The 21st ASEAN & Japan High Level Officials Meeting on Caring Societies
Beppu Oita Japan
30th November 2023 10:30-11:15

Revised ASEAN-JAPAN Healthy & Active Ageing Index (Revised HAAI)
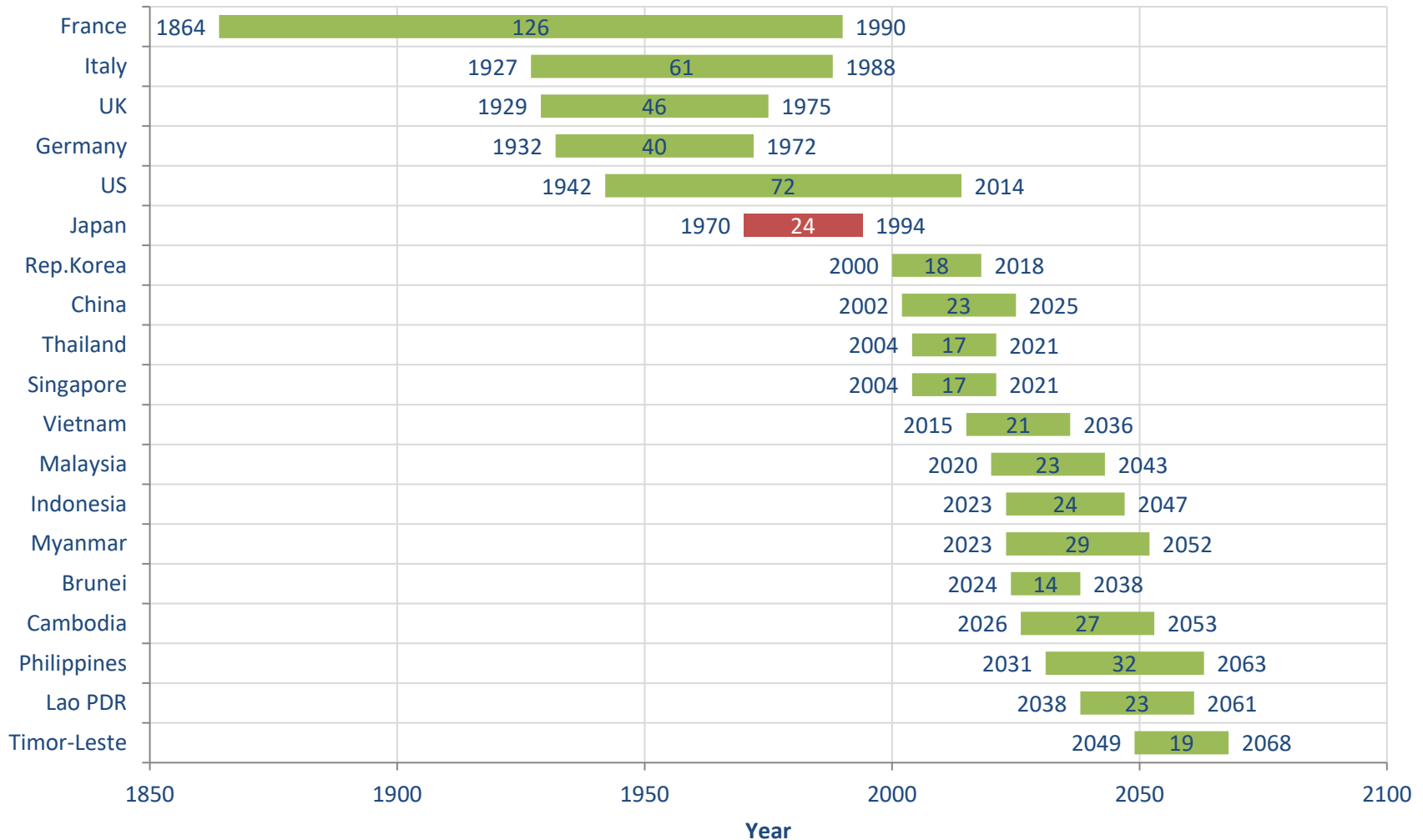
Structure, method and application

