



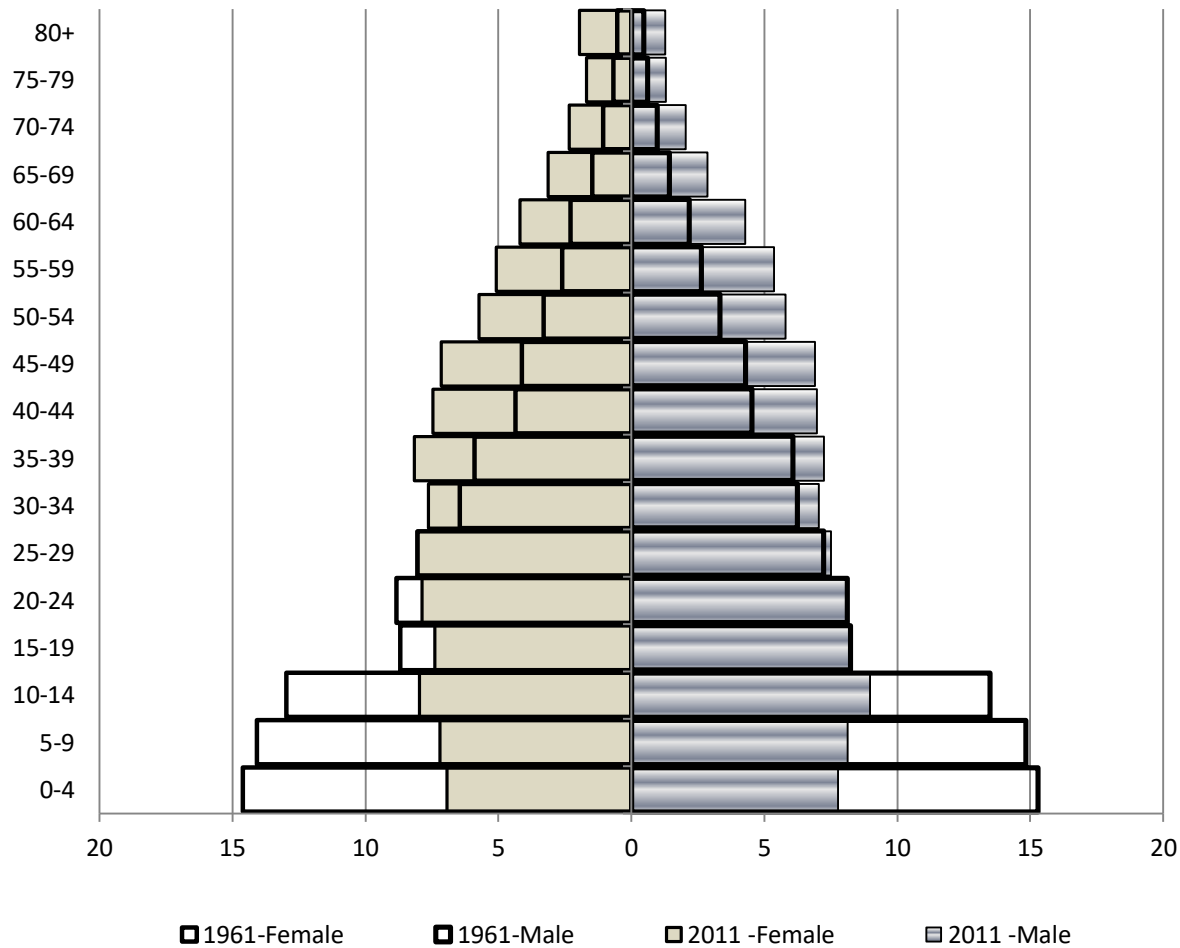
Kerala Ageing Surveys (I and II)

