

WashU
Brown School

Research briefing:
Aging and Age Diversity by the Numbers

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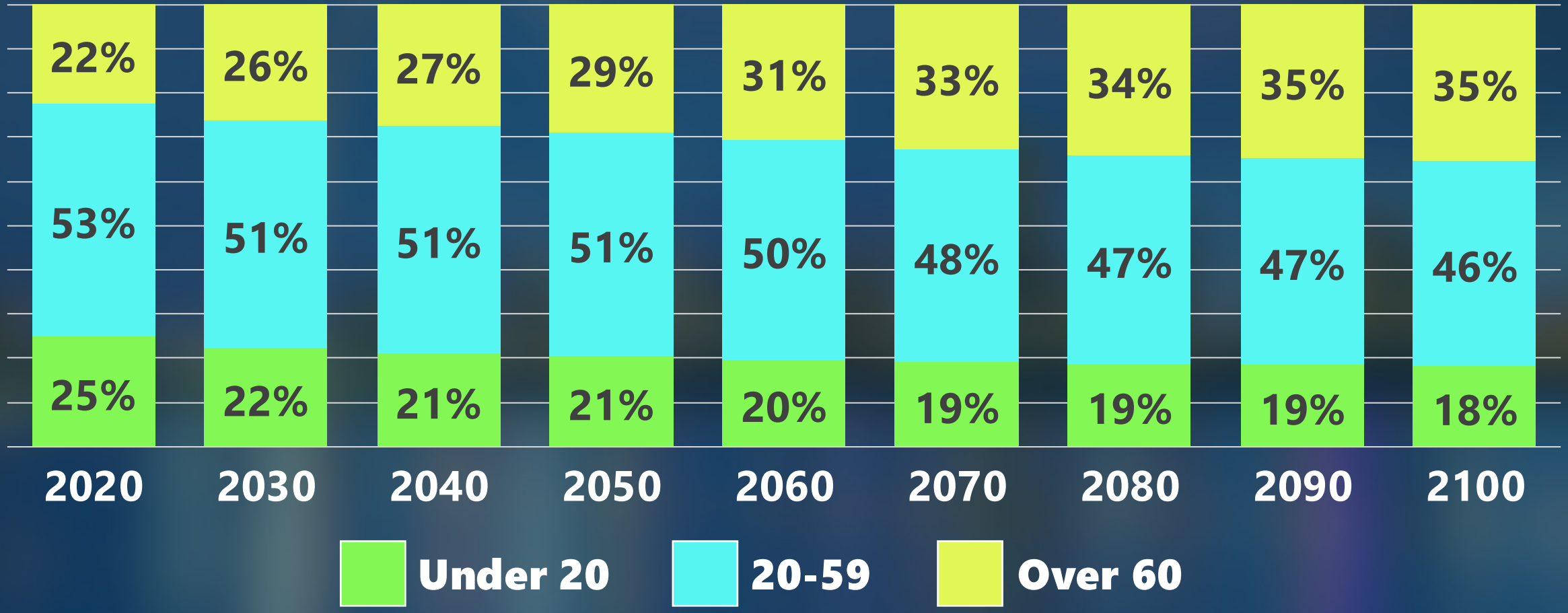
CoGenerate
November 19, 2026



Roughly 11,000 people will turn 65 every day in the U.S. until 2030.

