



PRINCE WILLIAM
COUNTY

Prince William County Demographics and Trends: Aging Commission

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County Profile

PWC GTS; US Census 2019-2023 ACS 5-Yr Estimates

Population: 499,809 (2024 Q4)

Area: 347.3 sq. mi.

Density: 1,439.1 people/sq. mi.

Age

Under 18: 26.6%

65 and over: 10.9%

Race & Ethnicity

Hispanic or Latino (of any race): 25.7%

Not Hispanic or Latino

White: 38.9%

Black or African American: 20.0%

American Indian and Alaska Native: 0.1%

Asian: 9.7%

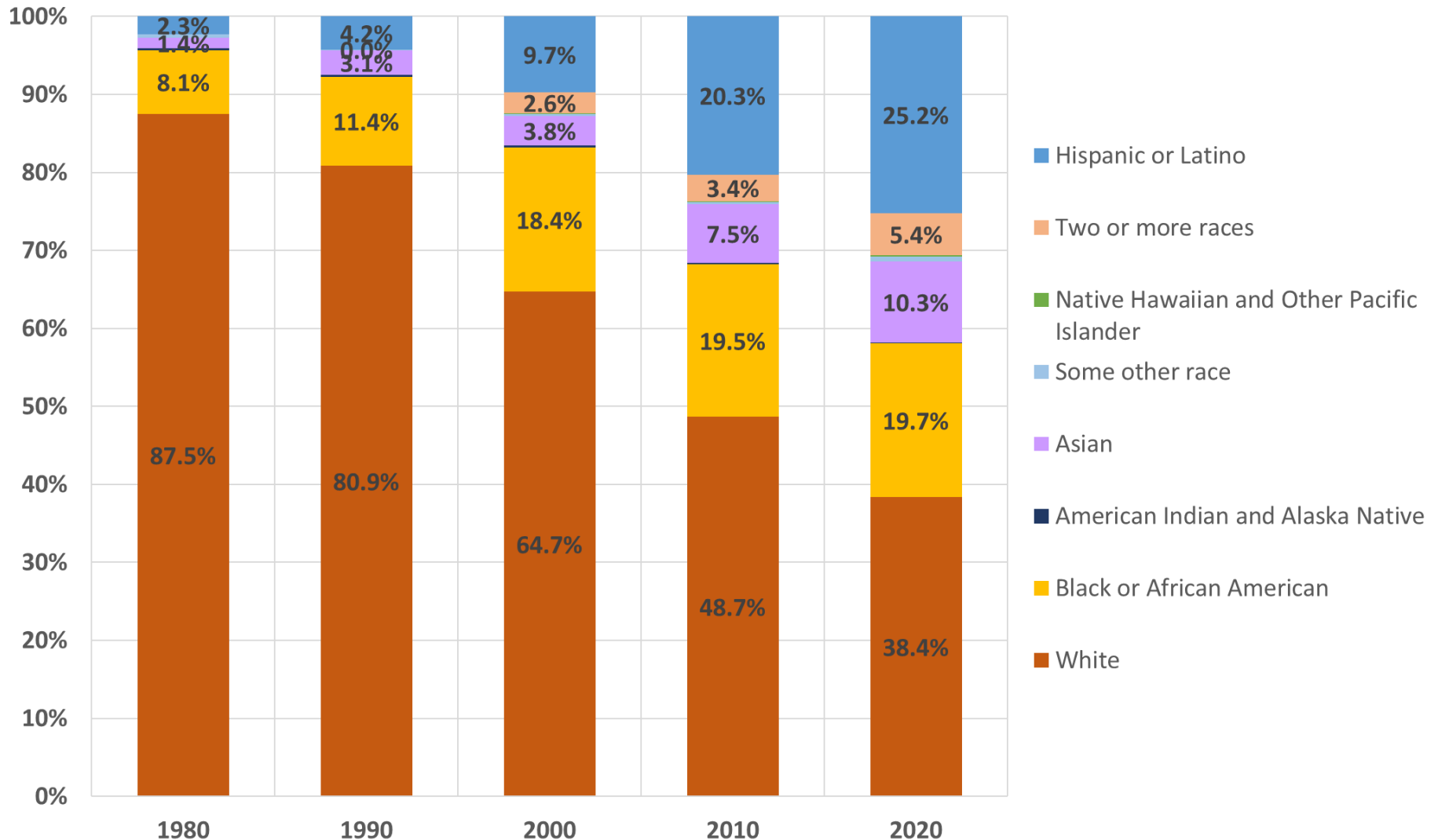
Native Hawaiian and Other Pacific Isl: 0.1%

