Longitudinal Study of Aging and Health in the Philippines (LSAHP)

Grace T. Cruz

Regional Workshop on Integrating Policy and Research on Ageing in ASEAN: Conversations Across the Policy and Research Divide
4 – 6 September 2019, Singapore
Sample and Sampling Design

- Sample size: 5985 respondents aged 60 years and over living in community dwellings
- Oversampled those in the ages 70-79 and 80+ by a factor of two and three, respectively
- Multi-stage sampling design with provinces as the primary sampling units, barangays as the secondary sampling units, and older persons as the ultimate sampling units
- Multi-actors (older person, caregiver, child of older person)
Study Sample

6,335 Original Target Sample

- 350 Not Interviewed OP
- 5,985 OP with Complete Interviews
  - 475 Proxy Interviews (First Screening)
  - 5,510 OP with Complete Interviews
    - 301 Proxy Interviews (Cognitive Screening)
    - 5,209 Interviewed OP Respondents (without proxy)
Summary of Interviews Conducted

- Total number of OP interviewed: 5,985
- Response rate: 94.5%
- SPMSQ – 301 failed (5%)
- Number of caregivers interviewed: 5,143 (85.9%)
- Number of children interviewed: 3,573 (59.7%)
- Anthropometric measurements: 5,731 (95.8%)
- Inner body scan: 4,022 (70.2%)
Coresidence with children is the most common living arrangement.

13% are living alone, more common among older females than males.

<table>
<thead>
<tr>
<th>Living arrangement</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Living alone</td>
<td>10.6</td>
<td>14.3</td>
</tr>
<tr>
<td>% Living with spouse only</td>
<td>17.2</td>
<td>11.6</td>
</tr>
<tr>
<td>% Living with at least one child</td>
<td>59.8</td>
<td>55.4</td>
</tr>
<tr>
<td>% Other types of arrangements</td>
<td>12.5</td>
<td>18.7</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
Older Filipinos exhibit a relative stability of residence in their old age.

Number of years lived continuously in current residence:

- More than 5 years: 74.6%
- Within the last 5 years: 14.2%
- Less than 1 year: 3.8%
- Since birth: 7.3%
Nearly all older Filipinos have children and grandchildren

- 95% have children including adopted/stepchildren
  - 6 children ever born (on average)
  - 5 children are still living
  - 41% OPs reported having lost at least one child to death
    - 1.9 mean number of children dead among those who experience child mortality
    - 5% have adopted/stepchildren

- 96% have at least one grandchild from own children, adopted children, and stepchildren
  - 29% are solely in charge of taking care of any grandchild
Health status
Older Filipinos have an average self-assessed health (SAH)

<table>
<thead>
<tr>
<th>Self-assessed health status</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very healthy</td>
<td>7.6</td>
<td>12.2</td>
</tr>
<tr>
<td>Healthier than average</td>
<td>14.6</td>
<td>10.0</td>
</tr>
<tr>
<td>Of average health</td>
<td>46.3</td>
<td>48.4</td>
</tr>
<tr>
<td>Somewhat unhealthy</td>
<td>29.1</td>
<td>26.5</td>
</tr>
<tr>
<td>Very unhealthy</td>
<td>2.4</td>
<td>2.9</td>
</tr>
<tr>
<td>TOTAL</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Older women have better SAH than men.
Self-reported morbidities

• Group 1 diseases (Not life-threatening and recognizable)
  • Arthritis, neuralgia, or rheumatism (18%)
  • Cataracts (17%)
  • Chronic back pain (2%)

• Group 2 diseases (Requires medical diagnosis)
  • Hypertension (46%)
  • Diabetes (13%)
  • Angina/Myocardial infarction (12%)
  • Renal/Urinary ailments (12%)

• Experience of heart attack (4%)
Poor oral health: average of 9 original teeth, 28% have no teeth

**By sex**

- Male: 11.48
- Female: 8.05

**By age**

- 60-69: 11.00
- 70-79: 7.36
- 80+: 5.02

Female

Male
## Sleep Situation of older Filipinos

<table>
<thead>
<tr>
<th>Sleep Indicators</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean no. of hours of sleep per night</td>
<td>6.16</td>
<td>6.18</td>
</tr>
<tr>
<td>% who are satisfied with sleep</td>
<td>82.8</td>
<td>81.6</td>
</tr>
<tr>
<td>% who take naps regularly</td>
<td>41.5</td>
<td>39.1</td>
</tr>
<tr>
<td>Mean duration of naps (in minutes)</td>
<td>76.24</td>
<td>77.72</td>
</tr>
</tbody>
</table>
## Experience of pain

