

Older Iowans: 2024

May 2024

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition.

586,030

The estimated number of people age 65 and over in Iowa in 2022. This age group accounted for **18.3%** of the total population. In 2022, Iowa ranked 19th nationwide in the percentage of population age 65 and older.

319,326

The estimated number of women age 65 and over in Iowa in 2022. This accounted for **54.5%** of the age group 65 and over. The estimated number of women age 85 and was **51,151**. This was **67.1%** of Iowans 85 and over.

728,943

The projected population age 65 and older in Iowa in the year 2060. According to Woods & Poole Economics Inc., this age group will constitute **20.8%** of the state's total population at that time.

Households and Families

44.6%

Percent of Iowans age 65 and over who lived alone in 2022.

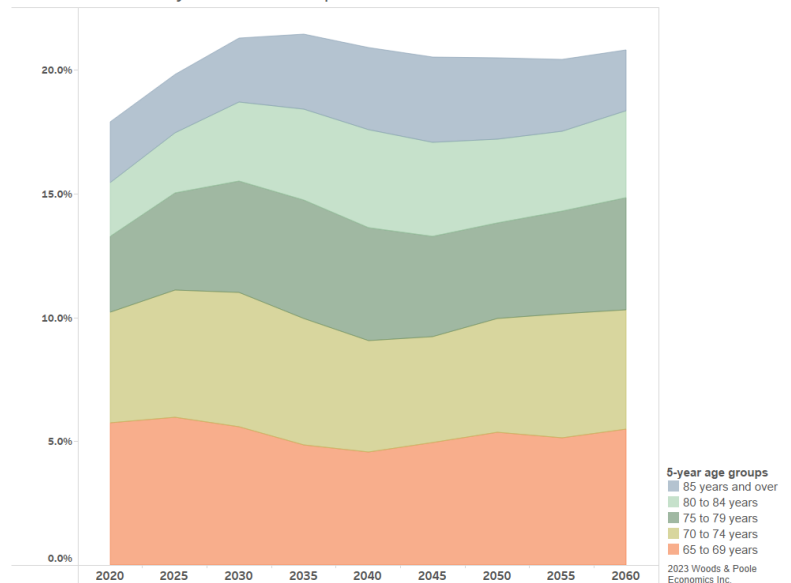
14,886

The number of children under 18 who are being cared for by a grandparent in Iowa in 2022.

26,602

Number of Iowans age 65 and older in 2022 who lived in group quarters. Group quarters include nursing facilities; military quarters, correctional facilities as well as college student housing. This age group is **27.0%** of the total group quarter population.

Projected Iowa Population: 2020-2060



Income, Poverty, and Health Insurance

\$52,006

Median household income in 2022 with householders 65 and over. The median income for all households in Iowa in 2021 was **\$69,588**.

8.5%

Poverty rate for people 65 and older in 2022, compared to **11.0%** for all Iowans.

854

The number of Iowans 65 years and over without health insurance coverage in 2022. That is **0.2%** of that population without health insurance coverage. The percentage of the total population in Iowa without health insurance coverage was **4.5%**.

586,030

The number of 2022 social security beneficiaries aged 65 or older in Iowa. This group collected **\$996,200,000** total benefits.

Data provided by the Social Security Administration publication "OASDI Beneficiaries by State and County" <http://www.ssa.gov/policy/docs/statcomps/>

Voting

33.1%

Percent of the registered voters age 65 and older who voted in the 2022 election.

Data provided by the Iowa Secretary of State

Education

93.5%

Percent of people age 65 and older in 2022 with at least a high school diploma. The percent of all Iowans age 25 and over with at least a high school diploma was **93.5%**.

26.2%

Percentage of the population age 65 and older in 2022 who had earned a bachelor's degree or higher education. The percent of all Iowans age 25 and over who had earned a bachelor's degree or higher was **32.3%**.

Migration

94.1%

Percent of Iowans age 65 and over who did not move between 2021 and 2022. This can be compared to 87.2% for the state as a whole.

6,444

The number of people age 65 and over who moved into the state of Iowa between 2021 and 2022. This represented only **7.7%** of all the people who moved into the state during that time.

73.5%

Percent of Iowans age 65 and over in 2022 who were born in Iowa. The percent of all Iowans born in the state was **70.1%**.

Serving Our Nation

14.5%

Percentage of people in 2022 age 65 and older in Iowa who are military veterans.

Disability

168,537

The number of lowans in 2022 age 65 and over with at least one type of disability.

40.9%

The percent of Iowa veterans in 2022 age 65 and over with a disability.

168,283

The number of people 65 & over in 2022 with a disability that have health insurance coverage.

