



AGEING AND HEALTH IN THE PHILIPPINES

Edited by
Grace T. Cruz
Christian Joy P. Cruz
Yasuhiko Saito



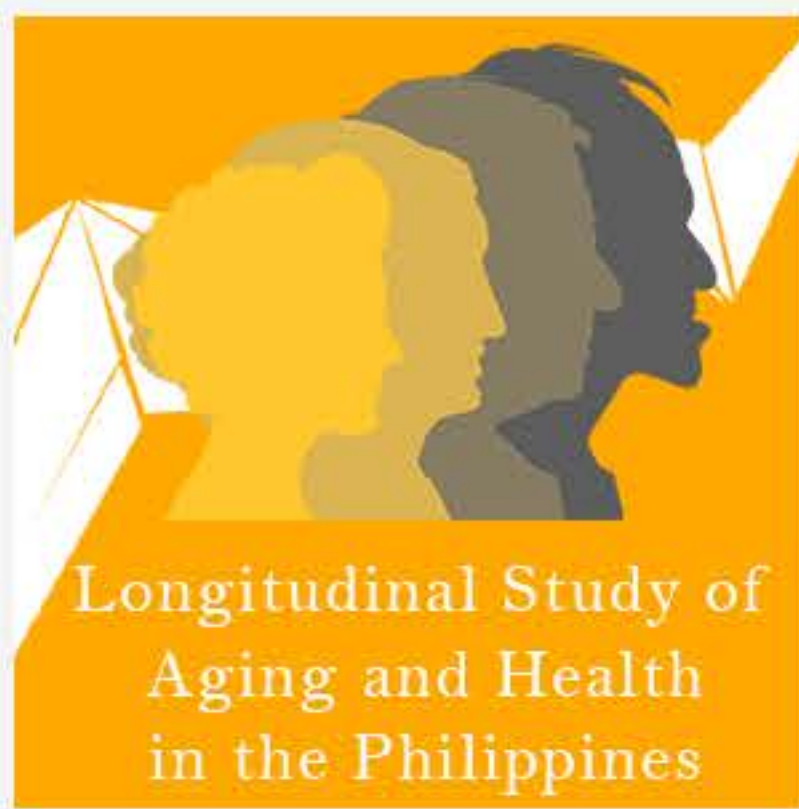
Published by
Economic Research Institute
for ASEAN and East Asia

Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia.

Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban



Longitudinal Study of
Aging and Health
in the Philippines

2018 LONGITUDINAL STUDY OF AGING AND HEALTH IN THE PHILIPPINES

The **Longitudinal Study of Aging and Health (LSAHP)** is the first multi-actor longitudinal study on aging in the Philippines implemented by the Demographic Research and Development Foundation, Inc. (DRDF). With comprehensive information coming from a **nationally representative sample of 5,985 Filipinos aged 60 years and over**, their caregivers, and adult children, it is primarily designed to:

- 1) investigate the health status and well-being, as well as their correlates, of older Filipinos;
- 2) assess the determinants of health status and transitions in health status and overall well-being.

The LSAHP is part of a comparative study of the Philippines and Viet Nam. It is funded by the Economic Research Institute for ASEAN and East Asia.

The 2018 LSAHP is preceded by two nationally representative studies on older Filipinos: the 1996 Philippine Elderly Survey (PES) and the 2007 Philippine Study on Aging (PSOA), making the 2018 baseline data the third nationally representative sample of older persons in the country in the past two decades. It provides a wealth of information on the **health, economic status, and overall well-being** of older Filipinos which will be a valuable resource for the crafting of evidence-based policies and programs for this sector of the population.



Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia.

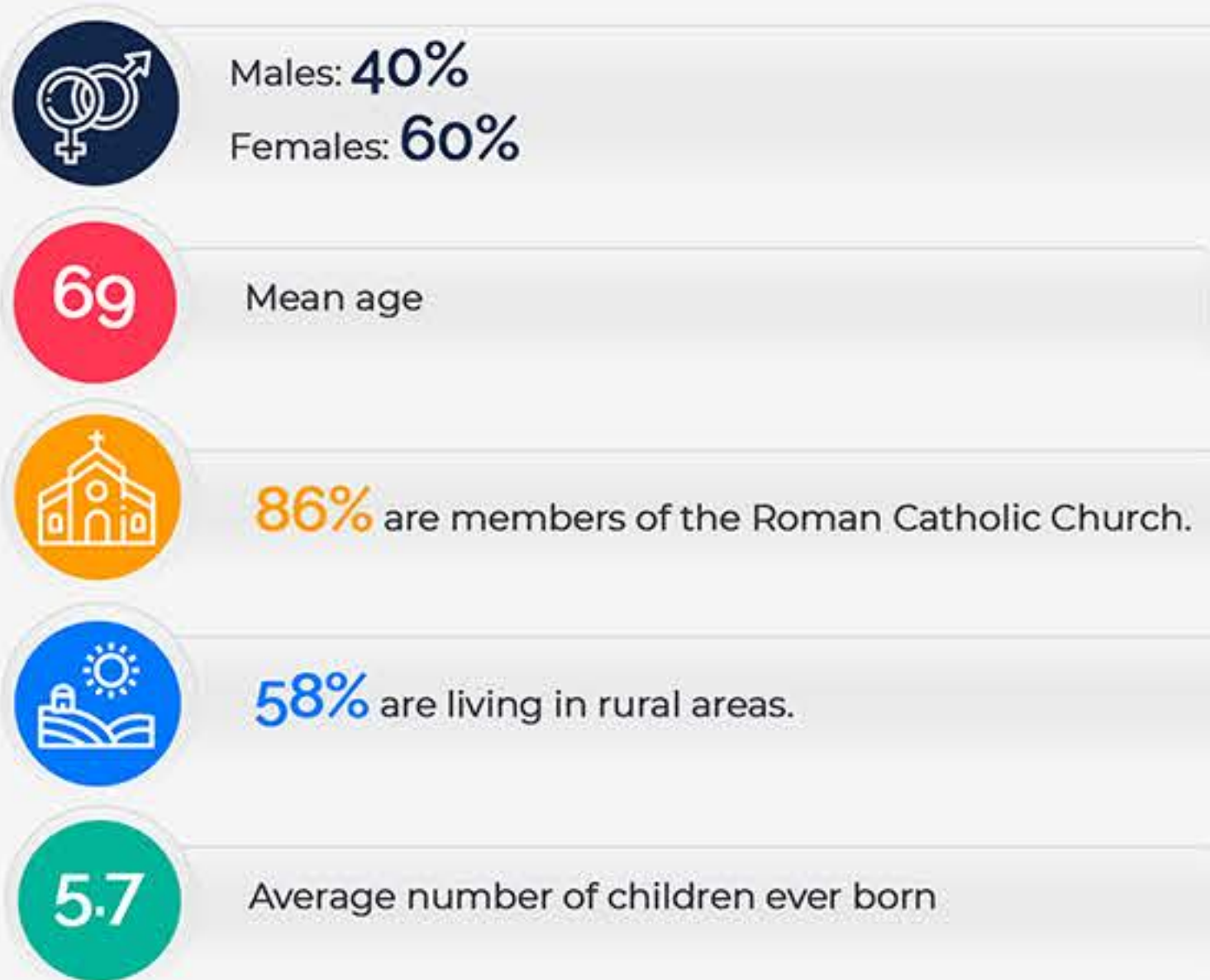
Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban

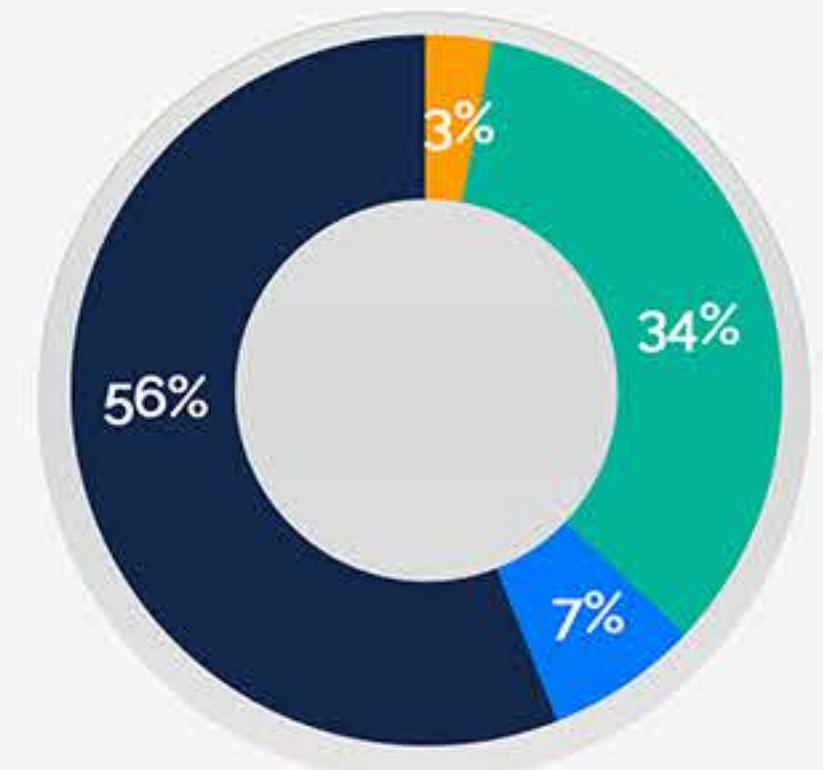
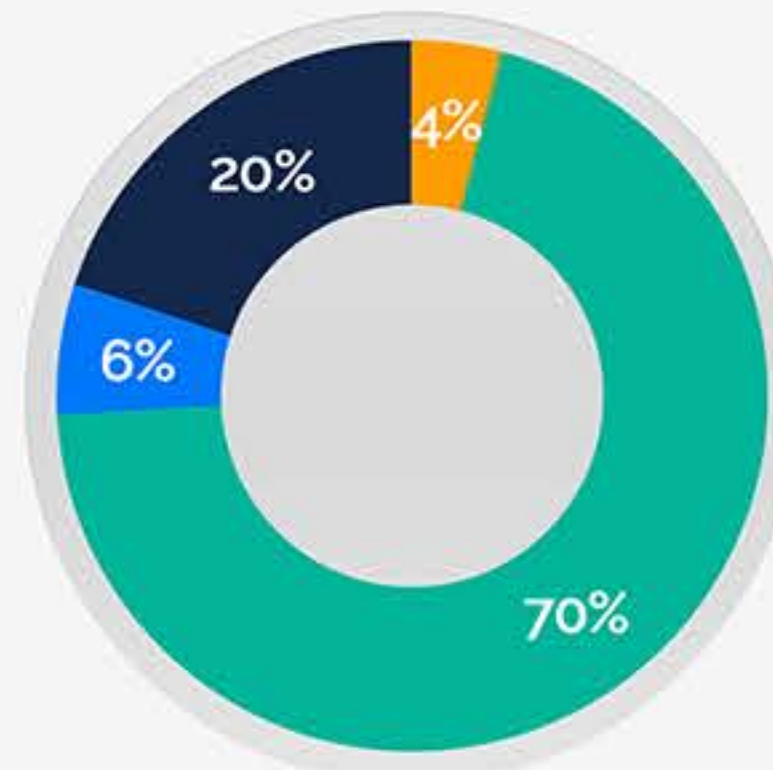
WHO ARE THE OLDER FILIPINOS?



