

Malcolm Adiseshiah
Mid-Year Review of the Indian Economy 2016-17

Ageing in India: The Health Issues

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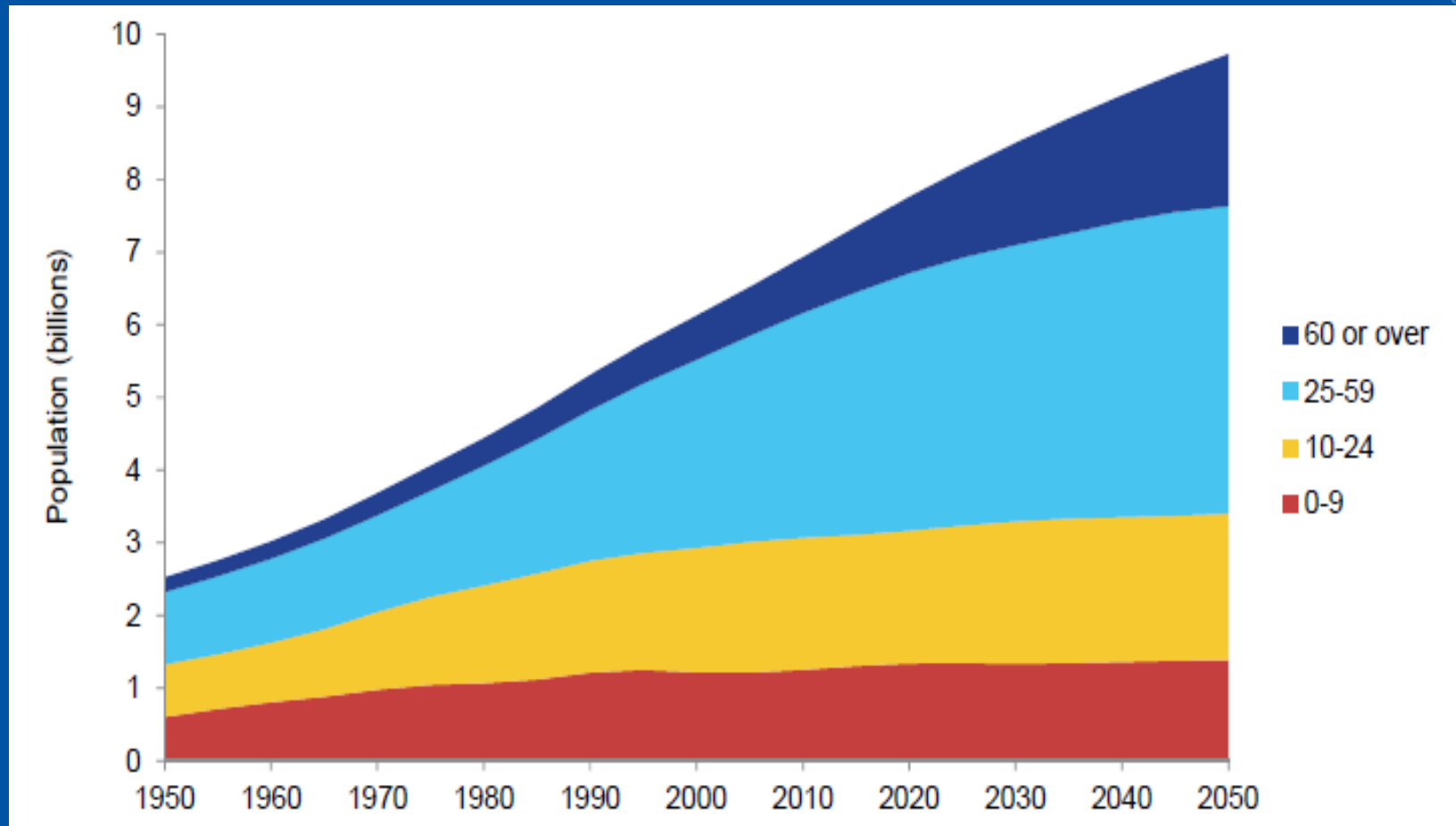
India International Centre, New Delhi

Outline

- Background
- Population Ageing: The Global Scenario
- Ageing in India: Facts and Figures
- Socio-demographic Profile of Indian Elderly
- Ageing and Health – The Linkages
- Health Scenario among Indian Elderly
- Challenges faced by the elderly in India
- Discussion

Background

Population Ageing – What does it mean??



