



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

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

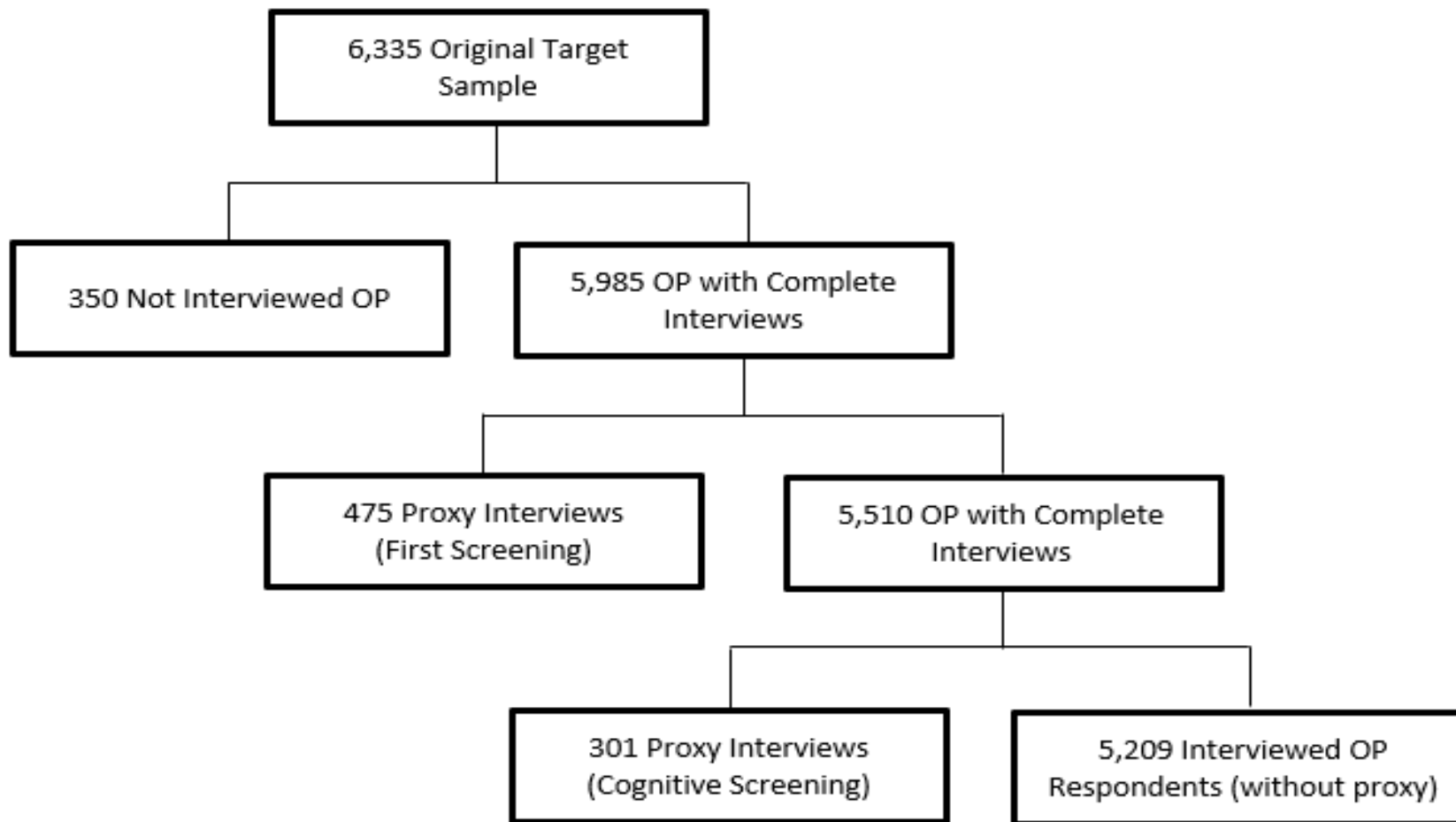
LONGITUDINAL STUDY OF **AGING AND HEALTH** IN THE PHILIPPINES (LSAHP)



Sample and Sampling Design

- Sample size: 5985 respondents aged 60 years and over living in community dwellings
- oversampled the 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



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%)

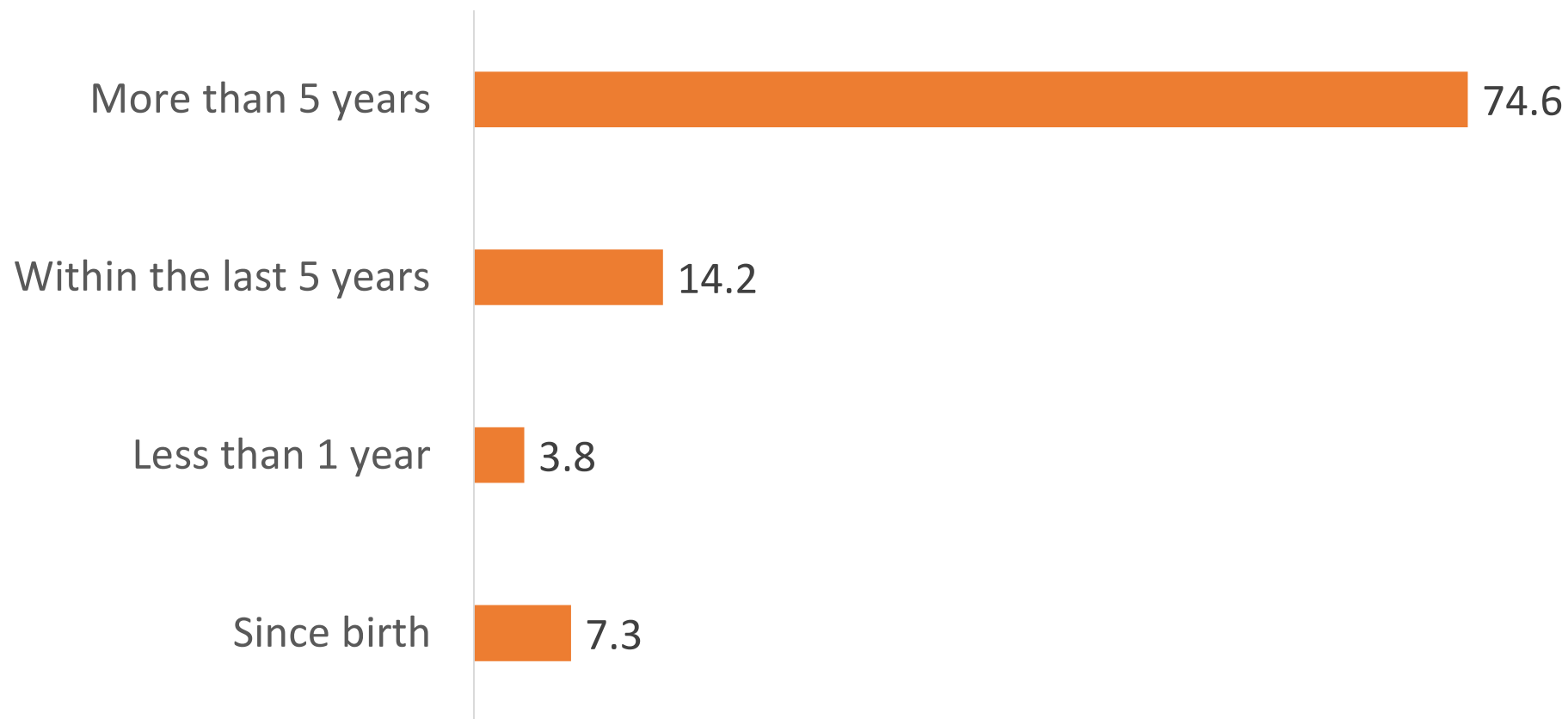
Coresidence with children is the most common living arrangement

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

Living arrangement	Male	Female
% Living alone	10.6	14.3
% Living with spouse only	17.2	11.6
% Living with at least one child	59.8	55.4
% Other types of arrangements	12.5	18.7
TOTAL	100.0%	100.0%

Older Filipinos exhibit a relative stability of residence in their old age

Number of years lived continuously in current residence



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

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Older Filipinos have an average self-assessed health (SAH)

Older women have better SAH than men.