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Speed of aging
Years required for 65+% to rise from 7% to 14%

Country	7% year	Years	14% year
France	1864	126	1990
Italy	1927	61	1988
UK	1929	46	1975
Germany	1932	40	1972
US	1942	72	2014
Japan	1970	24	1994
Rep.Korea	2000	18	2018
China	2002	23	2025
Thailand	2004	17	2021
Singapore	2004	17	2021
Vietnam	2015	21	2036
Malaysia	2020	23	2043
Indonesia	2023	24	2047
Myanmar	2023	29	2052
Brunei	2024	14	2038
Cambodia	2026	27	2053
Philippines	2031	32	2063
Lao PDR	2038	23	2061
Timor-Leste	2049	19	2068

Year

Note : The year to the left of the bar designates the year in which the percentage of the population aged 65 and above (aging rate) reaches 7%; the number to the right of the bar designates the year when the aging rate attains 14%. The number on the bar designates the years required for that increase.
Source : Kinsella and Wan He (2009); IPSS (2017) and UN (2022)

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Madrid International Plan of Action on Ageing (MIPAA) 2002

Older persons and development

Advancing health and well-being into older age

Ensuring enabling and supportive environments

Active participation

Work

Eradication of poverty

Rural development migration and urbanization

Inter-generational solidarity

Income security

Access to knowledge

Housing

Caregivers

Neglect, abuse and violence

Image of ageing
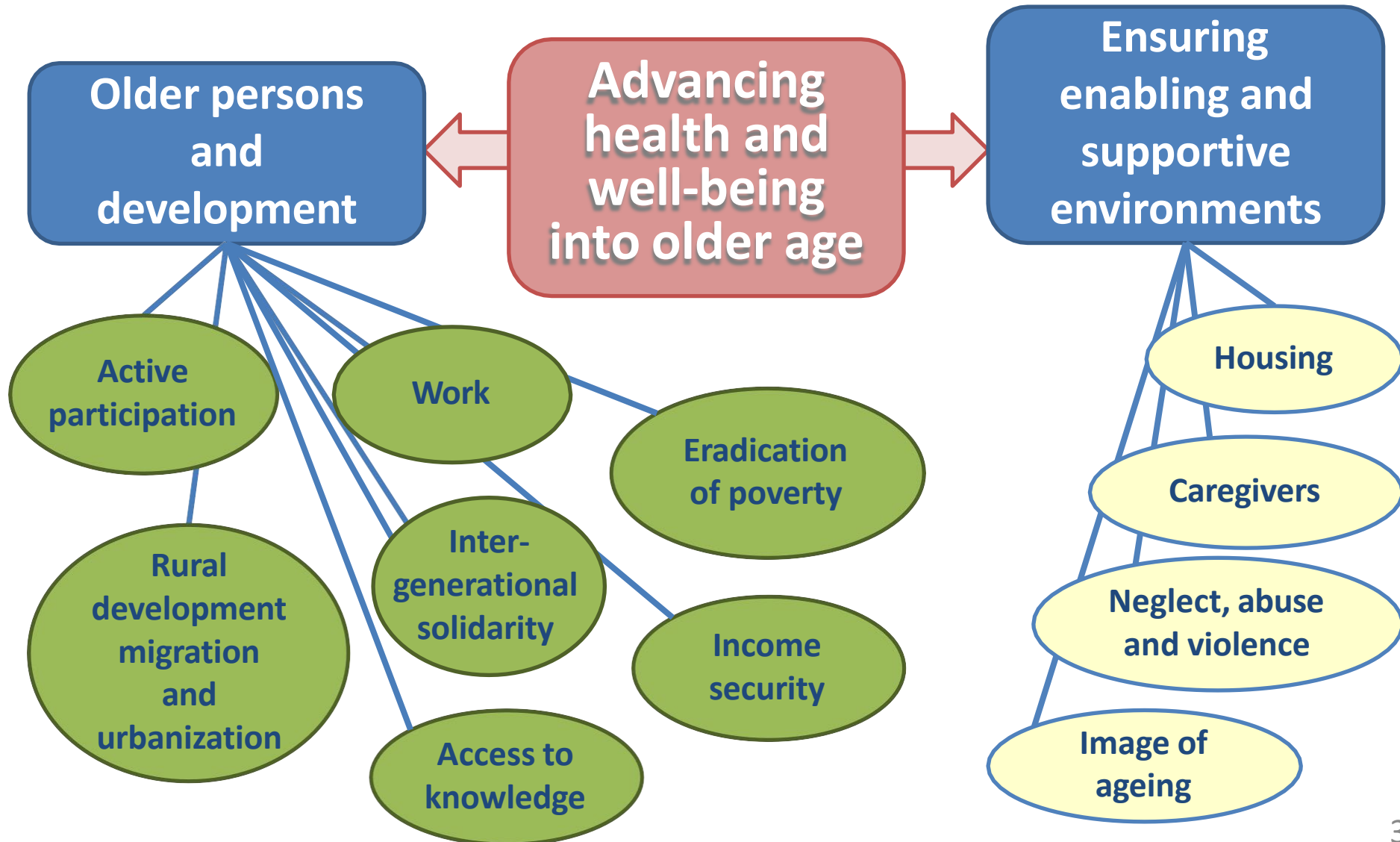
UN frameworks for ageing

