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Data Brief

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# Adult Caregivers in the United States, 2025

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## Key findings

Data from the National Health Interview Survey

- In 2025, 18.3% of adults provided regular care or assistance during the past 30 days to a friend or family member with a health problem or disability.
- Women (20.8%) were more likely than men (15.7%) to be caregivers, and caregiving prevalence varied by age.
- Black non-Hispanic and White non-Hispanic adults were more likely to be caregivers compared with Asian non-Hispanic and Hispanic adults.
- Adults who were employed in the past week (17.6%) were less likely than those who were not employed (19.6%) to be caregivers.
- The percentage of adults who were caregivers was highest among those living in nonmetropolitan areas.

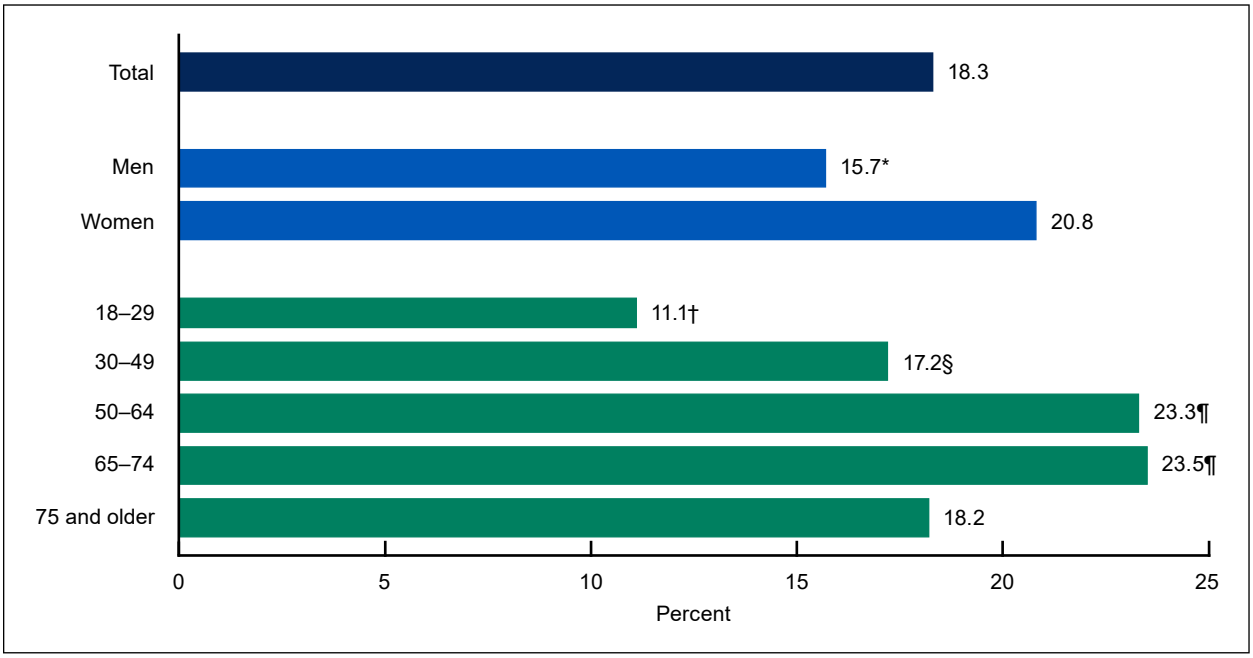
## Introduction

Caregivers are an important part of the health care infrastructure in the United States, providing timely care and support to those who struggle to care for themselves independently (1,2). It is helpful to understand who provides care in the United States, as this may inform resource and program development to support caregiver well-being (3,4). This report uses data from the 2025 National Health Interview Survey (NHIS) to estimate the percentage of adults who provided regular care or assistance within the past 30 days to a friend or family member who had a health problem or disability.

## Sex and age

In 2025, 18.3% of adults provided regular care or assistance during the past 30 days to a friend or family member with a health problem or disability (Figure 1, Table 1). Women (20.8%) were more likely than men (15.7%) to be caregivers. The percentage of caregivers increased with age, from 11.1% among adults ages 18−29 to 23.5% among adults ages 65−74 and then decreased to 18.2% among adults age 75 and older.

