

Utah's Older Population: 2020

This fact sheet highlights the decade's change in Utah's 65 and older population. Key highlights include:

3x Between 2010 and 2020, Utah's 65 and older population grew nearly three times as fast as the state overall.

During the decade, the state's oldest age group gained **132,335 residents, increasing 53% (4.3% annually)**, while the state grew 18% (1.7% annually) overall.

In 2010, older Utahns (age 65 and older) made up 9.0% of the state, but by 2020, they represented **11.7% of Utah's population.**

Just over one in ten (**11.3%**) Utahns over 65 identify as a **race or ethnicity other than non-Hispanic White.**

1 in 5 older Utahns (77,000 residents) **live alone.**

These findings, and others presented in this factsheet, come from the U.S. Census Bureau's 2020 Demographic and Housing Characteristics (DHC) file.

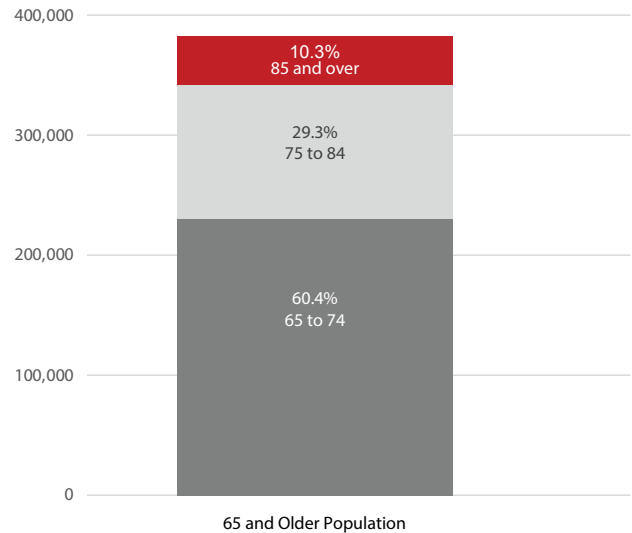
Utah's Older Population

In 2020, 381,797 residents age 65 or older lived in Utah. The majority (60%) of these older Utahns were 65 to 74 years old and represent the oldest members of the baby boom generation. The next oldest age group, Utahns 75 to 84, was less than half the size of the 65 to 74 population and made up 29% of the older population. Utah's 85 and older age group made up only 10% of the older population. The declining population size of these three groups primarily reflects the fact that death rates increase with age.

Between 2010 and 2020, the 65-to-74-year-old population grew by 67%, faster than any other age group in the state. The 75- to 84-year-old age group grew only 39% but is expected to grow more in the next decade as many baby boomers age into this group. Utah's 85 and older population experienced the

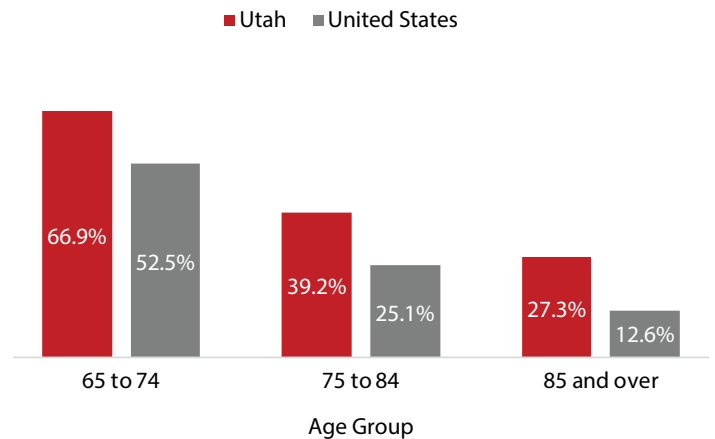
slowest growth of the older age groups, growing 27%. All three of Utah's older age groups grew faster than their national peer groups and faster than the state overall, which grew 18%.

