



A Profile of Older South Dakotans

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Executive Summary

The increase in the number of older people (65+) in South Dakota is arguably one of the most significant social changes of our time. This change will require innovative, collaborative efforts in communities and organizations across the state. Older people are commonly discussed as a uniform group with similar needs and wants. While similarities exist, the differences may be more important to decision makers and planners. South Dakotans of all ages need a more holistic understanding of older South Dakotans. Armed with this knowledge, South Dakota can lead the nation in building a state for the 21st Century. This report will provide an overview of population aging, the historical background that facilitated the demographic change, an overview of current population of older people, population projections, and recommendations for South Dakota.



Highlights

There were a total of 125,635 South Dakotans age 65 or older in 2015:

- By 2030, 1 out of every 5.1 people in South Dakota is projected to be age 65 or older.
- The rate of growth among the number of people age 65 or older is projected to slow in the 2030s.
- Most older people (58.1%) are married and 26.1% are widowed.
- Most older people are living with a spouse or partner (61%).
- With 31% of older people living alone, South Dakota was ranked 6th nationally in 2015.
- South Dakota was ranked in the top 10 in the nation for the number of residents age 85 or older in 2015.
- Most adults over the age of 65 identify as white alone.
- Excluding reservation counties, rural counties generally have a higher proportion of the population age 65 or older than their more urban counterparts.
- Among adults age 65 and older in South Dakota, the Median Household Income was \$55,326.
- Of older people reporting income, approximately half report an income of less than \$25,000.
- Most (75.4%) of older South Dakotans are homeowners.
- Renters are more likely to pay 30% or more of household income toward gross rent than those who own their homes.
- Nearly 45% of the older renters paid more than 30% of the household income for housing.
- Among adults age 65 or older, 21.2% live below 150% of the poverty threshold. Please note, poverty threshold varies by household, depending on how many people are in the household. The age of residents is also taken into consideration.
- Among adults age 65 or older, 21.7% are in the labor force.
- Among adults age 65 to 74, 33.7% are in the labor force and among adults age 75 and older, 8.6% report being in the labor force.
- A significant portion of older South Dakotans have health risk factors, including, low physical activity (86%), are overweight or obese (66%), or have high blood pressure (59%).
- Hypertension, high cholesterol, and arthritis are common chronic diseases found in adults over the age of 65.
- Approximately 17,000 people in South Dakota are living with Alzheimer's disease.
- South Dakota is ranked 5th in the nation for the number of adults age 65+ who die from falls (per 100,000 people).
- The vast majority (96.6%) of South Dakotans aged 65 and over have some form of health insurance.
- Nearly 80% of adults between the ages of 65 and 74 report no disability and 60% of adults age 75 to 84 also report no disability. Even among adults age 85 and older, nearly 40% report no disabilities.
- Estimates suggest that 129,000 South Dakotans are family caregivers, with 42% of these being age 60 and older.

Introduction

Population aging refers to the overall increase in median age of the population. In short, half of the population is older than median age and half is younger. The median age in 1900 is estimated to have been 22.9 years old. The 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS) indicate the median age in the United States is 37.6 years old. Said another way, estimates suggest that only 1 out of every 25 Americans was age 65 or older at the beginning of the 20th century. The 2011-2015 ACS indicates indicate that nearly 1 out of every 7 Americans is age 65 or older. The age demographics of the United States (and the world) have changed tremendously over the 20th century.

While more people living longer is contributing to population aging, the most striking change is survival among children. Prior to the 20th century, death among children was largely expected. Between 1935 and 2010, the risk of dying declined most significantly in children under age fifteen. The 20th century ushered in significant scientific advancements in medicine, sanitation, and the standard of living that ultimately reduced the death rate of children and infants.

Like death rates, fertility rates were also higher in the

past. However, the decline in death rates occurred prior to the decline in fertility rates. The general fertility rate during the peak of the Baby Boom Generation (1946-1964) was 122.9 live births per 1,000 women age 15 to 49. In contrast, the general fertility rate during the birth years of the Millennial Generation (1981 to 1997) ranged from 63.6 to 69.2. Perhaps most interesting is that the Baby Boom and Millennial generations are about the same size.

What this suggests long term is that without significant changes in fertility or mortality, we can expect that population aging will become the new normal. Please note, immigration also plays a role in population aging. Countries with more restrictive immigration laws (e.g., Japan) are seeing population aging occur more quickly. As a result, we need an understanding of aging and older people that reflects the experiences of modern older people.

Population aging is a historical first. Not only do we have more older people than we have ever had in human history, the experiences of being an older person has changed tremendously in the past 100 years. Therefore, much of what we know about aging we learned from the past, when people older than 65 were exceptionally rare. As a result, we need a modern understanding of aging and older people if

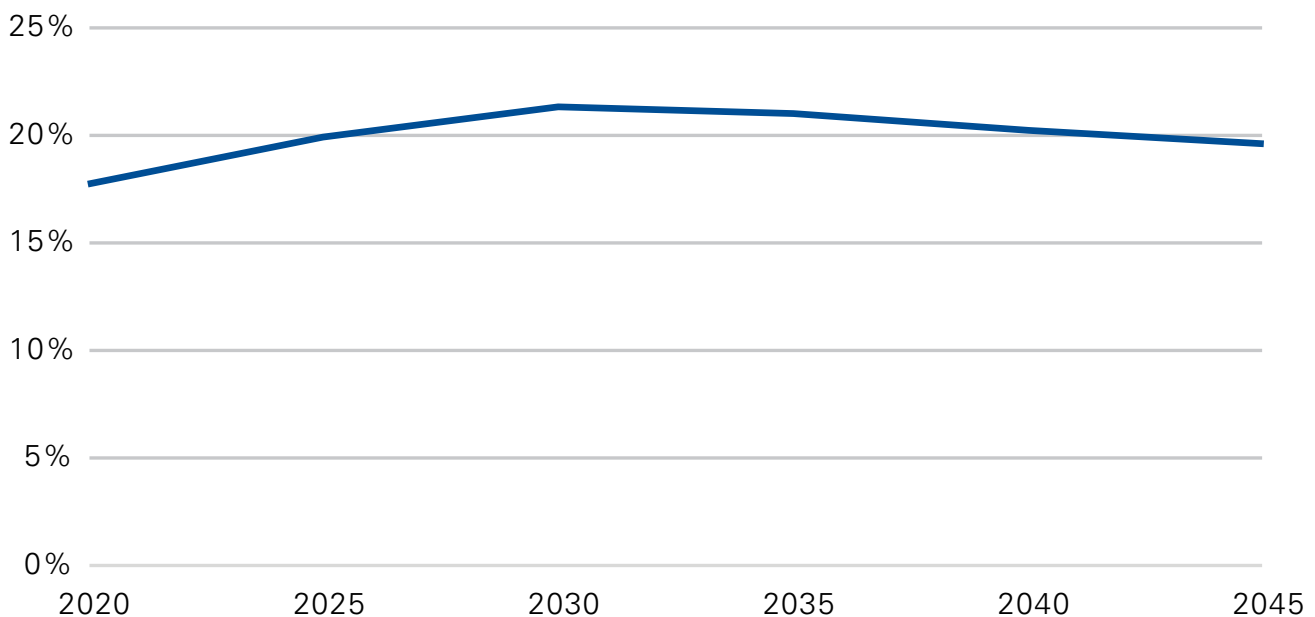


Figure 1: Projections of Proportion of South Dakotans Age 65 or older. Projections based on 2010-2015 migration rates.

we want South Dakota to flourish in the 21st Century and beyond. This report is designed to provide a more nuanced understanding of older South Dakotans by providing an overview of population aging, the historical background that facilitated the demographic change, an overview of current population of older people, population projections, and recommendations for South Dakota.

Future Growth

The 2011-2015 ACS estimates indicated 14.1% of South Dakotans were age 65 or older. Said another way, 1 out of every 7 people in South Dakota was age 65 or older. More South Dakotans are projected to be age 65 or older in the coming decade. By 2030, when all members of the Baby Boom Generation (1946-1964) have turned 65, it is estimated that 21.3% of the population will be age 65 or older (1 out of every 4.7 South Dakotans). While projections indicate an increase in the number of older people, they also suggest the proportion of the population age 65 and older may stabilize (See Figure 1 on page 3). This pattern will remain true as long as migration and fertility patterns do not change drastically from current trends and projections.