### Figure 1. Percentage of adults who were caregivers in the past 30 days, by sex and age group: United States, 2025



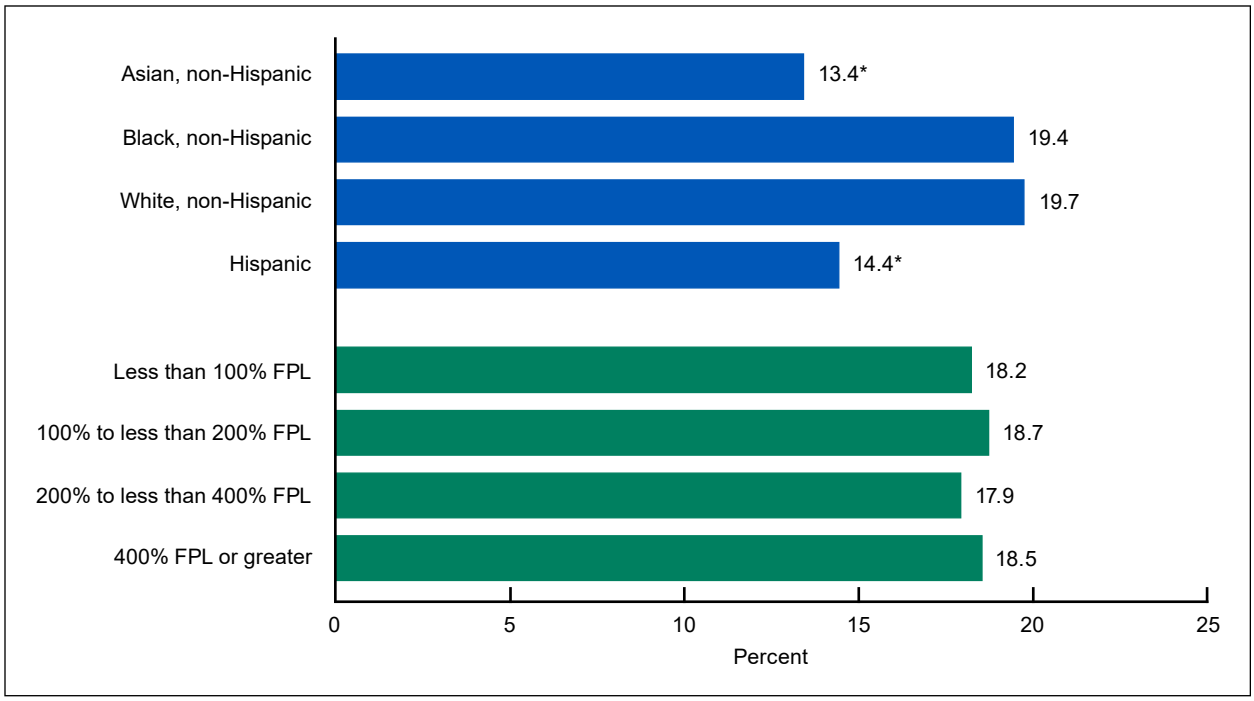

* Significantly different from women ($p < 0.05$).
† Significantly different from all other age groups ($p < 0.05$).
§ Significantly different from adults ages 50−64 and 65−74 ($p < 0.05$).
¶ Significantly different from adults age 75 and older ($p < 0.05$).
NOTE: The overall percentage (18.3%) is an estimated 47 million adults.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Race and ethnicity and family income

Black non-Hispanic (subsequently, Black) (19.4%) and White non-Hispanic (subsequently, White) (19.7%) adults were more likely to be caregivers compared with Asian non-Hispanic

(subsequently, Asian) (13.4%) and Hispanic (14.4%) adults (Figure 2, Table 2). The percentage of adults who were caregivers did not vary by family income.

### Figure 2. Percentage of adults who were caregivers in the past 30 days, by race and ethnicity and family income: United States, 2025



