



Ageing population and health policy in Sri Lanka

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Outline

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- Age- Sex Structure transition
- Demographic transition and ageing in Sri Lanka
- Characteristics of older population
- Ageing population related emerging health issues
- Ageing population related health initiatives
- Conclusion

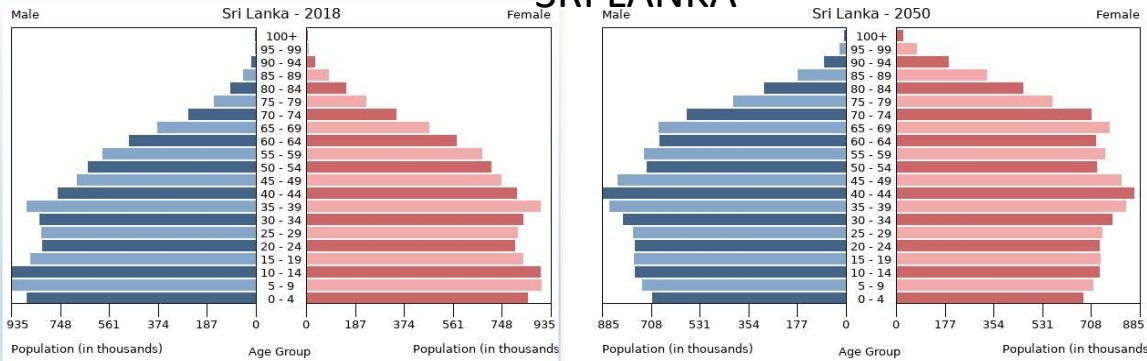
Demographic Overview of South Asian Countries -2018

Country	Total Population ('000)	Population growth Rate (percent)	CBR/ 1000	TFR (per woman)	CDR/ 1000	IMR/ 1000 births	Life expectancy At birth (years)
Afghanistan	34,941	2.4	34	4.3	13.0	108	52
Bangladesh	159,453	1.0	19	2.2	5.0	31	74
Bhutan	766	1.0	17	1.9	6	30	71
India	1,296,834	1.1	19	2.4	7	38	69
Nepal	29,718	1.1	19	2.1	6	27	71
Pakistan	207,863	1.4	22	2.6	22	50	66
Sri Lanka	22,577	0.7	15	2.0 (2.2)*	6	10	77

Source: Based on data of U.S. Census Bureau(IDB database) <https://www.census.gov/data-tools/demo/idb/region>