Table 1: Projections of Proportion of South Dakotans Age 65 or older. Projections based on 2010-2015 migration rates

Year	Percent 65+
2020	17.8%
2025	20.0%
2030	21.3%
2035	21.0%
2040	20.2%
2045	19.6%

¹The projections are calculated using the cohort component model. Migration rates are the state-specific average net migration rate between 2005 and 2015. Survival rates are the state-specific 1999-2001 rates available for download from <https://www.cdc.gov/nchs/nvss/mortality/lewk4.htm>. Fertility rates are calculated using the births between 2005 to 2015. Sex ratio at birth is set at 105 males to 100 females.

Source: 2011-2015 5-year ACS estimates

Figure 2 shows the actual and projected growth trend of the population aged 50 and over in South Dakota from 1990 to 2040 by three groups: 50-64, 65-79, and 80 and over. Three sets of bars represent three age groups; one bar corresponds to one decade. The

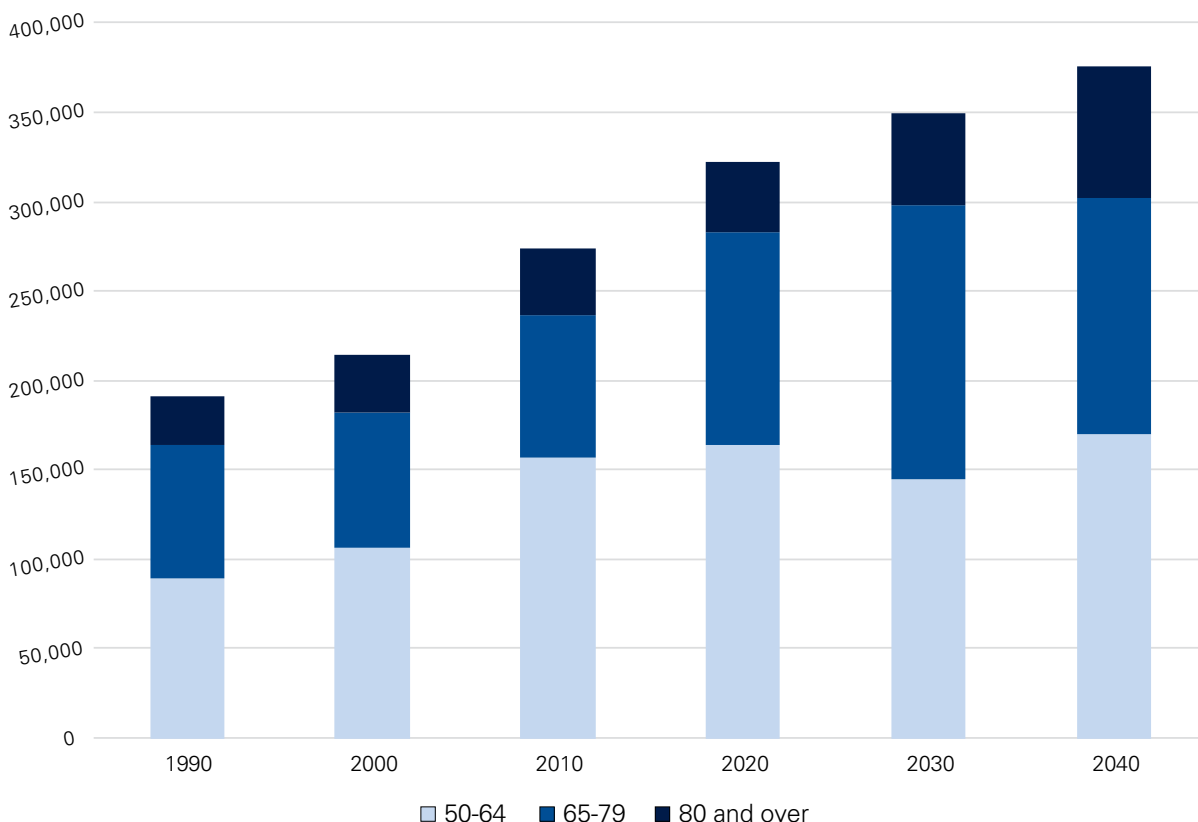


Figure 2: Older Population by Age Group, South Dakota, 1990-2040

group projected to increase by the largest amount is adults age 80 or older. Table 2 shows that South Dakota is ranked 8th in the nation for percentage of the population age 85 or older.

Table 2: National Comparison Percentage of the population age 85 or older, 2015 Data

Geography	% 85 years & older	Rank
United States	1.9	
Rhode Island	2.7	1
Hawaii	2.6	2
Florida	2.5	3
Iowa	2.5	4
Pennsylvania	2.5	5
Connecticut	2.4	6
North Dakota	2.4	7
South Dakota	2.4	8
Maine	2.3	9

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates

Marital Status

Compared to the population aged 15 and above in South Dakota, Table 3 shows adults over the age of 65 have slightly higher rates of marriage (58% vs. 52%), but much higher rates of widowhood (26% vs 6%). Compared to people age 65 or older, the population aged 15 and above is much less likely to have never been married. Divorced and separated older persons represented approximately 10% of all older persons in 2015.

Table 3: Marital Status of Person 65+, South Dakota, 2015

Status	Total	Population 65 +
Married	52.0%	58.1%
Widowed	6.1%	26.3%
Divorced	10.7%	9.9%
Separated	1.2%	0.5%
Single (never married)	30.1%	5.1%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates



Living Arrangements

South Dakota is ranked 6th nationally in the number of persons over 65 living alone, with nearly one third of adults age 65 or older living alone. In addition, 61% of adults age 65 or older live with a spouse or partner. Please note the figures in Table 4 include older people residing in senior apartments, active adult communities, congregate care, continuing care retirement communities, independent living, board and care, or assisted living. Table 5 (see page 6) shows that 6.6% of older South Dakotans resided in group quarters in 2015, with many of them being nursing home residents. It is noteworthy to acknowledge that the state of South Dakota has done tremendous work to ensure that people in nursing homes are in the appropriate setting to meet their needs (please see appendices for details).

Table 4: Living Arrangements by Household, 65+, South Dakota, 2015

Living Arrangement	Population	%
65 years and over	117,284	-
Living with spouse or partner	70,976	61%
Living alone	35,912	31%
Other	10,396	9%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates

Racial and Ethnic Composition

The United States is becoming more racially diverse. Currently, non-Hispanic whites account for a little over 62% of the current population. However, by 2060, only 44% of the total population is expected to be white and non-Hispanic (Colby & Ortman, 2015). South Dakota will also experience a more diverse population as we look to the future. While the

Table 5: National Comparison of Living Arrangements

Geography	% in group quarters	Rank	% Living alone	Rank
United States	3.4		27.5	
District of Columbia	4.2	15	39.4	1
North Dakota	6.3	2	33.0	2
Rhode Island	4.9	5	31.1	3
Nebraska	4.8	6	31.0	4
Iowa	5.4	3	30.8	5
South Dakota	6.6	1	30.6	6
Ohio	4.2	16	30.6	7

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates

Note: Group quarters refer to any of the following settings: correctional facilities, nursing homes, mental hospitals, college dormitories, military barracks, group homes, missions, or shelters.

Table 6: Race and ethnicity of Persons 65+, South Dakota, 2015

Race & ethnicity	Total	65 year & over
White alone	83.20%	94.80%
Hispanic or Latino	3.30%	0.80%
Black or African American	1.60%	0.20%
American Indian & Alaska Native	8.60%	3.30%
Asian	1.20%	0.30%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)



majority of older South Dakotans are non-Hispanic whites (see Table 6), racial diversity is increasing (24.7% growth in the non-white categories between 2010 and 2017). This means that future older South Dakotans will likely be more racially and ethnically diverse than the current group.

Geographic Distribution

Figure 3 (see page 7) shows the significant variations in the concentration of older people by county. In general, rural places have a higher percentage of the population age 65 or older than more urban communities. However, reservation counties have a higher concentration of younger people. Figure 4 (see page 7) shows differences in the older population's percentage change between 2010 and 2015. Appendix A (see page 18) provides county details.

Household and Personal Income

The 2011-2015 ACS indicates the Median Household Income in the United States was \$53,889. Household Income refers to total earnings of all residents. The 2011-2015 American Community Survey 5-Year Estimates indicate the Median Household Income in South Dakota was \$50,957. Among adults age 65 and older the Median Household Income was \$55,326.