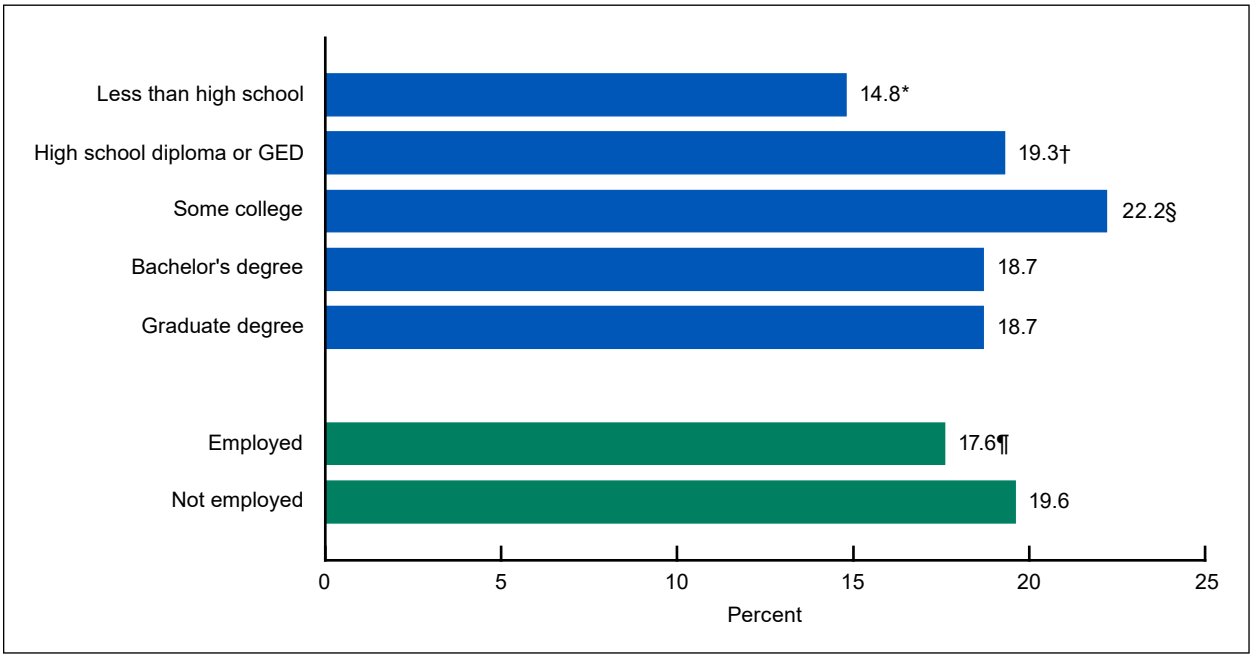

* Significantly different from Black non-Hispanic and White non-Hispanic adults ($p < 0.05$).
NOTES: Adults of Hispanic origin may be of any race. Non-Hispanic categories include respondents who selected only one racial group. Family income is presented as a percentage of the federal poverty level (FPL).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Education and employment

The percentage of adults age 25 and older who were caregivers was lowest among those with less than a high school diploma (14.8%) and highest among those with some college (22.2%) (Figure 3, Table 3). Caregiver prevalence was similar among adults with a high school diploma (19.3%) and adults with a bachelor's or a graduate degree (18.7% each).

Adults who were employed in the past week (17.6%) were less likely than those who were not employed (19.6%) to be caregivers.

### Figure 3. Percentage of adults who were caregivers in the past 30 days, by educational attainment and employment status: United States, 2025