Age- Sex Structure transition in South Asian Countries

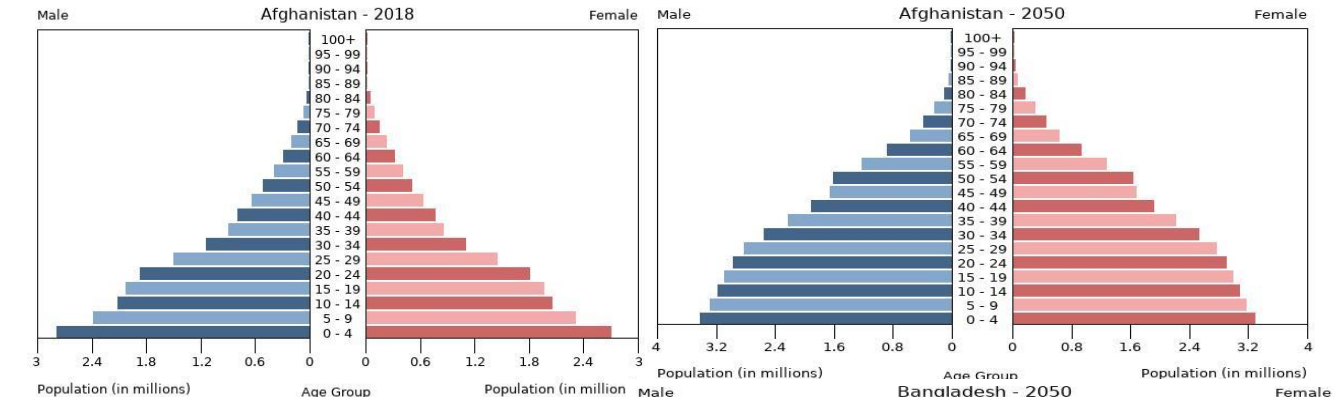
SRI LANKA



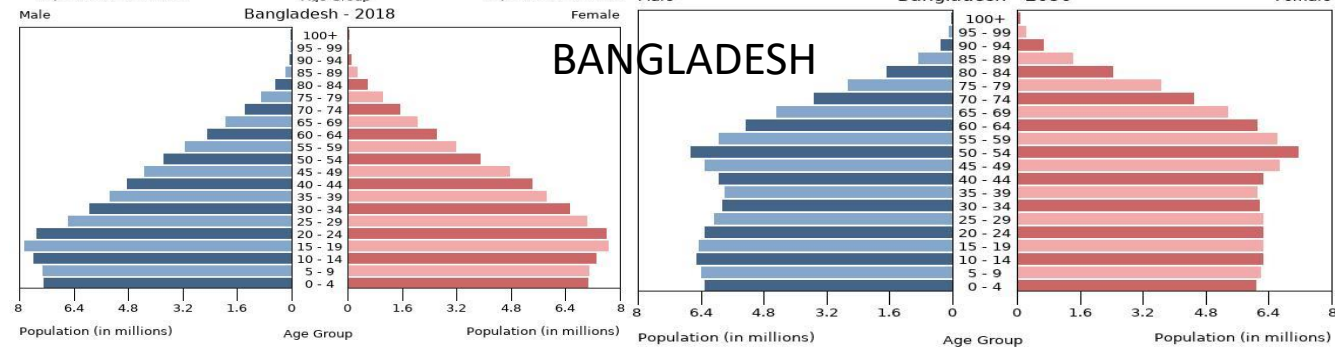
Sri Lanka has been cited as a special case in the demographic literature with regard to its rapid demographic transition & population ageing

Source: Data for pyramids were obtained from <https://www.census.gov/data-tools/demo/idb/region>.