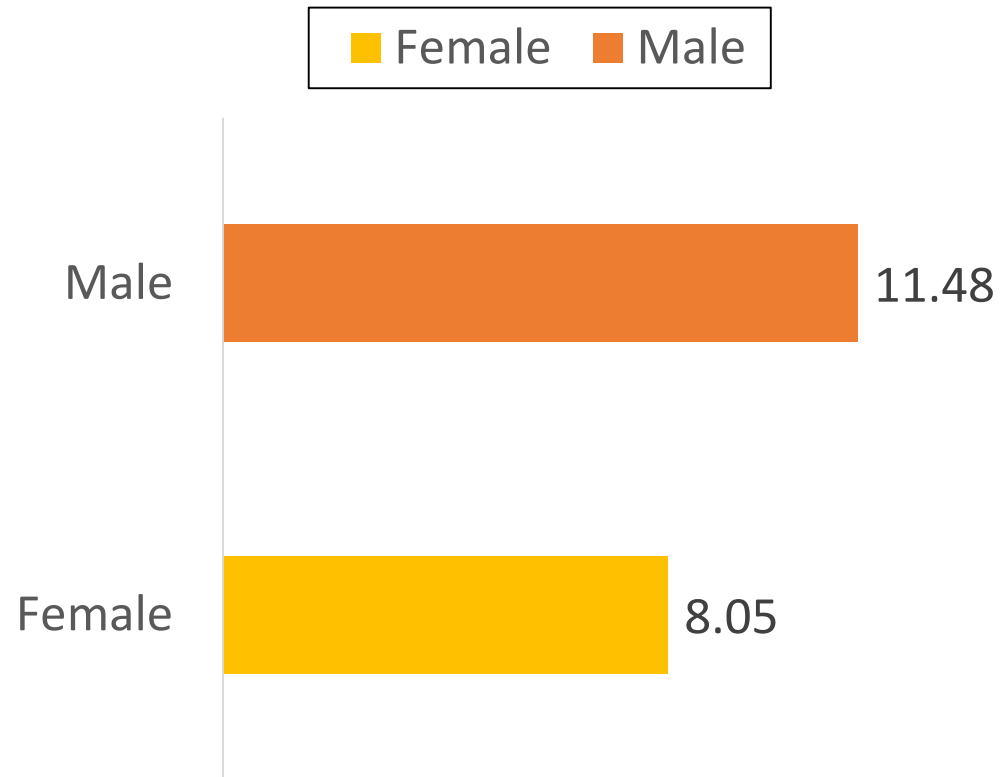
Self-assessed health status	Male	Female
Very healthy	7.6	12.2
Healthier than average	14.6	10.0
Of average health	46.3	48.4
Somewhat unhealthy	29.1	26.5
Very unhealthy	2.4	2.9
TOTAL	100%	100%

Self-reported morbidities

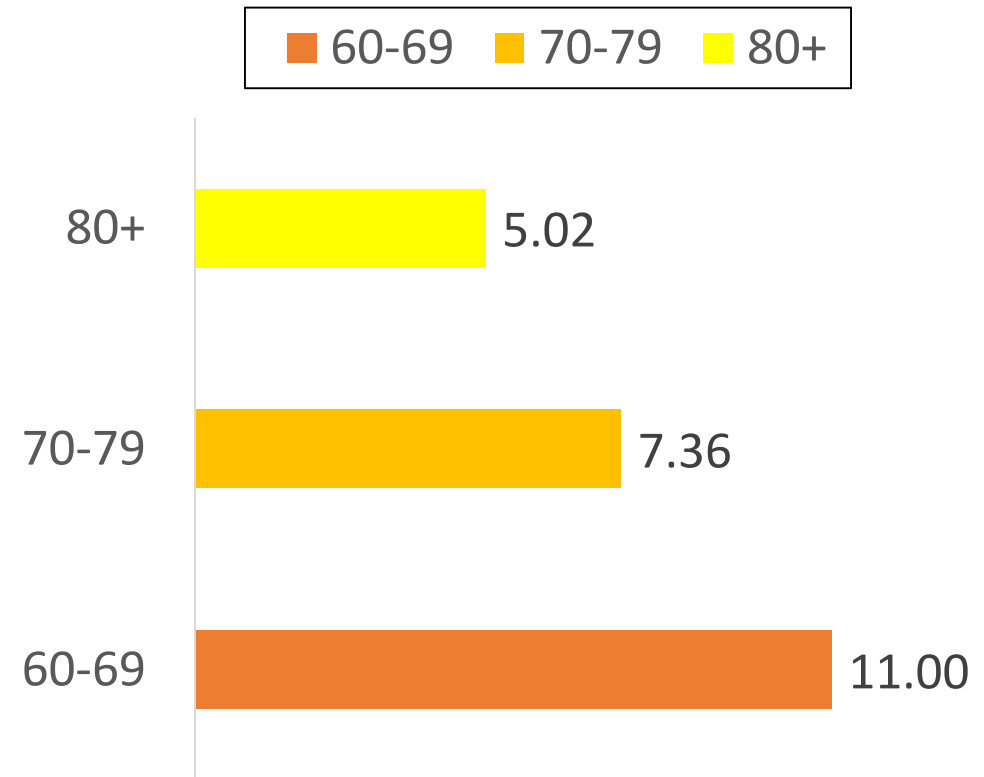
- Group 1 diseases (Not life-threatening and recognizable)
 - Arthritis, neuralgia, or rheumatism **(18%)**
 - Cataracts **(17%)**
 - Chronic back pain **(2%)**
- Group 2 diseases (Requires medical diagnosis)
 - Hypertension **(46%)**
 - Diabetes **(13%)**
 - Angina/Myocardial infarction **(12%)**
 - Renal/Urinary ailments **(12%)**
- Experience of heart attack **(4%)**

Poor oral health: average of 9 original teeth, 28% have no teeth

By sex



By age



Sleep Situation of older Filipinos

Sleep Indicators	Male	Female
Mean no. of hours of sleep per night	6.16	6.18
% who are satisfied with sleep	82.8	81.6
% who take naps regularly	41.5	39.1
Mean duration of naps (in minutes)	76.24	77.72

Experience of pain

Pain indicators	%
% who are often troubled with pain	33.4
% who experienced moderate or severe pain	68.4
% who said pain make it difficult for them to do their usual activities	60.0
Body parts that felt pain	
Shoulders	50.5
Head	44.8
Joints of the hands/arms	28.0

History of falls

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

Incontinence	%
Both bladder or bowel movement control	3.2
Bladder control only	9.2
Bowel movement control only	2.1
No loss of control	85.6