<table>
<thead>
<tr>
<th>Pain indicators</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>% who are often troubled with pain</td>
<td>33.4</td>
</tr>
<tr>
<td>% who experienced moderate or severe pain</td>
<td>68.4</td>
</tr>
<tr>
<td>% who said pain make it difficult for them to do their usual activities</td>
<td>60.0</td>
</tr>
<tr>
<td>Body parts that felt pain</td>
<td></td>
</tr>
<tr>
<td>Shoulders</td>
<td>50.5</td>
</tr>
<tr>
<td>Head</td>
<td>44.8</td>
</tr>
<tr>
<td>Joints of the hands/arms</td>
<td>28.0</td>
</tr>
</tbody>
</table>
19.4% report a fall in the last 12 months

1.7 mean number of times fallen in the past 12 months

Of those injured, 15.2% reported being injured seriously enough to need medical treatment.
Incontinence

<table>
<thead>
<tr>
<th>Incontinence</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both bladder or bowel movement control</td>
<td>3.2</td>
</tr>
<tr>
<td>Bladder control only</td>
<td>9.2</td>
</tr>
<tr>
<td>Bowel movement control only</td>
<td>2.1</td>
</tr>
<tr>
<td>No loss of control</td>
<td>85.6</td>
</tr>
</tbody>
</table>

27.5% experience incontinence often or very often
Experience of depressive symptoms

Using the CES-D 11-Item scale

32% display depressive symptoms
  37% females
  26% males
A great majority of older Filipinos are satisfied with their lives.

- Level of satisfaction with present life:
  - 47.5% Very satisfied
  - 46.1% Somewhat satisfied
  - 6.4% Not satisfied
Life satisfaction increases with age, more females as very satisfied

<table>
<thead>
<tr>
<th></th>
<th>By sex</th>
<th>By age</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
</tr>
<tr>
<td>Very satisfied</td>
<td>44.7</td>
<td>49.4</td>
</tr>
<tr>
<td>Somewhat satisfied</td>
<td>50.5</td>
<td>43.1</td>
</tr>
<tr>
<td>Not satisfied</td>
<td>4.8</td>
<td>7.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>60-69</th>
<th>70-79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very satisfied</td>
<td>47.0</td>
<td>47.2</td>
<td>52.8</td>
</tr>
<tr>
<td>Somewhat satisfied</td>
<td>46.2</td>
<td>46.9</td>
<td>42.8</td>
</tr>
<tr>
<td>Not satisfied</td>
<td>6.8</td>
<td>5.9</td>
<td>4.3</td>
</tr>
</tbody>
</table>

LONGITUDINAL STUDY OF AGING AND HEALTH IN THE PHILIPPINES (LSAHP)
17% are currently smoking an average of 10 cigarettes per day.

By sex:
- Male: 29.7%
- Female: 8.6%

By age:
- 60-69: 19.6%
- 70-79: 13.4%
- 80+: 11.1%
29% are currently drinking alcohol

By sex:
- Male: 49.4%
- Female: 14.8%

By age:
- 60-69: 33.3%
- 70-79: 24.5%
- 80+: 13.1%
Anthropometric Measures

• **56%** of older Filipinos have normal BMI
  • **64%** among men
  • **50%** among women

• **22%** are overweight (**16%** of older men and **26%** of older women)
• **8%** are obese (**3%** of older men and **12%** of older women)
Functional Health
## Functional Disability Indicators

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>% with at least one ADL difficulty</td>
<td>19.5</td>
<td>23.2</td>
<td>21.7</td>
</tr>
<tr>
<td>% with at least one IADL difficulty</td>
<td>18.8</td>
<td>33.2</td>
<td>27.4</td>
</tr>
<tr>
<td>% with at least one WGSS difficulty</td>
<td>62.5</td>
<td>72.2</td>
<td>67.7</td>
</tr>
<tr>
<td>% who are severely limited (GALI)</td>
<td>13.7</td>
<td>13.2</td>
<td>13.4</td>
</tr>
<tr>
<td>% who experienced being bedridden during the past two weeks</td>
<td>2.2</td>
<td>2.6</td>
<td>2.4</td>
</tr>
</tbody>
</table>
22% of older persons have at least one ADL (Activities of Daily Living) difficulty. Functional disability increases with advancing age of OP.
Among the Instrumental Activities of Daily Living (IADL), older persons express the most difficulty in using public transportation.
Older women expressed more difficulty in performing any of the Nagi tasks without assistance of a person or physical prop.

Functional Loss: 59% experienced difficulty in performing at least one of the 10 Nagi functioning measures.
Health Care and Health Care Utilization
Unmet need for health care: 29% felt ill and thought about seeing a doctor but did not in the past 12 months.