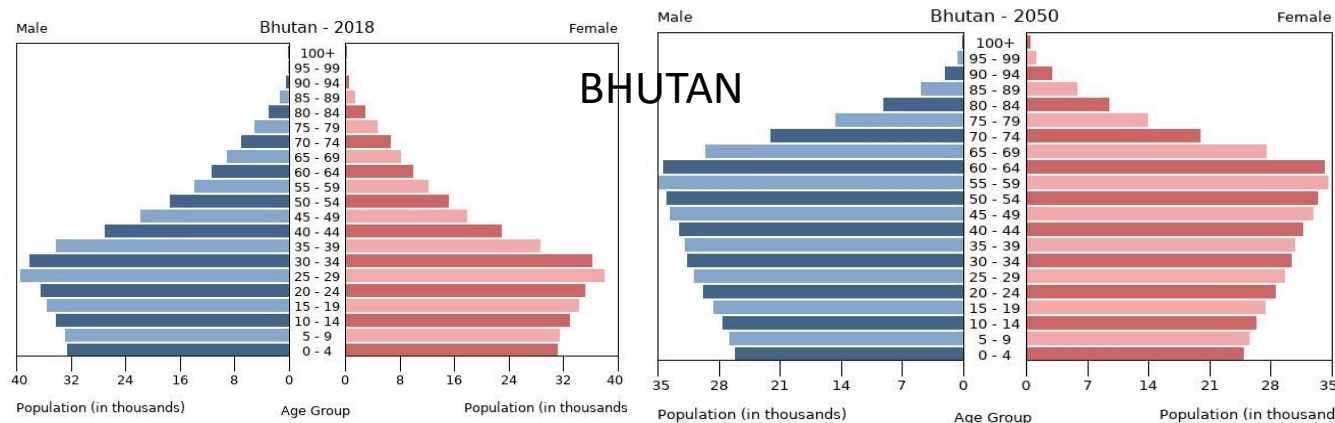
AFGHANISTAN



BANGLADESH



BHUTAN

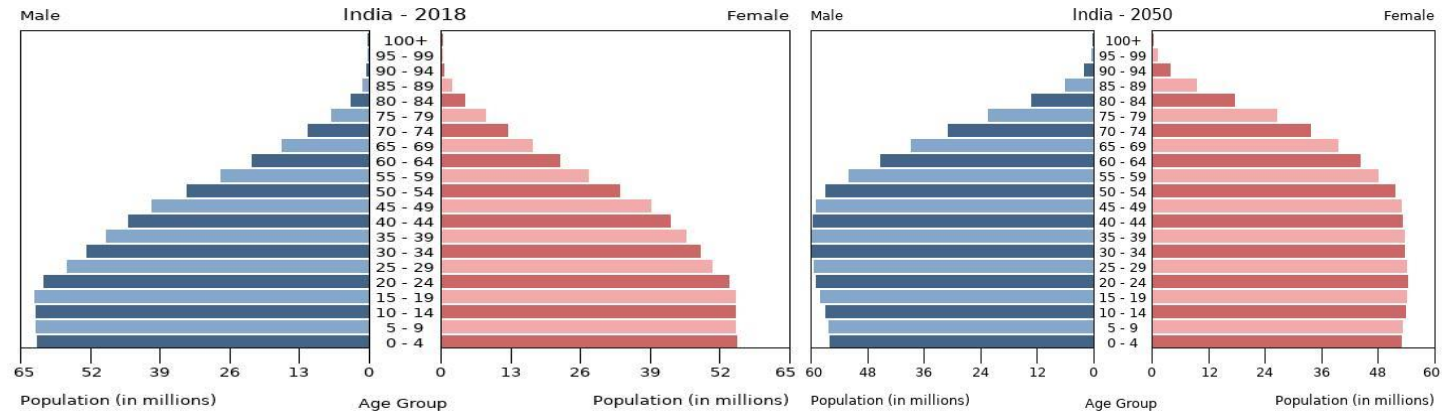


Age- Sex Structure transition in South Asian Countries (cont.)

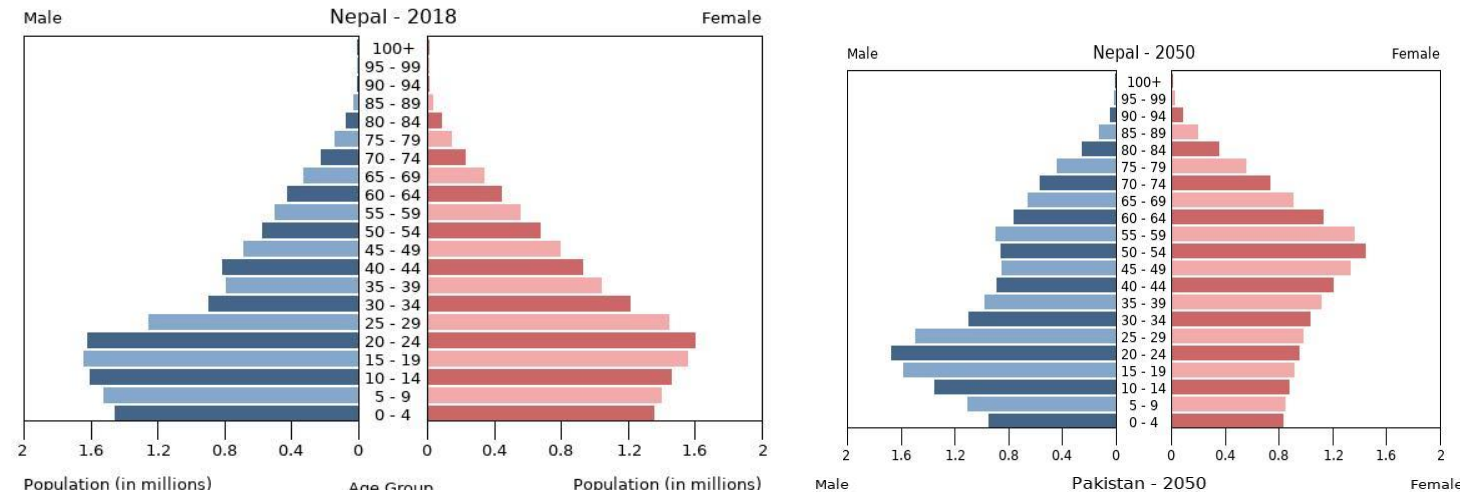
Health systems reforms are vital

Evidence based policies are needed to address health implications of ageing population

