



政府統計

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Key Findings from the 7th Longitudinal Survey of Middle-aged and Elderly Persons

This report summarizes findings from the 7th Longitudinal Survey of Middle-aged and Elderly Persons (a continuous survey on the living conditions of middle-aged and elderly persons) conducted in 2011. This report particularly examines those who left their jobs in the past 6 years since the start of the survey in 2005. Health status and participation in social activities of middle-aged and elderly persons before and after leaving their jobs as well as their desire to re-enter the labour force were analyzed.

The Longitudinal Survey of Middle-aged and Elderly Persons collects data continuously from a nationally representative sample of middle-aged and elderly men and women who were 50-59 years old at the end of October in 2005. The survey gathers information on the sample's family situation, health status, and work status on an annual basis to help inform policy. This report presents findings based on 23,672 men and women aged 56-65 whose data are available since the first wave of the survey.

<< Key Findings >>

1. Status of persons who are not working after leaving their jobs

"Taking care of the elderly and/or children" (50.5%) and "health reasons" (43.8%) were two common reasons reported by people who wish to re-enter the labour force after leaving their jobs, but are not seeking or preparing to start a new job.

2. Health status

Those who reported their health status "has been very good for the past six years since the survey started" reported that they "exercise regularly" (19.0%), "eat appropriate portions" (17.8%), and "maintain a balanced diet" (17.2%) as ways to maintain a healthy body.

3. Participation in social activities

- Those who participate in social activities (hobby/educational activities, sports, and community activities) tend to be healthy.
- Among various social activities, hobby/educational activities, sports, and community activities are easily carried on and are commonly taken on by people who have never participated in such activities before leaving their jobs.