THE MEDIAN AGE OF CONTINENTS
Africa has the world’s youngest population, with a median age in the teens

MEDIAN AGE

In North America, major economies have different age profiles
Canada 42.2
U.S.A. 36.1
Mexico 28.3

Belize and Guatemala are the youngest countries in the Americas.

Monaco, in Europe, is the world’s oldest country.

Afghanistan is the world’s youngest, non-African country.

By 2100, close to half of the world’s kids (age 0-4) will live in Africa.

Source: VisualCapitalist.com – February 2019
(CIA World Factbook, Gates Notes, Statista)
THE MEDIAN AGE OF CONTINENTS
Africa has the world’s youngest population, with a median age in the teens

<table>
<thead>
<tr>
<th>Continent</th>
<th>Under 15 Years</th>
<th>Over 65 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Africa</td>
<td>41%</td>
<td>3%</td>
</tr>
<tr>
<td>World</td>
<td>26%</td>
<td>9%</td>
</tr>
<tr>
<td>Latin America, Caribbean</td>
<td>26%</td>
<td>8%</td>
</tr>
<tr>
<td>Asia</td>
<td>24%</td>
<td>8%</td>
</tr>
<tr>
<td>Oceania</td>
<td>23%</td>
<td>12%</td>
</tr>
<tr>
<td>North America</td>
<td>19%</td>
<td>15%</td>
</tr>
<tr>
<td>Europe</td>
<td>16%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Source: VisualCapitalist.com – February 2019
(CIA World Factbook, Gates Notes, Statista)
Setting the Stage

- The population of the United States is rapidly aging.
- By 2030, one of every five people in the U.S. will be 65 or older.
- Orlando is actually on the lower end in terms of Median Age (33.9).
By 2035, the number of adults older than 65 will be greater than the number of children under 18.
Setting the Stage

- We are becoming a more diverse nation in every age group.
- In percentage terms, the highest growth has been in the Hispanic population.
Setting the Stage

- The Median Age in some areas of the country are actually declining.
- Florida and Orange County are growing in terms of Median Age.
20% of Florida’s Population is 65+
12% of Orange County’s Population is 65+
### Setting the Stage

#### By the Numbers
- 95,864 over 45 years of age (33.6%)
- 62,148 over 55 years of age (21.8%)
- 31,154 over 65 years of age (10.9%)
- The percentage of seniors in the City of Orlando (those aged 65+) has increased from 8.8% in 2010 to 10.9% in 2018.

---

#### Sex and Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2018 Estimate</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population</td>
<td>285,705</td>
<td>(X)</td>
</tr>
<tr>
<td>Male</td>
<td>132,334</td>
<td>46.3%</td>
</tr>
<tr>
<td>Female</td>
<td>153,371</td>
<td>53.7%</td>
</tr>
</tbody>
</table>

- Under 5 years: 19,493 (6.8%)
- 5 to 9 years: 14,688 (5.1%)
- 10 to 14 years: 13,518 (4.7%)
- 15 to 19 years: 13,108 (4.6%)
- 20 to 24 years: 18,909 (6.6%)
- 25 to 34 years: 69,245 (24.2%)
- 35 to 44 years: 40,880 (14.3%)
- 45 to 54 years: 33,716 (11.8%)
- 55 to 59 years: 15,031 (5.3%)
- 60 to 64 years: 15,963 (5.6%)
- 65 to 74 years: 18,221 (6.4%)
- 75 to 84 years: 8,905 (3.1%)
- 85 years and over: 4,028 (1.4%)

Median age (years): 33.9 (X)

- 65 years and over: 31,154 (10.9%)
- 18 years and over: 228,787 (X)

- Male: 104,581 (45.7%)
- Female: 124,206 (54.3%)

- 65 years and over: 31,154 (X)

- Male: 12,917 (41.5%)
- Female: 18,237 (58.5%)
The AARP Network of Age-Friendly States and Communities is the United States affiliate of the World Health Organization’s Age-Friendly Cities and Communities Program, an international effort launched in 2006 to help cities prepare for rapid population aging and the parallel trend of urbanization.

