

Ageing and Health in the Philippines

Prof Grace Cruz

13 May 2022

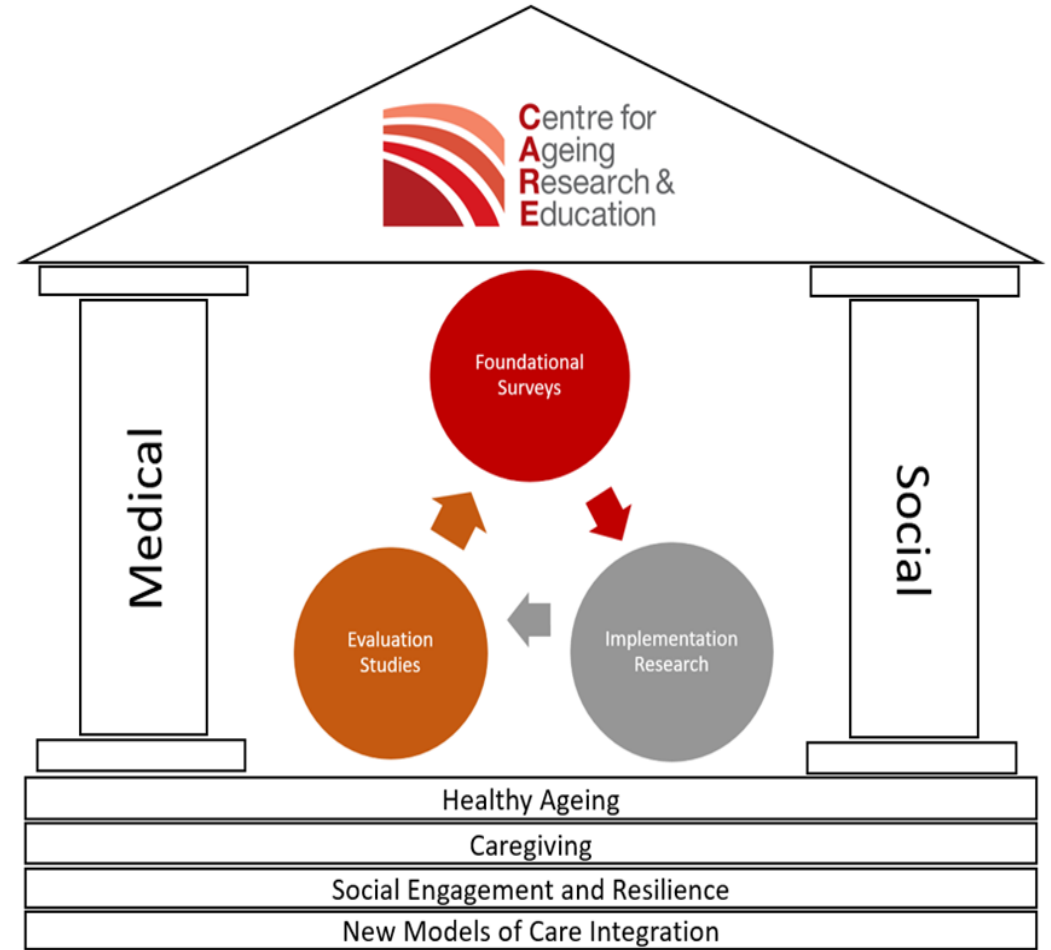
9am – 10.30am

Vision

To achieve health, social inclusion and a high quality of life for our ageing population

Mission

- Provide an environment that enables interdisciplinary research and education on ageing
- Implement and evaluate best practices to improve health and function of older adults
- Inform the policy and practice agenda on ageing



CARE Education – Platforms

- Signature Conferences
- Research Methods Workshops
- Experts Programmes
- Research/Policy Briefs
- Round Tables/ Panel Discussions
- Gerontology Internship Programme
- Industry Engagement

CARE Website

- Repository of Ageing Publications
- Repository of Ageing Research Instruments

CARE Social Media

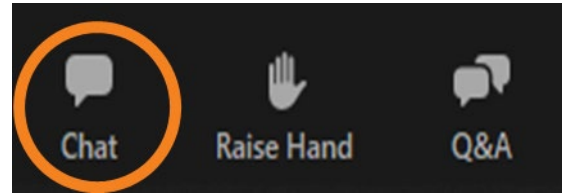
- Facebook, Twitter, Instagram



Webinar Set Up and Proceeding

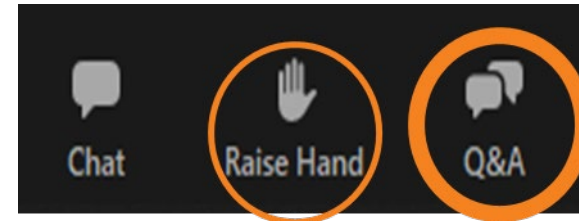
Technical issues

- Please use the Chat box/option.
- CARE administrative staff will try and address your issues



Questions and Answers

- > Your microphone and video functions have been disabled
- > The question and answer segment will be at the end of the talk/presentation
- > You have two ways of asking questions:
 - Type your question(s) out in the Q&A box/option (**preferred**)
 - “Raise Hand” to ask your question(s) verbally. Please introduce yourself before asking your question(s)



Feedback survey

- A QR code/link will be provided at the end of the session.
- Your completion will be much appreciated!



Economic and health challenges of Filipino older people

Grace T. Cruz, PhD
UP Population Institute
Project Investigator, LSAHP

Outline of Presentation

- Overview of ageing in the Philippines
- Key Findings from LSAHP: Economic and Health Challenges
- Sarcopenia among older Filipinos
- Summary and Conclusion



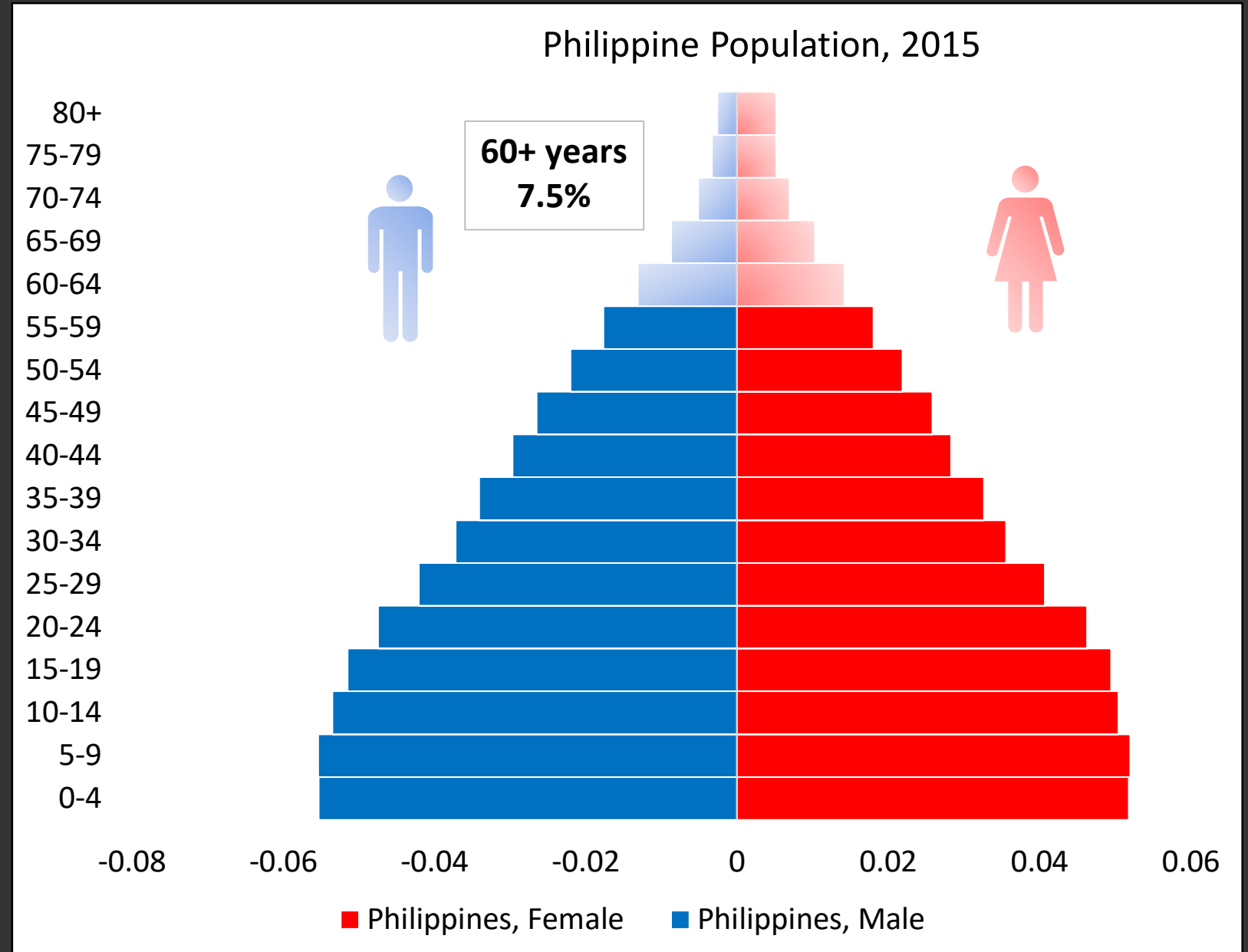
Overview of ageing in the Philippines

Image source: Daily Tribune

The Philippines has a young population.