Source: United Nations 2015

Background

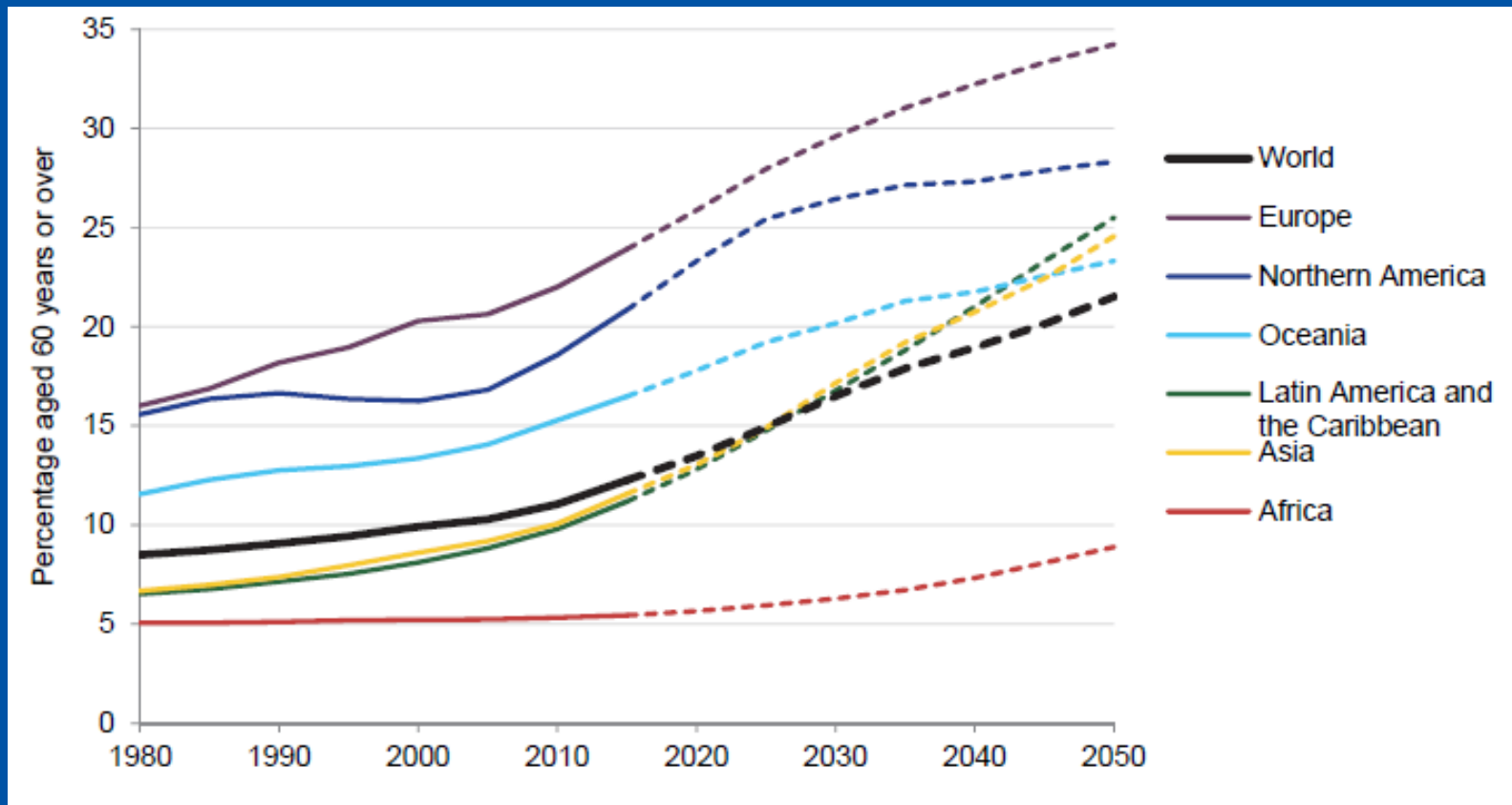
- Invisible but gradual increase of elderly population in India
- Challenges??
 - Out of labour force
 - Deteriorated health
 - Weakening social ties
 - More number of women