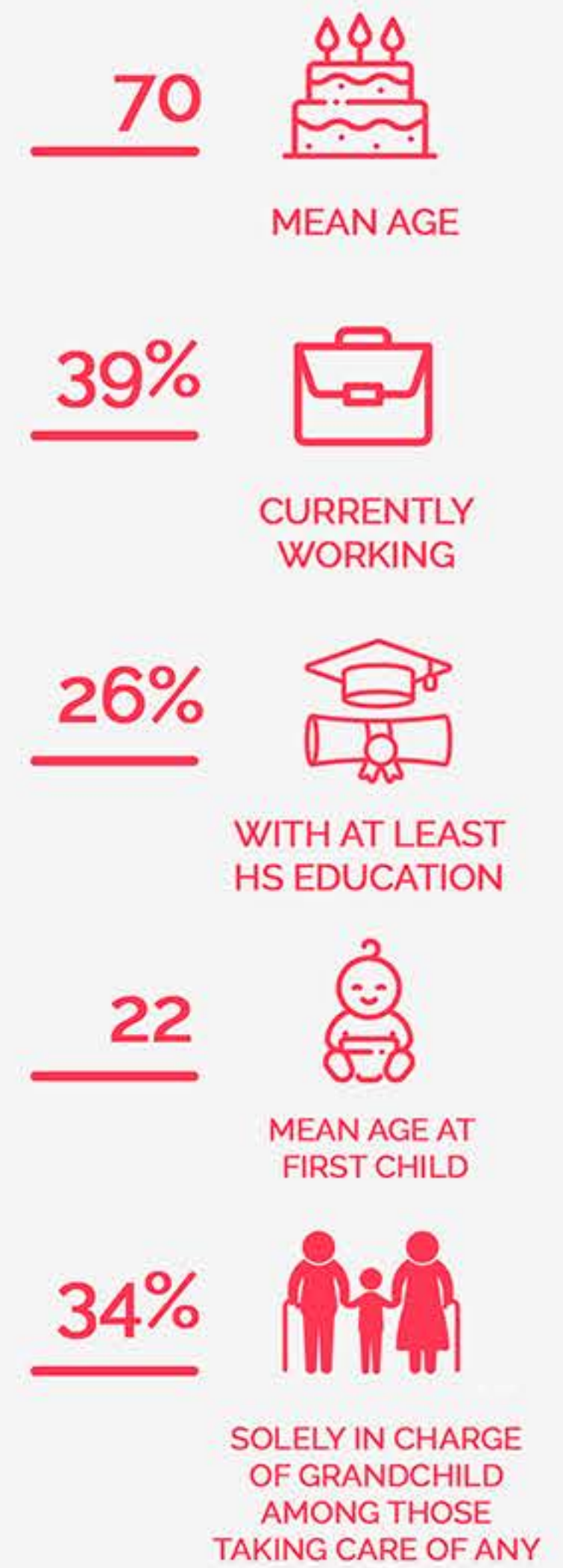
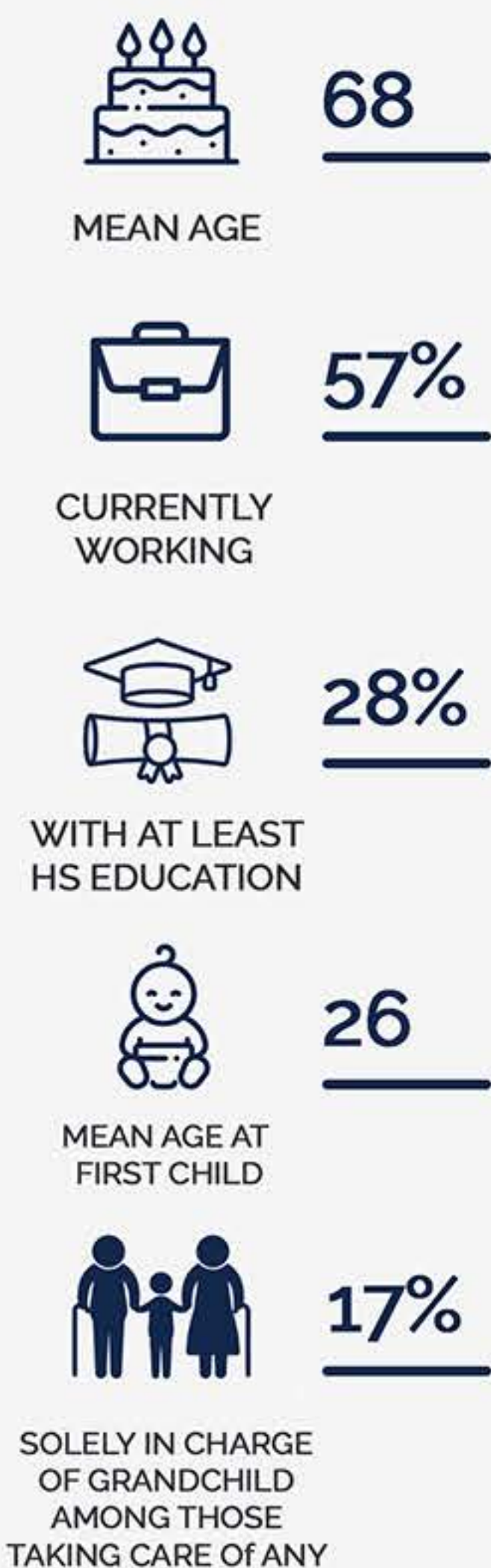
SOCIO-DEMOGRAPHIC PROFILE



Older women are more likely to be widowed, while most of the older males remain married or living-in.