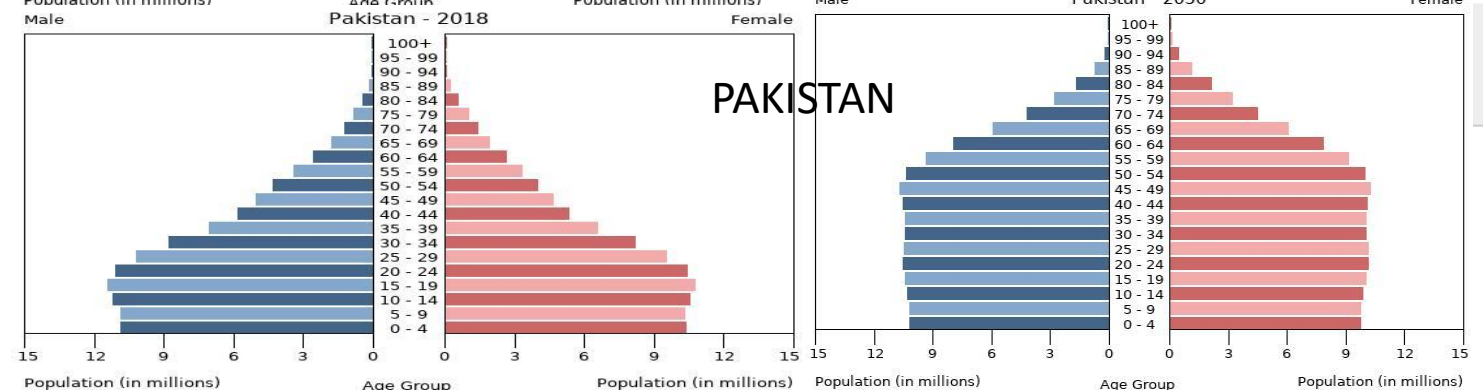
INDIA



NEPAL

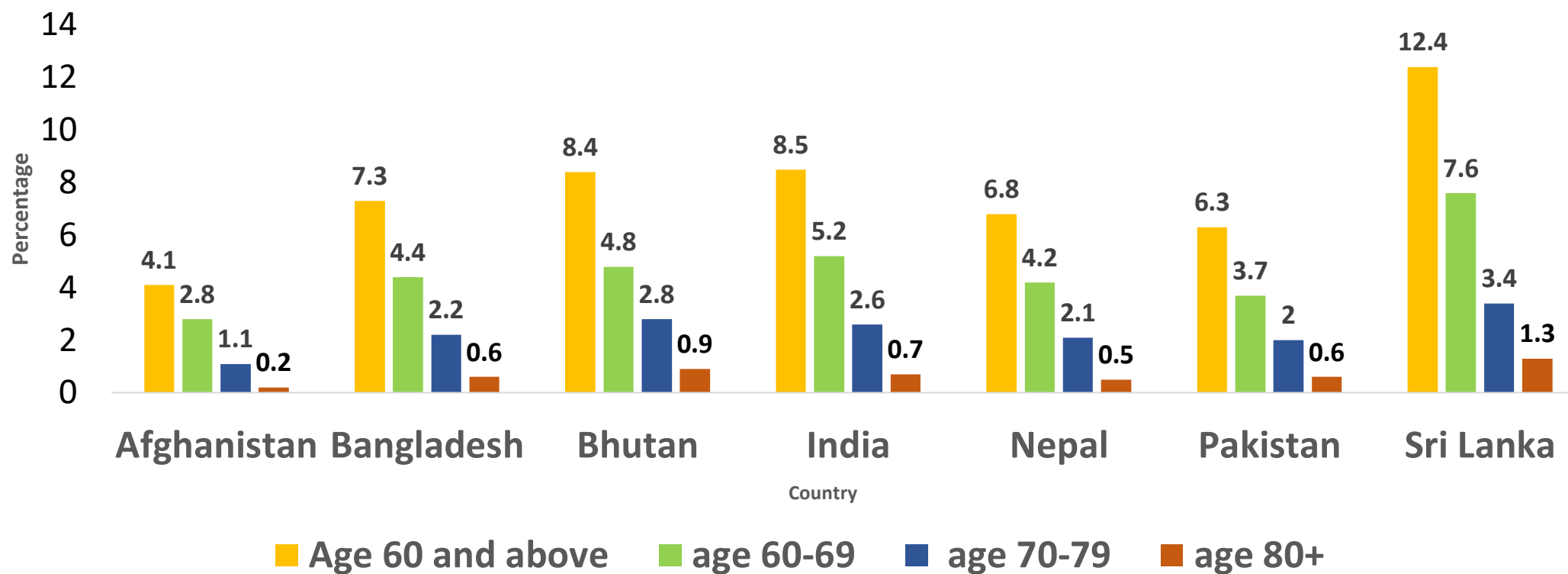


PAKISTAN



Older population -South Asian countries

Figure 2 : Ageing population in South Asian countries- 2012



Median age in South Asia

Country	Median Age in 2012
Sri Lanka	31.0
India	26.5
Bhutan	25.3
Bangladesh	23.6
Nepal	21.9
Pakistan	21.9
Afghanistan	17.7

Demographic transition in Sri Lanka

- Rapid demographic transition
- Mortality has declined since 1920s
- Fertility has declined since early 1960s
- Life expectancy at birth has been improved
- Population ageing is seen as a by product of these demographic dynamics

Life expectancy at birth (in years), 1920- 1922 to 2011-2013			
Year	Male	Female	Difference (F – M)
1920 -1922	32.7	30.7	-2.0
1945 -1947	46.8	44.7	-2.1
1953	58.8	57.5	-1.3
1962 -1964	63.3	63.7	+0.4
1970 -1972	64.0	66.9	+2.9
1980 -1982	67.7	72.1	+4.4
2000-2002	68.1	76.6	+8.5
2011 -2013	72.0	78.6	+6.6

