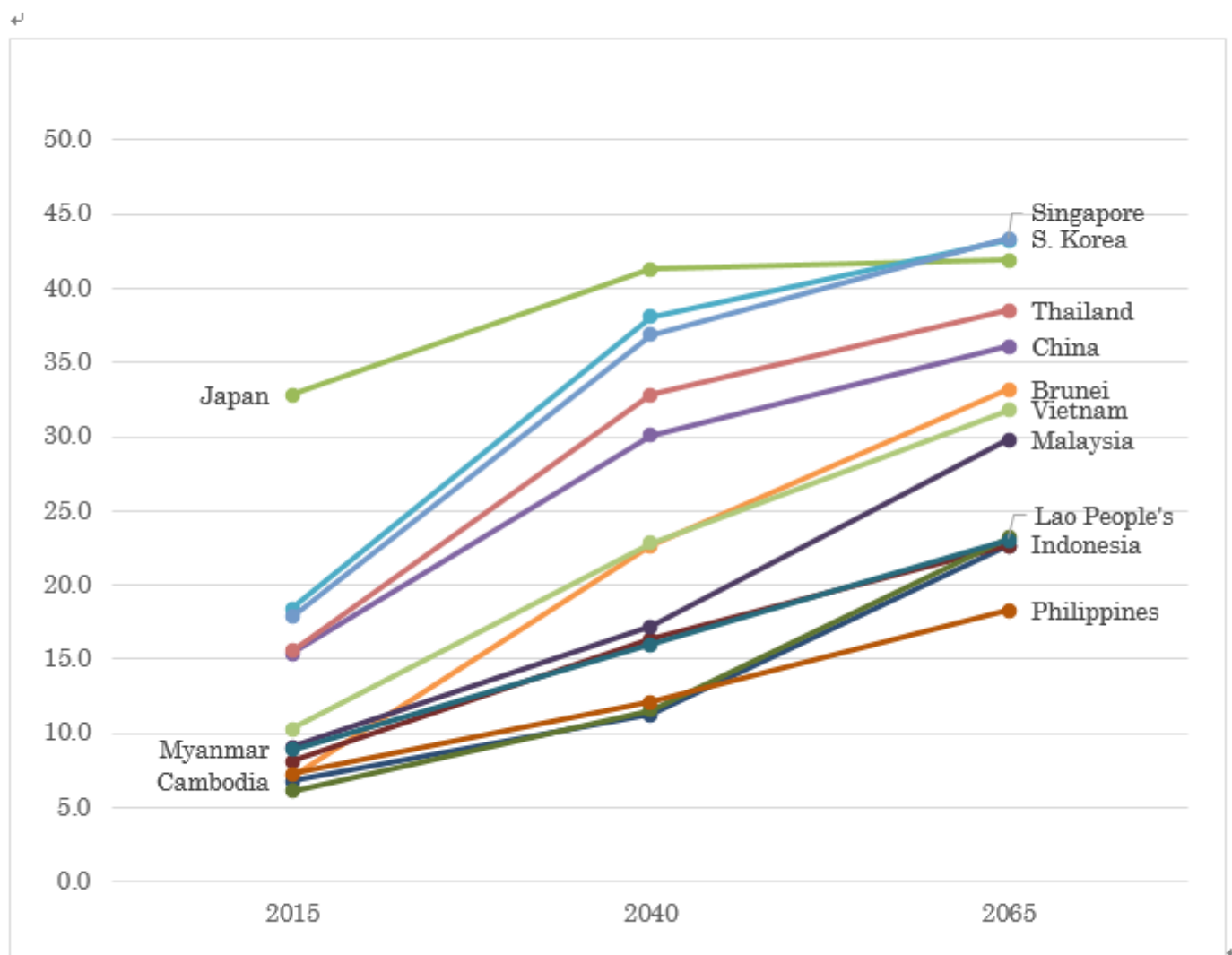


# ERIA Project on Longitudinal Study of Aging and Health in ASEAN Countries

Yasuhiko Saito (Nihon University)