Other: 0.5%

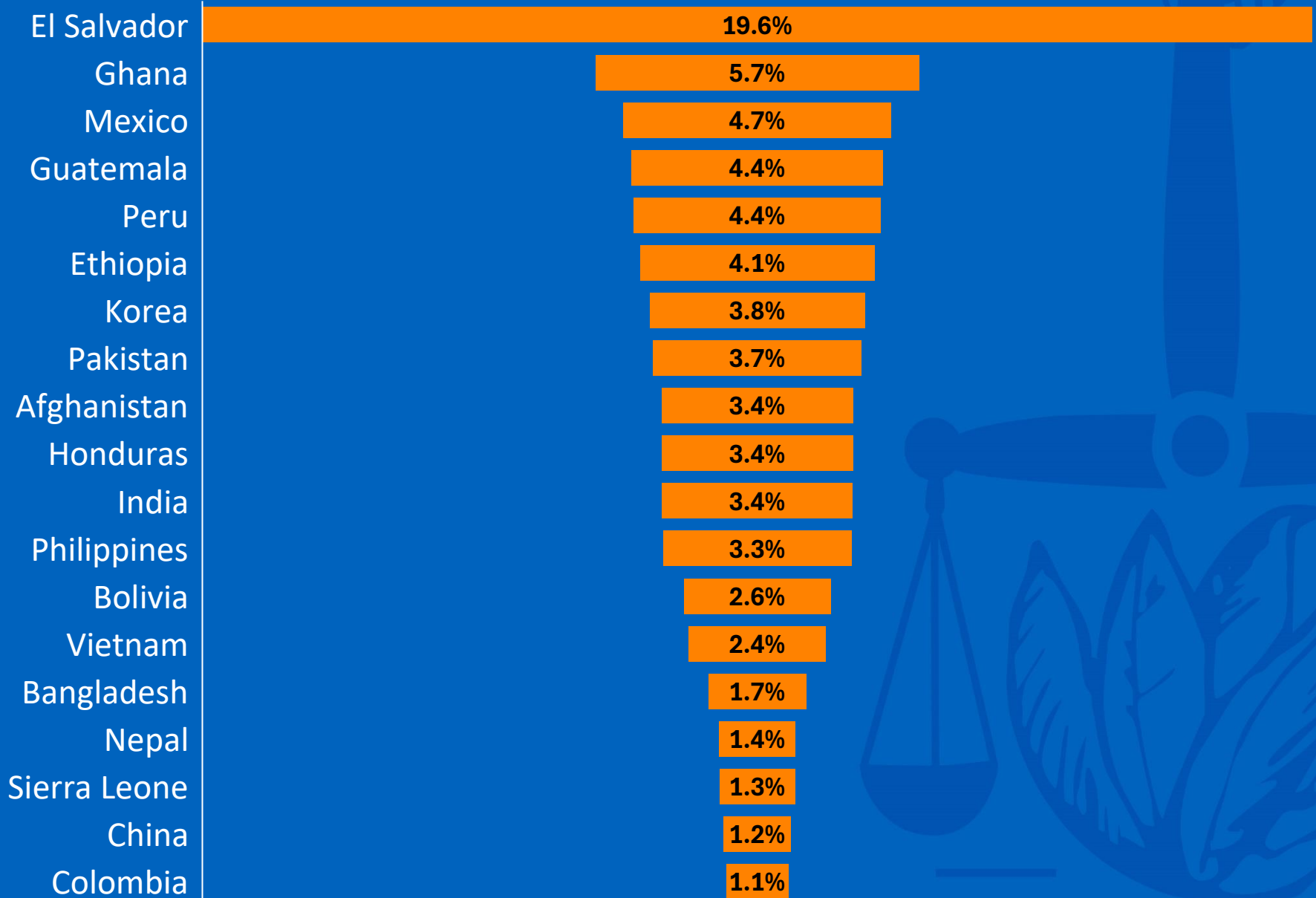
Two or more races: 5.1%

Decennial Census Changes

Race and Ethnicity Changes 1980-2020



Country of Birth for Foreign Born Population (2019-2023)