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

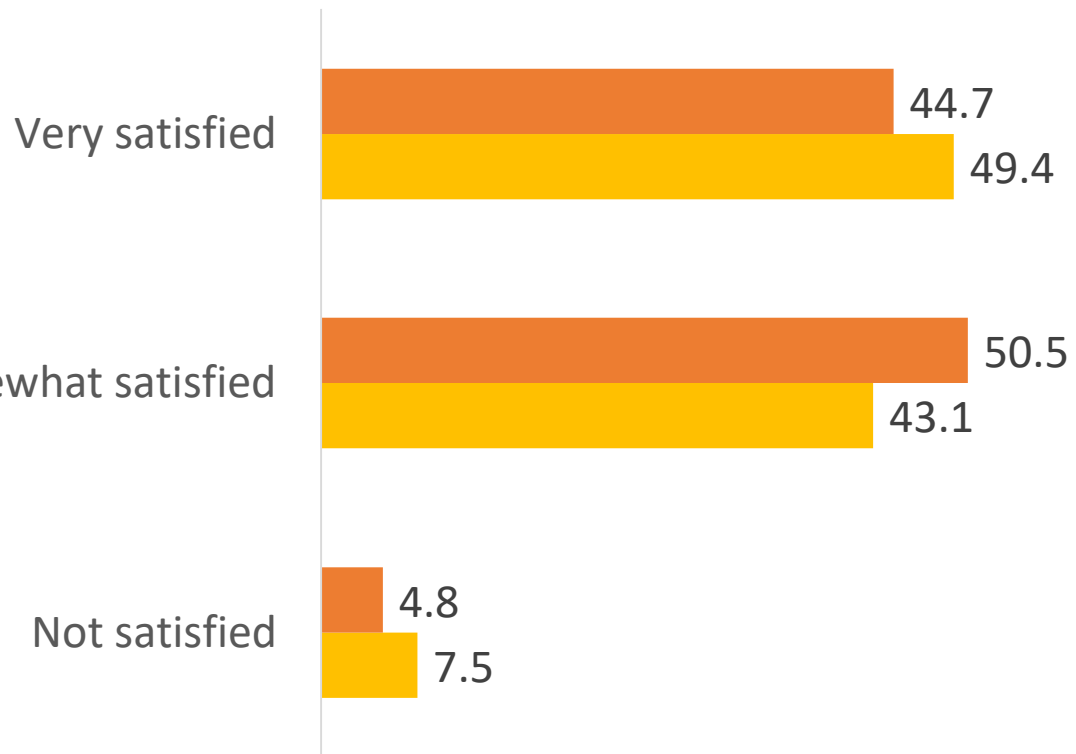
47.5% Very satisfied

46.1% Somewhat satisfied

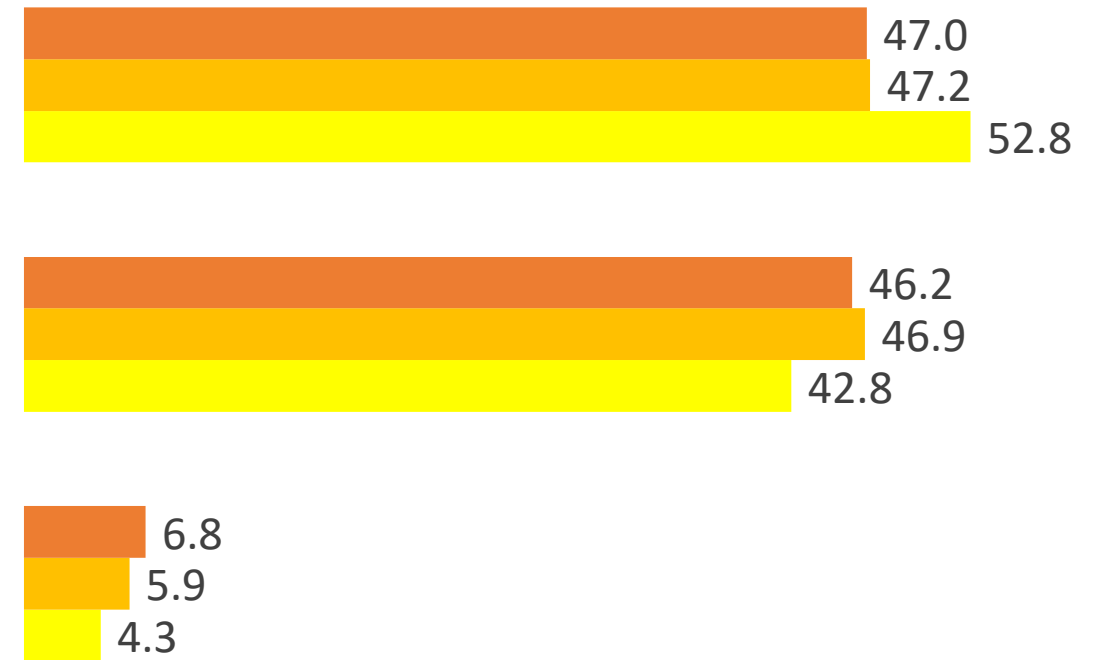
6.4% Not satisfied

Life satisfaction increases with age, more females as very satisfied

By sex

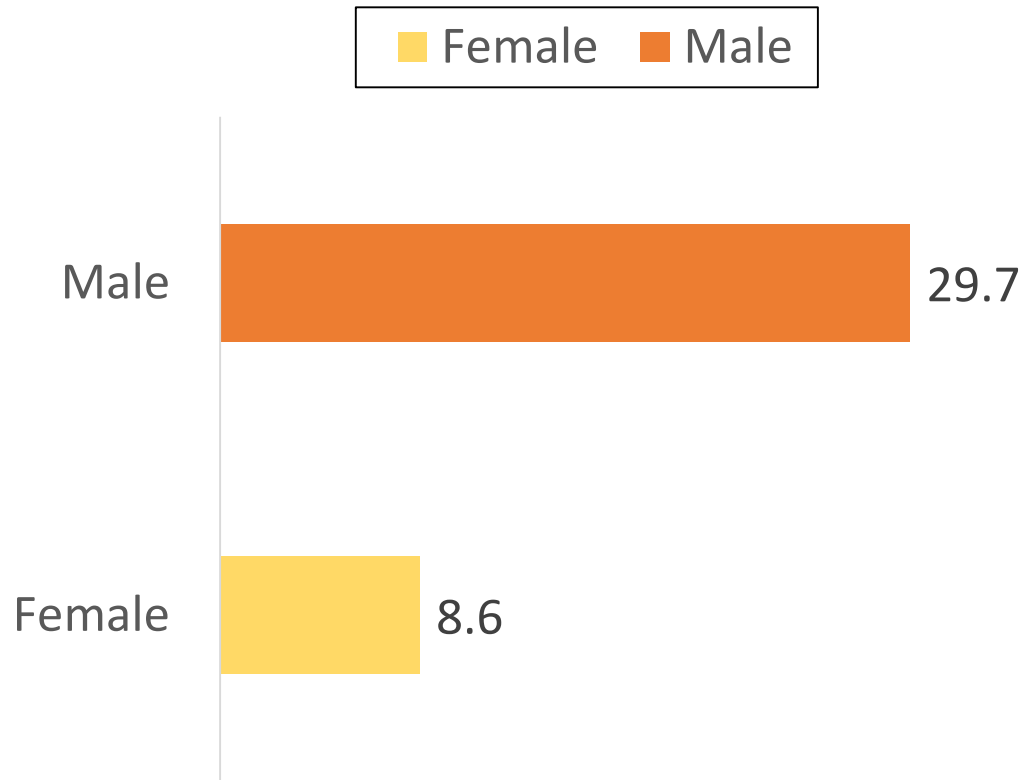


By age

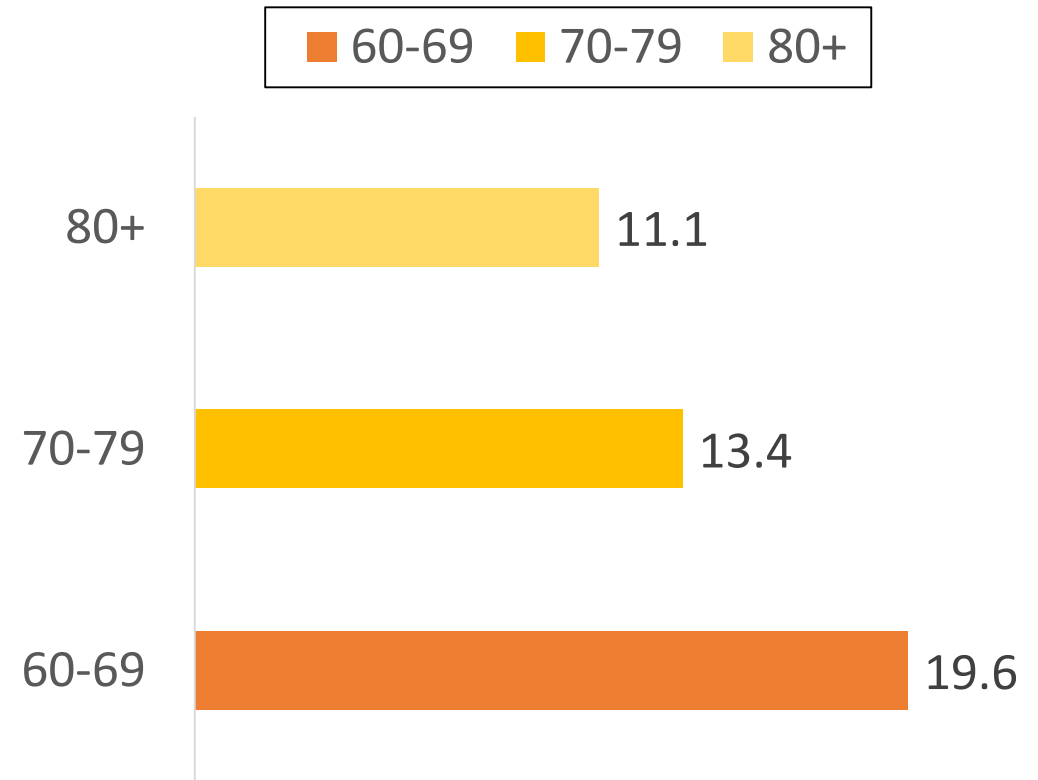


17% are currently smoking average of 10 cigarettes per day

By sex

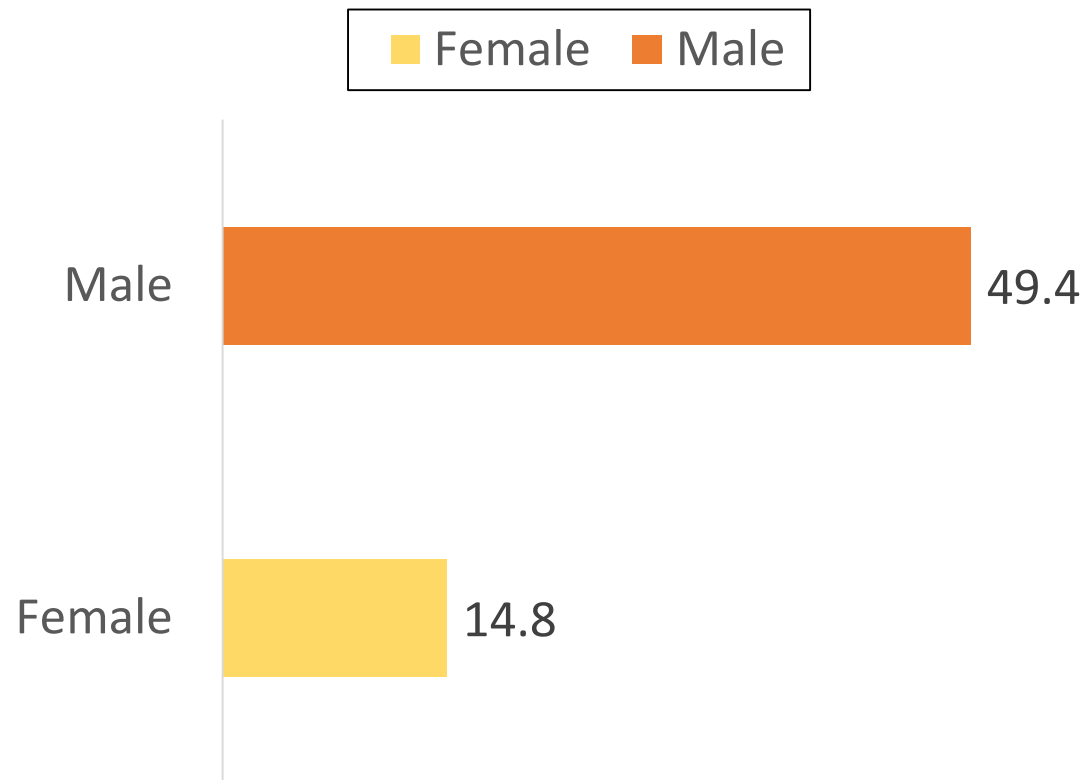


By age

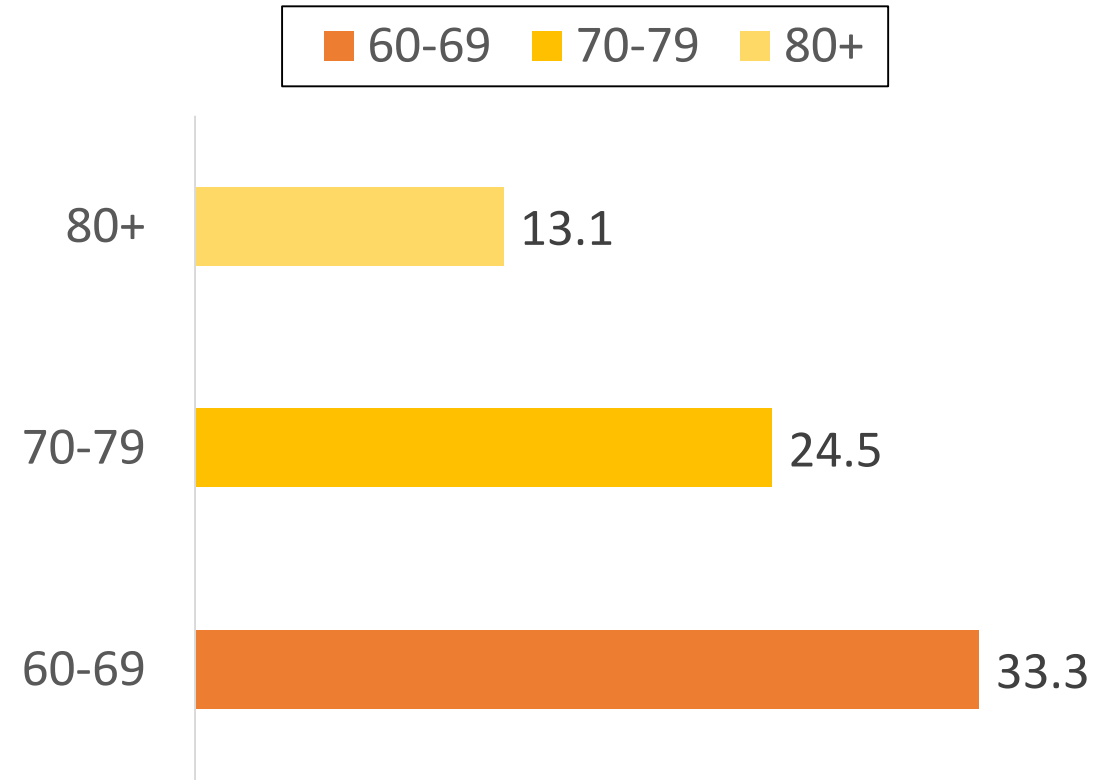


29% are currently drinking alcohol

By sex



By age