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Population Ageing: The Global Scenario

Ageing by World Region



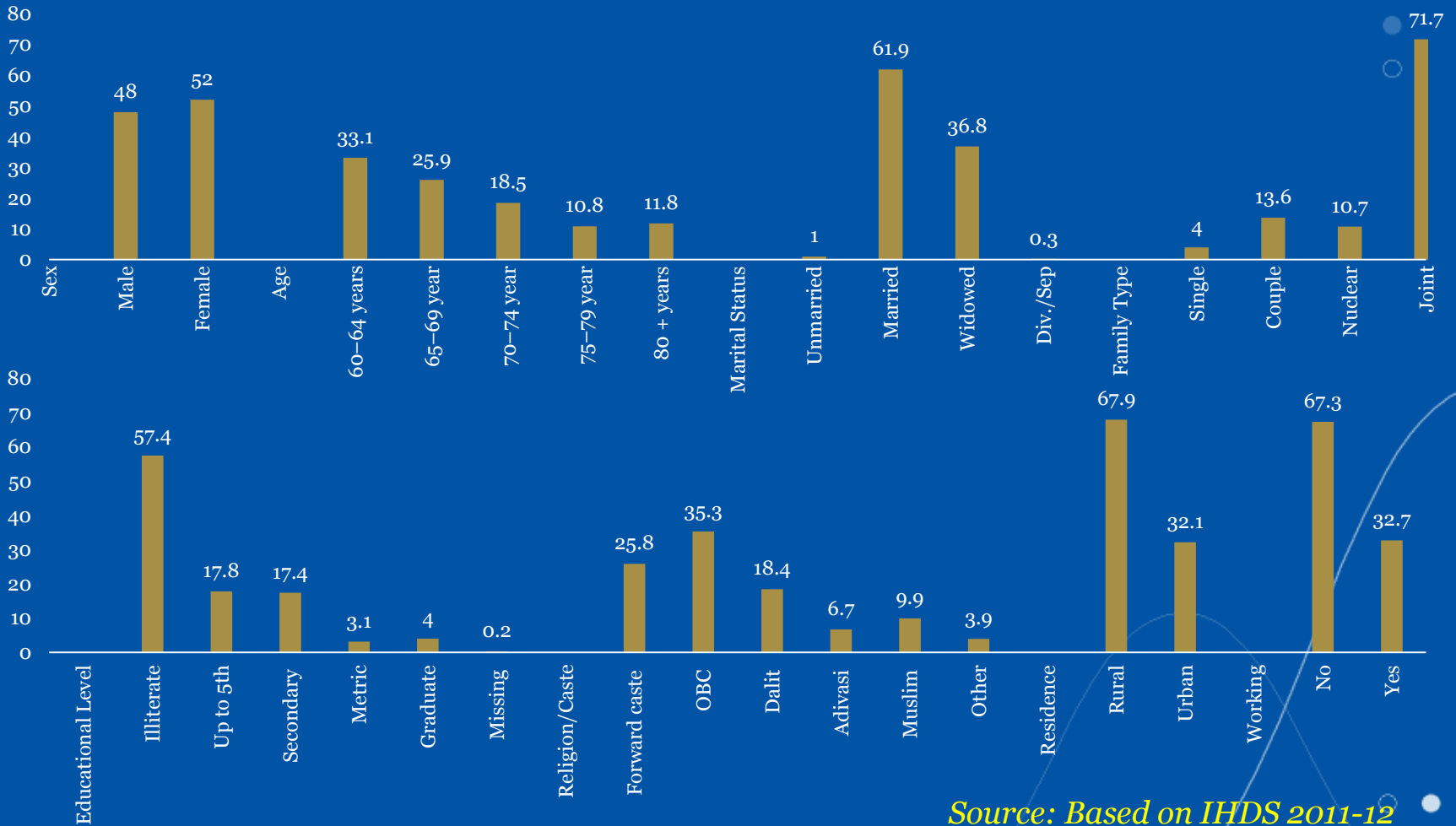