Type of Disability: 2022 Population 65 and over	
Hearing difficulty	77,023
Vision difficulty	25,974
Cognitive difficulty	33,186
Ambulatory difficulty	96,589
Self-care difficulty	29,988
Independent living difficulty	59,253

Employment

18.8%

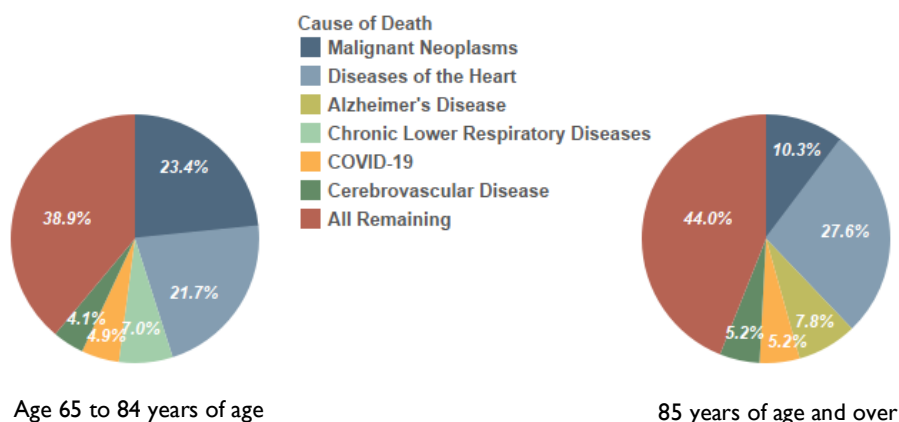
Labor force participation rate for lowans age 65 and older in 2022. There were 110,582 lowans age 65 and over in the labor force.

2.0%

The unemployment rate in 2022 for lowans age 65 and over.

Vital Statistics

Leading causes of death by age: 2022



Leading causes of death for all lowans: 2022

Disease of the heart: 22.7%	COVID-19: 5.0%
Malignant Neoplasms : 18.4%	Cerebrovascular Diseases: 4.1%
Unintentional injuries: 5.3%	Alzheimer's Disease: 4.0%
Chronic lower Respiratory: 5.1%	Other: 35.4%

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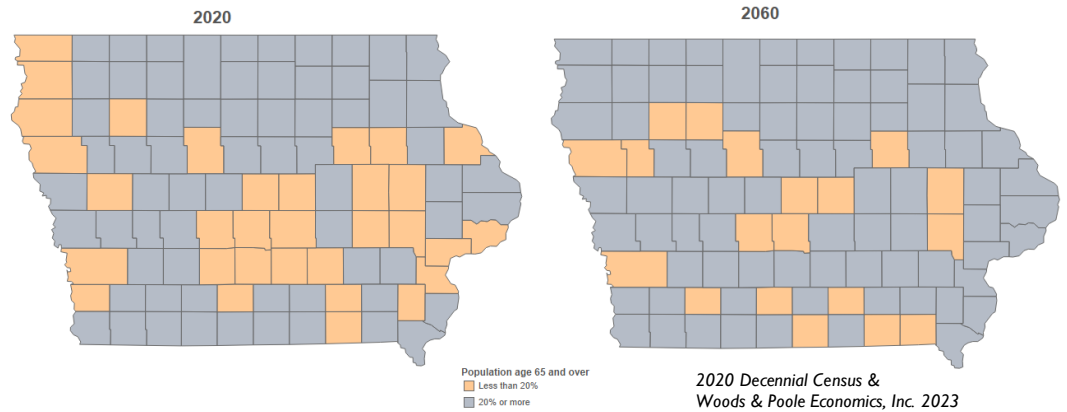
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Data Source:
(unless otherwise noted)
U.S. Census Bureau,
2022 American Community Survey,
2022 Annual population estimates
2023 Woods & Poole Economics,
Inc.

Photos by the U.S. Census
Bureau

Older Iowans: 2024

Percent of the total population 65 years of age and over



Counties and Cities

71,143

The number of people age 65 and over in Polk County, making it the largest population of this age group in any county in 2022.

28.4%

The percent of total population in Dickinson county who are age 65 and over in 2022. Other Iowa counties with a high percentage in this age group are Jefferson (26.8%), Kossuth (25.7%), Audubon (25.1%), and Clayton (25.0%).

31.8%

Iowans age 65 and over in 2022 lived in these five counties: Polk, Linn, Scott, Black Hawk, and Johnson.

5

The number of Iowa counties with a decrease in the population age 65 and over between 2010 and 2022.

Sources: 2010 Decennial Census & 2022 Annual Population Estimates

80

The number of Iowa counties in 2060 in which at least 20% of the residents will be age 65 and over according to Woods & Poole Economics, Inc. In 2000 that number was 30.

26,531

The number of people age 65 and over in Des Moines, making it largest population of this age group in any Iowa city.

61.9%

The percent of total population in Wintona who were age 65 and over. Other Iowa cities with a high percentage in this age group were Maharishi Vedic City (61.5%), Harpers Ferry (52.1%), Lone Rock (47.4%) and Walnut (46.1%).

19.8%

The percent of the total population age 65 and over who lived in Des Moines, Cedar Rapids, Davenport, Sioux City, Dubuque, Waterloo, and Council Bluffs.

Source: 2018-2022 American Community Survey