Figure 1: Utah Population 65 and Older by Age Group, 2020



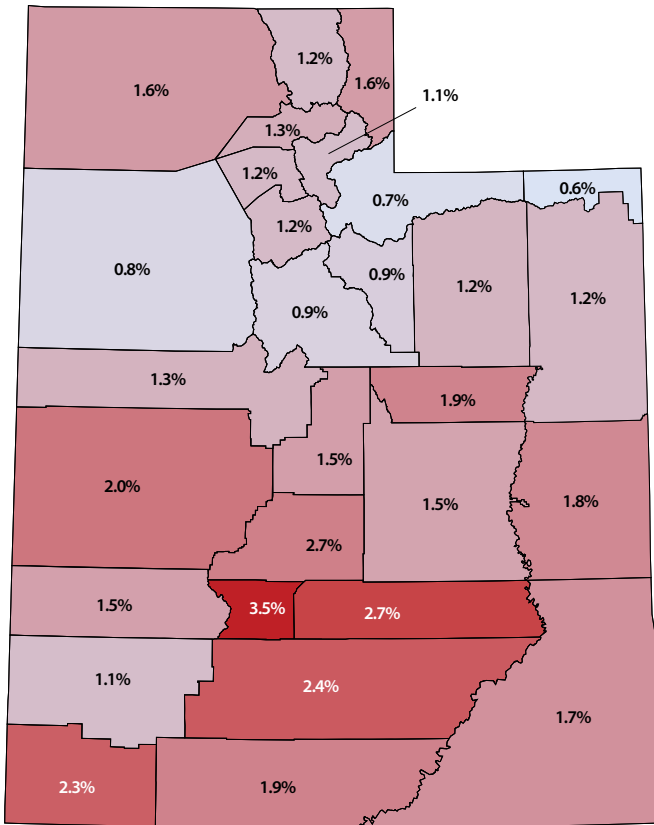
Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Figure 2: Decadal Growth Rates of 65 and Older Age Groups in Utah and the United States, 2010-2020



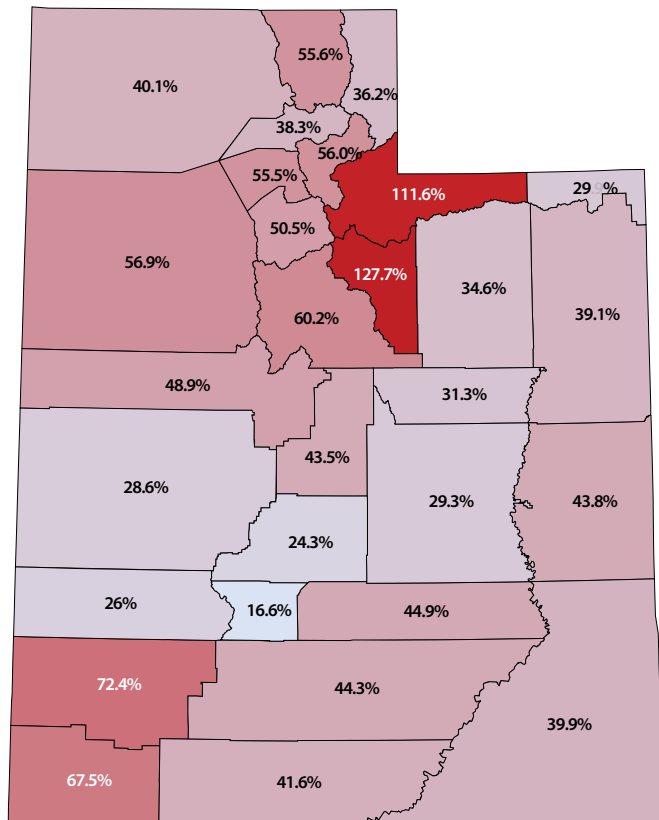
Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Figure 5: Percentage of Population 85 and Older by County, 2020



Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Figure 6: Percent Change in the 65 and Older Population by County, 2010-2020



Source: U.S. Census Bureau, 2010 Census Summary File 1 (SF1), 2020 Census Demographic and Housing Characteristics File (DHC)

Many of Utah’s counties with high shares of residents 65 and older also feature comparatively high percentages of residents ages 85 and older. For example, Piute County features Utah’s highest concentration of residents 85 and older (3.5%) and the second-highest concentration of residents 65 and older (28%). Wayne County also follows this pattern, with the state’s second-highest share of residents 85 and older (2.7%) and the fourth-highest share of residents 65 and older (25%).

Not all counties share this age structure for older residents. Daggett County, for example, has the highest share of residents 65 and older in the state (28%) but the lowest share of residents 85 and older (0.6%). Similarly, Summit County has a slightly above-average share of residents age 65 and older (14%) but has the second smallest share of residents 85 and older in the state (0.7%).

Between 2010 and 2020, the share of older residents increased in every county in Utah, but some counties experienced much higher increases than others. While the older population increased statewide by 53% over the decade, Piute, Sevier, Millard, Beaver, and Emery counties’ older populations grew less than 30%. Meanwhile, the 65 and older populations in Summit and Wasatch counties more than doubled, increasing by 112% and 128%, respectively.

Community Comparisons

Several Utah cities appear in the national rankings of U.S. cities (of 100,000 residents) with the lowest share of older residents. Provo (7.1%) ranks second for the lowest percentage of residents age 65 and older, behind College Station, Texas (6.5%), with West Jordan (8.9%) ranking 5th on the same list. Both West Jordan (0.6%) and West Valley City (0.7%) appear in the national ranking for the lowest share of residents 85 and older, with West Jordan second behind Killeen, Texas (0.6%) and West Valley fourth behind College Station, Texas (0.6%).

