

# GENDER MATTERS

from the New Hampshire Women's Foundation

WHEN YOU KNOW THE FACTS, YOU CAN ACT!

2023: ISSUE 2

Women and Aging in New Hampshire

With a median age of 43, New Hampshire is the second oldest state, following Maine.<sup>1</sup> More populated counties have a higher ratio of older adult women to men, but women aged 65 or older in rural New Hampshire counties are more likely than non-rural residents to be uninsured, low income, older, or living with a disability.<sup>2,3</sup> Women face disparities based on sex, age, race, income, and location. Women are also living longer.

## NEW HAMPSHIRE POPULATION

US Census, ACS 2022 1-year estimates, Table S0101

TOTAL  
1,395,200

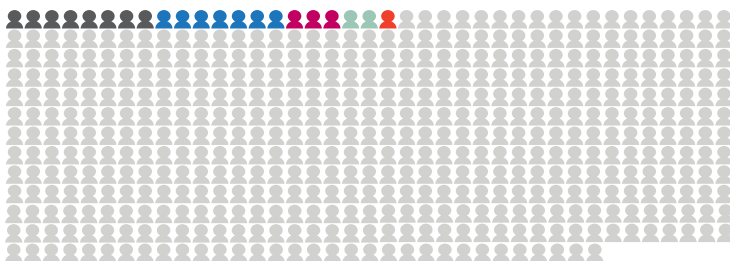
WOMEN 65+  
11% (151,400)

MEN 65+  
9% (130,500)

## POPULATION BY RACE AND ETHNICITY

(Out of 500 New Hampshire women 65+)

US Census, PEP, 2022 Annual State Resident Population Estimates, Age, Sex, Race, and Hispanic Origin - 6 race group

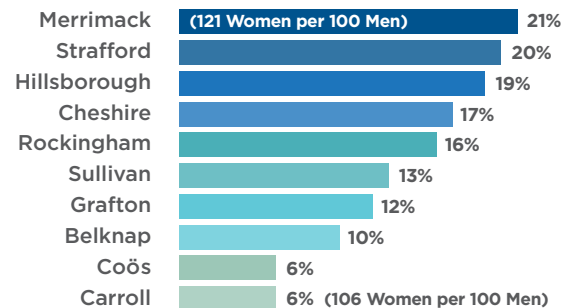


■ Asian\* (1.6%)    ■ Hispanic/Latina (1.4%)    ■ Multiracial\* (0.6%)  
■ Black or African American\* (0.5%)    ■ American Indian and Alaska Native & Native Hawaiian and Other Pacific Islander\* (0.2%)    ■ White\* (96%)

(Note: Races with \* are Non-Hispanic)

## PERCENT DIFFERENCE OF WOMEN TO MEN 65+ BY COUNTY

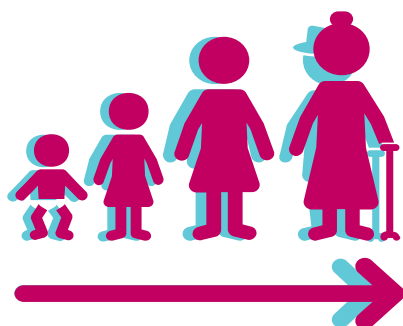
US Census, PEP, 2022 Annual County Characteristics Resident Population Estimates, Selected Age Groups and Sex



By 2020, New Hampshire's "Baby Boomers," (457,000 residents born between 1945-1965) had all reached the age of 55.<sup>4</sup> By 2035, 28% of New Hampshire residents are estimated to be 65 or older, with older women continuing to outnumber older men.<sup>5</sup> Due to a life expectancy advantage, there are now almost 180 octogenarian women for every 100 men.<sup>6</sup>

## LIFE EXPECTANCY

NH DBEA, OPD, State of New Hampshire state, county, and municipal population projections: 2020-2050.