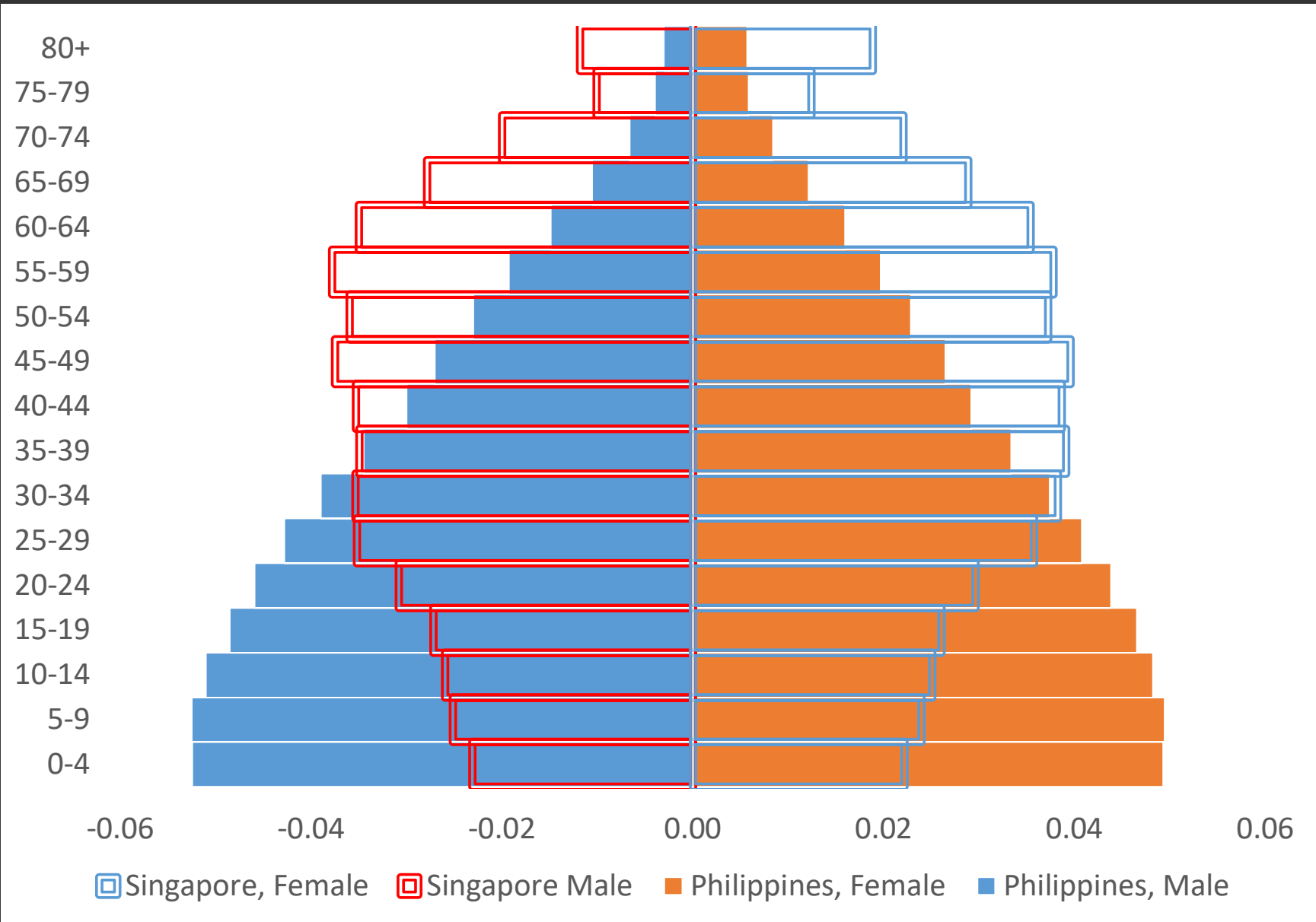
Total population (2020):
109 million

TFR:
2.7 (NDHS 2017)



Data Source: Philippine Statistics Authority

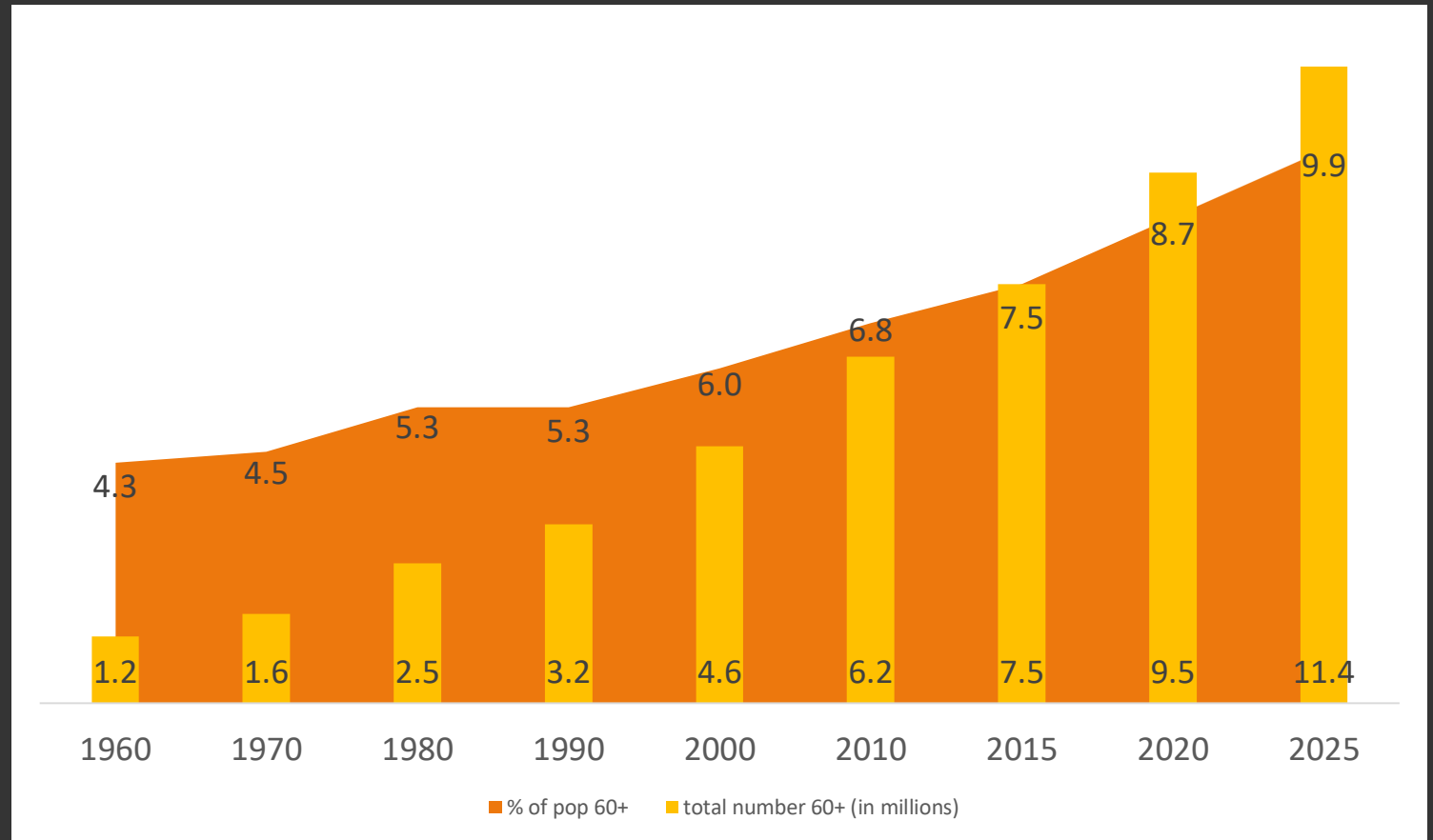
Population Structure: Philippines and Singapore 2020



Data Sources: Philippine Population Projections (based on 2015 census) and Department of Statistics Singapore (2020)

Is the Philippine population aging?

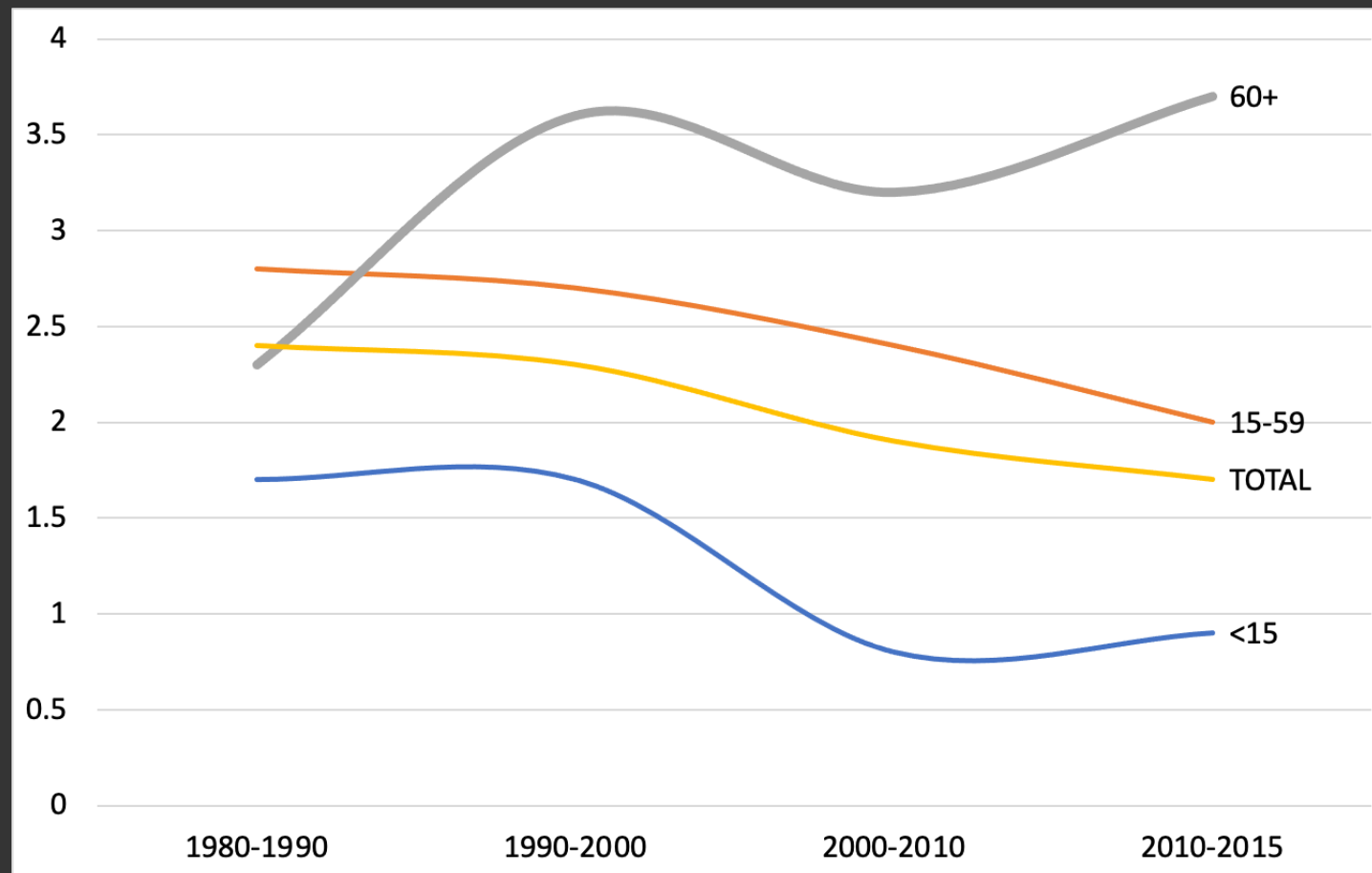
The Philippines is projected to transition to an ageing society between 2025 and 2030 when about 10% of the total population will be 60+.