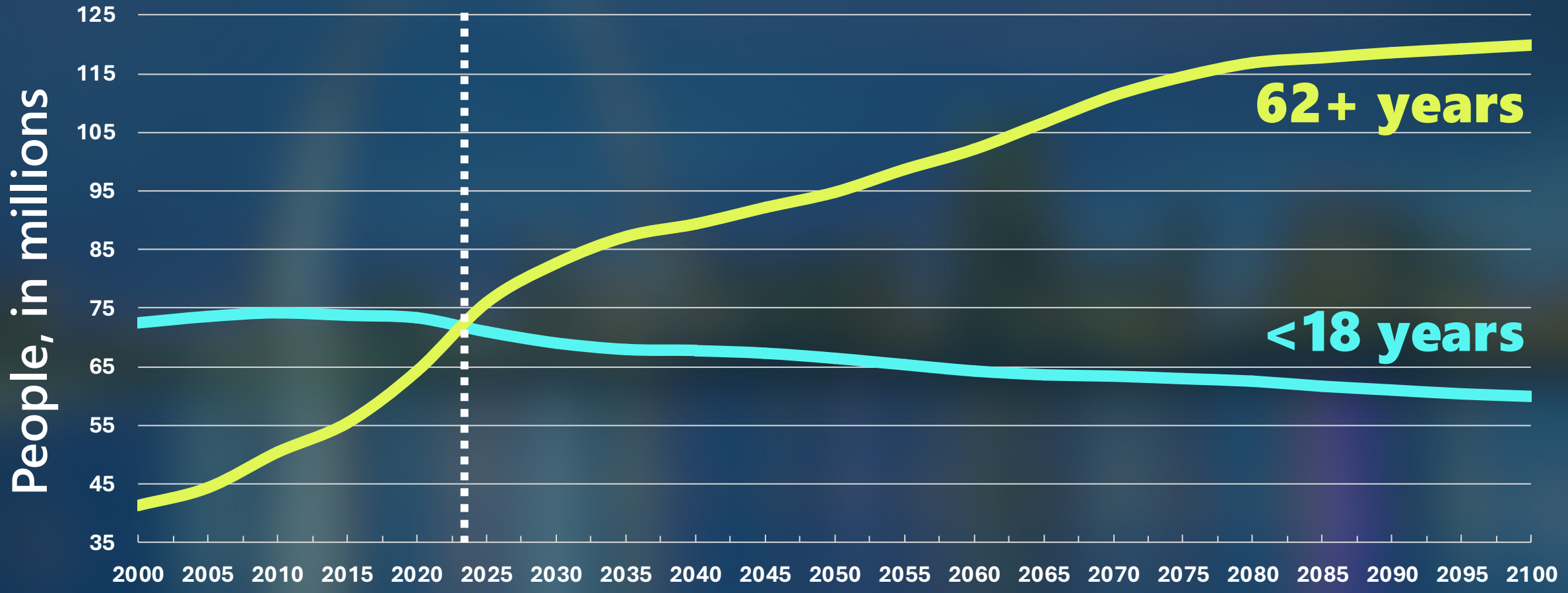
Source: Alliance for Lifetime Income (2024) using Social Security Administration data

The American population will continue to age, until at least 2100



Source: Personal analysis of U.S. Census Bureau Data

The U.S. now has more people age 62+ than under 18 (reaching this point in 2024)