- The program has participating communities in more than 20 nations, as well as 10 affiliates representing more than 1,000 communities.
- As of January 2020, there are six states, one territory, and over 440 communities participating in the network.
- In the U.S., nearly 100 million people live in a town, city, county, territory, or state that has enrolled in the network.
- **Joining the network is the beginning of the process, not the end!**
On October 28, 2019, the City of Orlando joined the AARP Network of Age-Friendly Communities. As a member of the network, we have committed to conducting a community assessment to determine our city’s age-friendliness, to develop an action plan based on its findings and implement age-friendly initiatives.
Assessment & Action Plan Process

Developing an age-friendly community: the process

Year 5: Progress / status update
Years 3-5: Implementation
Year 2: Create an action plan
Year 1: Conduct a survey and listening sessions
Enrollment

Members of the AARP Network of Age-Friendly States and Communities program commit to improving their age-friendliness and submit to a rigorous membership assessment cycle. Being an age-friendly community requires a commitment to a five-year cycle of continuous improvements.
Assessment & Action Plan Process

8 DOMAINS OF A LIVABLE COMMUNITY

- Community Support & Health System: Access to affordable, person-centered health care and social services to promote active and independent living.
- Transportation: Safe and reliable transportation options to increase mobility and community participation.
- Housing: Appropriate and affordable housing that promotes and supports aging in place.
- Communication & Information: Increased access to information through various methods including print, tv, and digital.
- Civic Participation & Employment: Opportunities to contribute in the workplace and volunteer to make a difference in the community.
- Outdoor Spaces & Buildings: Accessible, inviting, and safe outdoor spaces and buildings that encourage active participation and recreation.
- Respect & Social Inclusion: Actively promotes, engages, and celebrates the valuable contributions of all adults in the community.
- Social Participation: Easy access to social and cultural activities for increased quality of life.
Assessment & Action Plan Process

AARP Livability Index | Great Neighborhoods for All Ages

What is the Livability Index?
The AARP Public Policy Institute developed the Livability Index as a web-based tool to measure community livability. Users can search the Index by address, ZIP Code, or community to find an overall livability score, as well as a score for each of seven major livability categories: housing, neighborhood, transportation, environment, health, engagement, and opportunity. Users also can customize the Index to place higher or lower emphasis on the livability features of most importance to them. The Livability Index website provides resources to help consumers and policymakers use livability scores to effect change in their communities. It is the first tool of its kind to measure livability broadly at the neighborhood level for the entire country, and it is intended to inform and encourage people to take action to make their communities more livable.

Please visit the following link on the AARP website:
https://livabilityindex.aarp.org/
Assessment & Action Plan Process

How are Livability Scores Determined?

- The Livability Index assesses seven broad categories of community livability, including housing, neighborhood, transportation, environment, health, engagement, and opportunity.
- AARP draws from more than 50 unique sources of data, including 40 metrics and 20 policies.
- While metrics measure how livable communities are in the present, policies measure how they might become over time.
- Metric values and policy points within each category are combined to create the category score. Each metric receives equal weight.
- Those category scores are then averaged to create a location’s total livability score.
- Communities are compared to one another, so the average community gets a score of 50.
- Cities receive a score based on the average scores of neighborhoods within their boundaries. Most communities have a range of more- or less-livable neighborhoods, but for a community to get a high score, neighborhoods throughout it need to score well. This makes it even more challenging for a city to get a high score – the more neighborhoods there are within a given boundary, the less likely it will be that all of them have high scores.
What All Goes Into the Neighborhood Category?
What makes a neighborhood truly livable? Two qualities are most important: access and convenience. Compact neighborhoods make it easier for residents to conveniently reach things they most need, from jobs to grocery stores, libraries to parks. AARP measures whether several amenities are within one-half mile of the neighborhood boundary, not whether they exist at all in the community. Downtown neighborhoods laid out on a compact grid of streets will typically score higher than suburban neighborhoods that spread out over a greater distance with fewer nearby destinations.

Orlando’s Score = 48
What All Goes Into the Transportation Category?
Livable communities provide their residents with transportation options that offer convenient, healthy, and low-cost alternatives to driving that are accessible to all. Some urban communities thought to be doing incredibly well on transportation may not necessarily see that translated in their Transportation score. Their streets may be clogged with traffic or the local transit provider may not report data on the frequency of local transit service (or that service may not have frequent enough service).