Data Source: Philippine Statistics Authority

The older population (60 years and over) is the fastest growing population sector in the Philippines

Population growth rate by selected age group, Philippines





Key Findings from LSAHP

LSAHP Objectives

- The Longitudinal Study of Aging and Health in the Philippines (LSAHP), the first nationally representative longitudinal study on aging to be conducted in the country is designed to:
 - Investigate the health status and wellbeing of the Filipino older people and their correlates;
 - Assess the determinants of health status and transitions in health status.



LSAHP Data

- Sample size: **5,985** respondents aged 60 years and over living in community dwellings
- Oversampled those in the ages 70-79 and 80+
- Response rate: 94%
- Multi-actors (Older Person, Caregiver, Adult Child of Older Person)
- Funded by the Economic Research Institute for ASEAN and East Asia (ERIA)




Study Instruments

- Five (5) questionnaires:
 - Household questionnaire
 - Main questionnaire for older person (OP)
 - Questionnaire for OP's caregiver
 - Questionnaire for OP's child
 - Anthropometric questionnaire for OP

Main Questionnaire for Older Person

- Short Portable Mental Status Questionnaire (SPMSQ)
- Socio-economic and demographic characteristics
- Health status
- Physical ability and disability
- Mental health
- Health utilization
- Income and assets
- Generativity, attitudes, and beliefs
- Activities, social network/social isolation, and use of information technology
- Services for the elderly
- Children and grandchildren
- Cognitive assessment test (TICS)



Who are the Older Filipinos?

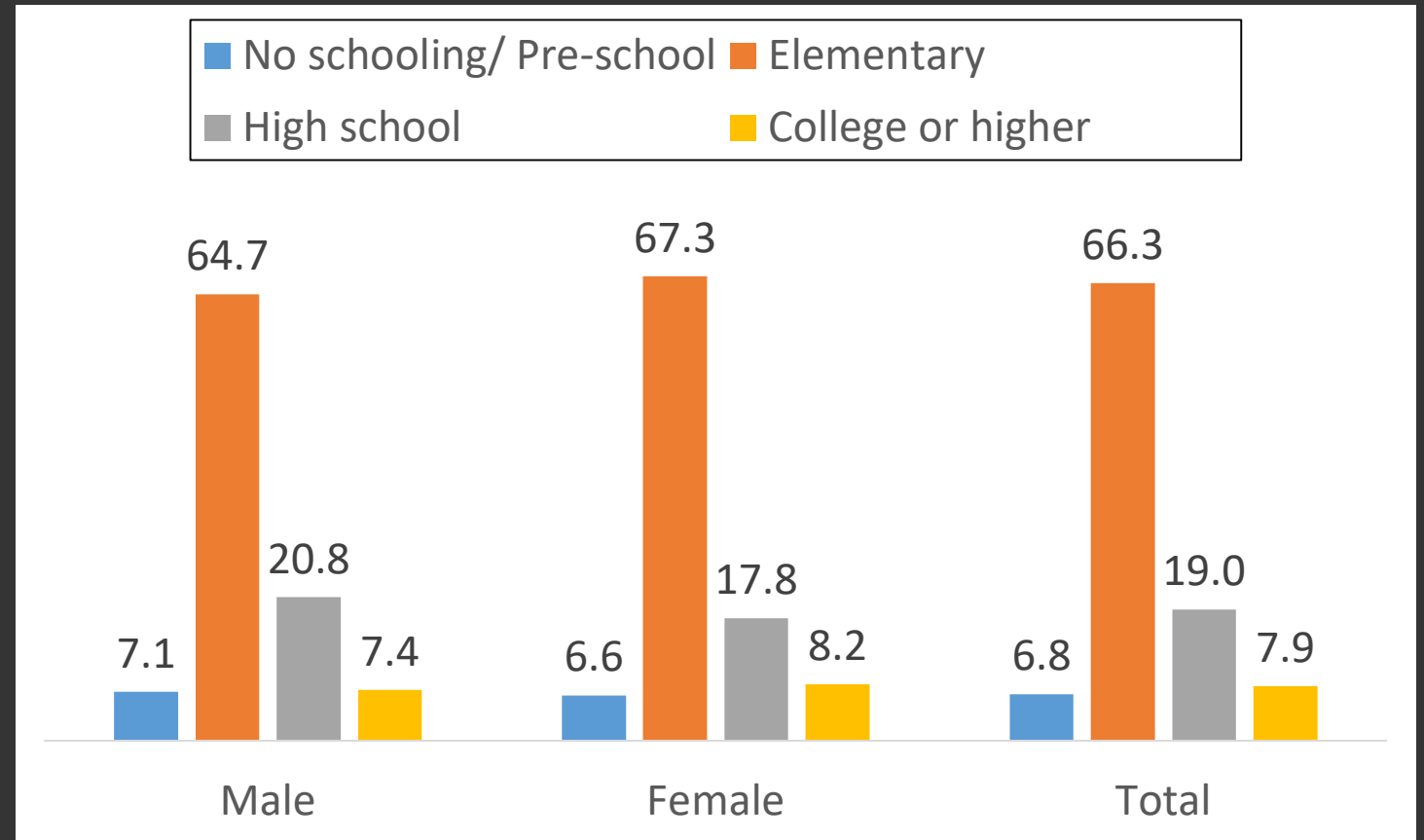
Image source: Manila Bulletin



Older Filipinos have a low educational profile.

- Elementary education is the modal educational attainment.
- No significant gender difference in education
- Younger cohort (60-69) are better educated than the older cohorts

Educational attainment by age

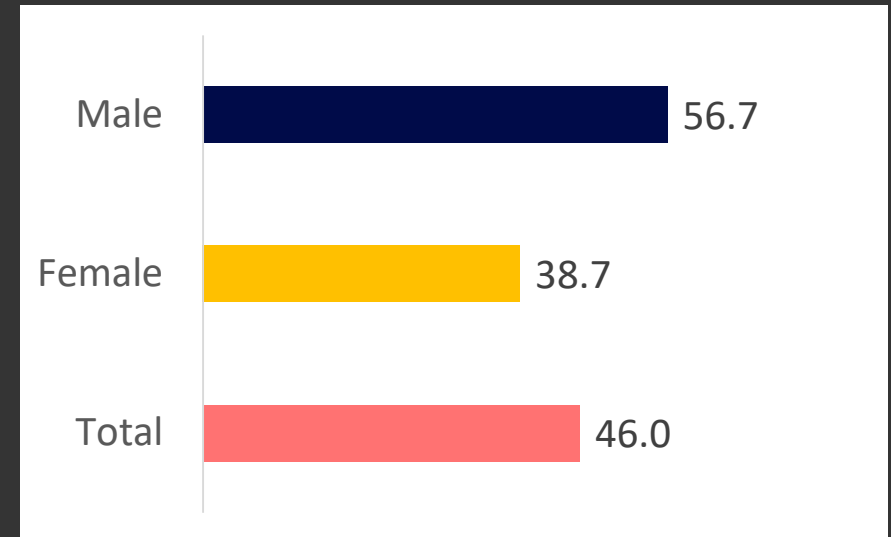


Almost half of older Filipinos are engaged in economic activities.

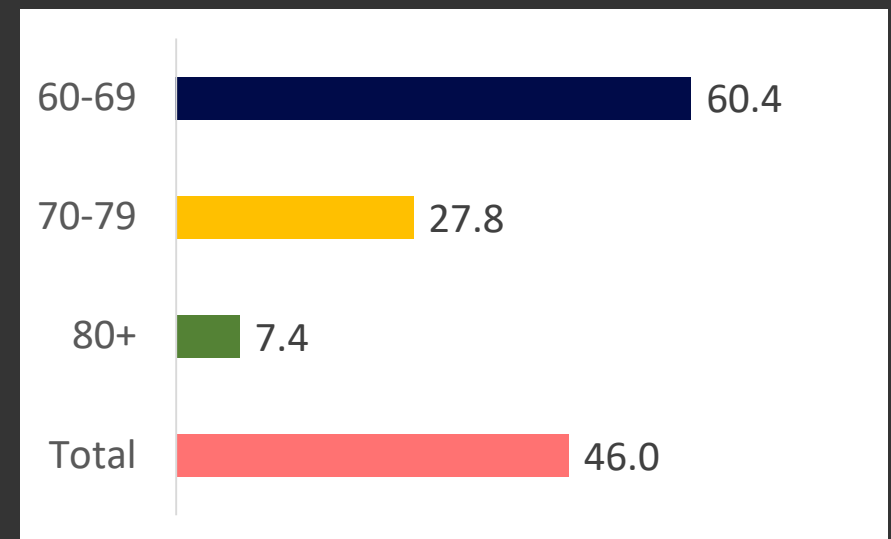
Males and younger cohorts are more likely to be working.

Percent of older Filipinos who said they were working during the time of survey:

By sex



By age

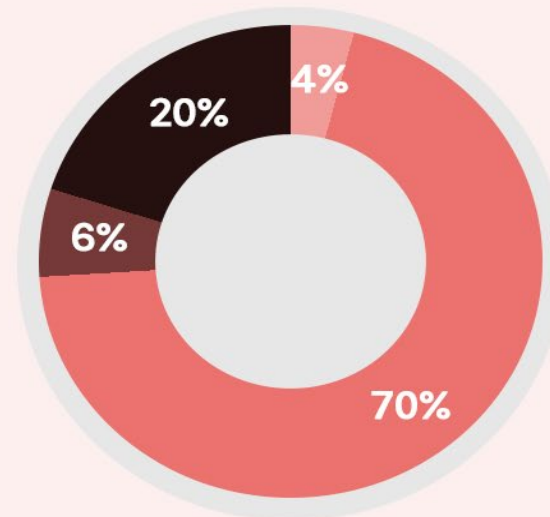




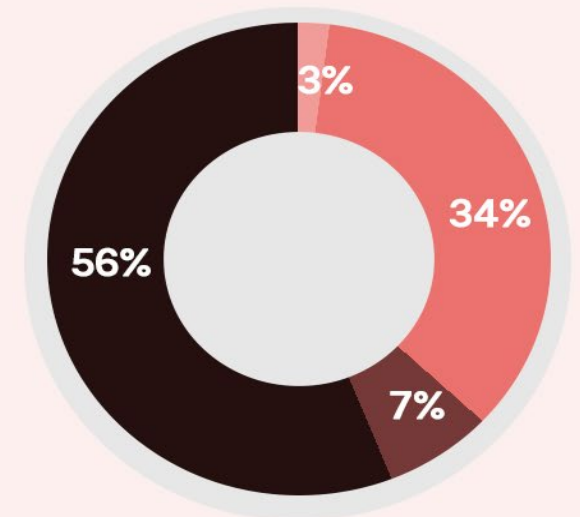
There is a significant gender difference in marital status among older Filipinos.