Figure 6 (see page 8) shows the income reported by persons age 65 and older. It also shows the mean income for populations age 65 and older, including income sources. Major sources of income include Social Security, income from assets, earnings, private pensions, and government employee pensions. South Dakotans age 65 years old and over were much more likely to report social security income, with a rate of 92.3%, compared to the total population rate of 29.2%. The mean personal income of people age 65 and older is \$38,048.

Poverty

Poverty is established based on an income threshold determined by the number of people residing in the household (see Table 8 on page 9). The age of residents is also taken into consideration. The 2011-2015 ACS estimates indicate that older adults experience poverty at a lower rate than the general population. Table 8 provides detailed information about poverty at both the state and national level.

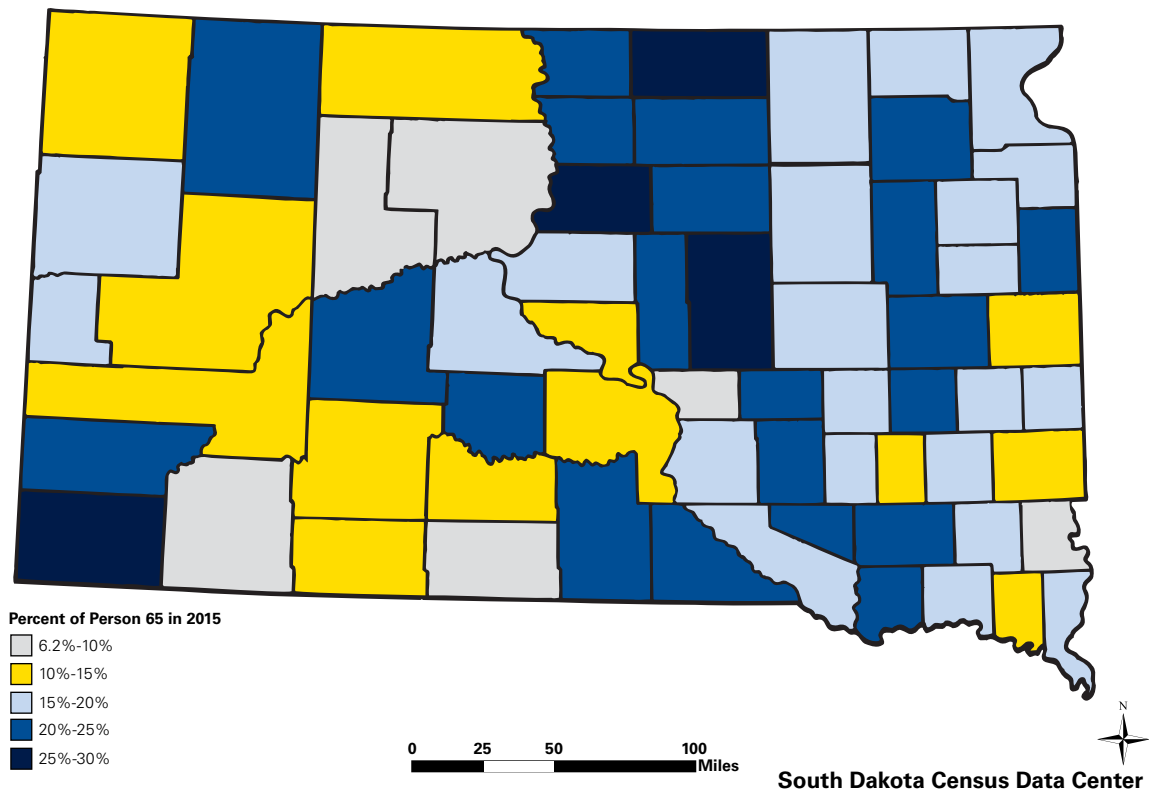


Figure 3: Population Aged 65 and Over as a Percentage of the Total Populations by Counties, 2015
 Data Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates

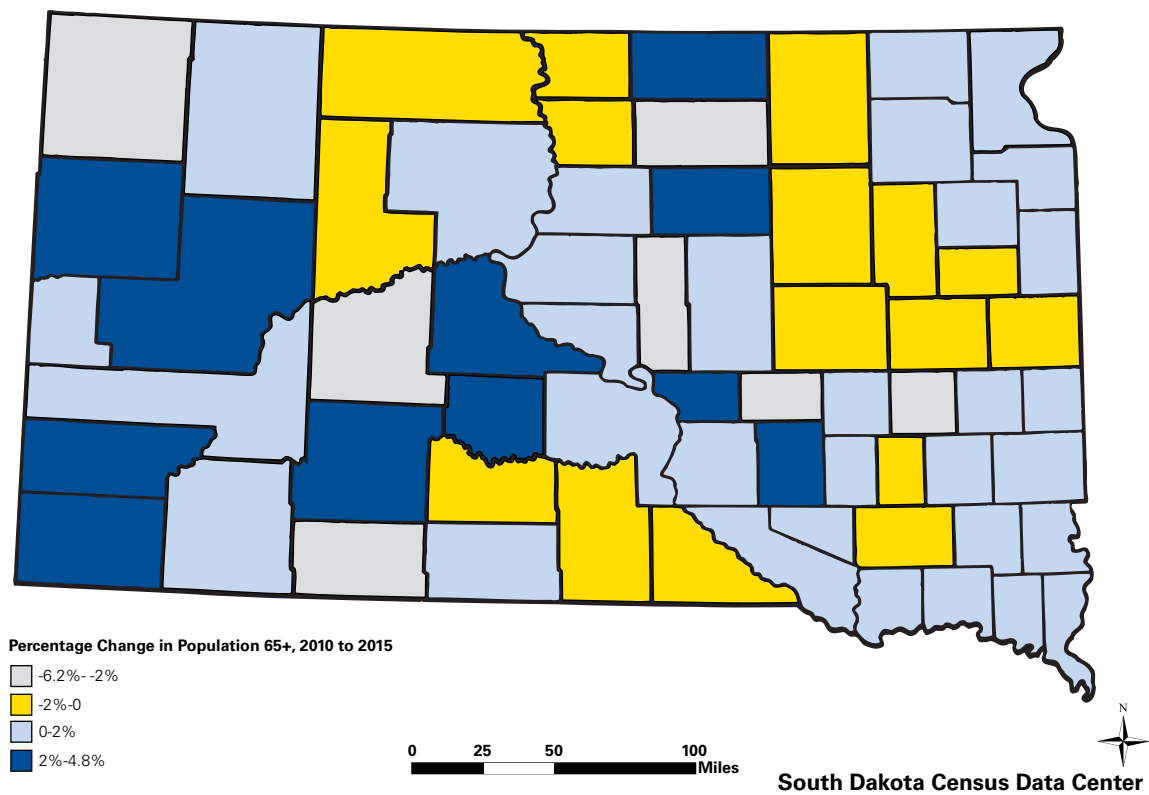
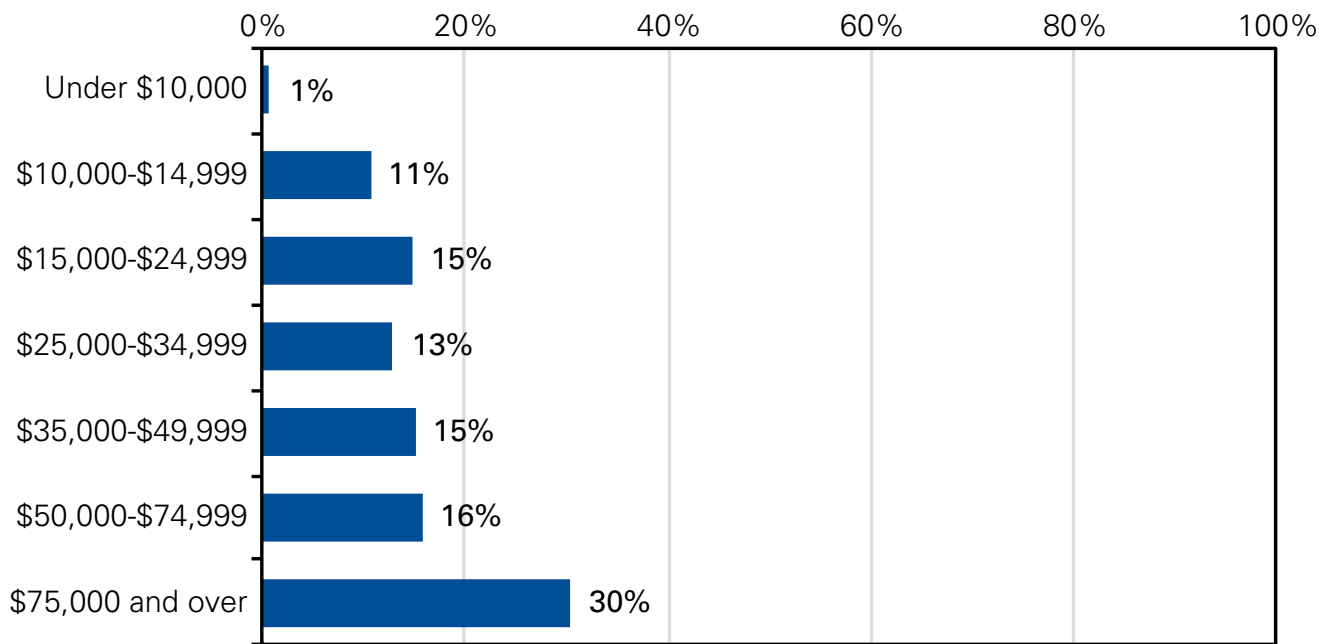


