

CAREGIVING AMONG RURAL ADULTS

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



1 in 5 adults
are caregivers

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
A third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Nearly half assist with personal care



WHO ARE CAREGIVERS?

58% are women

29% are 65 years old or older

33% are caring for a parent or parent-in-law

20% are providing care to someone with dementia



FUTURE CAREGIVERS

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



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



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