Source: Halvorsen & Kim (2025) using U.S. Census Bureau data

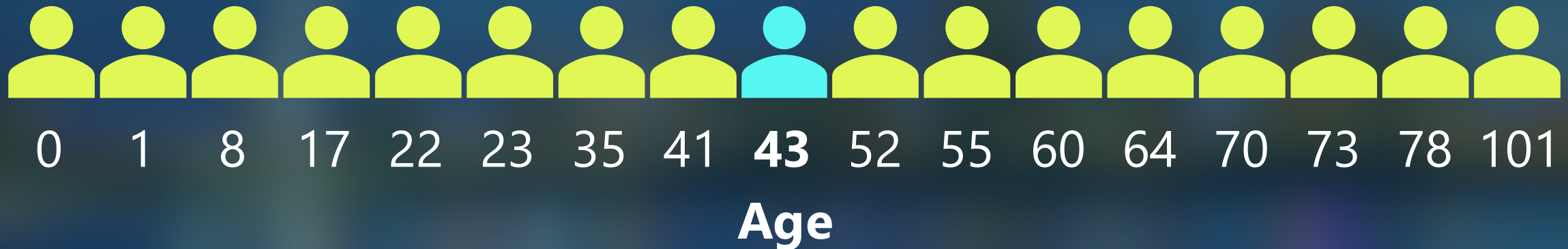
Let’s go back to school…