Sources: Life Tables of DCS, Sri Lanka 2011-2013

Sources of Data

- Population and Housing Census, 2012
- National Survey on Self-reported Health, 2014
- Service Availability and Readiness Assessment (SARA), 2017

Characteristics of older population in Sri Lanka

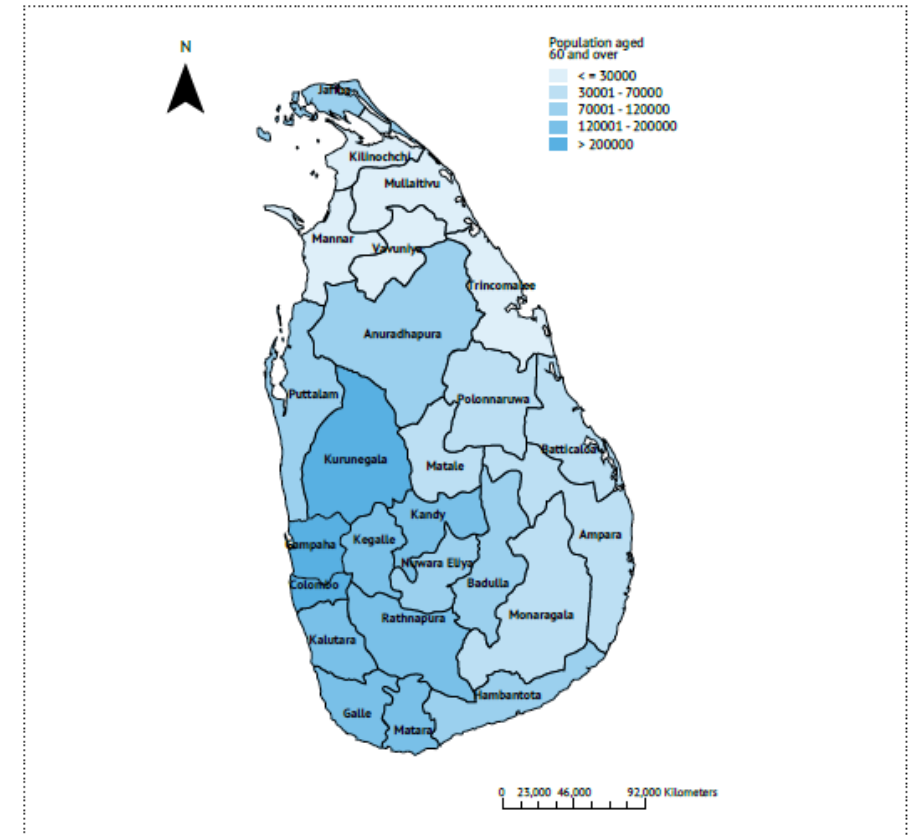
Feminization of ageing

- Women comprise the majority of both the total and older population
- Sex ratio for total population was about 94 (94 males per 100 women)
- About 56% of total elderly population were females
- There were 289,000 older women than men

Geographical distribution

- The older population is unevenly distributed across regions/ Provinces
 - ✓ Approximately 31 % of older persons resides in the Western Province
 - ✓ The second and third highest proportions of older persons live in the Southern (13.8 %) and Central Provinces (13.1 %)
 - ✓ North Central, Northern, and Eastern provinces have reported about 5 % each.

Figure 3.3: District level distribution of ageing population in Sri Lanka, 2012



Marital Status

- 88% older men were currently married while only less than two thirds of women were currently married
- Never married older persons comprised of 5 % and 6 % male and female respectively
- One in every three older women were widowed
- Among the oldest-old category, a half of the female population were widowed

Educational Attainment and Literacy

- Older females have lower literacy rates than males in all residence sectors
 - ✓ 40-60 % of elderly females were illiterate in the Estate sector
 - ✓ 10 % of older population has not attended school
 - ✓ Two third of older persons had lower secondary or below level of education
 - ✓ About one third of older persons had completed primary school