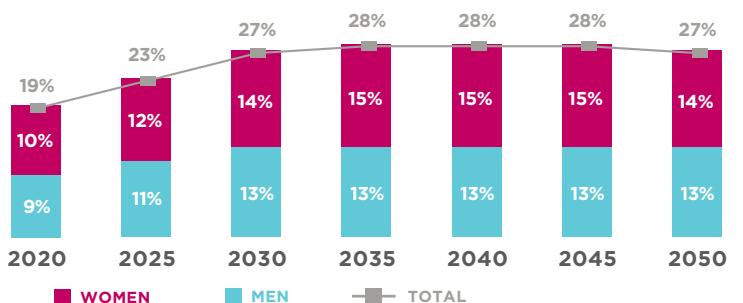
Women  
**84.6 years**

Men  
**81.1 years**

## ESTIMATED POPULATION GROWTH OF NH RESIDENTS 65+

(% of State Total Population)

NH DBEA, OPD, State of New Hampshire state, county, and municipal population projections: 2020-2050.



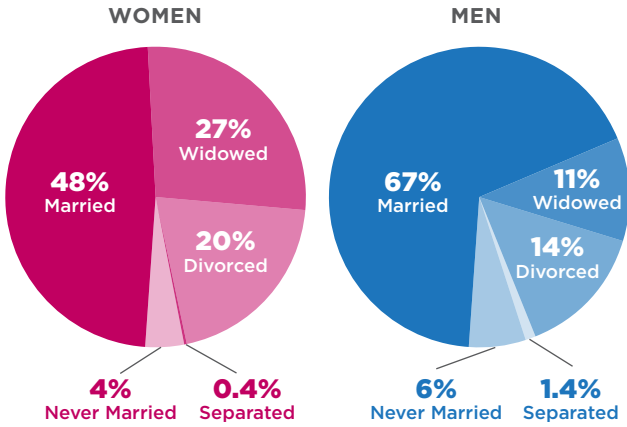
Note: Does not include the impact from COVID-19 pandemic. Data are from counts of deaths by age and sex for 2009, 2010 and 2011 available from Department of State.

# ECONOMIC SECURITY

Women make up 65% of spousal caregivers, and compared to non-caregivers, spousal caregivers have fewer retirement assets and less Social Security income.<sup>7</sup> Women who are unmarried, divorced or become widowed after age 50 have a higher risk of financial insecurity.<sup>8</sup> Older women in the "Baby Boomer" generation list their top three financial concerns as: having their benefits cut, outliving their savings, and simply not saving enough to retire.<sup>9</sup>

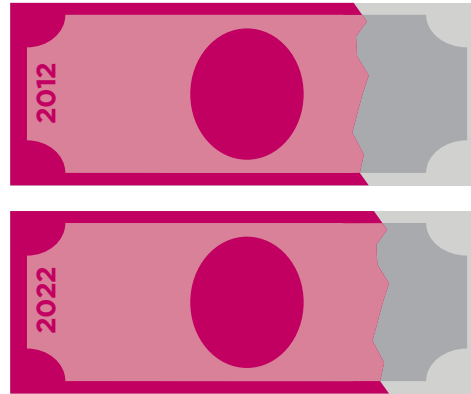
## MARITAL STATUS 65+

US Census, ACS 2022 1-year estimates, Table S1201



## GENDER GAP FOR MONTHLY SOCIAL SECURITY BENEFIT

SSA, ORES, Annual Statistical Supplement to the Social Security Bulletin, 2013 and 2023 Reports, Table 5.J3