Figure 4: Percentage Change in Population 65+ by Counties, SD from 2010 to 2015
 Data Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates

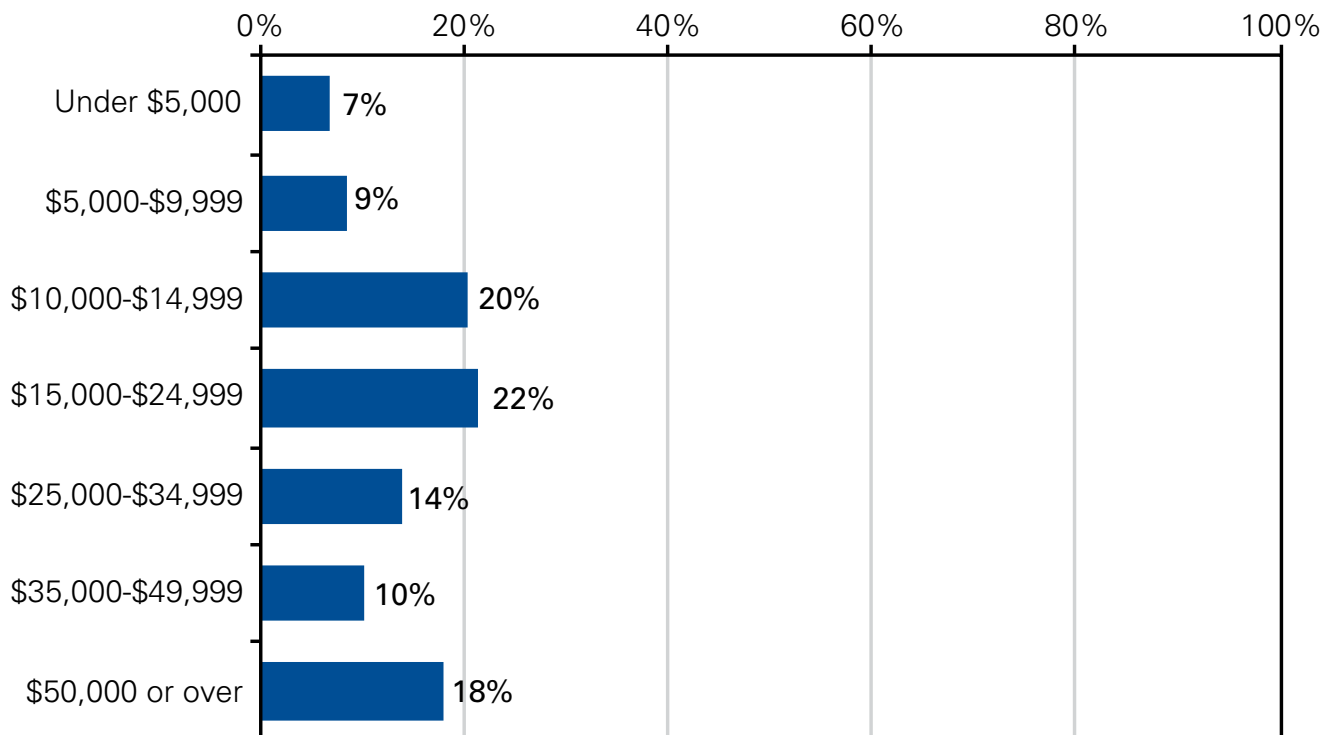


\$57,360 median for 16.6 million family households 65+

Figure 5: Family Households where Head of Household is 65+

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

Note: Approximately 1% of individuals reported no income.



\$22,887 median for 45.9 million persons 65+ reporting income

Figure 6: Persons 65+ Reporting Income, 2015

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

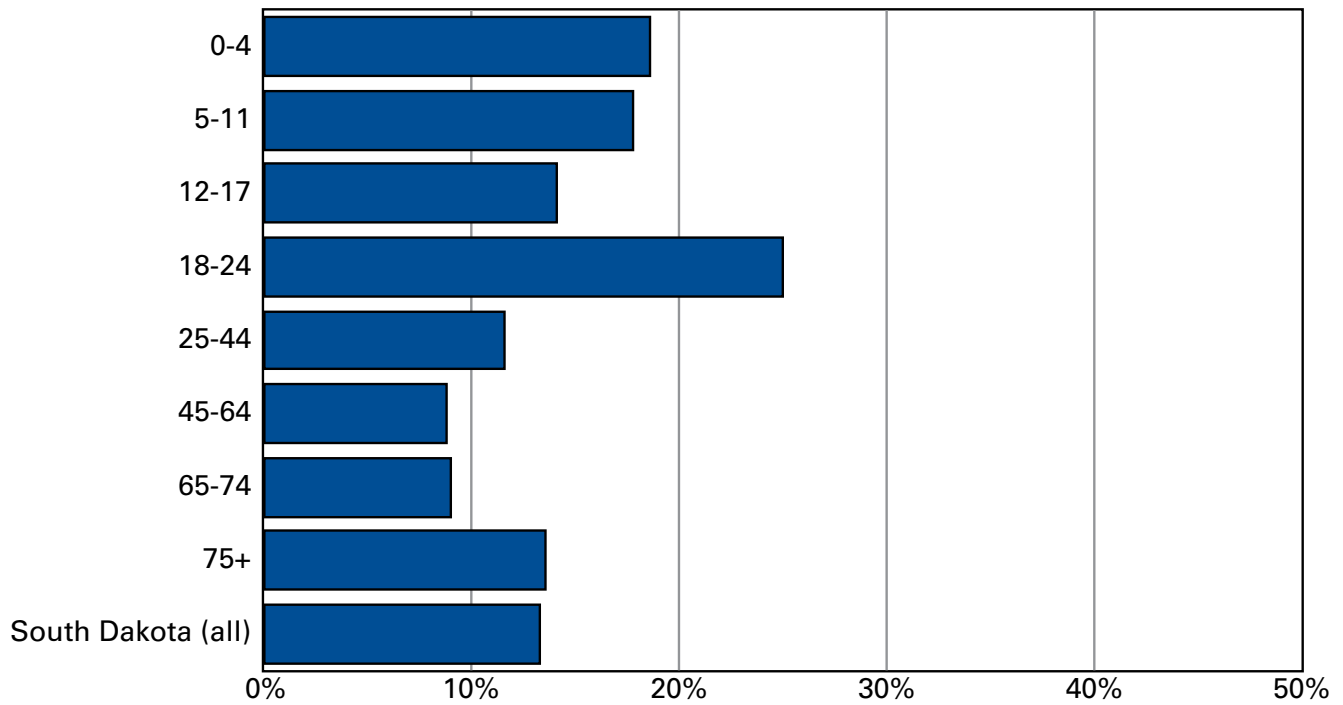


Figure 7: Poverty by Age Group, South Dakota

Table 8: Poverty Status, South Dakota and the United States, 2015

Poverty Status	SD		U.S.	
	Total	65 year & over	Total	65 year & over
Population for whom poverty status is determined	814,079	118,935	308,619,550	43,313,536
Below 100 percent of the poverty level	14.10%	10.10%	15.50%	9.40%
100 to 149 percent of the poverty level	9.00%	11.00%	9.50%	10.60%
At or above 150 percent of the poverty level	76.80%	78.80%	75.00%	80.00%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

Note: In 2015, the federal poverty guideline was \$11,770 for a single person household and \$24,250 for a four person family or household.

