King County Adults Age 60+ and People with Disabilities: numbers, changes and risk factors by neighborhood

Data from Census 2010, American Community Survey 2006-2010 and Washington State Behavioral Risk Factors Surveillance Survey (BRFSS)
King County Residents Age 60+ by Number and Percent of County Population, 1990-2025

Year | Population 60+ in Thousands | Percent 60+ of Total Population
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1990 | 221 | 14.7%
1995 | 229 | 14%
2000 | 240 | 13.8%
2005 | 262 | 14.9%
2010 | 313 | 16.2%
2015 | 392 | 19.3%
2020 | 457 | 21.6%
2025 | 513 | 23.4%
Number of Older Adults by Age, King County, 2010

Data source: Table QT-P2. Census 2010
Number of Adults Age 60 and Older, King County 2000 & 2010

Data Source: Table QT-P1, Census 2000 & 2010
Adults Age 60+ by Race and Ethnicity, King County, 2010

- King County: 79%
- County Outside Seattle: 82%
- Seattle: 73%

Data Source: Tables P12B-12I, Census 2010
N & % of Foreign-Born Adults 60+ by Language Spoken at Home & Naturalization Status

- **King County**:
  - 60+ Foreign Born: 65,000
  - English not spoken in home: 59,200
  - Naturalized: 48,400
  - 21% of 60+ Foreign Born

- **Rest of County**:
  - 60+ Foreign Born: 42,800
  - English not spoken in home: 37,100
  - Naturalized: 31,300
  - 20% of 60+ Foreign Born

- **Seattle**:
  - 60+ Foreign Born: 22,100
  - English not spoken in home: 17,100
  - Naturalized: 23%

Data Source: Table S0102, 2010 ACS
Most people age 65+ live in family households with spouses and relatives.

Data source: Table B09017, 2008-2010 ACS
Poverty age 60+ is strongly related to race/ethnicity

Poverty Rate Age 60+ by Race/Ethnicity, King County 2008-2010

- White, 7%
- AI/AN, 19%
- Black, 20%
- Asian, 23%
- Latino, 24%
- Multiracial, 6%

9% Overall Poverty Rate 60+

Bubble size represents N of poor King County adults 60+ in 2010

Data source: Tables P12A-H, Census 2010; Table B17001 & Tables B17020A-H, 2008-2010 ACS
Adults 60+ in King County are not concentrated in tracts
When tract data are grouped into Health Planning Areas (HPA), we see concentrations of older adults.
Concentration of non-white & Latino elders
Higher percentages of adults 65+ in north and central Seattle live alone.
A higher percentage of adults 60+ in southeast & central Seattle and in the SE county have low/moderate income (County average is 20%)
More adults 60+ are physically active in eastern communities
Measure used to monitor well-being: percent of adults age 60+ who self-report fair or poor health.
Rates of fair/poor health range from 10% to 34%, but there are few significant differences. HPAs with the most older adults have rates at or below the mean.
Risk Factors for Fair or Poor Health, King County
Adults 60+

Data source: BRFSS 2006-2010
Our Other Target Group: Adults with Disabilities

Disability by Age, King County Adults, 2006-2008

Data source: 2006-2010 BRFSS
Although disability prevalence increases with age, 75% of the 325,000 King County adults with disabilities are younger than 65.

Data source: 2006-2010 BRFSS & Table QT-P2, Census 2010
Rates rise in each race/ethnic group as age increases.

Disability by Age and Race/Ethnicity, King County Adults 2006-2010

Data source: BRFSS 2006-2010
Adults with disabilities are the County’s largest minority group

Compared to those without disabilities, adults with disabilities

• Have lower income and higher poverty
• Have less formal education
• Are less likely to be employed
• Are less likely to enjoy good health
• Have significant limitation in participation
Predictions about prevalence of disability, based on national-level analyses

• Decreasing limitation among older adults

• Alarming increases in disability in adults in their 40s and 50s, reflecting rising rates of obesity and related conditions