Among the 44 Utah communities with 20,000 or more residents, only 12 have higher concentrations of older residents than the state overall. The three cities with the highest shares of older residents are all located in Washington County: St. George (22%), Hurricane (21%), and Washington (21%). Six Salt Lake County communities join these in the top 10 cities for the highest share of older residents: Holladay (19%), Cottonwood Heights (18%), Bountiful (16%), Murray (16%), Millcreek (16%), and Sandy (15.1%).

The Utah communities with the lowest concentrations of older residents were some of the fastest-growing in the state. Topping the list are Eagle Mountain (3%), Herriman (4%), Saratoga Springs (4%), and Lehi (6%).

Table 2: Top Ten Utah Communities (population 20,000 or more) with Highest Shares of Residents Age 65 and Older, 2020

Rank	Community	Share of Residents 65 and Older
1	St. George	22.4%
2	Hurricane	21.5%
3	Washington	20.6%
4	Holladay	19.4%
5	Cottonwood Heights	18.4%
6	Bountiful	16.5%
7	Murray	16.5%
8	Millcreek	15.7%
9	Sandy	15.1%
10	North Ogden	14.4%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Table 3: Top Ten Utah Communities (population 20,000 or more) with Smallest Shares of Residents Age 65 and Older, 2020

Rank	Community	Share of Residents 65 and Older
1	Eagle Mountain	3.0%
2	Herriman	4.2%
3	Saratoga Springs	4.2%
4	Lehi	5.8%
5	Provo	7.1%
6	Spanish Fork	7.5%
7	Clearfield	7.5%
8	Logan	7.7%
9	South Salt Lake	7.7%
10	Magna	7.8%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Urban and Rural Comparisons

Utah's older population is more likely to live in rural areas than the state's younger residents. In 2020, Utahns 65 and older represented 21.7% of the state's rural population but only 14.9% of the urban population. Among Utahns 65 and older, this difference is greatest in the population ages 65 to 69, which accounted for 3.8% of Utah's urban population and 5.7% of the state's rural population.

Demographic Characteristics

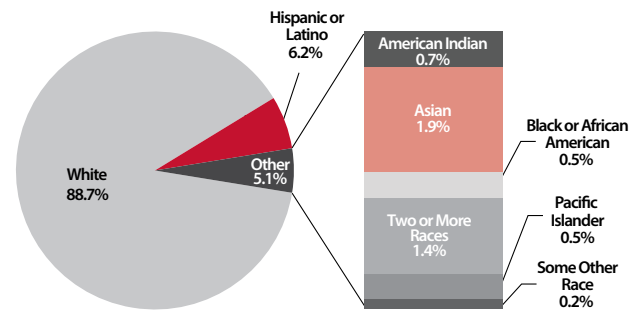
Sex

On average, women tend to live longer than men. As a result, females outnumber males among Utah's older population (65 and older), especially in the most senior age group, 85 and older. Among 65- to 69-year-old Utahns, 48% are male, and 52% are female. As age increases, these shares tip in favor of women, reaching 36% male and 64% female in the 85 and older age group.

Race

In 2020, 88.7% of Utah's older population identified as non-Hispanic White alone. The second largest racial or ethnic group was Hispanic or Latino, representing 6.2% of Utahns 65 and older. Utahns identifying as the remaining non-Hispanic Non-White racial groups represented just over 5% of 65 and older Utahns: Asian (2.6%), Multiracial (1.4%), American Indian or Alaskan Native (0.7%), Black or African American (0.5%), Native Hawaiian or Pacific Islander (0.5%), and Some Other Race (0.2%).

Figure 7: Utah's 65 and Older Population by Race and Ethnicity, 2020

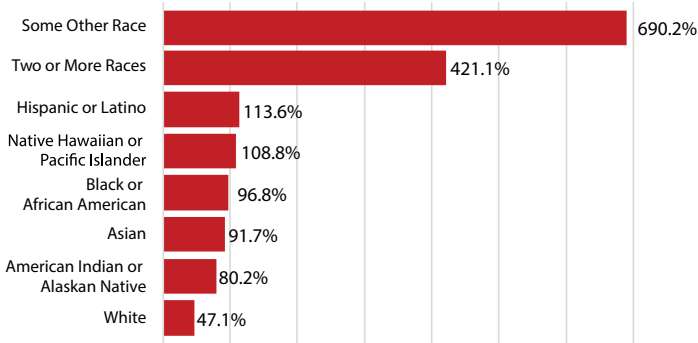


Note: All groups presented in this figure include only non-Hispanic individuals, except the Hispanic or Latino group, which includes individuals of all races who identify as Hispanic or Latino.

