

**Table 5.**  
**Age Distribution of the Population, 1970-2030**  
**Arlington, Virginia**

| Age Cohort            | 1970           | 1980           | 1990           | 2000           | 2005           | 2010           | 2020           | 2030           |
|-----------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Age under 5 Years     | 11,890         | 6,984          | 9,614          | 10,471         | 13,560         | 12,986         | 13,627         | 15,274         |
| Age 5 to 9 Years      | 10,962         | 6,183          | 7,034          | 8,731          | 9,886          | 13,204         | 12,631         | 12,464         |
| Age 10 to 14 Years    | 11,447         | 6,966          | 5,793          | 7,678          | 8,029          | 9,846          | 11,705         | 11,874         |
| Age 15 to 19 Years    | 12,683         | 8,744          | 6,916          | 7,672          | 7,596          | 9,152          | 13,959         | 12,692         |
| Age 20 to 24 Years    | 22,668         | 17,480         | 17,381         | 16,609         | 9,509          | 13,796         | 18,211         | 21,507         |
| Age 25 to 29 Years    | 17,794         | 20,980         | 24,098         | 25,345         | 15,712         | 11,965         | 18,353         | 26,482         |
| Age 30 to 34 Years    | 11,027         | 17,426         | 19,899         | 22,000         | 24,148         | 15,669         | 15,386         | 19,787         |
| Age 35 to 39 Years    | 9,044          | 11,437         | 16,444         | 17,786         | 21,492         | 24,140         | 10,876         | 16,012         |
| Age 40 to 44 Years    | 9,582          | 8,032          | 14,491         | 14,769         | 17,626         | 21,705         | 14,925         | 13,678         |
| Age 45 to 49 Years    | 11,782         | 7,097          | 10,523         | 13,436         | 14,932         | 17,636         | 22,913         | 9,888          |
| Age 50 to 54 Years    | 12,310         | 7,557          | 7,681          | 12,528         | 13,620         | 15,049         | 20,554         | 13,851         |
| Age 55 to 59 Years    | 10,899         | 8,708          | 6,151          | 8,865          | 12,669         | 13,294         | 16,042         | 20,576         |
| Age 60 to 64 Years    | 8,571          | 8,008          | 5,741          | 5,779          | 8,787          | 12,073         | 12,966         | 17,480         |
| Age 65 to 69 Years    | 5,307          | 6,503          | 5,911          | 4,345          | 5,209          | 7,568          | 10,223         | 12,151         |
| Age 70 to 74 Years    | 3,752          | 4,993          | 5,187          | 3,970          | 3,862          | 4,624          | 8,514          | 9,038          |
| Age 75 to 79 Years    | 2,333          | 3,120          | 3,956          | 3,830          | 3,061          | 3,038          | 4,877          | 6,516          |
| Age 80 to 84 Years    | 1,466          | 1,807          | 2,622          | 3,103          | 2,983          | 2,445          | 2,756          | 4,926          |
| Age 85 Years and over | 788            | 1,295          | 1,722          | 2,534          | 3,284          | 4,010          | 4,580          | 5,404          |
| <b>Total</b>          | <b>174,305</b> | <b>153,320</b> | <b>171,164</b> | <b>189,453</b> | <b>195,965</b> | <b>212,200</b> | <b>233,100</b> | <b>249,600</b> |

Source: Woods & Poole Economics, Inc. 2006 and MWCOG Round 7.0 Cooperative Forecast