Source: United Nations 2015

Ageing in India: Facts and Figures



Source: Barik et al. 2015

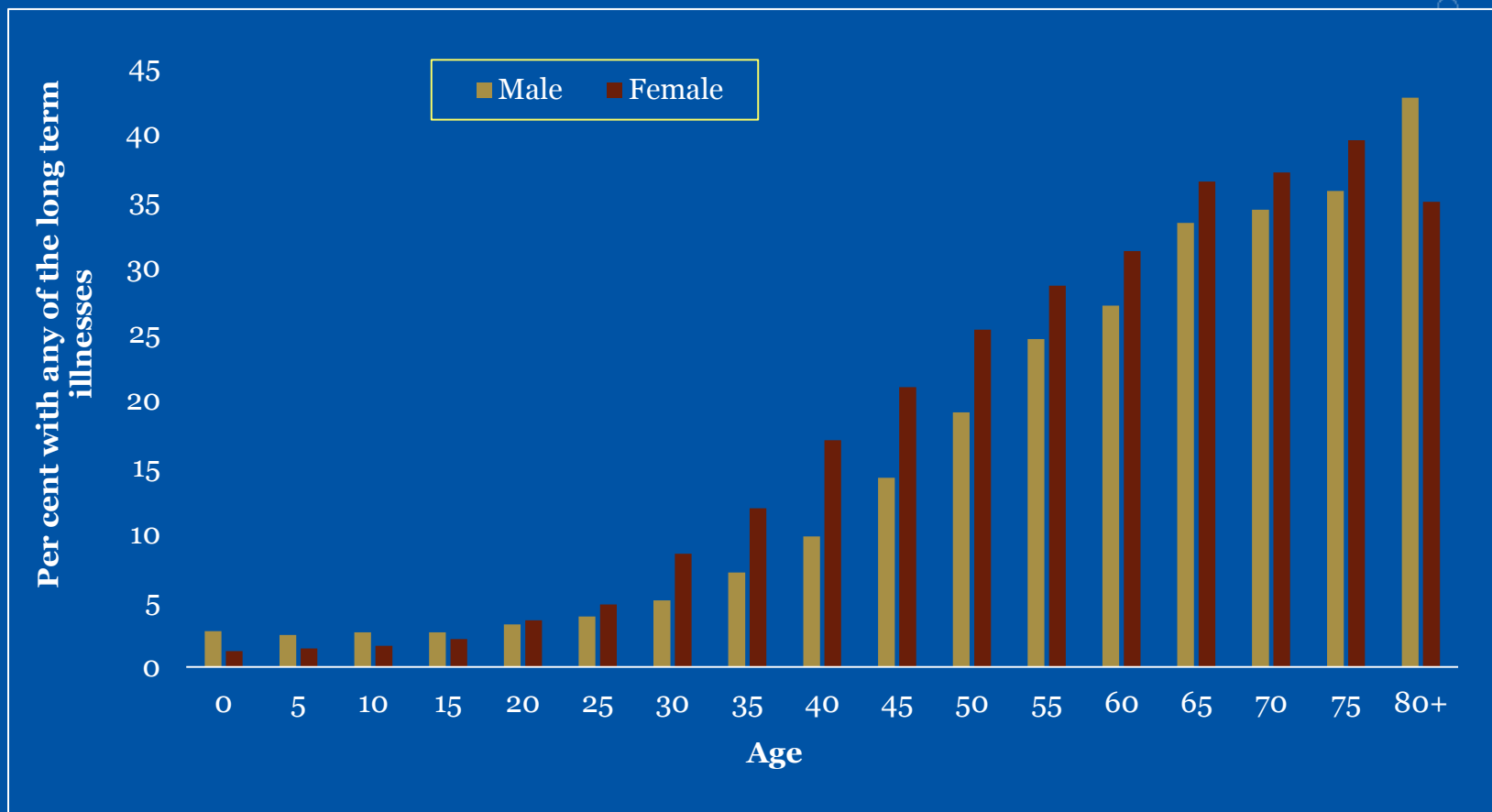
Socio-demographic Profile of Indian Elderly