Table 9: Housing Characteristics, South Dakota and the United States, 2015

Housing Characteristics	SD		U.S.	
	Total	65 year & over	Total	65 year & over
Occupied housing units	330,858	78,169	116,926,305	27,338,702
Owner-occupied housing units	68.1%	75.4%	63.9%	78.4%
Renter-occupied housing units	31.9%	24.6%	36.1%	21.6%
Average household size of owner-occupied unit	2.54	1.78	2.7	1.95
Average household size of renter-occupied unit	2.25	1.38	2.53	1.55
Selected Characteristics				
No telephone service available	2.8%	1.8%	2.5%	1.6%
1.01 or more occupants per room	2.3%	0.7%	3.3%	0.7%
Owner-occupied housing units	225,219	58,928	74,712,091	21,434,646
Monthly owner costs as a percentage of household income				
Less than 30 percent	82.2%	80.1%	74.0%	72.7%
30 percent or more	17.8%	19.9%	26.0%	27.3%
Owner Characteristics				
Median value (dollars)	140,500	122,700	178,600	168,000
Median selected monthly owner costs with a mortgage (dollars)	1,210	1,088	1,492	1,288
Median selected monthly owner costs without a mortgage (dollars)	433	423	458	450
Renter-occupied housing units	105,639	19,241	42,214,214	5,904,056
Gross rent as a percentage of household income				
Less than 30 percent	63.2%	55.2%	52.1%	45.3%
30 percent or more	36.8%	44.8%	47.9%	54.7%
GROSS RENT				
Median gross rent (dollars)	655	579	928	766

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

Table 10: Employment Status, South Dakota and the United States, 2015

Employment Status	SD		U.S.	
	Total	65 year & over	Total	65 year & over
Civilian population 16 years & over	654,887	125,613	250,205,845	44,615,477
In labor force	68.90%	21.70%	63.50%	17.00%
Employed	65.80%	21.30%	58.30%	16.10%
Unemployed	3.10%	0.40%	5.30%	0.90%
Percent of civilian labor force	4.50%	1.80%	8.30%	5.30%
Not in labor force	31.10%	78.30%	36.50%	83.00%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

Note: The civilian population includes all individuals who are over the age of 16 and not in an institution. Individuals who are not in the labor force are those who do not have a job and are not looking for one. Individuals who don't have a job, are looking for a job, and are free to work are considered unemployed (Bureau of Labor Statistics).

Table 11: Employment Status Detailed by Age, South Dakota

Age	Total	Percent
Total 45 and older	657,804	-
45 to 54 years:	109,706	-
In labor force:	94,583	86.21%
In Armed Forces	97	0.09%
Civilian:	94,486	86.13%
Employed	91,378	83.29%
Unemployed	3,108	2.83%
Not in labor force	15,123	13.79%
55 to 64 years:	109,206	-
In labor force:	79,632	72.92%
In Armed Forces	10	0.01%
Civilian:	79,622	72.91%
Employed	77,817	71.26%
Unemployed	1,805	1.65%
Not in labor force	29,574	27.08%
65 to 74 years:	65,475	-
In labor force:	22,083	33.73%
Employed	21,692	33.13%
Unemployed	391	0.60%
Not in labor force	43,392	66.27%
75 years and over:	60,138	-
In labor force:	5,180	8.61%
Employed	5,093	8.47%
Unemployed	87	0.14%
Not in labor force	54,958	91.39%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

Housing

Of the 78,169 households headed by persons age 65 and over in 2015, most were owners (75.4%). The homeownership rate was 3 percentage points lower than that of all persons aged 65 and over in the United States for the same time period (see Table 9 on page 10). The housing cost burden on the older population in South Dakota is much less than the national average. Among older homeowners, about 1 in 5 (20%) paid 30% or more of their household income for housing, which was lower than the rate for all older persons in the United States (see Table 9). Compared to the homeowners, the older renters in South Dakota were significantly more likely to face a housing cost burden. Nearly 45% of the older renters paid more than 30% of the household income for housing, compared to 54.7% nationally (See Table 9).

Employment

The 2011-2015 ACS estimates showed that in South Dakota 21.7% of adults older than 65 are in the labor force, compared to 17% nationally (see Table 10 on page 10). The labor force participation rate of older adults in South Dakota was higher than that of the United States (see Table 10). Table 11 provides detailed employment information by age. Among adults age 65 to 74, 1 in 3 (33.7%) are in the labor force. Labor force participation declines to 8.6% among adults older than 75 years old.

Education

Table 12 shows the educational attainment of older South Dakotans and older Americans. A higher percentage of older adults in South Dakota have their high school diploma or GED compared nationally to their counterparts. However, South Dakota's older adults have lower rates of college degrees. The

Table 12: Educational Attainment, South Dakota and the United States, 2015

Educational Attainment	SD		U.S	
	Total	65 year & over	Total	65 year & over
Population 25 years and over	551,039	125,613	211,462,522	44,615,477
Less than high school graduate	9.10%	16.10%	13.30%	19.00%
High school graduate, GED, or alternative	31.30%	38.90%	27.80%	33.00%
Some college or associate's degree	32.60%	23.70%	29.10%	23.80%
Bachelor's degree or higher	27.00%	21.30%	29.80%	24.10%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

gap in educational attainment is also slowly closing between South Dakota and the rest of the nation. In 2016, 28.9% of South Dakotans age 25 and older had attained a bachelor's degree or higher (compared to the national rate of 31.3%).

Health Risk Factors

Health risk factors are attributes, characteristics or exposures that increase the likelihood of a person developing a disease or health disorder. A significant portion of older South Dakotans have health risk factors, including, low physical activity, overweight or obese, or high blood pressure (see Table 13). Other health risk factors include no flu shot, limited in activities, no pneumonia vaccine, low education, living in poverty, current smoker, or binge drinker.

Table 13: Health Risk Factors among Older South Dakotans

Health Risk Factor	Percent
Low Physical Activity	86%
Overweight or Obese	66%
High Blood Pressure	59%
No Flu Shot	29%
Limited in Activities	33%
No Pneumonia Vaccine	30%
Low Education	13%
Living in Poverty	8%
Current Smoker	10%
Binge Drinker	4%

Source: South Dakota Behavioral Risk Factor Surveillance System, 2016

Note: Low physical activity refers to not participating in enough aerobic and muscle-strengthening exercise to meet guidelines; low education refers to individuals with less than a high school diploma; current smoker refers to individuals who smoke daily or occasionally

Chronic Disease

Chronic diseases are not passed from person to person and cannot be prevented by vaccines or cured with medication, nor do they disappear. Chronic disease typically requires lifelong behavior change to manage the symptoms of the disease (e.g., diabetes). Increasing age is a risk factor for developing a chronic disease.

- Hypertension: 56% (Age 65-74) and 63% (75+)
- High cholesterol: 56% (Age 65-74) and 53% (75+)

- Arthritis: 47% (Age 65-74) and 56% (75+)
- Angina or Coronary Heart Disease: 12% (Age 65-74) and 15% (75+)
- Diabetes: 20% (Age 65-74) and 19% (75+)
- Chronic kidney disease: 4% (Age 65-74) and 5% (75+)
- Depression: 14% (Age 65-74) and 10% (75+)
- Chronic Obstructive Pulmonary Disease: 11% (Age 65-74) and 11% (75+)

Source: South Dakota Behavioral Risk Factor Surveillance System, 2016

Dementia

Dementia is an umbrella term for neurodegenerative disorders that lead to memory loss and other cognitive impairments. Some types of dementia include Alzheimer's disease, vascular dementia, dementia with lewy bodies, frontotemporal dementia, etc. Dementia is difficult to diagnosis because there is no single test for it and other factors can cause dementia-like symptoms (e.g., depression). As a result, estimating the number of people living with dementia is difficult. According to the South Dakota Department of Health (2015), six percent of respondents age 45 and older (approximately 21,000) report that they have experienced recent confusion or memory loss. In contrast, the Alzheimer's Association projects 17,000 people in South Dakota are living with Alzheimer's disease (approximately 2% of the total population in 2016). The Alzheimer's Association estimates a 17.6% increase in the number of people living with Alzheimer's dementia between 2018 and 2025. The Mortality Rate (per 100,000 people) is estimated to have been 34.4 nationally in 2015, compared to 49.0 in South Dakota.