Presented at Regional Workshop on  
Integrating Policy and Research on Ageing in ASEAN:  
Conversations across the Policy and Research Divide  
Sept 4-6, 2019 Singapore

Figure 1. Proportion of those aged 60 and above in Selected Asian Countries in 2015, 2040 and 2065



# Population & % 60+ in Asian countries

Country	Population (mil)	% 60+	Longitudinal survey
China	1397.0	15.4	yes
India	1309.1	8.9	yes
Indonesia	258.2	8.1	yes
Japan	128.0	32.8	yes
Philippines	101.7	7.3	no
Vietnam	93.6	10.3	no
Thailand	68.7	15.6	yes
Myanmar	52.4	8.9	yes/no
South Korea	50.6	18.4	yes
Malaysia	30.7	9.1	yes
Cambodia	15.5	6.8	no
Lao People's	6.7	6.1	no
Singapore	5.5	17.9	yes
Brunei	0.4	7.1	no

# Aim of the Project

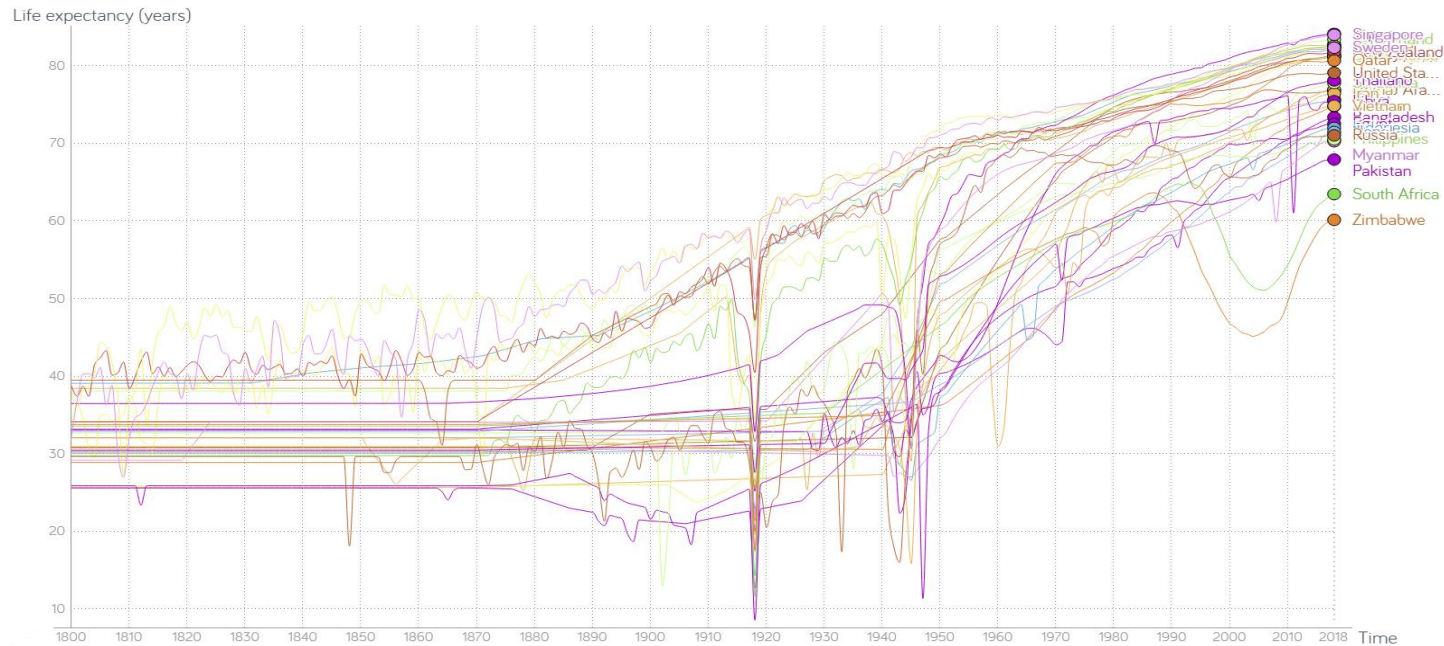
- Examine well-being of older adults aged 60 and over in two countries of ASEAN:
  - the Philippines and Vietnam (no longitudinal study)
- Focuses on health status including mental health: current health status and correlates, and changes over time if any, and determinants
- Estimate health expectancy
- Examine care needs, economic well-being, etc.