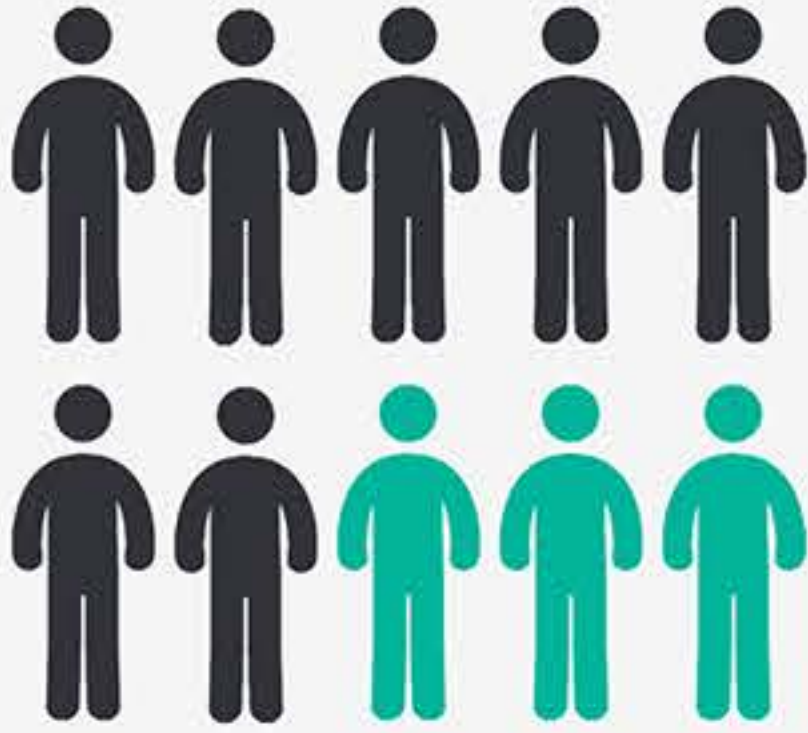


● NEVER-MARRIED ● SEPARATED/DIVORCED/ANNULLED
● CURRENTLY MARRIED/LIVING-IN ● WIDOWED



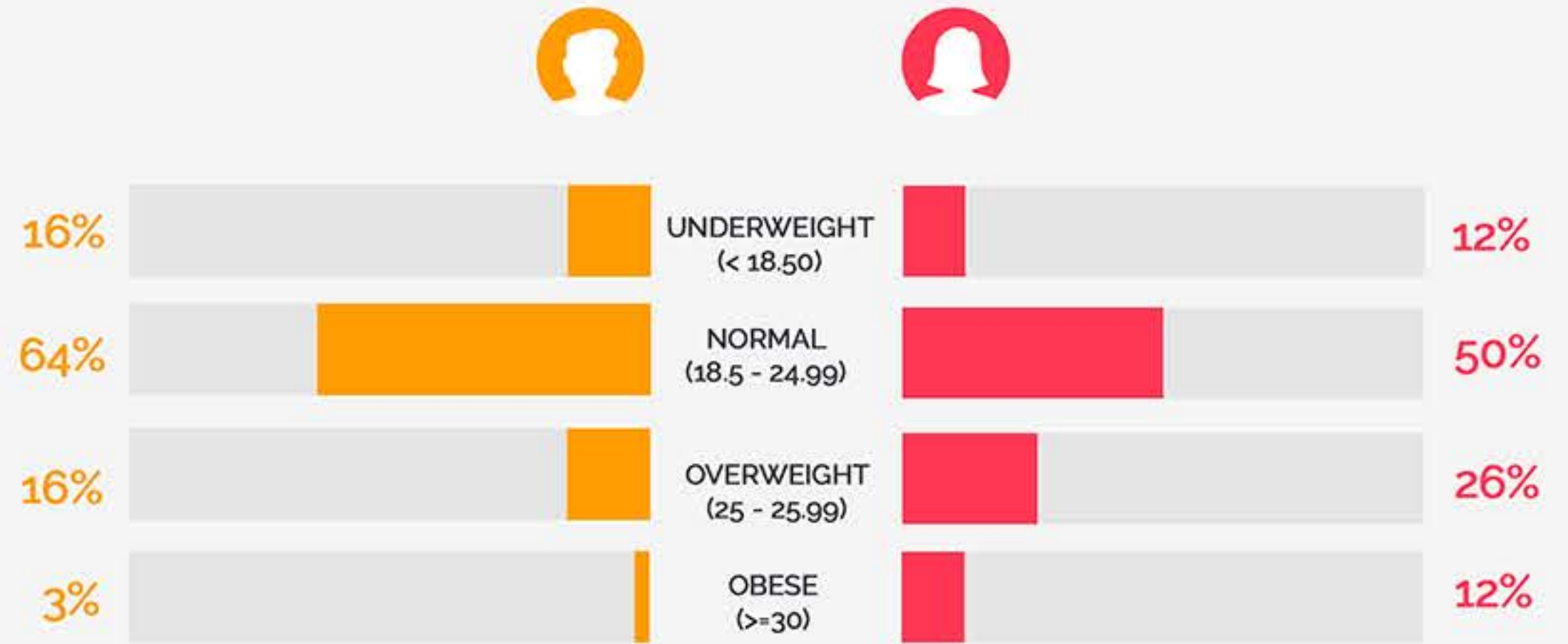
HEALTH STATUS

SELF-RATED HEALTH



3 in 10 older Filipinos consider themselves as "somewhat or very unhealthy."

BODY MASS INDEX (BMI)



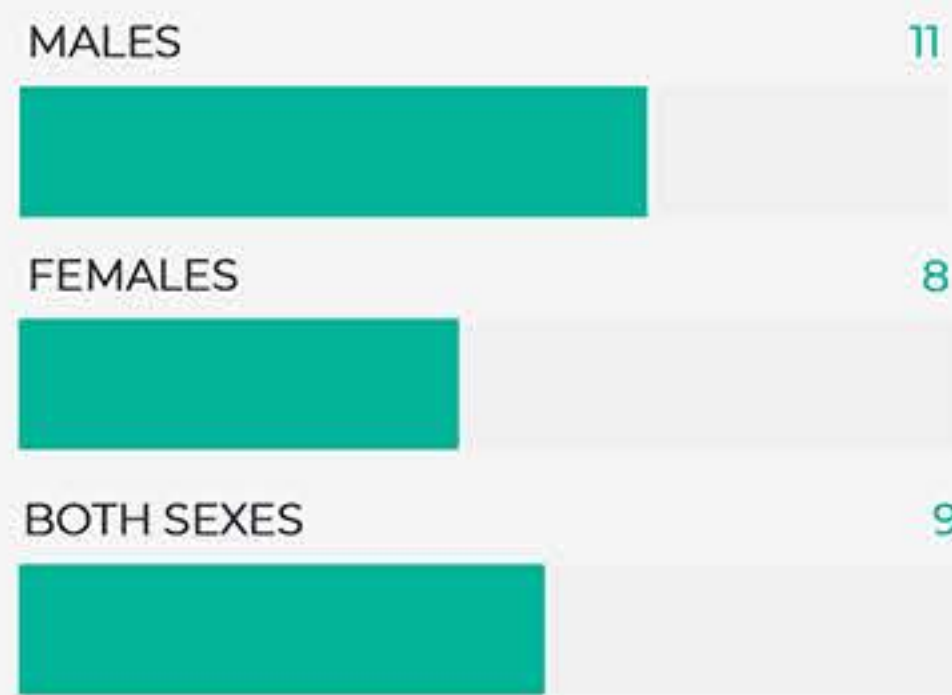
More older men are underweight, while more older women are underweight or obese.



Nearly 1 out of 5 older Filipinos had a fall in the past 12 months.

Of those who fell, **15% injured themselves seriously enough to need medical treatment.**

MEAN NUMBER OF ORIGINAL TEETH



Older Filipinos have generally poor oral health based on the WHO goal of 20 original teeth for good health. Older males have an average of 11 original teeth as compared to 8 for the females.

28% have no remaining original teeth.

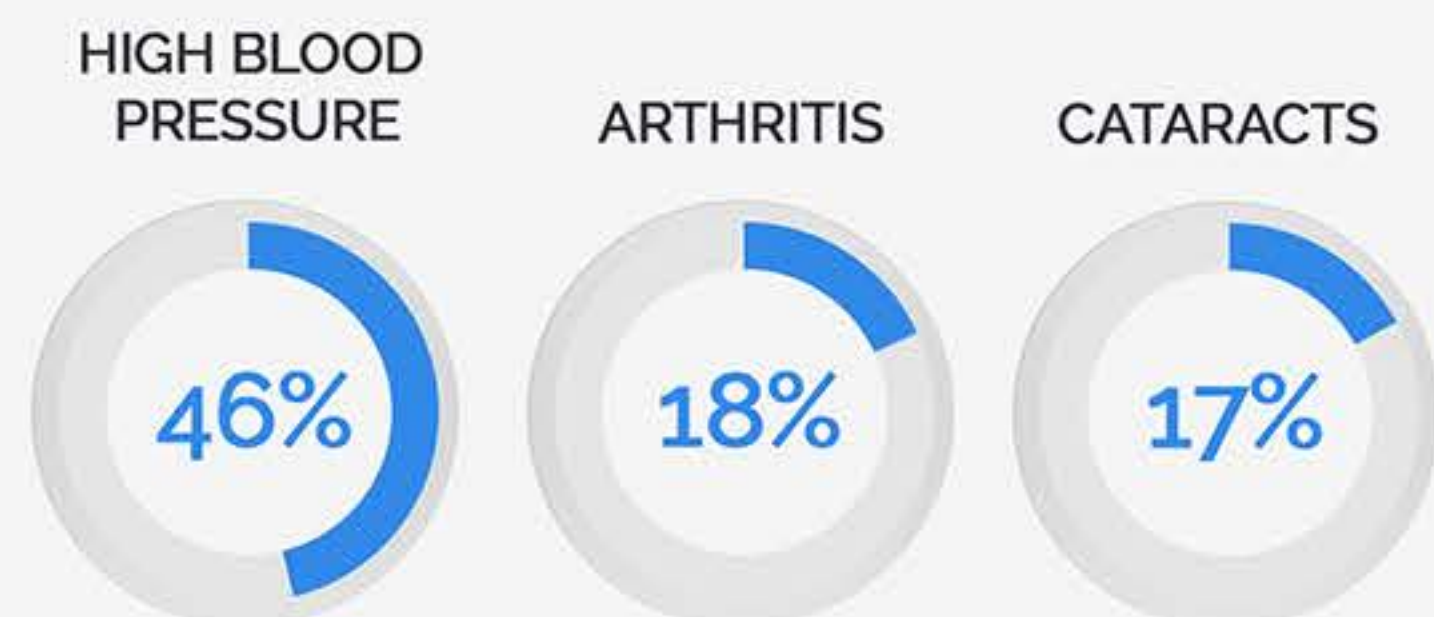
Almost half (47%) of those aged 80+ no longer have any of their original teeth.