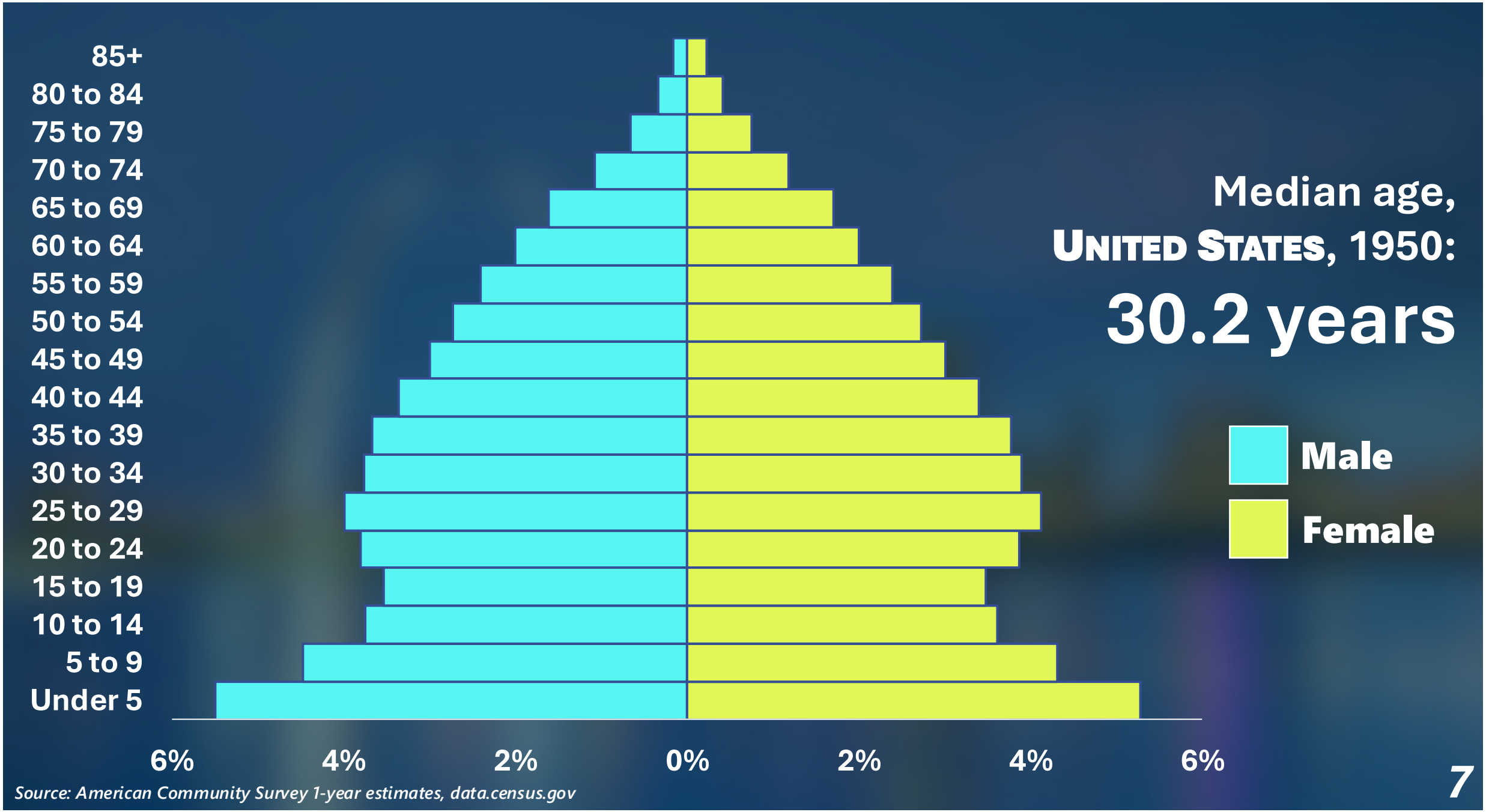
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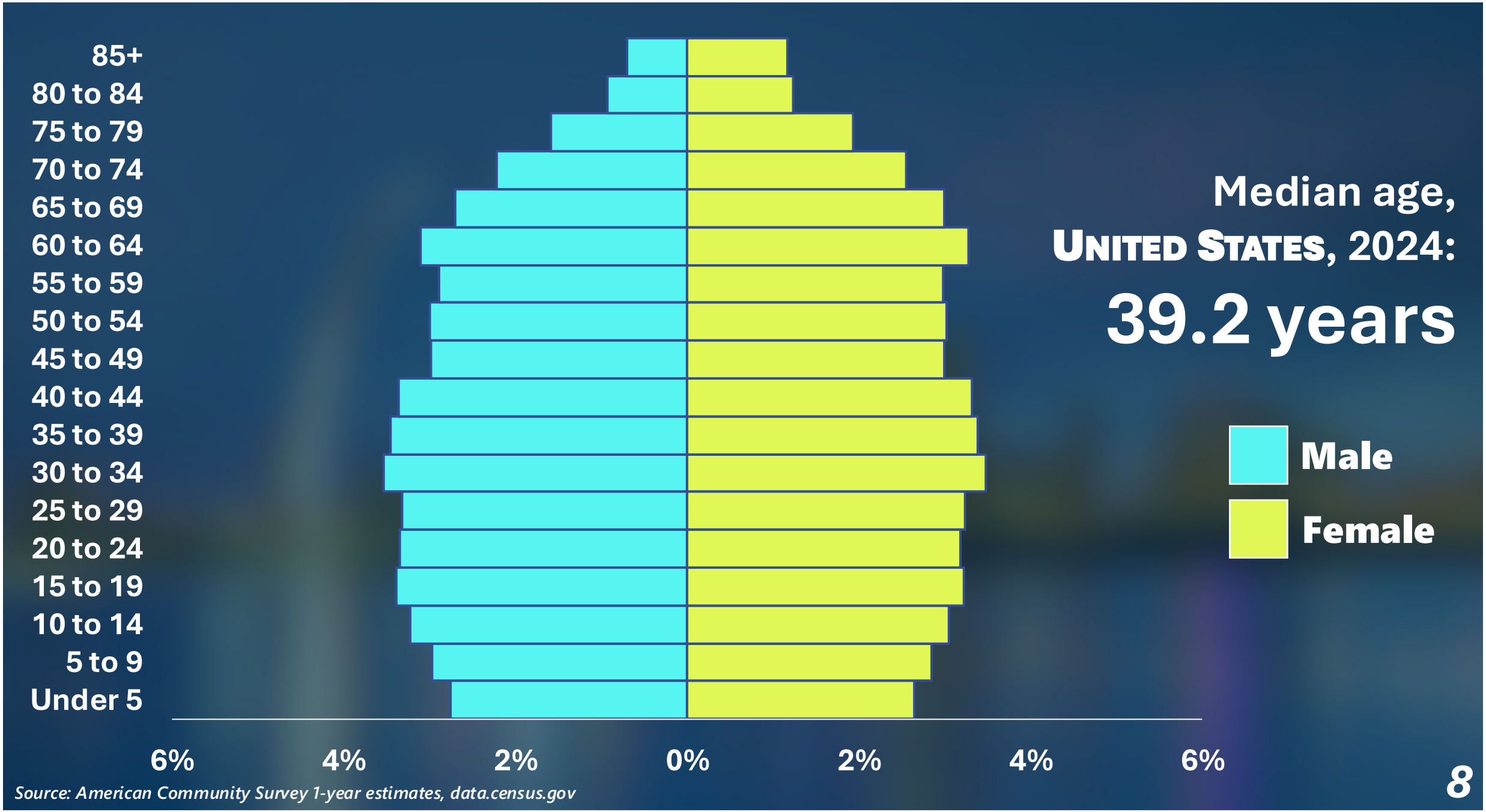
Age

