Health expectancy among Filipino older people

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Objectives:

- estimate the level of physical health status among the Filipino older people 60 years and over using the various measures of functional ability.

- estimate the level of active life expectancy by gender using the Sullivan method
Data

• 1996 Philippine Elderly Survey (PES)
• Sample size : 2285
  (of which 1,264 are 60 years and over and 1,021 who are age 50-59 years)
• First nationally representative sample of older people in the Philippines
• Part of a 4-country comparative study
Measures of Health

• Functional ability

ADL (activities of daily living)
- Taking a bath/going to the bathroom
- Eating
- Walking around the house
- Dressing/putting on clothes
Measures of Health

IADL (instrumental activities of daily living)
- Preparing own meal
- Shopping for groceries or personal items
- Managing own money
- Doing light household chores
- Using transportation
Measures of Health

NAGI

- Crouching or squatting
- Lifting or carrying something as heavy as 5 kg. bag
- walking 200-300 meters
- Going up and down the stairs (about 3-5 steps)
- using fingers to grasp or handle
Measures of Health

- Question asked:
  - had any difficulty performing each of the ADL and IADL activities because of health or physical problems? (yes or no)
  - with difficulty ==> inactive/unhealthy
  - no difficulty ==> active/healthy
**Definition of Health**

1. **ADL:**
   - Unhealthy/inactive: with at least one ADL difficulty
   - Healthy: with no ADL difficulty

2. **ADL/IADL:**
   - Unhealthy/inactive: with at least one ADL or IADL difficulty
   - Healthy: with no ADL or IADL difficulty
3. NAGI

Unhealthy/inactive: with at least one NAGI difficulty
Healthy: with no NAGI difficulty

4. Difficulty with activities using the lower limbs (walking around the house, crouching/squatting, walking 200-300 meters, going up and down the stairs):

Unhealthy/inactive: with at least one difficulty doing activities involving the lower limbs
Healthy: with no difficulty doing activities involving the lower limbs
Methodology

- Calculation of Active Life Expectancy (ALE)
  Method: Sullivan Method
- Life table functions from the 1995 Life Table of the Philippines were used in the computation of ALE
Trends in aging: Philippines 1948-2020

- % of pop 60+
- Total number of pop 60+ (million)

Year | % of Pop 60+ | Total Pop 60+(Million)
--- | --- | ---
1948 | 4.9 | 10.2
1960 | 4.3 | 10.8
1970 | 4.6 | 10.2
1980 | 5.3 | 10.2
1990 | 5.3 | 10.2
1995 | 5.5 | 10.2
2000 | 6.0 | 10.2
2020 | 10.8 | 10.2
### Trends in aging in the Philippines

**Table 2: Life Expectancy at birth and at age 60 by sex: Philippines, 1970-1995**

<table>
<thead>
<tr>
<th>Year/period</th>
<th>Life expectancy at birth</th>
<th>Life expectancy at age 60</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
</tr>
<tr>
<td>1970</td>
<td>57.3</td>
<td>61.5</td>
</tr>
<tr>
<td>1980</td>
<td>59.7</td>
<td>65.1</td>
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<tr>
<td>1990</td>
<td>62.2</td>
<td>67.4</td>
</tr>
<tr>
<td>1995</td>
<td>62.7</td>
<td>67.9</td>
</tr>
</tbody>
</table>

Remaining years healthy and unhealthy by Gender: Philippines, 1996
(measure: ADL)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Healthy (M)</th>
<th>Unhealthy (M)</th>
<th>Healthy (F)</th>
<th>Unhealthy (F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>14.3</td>
<td>2.4</td>
<td>8.5</td>
<td>2.3</td>
</tr>
<tr>
<td>65-69</td>
<td>11.4</td>
<td>2.7</td>
<td>9.5</td>
<td>2.5</td>
</tr>
<tr>
<td>70-74</td>
<td>12.8</td>
<td>2.6</td>
<td>8.5</td>
<td>2.3</td>
</tr>
<tr>
<td>75-79</td>
<td>12.8</td>
<td>2.6</td>
<td>8.5</td>
<td>2.3</td>
</tr>
<tr>
<td>80+</td>
<td>12.8</td>
<td>2.6</td>
<td>8.5</td>
<td>2.3</td>
</tr>
</tbody>
</table>
Remaining years healthy and unhealthy by Gender: Philippines, 1996
(measure: ADL/IADL combined)
Remaining years healthy and unhealthy by Gender: Philippines, 1996
(measure: NAGI)
Remaining years healthy and unhealthy by Gender: Philippines 1996
(measure: activities using the lower limbs)
Gender differentials in life expectancy without disability by various measures: Philippines 1996 (Female-Male)
Gender differentials (F-M) in % of remaining life healthy by various measures: Philippines, 1996
Sex ratio (F/M) of remaining life expectancy without disability by various measures: Philippines 1996 (F-M)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>ADL</th>
<th>NAGI</th>
<th>ADL/IADL</th>
<th>LOWER LIMBS</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>112</td>
<td>103</td>
<td>101</td>
<td>88</td>
</tr>
<tr>
<td>65-69</td>
<td>112</td>
<td>101</td>
<td>78</td>
<td>88</td>
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<tr>
<td>70-74</td>
<td>101</td>
<td>75</td>
<td>71</td>
<td>54</td>
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<td>77</td>
<td>54</td>
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<tr>
<td>80+</td>
<td>114</td>
<td>88</td>
<td>88</td>
<td>54</td>
</tr>
</tbody>
</table>
Sex ratio (F/M) of percent of life lived without disability by various measures: Philippines 1996 (F-M)
Ongoing analysis: active life expectancy using multistate LT approach employing the IMACH program.