Comparative Demographics

US Census 2019-2023 ACS 5-Yr Estimates; Bureau of Labor Statistics (BLS)

	PWC	DC MSA	Virginia	U.S.A.
Married-Couple Households	58.8	48.1	49.81	47.2
Married-Couple Households w/ Children	29.3	21.5	19.5	18.2
Non-White Population	59.2	55.9	39.4	40.6
Population Ages 65+	10.0	13.1	15.5	16.0
Bachelor's Degree or Higher	44.5	53.8	41.5	35.0
Foreign Born	26.2	24.0	12.9	13.9
Language other than English Spoken at Home (& speak English less than "very well")	13.7	11.5	6.1	8.4
Unemployment Rate (2022)	2.8	3.1	2.9	4.1
Drive to Work Alone	66.7	56.4	69.2	70.2
Median Household Income	\$128,873	\$123,896	\$90,974	\$78,538
Poverty Rate	6.1	7.9	9.9	12.4

Notable Changes: 2018-2023

	2014-2018	2019-2023	Delta
Residents Age Under 18	27.6%	26.6%	-1.0
Residents Age 65+	9.2%	10.9%	+1.7
White (Not Hispanic or Latino)	43.7%	38.9%	-4.8
Median Household Income	\$125,922	\$128,873	+\$2,951
Worked from Home	4.2%	17.5%	+13.3
With Retirement Income	21.3%	25.0%	+3.7
With Public Health Insurance Coverage	19.2%	25.3%	+6.1
With a Disability	7.6%	8.7%	+1.1
Foreign Born	23.9%	26.2%	+2.3
Speak language other than English at home	32.9%	36.4%	+3.5

AGING POPULATION: KEY TAKEAWAYS

- Share of older population that is **non-Hispanic white**:
 - 2022: **75%** | 2050 forecast: **60%**.
- Population 65 and older with **bachelor's degree or more**:
 - 1965: **5%** | 2023: **33%**
- More workers ages 65 and older **in the labor force** (2022 to 2032)
 - Men: **24%** to **25%** | Women: **15%** to **17%**
- **More older adults are divorced** compared with previous generations (1980 to 2023):
 - Divorced women: **3% to 15%** | Divorced men: **4% to 12%**
- **Daily Care Needs:** Shrinking share of older adults are living in nursing homes and assisted living settings than a decade ago. Home modifications and assistive devices such as walkers have helped older Americans maintain their independence.