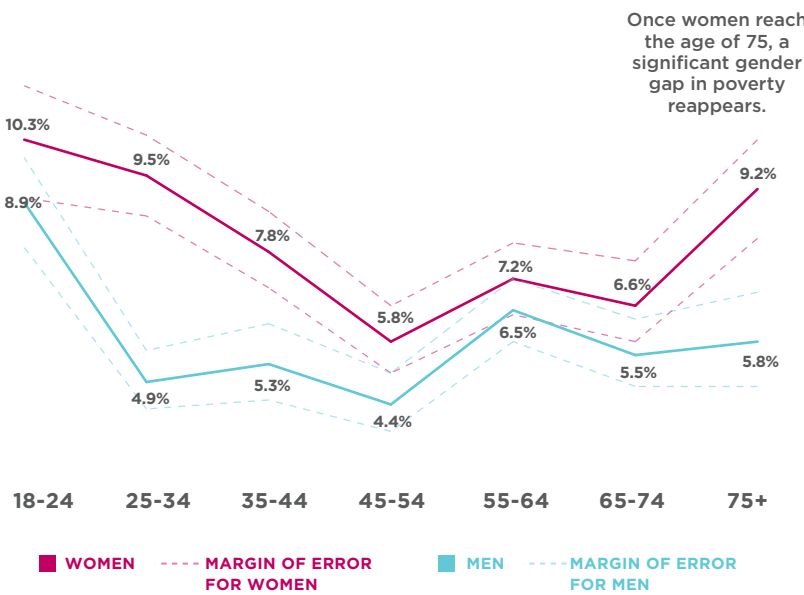
In December **2012**, NH women 65+ received an average of **75 cents** in total Social Security benefit income per month for every \$1 men received.

In December **2022**, NH women 65+ received an average of **79 cents** in total Social Security benefit income per month for every \$1 men received.

Women in poverty without retirement security rely on social safety nets and family support.<sup>10</sup> New Hampshire has the nation's lowest poverty rate, but disparities and high rates of poverty still exist among the state's oldest women and especially racial or ethnic minority women.<sup>11,12</sup>

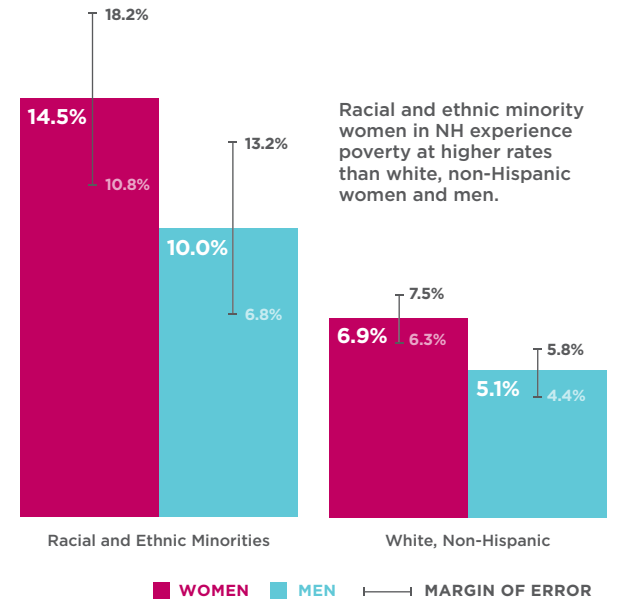
## ESTIMATED POVERTY RATE BY AGE GROUP

US Census, ACS 2022 5-year estimates, Table B17001



## ESTIMATED POVERTY RATE FOR ADULTS 65+ BY RACE AND ETHNICITY

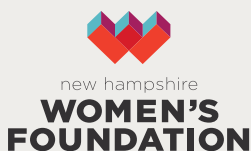
US Census, ACS 2021 5-year estimates, Table B17001



Note: Dotted lines (left figure) and the error bars (right figure) indicate the 90% margin of error based on the US Census sampling variability. The margin of error means that the true value could be any value between the upper and lower limit at each data point. Some of these groups are not significantly different due to overlap in the confidence intervals.

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**REFERENCES:** For citation references and methodology please see [NHWomensFoundation.Org/GM2023WomenandAging](http://NHWomensFoundation.Org/GM2023WomenandAging)



We invest in opportunity and equality for women and girls in New Hampshire through research, education, advocacy, grantmaking, and philanthropy.

Learn more at [www.nhwomensfoundation.org](http://www.nhwomensfoundation.org)

