

# CAREGIVING AMONG MEN

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



**1 in 6** Men  
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

**Over a quarter** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Over 75%** manage household tasks

**Nearly half** assist with personal care



## 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



## 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

[cdc.gov/aging](https://cdc.gov/aging)