Let’s go back to school…

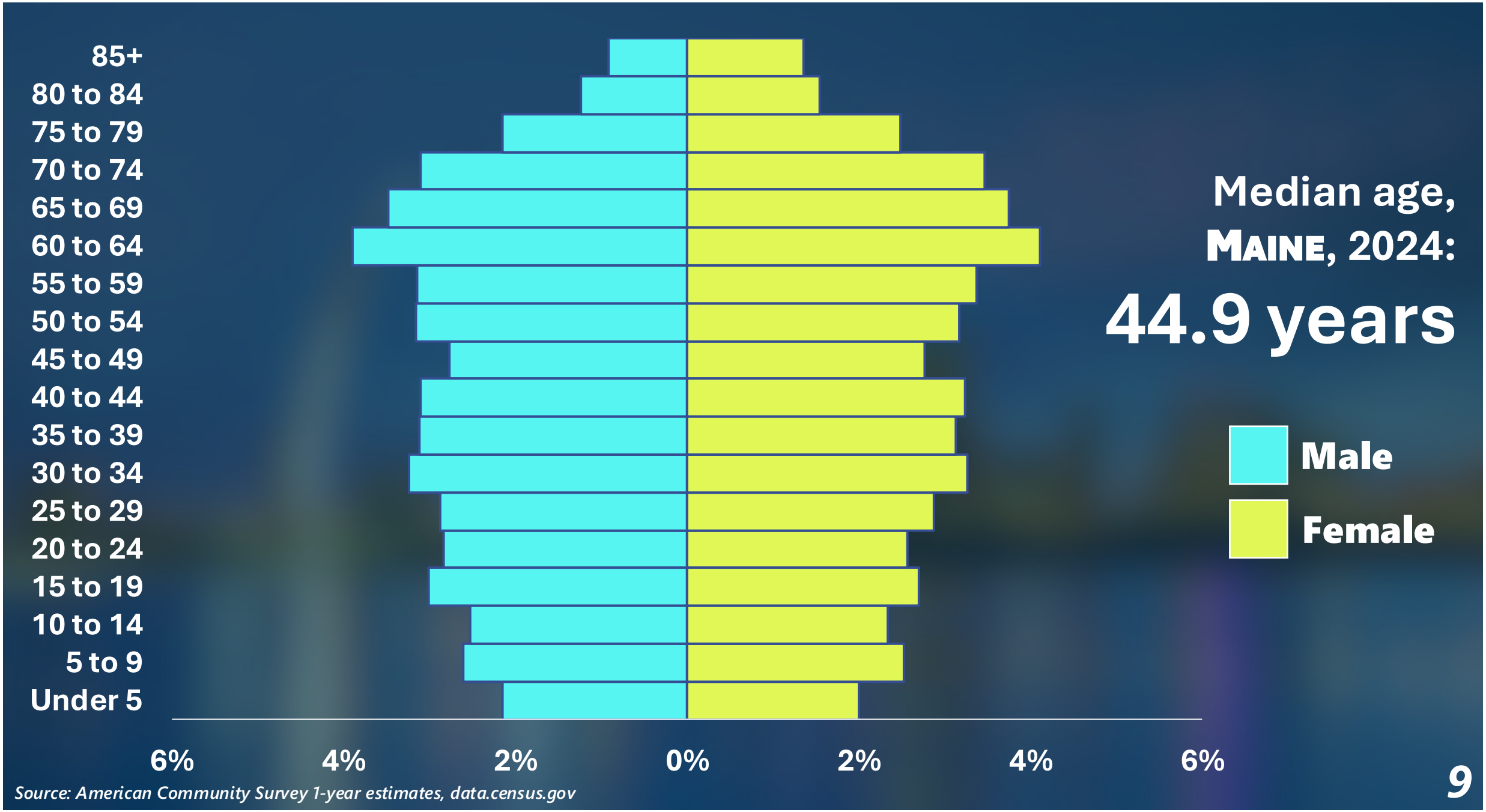


The median is the person in the middle.


85+
80 to 84
75 to 79
70 to 74
65 to 69
60 to 64
55 to 59
50 to 54
45 to 49
40 to 44
35 to 39
30 to 34
25 to 29
20 to 24
15 to 19
10 to 14
5 to 9
Under 5
6%
4%
2%
0%
2%
4%
6%
Median age,
UNITED STATES, 1950:
30.2 years
Male
Female
Source: American Community Survey 1-year estimates, data.census.gov



Source: American Community Survey 1-year estimates, data.census.gov


85+
80 to 84
75 to 79
70 to 74
65 to 69
60 to 64
55 to 59
50 to 54
45 to 49
40 to 44
35 to 39
30 to 34
25 to 29
20 to 24
15 to 19
10 to 14
5 to 9
Under 5
6%
4%
2%
0%
2%
4%
6%
Median age, MAINE, 2024:
44.9 years
Male
Female
Source: American Community Survey 1-year estimates, data.census.gov

So, what do all these charts mean?

