G20 Health Ministers' Meeting Side Event
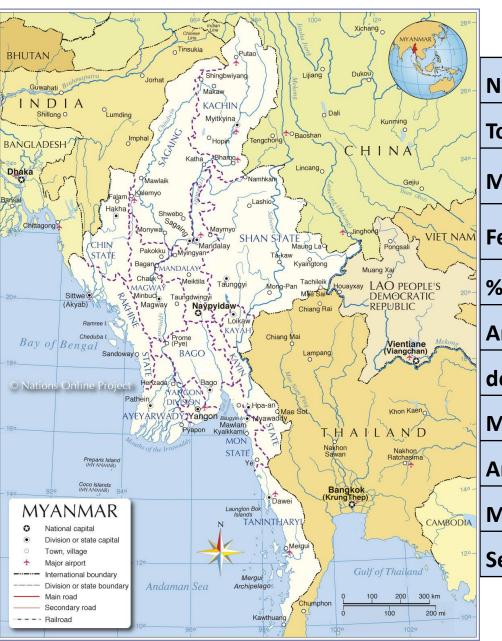**AHWIN Forum**
Achieving Healthy Aging in Asia: Envisioning Better Care for Older Adults

Section 1:   Changing Health Status of Older Adults:
             Getting Better? Getting Worse?

Older Population and Policy Responses in Myanmar

Presented by
Khaing Khaing Soe
Director
Department of Population
Ministry of Labour, Immigration and Population

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Selected Key Findings from the 2014 Census

Number of States	15
Total Population	51,486,253
Male	24,824,586 (48.2%)
Female	26,661,667 (51.8%)
% urban population	30%
Area (Km²)	676,577.2
density (per Km²)	76.1
Median age	27.1
Annual population GR	0.89%
Mean household size	4.4
Sex ratio	93

Key facts for Older Population

	2019	2050
Population aged 60 and above (total)	5,443,000	12,253,000
Population aged 60 and above (% of total population)	10.0	18.6
Older women aged 60+ (% of total population)	5.86	10.74
Life expectancy (males)	63.67	69.01
Life expectancy (females)	69.75	75.62
Old-Age Dependency Ratio (Age 65+ / Age 15-64)	9.1	19.5
Older persons living alone aged 60 and above (% of total population aged 60+)	5.0	

Changing age structure

Average annual growth rate of Elderly cohorts - 1983-2014

growth rates %

Group	60-69	70-79	80+
Male	1.9	1.93	3.38
Female	2.32	2.5	4.11
Total	2.13	2.25	3.81

■ 60-69   ■ 70-79   ■ 80+

POPULATION IN MYANMAR AGED 80+

6.5% 1973   8.0% 1983   12.7% 2014

OLDER POPULATION INCREASING

Percentage of Elderly Persons by sex composition and Feminization - 2014

Age Group	Total Elderly 60+	Elderly persons 60+ (%)			Sex Ratio
		Total	Male	Female	
60-64	1,576,845	100.0	45.2	54.8	82.3
65-69	1,064,493	100.0	43.8	56.2	78.0
70-74	713,170	100.0	42.3	57.7	73.3
75-79	553,298	100.0	41.3	58.7	70.3
75+	1,119,900	100.0	39.4	60.6	65.0
80+	566,602	100.0	37.5	62.5	60.1

Percentage of Elderly Persons by marital status by sex-2014

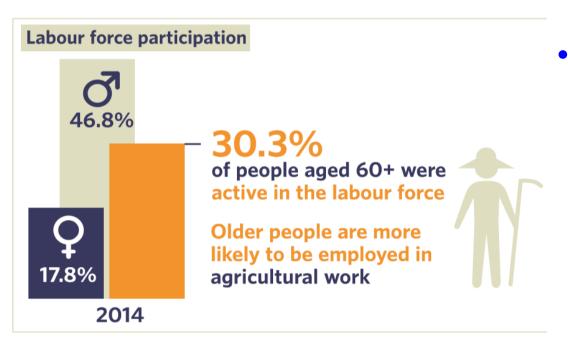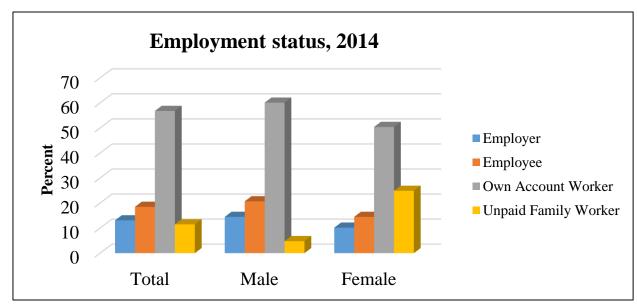| Marital status	Elderly 60+ (%)			Sex Ratio
	Total pop (No.)	Male	Female	
Never married	287475	27.4	72.6	37.7
Married	2545077	55.8	44.2	126.2
Widowed	1499541	22.3	77.7	28.6
Divorced/ Separated	67320	38.1	61.9	61.5
Total (60+)	4399413	42.2	57.8	73.1