Falls

Deaths from falls is the seventh leading cause of death among older adults. Between 2007 and 2016, the number of deaths from falls among adults age 65 and older increased significantly. South Dakota is ranked 5th in the nation for the number of 65+ adults who die from falls per 100,000 population. Beyond the risk of death, falls can lead to costly hospitalizations and emergency department visits. However, it's important to note that falls are not a consequence of aging. Lower body weakness, vitamin D deficiency, poor nutrition, medications, vision impairment, and many other factors increase

the risk of falling. According to the South Dakota Department of Health (2016), nine percent of respondents age 45 and older indicated that, in the last 12 months, they were injured in a fall that required them to limit regular activities for at least a day, or visit a doctor.

Health Insurance Coverage

The vast majority (96.6%) of South Dakotans aged 65 and over have some form of health insurance. Medicare doesn't cover all health related services, such as routine dental or vision care. Most (71.1%) older South Dakotans had some private health insurance. A few (3.4%) of South Dakotans over the age of 65 had no health insurance coverage at all.

Disability and Activity Limitations

Figure 9 (see page 14) shows the percentage of persons 65 or older with a disability. Approximately one-third (35%) of older adults have some sort of disability, compared to 41% nationally. Figure 10 (see page 14) provides detailed information about older individuals by age and number of disabilities. Nearly 80% of adults between age 65 and 74 have no disability. Even among adults age 85 and older, nearly 40% report no disabilities.

Caregiving

Caregiving refers to providing regular care or assistance to a friend or family member who has a health problem or disability. Estimates suggest that 129,000 South Dakotans are caregivers (South Dakota

Department of Health, 2016). Approximately 42% of caregivers in South Dakota are age 60 or older. Full time caregiving refers to regular assistance lasting six months or more and for at least nine or more hours per week to a friend or family member who has a health problem or disability. Estimates indicate 43,000 South Dakotans are full time caregivers (South Dakota Department of Health, 2016). Sixteen percent of full time caregivers are age 60 or older. Nine percent of caregivers indicate they are providing assistance to someone with dementia or other cognitive impairment (South Dakota Department of Health, 2016). Approximately 2.4% of grandparents in South Dakota live with their grandchildren, with 1.30% of grandparents acting as caretakers (U.S. Census Bureau).

Table 14: Responsibility for grandchildren, South Dakota, 2015

	Total	65 year & over
Population 30 years & over	495,151	125,613
Living with grandchild(ren)	2.40%	2.20%
Responsible for grandchild(ren)	1.30%	1.00%

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

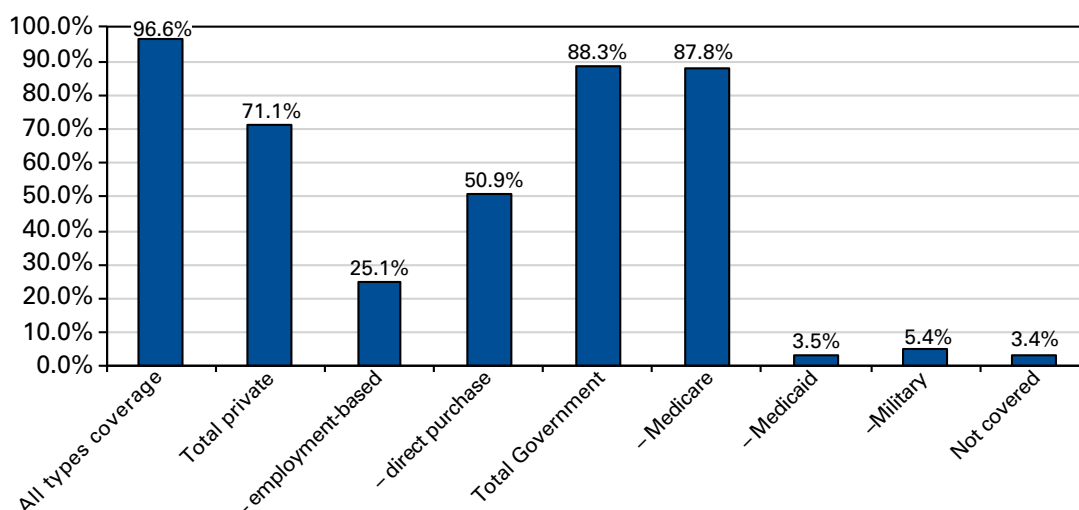


Figure 8: Percentage of persons 65+ by type of Health Insurance Coverage, South Dakota, 2015

Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

Note: A person can be represented in more than one category.

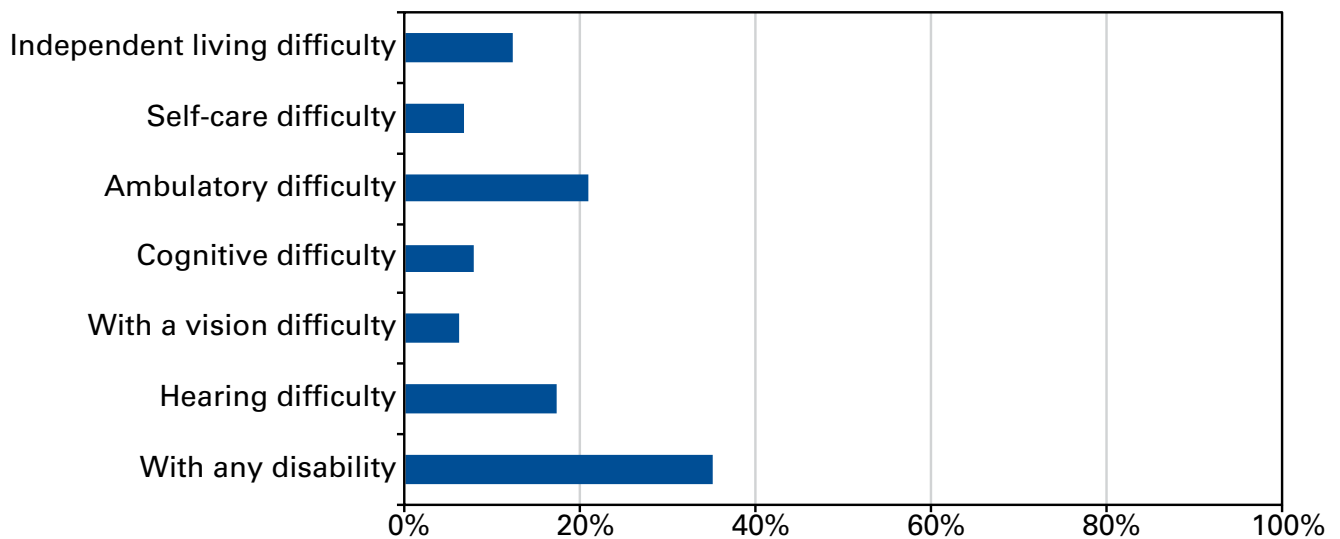


Figure 9: Percentage of Persons Age 65+ with a Disability, South Dakota, 2015

Source: U.S. Census Bureau 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

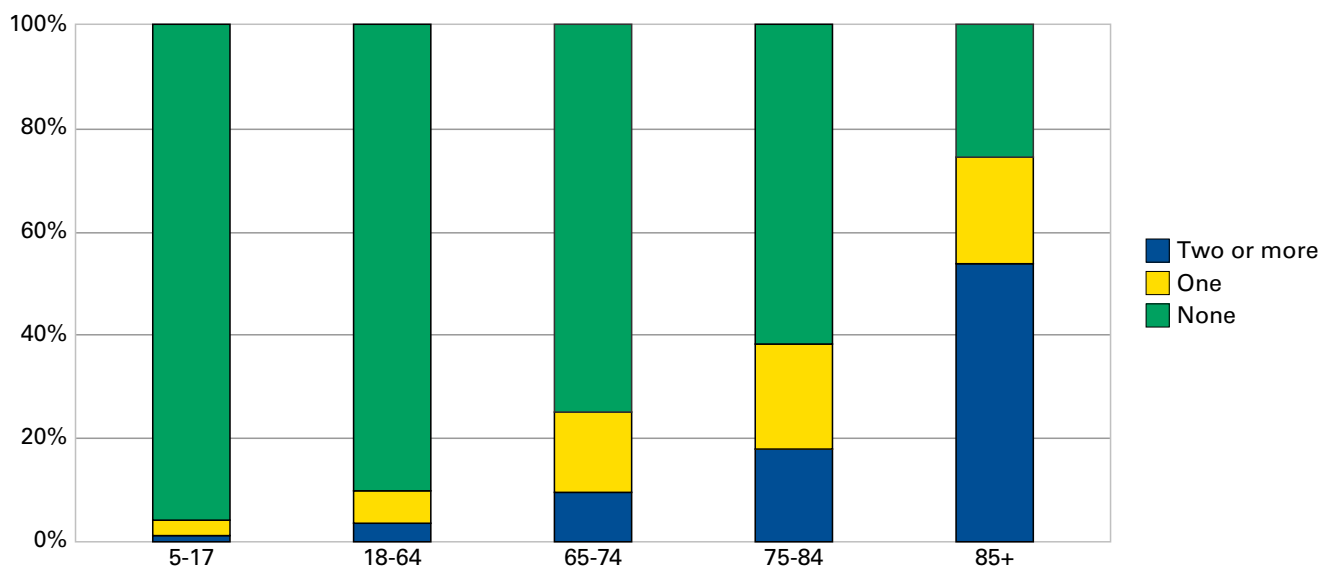


Figure 10: Individuals by detailed age and number of disabilities

Source: South Dakota Dashboard; Integrated Public Use Microdata Series from the U.S. Census Bureau, American Community Survey.