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Utah's older population is less diverse than the state population overall. While 24.6% of all Utahns identify as racial or ethnic minorities, only 11.3% of Utahns age 65 or older identify as a race or ethnicity other than non-Hispanic White. All minority racial and ethnic groups represent smaller shares within Utah's older population than the state overall, with the largest differences in the non-Hispanic Two or More Races population (1.4% compared to 3.7% statewide) and the Hispanic or Latino Population (6.2% compared to 15.1% statewide).ⁱⁱⁱ

Figure 8. Percent Change of Utah Population 65 and Older by Race and Ethnicity, 2010-2020



Note: All groups presented in this figure include only non-Hispanic individuals, except the Hispanic or Latino group. Data users should use caution when comparing 2010 and 2020 Census race data because of improvements to the question design, data processing, and coding procedures for the 2020 Census. Source: U.S. Census Bureau, 2010 Census Summary File 1 (SF1), 2020 Census Demographic and Housing Characteristics File (DHC)

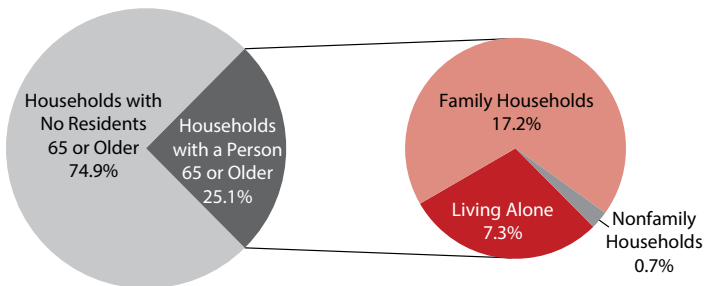
Between 2010 and 2020, Utah's older population became more diverse as the growth of the non-Hispanic White population was outpaced by the growth of other racial and ethnic groups. The fastest growth occurred in the population of older Utahns who identified as Two or More Races or Some Other Race. The older populations identifying as Hispanic or Latino or Native Hawaiian, or Pacific Islanders also grew substantially, more than doubling in size. The Census Bureau attributes these changes to several factors.^{iv}

Housing

Living Arrangements

More than 1 in 4 Utah households have at least one individual age 65 or older. Most (68%) of these households are family households, with two or more related individuals living together. Just under one-third of these households (29%) are older residents living alone.

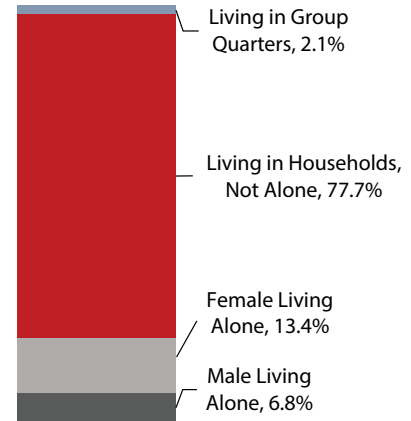
Figure 9. Utah Households by Presence of Individuals 65 or Older, 2020



Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

More than 77,000 older Utahns live alone, accounting for 20% of the state's older population. Almost twice as many older women (51,000) live alone compared to older men (26,000). Though Utahns of many ages live alone, older residents are over-represented within this group, representing 37% of the population living alone but only 22% of householders overall.

Figure 10: Utah's 65 and Older Population by Household Type, 2020



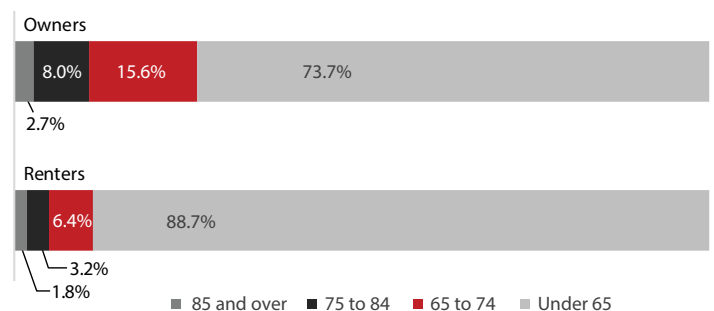
Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Slightly more than 2% of older Utahns, or 7,926 residents, live in Group Quarters. The most common group context for this age group is Nursing or Skilled Nursing Facilities, which house nearly three-quarters of the older Utahns living in Group Quarters. The likelihood of older Utahns residing in nursing facilities increases with age, with rates rising from 0.5% for ages 65 to 69 to 5.8% for ages 85 and older.

Tenure

In Utah, 83.8% of householders age 65 and older own their homes, while the other 16.2% of older householders rent. These rates are similar to rates in 2010 when 84.1% of older Utahn householders owned their homes. Utah's younger householders own homes at much lower rates, with only 64.9% of Utah householders under age 65 owning their homes in 2020. Householders 65 and over represent 26% of home-owning householders statewide but only 11% of renting householders.