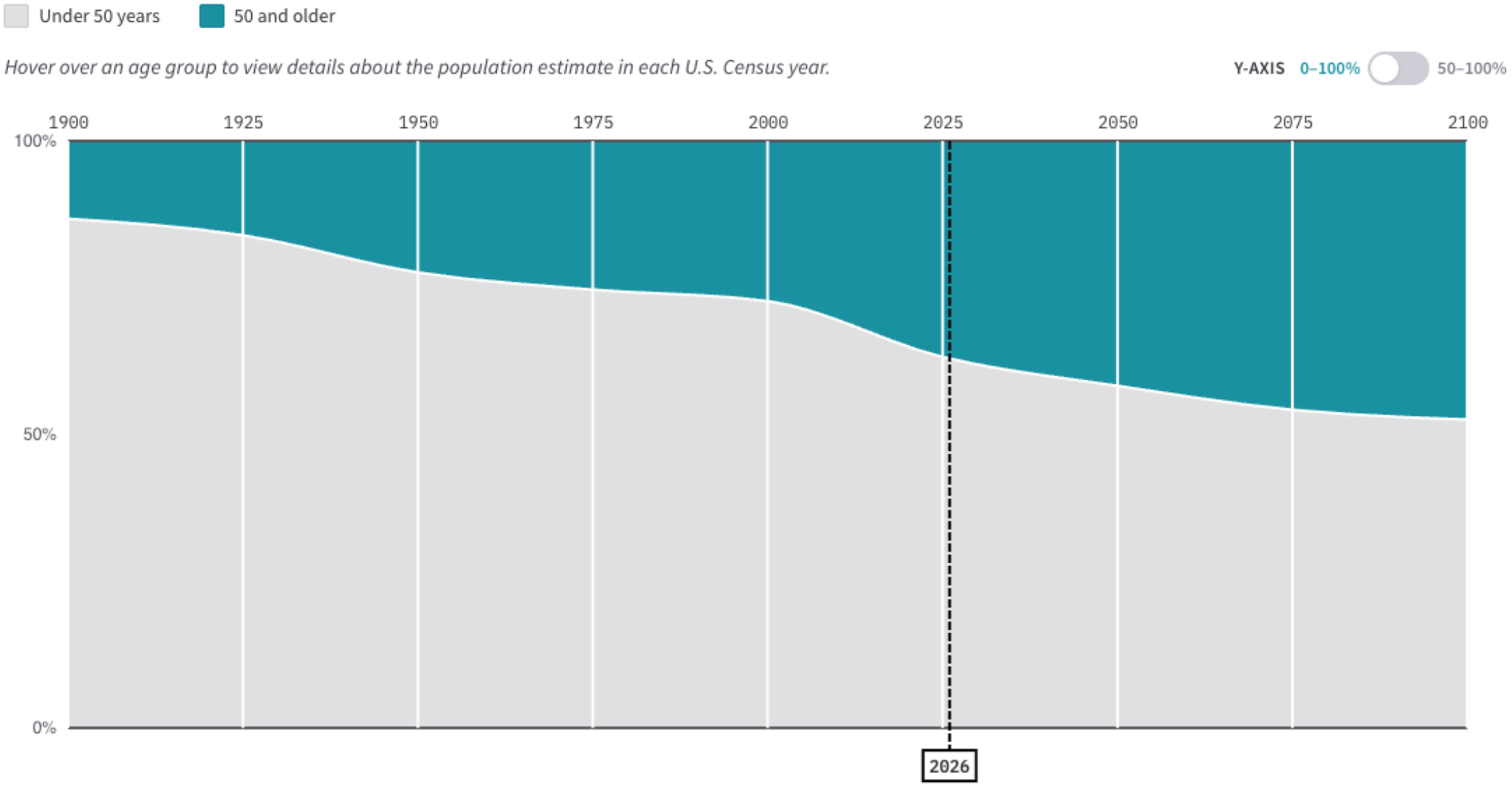
- **Yes, our population is getting older.**
  But ending the story here is far too simplistic and unhelpful.
- **We still have a lot of younger people.** And people at midlife.
- Here's another way to view our changing demographics:
  We are now more age diverse than ever before!

This framing can change how we view social issues, challenges, and opportunities.

Click this slide to learn more!

U.S. POPULATION BY AGE

Percentage of the United States population by age group



Click this slide to learn more!