Orlando’s Score = 41
Assessment & Action Plan Process

Other Sources of Data & Analysis:
- Florida Department of Elder Affairs Documents
- Senior Resource Alliance Documents
- Community Health Improvement Plan (CHIP)
- City of Orlando Documents
- ICMA Planning for All Ages Survey
- FPR Master Plan Survey
- Livability/Age-Friendly Orlando Survey
- Table Talks Data
- AARP Livability Index
Assessment – Age-Friendly Community Survey Update

How’s It Going So Far?

• Survey has been “live” since October 28, 2019.

• Based on the City’s resident population of 291,800, we are hoping to receive at least 800 responses from people 45+, and 1,000+ overall.

• As of January 21, 2020, we have received a total of 623 on-line survey responses.

• Of those, 521 were completed by people 45+ in age.

• Our sample so far isn’t representative of our overall population at 90% White, 91% Non-Hispanic, and 85% homeowners. We are also skewing higher income which makes sense considering these results are only for on-line survey responses.

• We have not yet done the data entry for any of our paper surveys, which have been distributed to our recreation centers with senior programs, including Beardall, College Park, Dr. James. R. Smith, Engelwood, Northwest, and L. Claudia Allen.
What Are We Seeing So Far?

- Transportation and dissemination of community information are very important to respondents, and ranked very low – most people drive themselves (57%), and only 26% think public transit is accessible. 27% think community information is accessible.

- 97% of respondents think it’s important to live independently as they age, and the two factors they worry about most are a lack of public transportation and housing affordability. Less than half (47%) think it’s likely they’ll be able to find an affordable home in the future.

- In regards to civic participation and employment, 87% said they are likely to continue to work for pay, but only 18% agree that there are flexible job opportunities.

- On the issue of social isolation, 77% of respondents said they feel connected to others, and a plurality of 82% said they have contact with friends and family at least several times a week (49% everyday and 33% several times a week).
Why Do You Think Community Information Is Not Accessible?

“If they have difficulty leaving their homes, they only have traditional modes of communication (TV, radio, newspaper). Most people don’t receive local papers at their home. Usually people use TV and radio for entertainment, and may overlook any community information that appears there. TV news is fast-paced and doesn’t really spend a lot of time on community information for seniors. The internet is an option, but those who are low-income may not have internet. Many seniors are not internet savvy either. They could call, but today there are no phone books (only internet directories) and if they have not phone or don’t know how to navigate a smart phone, they may have a hard time pinpointing and reaching out to organizations that provide information.”

What Type Of Information Do You Think Needs To Be More Accessible?

“1. The type of services and how to access those services. 2. Community events (arts, entertainment, sports, etc.). 3. Situations relating to crime and personal safety. 4. Need to know and good to know telephone numbers.”

“Affordable housing, safe transportation, resources available for the elderly.”

“Anything and everything that may pertain to seniors and their options to live, survive, and thrive in Orlando.”
General Comments

“There are not enough places for socialization for older adults, Downtown caters to 20-somethings. As a former NYer (city), and a often visitor I noticed a big difference between the two cities. My friends and I socialize a lot but often we end up at home because there aren’t enough places for us to feel comfortable. Orlando caters to young broke people!”

“We need more sidewalks, on both sides of collector streets, in better condition, with ramps facing the direction of travel – not dumping wheelchair users at an angle into the intersection. Better enforcement of crosswalks. More favorable ped signals (always on with green + lead phases).

“I think there’s room for improvement. In many instances, Orlando has a fairly significant population of seniors because retirees have themselves chose to remain here – not because Orlando has made a concerted effort to have/keep them here. Whereas seniors share many of the same challenges as other citizens (e.g., transportation, parking), they also have challenges that warrant a focused approach from the city.”
## Schedule/Timeline for Action Plan Process