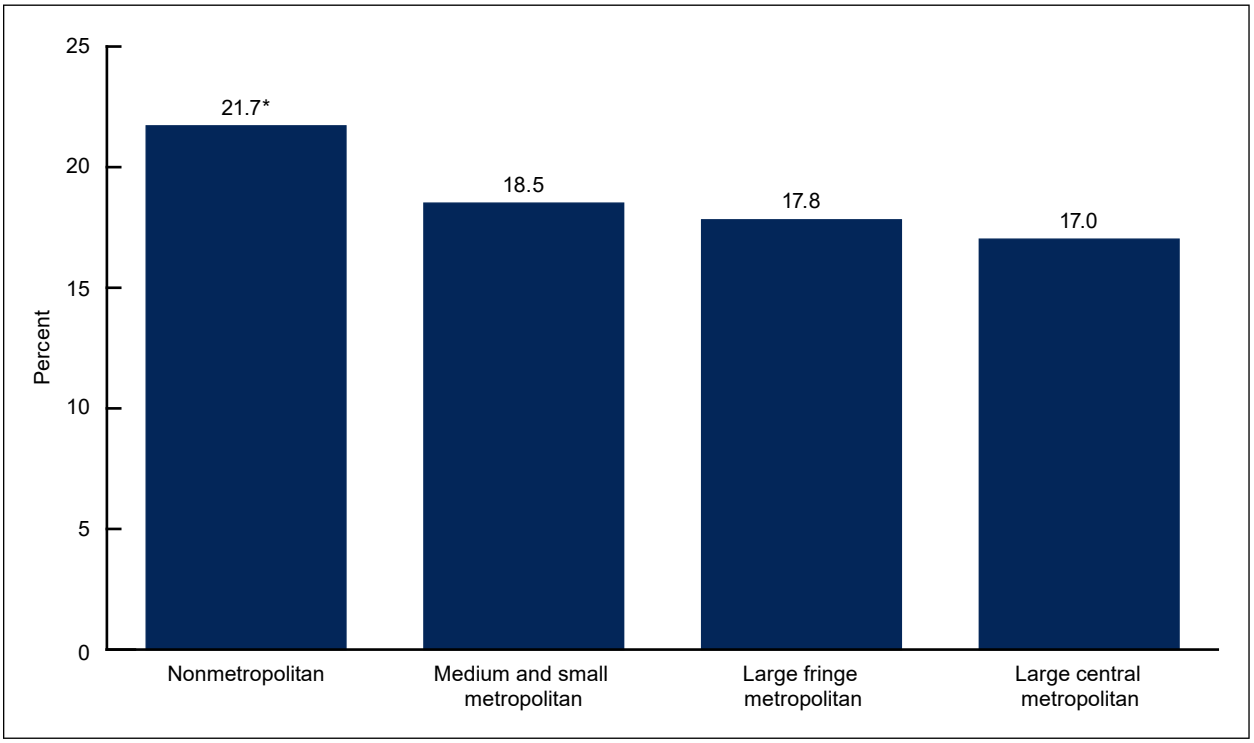



* Significantly different from adults with a high school diploma or more education ($p < 0.05$).
† Significantly different from adults with some college education ($p < 0.05$).
§ Significantly different from adults with a bachelor's or graduate degree ($p < 0.05$).
¶ Significantly different from adults who were not employed in the past week ($p < 0.05$).
NOTE: Estimates for educational attainment were limited to adults age 25 and older.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Urbanization level

The percentage of adults who were caregivers decreased with increasing levels of urbanization, from 21.7% among those living in nonmetropolitan areas to 17.0% among those living in large central metropolitan areas (Figure 4, Table 4).

**Figure 4. Percentage of adults who were caregivers in the past 30 days, by urbanization level: United States, 2025**




* Significant linear test of trend with increasing urbanization ($p < 0.05$).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Summary

In 2025, 18.3% of adults in the United States were caregivers in the past 30 days. Women were more likely than men to be caregivers. Adults ages 50–64 and 65–74 were more likely than those ages 18–29, 30–49, and 75 and older to be caregivers. Black and White adults were more likely than Asian and Hispanic adults to be caregivers. Caregiving prevalence varied by education and urbanization level and was lower among adults who were employed in the past week.

## Definitions

**Caregiver:** Based on a yes response to the survey question, “During the past 30 days, did you provide regular care or assistance to a friend or family member who has a health problem or disability?” Adults who indicated that the caregiving recipient died in the past 30 days were also included.

**Employment status:** Based on whether the adult worked in the last week. Adults who were temporarily absent from work, performed seasonal or contract work in the past 12 months, or worked, but not for pay, were considered employed.

**Race and ethnicity:** Adults categorized as Hispanic may be of any race or combination of races. Non-Hispanic adults categorized as Asian, Black, or White indicated one race only when surveyed. Estimates for non-Hispanic adults of races other than Asian, Black, and White are not shown due to the inability to make statistically reliable estimates for these groups, but they are included in total estimates.

**Urbanization level:** Based on the 2023 NCHS Urban–Rural classification scheme for counties (5). Large metropolitan areas are metropolitan statistical areas of 1 million or more people and are categorized into central and fringe counties. Medium and small metropolitan areas are counties of metropolitan statistical areas of 250,000–999,999 people and 50,000–249,999 people, respectively. Nonmetropolitan areas are counties in micropolitan statistical areas and noncore counties.

## Data source and methods

Data from the 2025 NHIS were used for this analysis (6). NHIS is a nationally representative household survey of the civilian, non-institutionalized U.S. population. Interviews are typically initiated in respondents' homes, but follow-up contact to complete the interview may be completed by telephone. For more information on the survey, visit the NHIS website.

Point estimates and the corresponding confidence intervals for this analysis were calculated using SAS-callable SUDAAN software (7) to account for NHIS's complex sample design. All estimates are based on self-report and meet National Center for Health Statistics data presentation standards for proportions (8). Family income was imputed when missing (9). Differences between percentages were evaluated using two-sided significance tests at the 0.05 level. Linear trends were evaluated using orthogonal polynomials.