Figure 11: Utah Renters and Home-Owners by Age of Householder, 2020



Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

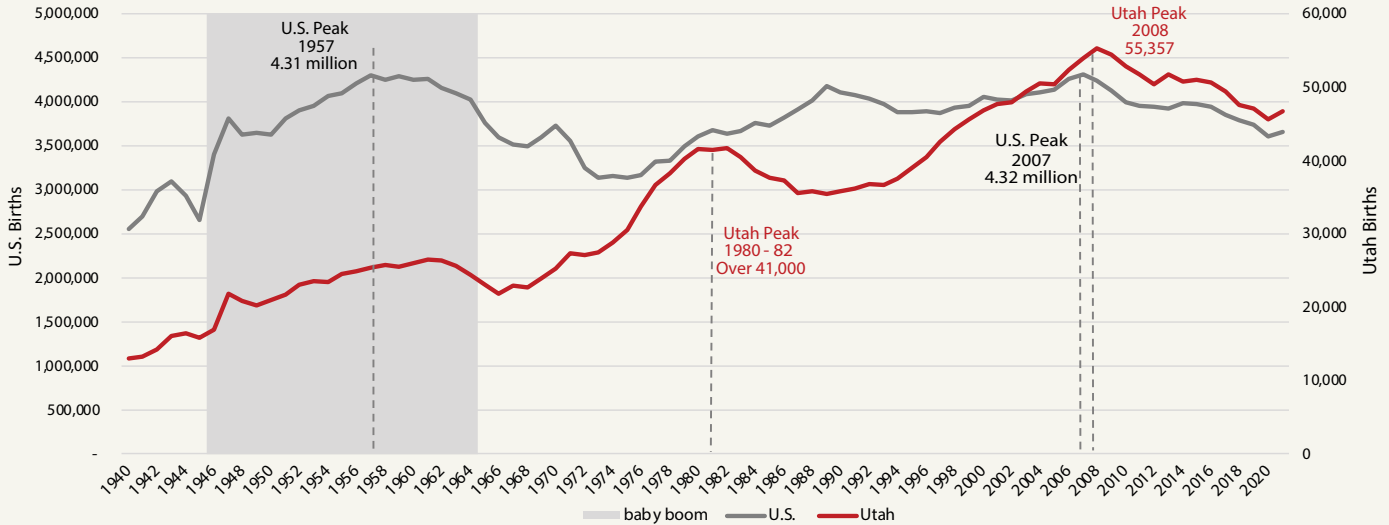
Within Utah's older population, those 85 and older are the least likely to own their homes, with 77.5% of householders in this most senior age group owning and 22.5% renting their homes. In comparison, 84.5% of 65 to 74-year-old householders and 84.8% of 75 to 84 year old householders own their homes.

Utah's Baby Boomers

Between 2010 and 2020, growth of the population over age 65 spiked across the United States, surpassing any decadal growth experienced by the age group in the past one hundred years.^v This rapid growth in the country's older population (age 65 and older) was primarily driven by aging baby boomers, who began turning 65 in 2011.^{vi}

Births of the baby boomer generation, which began in 1946 and continued through 1964, peaked nationally in 1957 at 4.31 million births. U.S. births only surpassed this peak level one other year, in 2007. In contrast, Utah's postwar baby boom peaked later, in 1961, with 26,560 births. Utah has exceeded this baby boom birth peak each year since 1971, including a state high of 55,357 births in 2008, more than double Utah's baby boom peak.

