas City	15.2
20	Minneapolis	14.4
21	Louisville	13.7
22	Los Angeles	13.6
23	Oklahoma City	13.3
24	Cincinnati	12.6
25	San Francisco	11.1
26	Chicago	10.3
27	Philadelphia	9.8
28	Baltimore	9.5
29	Boston	8.7
30	**St. Louis**	**8.3**
31	Milwaukee	8.0
32	New York	7.6
33	Detroit	4.3
34	Cleveland	2.5
35	**Pittsburgh**	**2.3**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER



RURAL AREA 65 YEARS AND OLDER POPULATION CHANGE

Percent change, 2000-2010

1	**Denver**	**84.3**
2	Phoenix	79.7
3	Atlanta	62.7
4	Austin	59.8
5	San Antonio	56.2
6	Minneapolis	55.2
7	Dallas	50.4
8	Salt Lake City	49.9
9	Detroit	47.4
10	Portland	43.6
11	Houston	43.1
12	Washington DC	42.7
13	Seattle	41.8
14	Oklahoma City	40.9
15	Milwaukee	40.4
16	Louisville	39.5
Average		**37.6**
17	Cleveland	35.0
18	Chicago	34.6
19	Charlotte	34.5
20	Boston	34.2
21	Nashville	34.0
22	Columbus	33.7
23	Memphis	32.2
24	Cincinnati	31.8
25	Kansas City	30.6
26	Indianapolis	30.4
27	Baltimore	28.5
28	Miami	27.5
29	**St. Louis**	**26.6**
30	Philadelphia	23.7
31	New York	16.7
32	San Diego	9.7
33	Pittsburgh	5.4
34	Los Angeles	4.7
35	**San Francisco**	**4.1**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

URBANIZED AREA 65 YEARS AND OLDER POPULATION CHANGE

Percent change, 2000-2010

1	**Austin**	**51.7**
2	Atlanta	41.6
3	Houston	38.9
4	Dallas	36.7
5	Charlotte	36.0
6	Phoenix	31.0
7	Washington DC	27.8
8	Denver	27.7
9	Nashville	24.6
10	Salt Lake City	24.6
11	Portland	24.4
12	San Antonio	22.4
13	Minneapolis	19.7
14	Seattle	19.3
15	Columbus	17.6
16	Los Angeles	17.3
Average		**17.2**
17	Indianapolis	15.6
18	Oklahoma City	13.8
19	San Francisco	13.4
20	Kansas City	12.3
21	San Diego	12.1
22	Memphis	11.7
23	Louisville	9.9
24	Baltimore	9.8
25	Chicago	8.4
26	Miami	7.6
27	Cincinnati	7.3
28	New York	6.8
29	Boston	6.5
30	**St. Louis**	**4.5**
31	Detroit	4.4
32	Philadelphia	3.5
33	Milwaukee	1.9
34	Cleveland	-0.8
35	**Pittsburgh**	**-7.5**

Source: U.S. Census Bureau
Note: 2010 Urbanized Area Boundaries used

HIGHER

AVERAGE

LOWER

Seniors: 65 Years and Older

Much like the older adult age group, the senior population grew in both the rural and urban areas for almost all MSAs. Decreases were only seen in the urban areas of two regions—Cleveland (-0.8 percent) and Pittsburgh (-7.5 percent) The average senior population growth among the peer MSAs of 37.6 percent was the highest increase seen among the age groups for the rural population. Seven of the regions experienced over fifty percent growth in this cohort. In the St. Louis region, the population of rural seniors increased at a slower rate (26.6 percent) than most of the peer MSAs, ranking 32nd out of 35, but was still the largest growth rate among any of the age cohorts, rural or urban, for the region.

The senior population in urbanized area boundaries grew at a slightly slower rate (17.2 percent) for the peer MSA average than for the older adult urban counterpart (18.3 percent). The growth rates were about double the youth (7.8 percent) and the young adult (9.2 percent) age groups. Compared to the peer MSAs the urban senior population in St. Louis grew slowly (4.5 percent) over the past decade, ranking 30th out of 35.