Widowhood is more common among females and increases with advancing age.

Older women are more likely to be widowed, while most older males remain married or living-in.



MALES
(N = 2,412)



FEMALES
(N = 3,574)

- Never-Married
- Separated/Divorced/Annulled
- Currently married/Living-in
- Widowed

Reference:

Cruz, C. J. P., & Cruz, G. T. (2019). Filipino older persons. In Cruz, G. T., C. J. P. Cruz and Y. Saito (Eds.), Ageing and Health in the Philippines (pp. 27-46). Jakarta: Economic Research Institute for ASEAN and East Asia.

Coresidence with children is the most common living arrangement among older Filipinos.

14% of older Filipinos are living independently. However, 61% of those who live alone have children living in the same barangay.

Living arrangement	Male	Female	Total
Living alone	11.3	15.0	13.5
Living with spouse only	11.8	7.7	9.3
Living with at least 1 child	63.7	57.9	60.2
Other types of arrangement	13.3	19.5	17.0



Economic Status

Image source: Daily Tribune

Older Filipinos are economically poor

46%

live below the poverty line based on their reported income and the country's poverty threshold at the time of the survey in 2018

57%

reported some or considerable difficulty in meeting household expenses

49%

grew up in what they consider poor families

Older Filipinos are economically poor

47%

recipient of the P500 monthly social pension for indigent Filipino older people

14%

household experienced hunger in the last 3 months

13%

household is a recipient of the Conditional Cash Transfer (CCT) poverty alleviation program for the poorest of the poor

Older Filipinos have fragile and informal sources of economic support.

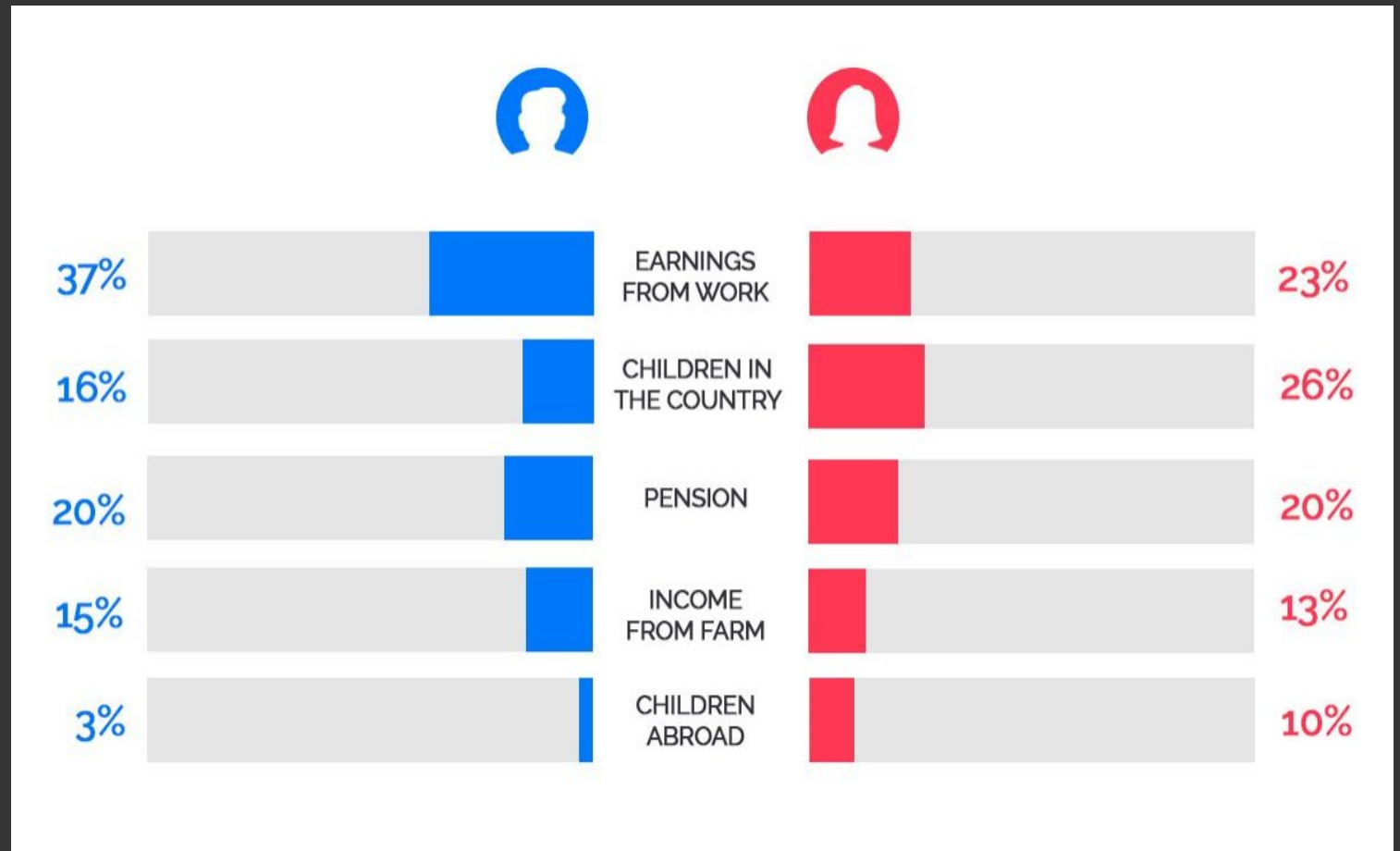
Most important sources of income:

Older women:

Remittances from children

Older men:

Earnings from work



Most important sources of income of older Filipinos by age

- Oldest cohort are less reliant on earnings from work, farm and remittances from children abroad
- Increasing dependence on pensions and transfers from children within the country with increasing age

Major Sources of Income	Age Group			Total
	60-69	70-79	80+	
Earnings from work	36.6	15.9	7.3	28.9
Income from farm	13.9	14.6	12.2	14.0
Money from children abroad	6.7	7.9	5.0	6.9
Money from children within the country	18.4	27.0	34.7	21.9
Pension	15.7	27.4	34.4	34.4



Health Challenges

Image source: Oxfam International

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

- Generally average SRH
- Increasingly negative assessment current health status with advancing age.

Self-assessed health by age

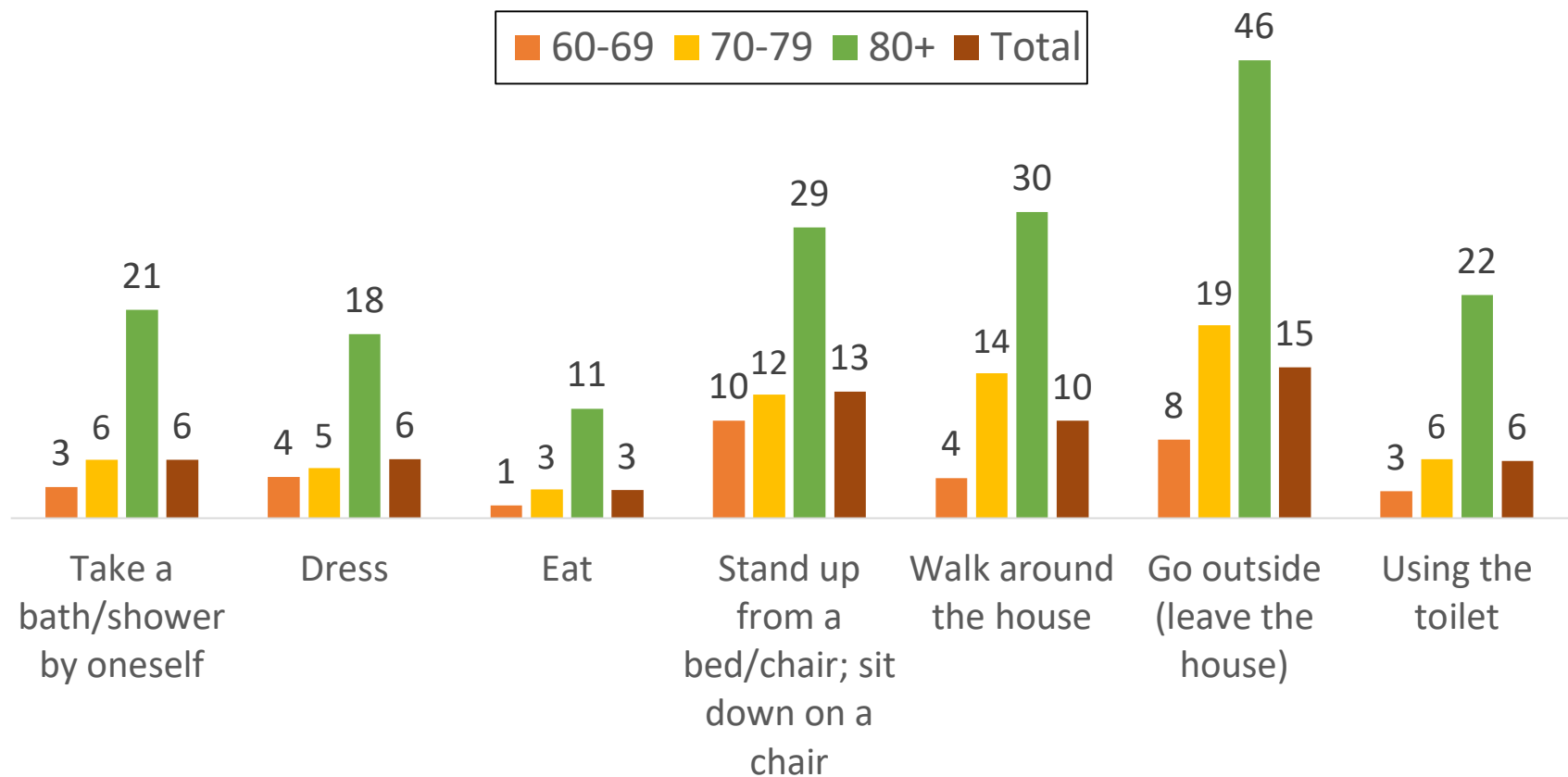
Self-assessed health	Age Group			Total
	60-69	70-79	80+	
Very healthy	11.4	9.3	4.5	10.3
Healthier than average	13.6	8.9	6.9	11.9
Of average health	49.2	45.0	42.6	47.6
Somewhat unhealthy	23.9	33.6	38.7	27.6
Very unhealthy	1.9	3.2	7.3	2.7

