

Utilization of Healthy and Active Ageing Indicators: The Philippine Experience

**21st ASEAN & Japan High-Level
Officials Meeting on Caring Societies**

**Oita Prefecture, Japan
28-30 November 2023**



OUTLINE OF PRESENTATION

- **Overview of the Ageing Population**
- **Country Good Practices**
 - Policy and Statistics
 - Income and Livelihood Security
 - Health and Quality of Life
 - Social Capital
 - Capacity and Enabling Environment
 - COVID-19
- **Challenges & Ways Forward**

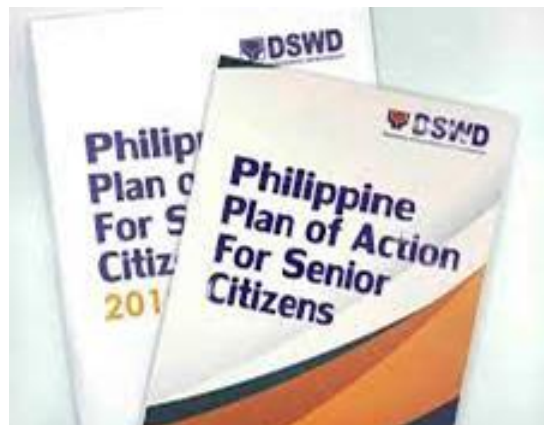
OVERVIEW OF AGEING POPULATION IN THE PHILIPPINES



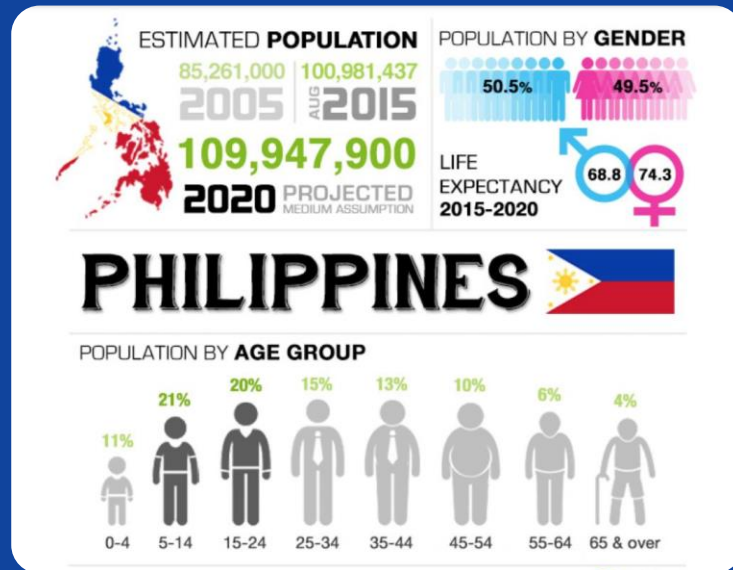
- Philippines is the 2nd most populous country in the ASEAN Region with a population of **109.9 million (2020)**
- **8.5%** of the total population is comprised of senior citizens
- Population projected to increase to **16.5%** of the total population **by 2050**
- Average life expectancy is **69 years old** (male) and **74 years old** (female)
- Employment rate is **26%** (men) and **19.2%** (women)
- **14%** of senior citizen population lives in poverty