# Statistics at a glance

		Philippines	Vietnam
Population	total	103 mil	93 mil
	60+	7 mil	9 mil
Proportion of population age 60+	2015	7.3%	10.3%
	2030	10.3%	17.5%
Life expectancy	at birth	68.5	76.0
	at age 60	17.0	22.0
GDP per capita		\$8,325	\$5,957



**Figure: Life expectancy at birth in some selected countries over time**



- Life expectancy is increasing all over the world, this doesn't mean a healthier population (Crimmins, Hayward, & Saito, 1994; Jagger et al., 2008).
- So, ensuring longer life by reducing mortality at all ages **will not ensure SDG 3** (Ensure healthy lives and promote wellbeing for all at all

ages)  
Crimmins, E. M., Hayward, M. D., & Saito, Y. (1994). Changing mortality and morbidity rates and the health status and life expectancy of the older population. *Demography*, 31(1): 159-175.

Jagger, C., Gillies, C., Moscone, F., Cambois, E., Oyen, H. V., Nusselder, W., Robine, J.-M., & the EHLEIS team (2008). Inequalities in healthy life years in the 25 countries of the European Union in 2005: A cross-national meta-regression analysis. *Lancet*, 372(9656): 2124-2131.

# Health Expectancy

- Summary measures of population health
  - Disability-free life expectancy, Active life expectancy, Healthy life years, Health-adjusted life expectancy, Healthy life expectancy
- Combining information on morbidity and mortality
  - dividing life expectancy into healthy and unhealthy years
- Sanders 1964; Sullivan 1966,1971
- REVES <http://reves.site.ined.fr/en/>

# Health Expectancy: Definition

$$\text{Life Expectancy} = \text{Healthy Life Expectancy} \\ + \text{Unhealthy Life Expectancy} \\ (\text{Health Expectancy})$$

$$87 \text{ Years of Life} = 83 \text{ Years of Healthy Years} \\ + 4 \text{ Years of Unhealthy Years}$$

4 years of unhealthy years do not mean the last 4 consecutive years of life.



# ***The World Health Report 1997***

*Conquering suffering  
Enriching humanity*

*Report of the Director-General*



*World Health Organization  
Geneva  
1997*

---

*Increased longevity  
without quality of life  
is an empty prize.  
Health expectancy is  
more important than  
life expectancy.*

In today's rapidly changing world, some traditional attitudes towards human health, suffering and disability need to be urgently reviewed.

For example, infectious diseases can no longer be regarded as restricted to developing countries. This is clear from the evidence of their international resurgence and the intercontinental spread of AIDS. Nor can chronic noncommunicable diseases continue to be judged only as problems of the richer nations. They are emerging at an alarming rate in poorer regions, unwelcome additions to the infections which still flourish there.

Until now, the term for this phenomenon – the “double burden” of disease – has usually been applied only to developing countries. But it can no longer be confined to these countries alone; it has expanded into a double threat to global health. In the battle for health in the 21st century, infectious diseases and chronic diseases are twin enemies that have to be fought simultaneously on a global scale.

We dare not turn our back on infectious diseases, for they will return with a vengeance if we do. The lessons of AIDS, tuberculosis, malaria, cholera and *Escherichia coli* food-poisoning outbreaks must not be forgotten. In addition to the many millions of people a year who are killed by infectious diseases, hundreds of millions of others are afflicted by them. This was the theme of *The World Health Report 1996*.

