Sonoma County Demographics

California's over-60 population is projected to diversify and grow faster than any other age group, increasing from 16% in 2010 to 25% of the population by 2030. Older adults age 60+ account for 28% of Sonoma County's total population, a number that is projected to increase to 35% by 2030. The economic profile of the county's older adult population reflects growing financial challenges. Older adults tend to become poorer as they age and their economic status is linked to social determinants such as ethnicity, education and employment history.

PHYSICAL CHARACTERISTICS

Sonoma County is an amazing place to live and age. The geography includes majestic redwood forests, the rugged coastline of the Pacific Ocean, hills and valleys, and globally known wineries and vineyards. The cities and towns are home to top food and wine destinations and regional parks include more than fifty parks and miles of walkable trails for all mobility levels. Other notable characteristics:

- One of nine counties that comprise the San Francisco Bay Area;
- Approximately 60-miles North of San Francisco;
- Neighboring counties include Marin to the South, Napa and Lake to the East, and Mendocino to the North; and
- Covers 1,768 square miles.

DEMOGRAPHIC CHARACTERISTICS

Population Totals

2016-2019 American Community Survey, 5-Year Estimates

Total population of Sonoma County	492,498
Total population of people age 60+	138,132
% of people age 60+	28%

Age Breakdown	Number 60+	Percent of 60+
60 – 64	39,732	27%
65 – 69	31,327	25%
70 – 74	31,722	19%
75 – 79	16,503	12%
80 – 84	11,584	7%
85+	11,264	9%

2030 Projections

Department of Finance 2020 Baseline

Total population of Sonoma County	521,303
Total population of people age 60+	182,459
% of people age 60+	35%

Sonoma County Demographics

Age 60+ Populations of the 9-Incorporated Cities and Towns of Sonoma County

2021 American Community Survey, 5-Year Estimate

City/Town	Number of 60+	Percent of 60+
Cloverdale	2,484	27.61%
Cotati	1,705	22.48%
Healdsburg	3,828	33.76%
Petaluma	15,719	26.30%
Rohnert Park	8,396	18.91%
Santa Rosa	42,553	23.89%
Sebastopol	2,504	33.29%
Sonoma	4,352	40.53%
Windsor	6,289	23.87%

Age 60+ Populations by Geographic Regions of Sonoma County

US Census by "Census Designated Place" Reflects Count of Specific City/Town

2021 American Community Survey 5-Year Estimate

City/Town	Number of 60+	Percent of 60+
Central County		
Fulton	168	32.9%
Larkfield/Wikiup	9,837	12.17%
Santa Rosa	42,553	23.89%
Coastal Area		
Bodega	216	42.8%
Bodega Bay, Sereno del Mar & Salmon Creek	461	35.9%
Jenner & Timber Cove	90	42.4%
Sea Ranch	794	73.7%
East County		
Boyes Hot Springs	1,654	26.61%
El Verano	966	28.9%
Eldridge	191	20.2%
Fetters Hot Springs – Agua Caliente	859	23.4%
Glen Ellen	196	18.2%
Kenwood	402	47.18%
Sonoma	4,352	40.53%
Temelec	1,779	94.38%
North County		
Cloverdale	2,484	27.61%
Geyserville	350	40.5%
Healdsburg	3,828	33.76%
Windsor	6,289	23.87%

Sonoma County Demographics

South County		
Bloomfield	61	32.4%
Cotati	1,705	22.48%
Petaluma	15,719	26.3%
Penngrove	993	45.4%
Rohnert Park	8,396	18.91%
West County		
Cazadero	98	27.9%
Forestville	1,204	36.89%
Graton	474	26.3%
Guerneville	1,851	40.66%
Monte Rio	438	50.7%
Occidental	613	54.15%
Sebastopol	2,504	33.29%
Valley Ford	10	6.8%

Race of People 60+

Race	Number of 60+	Percent of 60+
American Indian & Alaska Native	829	.6%
Asian	4,834	3.5%
Black or African American	1,519	1.1%
Native Hawaiian and other Pacific Islander	276	.2%
White	119,208	86.3%
Some Other Race	6,078	4.4%
Two or More Races	5,387	3.9%
Total	**138,132**	

Ethnicity of People 60+

Ethnicity	Number of 60+	Percent of 60+
Hispanic or Latinx	14,228	10.3%
White	113,406	82.7%
Other	5,663	4.1%

Gender of People 60+

- Female 54.6%
- Male 45.4%

Sonoma County Demographics

People with Disabilities 60+
- Number of 60+   33,566
- Percent of 60+   24.3%

Geographically Isolated
Data taken from 2022 CDA Population Demographics by County and PSA and based on the definition in the Older Americans Act.
- Number of 60+   17,953
- Percent of 60+   10.7%

Urban and Rural 60+

	Number of 60+	Percent of 60+
Rural	56,442	42%
Urban	77,943	58%

Financial Stability – What it Costs to Live in Sonoma County
Data taken from the Elder Economic Security Standard Index 2022 for Sonoma County. Expenses below include cost of food, transportation, housing, health and other.

Expenses	Single Older Adult			Older Adult Couple		
	Renter	Homeowner w/Mortgage	Homeowner w/o mortgage	Renter	Homeowner w/Mortgage	Homeowner w/o mortgage
Total	$34,476	$46,008	$24,524	$46,416	$57,948	$36,564

Poverty Level Statistics

Total population below Poverty Level	42,142
Total population of people 60+	9,940
% of people 60+	7.4%
% of total population below Poverty Level	8.7%

Federal Poverty Level 2022 by Number in Household

One	$13,590
Two	$18,310
Three	$23,030
Four	$27,750
Five	$32,470