COUNTRY INITIATIVES: POLICY & STATISTICS

THE EXPANDED
SENIOR CITIZENS ACT
OF 2010:
REPUBLIC ACT NO. 9994



of workers, employment,
security coverage



RA 10645
Mandatory PhilHealth Coverage

RA 9257
Express lanes for senior citizens

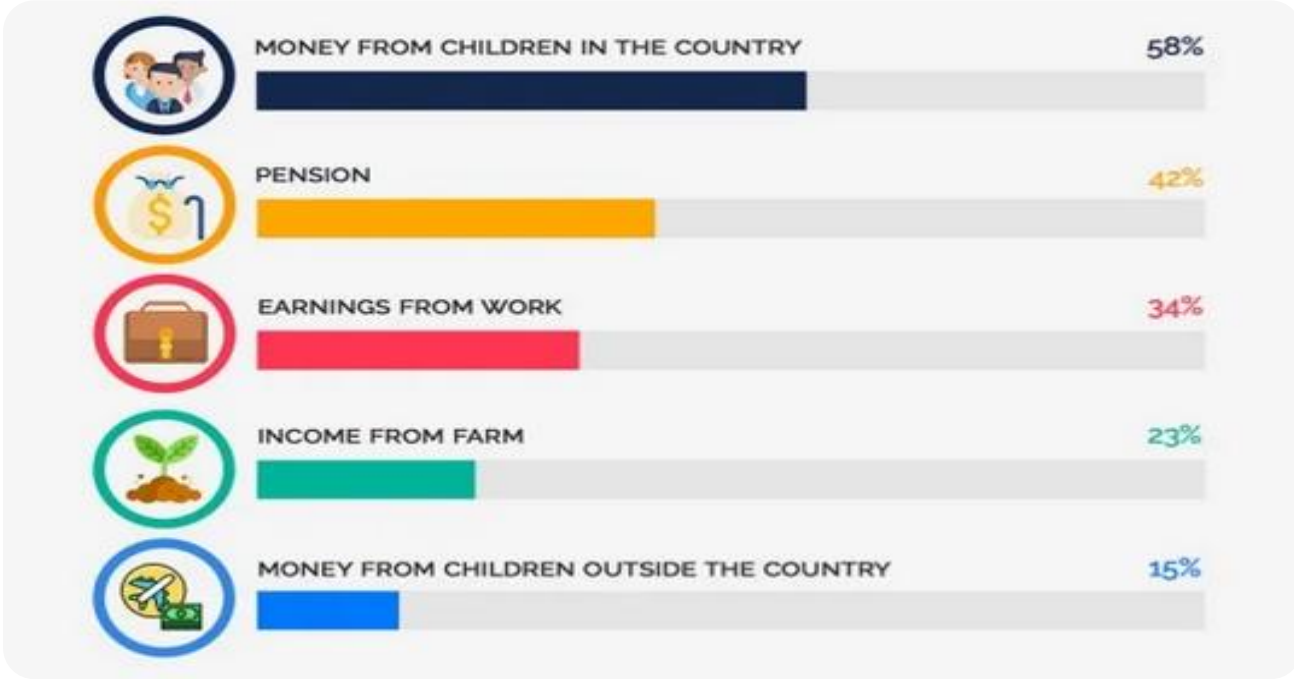
RA 11350
Creating the National Commission of
Senior Citizens

DOH AO 2015-0009 National Policy
on the Health and Wellness Program
for Senior Citizens