Conclusions and Recommendations

Aging is a highly individualized process. As a result, the age composition of any given community tells stakeholders and decision makers little about the experiences of older members of the community. How an individual person experiences older age is impacted by various factors, including personality, racial and ethnic identity, gender, caregiving status, marital status, living arrangements, socioeconomic status, health literacy, and health behaviors.

In light of the vastly difference experiences of older South Dakotans, how are stakeholders and decision makers supposed to plan for the future? The following are some overarching guidelines:

- Avoid portraying older people as one homogenous group of people with similar needs and wants (e.g., retired)
- Avoid crisis-based or emotional language (e.g., silver tsunami)
- Engage different sub-groups of older people in community and economic planning efforts (e.g., socioeconomic status)

- Identify strategies/solutions that benefit multiple generations (e.g., livability, see Appendix D)
- Remember: the solutions you propose are for your future, older self

In closing, adults age 65 or older have diverse needs and wants. Beyond their individual preferences, the experiences of being an older person changed significantly during the 20th century. South Dakota is in an ideal position to develop innovations for the 21st century and beyond. If citizens experience enhanced health and wellness outcomes, it is likely that the economic capacity of the community will expand. Health and wellness outcomes are more likely to improve when community and economic planning efforts apply research-based information about aging and older adults. Therefore, stakeholders and decision makers are well served to base economic and community planning decisions on a more nuanced understanding about the diversity of older people and factors that contribute to how individual people experience aging.

Population Aging Requires Modern Solutions



Figure 11: When individual and community planning activities include ‘facts on aging’, the human capital available to support the economy increases.



Appendices

Appendix A: Population 65+ by County, South Dakota, 2015

Locations	2015			2010			Percentage Change 2010-2015	Percentage below poverty (age 65+) 2015
	Total population	Population 65 years & over	% 65 years & over	Total population	Population 65 years & over	% 65 years & over		
South Dakota	843,190	125,635	14.90%	799,462	114,045	14.30%	0.60%	10.10%
Aurora County	2,729	576	21.10%	2,739	500	18.30%	2.80%	8.90%
Beadle County	18,168	2,943	16.20%	16,829	3,029	18.00%	-1.80%	10.90%
Bennett County	3,438	382	11.10%	3,441	513	14.90%	-3.80%	13.90%
Bon Homme County	7,013	1,431	20.40%	7,080	1,396	19.70%	0.70%	13.70%
Brookings County	33,046	3,338	10.10%	31,250	3,186	10.20%	-0.10%	4.30%
Brown County	38,060	6,013	15.80%	36,011	5,992	16.60%	-0.80%	10.50%
Brule County	5,330	927	17.40%	5,128	876	17.10%	0.30%	8.60%
Buffalo County	2,038	194	9.50%	1,932	91	4.70%	4.80%	21.20%
Butte County	10,292	1,822	17.70%	9,888	1,545	15.60%	2.10%	9.40%
Campbell County	1,548	378	24.40%	1,431	361	25.20%	-0.80%	13.80%
Charles Mix County	9,239	1,645	17.80%	9,075	1,590	17.50%	0.30%	15.00%
Clark County	3,625	765	21.10%	3,702	803	21.70%	-0.60%	18.50%
Clay County	14,011	1,471	10.50%	13,816	1,431	10.40%	0.10%	2.70%
Codington County	27,750	4,218	15.20%	27,040	3,964	14.70%	0.50%	9.90%
Corson County	4,149	444	10.70%	4,053	462	11.40%	-0.70%	20.00%
Custer County	8,394	2,082	24.80%	8,085	1,622	20.10%	4.70%	8.20%
Davison County	19,787	3,364	17.00%	19,397	3,207	16.50%	0.50%	11.60%
Day County	5,618	1,376	24.50%	5,714	1,296	22.70%	1.80%	14.80%
Deuel County	4,341	881	20.30%	4,373	857	19.60%	0.70%	9.20%
Dewey County	5,579	552	9.90%	5,354	517	9.70%	0.20%	17.10%
Douglas County	2,973	722	24.30%	3,046	729	23.90%	0.40%	14.40%
Edmunds County	4,018	864	21.50%	4,047	1,002	24.80%	-3.30%	15.60%
Fall River County	6,906	1,747	25.30%	7,078	1,591	22.50%	2.80%	14.60%
Faulk County	2,359	552	23.40%	2,386	504	21.10%	2.30%	15.30%
Grant County	7,227	1,416	19.60%	7,382	1,377	18.70%	0.90%	9.70%
Gregory County	4,226	1,023	24.20%	4,272	1,035	24.20%	0.00%	19.30%
Haakon County	2,083	454	21.80%	1,886	472	25.00%	-3.20%	16.20%
Hamlin County	5,982	1,041	17.40%	5,761	1,037	18.00%	-0.60%	7.10%
Hand County	3,375	884	26.20%	3,402	860	25.30%	0.90%	9.30%
Hanson County	3,386	467	13.80%	3,382	494	14.60%	-0.80%	16.10%
Harding County	1,328	178	13.40%	1,250	207	16.60%	-3.20%	15.70%
Hughes County	17,466	2,550	14.60%	16,827	2,280	13.50%	1.10%	6.00%
Hutchinson County	7,226	1,727	23.90%	7,388	1,895	25.60%	-1.70%	14.90%

Appendix A: Population 65+ by County, South Dakota, 2015, continued.

Locations	2015			2010			Percentage Change 2010-2015	Percentage below poverty (age 65+) 2015
	Total population	Population 65 years & over	% 65 years & over	Total population	Population 65 years & over	% 65 years & over		
Hyde County	1,413	307	21.70%	1,520	373	24.50%	-2.80%	8.50%
Jackson County	3,237	466	14.40%	2,991	293	9.80%	4.60%	19.50%
Jerauld County	2,031	457	22.50%	2,038	585	28.70%	-6.20%	16.10%
Jones County	781	176	22.50%	1,076	191	17.80%	4.70%	6.30%
Kingsbury County	5,107	1,098	21.50%	5,169	1,155	22.30%	-0.80%	13.10%
Lake County	12,086	2,260	18.70%	11,008	1,846	16.80%	1.90%	10.70%
Lawrence County	24,645	4,313	17.50%	23,670	3,820	16.10%	1.40%	7.40%
Lincoln County	49,874	4,888	9.80%	41,289	3,688	8.90%	0.90%	4.00%
Lyman County	3,837	576	15.00%	3,736	532	14.20%	0.80%	6.60%
McCook County	5,613	1,100	19.60%	5,639	1,075	19.10%	0.50%	12.60%
McPherson County	2,263	672	29.70%	2,506	692	27.60%	2.10%	12.30%
Marshall County	4,701	912	19.40%	4,618	881	19.10%	0.30%	14.30%
Meade County	26,381	3,561	13.50%	25,156	2,895	11.50%	2.00%	8.10%
Mellette County	2,086	284	13.60%	2,032	276	13.60%	0.00%	12.90%
Miner County	2,306	503	21.80%	2,411	581	24.10%	-2.30%	5.50%
Minnehaha County	178,942	21,294	11.90%	165,799	18,195	11.00%	0.90%	8.80%
Moody County	6,439	1,050	16.30%	6,511	975	15.00%	1.30%	13.80%
Oglala Lakota County	14,153	877	6.20%	13,437	728	5.40%	0.80%	39.50%
Pennington County	106,085	15,594	14.70%	97,922	12,765	13.00%	1.70%	8.40%
Perkins County	2,981	715	24.00%	2,976	658	22.10%	1.90%	17.90%
Potter County	2,307	616	26.70%	2,380	631	26.50%	0.20%	8.00%
Roberts County	10,318	1,857	18.00%	10,033	1,720	17.10%	0.90%	13.60%
Sanborn County	2,339	465	19.90%	2,380	453	19.00%	0.90%	8.60%
Spink County	6,570	1,288	19.60%	6,518	1,328	20.40%	-0.80%	12.40%
Stanley County	2,962	518	17.50%	2,896	399	13.80%	3.70%	12.50%
Sully County	1,469	269	18.30%	1,328	225	16.90%	1.40%	9.30%
Todd County	9,942	686	6.90%	9,575	501	5.20%	1.70%	22.80%
Tripp County	5,504	1,139	20.70%	5,743	1,190	20.70%	0.00%	14.80%
Turner County	8,302	1,652	19.90%	8,368	1,612	19.30%	0.60%	6.00%
Union County	14,842	2,271	15.30%	13,903	1,983	14.30%	1.00%	9.50%
Walworth County	5,495	1,302	23.70%	5,408	1,306	24.10%	-0.40%	14.40%
Yankton County	22,636	3,780	16.70%	22,216	3,558	16.00%	0.70%	9.70%
Ziebach County	2,833	198	7.00%	2,765	214	7.70%	-0.70%	24.90%