Professor S. Irudaya Rajan
Centre for Development Studies
Kerala

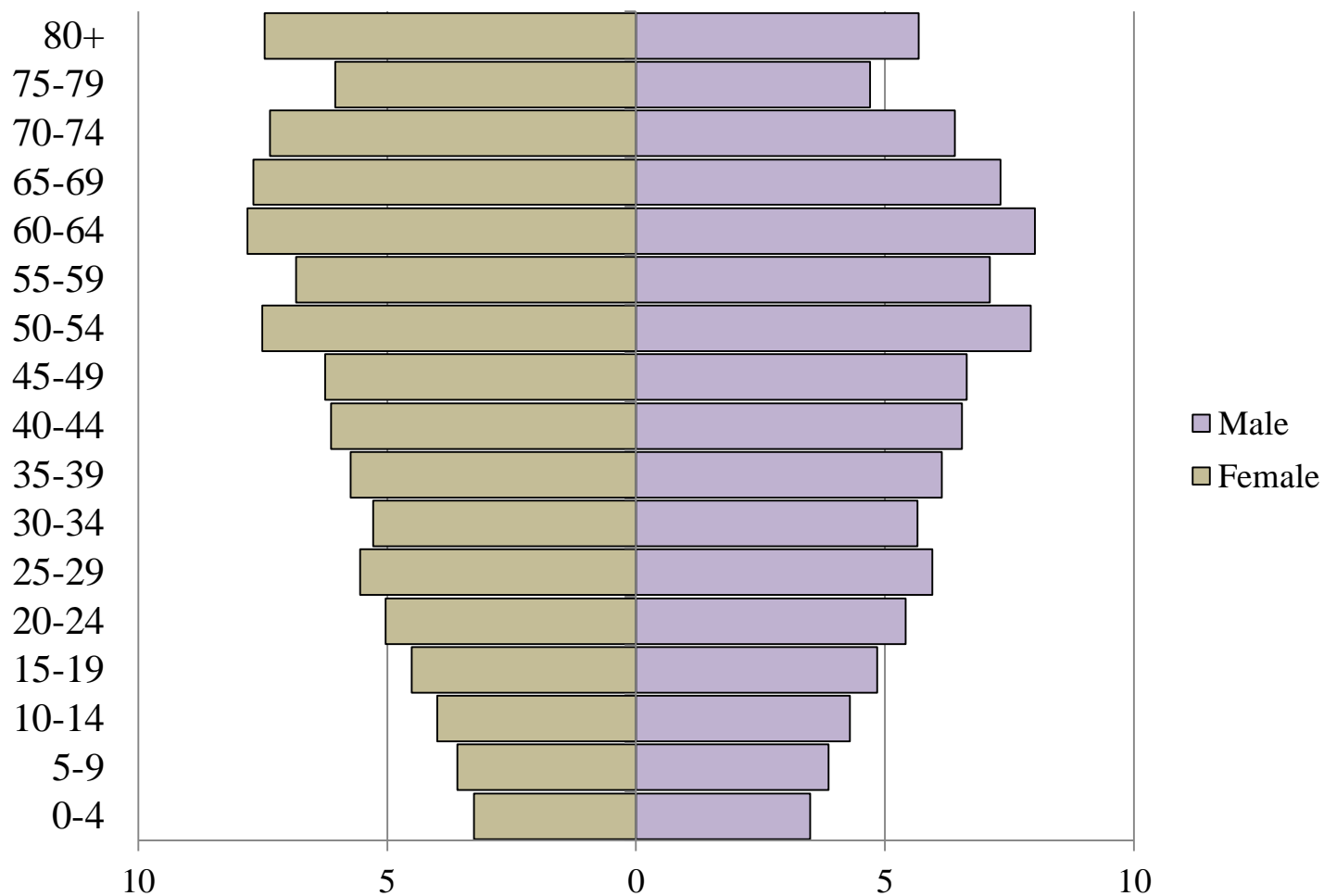
Number and Proportion of Elderly in Kerala and India, 2011

| | Kerala | | | India | | |
|-------|-----------|-----------|-----------|-------------|------------|------------|
| | Total | Males | Females | Total | Males | Females |
| 60-69 | 2,416,805 | 1,144,368 | 1,272,437 | 64,110,397 | 31,641,617 | 32,468,780 |
| 70-79 | 1,234,739 | 534,879 | 699,860 | 28,438,544 | 14,140,567 | 14,297,977 |
| 80+ | 541,849 | 204,348 | 337,501 | 11,287,773 | 5,283,030 | 6,004,743 |
| 60+ | 4,193,393 | 1,883,595 | 2,309,798 | 103,836,714 | 51,065,214 | 52,771,500 |
| 60-69 | 7.2 | 7.8 | 7.9 | 5.3 | 5.1 | 5.5 |
| 70-79 | 3.7 | 3.6 | 4.3 | 2.3 | 2.3 | 2.4 |
| 60+ | 12.6 | 12.8 | 14.3 | 8.6 | 8.2 | 9.0 |
| 80+ | 1.6 | 1.4 | 2.1 | 0.9 | 0.8 | 1.0 |