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)

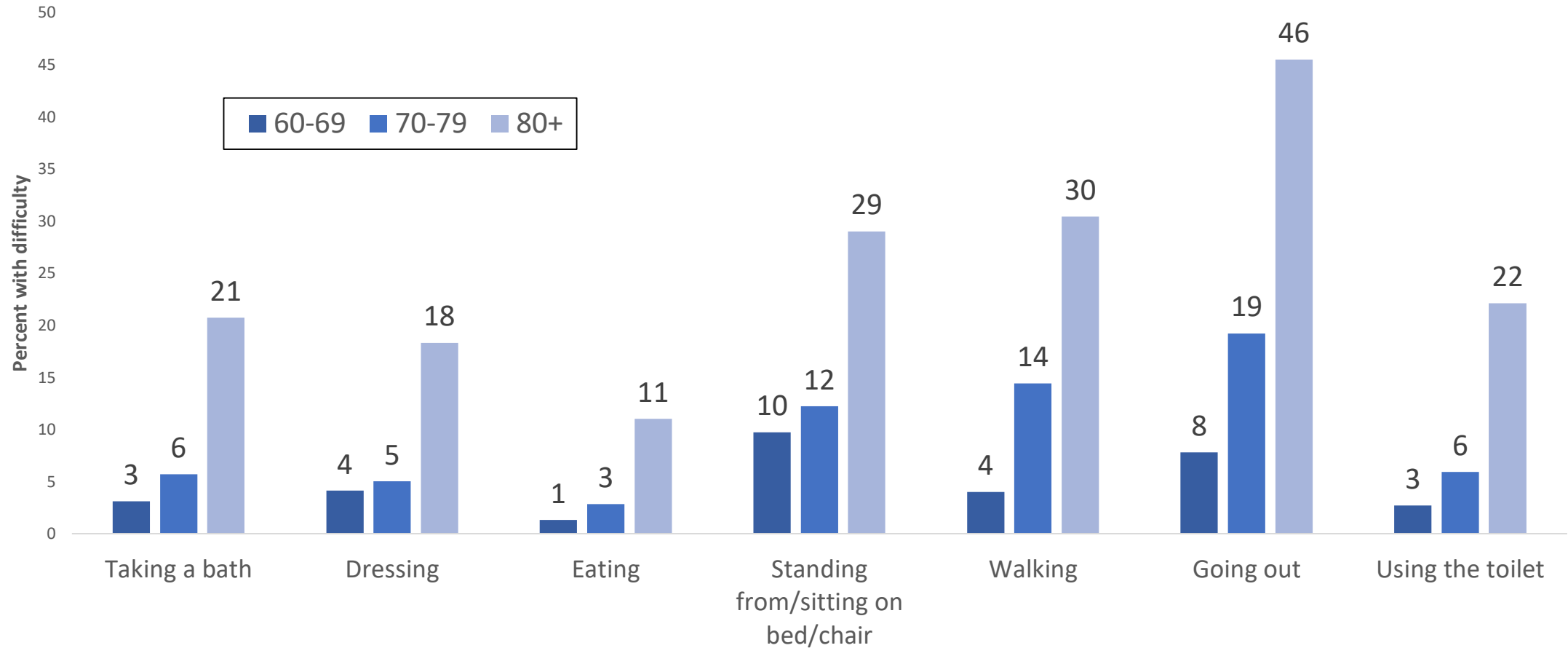
Functional Health

Functional Disability Indicators

Indicators	Male	Female	Total
% with at least one ADL difficulty	19.5	23.2	21.7
% with at least one IADL difficulty	18.8	33.2	27.4
% with at least one WGSS difficulty	62.5	72.2	67.7
% who are severely limited (GALI)	13.7	13.2	13.4
% who experienced being bedridden during the past two weeks	2.2	2.6	2.4

Functional Health

22% of older persons have at least one ADL (Activities of Daily Living) difficulty. Functional disability increases with advancing age of OP.