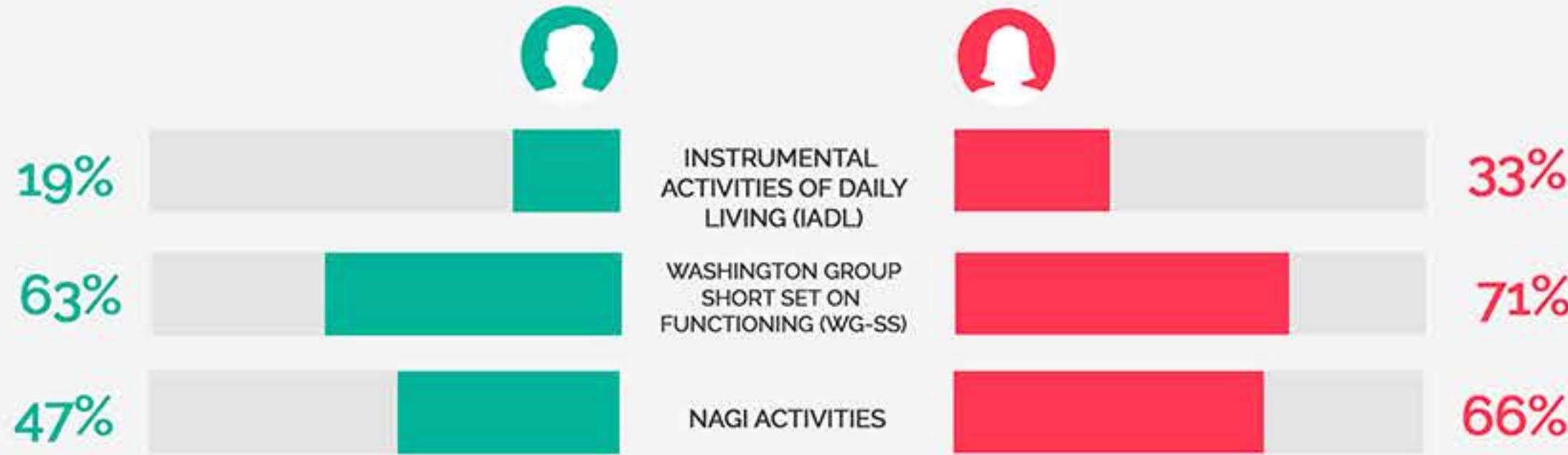
4% have ever had a heart attack.

Among those with a heart condition, **only half are currently taking medication.**

