

OREGON PUBLIC HEALTH DIVISION • OREGON HEALTH AUTHORITY

OREGON'S CHANGING POPULATION

Fred: Remember when people were content to be un-ambitious? They'd sleep 'til 11:00, and just hang out with their friends? I mean, they had no occupations, whatsoever...maybe working a couple hours a week at a coffee shop?

Carrie: Right. I thought that died out a long time ago.

Fred: Not in Portland. Portland is a city where young people go to retire....

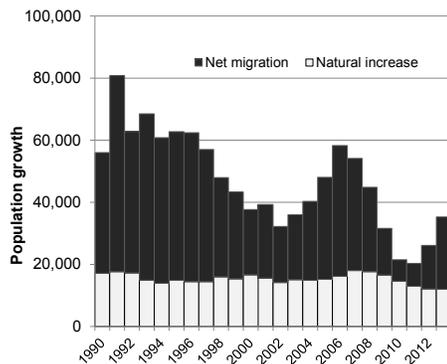
Portlandia¹

Vital Statistics—compilations of birth and death records—are the foundation for much of what we know about the health status of Oregonians. This *CD Summary* reviews population trends from U.S. Census Bureau,² and information detailed in our Vital Statistics Annual Reports.*

POPULATION GROWTH

During the past two decades, Oregon's population increased every year—from 2.8 million in 1990 to 3.9 million in 2013.² It's simple math of "In's and Out's": births and in-migrations, in (Figure 1); deaths and out-

Figure 1. Oregon population growth, 1990–2013



migrations, out. With the exception of 2009–2011, during the "Great Recession," net migration contributes more to growth than the number of births.³ During 2012, 45,059 live babies joined our ranks (11.6 births per 1000 population) and 32,475 Oregonians died (8.4 deaths per 1000 population).

*Oregon Vital Statistics, Annual Reports: <http://public.health.oregon.gov/BirthDeathCertificates/VitalStatistics/annualreports/Pages/index.aspx>.

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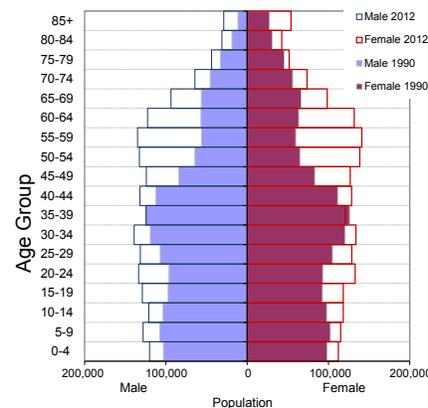
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THE EFFECTS OF AGING

Natural increases have lagged recently because we're aging: less likely to procreate, more likely to die. The gap between births and deaths will continue to narrow for the foreseeable future. On one hand, the average number of children expected to be born to each Oregon woman during her lifetime, decreased from 1.98 in 2007 to 1.75 in 2012. On the other hand, baby boomers (born 1946–1964) began reaching 65 years of age in 2010; by 2030, one in five U.S. citizens will be aged ≥65 years.⁴ Oregon seems to be on an accelerated aging schedule: according to the 2013 population forecast, one in five Oregonians will be aged ≥65 years by 2025.⁵ At the moment, 14.9% (581,693) of us are ≥65 years old. Put another way, our population pyramid is increasingly becoming a rectangle (Figure 2).

Figure 2. Oregon Age-Sex Pyramid, 1990 and 2012



MORTALITY

As the number of deaths increases, it might seem paradoxical that for at least 50 years, Oregonians have been living longer than the average U.S. citizen, and each generation a little longer. Age-adjusted mortality[†] among Oregonians decreased from 866 per 100,000 during 1990 to 706 during 2012. Life expectancy at birth in Oregon increased from 76.7 years in 1990 to 78.0 years in 2000 and 79.9 years in 2012.

DIVERSIFICATION

In addition to growing, Oregon's population has become more ethnically diverse. During 1990, non-Hispanic whites accounted for about 91% of the total population, while Hispanic and other non-Hispanic minorities accounted for 4% and 5%, respectively.² By 2010, non-Hispanic whites continued to represent the largest proportion of Oregon's population (79%), while Hispanics had increased to 12%. Since 2010, 24% of children born to Oregon residents had at least one Hispanic parent. In 2010, Asians represented 4%; blacks or African Americans, 2%; American Indians and Alaskan natives, 1%; and native Hawaiians and Pacific Islanders, <1% of Oregon's population.