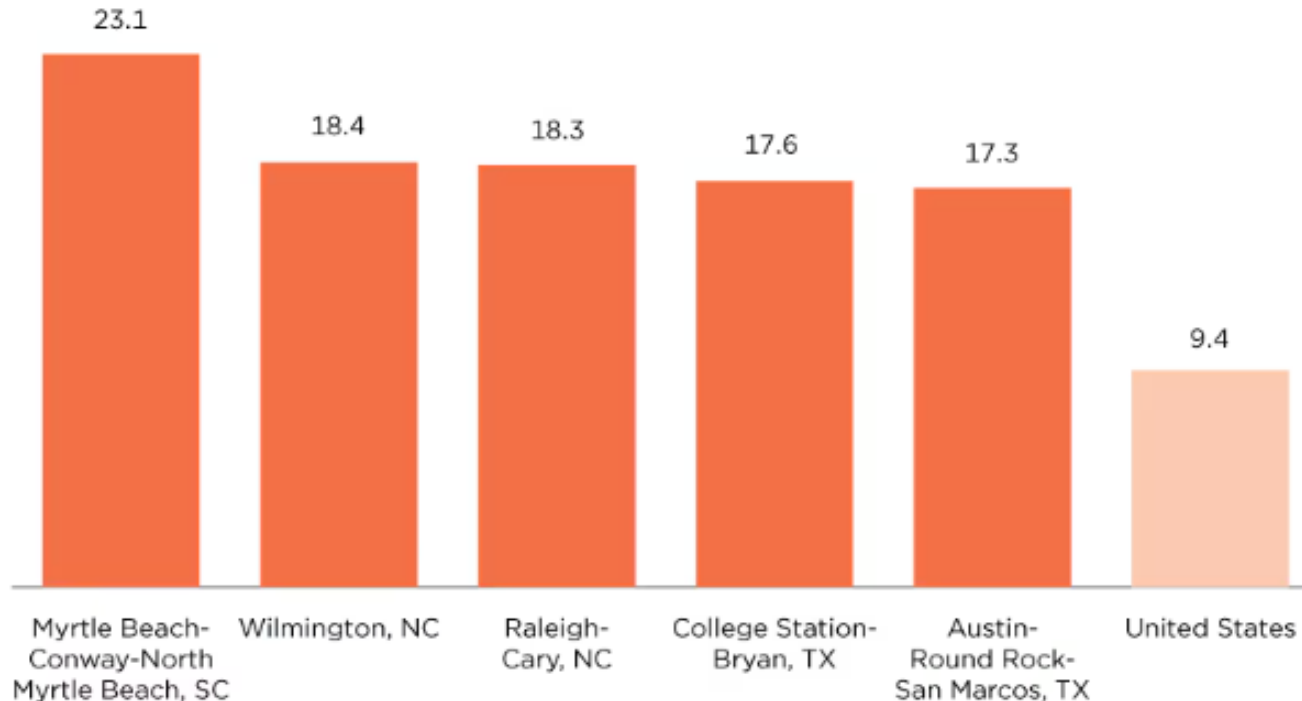
AGING POPULATION: KEY TAKEAWAYS

- **Obesity prevalence** among older Americans has increased at an alarming rate. In a single generation—between 1988-1994 and 2015-2018—the share of U.S. adults ages 65 and older with obesity nearly doubled, increasing from 22% to 40%.¹³
- **Wide economic disparities** are found across different population subgroups. Among adults ages 65 and older, 17% and 18% of those identifying as Latino and African American, respectively, lived in poverty in 2022—more than twice the rate of those who identified as non-Hispanic white (8%).
- **Caregiving gap** (esp. those with lower incomes and dementia). Rising care demands among Americans living with Alzheimer's disease: may more than double by 2050 to 13 million, from 6 million today.
- **Social Security and Medicare** expenditures will increase
- **Federal budget cuts and tax increases** may be inevitable as more members of the large baby boom cohort reach retirement age

Population ages 65 and over increased in all but one (Eagle Pass, TX) of the nation's 387 metro areas, while the population of children declined in many metro areas between 2020 and 2023.

Figure 3.

Five Fastest-Growing U.S. Metro Areas for the Older Population by Percent Change: April 1, 2020 to July 1, 2023



Note: Older population includes age 65 and over.

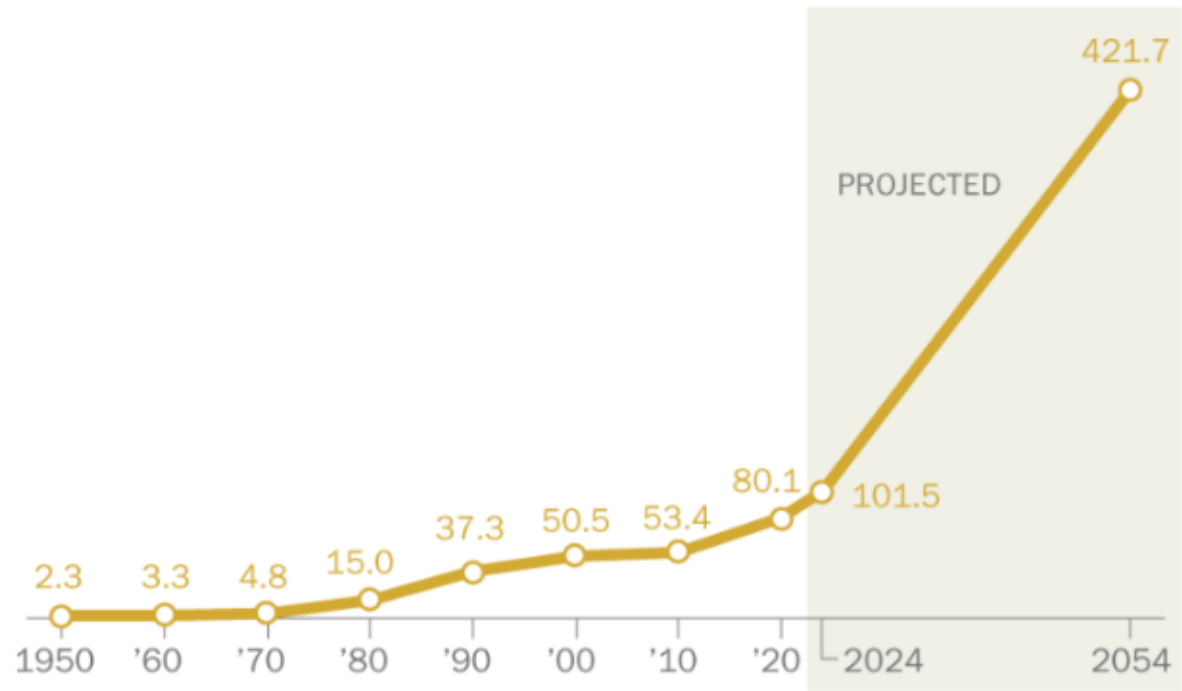
Source: U.S. Census Bureau, Vintage 2023 Population Estimates.