Diagnosed illnesses among older Filipinos

Diagnosed illnesses	Male	Female	Total
High blood pressure	38.4	50.3	45.5
Diabetes	11.9	13.1	12.6
Angina/Myocardial infarction	8.8	14.4	12.2
Renal or urinary tract ailments/kidney	9.4	13.4	11.8
Respiratory illness (chronic, such as asthma, emphysema)	10.0	7.5	8.5
Cerebrovascular disease (hemorrhage, infarction, stroke, etc.)	7.3	6.4	6.8

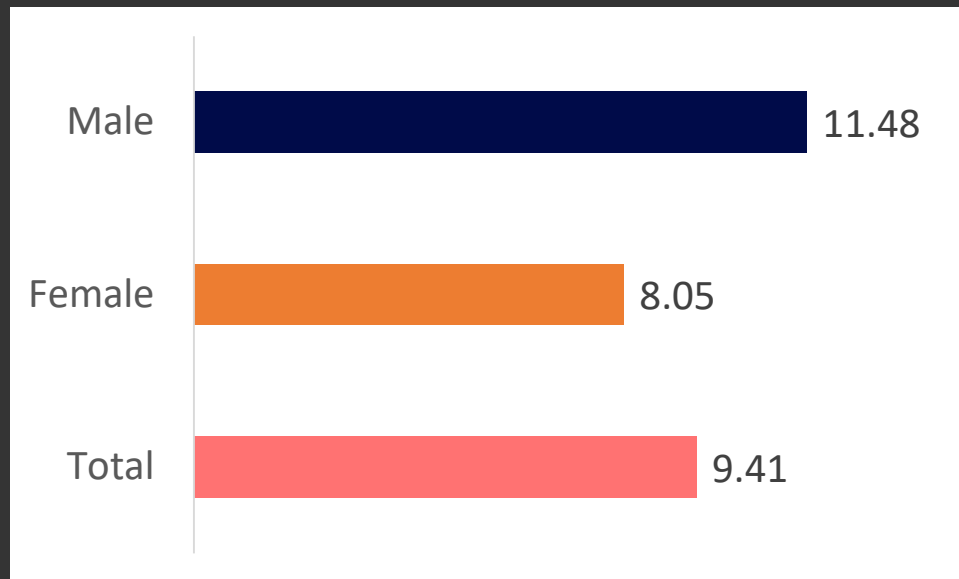
21% of older Filipinos have at least one Activities of Daily Living (ADL) difficulty.

- Functional disability increases with advancing age of OP.
- No significant gender difference in ADL difficulty

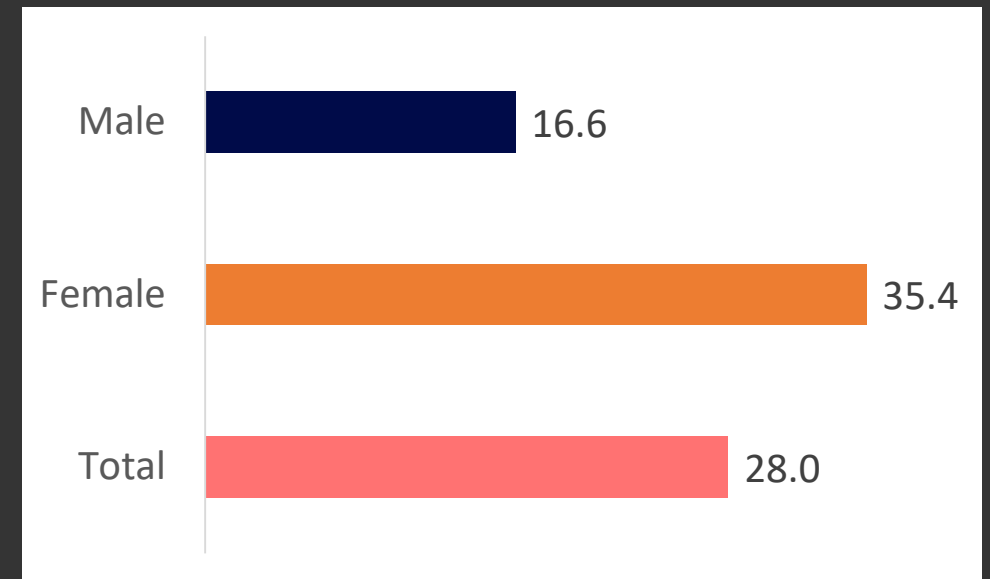


Poor oral health: Significant age and gender differences

Mean number of natural teeth



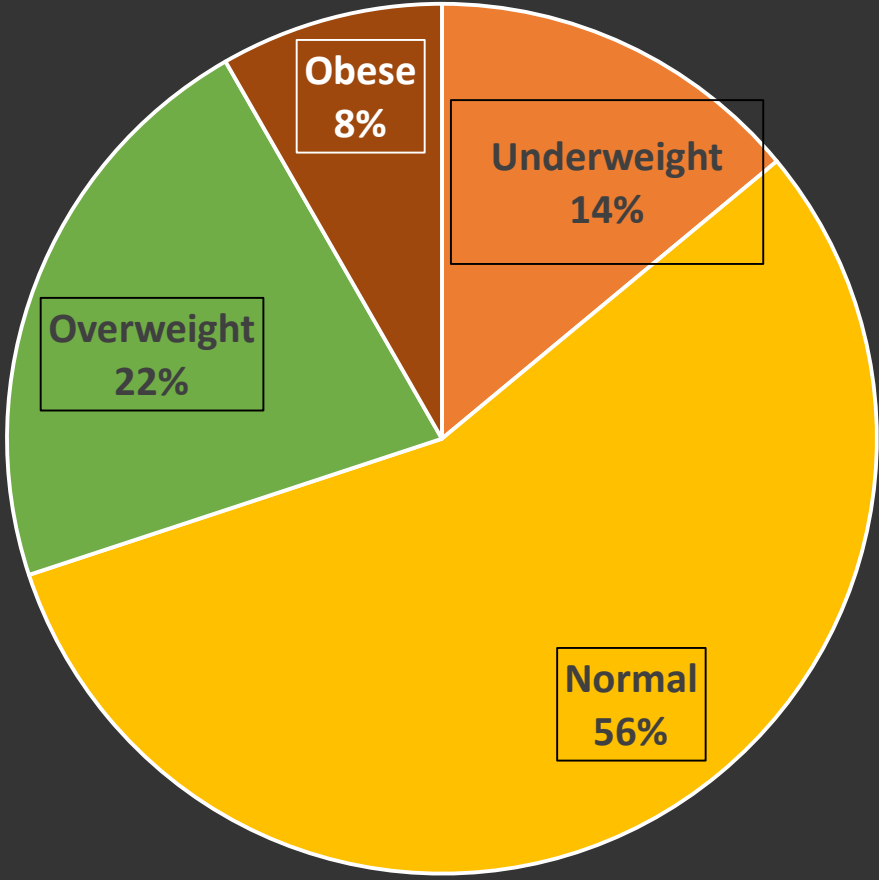
Percent with no teeth



Mean natural teeth at 80+: **5.02**

% with no teeth at 80+: **47%**

Age and gender differences in Body Mass Index (BMI)

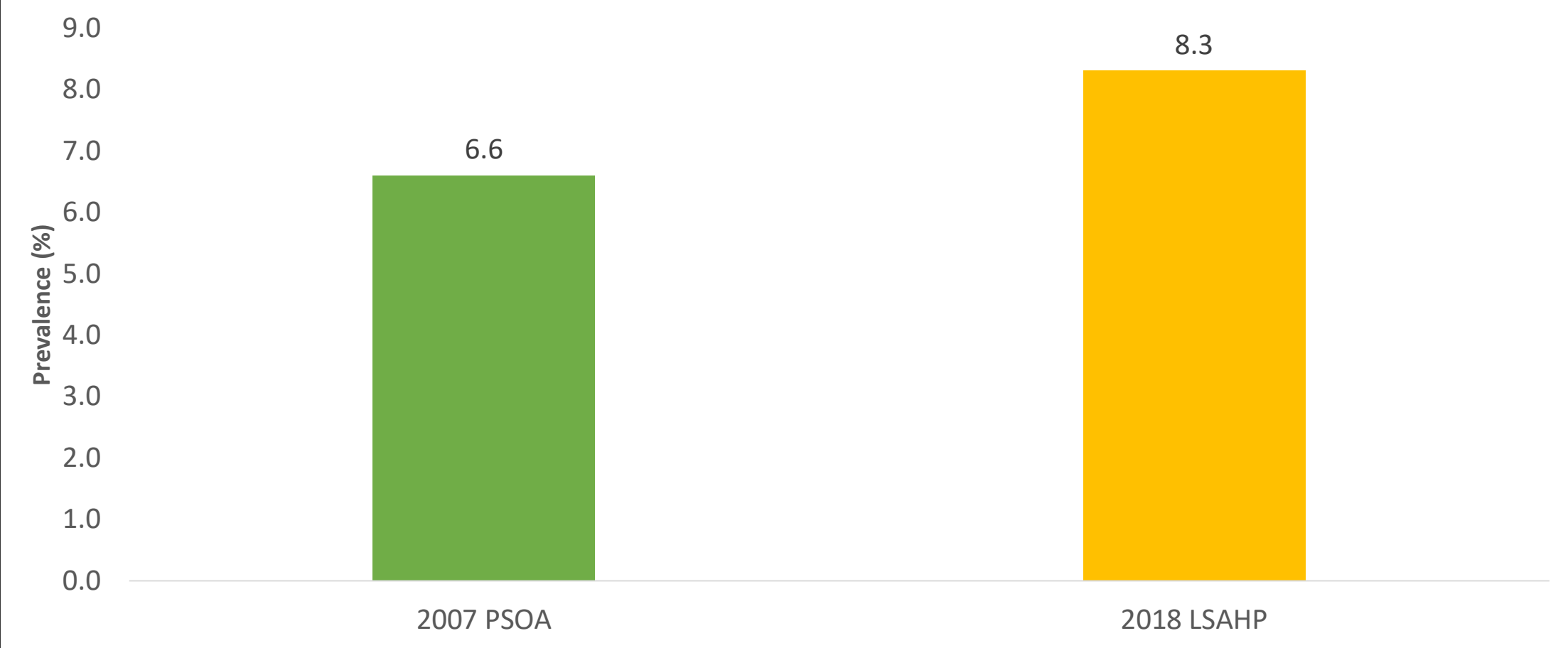


More males are underweight:
16% males vs **12% females**

More females are overweight or obese:
37% females vs **19% males**

Declining BMI with advancing age

Increasing prevalence of obesity among older Filipinos from 2007 to 2018



Data Sources: Philippine Study on Aging (2007); 2018 LSAHP

Many older people have unmet health care due to financial reasons

- **29%** felt ill and thought about seeing a doctor but did not in the past 12 months.
 - Females: **30.3%**
 - Males: **27.3%**
- **86%** of those with unmet need for health care cited financial reasons for not going to the doctor even though they felt ill

Many older Filipinos have limited access to healthcare and limited awareness of some government health programs that can benefit them.