MOST COMMONLY DIAGNOSED ILLNESSES



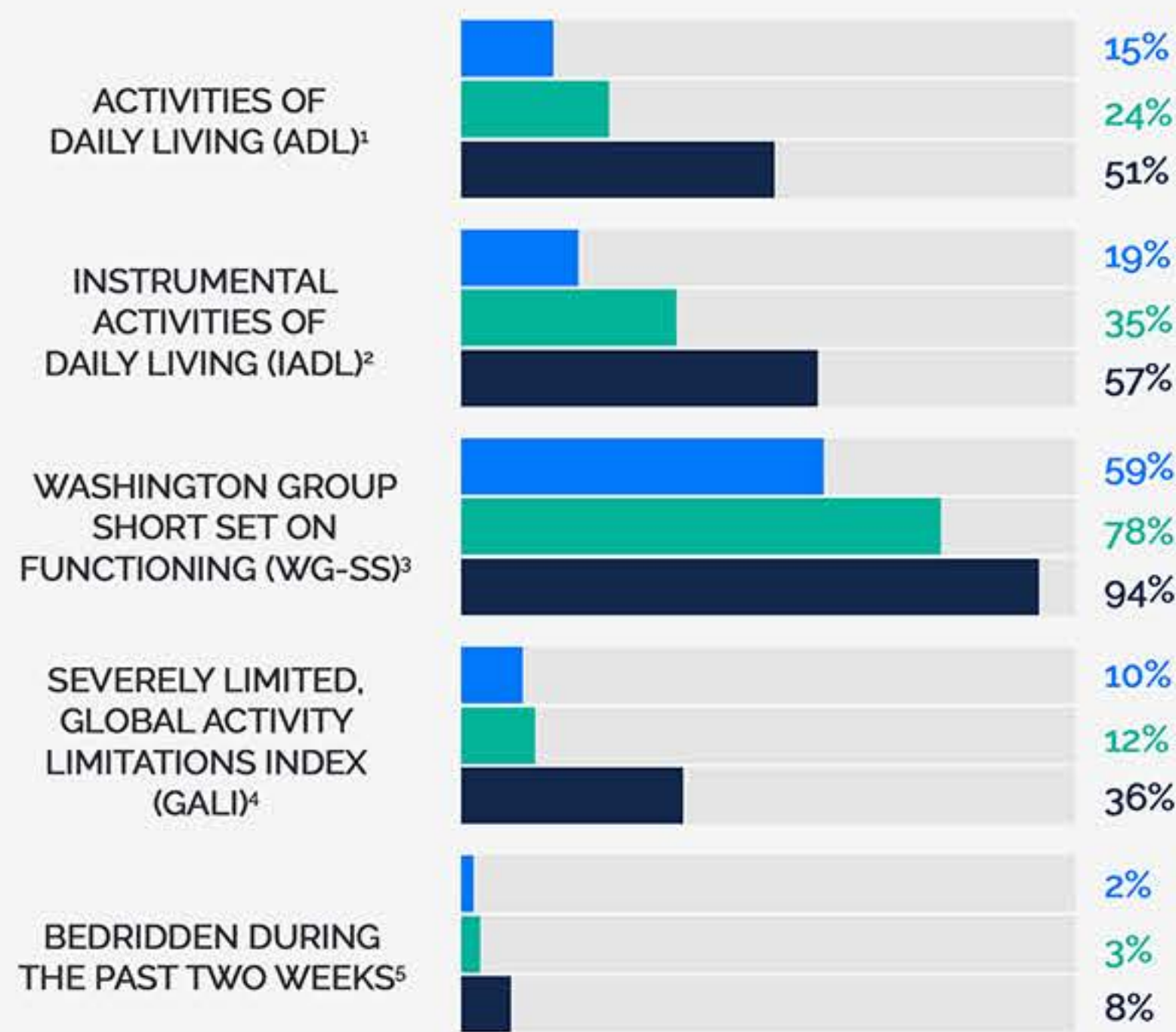
FUNCTIONAL HEALTH



FUNCTIONAL DIFFICULTIES

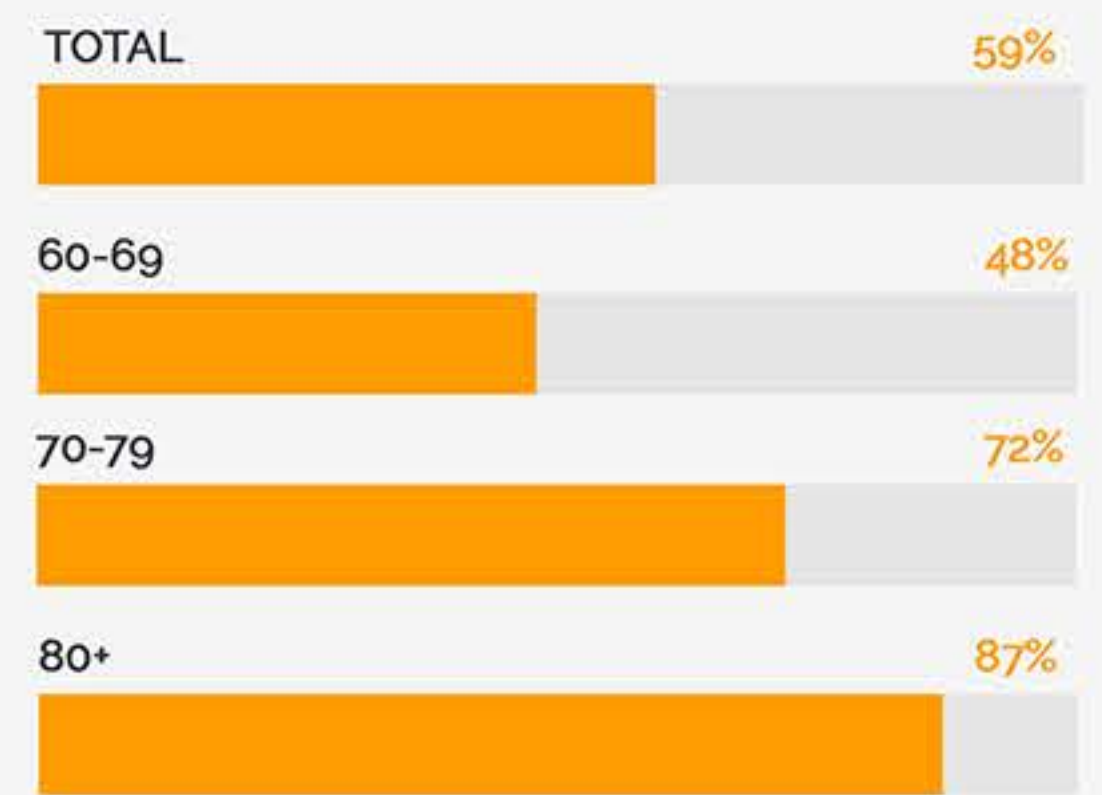
Older females show poorer disability status than older males.

Generally, there is increasing disability with advancing age.



FUNCTIONAL LOSS

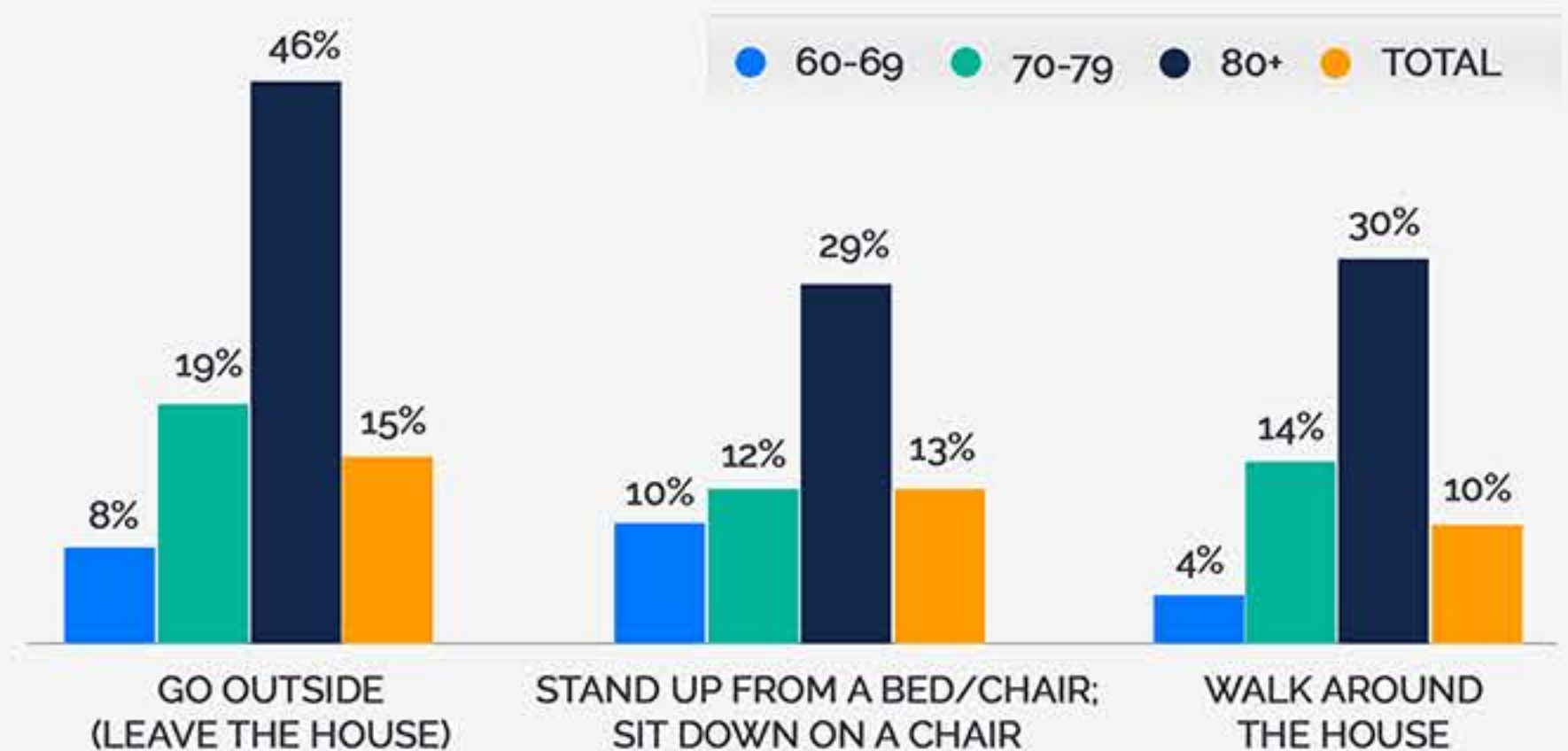
% who experienced difficulty in performing any of the 10 Nagi⁶ activities



MOST COMMON ADL DIFFICULTIES

Older Filipinos find it most difficult to go outside (leave the house), stand up/sit down, and walk around the house.