Source: Based on IHDS 2011-12

Ageing and Health – The Linkages

Prevalence of major morbidities increases with age

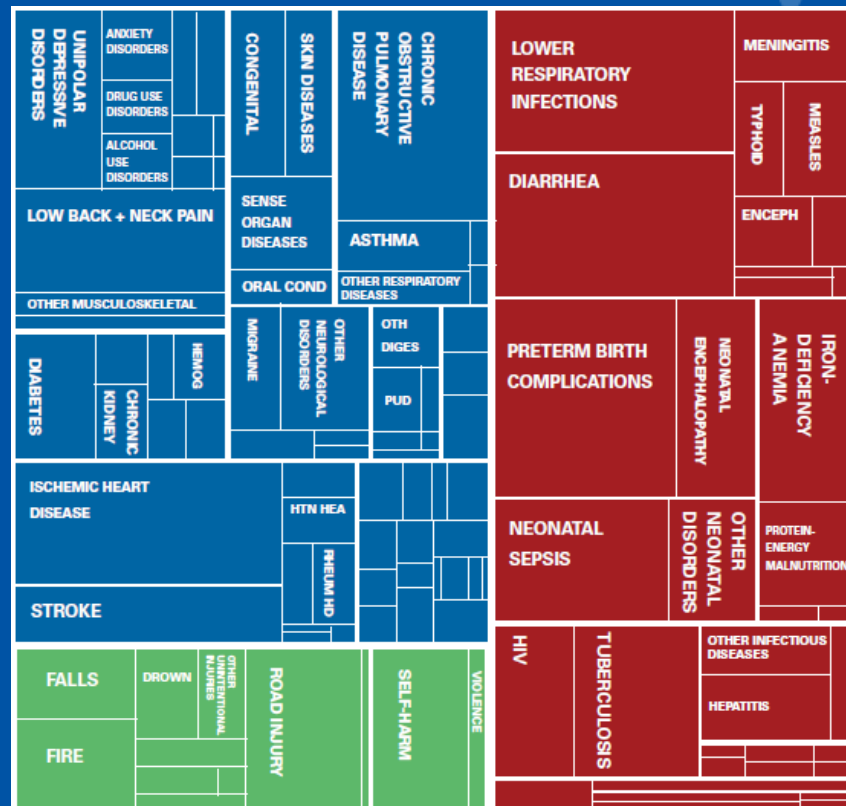
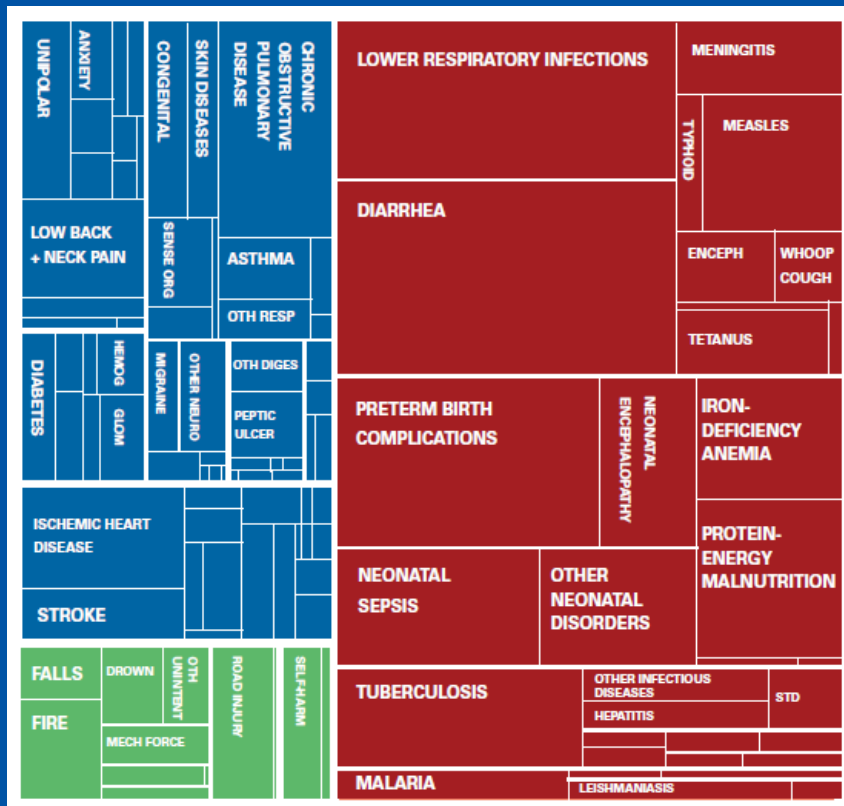