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Press Conference – Kick Off</td>
<td>October 28, 2019</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #1</td>
<td>November 20, 2019</td>
</tr>
<tr>
<td>Neighborhood Association Meetings</td>
<td>November 2019 – January 2020</td>
</tr>
<tr>
<td>Focus Groups/Listening Sessions</td>
<td>February – March 2020</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #2</td>
<td>January 22, 2020</td>
</tr>
<tr>
<td>Mayor’s Neighborhood &amp; Community Summit</td>
<td>March 7, 2020</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #3</td>
<td>March 25, 2020</td>
</tr>
<tr>
<td>Older Americans Month Event</td>
<td>May 2020 – Date TBD</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #4</td>
<td>May 27, 2020</td>
</tr>
<tr>
<td>Outreach Event</td>
<td>June 2020 – Date TBD</td>
</tr>
<tr>
<td>Event</td>
<td>Date</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #5</td>
<td>July 22, 2020</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #6</td>
<td>September 23, 2020</td>
</tr>
<tr>
<td>Outreach Event</td>
<td>October 2020 – Date TBD</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #7</td>
<td>November 18, 2020</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #8</td>
<td>January 27, 2021</td>
</tr>
<tr>
<td>Municipal Planning Board Workshop</td>
<td>February 16, 2021</td>
</tr>
<tr>
<td>Mayor’s Committee on Livability &amp; Healthy Aging #9</td>
<td>March 24, 2021</td>
</tr>
<tr>
<td>City Council Workshop – Presentation of Action Plan</td>
<td>April 2021</td>
</tr>
<tr>
<td>City Council Hearing – Acceptance of Action Plan</td>
<td>April/May 2021</td>
</tr>
<tr>
<td>Celebration Event – Older Americans Month</td>
<td>May 2021</td>
</tr>
<tr>
<td>Action Plan forwarded to World Health Organization</td>
<td>May/June 2021</td>
</tr>
</tbody>
</table>
Outline of Action Plan

Letter from Mayor Dyer

Executive Summary

Chapter 1: Introduction to Age-Friendly Orlando

Chapter 2: Assessment & Planning
- Demographics
- Age-Friendly Livability Survey
- AARP Livability Index
- Existing Reports
- Outreach Events
- Key Findings

Chapter 3: The Eight Domains of Livability

Built Environment
1. Transportation
2. Housing
3. Outdoor Spaces & Buildings

Social Environment
1. Social Participation
2. Respect & Social Inclusion
3. Civic Participation & Employment
4. Community Support & Health Services
5. Communication & Information

Chapter 4: Goals & Actions

Built Environment
1. Transportation
2. Housing
3. Outdoor Spaces & Buildings

Social Environment
1. Social Participation
2. Respect & Social Inclusion
3. Civic Participation & Employment
4. Community Support & Health Services
5. Communication & Information

Chapter 5: Implementation & Evaluation
- Implementation
- Funding
- Equity and Results

Now all we have to do is fill in all the blanks.
What’s Happening?

- In 2019, the Orlando Economic Partnership (OEP) engaged Blue Zones, LLC to conduct an assessment of Orange County to determine if the area was ready to pursue Blue Zones strategies.
- From August through September, Blue Zones staff conducted in-depth interviews and listening sessions with many people and organizations on topics such as livability, health, food systems, and the built environment – many of the same topics we’ll be working on as part of our effort.
- On November 13, 2019, the OEP hosted a meeting to provide an update on the assessment. The report was also presented to the OEP’s Blue Zones steering committee earlier in the day (the City is not on the steering committee).
- Blue Zones and OEP are currently going through a scoping process that will determine the scope of work and geography for a potential project.
- February 2020 is when that process will be completed and we’ll know more.

Dan Buettner, author and longevity expert at one of his presentations.

The work of Blue Zones, LLC is rooted in research and identification of the world’s longest-lived cultures and most extraordinary populations. Their findings were published in the New York Times best-selling books The Blue Zones, The Blue Zones Solution, The Blue Zones of Happiness and Thrive – all published by National Geographic books. They have applied the tenets of the Blue Zones in over 40 cities throughout the U.S. They use a systematic, environmental approach to well-being that optimizes policy, urban and building design and social networks.
Cross-Pollination of Planning Efforts

We have so much going on right now, it’s downright mind-boggling.

Having said that, we will do our best to cross-pollinate our Age-Friendly effort with the following:

- Green Works Orlando Community Action Plan (Sustainability/Resiliency)
- Future-Ready City Master Plan
- Parks Master Plan
- Downtown Master Plan
- Complete Streets Strategy (Implementation)
- Orlando Transportation Guidelines
- Vision Zero Action Plan
- Regional Affordable Housing Initiative (Implementation)
- Orange County Housing For All 10-Year Action Plan (Implementation)
Questions/Discussion

Please visit our Livable Orlando: An Age-Friendly Initiative Website:
https://www.orlando.gov/Community-Programs-Events/AARP-Age-Friendly-Community