United Nations Decade of Healthy Ageing
(2021–2030) A/75/l.47

Asia-Pacific Intergovernmental Meeting on the Fourth Review and Appraisal of the Madrid International Plan of Action on Ageing

29 June to 1 July 2022
BANGKOK

ASEAN initiative for Active Ageing

ASEAN Plus Three Statement on Active Ageing, Vientiane, Lao PDR, 7 Sept.2016

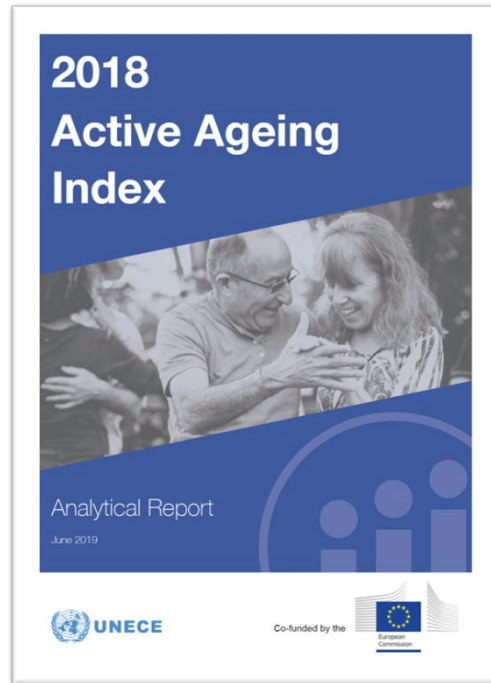https://asean.org/asean-plus-three-statement-on-active-ageing/

3rd ASEAN –Japan Active Ageing Regional Conference Manila June 2017
organized by the Ministry of Health Labour and Welfare, Japan, and Asian Development Bank

1st : 2014 in Jakarta
2nd : 2015 in Samui

Already several endeavors to measure active ageing

Overall Index	Asian Active Ageing Index			
Domains	Employment	Social participation	Independent living	Capacity / enabling environment
Indicators	Employment rate 55-59	Voluntary activities 55+	Physical exercise 55+	Remaining Life Expectancy (RLE) at age 60
	Employment rate 60-64	Care to child / grandchildren 55+	Access to health insurance or health benefit 55+	Share of Healthy Life Expectancy (SHLE) at age 60
	Employment rate 65+	Care to older adults 55+	No ADL difficulties for 55+	Mental well-being 55+
		Civic and religious activities 55+	No IADL difficulties for 55+	Subjective well-being 55+
			Relative median income 65+	Social connectedness 55+
			No poverty risk 65+	Physical safety 55+
			Home ownership 55+	Use of ICT 55+
				Education attainment 55-74

Asian Active Ageing Index

ASEAN-Japan
Healthy and Active Ageing Index (HAAI)