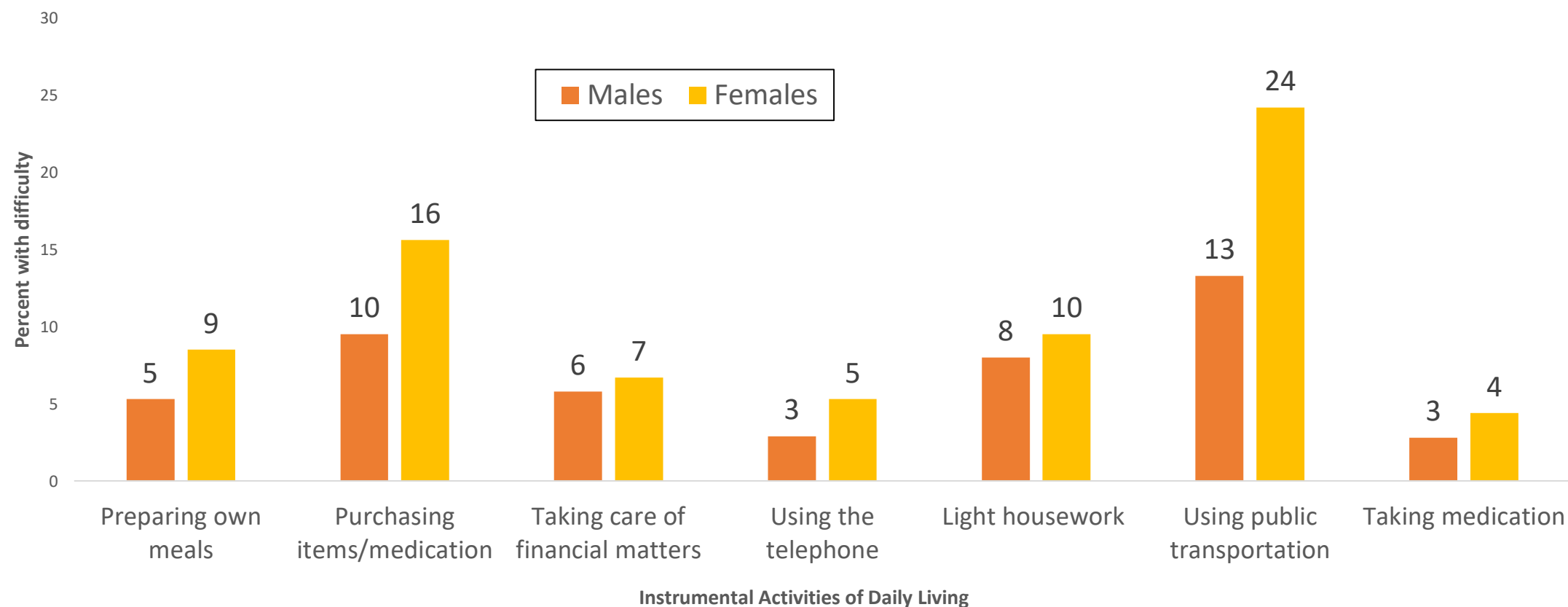


Activities of Daily Living

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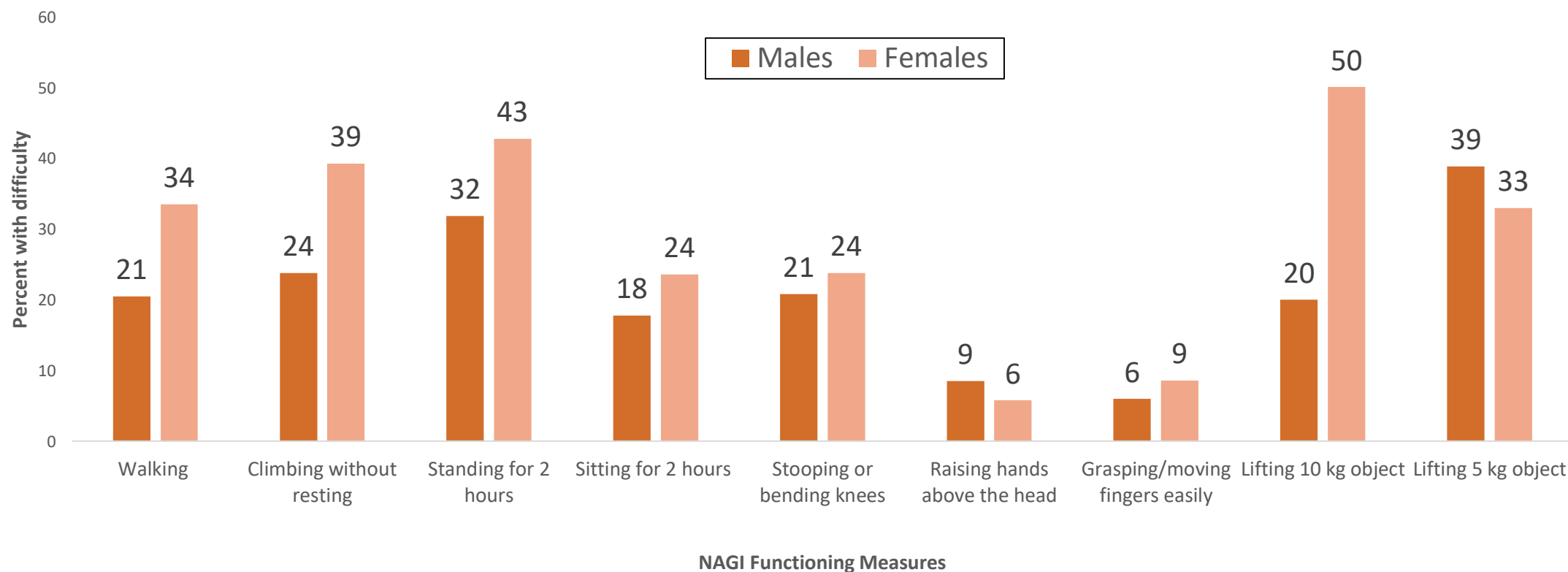
Functional Health

Among the Instrumental Activities of Daily Living (IADL), older persons express the most difficulty in using public transportation.



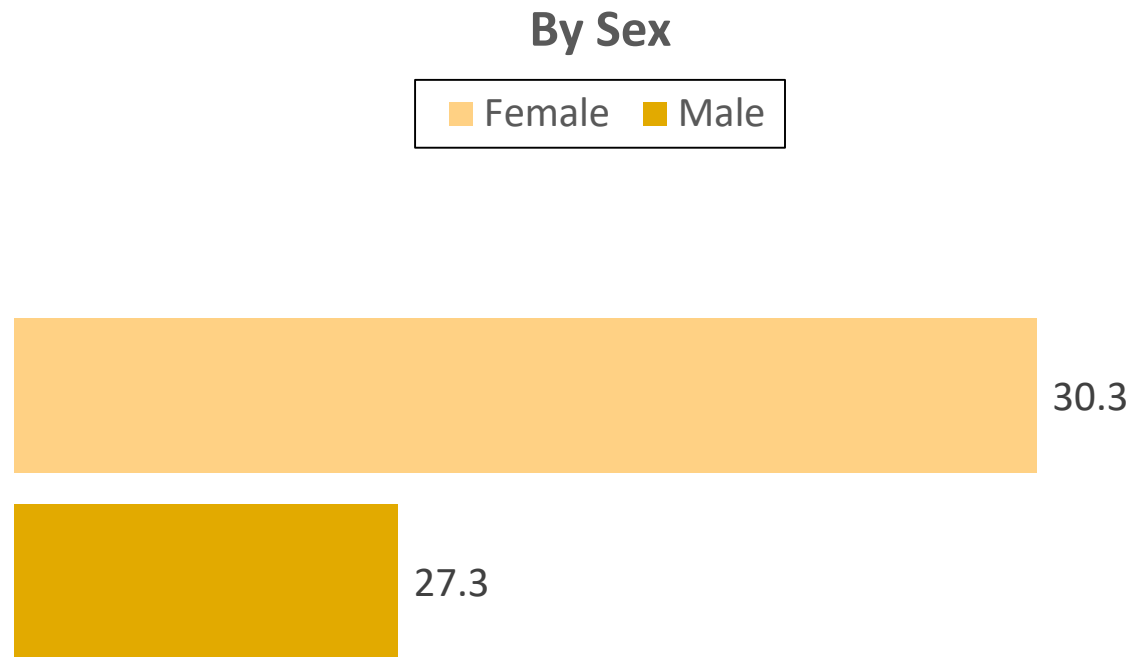
Functional Loss: 59% experienced difficulty in performing at least one of the 10 Nagi functioning measures

Older women expressed more difficulty in performing any of the Nagi tasks without assistance of a person or physical prop.