Centenarians

The number of Americans ages 100 and older is projected to more than quadruple over the next three decades, from an estimated 101,000 in 2024 to about 422,000 in 2054, according to projections from the U.S. Census Bureau. Centenarians currently make up just 0.03% of the overall U.S. population, and they are expected to reach 0.1% in 2054.

U.S. centenarians projected to quadruple in number by 2054

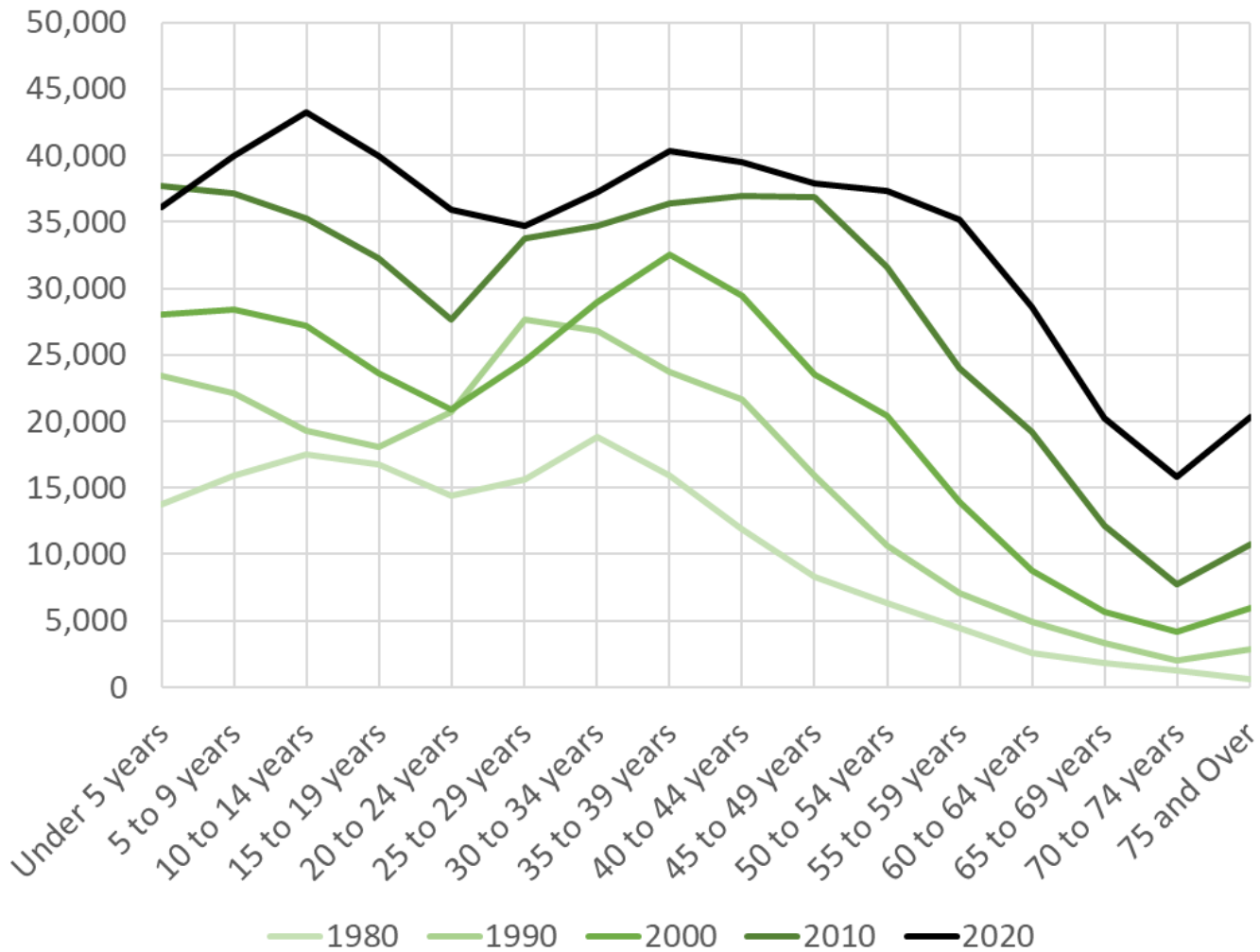
Total estimated number of Americans ages 100 and older, in thousands