% WIDOWED

17.4% < 45.7%

Widows are a vulnerable group as the loss of a husband can result in poverty where they have been the main earner

- More older women (45.7%) than older men (17.4%) are widowed.
- This is because life expectancy is lower for men (60.2 years) than for women (69.3 years), and because women tend to marry younger.
- This could put older women at higher risk of isolation and deprivation, as they live out old age without their life partner.
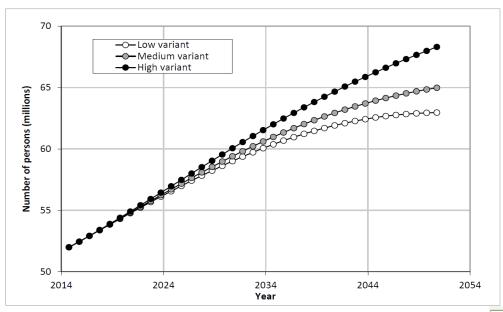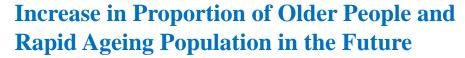
Labour Force and Employment

Labour force participation

♂ 46.8%

♀ 17.8%

2014

30.3% of people aged 60+ were active in the labour force

Older people are more likely to be employed in agricultural work

- This underlines the need for adequate social services, protection mechanisms and policies that serve older people.

Employment status, 2014

Percent (y-axis: 0, 10, 20, 30, 40, 50, 60, 70)

Categories: Total, Male, Female

Legend:
- Employer
- Employee
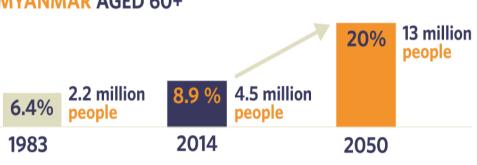- Own Account Worker
- Unpaid Family Worker
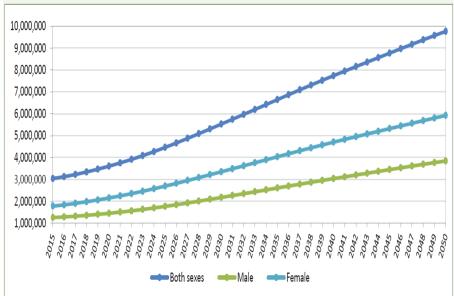
Population Projection

- The medium variant projects a total population of 65.0 million persons for 2050.
- Between 2015 and 2030, the number of people aged 65 years or above will double!

Increase in Proportion of Older People and Rapid Ageing Population in the Future

POPULATION IN MYANMAR AGED 60+

| 6.4% | 2.2 million people | 8.9 % | 4.5 million people | 20% | 13 million people |

| 1983 | 2014 | 2050 |

Indicators of population ageing for ASEAN countries compared to Myanmar, 2015

Country	% of total population aged 60 and over	Older age dependency ratio	Median age
Singapore	17.8	26.8	40.0
Thailand	15.8	23.7	38.0
Viet Nam	10.3	15.4	30.4
Malaysia	9.2	13.8	28.5
Myanmar	**8.9**	**14.2**	**27.1**
Indonesia	8.2	12.8	28.4
Brunei Darussalam	7.8	11.3	30.6
Philippines	7.3	12.0	24.2
Timor-Leste	7.2	14.3	18.5
Cambodia	6.8	11.0	23.9
Lao PDR	6.0	10.1	21.9

- Ageing is relatively slow to many other countries in the region, such as Singapore, Malaysia and Thailand.
- In 2050, Myanmar's age structure will be similar to that of Singapore's today.
- The gradual change gives the country time to adjust as its older population grows.
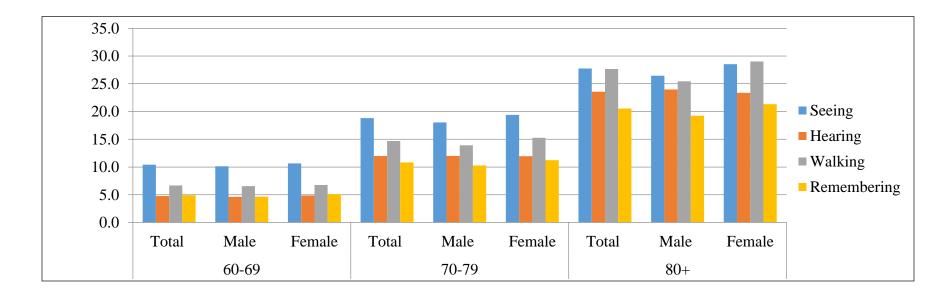
Health Status of Elderly in Myanmar

Life expectancy at birth (e_0^0), by Sex, 1973-2014

Year	Both Sexes	Male	Female	Diff:
1973	52.5	51.0	55.8	**4.8**
1983	55.1	53.5	56.8	**3.3**
1991*	59.0	57.0	61.0	**4.0**
2001**	61.0	59.0	64.0	**5.0**
2007**	65.0	63.0	66.0	**3.0**
2014***	66.8	63.9	69.9	**6.0**

- The average 60 year old in Myanmar can today expect to live an additional 16.3 years, based on 2014 Census estimates.