Age-sex Pyramid of Kerala, 1961 and 2011



Age Pyramid, Kerala 2051



Kerala Ageing Surveys

- Kerala Ageing Survey 1st Set
 - 2004-2007-2010-2013-2016-2019
 - 2019 data is to be tabulated
- Kerala Ageing Survey 2nd Set
 - 2013-2016-2019
 - 2019 data is to be tabulated

The CDS started this survey as a longitudinal ageing survey repeated in every 3 years, which was first of its kind in Kerala and most probably in India also.

Kerala Ageing Survey 1st Set

| | 2004 | 2007 | 2010 | 2013 | 2016 |
|---------------|------|------|------|------|------|
| Total Elderly | 4940 | | | | |
| Alive | | 3697 | | | |
| Died | | 578 | | | |
| Untraced | | 665 | | | |
| Alive | | | 3008 | | |
| Died | | | 614 | | |
| Untraced | | | 75 | | |
| Alive | | | | 2030 | |
| Died | | | | 336 | |
| Untraced | | | | 642 | |
| Alive | | | | | 1415 |
| Died | | | | | 306 |
| Untraced | | | | | 309 |

Kerala Ageing Survey 2nd Set

| | 2013 | 2016 |
|---------------|------|------|
| Total Elderly | 7768 | |
| Alive | | 5611 |
| Died | | 491 |
| Untraced | | 1666 |

Indicators of 1st Set of KAS

- Socio-economic and Demographic variables
- Subjective Well-being
- General Health Questionnaire
- Mini Nutritional Assessment - (MNA)
- Eating Behaviour
- Behavioural Factors
- Fall among elderly
- Recent Medical Records
- Outlook about Older Life and Children
- Perspective on Old – Age Support Systems

Follow up Surveys in 2007-2010-2013-2016-2019

- The follow up surveys continued to assess their health perspectives, fall among elderly, Recent Medical Records and health care utilization, Behavioural Factors, Details of Children who are residing with or not residing with and the change in their household structure.

Indicators of 2nd Set of KAS

- KAS 2013
- Socio-economic, Demographic and Health status
- Nutritional Level
- Geriatric Depression Scale
- The Mini- Mental State Exam
- Activities of Daily Living Scale
- Instrumental Activities of Daily Living Scale
- Opinions, Values and Attitudes and Perspective on Old Age
- Social Welfare Programmes and Social Interaction
- Religiosity
- Employment History and Economic Autonomy
- Recent Medical Record
- Falls
- Measurements
- Hand Strength Test
- KAS 2016 was distributed into eight sections mainly concentrating on their mental and physical health status, medical records, cognition assessment, falls among elderly, behavioural factors, activities of daily living, religiosity and anthropometric measurements such as waist-hip ratio, height, weight and hand grip

Basic Profile of the Elderly in 2004 and 2013

| Particulars | | Per cent | |
|--------------------|--------------------|----------|------|
| | | 2004 | 2013 |
| Age | 60-69 | 53.8 | 54.2 |
| | 70-79 | 32.6 | 32.2 |
| | 80+ | 13.6 | 13.6 |
| Sex | male | 46 | 42.2 |
| | Female | 54 | 57.8 |
| Sex Ratio | 60-69 | 806 | 692 |
| | 70-79 | 948 | 849 |
| | 80+ | 817 | 635 |
| | 60+ | 852 | 731 |
| Religion | Hindu | 59.2 | 61.4 |
| | Muslim | 17.4 | 20.6 |
| | Christian | 23.4 | 18.0 |
| Caste | General | 38.3 | 55.1 |
| | OBC | 34.9 | 27.4 |
| | SC/ST | 3.4 | 8.9 |
| | Others | 23.4 | 8.5 |
| Place of Residence | Rural | 73.7 | 78.7 |
| | Urban | 26.3 | 21.3 |
| Marital Status | Never Married | 2.2 | 1.5 |
| | Married | 63.6 | 63.4 |
| | Widowed | 32.8 | 33.8 |
| | Divorced/Separated | 1.4 | 1.2 |

