

Aging Facts in New Mexico

- According to the U.S. Census Bureau, 13.1% of New Mexicans are currently over the age of 65. Yet projections indicate that 16.8%, or 343,000 New Mexicans, will be 65 and older in 2015, increasing to 26% in 2030.ⁱ
- From 2000 to 2030, New Mexico's population of person age 65 and older will double.ⁱⁱ
- By the year 2030, New Mexico will rank 4th in the nation in percentage of population age 65 and older; currently New Mexico is 39th.ⁱⁱⁱ
- In the year 2030, older New Mexicans will outnumber those under age 18 who will account for only 21.7% of the population, or 455,808 persons.^{iv}
- New Mexico's growing population of older adults reflects the aging of its Baby Boomers, as well as the continuing migration of retirees and others to western states.^v
- The 80+ population of New Mexico will almost double from 51,000 in 2000 to 97,000 in 2025.^{vi}
- In New Mexico, 13.2% of the 60 and older population lives at or below the federal poverty level; 46% of New Mexico's Native American Indian population, and 28% of the New Mexico's Hispanic population, lives in poverty. The state places 45th in the nation with regard to per capita income.^{vii}
- New Mexico's 60 and older population is ethnically and culturally diverse. Almost 30% of persons age 60 and older are of Hispanic origin, 5% are Native American Indian, 1.3% is African American and almost one percent is Asian, for a combined percentage of approximately 37%.^{viii}
- Over 296,000 people with disabilities live in New Mexico, more than one third are age 65 or older. Almost 45% of the community-living population age 65 and older has disabilities; many have more than one disability.^{ix}
- Almost 67,000 New Mexicans with disabilities live in poverty, ¼ of these are age 65 and older.^x
- Over 30,000 people in New Mexico are directly suffering from Alzheimer's disease or related disorders; many more are caregivers and family member of these individuals secondarily affected.^{xi}
- More than 200,000 people in New Mexico, or nearly 10% of the state's population, served as family caregivers in 2006. The estimated economic value of this care was \$1.6 billion.^{xii}

- More than 46,000 grandparents in New Mexico are living with their grandchildren, almost 25,000 of whom are raising and solely responsible for their grandchildren; 31% of these grandparent-headed families are living in poverty.^{xiii}
- Of adults between the ages of 55 and 64 in New Mexico, 13% reported frequent mental distress, 16% had diagnosed anxiety disorders, and 23% have a history of depression.^{xiv}
- Over 13,000 person age 65 and older suffer from depression; depression is the foremost risk factor for suicide in older adults; people age 65 and older have the highest rates of suicide in the U.S.^{xv}
- Substance abuse, including alcoholism, among adults age 60 and older is one of the fastest growing health problems in the nation.^{xvi}
- The problems of hunger and food insecurity in New Mexico are major. New Mexico ranks 2nd in the nation in food insecurity and 3rd in hunger. Nearly one in six New Mexicans are not sure they have enough money to buy food; almost 5% do not have enough to eat at least once during the month. Older adults comprise almost 10% of New Mexico's hungry. Over 240,000 people receive food stamps and many more are eligible.^{xvii}
- In the Albuquerque metropolitan region, more than 44,000 older adults are projected to have poor access to transit by 2015. In the greater Las Cruces metropolitan area, over 70% of seniors are projected to have poor access to transit by 2015, and in the Santa Fe region, 60% of older adults will lack adequate access.^{xviii}
- In most counties in NM, elders cannot meet their basic living expenses if they live at the federal poverty level or the level of the average Social Security benefit. This is true of elders statewide, whether they rent or own a home. About 13% of NM's older adults live at or below the federal poverty level. Social Security is the only source of income for one out of four older adults in NM, the majority of who are women.^{xix}
- The need for long-term care services can more than double an older adult's expenses, significantly increasing the income needed to meet basic needs.^{xx}

ⁱ The New Mexico Elder Economic Security Initiative

ⁱⁱ New Mexico State Plan for Aging & Long-Term Services Department

ⁱⁱⁱ New Mexico State Plan for Aging & Long-Term Services Department

^{iv} New Mexico State Plan for Aging & Long-Term Services Department

^v New Mexico State Plan for Aging & Long-Term Services Department

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^{viii} New Mexico State Plan for Aging & Long-Term Services Department

^{ix} New Mexico State Plan for Aging & Long-Term Services Department

^x New Mexico State Plan for Aging & Long-Term Services Department

^{xi} New Mexico State Plan for Aging & Long-Term Services Department

^{xii} New Mexico State Plan for Aging & Long-Term Services Department

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- xiii New Mexico State Plan for Aging & Long-Term Services Department
 - xiv New Mexico's EngAGEMENT Project: A Baseline Survey
 - xv New Mexico State Plan for Aging & Long-Term Services Department
 - xvi New Mexico State Plan for Aging & Long-Term Services Department
 - xvii New Mexico State Plan for Aging & Long-Term Services Department
 - xviii Aging and Long-Term Services Department Strategic Plan: State Fiscal Year 2012
 - xix The New Mexico Elder Economic Security Initiative
 - xx Aging and Long-Term Services Department Strategic Plan: State Fiscal Year 2012