Note: Population 65 years and over calculated by the total population times the percentage of population 65 years and older
Source: U.S. Census Bureau 2006-2010, 2011-2015 American Community Survey 5-Year Estimates (2011-2015 ACS)

Appendix B: State Efforts to ensure Appropriate Level of Care

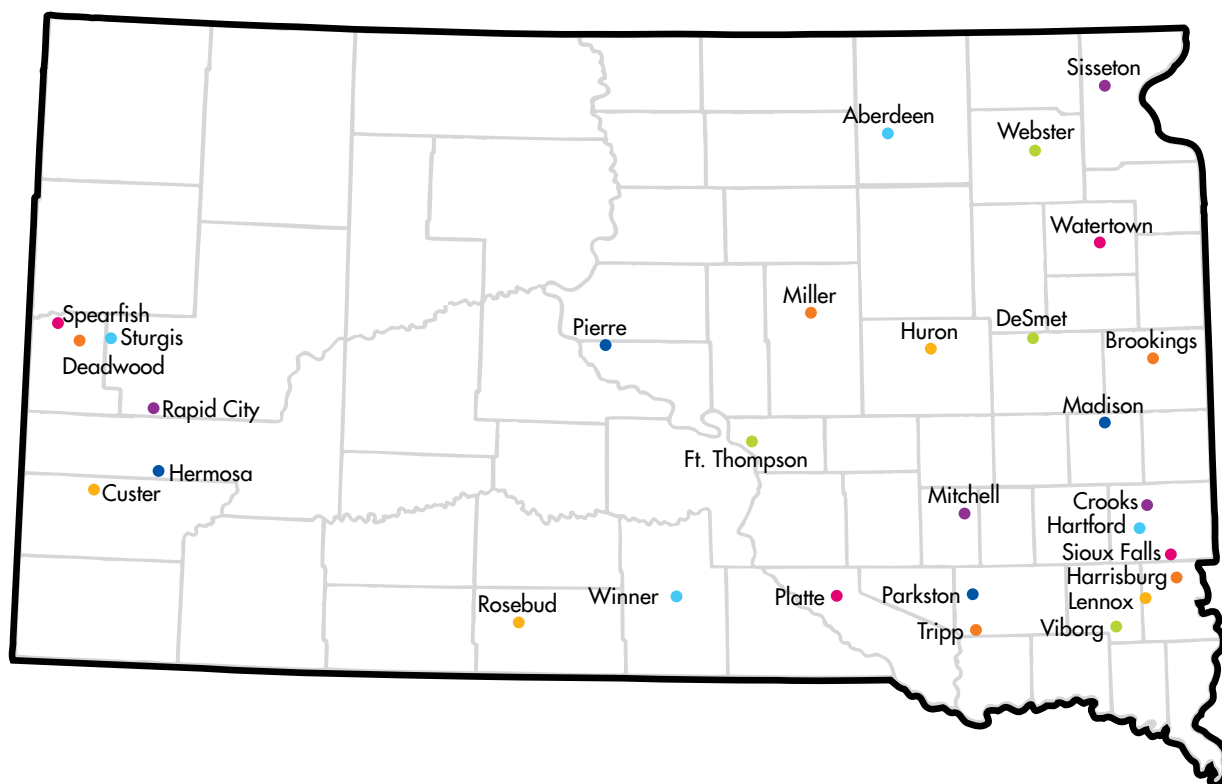
Efforts of the State of South Dakota to ensure citizens receive appropriate level of care

- Amendment to the Medicaid 1915 (c) HOPE waiver to include services that provide assistance with transferring to less restrictive levels of support (nursing home to assisted living or home, assisted living to home). This service will include both goods and services (items necessary to set up a home) and case management to assist in the process.
- Amendment to the Medicaid 1915 (c) HOPE waiver to provider alternative residential options – both Community Living Homes and Structured Family Caregiving. More information on these services can be found at the following link. <http://dhs.sd.gov/ltss/titleix.aspx>
- Long Term Services and Supports Workgroup which met 4 times over the period of 2017-2018 and developed metrics to measure progress toward increasing home and community based services. The minutes of the workgroup and the goals and metrics can be found at: <http://dhs.sd.gov/workgroups.aspx>
- Lifespan Respite Coalition Workgroup which is currently working to increase access to Respite services in South Dakota. Information can be found at <http://dhs.sd.gov/workgroups.aspx>
- Rebranding of the Aging and Disability Resource Center as Dakota at Home; the updates to the web page and associated resource directory as well as the outreach regarding Dakota at Home. In connection with this effort, LTSS realigned staff to create a virtual call center, where dedicated staff across the state answer calls and guide individuals through the intake and referral process. The Dakota At Home website link is: <https://dakotaathome.org/>



Appendix C: Efforts to Reduce Chronic Disease

Better Choices, Better Health® SD offers chronic disease self-management education workshops that are designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve quality of life, boost self-confidence, and inspire positive lifestyle changes. The program consists of 4 different self-management workshops: chronic disease, diabetes, chronic pain, and worksite chronic disease. Workshop participants will find a supportive community to help them get through their daily activities and manage physical and mental health wellness. When they have the support and tools to make healthier choices, they can improve their health and lead fuller lives. These evidence-based, community-led interventions, licensed and offered through the Self-Management Resource Center (www.selfmanagementresource.com), have been offered statewide in SD since 2014, targeting adults (ages 18+) with chronic disease, both physical and mental health conditions, and/or those who serve as adult caregivers for those with chronic conditions. Since its inception, BCBH has been a complementary service in the communities it serves. As a small state with limited resources, organizations are keen on collaborations that leverage resources and reduce duplication. Hence, BCBH does not duplicate services as it serves as the centralized model for SD, with South Dakota State University (SDSU) Extension currently being the only license holder for CDSME and DSMP in the state. Please visit <http://www.betterchoicesbetterhealthsd.org> to learn more.



1,234 people have attended a workshop and of those who attended, 67% have attended at least 4 out of the 6 sessions.

Appendix D: Efforts to Facilitate Livability in South Dakota

What is livability? A multigenerational 'quality of life' or 'place making' community develop process.

Mission: Livable 605 will work with communities to build partnerships, develop resources, and implement strategies to enhance livability for all ages.

LIVABLE 605 2018 GOALS

Short Term: 0-6 months

- Define group name and format
- Establish goals, initiatives, vision/purpose, and strategic plan
- Identify other potential members



Intermediate: 6-12 months (by year end)

- Develop and update comprehensive list of stakeholders
- Increase knowledge about livability among stakeholders
- Identify communities interested in community assessment
- Identify communities interested in pursuing livability
- Create/adapt scope of work infographic
- Develop comprehensive list of funding opportunities
- Identify resources/organizations involved in community assessment and action planning
- Bring resources together to create a database of resources available across the state
- Identify 3 to 5 projects to highlight

Long Term: 2019 and beyond

- Develop plan to share information about the group's collective actions; collect and share success stories
- Continue increasing knowledge about livability among stakeholders

LIVABLE 605 STRUCTURE

- A five member Steering Committee with representatives from various areas of expertise: non-profit, city government, University Extension, economic development, and health insurance
- Three workgroups focusing on outreach, resources, and communications

Website to launch in 2019!

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