- Significant gaps in health-seeking behaviors of OPs:

18%

diabetics who obtain free medication from health centers all the time

31%

hypertensives who obtain free medication from health centers all the time

80%

covered by health insurance, mostly under PhilHealth, but benefits remain inadequate

Information Gap and Vaccination hesitancy

Despite awareness of vaccine availability, only a minority of older people were vaccinated with either flu or pneumococcal vaccines.



Source: University of the Philippines Population Institute (UPPI) and Demographic Research and Development Foundation, Inc. (DRDF). (2021, April). Vaccinating the most vulnerable group in the time of pandemic: Insights from a national survey of older people (UPPI/DRDF Research Brief No. 9). Retrieved from <https://www.uppi.upd.edu.ph/sites/default/files/pdf/COVID-19-Research-Brief-09.pdf>.



COVID-19 and Older Filipinos

Image source: Oxfam International

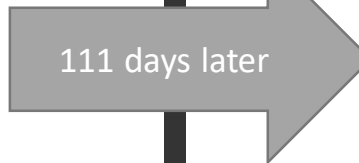
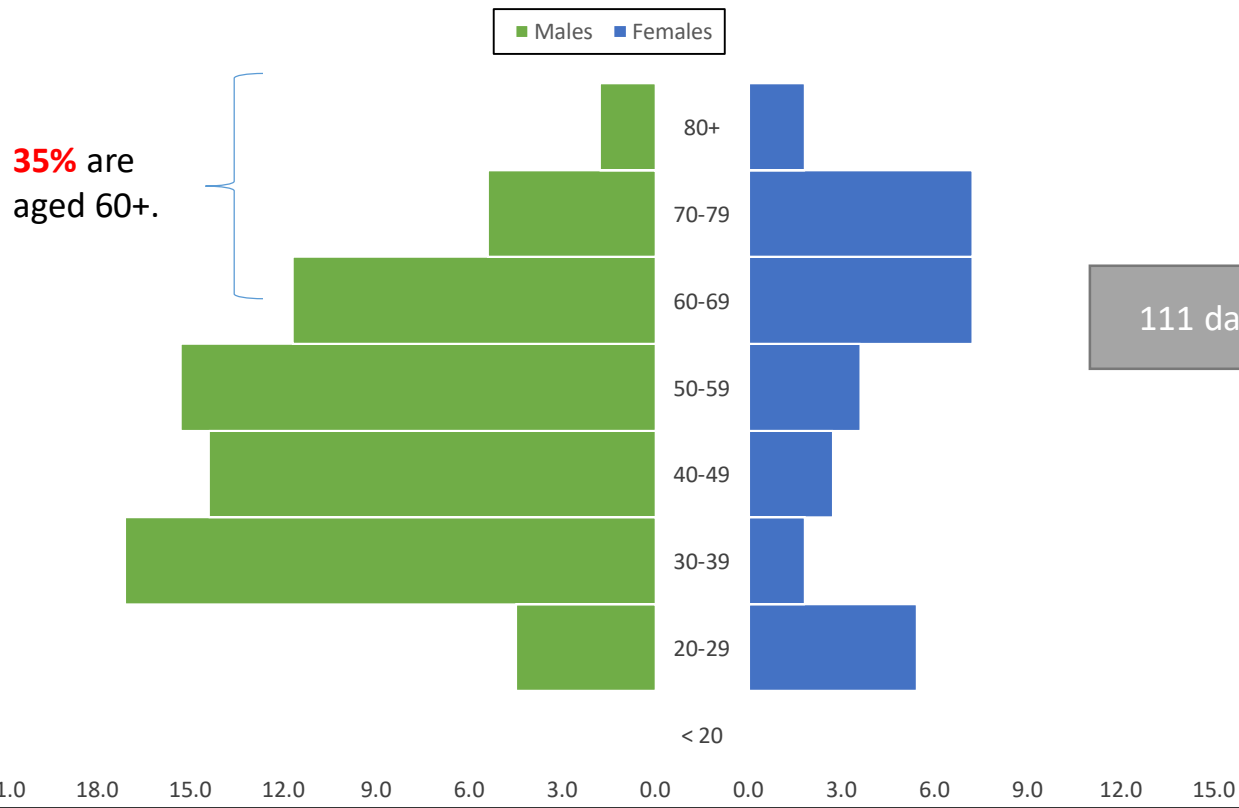
58% of older Filipinos have at least one of the risky co-morbidities for COVID-19

Diagnosed illnesses by sex

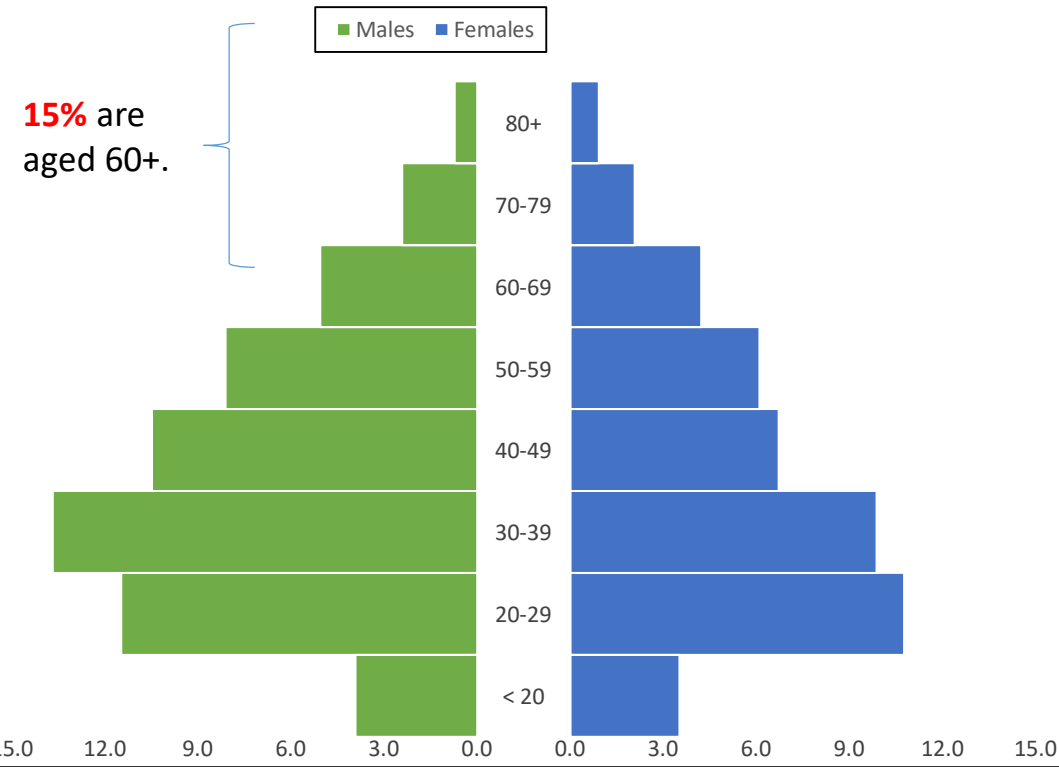
Diagnosed illnesses	Male	Female	Total
High blood pressure	38.4	50.3	45.5
Diabetes	11.9	13.1	12.6
Angina/Myocardial infarction	8.8	14.4	12.2
Chronic respiratory illness	10.0	7.5	8.5
Cerebrovascular disease	7.3	6.3	6.8
Cancer	0.7	0.7	0.7
% with at least 1 of the 6 risky illness for COVID-19	52.9	61.4	58.0

Older Filipinos are disproportionately affected by COVID-19

Distribution of **First 100** COVID-19 Confirmed Cases: Philippines, 2020
n = 111 (March 14, 2020)

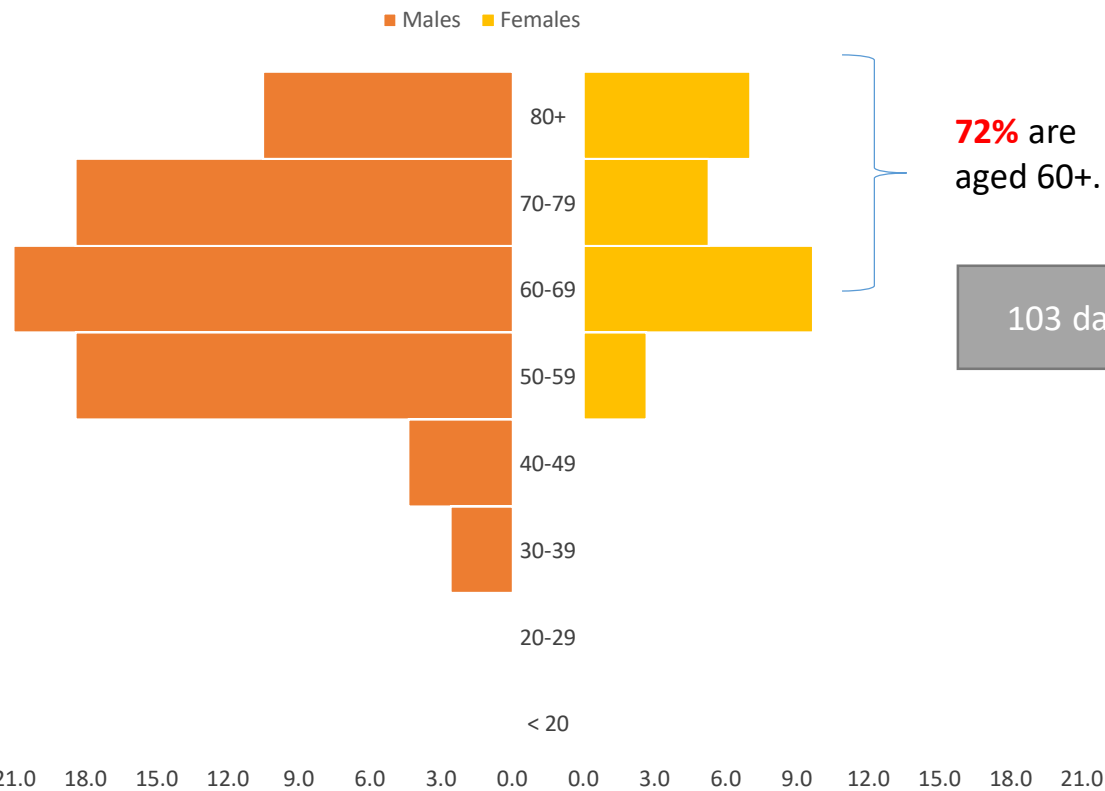


Distribution of COVID-19 Confirmed Cases **as of July 3 2020**:
Philippines, 2020
n = 40,187