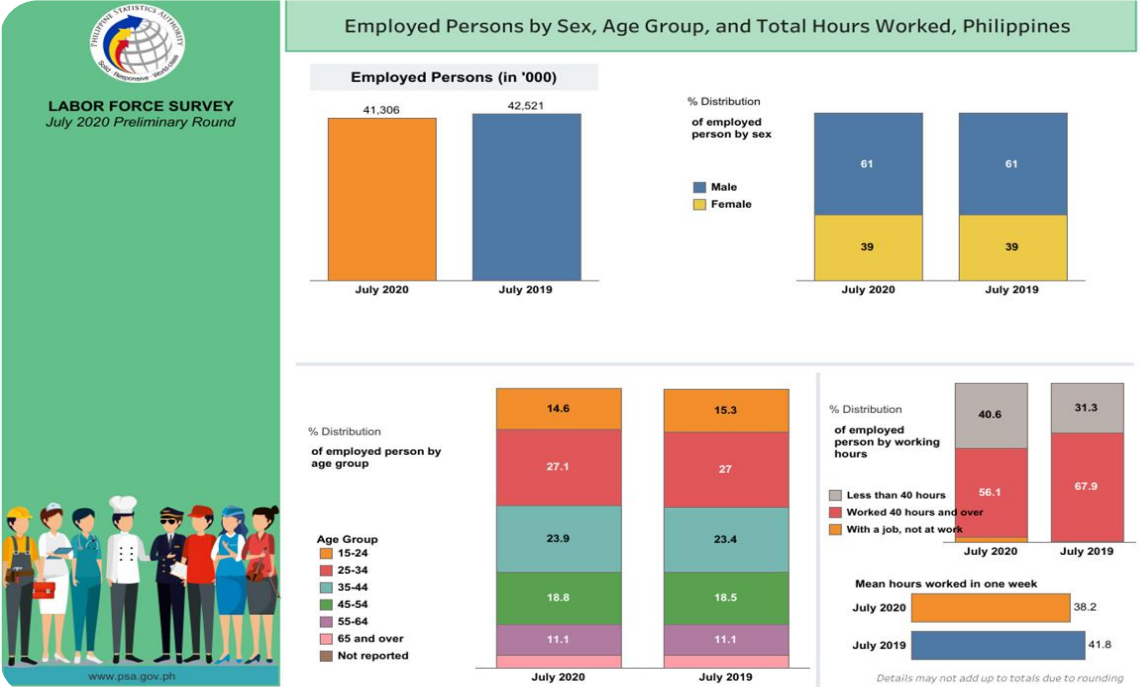


COUNTRY INITIATIVES: INCOME & LIVELIHOOD SECURITY

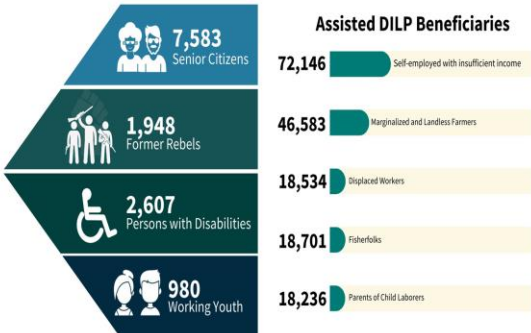
Sources of Financial Support of Older Filipinos



Integrated Livelihood and Emergency Employment Program



Social Pension for Indigent Senior Citizens Program



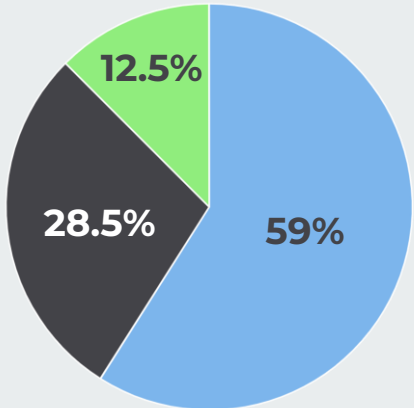
COUNTRY INITIATIVES: HEALTH & QUALITY OF LIFE

Longitudinal Study of Ageing and Health Philippines, 2018



- Self-rated health was average for many (48%) older persons
- 1 out of 5 has difficulty with at least one Activities of Daily Living
- Average 9 natural teeth with 4 in 10 of edentulous older Filipinos also do not have dentures
- Hypertension is the most commonly diagnosed illness (46%).
- Average sleep duration of 6 hours with about 8 in 10 satisfied with their sleep.

Health Expenditures by Financing Scheme

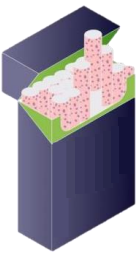


Age 60 and Above

- Government funded and Social Health Insurance
- Household out-of-pocket payment
- Other Financing Schemes

