

America is Getting Older - Demographics

The average age in the U.S. increased to a historic high in 2022, rising 0.2 years between 2021 and 2022 to reach a median of 38.9 years old. The average age has been steadily rising toward 40 years old, primarily due to declining birth rates coupled with people living longer over the past 20 years.

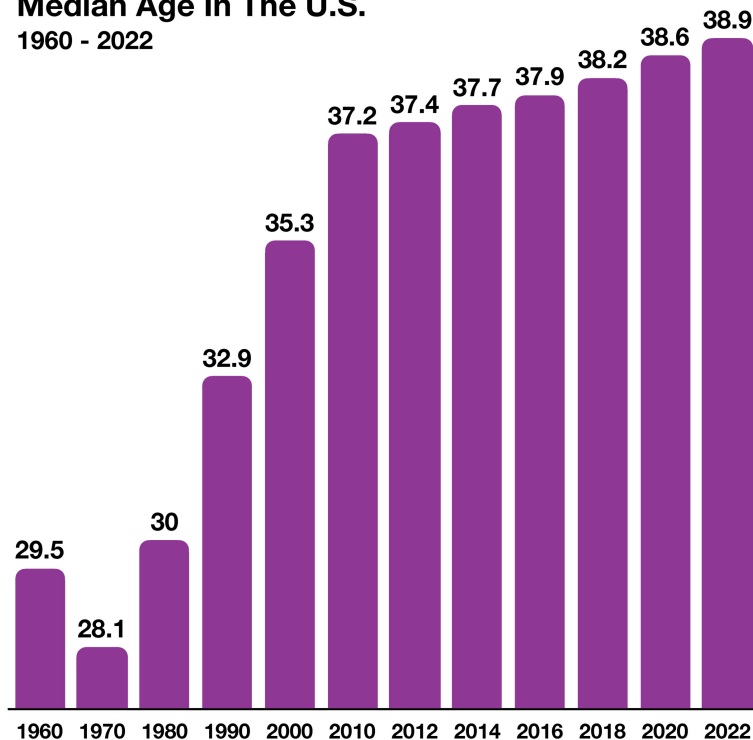
Americans' median age reached 30 years old in 1980 and rose to 35 years old in 2000. In the past 22 years, the average age has risen by 3.6 years. America has been steadily aging over the past 50 years, with median age rising 10.8 years since 1970.

In 2022, 17 states had a median age of above 40, while no state experienced a decrease from their 2021 median age. Maine had the highest median age at 44.8, while Utah was the youngest state at 31.9 years. Florida had two of the nation's six oldest counties, including the oldest county with a median age of 68.1 years old.

Other key populations across Europe and Asia have seen similar trends and steady increases in age. The oldest median ages in nations across the world include Japan at 48.6, Monaco at 55.4, and Germany at 47.8 years. On the flip side, the youngest median ages include Niger at 14.8, Uganda at 15.7, and Angola at 15.9 years. The United States is the 61st oldest nation globally world, with a similar median age to China and Thailand.

Sources: U.S. Census Bureau, CIA World Factbook

Median Age In The U.S.
1960 - 2022



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