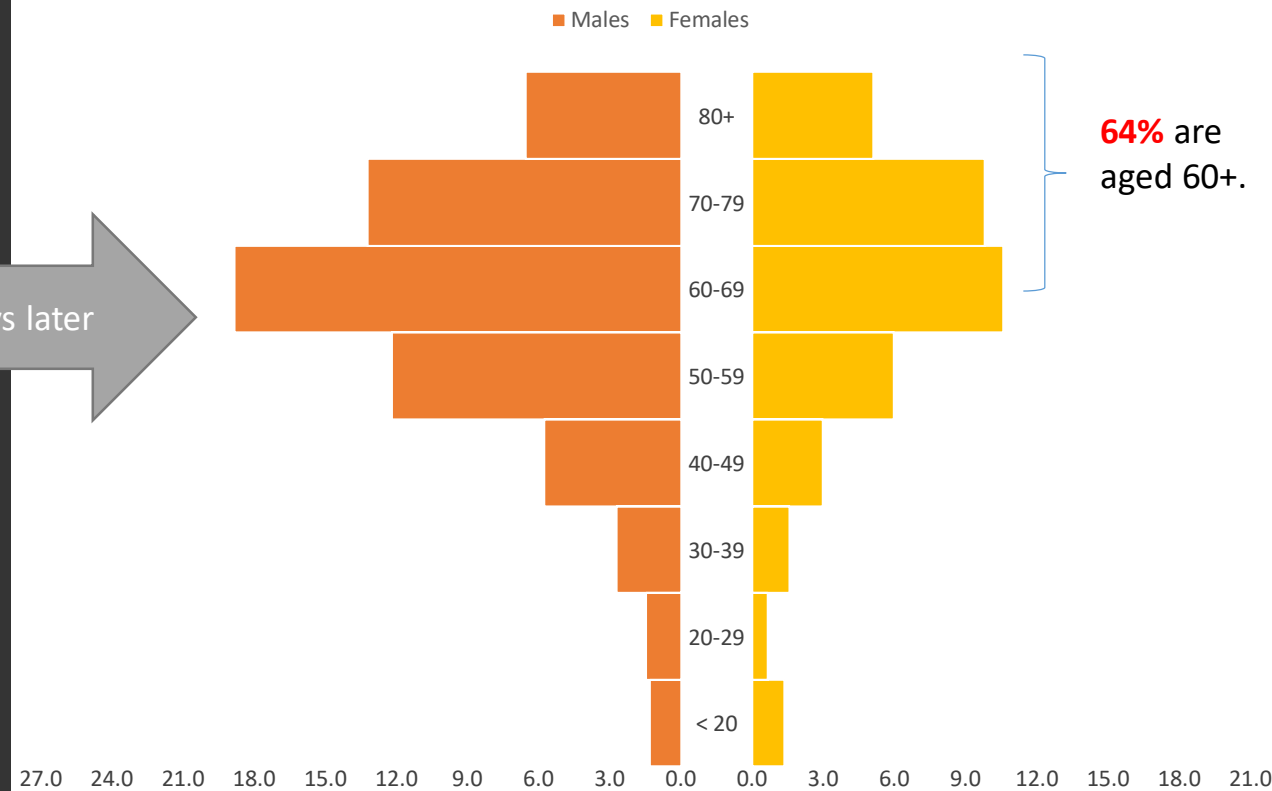
COVID-19 mortality is heavily concentrated on the older age groups, more males than females

Distribution of **First 100** COVID-19 Deaths: Philippines, 2020
n = 114 (March 22, 2020)



103 days later

Distribution of COVID-19 Deaths **as of July 3 2020**: Philippines, 2020
n = 1,279



Leading Causes of Death for Older Persons in the Philippines (2020)

01	• Ischaemic heart diseases
02	• Cerebrovascular diseases
03	• Malignant neoplasms
04	• Diabetes mellitus
05	• Pneumonia
06	• Hypertensive diseases
07	• Symptoms, signs and abnormal clinical laboratory findings, not elsewhere classified
08	• Vaping-related disorder, COVID-19
09	• Chronic lower respiratory diseases
10	• Other heart diseases

Other Issues related to COVID-19 and Older Filipinos

- Mental health issues
- Vaccination Hesitancy among older people



Sarcopenia among Older Filipinos

Image source: Oxfam International

What is *Sarcopenia*?

The Asian Working Group for Sarcopenia (AWGS) defines ‘Sarcopenia’ as the “age-related loss of skeletal muscle mass plus loss of muscle strength and/or reduced physical performance without reference to comorbidity.”

Sarcopenia is a major clinical problem that mostly affects older people with adverse outcomes, including poor quality of life, increases in falls, fractures, disabilities, institutionalization, and increased mortality risks.

What is *Sarcopenia*?

Previous studies show that Asian men tend to lose more muscle mass than their female counterparts.

In the Philippines, knowledge on sarcopenia and the extent to which it affects older people is limited.

Prior to the LSAHP study, no nationally representative study of sarcopenia among older Filipinos.

Measures of sarcopenia and severe sarcopenia

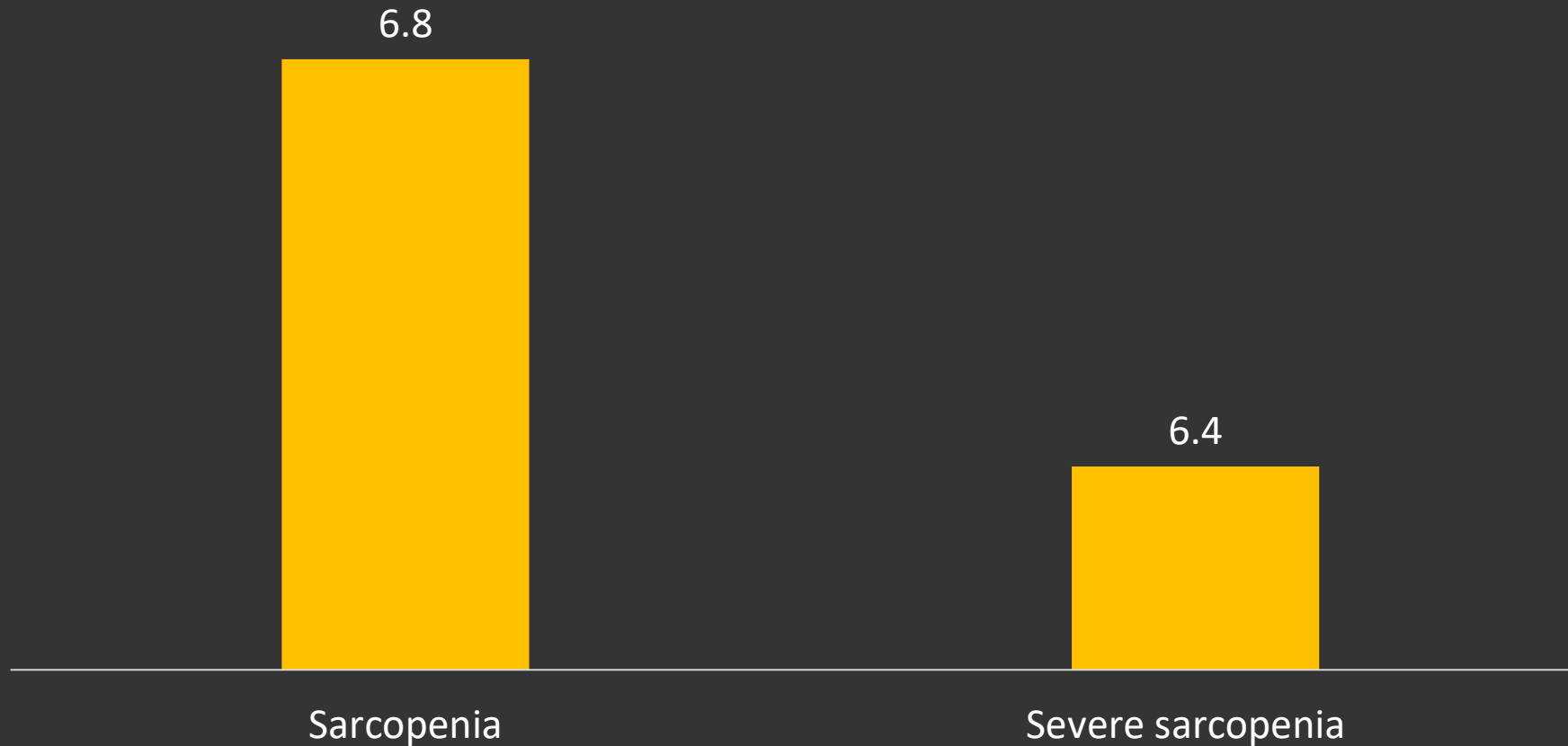
Sarcopenia	Severe sarcopenia
<ul style="list-style-type: none">• Low appendicular skeletal muscle mass Male: $<7 \text{ kg/m}^2$ Female: $<5.7 \text{ kg/m}^2$• Low hand grip or muscle strength Male: $<28 \text{ kg}$ Female: $<18 \text{ kg}$	<ul style="list-style-type: none">• Low appendicular skeletal muscle mass Male: $<7 \text{ kg/m}^2$ Female: $<5.7 \text{ kg/m}^2$• Low hand grip or muscle strength Male: $<28 \text{ kg}$ Female: $<18 \text{ kg}$• Low physical performance or gait speed Male: $<1.0 \text{ m/s}$ Female: $<1.0 \text{ m/s}$

Data to measures of sarcopenia and severe sarcopenia

Indicator	LSAHP Collection Method
Appendicular skeletal muscle mass	Bioelectrical Impedance Analysis (BIA): Tanita Segmental Body Composition Monitor (Model: BC-545N)
Hand grip or muscle strength	Smedley spring-type dynamometer (Hand Grip Meter, No. 6103-BL (75 kg); TANITA, Tokyo, Japan)
Physical performance or gait speed	2.5 meters forward and back walk and later adjusted to 6 meters straight using a correction factor from a gait speed survey of 801 respondents (non-probabilistic survey)