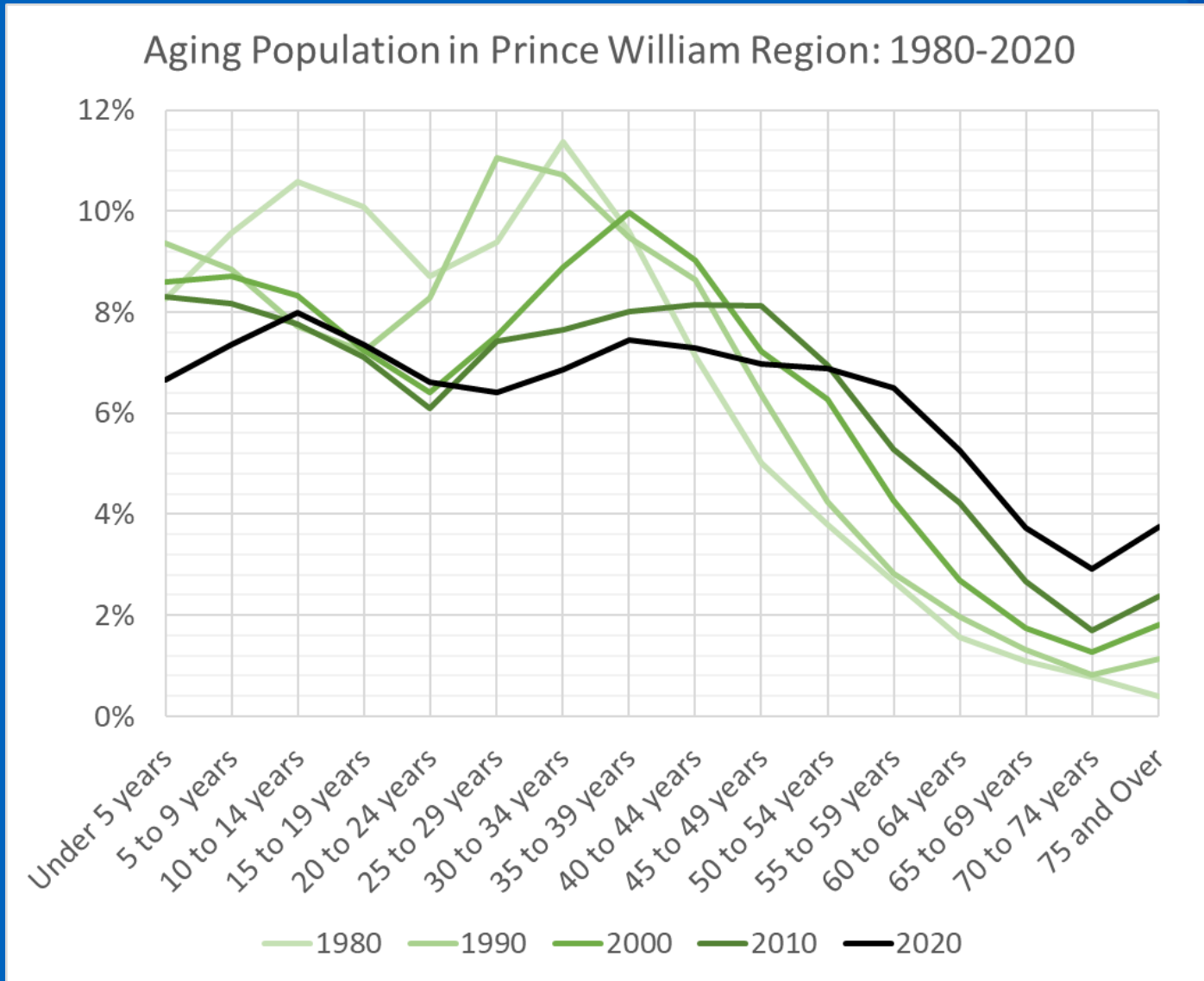
Note: The Census Bureau uses calculated estimates for years prior to the 1990 census because it has identified large errors in the census counts of centenarians for those years. Counts for 2024 and 2054 are projections.