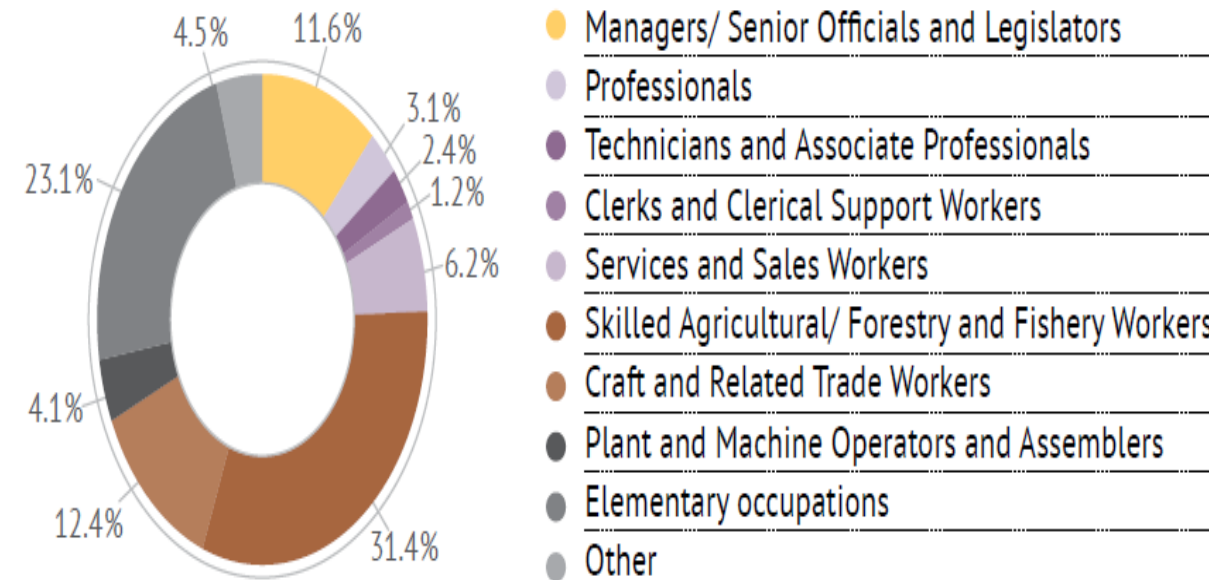
Living Arrangements

- Most of older persons live with the family
- There were 13,081 older persons as domestic employees
- About 56% of older persons function as the head of household
- In 2012, 59.2 % total elderly persons lived in extended households

Employment participation of elderly persons

- Three fourths of older persons were economically inactive
 - ✓ About 43 % of older men were employed
 - ✓ Only about 11 % of older women were employed
- One in every three older persons in the young-old category were employed
- Middle –old and oldest –old were less likely to be employed: 15 % and 8 % respectively