Perceptive Health of the Elderly, KAS 2013

| | Excellent | Good | Poor | Total |
|-------|-----------|------|------|-------|
| 60-69 | 7.5 | 58.7 | 33.8 | 100.0 |
| 70-79 | 5.2 | 51.2 | 43.7 | 100.0 |
| 80+ | 2.6 | 36.1 | 61.3 | 100.0 |
| Total | 6.1 | 53.5 | 40.3 | 100.0 |

Elderly with Disabilities, KAS 2013

| | Vision | Chewing | Hearing | Walking |
|-------|--------|---------|---------|---------|
| 60-69 | 78.3 | 33.0 | 13.3 | 19.1 |
| 70-79 | 85.1 | 48.3 | 23.6 | 33.2 |
| 80+ | 78.5 | 71.5 | 49.5 | 53.0 |
| Total | 80.4 | 42.6 | 21.1 | 27.8 |

BMI Calculated, KAS 2013

| | Under Weight | Normal Weight | Over Weight | Obese | Total |
|-------|-----------------|------------------|----------------|-------|-------|
| 60-69 | 13.2 | 44.3 | 32.8 | 9.7 | 100.0 |
| 70-79 | 18.8 | 45.6 | 28.9 | 6.7 | 100.0 |
| 80+ | 22.1 | 54.2 | 21.1 | 2.6 | 100.0 |
| Total | 16.0 | 45.9 | 30.2 | 7.9 | 100.0 |

Elderly with Activities of Daily Living , KAS 2013

| | Normal ADL | need limited assistance | need complete assistance | Total |
|-------|---------------|----------------------------|-----------------------------|-------|
| 60-69 | 93.0 | 5.9 | 1.0 | 100.0 |
| 70-79 | 87.0 | 9.7 | 3.3 | 100.0 |
| 80+ | 61.3 | 27.6 | 11.1 | 100.0 |
| All | 87.1 | 9.9 | 3.0 | 100.0 |

Elderly with Instrumental Activities of Daily Living Scale

| | Normal IADL | need limited assistance | need complete assistance | Total |
|-------|-------------|-------------------------|--------------------------|-------|
| 60-69 | 36.9 | 40.6 | 22.5 | 100.0 |
| 70-79 | 18.9 | 40.1 | 40.9 | 100.0 |
| 80+ | 5.0 | 16.1 | 78.9 | 100.0 |
| Total | 27.2 | 37.3 | 35.5 | 100.0 |

**Elderly fallen down
over the past few years , KAS 2013**

| | Total | Among the Total | |
|-------|------------|-----------------|--------|
| | Had Fallen | Male | Female |
| 60-69 | 26.4 | 30.5 | 69.5 |
| 70-79 | 30.5 | 32.9 | 67.1 |
| 80+ | 34.0 | 32.3 | 67.7 |
| Total | 28.6 | 31.5 | 68.5 |

Chronic Diseases, KAS 2013

| Chronic Diseases | 60-79 | 80+ | Total |
|------------------|-------|-------|-------|
| No Diseases | 30.2 | 28.6 | 30.0 |
| Having One | 34.6 | 37.7 | 35.0 |
| Two | 25.5 | 25.4 | 25.5 |
| Three or more | 9.7 | 8.2 | 9.5 |
| Total | 100.0 | 100.0 | 100.0 |

Selected Chronic Diseases are: High Blood Pressure + Cardiovascular illness + Cancer + Arthritis + Diabetes + Thyroid

Elderly Living Alone and with Spouse, KAS 2013

| | Living Alone | With Spouse |
|-------|--------------|-------------|
| 60-69 | 4.9 | 17.5 |
| 70-79 | 4.0 | 17.6 |
| 80+ | 4.0 | 11.1 |
| Total | 4.5 | 16.7 |

Elderly getting Old Age Pension and other Welfare Fund Pensions, KAS 2013

| | Old Age Pension | Other Welfare Fund Pensions |
|-------|-----------------|-----------------------------|
| 60-69 | 23.3 | 17.8 |
| 70-79 | 30.5 | 17.9 |
| 80+ | 29.5 | 17.5 |
| Total | 26.4 | 17.8 |

Studies conducted using KAS I & II

- Effect of gender on active life expectancy
- Active life expectancy by SES
- Determinants of falls among older adults
- Association between health and religion in Kerala

Thank You...