Local Aging Trends

Aging Population in Prince William Region: 1980-2020

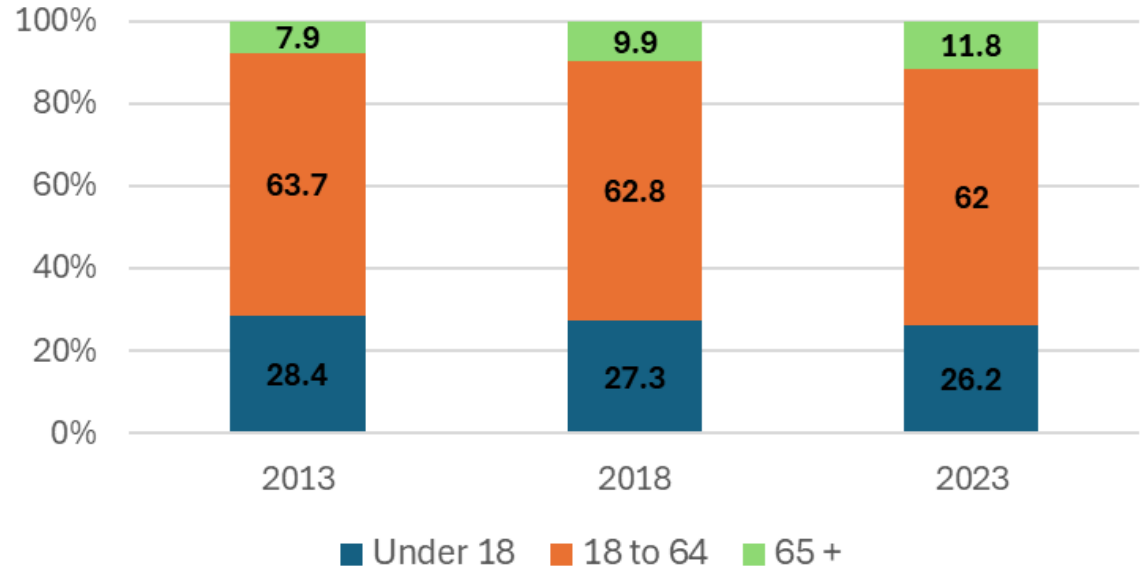


Local Aging Trends

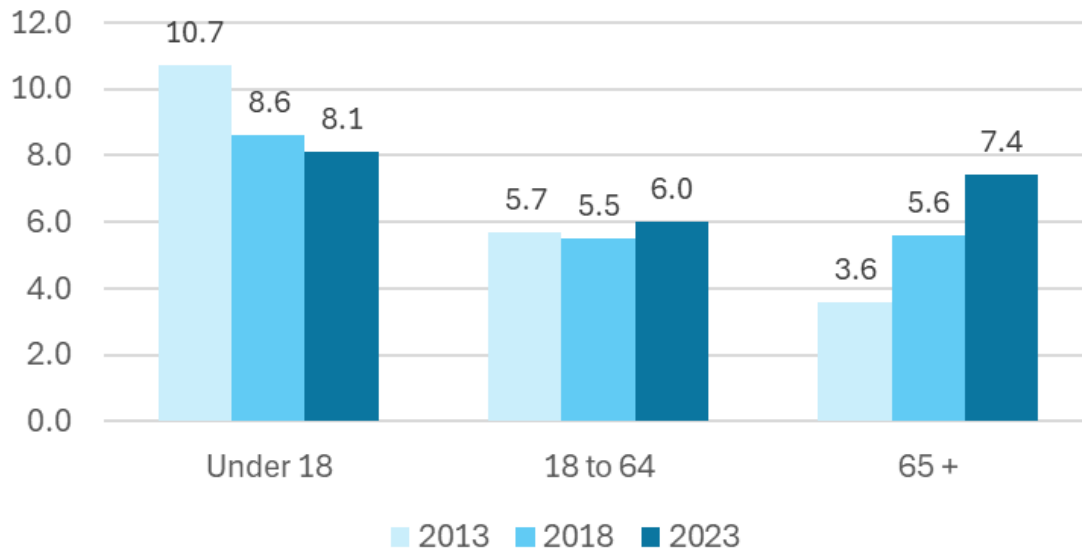


Prince William County

Age Distribution Over Time



Poverty Rate by Age Group



US Census Bureau 2013, 2018, 2023 ACS 1-Year Estimates

Prince William County: Characteristics of the Population Ages 65 and Over

	2014-2018	2019-2023
Hispanic or Latino origin (of any race)	8.4	11.1
White alone, not Hispanic or Latino	66.1	58.5
Black or African American	14.7	17.3
American Indian and Alaska Native	0.5	0.7
Asian	8.9	10.5
Native Hawaiian and Other Pacific Islander	0.1	0.0
Some other race	2.3	3.6
Two or more races	2.3	7.0
Divorced	11.7	13.4
Bachelor's Degree or Higher	36.7	42.2
With any disability	29.6	29.2
Same house	92.6	93.7
Language other than English	21.5	25.3

Comparative Aging Stats

Population 65+

	2010 65+	2020 65+	Change	Percent Change	2010 65+ Percent	2020 65+ Percent
Loudoun County	20,425	41,497	21,072	103.2%	6.5%	9.9%
Prince William County	27,220	50,522	23,302	85.6%	6.8%	10.5%
Stafford County	9,464	17,291	7,827	82.7%	7.3%	11.0%
Manassas city	2,607	4,505	1,898	72.8%	6.9%	10.5%
Falls Church city	1,293	2,185	892	69.0%	10.5%	14.9%
Manassas Park city	806	1,343	537	66.6%	5.6%	7.8%
Prince George's County	81,513	132,049	50,536	62.0%	9.4%	13.7%
Charles County	13,852	21,826	7,974	57.6%	9.5%	13.1%
Frederick County	25,914	40,423	14,509	56.0%	11.1%	14.9%
Fauquier County	8,289	12,449	4,160	50.2%	12.7%	17.1%
Fairfax County	106,290	158,687	52,397	49.3%	9.8%	13.8%
Alexandria city	12,806	18,758	5,952	46.5%	9.1%	11.8%
Montgomery County	119,769	169,846	50,077	41.8%	12.3%	16.0%
Arlington County	18,054	25,333	7,279	40.3%	8.7%	10.6%
District of Columbia	68,809	86,776	17,967	26.1%	11.4%	12.6%
Fairfax city	3,088	3,871	783	25.4%	13.7%	16.0%