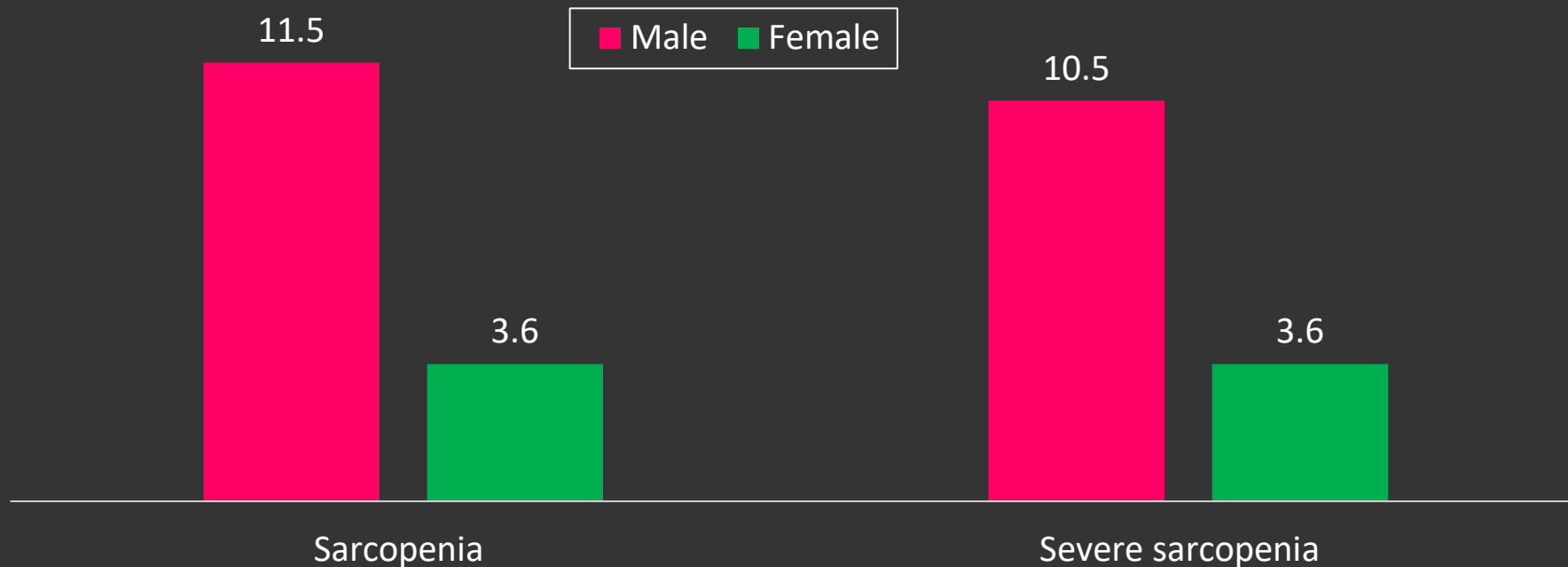
Prevalence of Sarcopenia

Prevalence of sarcopenia and severe sarcopenia among older Filipinos



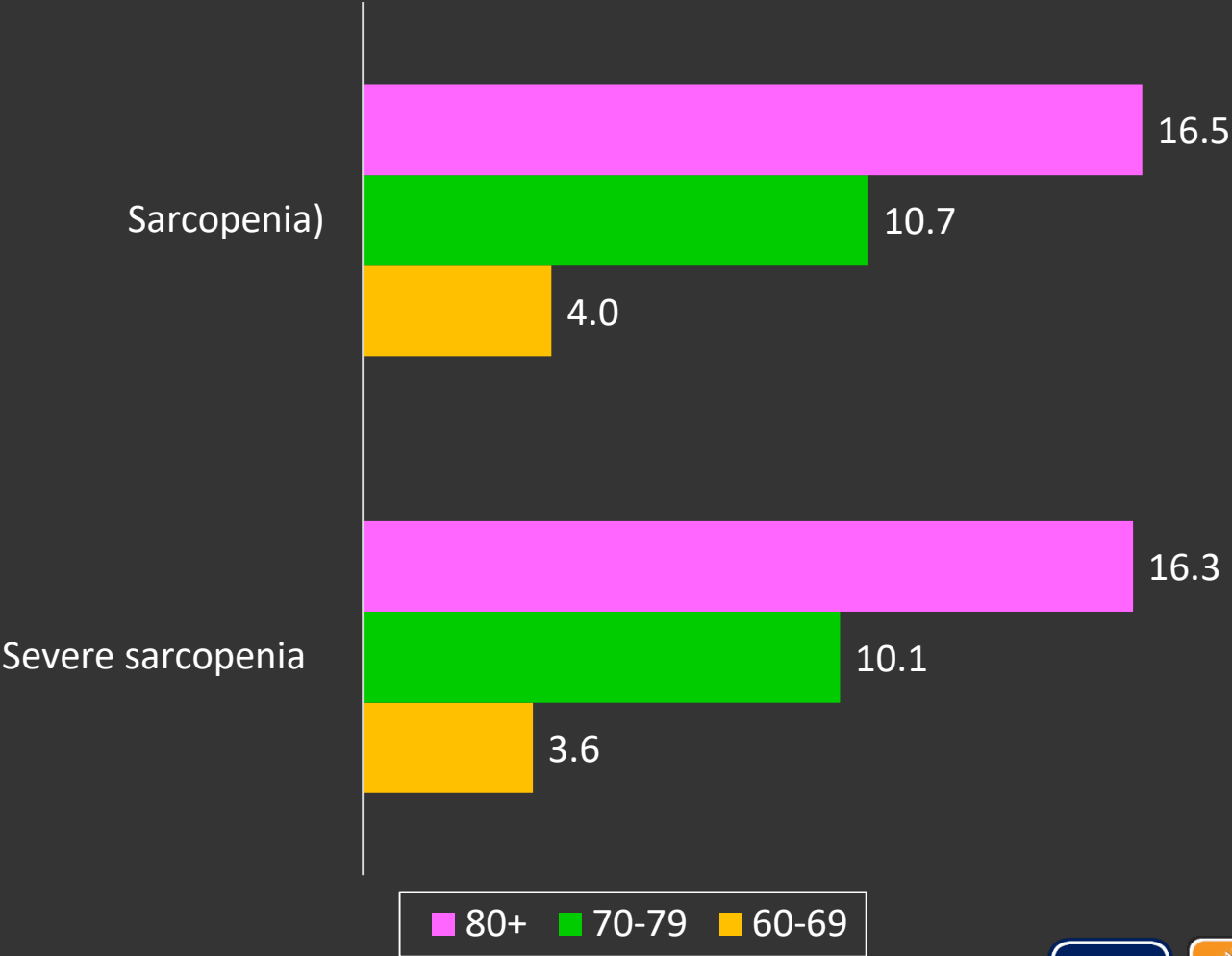
Sarcopenia is more prevalent among males than females

Prevalence of sarcopenia and severe sarcopenia among older Filipinos by sex



Prevalence of sarcopenia and severe sarcopenia among older Filipinos by age group

Increasing risk of sarcopenia with advancing age



Significant factors associated with sarcopenia among older Filipinos

- Results of the binomial regression analysis indicate significant association between several socio-economic and demographic variables with sarcopenia or severe sarcopenia:

sex, age, wealth index, and educational attainment

- Three health variables emerged to be significantly associated with sarcopenia or severe sarcopenia:

functional ability, BMI, and oral health



Summary and Conclusion

Image source: Daily Tribune

Concluding Notes

- **The Philippines will soon be an ageing society**
 - Projections show the threshold will be reached within the decade.
 - The number of older people is significant, most of whom are economically poor and have poor health status.
- Vulnerability of older people is heightened by the COVID-19 pandemic
- Health vulnerability is also indicated by the observed prevalence of sarcopenia or sever sarcopenia among OP, particularly among the males and those in the older ages

Concluding Notes

- While there are existing policies and programs addressing the vulnerabilities of older Filipinos, there is a need to revisit, update and ensure proper implementation.
- Selected Policies and Programs
 - Expanded Senior Citizens Act of 2010 (Republic Act 9994)
 - National Commission of Senior Citizens (Republic Act 11350)
 - Health and Wellness Program for Senior Citizens
 - Universal Health Care Law of 2019 (Republic Act 11223)
 - Social Pension Program for Indigent Senior Citizens
 - Provision of PhP 100,000 (about US\$ 2,000) cash gift to centenarians (Republic Act 10868)

Acknowledgements

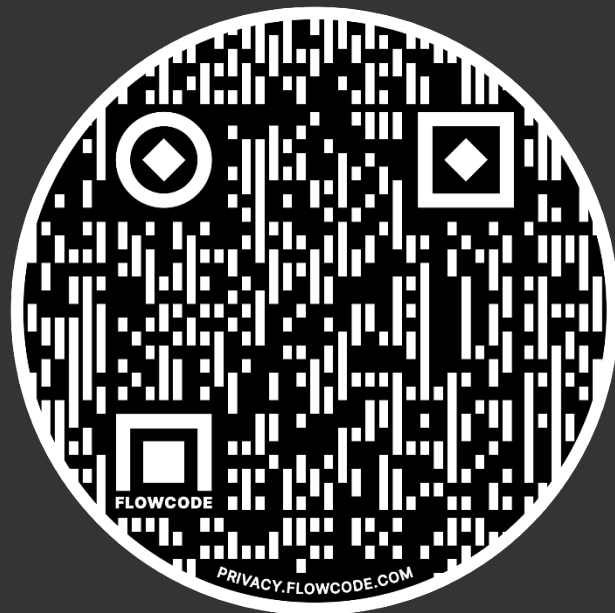


The LSHP Project is being funded by the Economic Research Institute for ASEAN and East Asia (ERIA).



Download LSAHP Report

Scan me!



Or download the report from the ERIA, DRDF, and AHWIN websites.



Edited by

**Grace T. Cruz
Christian Joy P. Cruz
Yasuhiko Saito**



**Ageing
and Health in
The Philippines**



Thank you!

Economic and health challenges of Filipino older people

Grace T. Cruz, PhD
gtcruz@up.edu.ph

PDPA Guidelines

“By registering for the event, I consent to the collection, use and/or disclosure of my personal data and information by Duke-NUS/NUS for the purpose of administering and managing my application to attend CARE Experts Webinar, including sharing my contact information with other attendees should there be request(s) for networking, having my photographs and videos taken by NUS through Duke-NUS, others on behalf of Duke-NUS/NUS and third parties during this event for use in promotional materials, publications or media including social media and other related purposes.

Thank you

<https://www.duke-nus.edu.sg/care/>

Feedback QR Code/Link



<https://forms.office.com/r/Ba9UwxRfyU>

We are most grateful for your feedback.
After you click the "submit" button in
the feedback form,
you will see the link to the slides.