1 Policy & Statistics

1. Multi-sectorial healthy and active ageing policy (yes/no)
2. Policies for healthcare including NCD (yes/no)
3. Long-term care system (yes/no)
4. Statistics on older population
5. Vital statistics including cause of death
6. Statistics on living condition
7. Estimation of health care expenditure for older persons
8. Statistics on health and long-term care workforce
9. Statistics on capacity of long-term care facility
10. Total score

2 Income & Livelihood Security

1. Absolute poverty rate
2. Relative poverty rate
3. Financial tools
4. Food insecurity
5. Employment
6. Coverage of income security
7. Home ownership

3 Health & Quality of Life

1. Life expectancy at age 60
2. Healthy life expectancy at age 60
3. NCD mortality
4. Suicide mortality
5. Disability/ADLs
6. Disability/WG
7. Disability/GALI
8. Prevalence of dementia
9. Subjective, self-rated health
10. Receiving long-term care
11. Unmet need for healthcare
12. Physical exercise

4 Social Capital

1. Loneliness/ social Isolation
2. Engagement of social activities
3. Communication with family or friends
4. Trust in the community
5. Safety in the community
6. Care to children and/or grandchildren

5 Capacity and Enabling Environment

1. Having a mobile phone
2. Access to the internet
3. Living in a house with safe drinking water
4. Living in a house with toilet
5. Education (completed at least primary level)
6. Free from physical, psychological, financial or sexual violence

6 COVID-19

1. Case fatality ratio of older persons
2. Vaccine coverage of older persons

Domain 1 Policy & Statistics

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	Policy -Multisectoral healthy and active ageing : yes/no	1	1	1	n.d.	1	1	1
2	Policy -Health care including NCD : yes/no	1	0.5	1	1	1	1	1
3	Policy -Long-term care system : yes/no	1	0.2	0.8	0	0.5	0	0
4	Statistics -Older population proportion and distribution : yes/no data	1	1	1	1	1	1	1
5	Statistics -Vital statistics (including cause of death)	1	0.2	0.5	0.3	0.9	0.5	1
6	Statistics -Health / living conditions of older persons	1	1	1	1	1	1	1
7	Statistics -Health care expenditure for older persons : yes/no data	1	0.5	0.5	0.5	0.5	0.5	1
8	Statistics -Number of health and long-term care workers : yes/no data	1	0.5	0.5	n.d.	0.5	0.5	0.5
9	Statistics - Capacity of long-term care facility : yes/no data	1	0	n.d.	1	0.5	1	0
10	Total	9	4.9	6.3	4.8	6.9	6.5	6.5

Domain 2 Income & Livelihood Security

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	Absolute poverty rate	n.d.	11.1%	10.90%	16.3%	10.8%	8.86%	n.d.
2	Relative poverty rate	19.6%	29.5%	28.0%	16.7%	17.3%	n.d.	n.d.
3	Financial tools	n.d	n.d	n.d	n.d.	n.d.	n.d.	5%
4	Food insecurity	5%	n.d	n.d	22.6%	5.2%	0.9%	n.d.
5	Employment	22.5%	43.8%	25.7%	21.9%	13.8%	33.8%	46.0%
6	Coverage of income security measures such as public pension or welfare benefits	85.9%	10.1%	91.0%	14.2%	n.d.	23.8%	n.d.
7	Home ownership	84%	92.1%	92.2%	n.d.	84.8%	84.6%	85.0%

Domain 3 Health & quality of life

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	Life Expectancy at age 60	26.4	17.94	23.57	18.06	19.5	19.6	17.77
2	Healthy life expectancy at age 60	20.4	13.4	18.0	13.6	14.6	14.8	13.4
3	NCD mortality	8.3	24.8	13.7	24.9	18.4	21.2	24.5
4	Suicide mortality rate among older people	17.7	5.8	11.5	5.3	15.7	22.0	2.9
5	Disability/ADLs	14.5%	23%	8%	n.d.	17.0%	15.0%	21.7%
6	Disability/WG (Washington Group)	n.d.	n.d.	n.d.	23.3%	n.d.	64.4%	67.7%
7	Disability/GALI (Global Activity Limitation Index)	21.8%	n.d.	n.d.	n.d.	n.d.	59.6%	59.0%
8	Prevalence of dementia	2.1%	n.d.	n.d.	n.d.	8.5%	7.6%	6.2%
9	Subjective, self-rated health	26.7%	82.4%	81.4%	28.8%	52.6%	25.6%	22.2%
10	Receiving long-term care	17.6%	n.d.	n.d.	10.3%	5.6%	20.4%	8.1%
11	unmet need for healthcare	1.9%	n.d.	n.d.	12.9%	26.1%	12.7%	29.0%
12	Physical exercise, including walking	45.8%	34.4%	30%	64.10%	83.1%	25.7%	52.3%