46% of those aged 80+ have difficulty in leaving their house.



Notes:

¹ Activities of Daily Living (ADL) are disability measures which cover personal care tasks of everyday life. Respondents are asked if they have difficulty in performing 7 tasks alone, without the assistance of a person or assistive device.

² Instrumental Activities of Daily Living (IADL) are disability measures of household management, independent living, or the ability to be involved in one's community (Verbrugge, 2016).

³ The Washington Group Short Set of Questions (WG-SS) on Disability developed by the Washington Group on Disability asks about health-related difficulties in seeing, hearing, walking, and/or climbing steps, remembering and/or concentrating, self-care, and communicating. The WG measure asks if the respondent has no difficulty, some difficulty, or a lot of difficulty in doing the said activities or is unable to do them.

⁴ Respondents were asked, 'For the past 6 months, to what extent have you been limited because of a health problem in activities people usually do? Would you say you have been: severely limited, limited but not severely, or not limited at all?'

⁵ Bed disability is broadly defined to include short-term episodes of restrictions on a person's usual activities and includes days spent in non-institutional illness involving confinement to bed for more than half the daylight hours (Sullivan, 1971).

⁶ Nagi measures of physical functioning are measures of functional loss or limitations which include 10 questions that measure physical ability or agility. The questions used in the LSAHP are modified versions of the original set of questions.

Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia.

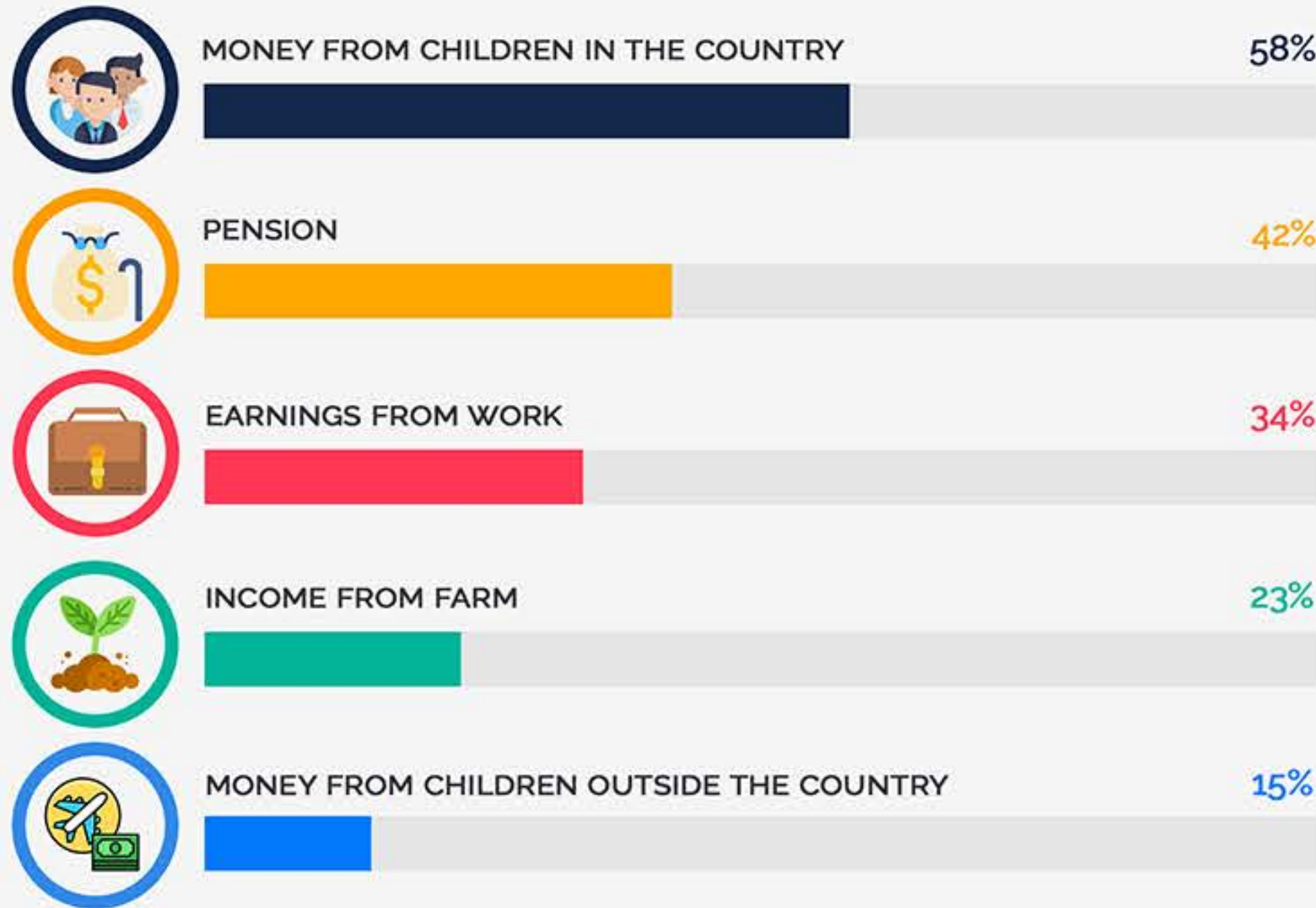
Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban

ECONOMIC WELL-BEING



SOURCES OF FINANCIAL SUPPORT OF OLDER FILIPINOS



On average, older Filipinos report an average of **2 sources of financial support**.

The family, particularly children, is the traditional source of economic support for older Filipinos.

As dependence on income from work noticeably drops with age, there is a corresponding increase in the proportion of older Filipinos that rely on transfers from children and pension benefits.

