Almost one in every four households in the US contains persons aged 65 or older. The U.S., like many other of the richer countries in the world, is aging as birth rates fall and the average length of life expectancy increases. While most of the states conform fairly closely to the national mean, there are a couple notable extremes; Alaska has only 11.9% of the families housing someone 65 years of age or older, and Florida on the other end of the spectrum with 30.7%.

Megalopolis is one of the older regions in the US with an average of 24.25% households with at least one person aged 65 compared to the national average of 23.4%. There is a large variation within Megalopolis from the 'young' Prince William County, VA with only 10.6% households with at least one person aged 65 or over, to the more 'geriatric' Ocean County, NJ with 39%.

Two trends can be noted. First there is a concentration of more elderly households in selected coastal communities such as Cape May County and Ocean County along the New Jersey shoreline, and Barnstable MA, which includes Cape Cod. Second, there is a more youthful group of counties concentrated in the southern growth zone, including Loudon VA (11.5%) and Howard MD (14.3%), around Washington DC. A spine of relatively 'younger' households counties stretched from this southern growth zone up through Pennsylvania and New Jersey to New York.