Domain 4 Social capital

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	Loneliness / social isolation	2.7%	n.d.	n.d.	17.4%	n.d.	1.6%	5.9%
2	Engagement of social activities (community, political & religious activities)	25.3%	55.4%	48.1%	13.8%	80.5%	9.8%	35.1%
3	No communication with family or friends	2.0%	43.3%	32.3%	25.0%	16.5%	12.3%	5.4%
4	Trust in the community	68.90%	n.d.	n.d.	73.0%	59.0%	n.d.	n.d.
5	Safety in the community	84.8%	89.6%	92.7%	83.8%	90.5%	n.d.	n.d.
6	Care to children and/or grandchildren	24.7%	32.8%	60.7%	n.d.	n.d.	19.1%	24.4%

Domain 5 Capacity and enabling environment

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	Having a mobile phone	86.7%	n.d.	n.d.	35.7%	93.9%	58.4%	30.5%
2	Access to the Internet	60.2%	5.2%	8.4%	17.1%	60.7%	12.7%	6.1%
3	Living in a house with safe drinking water	99%	83.1%	77.3%	63.8%	96.0%	76.6%	94.8%
4	Living in a house with toilet	94.3%	79.5%	98.4%	79.8%	96.0%	91.8%	88.0%
5	Education (completed at least primary level)	99.9%	49.9%	66.8%	66.5%	50.0%	79.2%	93.2%
6	Free from physical, psychological, financial or sexual violence	0.3%	n.d.	n.d.	3.4%	9.0%	n.d.	n.d.

Domain 6 COVID-19

No.	Indicator	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
1	COVID-19 case fatality ratio	6.4%	0.3%	n.d.	11.1%	6.3%	0.0%	7.9%
2	COVID-19 vaccine coverage	94% (60+)	n.d.	n.d.	n.d.	n.d.	n.d.	n.d.

Calculation method

Data	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
3.7 Disability /GALI	21.8%	-	-	-	-	59.6%	59.0%

↓Mean=46.8%, Standard deviation=17.7%

T-score	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
3.7 Disability /GALI	35.9	-	-	-	-	57.2	56.9

↓Invert as this indicator is lower with better conditions

Adjusted T-score	Japan	Indonesia	Thailand	Myanmar	Malaysia	Vietnam	Philippines
3.7 Disability /GALI	64.1	-	-	-	-	42.8	43.1