Philippine National Health Accounts, 2018

Behavioral Risk Factors



16.0%

are **current smokers**

Significantly higher among MALES



14.8%

are **current alcohol drinkers**
in the past 30 days

**Significantly higher among MALES
and RURAL dwellers**



47.8%

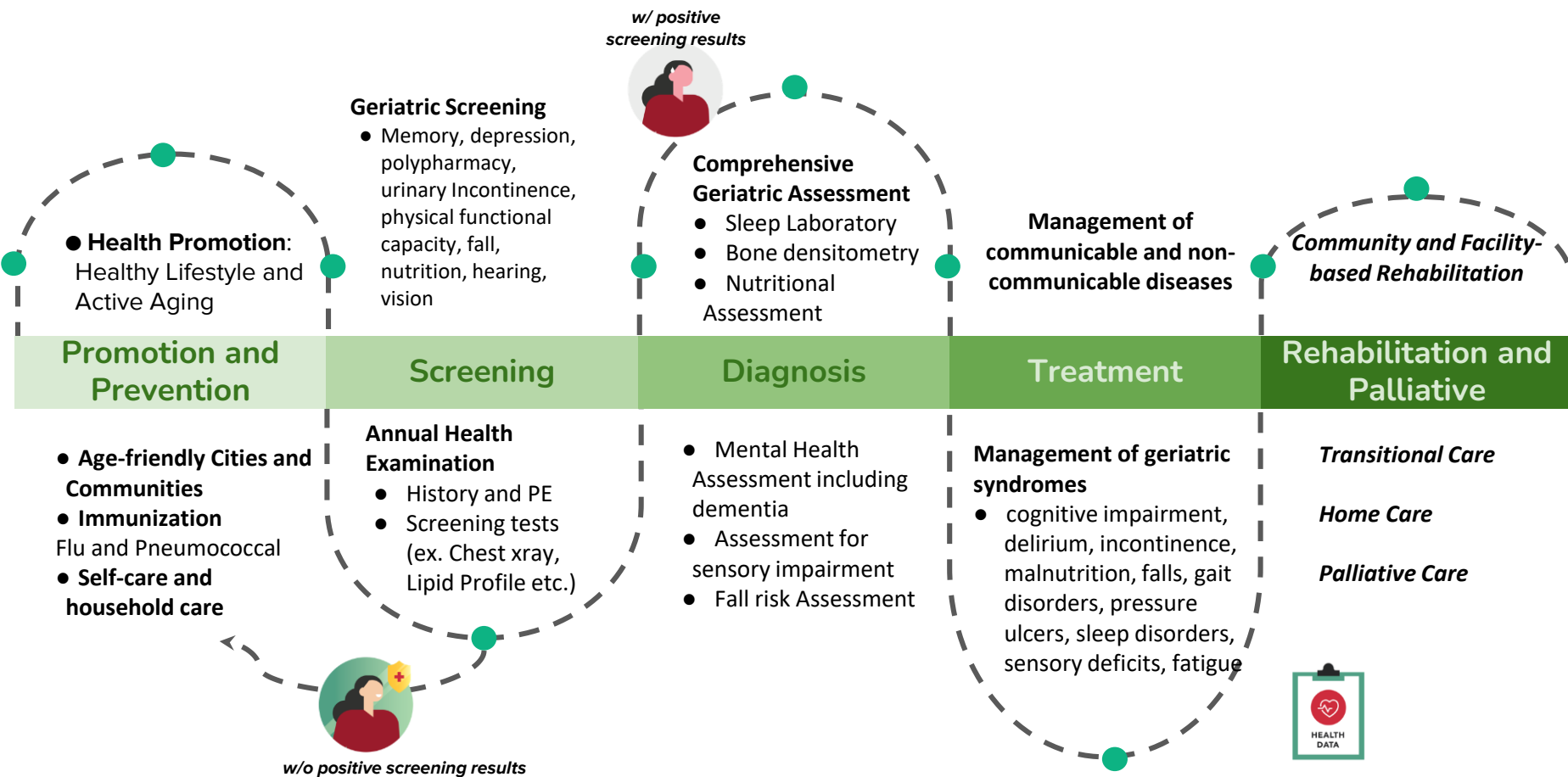
are **insufficiently** physically active

**Significantly higher among
FEMALES**

Expanded National Nutrition Survey, 2021

COUNTRY INITIATIVES: HEALTH & QUALITY OF LIFE

Envisioned Comprehensive Geriatric Care



Indicators:

- Proportion of senior citizens 60 years old and above who received one (1) dose of influenza vaccine
- Proportion of senior citizens 60 years old and above who received one (1) dose of pneumococcal polysaccharide vaccine (PPV)
- Proportion of senior citizens 60 years old and above screened using the geriatric screening tool
- Proportion of senior citizens 60 years old and above with positive geriatric screening who are referred to the appropriate specialist or service provider
- Number of functional geriatric care specialty centers

COUNTRY INITIATIVES: HEALTH & QUALITY OF LIFE

Financing



Population-based

Individual-based

Current

- ✓ Vaccination: Influenza, Pneumococcal for all senior citizens

- ✓ Mandatory PhilHealth Coverage of all Senior Citizens
- ✓ Inpatient Benefit Packages
- ✓ Konsulta package

Upcoming

Research & Surveys

- Focused InTerventions for Frail Older Adults Research and Development Program: (FITforFrail) Luzon
- Research on Home and Long term care for Older Persons
- Costing of Hearing Health and Vision Screening for PhilHealth Konsulta Primary Care Interventions Inclusion
- Impact of Hearing Loss on Mental Health of Older Adults in the Philippines

Outpatient Benefits

- *Ongoing development: geriatric screening, comprehensive geriatric assessment, hearing care, eye care services and oral Health Services*

COUNTRY INITIATIVES: SOCIAL CAPITAL



2 out of 3 non-co-resident adult children visited their older parents daily in the past 12 months

54% had daily visits from their older parents.