But neither can we ignore the growing burden in suffering and disability represented by noncommunicable diseases and conditions – cancer, circulatory disease, metabolic and hormonal

imbalances, mental disorders, musculoskeletal conditions – most of which are chronic; they invariably afflict the sufferer with pain and disability, for years and even decades. This, too, is the plight of hundreds of millions. Confronting these chronic conditions, and the crisis of suffering that goes with them, is the theme of *The World Health Report 1997*.

Health is being increasingly affected by a number of factors over which the individual has little control, and over which the conventional health sector also has little sway: social and economic circumstances, labour-saving technologies, and the information and communication revolutions. People in poorer countries are now acquiring many of the unhealthy lifestyles and behaviours of the industrialized world: sedentary occupations, inadequate physical activity, unsatisfactory diets, tobacco, alcohol and drugs. Populations in richer countries continue to live with all these risks. Problems are aggravated by the international spread of misleading information about consumer products. All these factors together will lead to a global increase in premature ill-health from chronic diseases.

Worldwide, life expectancy has increased dramatically during the last decades of the 20th century. But in celebrating our extra years, we must recognize that increased longevity without quality of life is an empty prize, i.e. *health expectancy is more important than life expectancy*.

Unlike many infectious diseases, the majority of chronic diseases are preventable but cannot as yet be cured. The emphasis must therefore be on preventing their onset, delaying their develop-

# Message

Increased longevity without quality of life is an empty prize. Health expectancy is more important than life expectancy.



## Life Expectancy and Health Expectancy

- When people live longer, quality of life becomes a central issue (Liu, Chen, Song et al., 2009).

**“Increased longevity without quality of life is an empty prize.”  
– The Director-General of WHO in mid 1990**

- Health expectancy research, therefore, has become very important for projecting future levels of need for care and assistance (Cambois et al., 2011) in the developed regions of the world.

Liu J, Chen G, Song X, et al. (2009). Trends in disability-free life expectancy among Chinese older adults. *Journal of Aging and Health*, 21(2): 266-285.

Cambois, E., Laborde, C., Romieu, I., & Robine, J.-M. (2011). Occupational inequalities in health expectancies in France in the early 2000s: Unequal chances of reaching and living retirement in good health. *Demographic Research*, 25: 407-436.

# Two Families of Summary Measures

## 1 Health Expectancy

- REVES (Réseau Espérance de Vie en Santé)
- Theories of Predicting Future Population Health

\*Quality Adjusted Life Years (QALYs)

## 2 DALY-based (WHO)

- Disability-Adjusted Life Years (DALYs)
- The Global Burden of Disease Project

# Health Expectancy in Policy

- EU: EuroStat--Healthy life years as indicator of population health
- EU: Target for a two-year increase in healthy life years at birth from 2010 to 2020
- USA: First appeared in "Healthy People 2000" as one of priorities and continued in "Healthy People 2010" and "Healthy People 2020"
- Japan: First priority to increase health expectancy for the next decades in the health promotion guideline released in 2012 by the MHLW
- WHO: DALY, DALE, HALE



80 bis. TONKIN. — Hanoi. — Rue des Cantonnaires.

# HEALTH EXPECTANCY IN VIETNAM BY EDUCATION AND REGION

*Liem T. Nguyen<sup>1</sup>, Saito Yasuhiko<sup>2</sup>, Hien T. M. Phan & Lan T. N. Nguyen<sup>3</sup>*

*<sup>1</sup> Institute of Population, Health and Development; <sup>2</sup> Nihon University; <sup>3</sup> General Statistic Office*

*Paper prepared for the 24<sup>th</sup> REVES meeting – Taichung – Taiwan, May 25-27, 2012*



# Regional differences in functional difficulty and disability free life expectancy (DFLE) among older persons in the Philippines<sup>1</sup>