Results
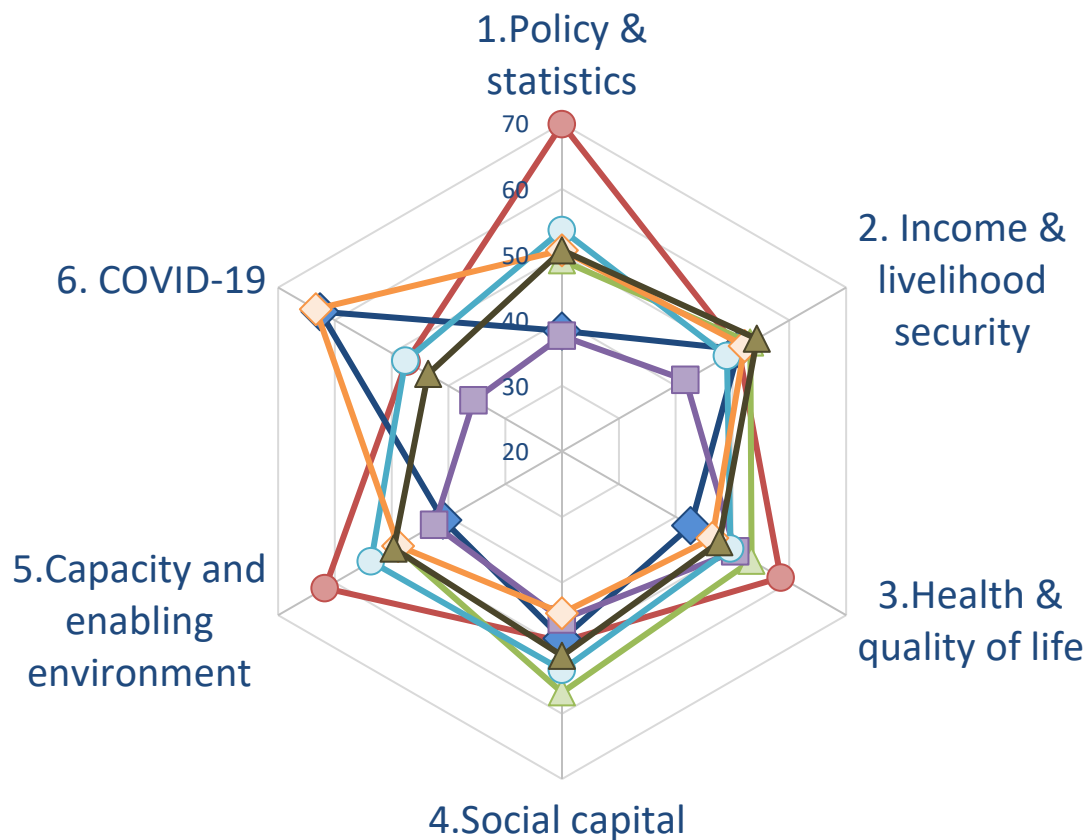
Domain	JP	ID	TH	MM	MY	VN	PH
1	69.9	38.4	49.1	37.6	53.7	50.7	50.7
2	51.1	51.1	53.1	41.7	49.1	52.1	54.3
3	58.5	42.7	53.4	50.5	49.6	46.5	47.7
4	49.0	48.6	56.8	45.7	53.3	44.7	51.2
5	61.7	41.0	49.1	42.5	53.6	48.9	49.6
6	47.4	62.6		35.5	47.6	63.4	43.6
Total	56.3	47.4	52.3	42.3	51.2	51.0	49.5

Good practices on the promotion of healthy and active ageing

The Intergenerational Self-Help Club (ISHC) Development Model (Vietnam)

https://www.ahwin.org/helpage-vietnam-ishc/

- Community-based organizations that promote healthy longevity through a range of inter-generational activities.
- Started since 2006 by HelpAge International and now there are nearly 3,000 ISHC nationwide and have become the largest care providers in the country
- Winner of 2020 HAPI Grand Prize Winner by ASIA Health and Wellbeing Initiative (AHWIN)

Elderly-Friendly Community Program:Community-Based Education (Indonesia)

https://www.ahwin.org/indonesia-elderly-friendly-community-program/

- Indonesia Ramah Lansia (IRL) Foundation has been developing a range of community-based education programs for both older people and their caregivers with a focus on creating age- friendly communities.
- 1,675 participants in 29 villages across the Bantul region of Yogyakarta.
- Winner of 2020 HAPI 2nd Prize by ASIA Health and Wellbeing Initiative (AHWIN)

Data availability is the key

- **National statistics and surveys**
  - SUSENAS (Indonesia)
  - IFLS (Indonesia)
  - 2017 Survey of the Older Persons (Thailand)
  - The 2019 Inter-censal Survey (Myanmar)
  - National Health and Morbidity Survey 2018: Elderly Health (Malaysia)
  - LSAHV 2018 (Vietnam)
  - LSAHP 2018 (Philippines)
  - ···many more

- **Sample survey conducted by the project in Myanmar: Survey on Healthy and Active Ageing in Myanmar 2018)**

- Assess the needs of older persons
- Face to face and telephone followup
- Capacity development of health personnel through the analysis of survey

Conclusion

- Healthy and active ageing should be measured in various domains

- No need to worry about the ranking but comparative perspective could offer the policy incentives

- Importance of data, disaggregated by age, for older persons