MIGRATION

State-to-state migration patterns suggest net gains to Oregon from 26 of the 49 other U.S. states. During 2012, the greatest 'contributor' of all was our southern neighbor, California with 31,862 in's, and 22,724 out's.² California was followed (not very closely) by Nevada, Colorado, New York, and Minnesota. In contrast, Oregon's net gravitational pull was decidedly less than that of Washington, Florida, Virginia, Missouri and Massachusetts (Table, *verso*).

MOBILITY

Generally, young adults are the most geographically mobile; 41.7% of Oregonians in 2012 aged 18–24 years moved either within the state, or to or from other states or countries in the past year.⁵ People aged 25–34 years (28.9%) were second most likely to have moved, often with

[†] which controls for differences in the age distribution of different populations.



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Table. Oregon state-to-state migration and net migration ranking, 2012

State	Incoming to Oregon	Outgoing from Oregon	Net Migration
California	31,862	22,724	+9,138
Nevada	5,935	3,101	+2,834
Colorado	4,472	2,419	+2,053
New York	2,379	1,055	+1,324
Minnesota	1,792	781	+1,011
Washington	21,224	25,525	-4,301
Florida	1,660	2,919	-1,259
Virginia	676	1,541	-865
Missouri	403	1,186	-783
Massachusetts	760	1,528	-768

kids, because children aged 1–17 years were third most likely to have moved (17.7%). As would be expected, migration was less among persons aged ≥35 years; adults aged ≥65 years were the least geographically mobile (8.0% moved during 2011–2012).⁵

AGING POPULATION

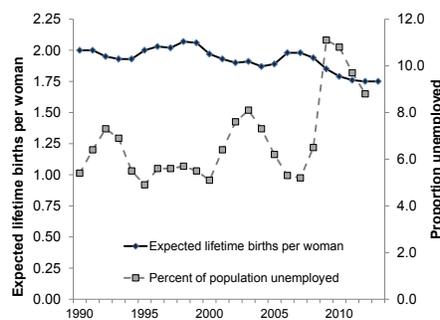
Our aging population heralds other demographic changes. For instance, women will further outnumber men because they have greater life expectancy. We can also expect shifts in something called the “dependency ratio”, which is the ratio of the young (0–14 years) plus the old (≥65 years) populations to the working-age population (15–64 years). During 2000–2012, Oregon’s dependency ratio remained 0.49, meaning that, on average, each child or elderly person was supported by about two working age Oregonians.⁶ Although the overall dependency ratio has remained unchanged, the age composition that comprises it is changing. During 2000–2012, the child-

dependency ratio decreased from 0.31 to 0.27 while the aged-dependency ratio increased from 0.19 to 0.22.

ECONOMIC INFLUENCES

People have fewer children during recessions. Oregon’s unemployment rate was 5.2% in 2007, increased to 11.1% in 2009, and then declined to 8.8% by 2012 (Figure 3).

Figure 3. Expected total fertility and unemployment, Oregon 1990–2012



Economic conditions also affect migration. Oregon’s net migration began to decline in 2006, and reached a twenty-year low in 2010. Reduced geographic mobility is probably related to fewer job opportunities, lower wage premium, and illiquid property in down markets.⁷

Poverty is a strong social determinant of health and is associated with a number of adverse health outcomes. People with lower socio-economic status die younger and have higher rates of health risk behaviors such as smoking and obesity. In Oregon in 2012, 15.5% of the adult population lived at or below the poverty level; the proportion of children living in poverty was higher: 23%.²

EARLY RETIREMENT?

While Fred in Portlandia quips that young people go to Portland to retire, in fact, some economic indicators suggest that they are underemployed. More young people in Oregon (and Portland) have part-time jobs and lower incomes compared to those in other metropolitan areas. Portland also attracts those aged ≥40 years, possibly due to its amenities and quality of life.^{8,9} So Portlandia really is fiction (in case you were wondering).

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