Jeofrey B. Abalos<sup>1</sup>

Heather Booth<sup>2</sup>

## Abstract

This study aims to describe regional differences in the prevalence of functional difficulty among older persons in the Philippines. It also examines geographic differential in disability free life expectancy (DFLE) and investigates the factors associated with these differences. Data are drawn from the 2010 Philippine Census of Population and Housing (CPH) and the 2010 Philippine Life tables. Sullivan Method was employed to calculate DFLE and meta-regression models were used to examine the factors associated with regional differences in DFLE. Results show a wide disparity in functional difficulty and DFLE among older men and older women in the Philippines. Socioeconomic indicators, including poverty incidence, GDP per capita, education and urbanization, were found to be associated with geographic differences in DFLE.

---



# Organization of the Project

- Project PI: Yasuhiko Saito
- Project Co-PI: Dr. Osuke Komazawa
  - Economic Research Institute for ASEAN and East Asia
- Local PI (Philippines): Dr. Grace Cruz
  - University of the Philippines Population Institute
- Local PI (Vietnam): Dr. Nguyen Cong Vu
  - Institute of Population, Health and Development

# Longitudinal Study of Ageing and Health in the Philippines (LSAHP)

- Survey design for baseline survey in 2018
  - Nationally representative sample of 60 and over (not household survey)
  - Sample size of 6,300 persons selected by Multi-stage stratified random sampling
  - oversampled those aged 70-79 by factor of 2 and aged 80 and over by factor of 3
  - In-person interview survey using structured survey questionnaire by tablet (proxy allowed)
- Wave 2 scheduled to be conducted in 2020
  - Exit survey: death and related information
  - Sample refreshing - may consider

# Longitudinal Study of Ageing and Health in Vietnam (LSAHV)

- Survey design for baseline survey
  - Nationally representative/Provincial representative sample of 60 and over (not household survey)
  - Sample size of 6,050 persons selected by Multi-stage stratified random sampling
  - oversampled those aged 70-79 by factor of 2 and aged 80 and over by factor of 3
  - In-person interview survey using structured survey questionnaire by tablet (proxy allowed)
- Wave 2 is scheduled be to conducted in 2020
  - Exit survey: death and related information
  - Sample refreshing - may consider

# Baseline Survey

- Philippines
  - compare with 1996 and 2007 survey
  - module for the Philippines
- Vietnam
  - compare with 2011 aging survey
  - module for Vietnam

# Questionnaires

- Screening by Short Portable Mental State Questionnaire (SPMSP: Pfeiffer 1975)
- Household questionnaire
- Main questionnaire for older adults
- Anthropometric measures questionnaire
- Child questionnaire
- Care giver/potential future care giver questionnaire

# Household Questionnaire

- Family Structure
- Living arrangements
- Information on Surviving Children's family
- Electricity
- Water
- Cooking fuel
- Toilet
- Asset
- Bank account
- GPS

# Main Questionnaire

- Demographic attributes
- Socioeconomic status
- Intergenerational exchange
- Social network
- Loneliness
- Health behaviors
- Chronic conditions
- WG disability questions
- Sleep
- GALI
- Physical functioning (ADL, IADL, NAGI)
- Mental Health
- Vision & Hearing
- Fall
- Pain
- Dental Health
- Health Care Utilization
- Income/Pension
- Information Technology

# Exit Survey

## Decedent proxy Interview

- Date of death
- Cause of death
- Place of death
- Medical expenses in the last 6 months prior to death
- Relationship of main caregiver



# Anthropometric and performance measurements

- Blood Pressure / Pulse
- Anthropometric Measures
  - Height
  - Weight
- Grip strength
- Gait speed
- Peak flow
- Segmental Appendicular Muscle Mass
- Functional reach
- Balance test

# Adult Child Questionnaire

- relationship with older parents
- intergeneration support
  - financial support
  - in kind support
  - others
- filial piety
- Contact information

# Care giver/ Potential future care giver questionnaire

- working status
- health status
- family composition
- attitude and beliefs
- kind of care providing