By Sex

- Female: 30.3%
- Male: 27.3%

21% --most common reason for not seeing a doctor is not having enough money.
Long-term care

• 8% are currently receiving care because of a continuing condition of ill health or disability
  
  • Males: 9%
  • Females: 8%
Long-term care: female family members are the dominant caregivers

Older males in need of long-term care are commonly taken care of by their spouse, while women are mostly taken care of by a daughter.
Potential care givers

• Person who will most likely take care of OP in case OP will have dementia
  • Males: 47% spouse, 30% daughter, 8% not sure
  • Females: 54% daughter, 17% son, 8% not sure

• Almost similar levels are reported as their preferred caregivers
Economic Wellbeing
Economic well-being: older Filipinos have generally poor perceived economic well-being

- **57%** express some or considerable difficulty in meeting household expenses
  - Males: 59%
  - Females: 56%
Poor economic well-being

- **PhP 3,000 (US$60)** median monthly income
- **46%** are working
  - Males: 57%
  - Females: 43%
- **43%** receive income from pension
- Most common assets
  - House they are currently residing in (85%)
  - Appliances (56%)
  - Farm/Fishponds (19%)
- **23%** have liabilities
  - 43% have loans from moneylenders
  - 22% have personal loans
  - 17% have other loans (e.g. car loan, home credit)
Males derive their income from work, females rely heavily on their children for economic support.

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**Most important sources of income of older Filipinos**

<table>
<thead>
<tr>
<th>Source of Income</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Money from children within the country</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td>Money from children abroad</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Money from other relatives outside the household</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Work</td>
<td>23</td>
<td>37</td>
</tr>
<tr>
<td>Pension</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Farm</td>
<td>15</td>
<td>13</td>
</tr>
<tr>
<td>Others (e.g. family business, stocks, real estate rentals)</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
Generativity, attitudes, and beliefs
Generativity: most predisposed to feel needed by others and have a good influence on the lives of other people

<table>
<thead>
<tr>
<th>Statement</th>
<th>Total Mean Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>You feel that other people need you</td>
<td>1.09</td>
</tr>
<tr>
<td>You have a good influence on the lives of other people</td>
<td>1.03</td>
</tr>
<tr>
<td>Many people come to you for advice</td>
<td>0.98</td>
</tr>
<tr>
<td>You like to teach things to other people</td>
<td>0.96</td>
</tr>
<tr>
<td>Others would say you have made unique contributions to society</td>
<td>0.87</td>
</tr>
<tr>
<td>OP has important skills s/he can pass along to others</td>
<td>0.8</td>
</tr>
</tbody>
</table>
Beliefs and attitudes regarding filial responsibilities, gender expectations, and age-appropriate behaviors

- **95%** believes it is the parents' duty to do their best for their children even at the expense of their own wellbeing.

- **91%** thinks it is the child's duty to support and take care of older/aged parents.

- **76%** agrees that men should work for the family, and women should stay home and take care of the household.

- **73%** agree that it is better for the elderly parent to live with a daughter than with a son.

- **21%** agree that it is acceptable for someone in their 60s or older to re(marry) if they find a suitable partner.
Ideal living arrangement for older Filipinos

Ideal living arrangement of older Filipinos

- Live by themselves but near one or more children: 46.9%
- Live by themselves: 19.6%
- Live with a daughter: 19.5%
- Live with a son: 5.9%
- Rotate residence among children: 3.2%
- Others: 4.8%
CAREGIVERS: 7% of OPs have primary caregivers

Percentage distribution of primary and potential caregivers by OPs’ sex and age

- Relationship of caregiver to OP
  - Males: 67% wife, 16% daughter
  - Females: 53% daughter, 11% daughter-in-law

- 83% of caregivers lives with OP
- 5% received caregiving training
Family Support and Intergenerational Exchanges
High level of support from children, more from coresident than non-coresident children

• 62% received financial support from non-coresident children
  64% received financial support from coresident children

• 51% received material support from non-coresident children
  67% received material support from coresident children

• 70% received emotional support from non-coresident children
  79% received emotional support from coresident children

• 3% received instrumental support from non-coresident children
• 8% received instrumental support from coresident children
High and reciprocal level of intergenerational support, less from OP to children

OP gave more support from coresident children

- **24%** gave financial support to non-coresident children
  - 46% gave financial support to coresident children
- **21%** gave material support to non-coresident children
  - 51% gave material support to coresident children
- **78%** gave emotional support to non-coresident children
  - 88% gave emotional support to coresident children
- **1%** gave instrumental support to non-coresident children
  - 3% gave instrumental support to coresident children
More females and older cohorts plan to rely on children for financial support.
Satisfaction with level of assistance given by children