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

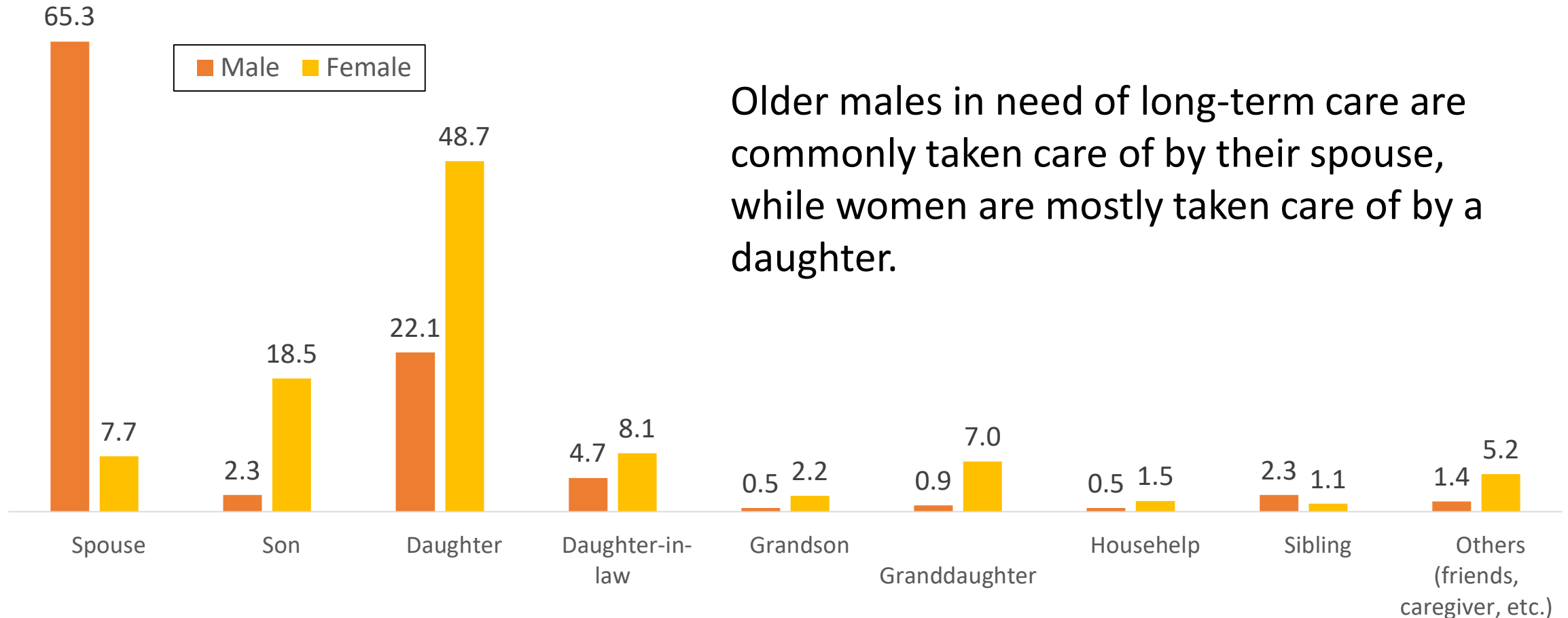


21% --most common reason for not seeing a doctor is not having enough money

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

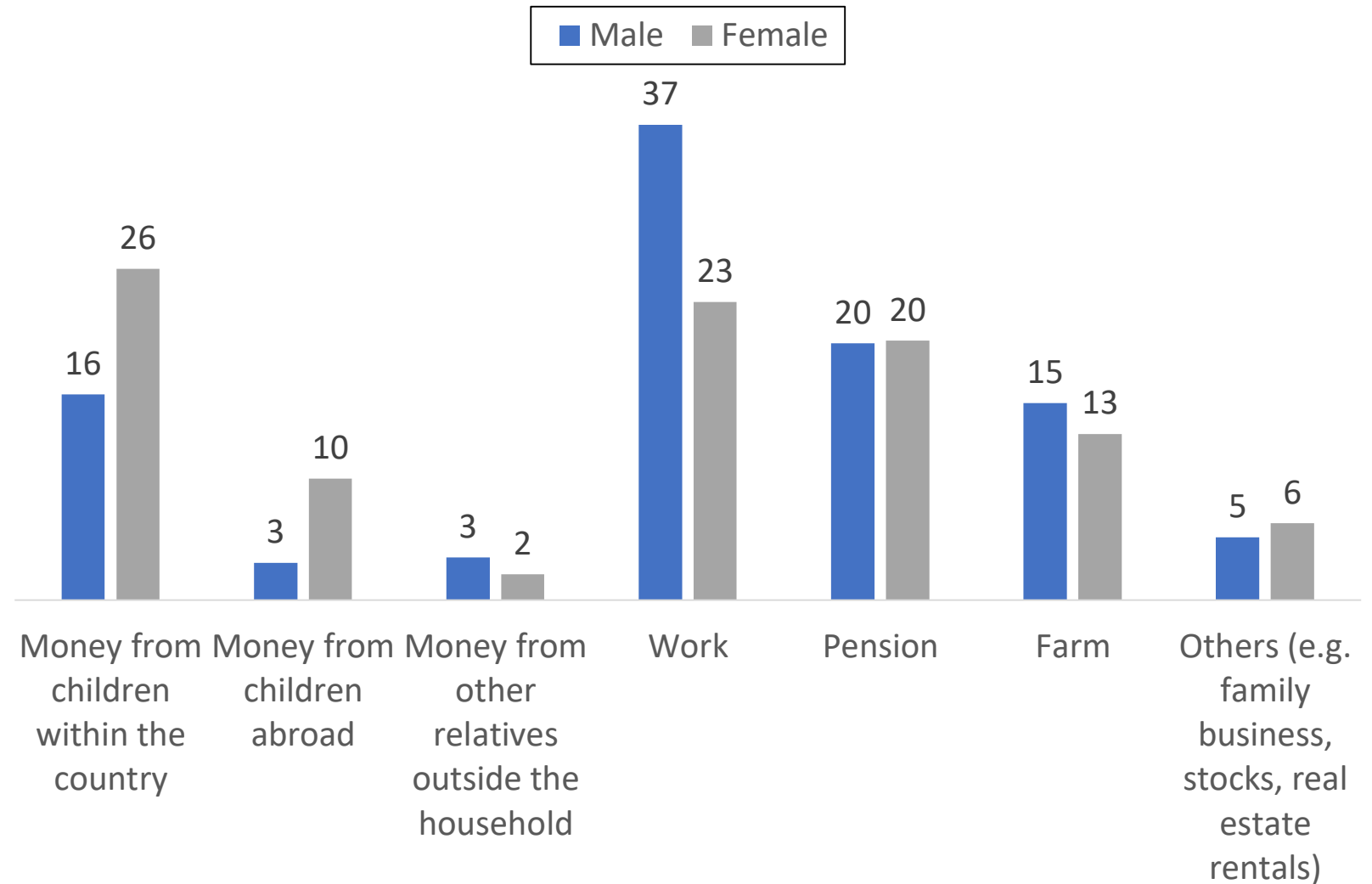
- **57%** express some or considerable difficulty in meeting household expenses
 - Males: 59%
 - Females: 56%

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.

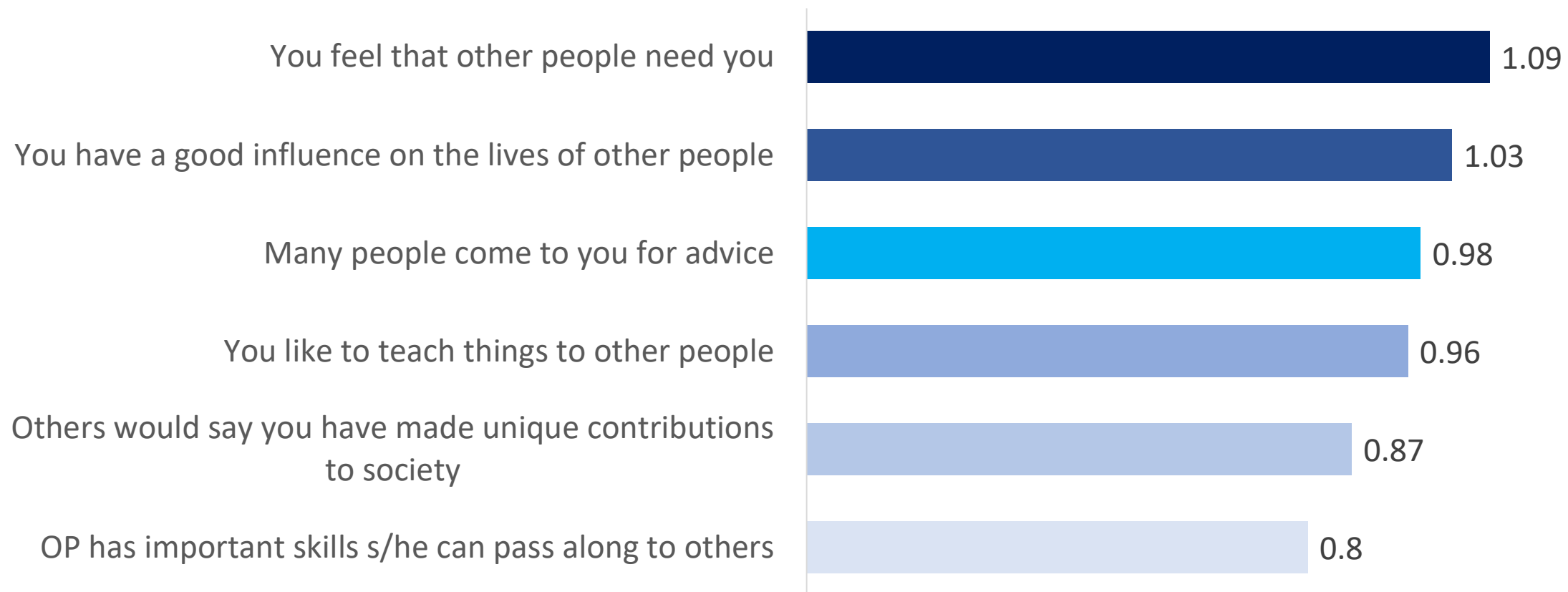
Most important sources of income of older Filipinos



Generativity, attitudes, and beliefs

Generativity: most predisposed to feel needed by others and have a good influence on the lives of other people

Total Mean Scores on Generativity of older Filipinos

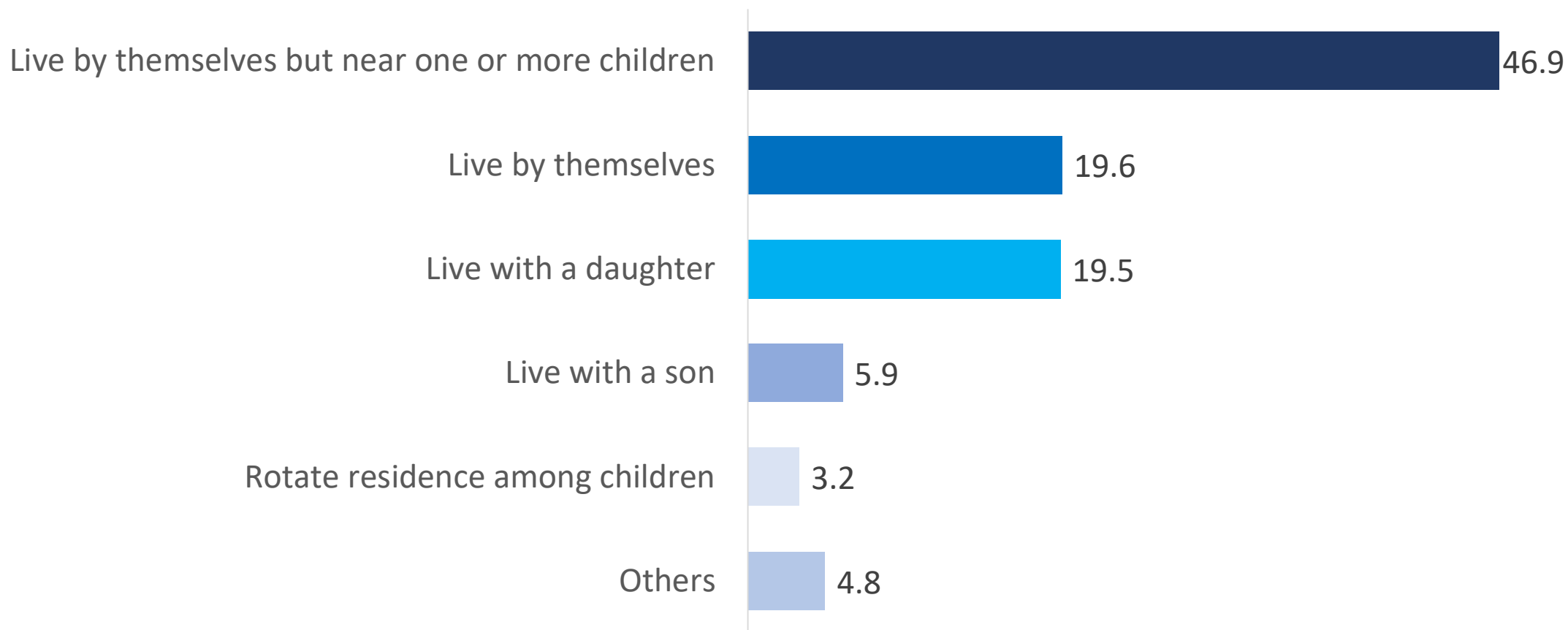


Beliefs and attitudes regarding filial responsibilities, gender expectations, and age-appropriate behaviors

- **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.