Source: Based on IHDS 2011-12

Causes of DALYs, both sexes, all ages, India

1990

2010



 Communicable, new-born, nutritional and maternal

 Non-communicable

 Injuries

Source: The GBD Studies 2013

Elderly Health in India

Rising prevalence (per cent) of various major illnesses among the elderly in India between 2004-05 and 2011-12.

	2004-05			2011-12		
	Rural	Urban	Total	Rural	Urban	Total
Cataract	4.4	4.2	4.4	8.1	7.3	7.9
Tuberculosis	0.9	0.6	0.8	1.2	0.9	1.1
High BP	5.0	11.6	6.6	8.5	18.9	11.5
Heart Disease	1.1	4.4	1.9	2.1	4.7	2.9
Diabetes	3.1	7.1	4.0	4.4	12.3	6.7
Cancer	0.2	0.3	0.2	0.2	0.4	0.3
Paralysis	0.8	1.0	0.9	1.8	2.5	2.0
Mental Illness	0.2	0.1	0.2	0.7	0.5	0.6
Any difficulty in Performing ADL*	10.6	10.3	10.6	29.9	28.5	29.5
Unable to perform ADL*	4.2	3.1	3.9	11.8	10.5	11.4

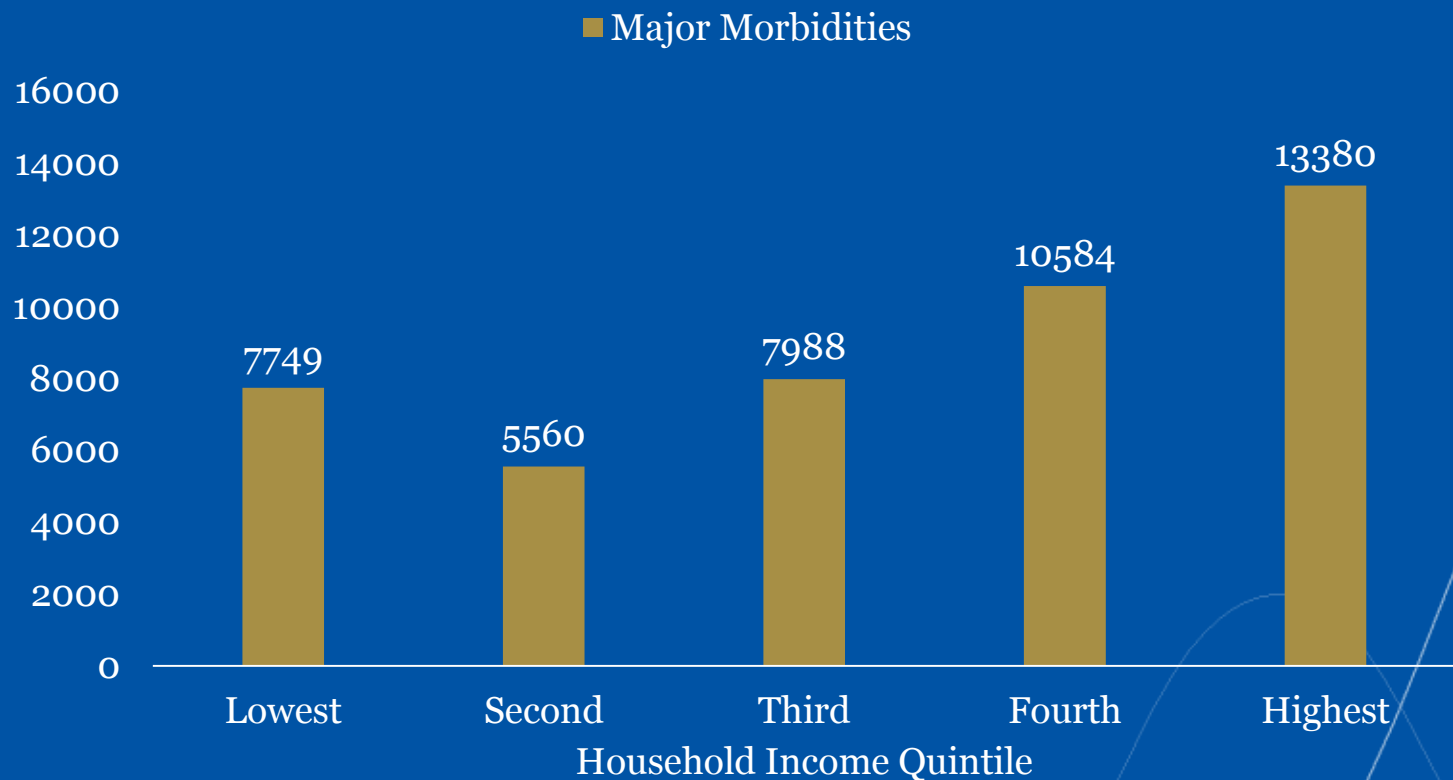
Source: Based on IHDS 2004-12

Elderly Health...

- Prevalence of all the morbidities, mentioned in the table have increased between the two surveys
- Cataract is the commonly reported health problem which reduces the visual acuity among the elderly
- Higher prevalence of chronic morbidities like high Blood Pressure (BP), heart disease and diabetes among the elderly residing in urban areas than rural
- Awareness about the disease and access to medical facilities explain the reporting pattern
- ADL – Any difficulty 30%; Unable 11%

Health Expenditure by Income Class

Rich household with elderly spend more



Source: Based on IHDS 2011-12

- Decline in traditional value system and the joint family system
- Declining familial support, economic insecurity, social isolation, elder abuse lead to a host of psychological illnesses (Ingle and Nath 2008)
- Lack of social security and inadequate facilities for health care, rehabilitation, and recreation
- Pension and social security are restricted to government employees or organised sector employee (Kartikeyan, Pedhambkar and Jape 1999)
- Whereas, 30% of the aged male and close to 75% of the aged females were economically dependend

Challenges faced by the elderly in India

- 72 per cent of elderly people in India still live in a joint family, despite a majority of them are subject to suffer from psychological stress (Bose 1997)
- Geriatric facilities available in tertiary care centres which are concentrated in urban localities
- More number of females – inefficient government programs
- Health insurance

Discussion

- The risk of non-communicable are on rise among the adults and elderly from higher economic strata
- There should be higher number of geriatric care centres at rural places
- A multi-disciplinary team specifically trained to meet the needs of the geriatric population need to be created
- The uneven expenditure for major illnesses among elderly from various economic groups calls for the government's intervention to help the poor to get treatment for these ailments
- Promoting the youth to take up nutritious diet and enhanced physical activities could be a long term solution

Thank You