Disability among Elderly

Percentage of Elderly Population 60+ by disability by age groups

- The prevalence of disability increases with age and is more common among women, rural populations and the poorest older people.
- It is estimated that by 2050, 7 million older people will have some form of disability.

Disability among Elderly

Percentage distribution of elderly persons (60+) by Disability status and disability prevalence rate, by sex-2014 Census

Type of disability	Total (%)	Male (%)	Female (%)
Seeing	15	14.1	15.7
Hearing	9.2	8.8	9.5
Walking	11.6	10.7	12.3
Remembering	8.6	7.8	9.1
Disability prevalence rate (%)*	23.3	22.4	24
* with any of 4 disabilities	1,043,170	430,070	613,100

- 2014 Census found that nearly one-quarter of older people in Myanmar have at least one form of disability and nearly six per cent have a moderate or severe disability.

Findings from Myanmar Aging Survey - 2012

- The first national survey of its kind
- Only 33% of people aged 60 and above in Myanmar reported being in good health, compared to 45% in neighbouring Thailand.
- The percent reporting that their health is poor or very poor among Myanmar older adults increases steadily as age advances rising from 17% among those aged 60–64 to 31% among persons 80 and older.
- According to the MAS, almost a quarter of older women compared to 19% of men reported their health as poor or very poor.
- Likewise, 57% of women compared to 40% of men reported at least one functional limitation while 19% of women versus 13% of men reported they had at least one ADL difficulty.
- Physical difficulties among the elderly in Myanmar are prevalent. It increases sharply with age in Myanmar. Compared to those in their 60s, persons in their 70s reported 2.5 times as many functional limitations on average and four times as many ADL difficulties.

Findings from Myanmar Aging Survey - 2012

- Older people in Myanmar remain exceptionally close to their families.
- More than three quarters of seniors in Myanmar live with their children, so many are likely to receive help with daily living activities if and when they need it.
- Family networks are strong, when it comes to caring for the elderly. Nearly all care recipients in the national survey reported receiving help with daily activities primarily from an immediate family member.
- Dramatically shrinking family sizes and increasing urban migration however will soon put these traditional means of support under strain.

World Bank's World Development Indicators database

- The Myanmar government spends 2.3% of its GDP on health in 2014, compared to 6.5% among countries in the East AsiaPacific region and 5.7% among other low-income countries (World Bank, 2016).

- Shortages of health personnel and infrastructure are also evident.

Policies and Programmes for the Older Population

National Policy for the Older: Myanmar's *Action Plan on Ageing 2014* encourages incentives for employers to hire older people, as well as creating incentives to allow older people to gain access to low interest loans for their homes and renovation. It focuses around income security, enhancing access to resources and elderly participation within communities.

Health and care: Community based health care programmes for the elderly have been established by previous national policies, now the government is prioritising preventing, controlling and care of non-communicable diseases and conditions. Health promotion, disease prevention and self-care for the elderly are also of high importance and are being addressed with specialized geriatrics desks and facilities in hospitals, clinics and wards as well as long-stay care facilities.

Policies and Programmes for the Older Population

Older people's associations: The *Plan of Action on Ageing 2014* aims to strengthen cooperation between organisations supporting old people, also promoting activities with older people from NGOs. Forming senior citizens networks with NGOs and government networks to promote elderly participation and inclusion.

Self-Help Group : From 2019-2020 fiscal year, the government will form the Inclusive and the Social Strength at the village levels to help the old persons and younger generations. Each of these groups will receive K 1 million from the Department of Social Welfare and a certain amount of budgets from NGOs.

Policies and Programmes for the Older Population

Pension coverage : Three pension schemes viz., Civil Servant Pension Scheme, Military Pension Scheme and Political pension Scheme, were introduced.

Social pension: The first national, social pension in Myanmar was introduced in 2017. The age of edibility is 85, as of 2018. There are special services from civil servants, permanent employees of state boards, armed forces personnel and state corporations and municipal authorities. Under this programme, over 180,000 older people aged 85 and above are receiving K 30,000 every three months.

Policies Recommendations

▶ **Invest in the development of health systems & universal health coverage** (National Health Plan 2017-2021)

▶ Accessible, affordable and meet the needs of older people with disabilities

▶ **Introduction of comprehensive social protection systems, education for all, and inclusive development**

▶ **Home- and community-based care programmes**

▶ **Promote healthy ageing and prevention of Non Communicable Disease**

Thank You!