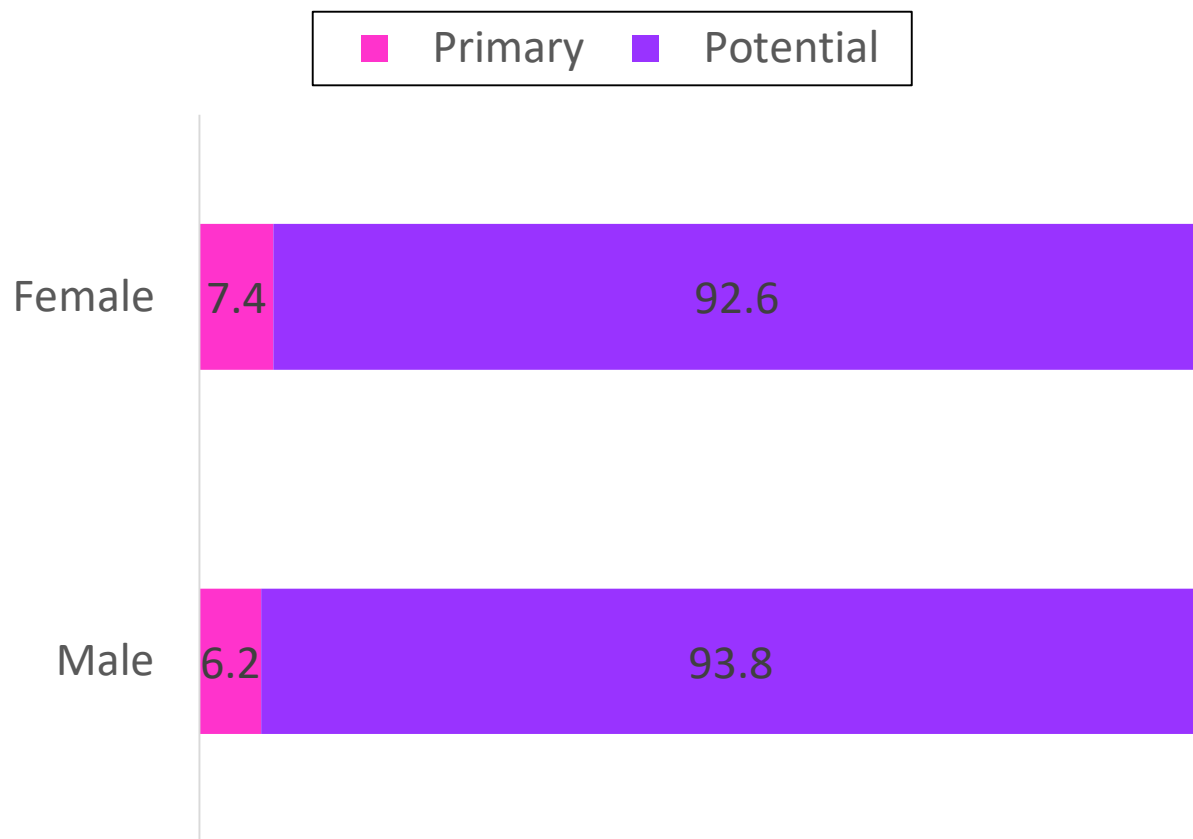
Ideal living arrangement for older Filipinos

Ideal living arrangement of older Filipinos



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

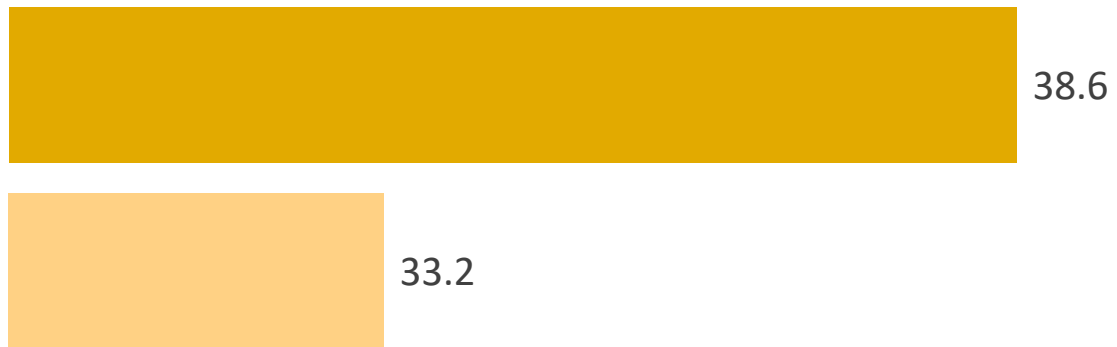
OP gave more support from coresident children