17% of adult children communicated daily through phone or social networking sites with their older parents. This higher for their mothers as compared to their fathers.

Regardless of the frequency of contact, active communication with one's older parents is lowest among children of those aged 80 and over.

79% prefer to live in the countryside or rural areas.



Only 2% intend to migrate within the next two years.

RESIDENTIAL HISTORY

7% have never moved out of their place of birth.



Older Filipinos who are not currently residing in their birthplace have been living in their current residence for on average. 24 years



1 in every 4 older Filipinos are partially or fully involved in the care of any of their grandchildren.

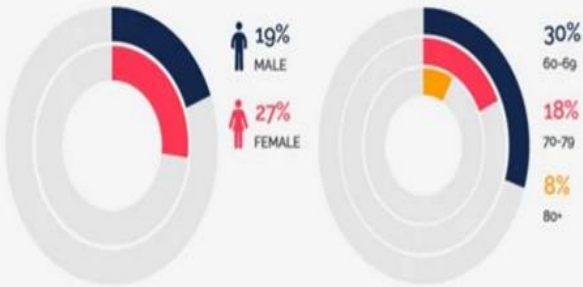
Older females are more actively involved in the care of their grandchildren as compared to older males.

Active involvement in taking care of grandchildren decreases with age.

96% of older Filipinos have any grandchildren from own, step, and adopted children.

On average, they became grandparents at about

48 years old.



Source: Longitudinal Study on Ageing and Health in the Philippines

COUNTRY INITIATIVES: **CAPACITY & ENABLING ENVIRONMENT**



- **31%** owns a cellular phone
- **6%** has access to the internet
- **90%** has social media accounts (mostly Facebook)



**“AN ACT
PROTECTING SENIOR
CITIZEN FROM
VIOLENCE, DEFINING
ELDER ABUSE, AND
PRESCRIBING
PENALTIES
THEREFORE”**



**REPORTING SYSTEM
AND PREVENTION
PROGRAM FOR
ELDER ABUSE CASES
(RESPPEC) PROJECT**

COUNTRY INITIATIVES: COVID-19

Yearly COVID-19 Case Fatality Rate

Year	Total Resolved Cases	Total No. of Deaths	Case Fatality Rate
2020	458,119	12,066	2.63%
2021	2,325,588	46,879	2.02%
2022	1,211,529	7,410	0.61%
Jan 1 to Nov 20, 2023	124,865	400	0.32%
TOTAL	4,120,101	66,755	1.62%

COVID-19 Vaccination Coverage

as of 20 March 2023

Age	Aged >60
Total Population	10,260,342
Total Target Population	8,721,291
Partially Vaccinated	236,766
Fully Vaccinated	7,165,499
% Coverage (Fully)	82.16%

CHALLENGES

1. Achieving the universal coverage for social pension.
2. Persistence of discrimination based on age.
3. Vaccine hesitancy and poor health seeking behavior among senior citizens.
4. Inadequate human resources for home care and long term care
5. Accessibility of government services in the geographically isolated and disadvantaged areas.
6. Maximizing the use of information and communications technology in improving service delivery.
7. Availability of a comprehensive and unified database.

WAYS FORWARD

1. Encourage active and meaningful partnership on the implementation of laws at the community and national level.
2. To work towards achieving well-established and needs-responsive care and support system to promote independent living to all individuals across the different life cycles.
3. To capitalize the use of digital technology and innovations in service delivery in the new normal operations
4. Adopting the Life-cycle approach in programming and implementation.
5. Promoting Healthy Ageing and enabling environments

THANK YOU!

Philippines
SLOM, SOMHD, SOMSWD