Figure 12: Births in the United States and Utah, 1940-2021

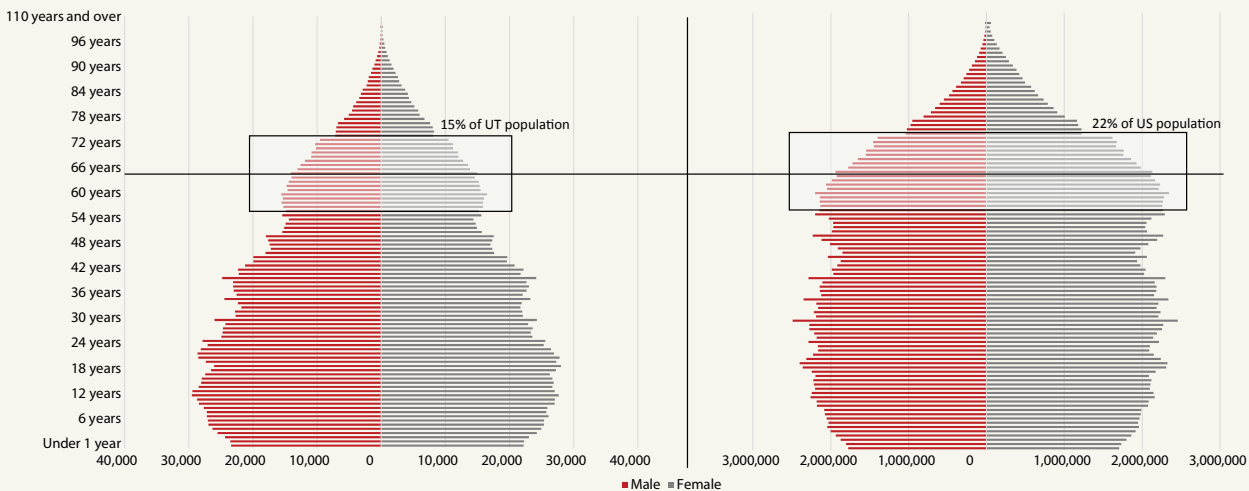


Sources: National Center for Health Statistics, Utah Department of Health

Figures 13 and 14 highlight the baby boom generation in the U.S. and Utah in 2020. In each population pyramid, the baby boomer population appears as a bulge between the ages of 56 and 74. About half of this range appears above the 65-year age line, but by 2030, all baby boomers will be 65 or older. In Utah, the age groups younger than the baby boom generation on the pyramid are typically larger. In contrast, the United States features a more rectangular population pyramid, representing younger age group populations of comparable size to the baby boom generation.

Figure 13: Utah Population by Age and Sex, 2020

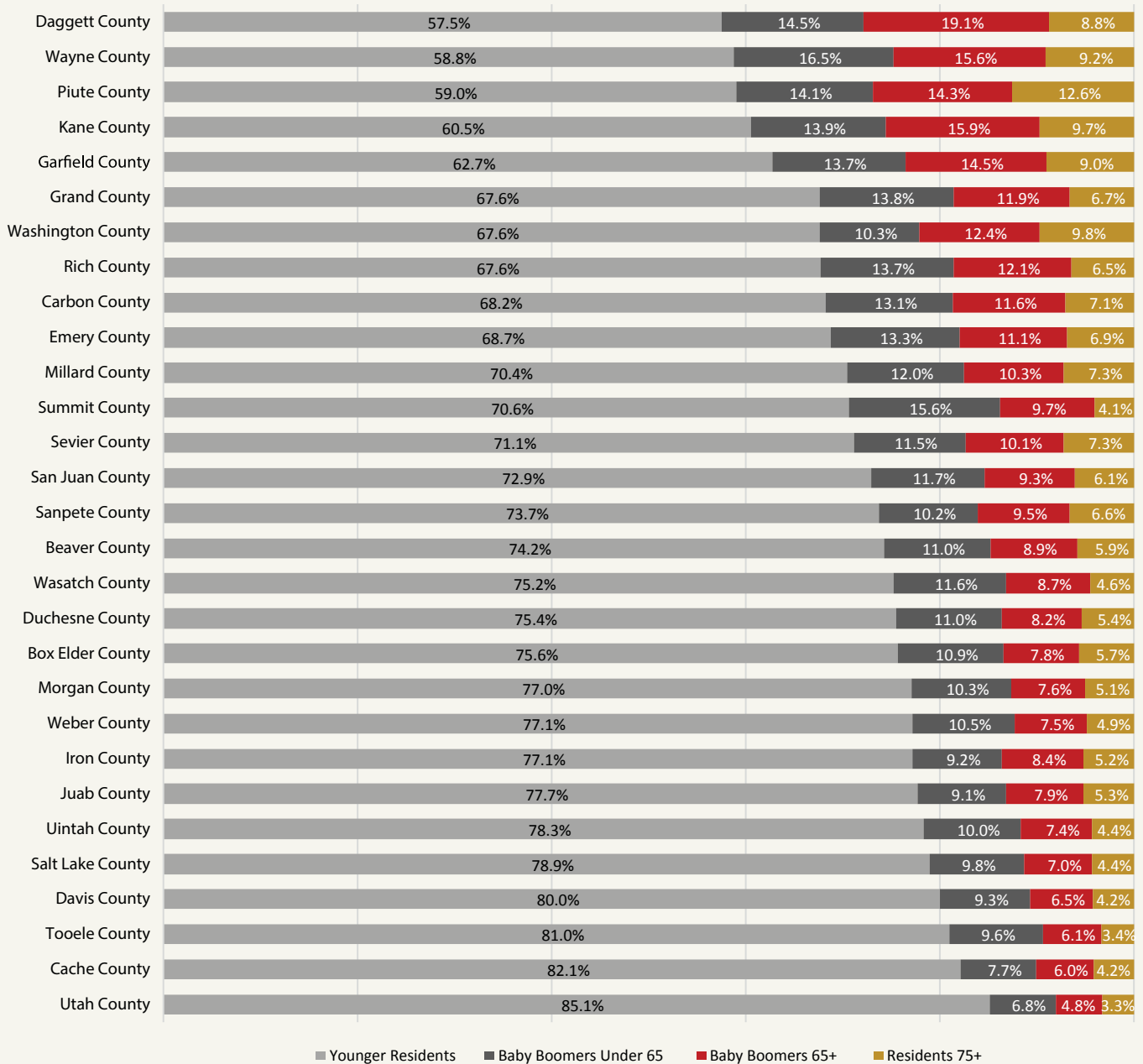
Figure 14: United States Population by Age and Sex, 2020



Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

In most counties, the share of retirement-age baby boomers is much larger than the share of residents age 75 and older (see Figure 15). In several cases, like Summit, Wasatch, and Daggett counties, the share of retirement-age baby boomers is twice the size of the share of residents from older generations. In all but four counties, the number of baby boomers poised to age into the 65 and older population over the next decade matches or exceeds the number of baby boomers currently within the older population. However, migration and mortality rates also impact future county populations.

Figure 15: Baby Boomers Under and Over 65 as a Share of Population by County, 2020



Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Tables

Appendix Table 1. Change in Utah's 65 and Older Population by County, 2010-2020

County	65 and Older Population 2010	65 and Older Population 2020	Absolute Change 2010 - 2020	Percent Change 2010 - 2020
Beaver	832	1,048	216	26.0%
Box Elder	5,563	7,791	2,228	40.1%
Cache	8,694	13,531	4,837	55.6%
Carbon	2,903	3,813	910	31.3%
Daggett	201	261	60	29.9%
Davis	24,992	38,874	13,882	55.5%
Duchesne	1,984	2,670	686	34.6%
Emery	1,368	1,769	401	29.3%
Garfield	831	1,199	368	44.3%
Grand	1,251	1,799	548	43.8%
Iron	4,533	7,816	3,283	72.4%
Juab	1,043	1,553	510	48.9%
Kane	1,388	1,965	577	41.6%
Millard	1,770	2,276	506	28.6%
Morgan	997	1,555	558	56.0%
Piute	332	387	55	16.6%
Rich	343	467	124	36.2%
Salt Lake	89,367	134,478	45,111	50.5%
San Juan	1,600	2,238	638	39.9%
Sanpete	3,197	4,588	1,391	43.5%
Sevier	3,016	3,748	732	24.3%
Summit	2,768	5,857	3,089	111.6%
Tooele	4,379	6,870	2,491	56.9%
Uintah	2,997	4,170	1,173	39.1%
Utah	33,457	53,593	20,136	60.2%
Wasatch	2,017	4,593	2,576	127.7%
Washington	23,826	39,919	16,093	67.5%
Wayne	425	616	191	44.9%
Weber	23,388	32,353	8,965	38.3%

Source: U.S. Census Bureau, 2010 Census Summary File 1 (SF1), 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Table 2. Percent of Population Age 65 and Older and Age 85 and Older by County, 2020

County	Percent of Population 65 and Older	Percent of Population 85 and Older
Beaver	14.8%	1.5%
Box Elder	13.5%	1.6%
Cache	10.2%	1.2%
Carbon	18.7%	1.9%
Daggett	27.9%	0.6%
Davis	10.7%	1.2%
Duchesne	13.6%	1.2%
Emery	18.0%	1.5%
Garfield	23.6%	2.4%
Grand	18.6%	1.8%
Iron	13.6%	1.1%
Juab	13.2%	1.3%
Kane	25.6%	1.9%
Millard	17.5%	2.0%
Morgan	12.6%	1.1%
Piute	26.9%	3.5%
Rich	18.6%	1.6%
Salt Lake	11.3%	1.2%
San Juan	15.4%	1.7%
Sanpete	16.1%	1.5%
Sevier	17.4%	1.9%
Summit	13.8%	0.7%
Tooele	9.5%	0.8%
Uintah	11.7%	1.2%
Utah	8.1%	0.9%
Wasatch	13.2%	0.9%
Washington	22.1%	2.3%
Wayne	24.8%	2.7%
Weber	12%	1.3%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Table 3. Percent of Utah's Total Population and Utah's 65 and Older Population by Race and Ethnicity, 2020

Race and Ethnicity	Percent of Total Population	Percent of 65 and Older Population
NH White alone	75.4%	88.7%
NH Black or African American alone	1.1%	0.5%
NH American Indian and Alaska Native alone	0.9%	0.7%
NH Asian alone	2.4%	1.9%
NH Native Hawaiian and Other Pacific Islander alone	1.1%	0.5%
NH Some Other Race alone	0.4%	0.2%
NH Two or More Races	3.7%	1.4%
Hispanic or Latino	15.1%	6.2%