Figure 5.12: Distribution of employed older persons by occupation

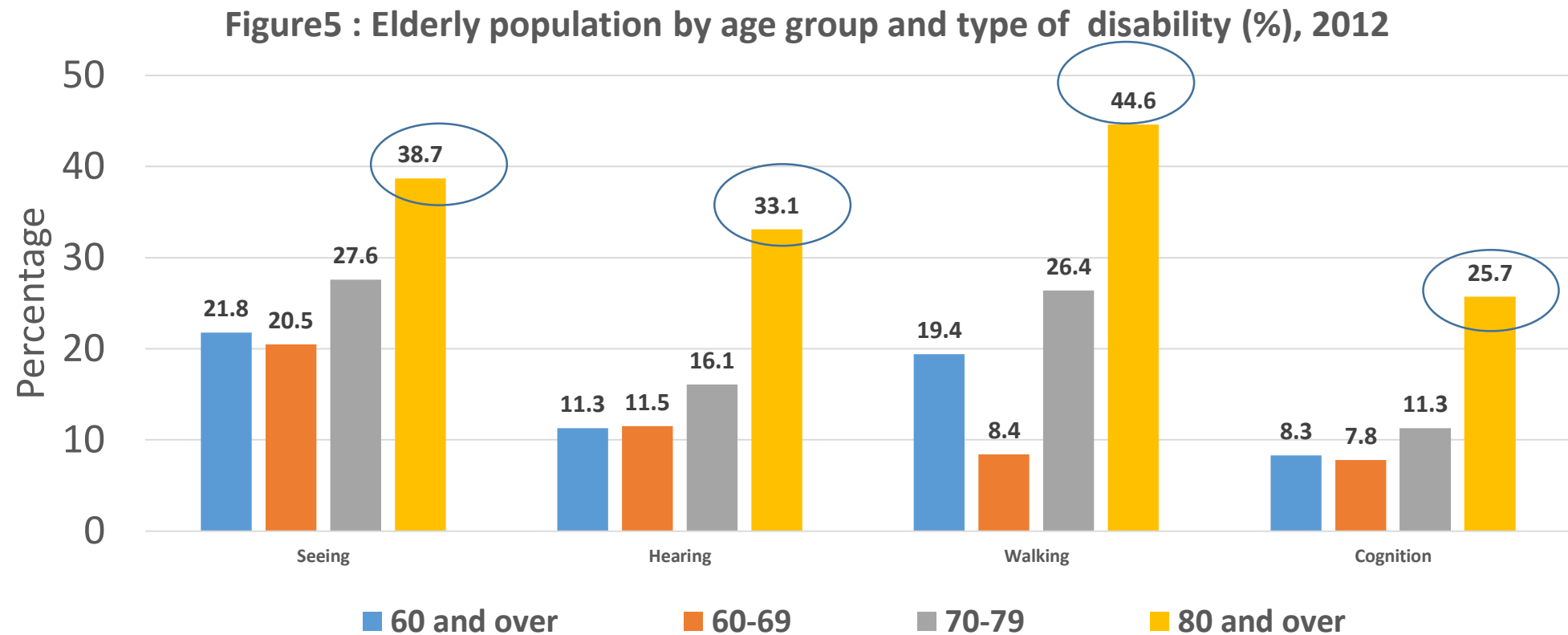


Ageing population related emerging health issues

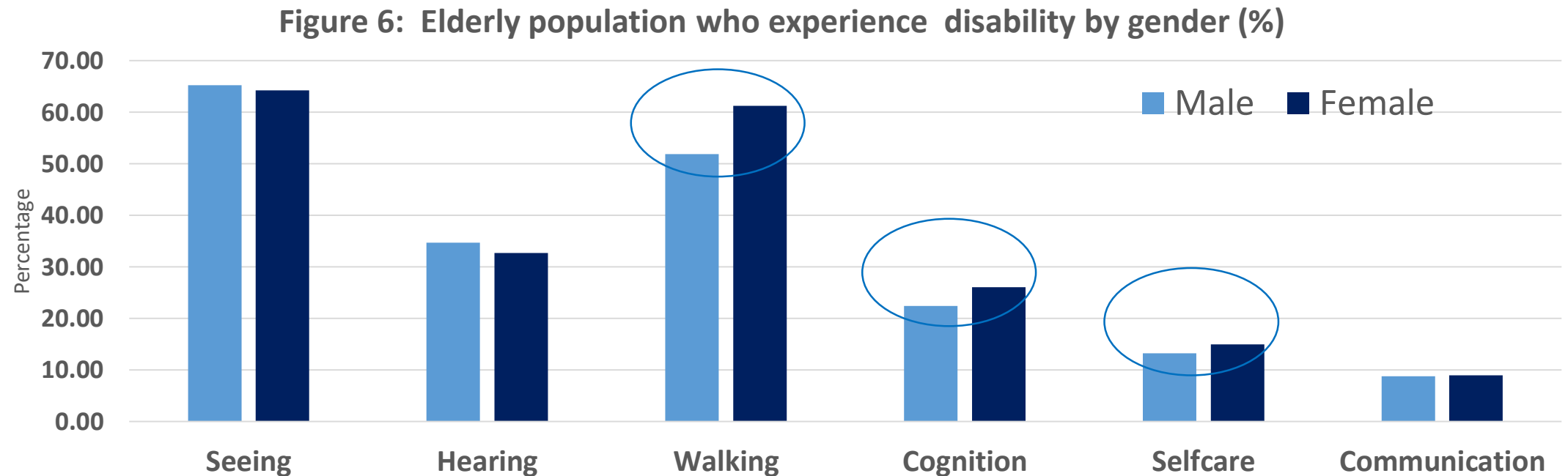
Health related challenges

- NCDs & Functional disability
- **According to the Self- reported Health Survey, 2014,**
Prevalence of chronic illnesses in Sri Lanka– nearly half of total older population
 - **Men – 45.0%**
 - **Women – 55%**

Oldest- old elderly had experienced more disability



Females had experienced walking, cognition and self-care related difficulties than men