By Sex
- Not getting any assistance from any child:
  - Female: 2.2
  - Male: 3.1
- Not satisfied:
  - Female: 8.5
  - Male: 6.3
- Satisfied but can be improved:
  - Female: 37.5
  - Male: 39.9
- Very satisfied:
  - Female: 51.8
  - Male: 50.6

By Age Group
- 80+
  - Not getting any assistance from any child: 2.6
  - Not satisfied: 6.2
  - Satisfied but can be improved: 39.3
  - Very satisfied: 51.9
- 70-79
  - Not getting any assistance from any child: 1.1
  - Not satisfied: 7.4
  - Satisfied but can be improved: 38.4
  - Very satisfied: 53.1
- 60-69
  - Not getting any assistance from any child: 3.1
  - Not satisfied: 7.9
  - Satisfied but can be improved: 38.4
  - Very satisfied: 50.6
Loneliness and Social Isolation
Few older Filipinos feel disconnected from family and friends

- **42%** have never felt left out from others
  - Male: 44%
  - Female: 40%

- **6%** are not in contact with any relatives

- **84%** are satisfied with the level of contact with friends

- **94%** utilize electronic gadgets to call friends and family
Percent who do not see or hear from any friends at least once a month

By Sex
- Female: 4.7
- Male: 6.6

By Age Group
- 80+: 8.9
- 70-79: 4.1
- 60-69: 5.5
Older Filipinos engage in a combination of sedentary, physical, and nurturing lifestyle:

- Hangout with friends and neighbors: 24.7%
- Gardening: 26.8%
- Physical exercises: 52.3%
- Watches TV: 65.6%
- Reads newspapers, magazines or books: 2.9%
- Listens to radio: 23.2%
## Summary: Older Filipino scorecard

<table>
<thead>
<tr>
<th>Good/average</th>
<th>Not Good/poor</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health:</strong></td>
<td>• Oral Health (9 average teeth, lower for women, 28% have no teeth)</td>
</tr>
<tr>
<td>• SAH (F&gt;M)</td>
<td>• 33% are often troubled with pain</td>
</tr>
<tr>
<td>• Sleep</td>
<td>• 19% experienced fall in the past year, 15% seriously injured</td>
</tr>
<tr>
<td></td>
<td>• 32% display depressive symptoms</td>
</tr>
<tr>
<td></td>
<td>• Significant level currently smoking (17%, 10 cigarettes per day)</td>
</tr>
<tr>
<td></td>
<td>• Illnesses: hypertension, arthritis, cataract, diabetes</td>
</tr>
<tr>
<td></td>
<td>• 30% are overweight or obese, more prevalent among older females</td>
</tr>
<tr>
<td></td>
<td>• Females generally display a higher level of functional health</td>
</tr>
<tr>
<td></td>
<td>• Sedentary activities</td>
</tr>
<tr>
<td></td>
<td>• High (29%) unmet need for health services, mostly due to economic reasons</td>
</tr>
<tr>
<td></td>
<td>• 9% need long-term care, highly dependent on female family members of the family</td>
</tr>
</tbody>
</table>
## Summary: Older Filipino scorecard

<table>
<thead>
<tr>
<th>Good/average</th>
<th>Not Good/bad</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Economic well-being</strong></td>
<td><strong>57% unmet economic need i.e. some or considerable difficulty in meeting household expenses</strong></td>
</tr>
<tr>
<td>• High support flow from children</td>
<td>• Low income</td>
</tr>
<tr>
<td>• Satisfied with exchange or support with children</td>
<td>• High dependent on children for support, high expectation to continue to depend on children for financial support in the future (higher among females)</td>
</tr>
<tr>
<td>Good/average</td>
<td>Not Good/bad</td>
</tr>
<tr>
<td>--------------</td>
<td>--------------</td>
</tr>
<tr>
<td><strong>Living arrangement</strong></td>
<td><strong>Desire for independent living but are mostly co-residing with children (a case of children co-residing with OP?—85% of OP own the house they are currently living in)</strong></td>
</tr>
<tr>
<td>• Living alone but with children living in the same barangay.</td>
<td></td>
</tr>
<tr>
<td><strong>Emotional/Psychological</strong></td>
<td></td>
</tr>
<tr>
<td>• High level of life satisfaction (more among females)</td>
<td>• Poor self-assessment of their ability to pass on knowledge and teach these to other people.</td>
</tr>
<tr>
<td>• Well-connected with family, grandchildren and friends</td>
<td></td>
</tr>
</tbody>
</table>
Thank you!

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