Note: NH stands for non-Hispanic. All racial groups include individuals who selected only one race, except for the Two or More Races group. Hispanic or Latino includes individuals of all races who identify as Hispanic or Latino.
Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Table 4. Utah 65 and Older Population Change by Race and Ethnicity, 2010 to 2020

Race and Ethnicity	2010	2020	Absolute Change 2010 - 2020	Percent Change 2010 - 2020
NH White	230,286	338,689	108,403	47.1%
Hispanic or Latino	11,008	23,510	12,502	113.6%
NH Black or African American	970	1,909	939	96.8%
NH American Indian or Alaskan Native	1,385	2,496	1,111	80.2%
NH Asian	3,858	7,394	3,536	91.7%
NH Native Hawaiian or Pacific Islander	844	1,762	918	108.8%
NH Some Other Race	92	727	635	690.2%
NH Two or More Races	1,019	5,310	4,291	421.1%

Note: NH stands for non-Hispanic. All racial groups include individuals who selected only one race, except for the Two or More Races group. Hispanic or Latino includes individuals of all races who identify as Hispanic or Latino. Data users should use caution when comparing 2010 and 2020 Census race data because of improvements to the question design, data processing, and coding procedures for the 2020 Census.
Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Table 5. Utah Population 65 and Older Living in Nursing Facilities by Sex and Age, 2020

Age	Male		Female		All	
	Count	Percent	Count	Percent	Count	Percent
65 to 69	354	0.6%	356	0.5%	710	0.5%
70 to 74	387	0.8%	465	0.9%	852	0.8%
75 to 79	372	1.2%	552	1.5%	924	1.4%
80 to 84	361	1.9%	695	2.9%	1056	2.4%
85 and over	757	4.7%	1546	6.6%	2303	5.8%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Appendix Table 6: Utah Population Change by 5-Year Age Group, 2010 to 2020

Age	2010	2020	Absolute Change 2010 - 2020	Percent Change 2010 - 2020
5 to 14	477,523	544,452	66,929	14.0%
15 to 24	447,609	544,642	97,033	21.7%
25 to 34	445,687	472,899	27,212	6.1%
35 to 44	332,475	448,621	116,146	34.9%
45 to 54	306,964	334,184	27,220	8.9%
55 to 64	240,241	305,241	65,000	27.1%
65 to 74	138,224	230,636	92,412	66.9%
75 to 84	80,247	111,698	31,451	39.2%
85+	30,991	39,463	8,472	27.3%

Source: U.S. Census Bureau, 2020 Census Demographic and Housing Characteristics File (DHC)

Endnotes

ⁱ Caplan, Z. & Rabe M. (May 2023). The Older Population 2020: 2020 Census Briefs. (C2020BR-07). U.S. Census Bureau. <https://www2.census.gov/library/publications/decennial/2020/census-briefs/c2020br-07.pdf>

ⁱⁱ Caplan, Z. & Rabe M. (May 2023). The Older Population 2020: 2020 Census Briefs. (C2020BR-07). U.S. Census Bureau. <https://www2.census.gov/library/publications/decennial/2020/census-briefs/c2020br-07.pdf>

ⁱⁱⁱ Further insights into racial and ethnic differences between Utah age groups are presented in a factsheet found here: <https://gardner.utah.edu/wp-content/uploads/C2020-RceEth-FS-Aug2021.pdf?x71849>

^{iv} The Census Bureau states that “We expect that they (changes) were partially due to the improvements to the design of the two separate questions for race and ethnicity, data processing, and coding, which enabled a more thorough and accurate depiction of how people prefer to self-identify.” Caplan, Z. & Rabe, M. (May 2023). The Older Population 2020: 2020 Census Briefs. (C2020BR-07). U.S. Census Bureau. <https://www2.census.gov/library/publications/decennial/2020/census-briefs/c2020br-07.pdf>. More information about changes in how the Census Bureau measured race and ethnicity in 2020 can be found here: www.census.gov/library/stories/2021/08/improved-race-ethnicity-measures-reveal-united-states-population-much-more-multiracial.html

^v Caplan, Z. (2023, May 25). U.S. Older Population Grew from 2010 to 2020 at Fastest Rate since 1880 to 1890 [American Counts: Stories] Retrieved June 12, 2023, from <https://www.census.gov/library/stories/2023/05/2020-census-united-states-older-population-grew.html>.

^{vi} Caplan, Z. & Rabe, M. (May 2023). The Older Population 2020: 2020 Census Briefs. (C2020BR-07). U.S. Census Bureau. <https://www2.census.gov/library/publications/decennial/2020/census-briefs/c2020br-07.pdf>