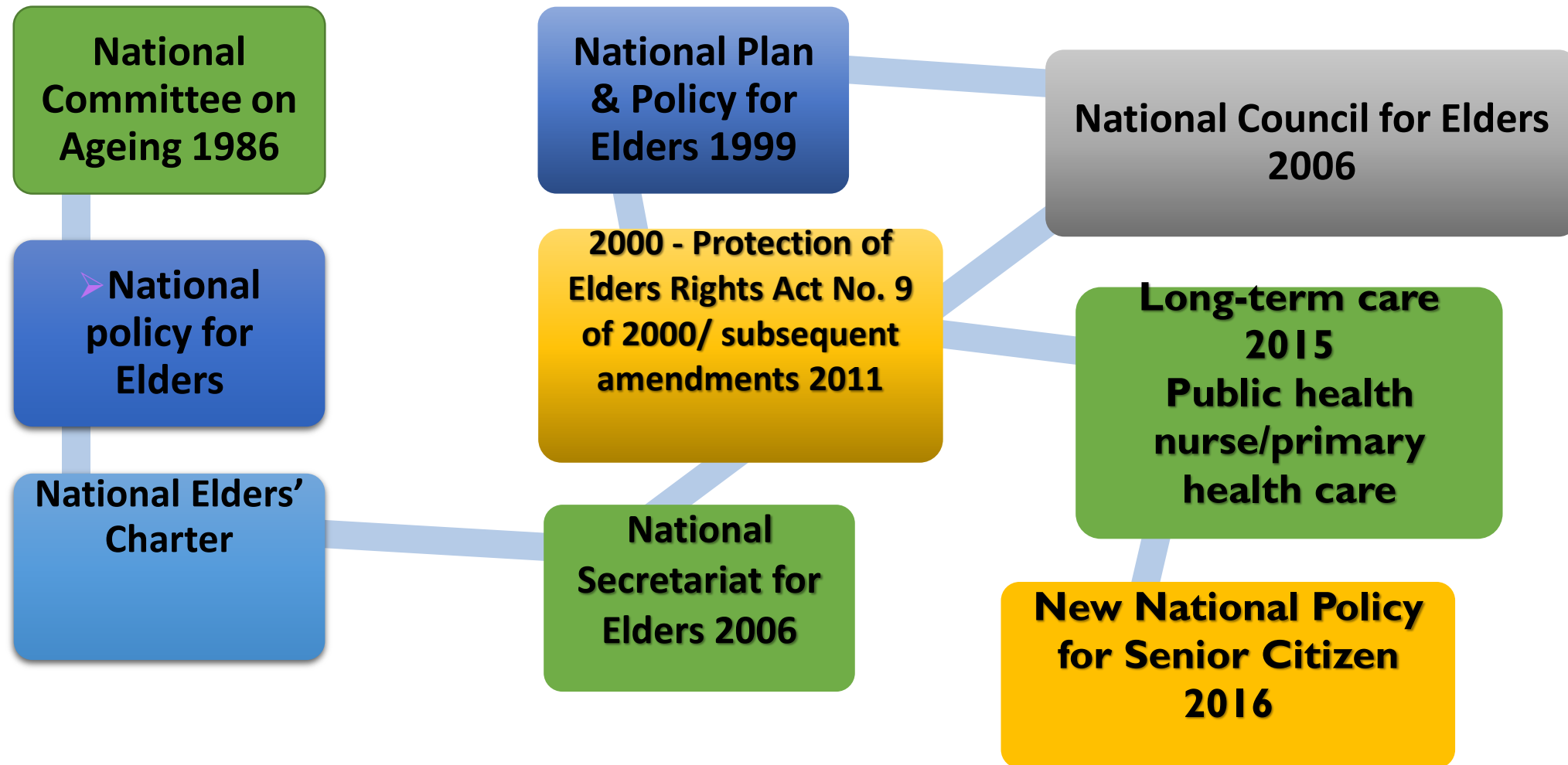
Readiness for elderly health care in Sri Lanka

- According to **Service Availability and Readiness Assessment (SARA), 2017,**
 - there has hardly been any information on geriatric facilities available in the public and private health institutions.
 - Growing demand for geriatric health services
 - The disease profile has gradually changed from acute diseases to chronic diseases such as obesity, diabetes, cancer, cardiovascular diseases
 - one in two elderly persons (55%) or more than 1.2 million suffer from at least one chronic illness
 - Chronic illness means living with pain, discomfort, inconvenience, and life-long medication.
 - Service availability and readiness of health care institutions for elderly population in both private and public hospitals.

Service availability and readiness for elderly health care in Sri Lanka

- Among hospitals that are expected to provide elderly-friendly wards
- only 20% (government 18%, private 22%) has this facility
- Availability of health staff trained on elderly care is very low at these facilities:
 - trained medical officers/consultants (7%)
 - nursing officers (7%)
 - attendants (6%) and
 - labourers (4%).

Legislation, policies and programmes for protection of elderly rights in Sri Lanka



Conclusion

- Sri Lanka's population is undergoing rapid ageing with implications for greater demand for social protection and health services
- Though free health services available it is difficult to manage long-term care
- Many older people in Sri Lanka are still do not have sufficient financial security and most do not receive government pension / elderly allowances
- Prevalence of non- communicable diseases, disability and health problems are key issues
- Declining family size and increased migration pose serious challenges for personal assistance and long term-health care needs in the future
- Evidence based health care models to be placed
- Longitudinal data is needed
- Health policy reforms are needed to address health implications of population ageing

Thank You