## About the authors

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# Figure tables

## Data table for Figure 1. Percentage of adults who were caregivers in the past 30 days, by sex and age group: United States, 2025

| Characteristic | Percent (95% confidence interval) | Standard error |
|---|---|---|
| Total | 18.3 (17.7–19.0) | 0.34 |
| Sex | | |
| Men | 15.7* (14.8–16.6) | 0.43 |
| Women | 20.8 (19.9–21.8) | 0.49 |
| Age group | | |
| 18–29 | 11.1† (9.7–12.6) | 0.73 |
| 30–49 | 17.2§ (16.1–18.3) | 0.56 |
| 50–64 | 23.3¶ (22.0–24.7) | 0.70 |
| 65–74 | 23.5¶ (22.0–25.0) | 0.77 |
| 75 and older | 18.2 (16.8–19.8) | 0.74 |

* Significantly different from women ($p < 0.05$).
† Significantly different from all other age groups ($p < 0.05$).
§ Significantly different from adults ages 50–64 and 65–74 ($p < 0.05$).
¶ Significantly different from adults age 75 and older ($p < 0.05$).
NOTE: The overall percentage (18.3%) is an estimated 47 million adults.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Data table for Figure 2. Percentage of adults who were caregivers in the past 30 days, by race and ethnicity and family income: United States, 2025

| Characteristic | Percent (95% confidence interval) | Standard error |
|---|---|---|
| Race and ethnicity | | |
| Asian, non-Hispanic | 13.4* (11.4–15.6) | 1.06 |
| Black, non-Hispanic | 19.4 (17.5–21.4) | 1.00 |
| White, non-Hispanic | 19.7 (18.9–20.6) | 0.43 |
| Hispanic | 14.4* (13.1–15.9) | 0.70 |
| Family income | | |
| Less than 100% FPL | 18.2 (16.0–20.6) | 1.13 |
| 100% to less than 200% FPL | 18.7 (17.1–20.5) | 0.85 |
| 200% to less than 400% FPL | 17.9 (16.8–19.1) | 0.59 |
| 400% FPL or greater | 18.5 (17.5–19.5) | 0.48 |

* Significantly different from Black non-Hispanic and White non-Hispanic adults ($p < 0.05$).
NOTES: Adults of Hispanic origin may be of any race. Non-Hispanic categories include respondents who selected only one racial group. Family income is presented as a percentage of the federal poverty level (FPL).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

### Data table for Figure 3. Percentage of adults who were caregivers in the past 30 days, by educational attainment and employment status: United States, 2025

| Characteristic | Percent (95% confidence interval) | Standard error |
|---|---|---|
| Educational attainment | | |
| Less than high school | 14.8* (12.8–16.9) | 1.03 |
| High school diploma or GED | 19.3† (17.9–20.7) | 0.70 |
| Some college | 22.2§ (20.9–23.5) | 0.65 |
| Bachelor's degree | 18.7 (17.4–20.0) | 0.64 |
| Graduate degree | 18.7 (17.3–20.2) | 0.74 |
| Employment status | | |
| Employed | 17.6¶ (16.8–18.5) | 0.42 |
| Not employed | 19.6 (18.6–20.7) | 0.53 |

* Significantly different from adults with a high school diploma or more education ($p < 0.05$).
† Significantly different from adults with some college education ($p < 0.05$).
§ Significantly different from adults with a bachelor's or graduate degree ($p < 0.05$).
¶ Significantly different from adults who were not employed in the past week ($p < 0.05$).
NOTE: Estimates for educational attainment were limited to adults age 25 and older.
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

### Data table for Figure 4. Percentage of adults who were caregivers in the past 30 days, by urbanization level: United States, 2025

| Urbanization level | Percent (95% confidence interval) | Standard error |
|---|---|---|
| Nonmetropolitan | 21.7* (19.7–23.9) | 1.06 |
| Medium and small metropolitan | 18.5 (17.3–19.8) | 0.64 |
| Large fringe metropolitan | 17.8 (16.6–19.1) | 0.65 |
| Large central metropolitan | 17.0 (15.9–18.2) | 0.58 |

* Significant linear test of trend with increasing urbanization ($p < 0.05$).
SOURCE: National Center for Health Statistics, National Health Interview Survey, 2025.

## Suggested citation

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