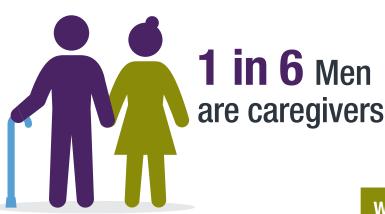
CAREGIVING AMONG MEN

2021–2022 Behavioral Risk Factor Surveillance System (BRFSS) Data from Men in 47 States and Puerto Rico



CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY Over half have provided care for at least two years



INTENSE Over a quarter

have provided care for at least 20 hours per week



WHO ARE CAREGIVERS?

23% are 65 years old or older

36% are caring for a parent or parent-in-law

20% are providing care to someone with dementia



HOW DO CAREGIVERS HELP?



Over 75% manage household tasks

Nearly half assist with

personal care



U.S. Department of Health and Human Services Centers for Disease Control and Prevention

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

cdc.gov/aging

May 2024