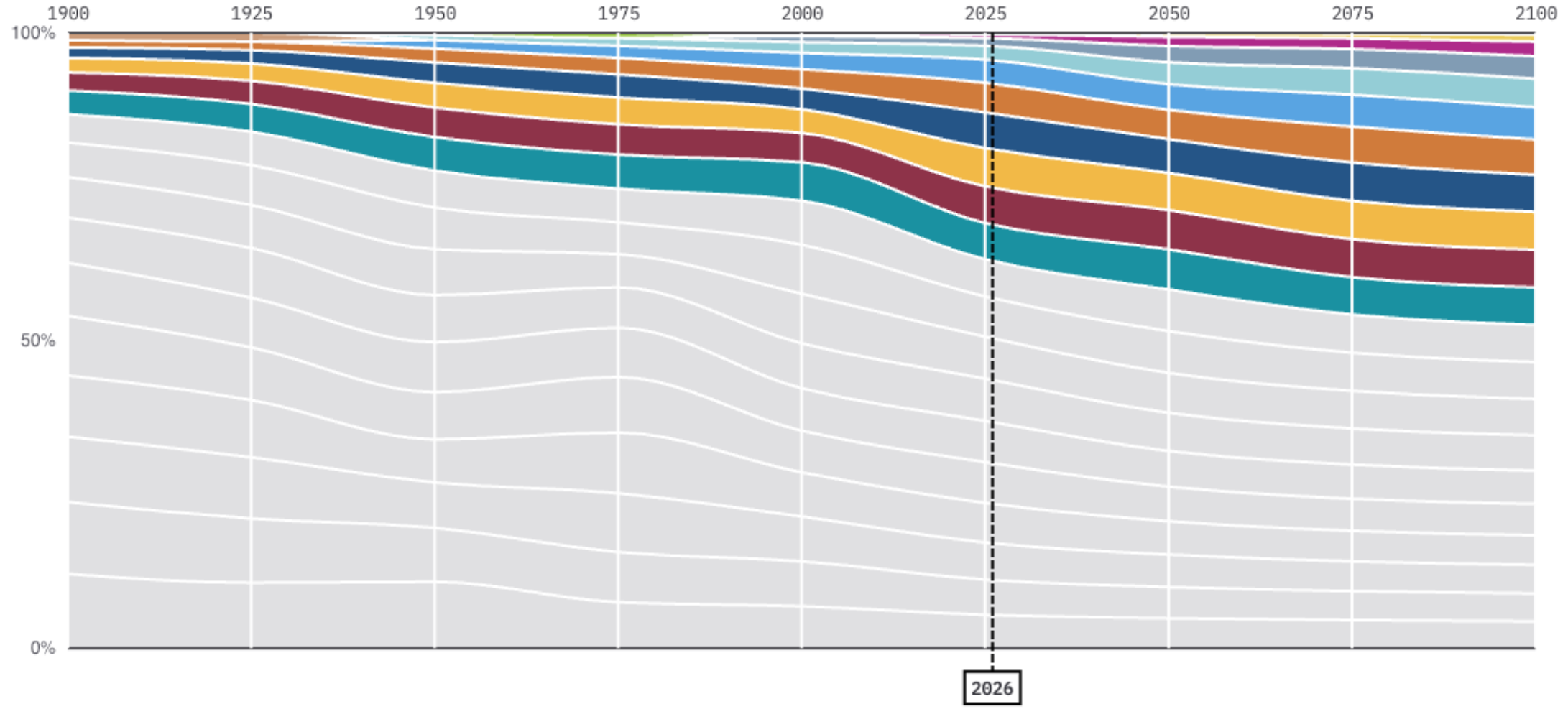
U.S. POPULATION BY AGE

Percentage of the United States population by age group

Age groups 50 and older Age groups under 50 years

Hover over an age group to view details about the population estimate in each U.S. Census year.

Y-AXIS 0–100% 50–100%



Want to learn more?

Click the links on the right-hand side.

- **The most age-diverse society in our country's history.** This interactive 2026 report provides a new way to view the changing age distribution in the U.S. over time.
- **What does it mean to have a society with more older people than younger ones?** I wrote this report with CoGenerate (formerly called Encore.org) in 2019. Still very useful information!
- **Population pyramids.** This interactive website from the U.S. Census Bureau explains how to read population pyramids, gives several examples, and makes it easy to learn more about your own community's age distributions.