- **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

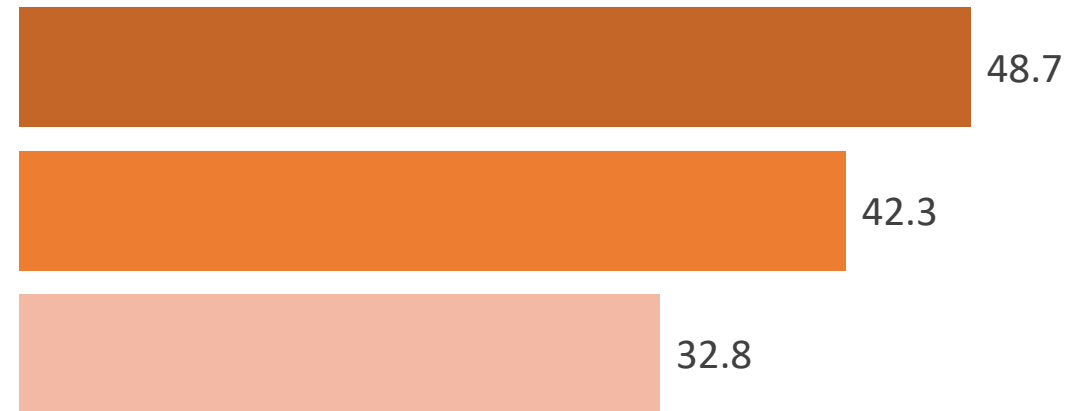
By Sex

Female Male



By Age Group

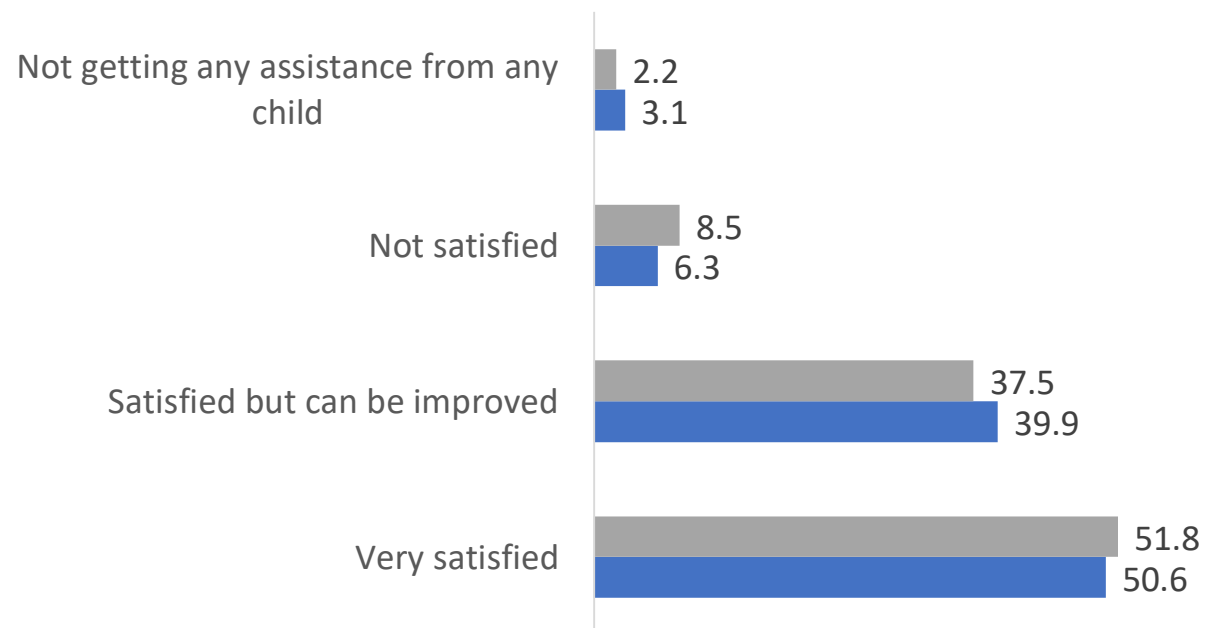
80+ 70-79 60-69



Satisfaction with level of assistance given by children

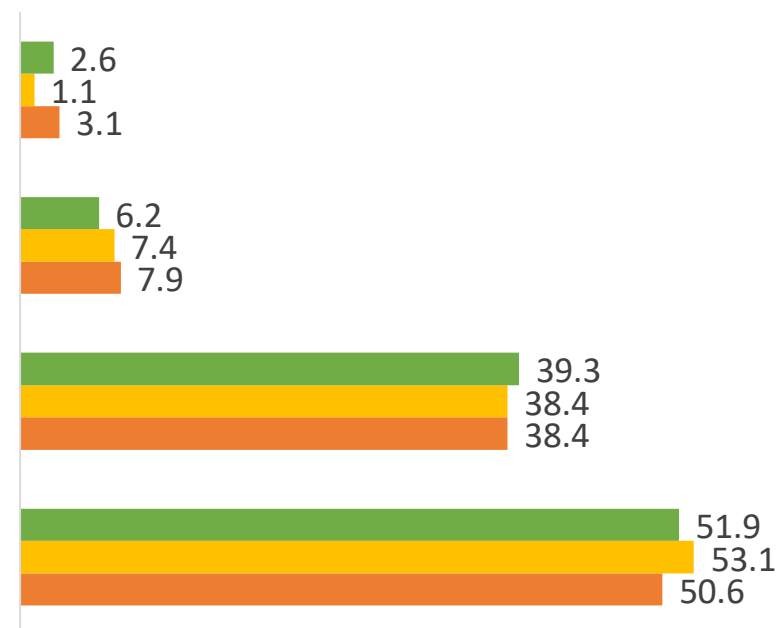
By Sex

■ Female ■ Male



By Age Group

■ 80+ ■ 70-79 ■ 60-69



Loneliness and Social Isolation

Few older Filipinos feel disconnected from family and friends

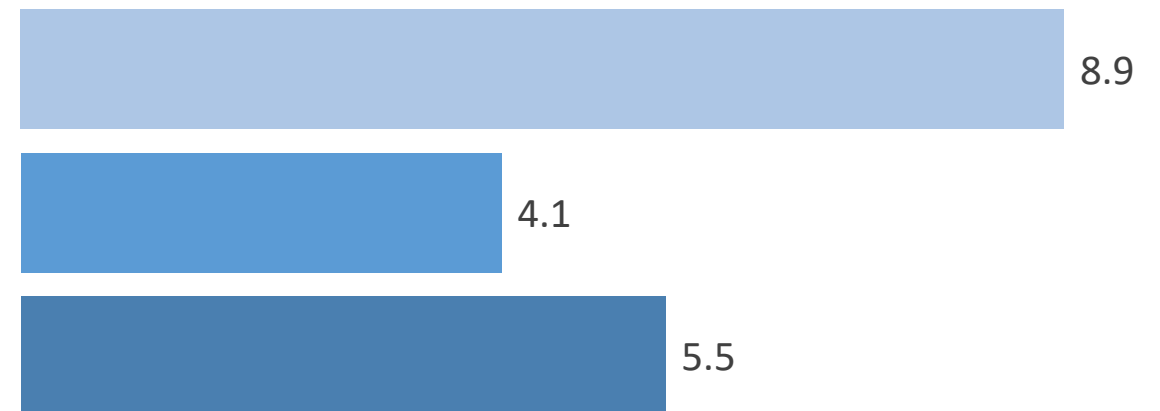
- **42%** have never felt left out from others
 - Male: 44%
 - Female: 40%
- **6%** are not in contact with any relatives
- **84%** are satisfied with the level of contact with friends
- **94%** utilize electronic gadgets to call friends and family

Percent who do not see or hear from any friends at least once a month

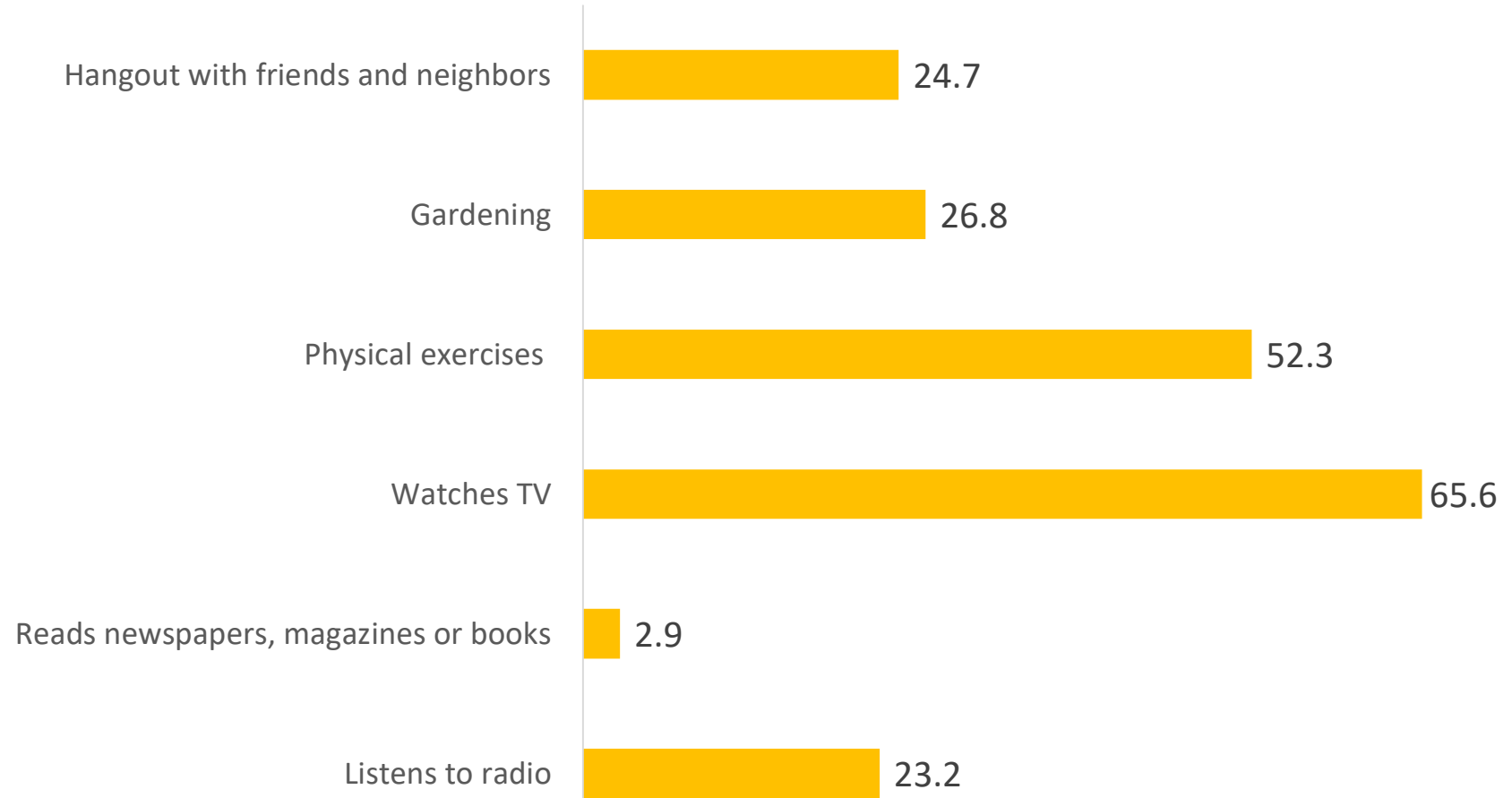
By Sex



By Age Group



Older Filipinos engage in a combination of sedentary, physical, and nurturing lifestyle



Summary: Older Filipino scorecard

Good/average

Health:

- SAH (F>M)
- Sleep

Not Good/poor

- Oral Health (9 average teeth, lower for women, 28% have no teeth)
- 33% are often troubled with pain
- 19% experienced fall in the past year, 15% seriously injured
- 32% display depressive symptoms
- Significant level currently smoking (17%, 10 cigarettes per day)
- Illnesses: hypertension, arthritis, cataract, diabetes
- 30% are overweight or obese, more prevalent among older females
- Females generally display a higher level of functional health
- Sedentary activities
- High (29%) unmet need for health services, mostly due to economic reasons
- 9% need long-term care, highly dependent on female family members of the family

Summary: Older Filipino scorecard

Good/average

Not Good/bad

Economic well-being

- High support flow from children
- Satisfied with exchange or support with children

- 57% unmet economic need i.e. some or considerable difficulty in meeting household expenses
- Low income
- High dependent on children for support, high expectation to continue to depend on children for financial support in the future (higher among females)

Summary: Older Filipino scorecard

Good/average	Not Good/bad
<p>Living arrangement</p> <ul style="list-style-type: none">• Living alone but with children living in the same barangay.	<ul style="list-style-type: none">• 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)
<p>Emotional/Psychological</p> <ul style="list-style-type: none">• High level of life satisfaction (more among females)• Well-connected with family, grandchildren and friends	<ul style="list-style-type: none">• Poor self-assessment of their ability to pass on knowledge and teach these to other people.



Thank you!

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