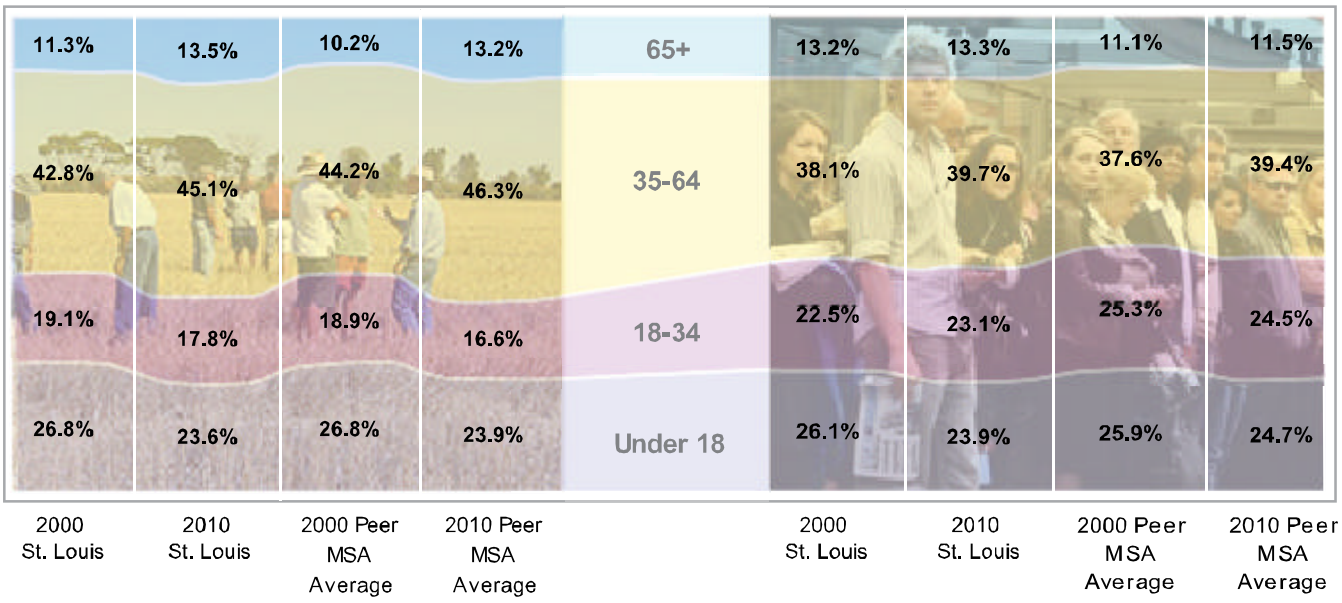
Proportional Changes

Examining the proportional changes in the age demographics helps see how much of a difference these age shifts have on the overall makeup of the population. In 2010 four in ten people in the United States were over the age of 45 (39 percent), up from 34 percent in 2000 and 31 percent in 1990.[10] For the peer MSAs the over 65 population has grown from 11.1 percent of the population in 2000 to 11.6 percent of the population in 2010. In contrast, the under 18 population has decreased from 26.0 percent in 2000 to 24.6 percent in 2010.

While this is true in both rural and urban areas, the changes are more pronounced in the rural areas than in the urbanized areas. For the 35 peer MSAs the rural senior population increased 3.0 percent from 2000 to 2010 while the urban counterparts only increased 0.4 percent. On the other end of the spectrum, the rural youth population decreased 2.9 percent compared to 1.2 percent in the urban areas. For the St. Louis region the rural senior population increased 2.2 percent (11.3 percent in 2000 to 13.5 percent in 2010) and the urban senior population increased 0.1 percent (13.2 to 13.3 percent).

Today, 40 million people in the United States are ages 65 and older, but this number is projected to more than double to 89 million by 2050. Although the "oldest old"—those ages 85 and older-represent only 15 percent of the population ages 65 and older today, their numbers are projected to rise rapidly over the next 40 years. By 2050, the oldest old will number 19 million, over one-fifth of the total population ages 65 and older.

—Population Reference Bureau—



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Challenges Associated with the Changing Age Demographics

- *Greater need for healthcare*. Most older persons have at least one chronic condition and many have multiple conditions resulting in a need for more frequent visits to the doctor and more specialized needs.[11] While this is true for all seniors, health care in rural areas tends to be less accessible, provide fewer choices or alternatives, is more costly and provides fewer specialized services.[12]
- *Less tax revenue*. As people leave the workforce they contribute less to the tax base. This is true of the income tax as well as sales tax since the older age demographic tends to be on a fixed income and therefore spends less on retail sales.
- More dependent on public transportation. The combination of being on a fixed income and declining health results in seniors having a greater need for public transit.[13]
- *Aging in place*. A survey of older adults found that that nearly three-quarters (73 percent) of respondents said they want to live in their current residence as long as possible.[14] Desire to age in place means a need for adapted housing such as implementation of universal design features or multigenerational housing that provides easier access and a lower financial burden for seniors.[15]
- *Lower participation in the workforce*. As boomers leave the workforce, the working age population will decline unless there is an increase in immigration. This raises concerns about potential workforce shortages.
- *Changing household dynamics*. Seniors are increasingly deciding to live alone, rather than move in with their children, with 30 percent of seniors now living alone.[16] For some seniors this could mean less ability to rely on family caregivers.

Conclusion

Although all areas of the country are aging, the rural portions of the metropolitan areas have the highest concentration of older adults and seniors. These changes will require careful consideration in planning for the changing transportation, housing and social service needs, particularly for the rural senior population.

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