KEY IMPACTS: AGING POPULATION

Demographic Shift: By 2030, about 1 in 5 Americans will be 65 years or older. Life expectancy for males and females bounced back from a brief COVID regression and birth rates continue to decline.

Fiscal Strain on Local Governments: Expenditures on healthcare, social services, and pensions without a corresponding increase in revenue due to a shrinking workforce.

Diverse Needs Among Seniors: The elderly population is not monolithic; younger seniors tend to be healthier and more affluent, while older seniors often face poverty and health challenges. Service delivery need more nuance.

Transportation and Mobility Issues: Transportation barriers reduce the ability to access services and socially engage. A significant portion of seniors cannot drive.

Community Engagement and Support: Older adults contribute significantly to their communities through volunteering and engagement. Effective community support systems are essential to maintain their well-being and active participation

COMMUNITIES FOR AN AGING POPULATION

Housing: Local governments can adopt zoning reforms to promote the development of accessory dwelling units (ADUs) to allow seniors to live near family while maintaining independence

“Aging” Infrastructure: Public transportation access, walkable neighborhoods, community centers, accessible public spaces, and recreation opportunities.

A Plan that “Ages” Well:

- Engage older adults in the planning process to better understand their needs.
- Participation in broader planning activities should ensure a representative sample by age group so that the aging population has adequate and fair input for community improvement plans.
- Implement state or local aging master plans that coordinate various services spanning health care, housing, transportation, and economic support.