MOST IMPORTANT SOURCE OF FINANCIAL SUPPORT

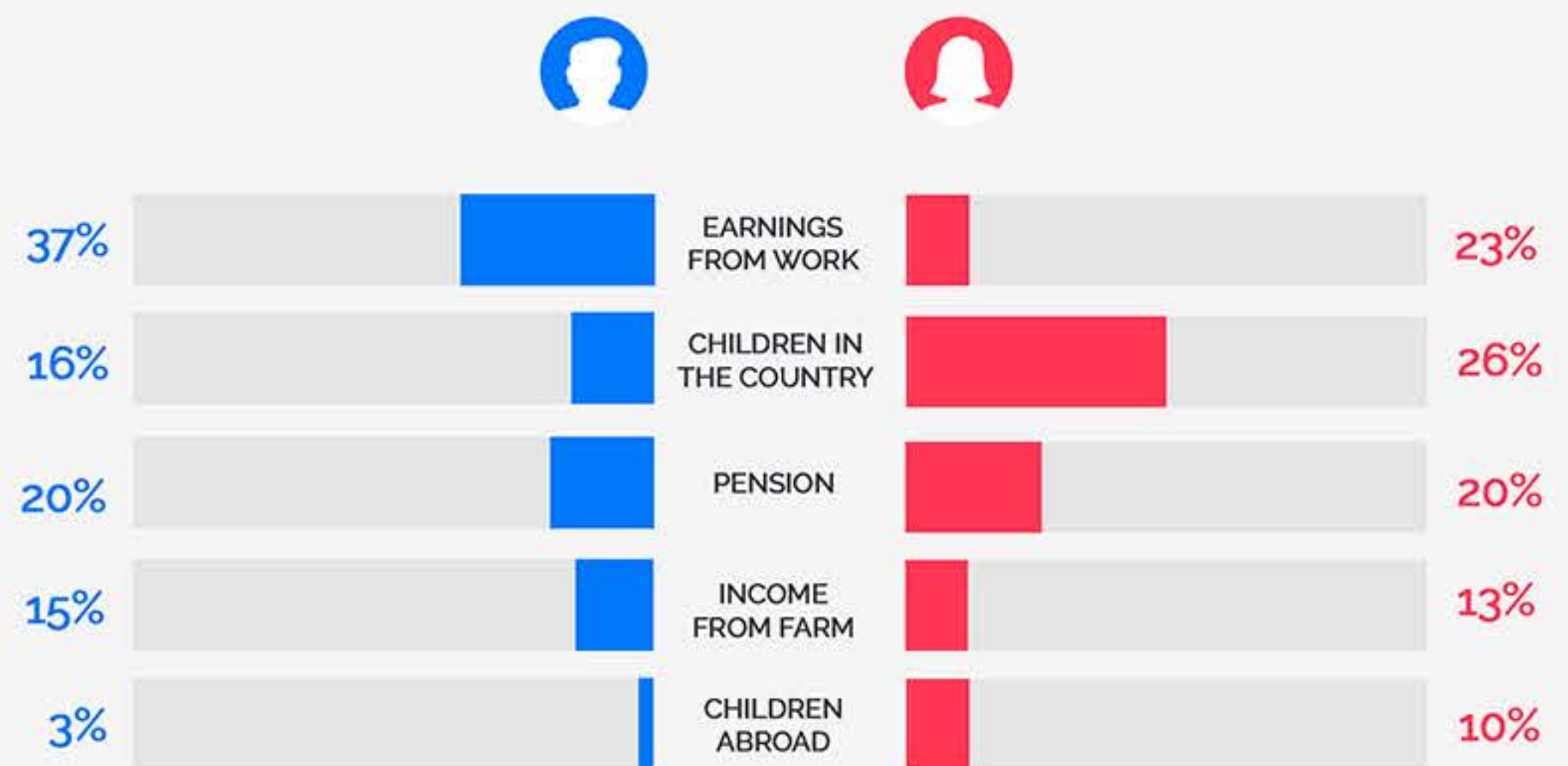
Almost a third (29%)

of older Filipinos think of earning from work as their most important source of income. The proportion declines significantly with age.

More older males consider earnings from work as their most important income source, whereas it is money from children in and out of the country for older females.

Reliance on pension is low.

Less than half (42%) mentioned pension as a source of income. But only **20%** consider it their most important source of financial support



SELF-RATED ADEQUACY OF HOUSEHOLD INCOME

57% of older Filipinos report insufficient income.



More older males (59%) said they have some or considerable difficulty in meeting household expenses than older women (56%).

Among older Filipinos with poor economic well-being, **46%** request more money from children to meet income shortfall.

37% of older Filipinos plan to rely on their children for financial support



HEALTHCARE & HEALTHCARE UTILIZATION



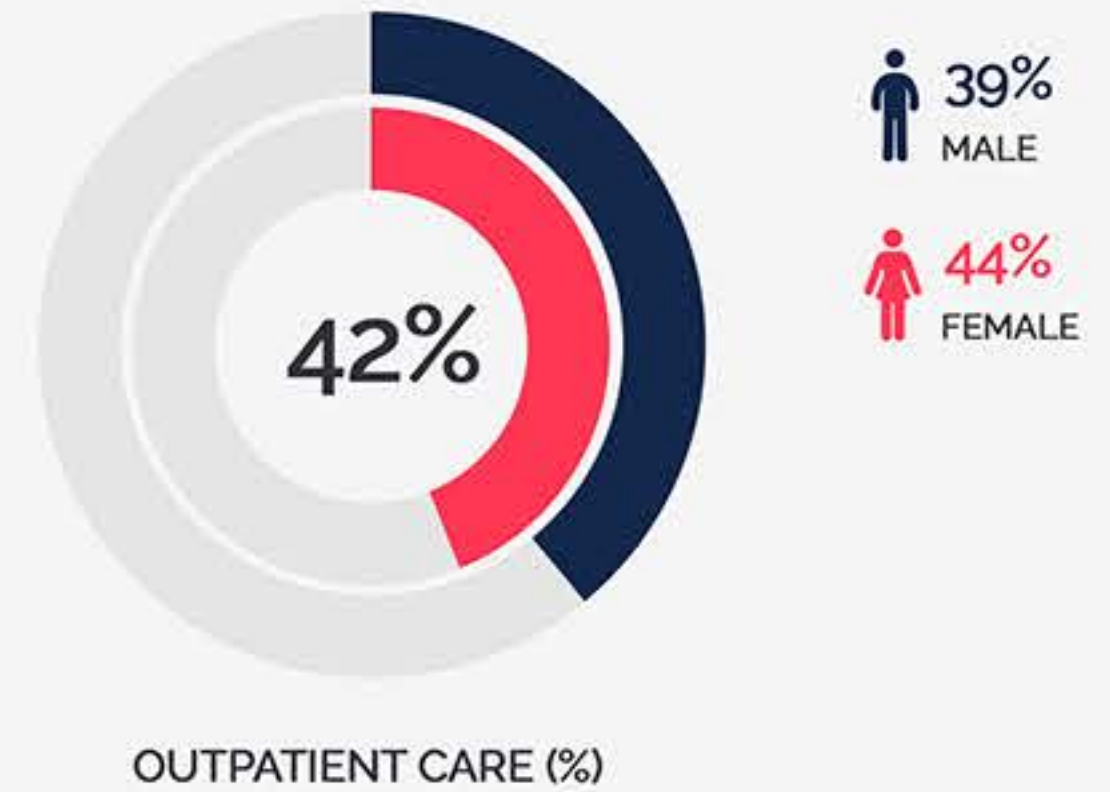
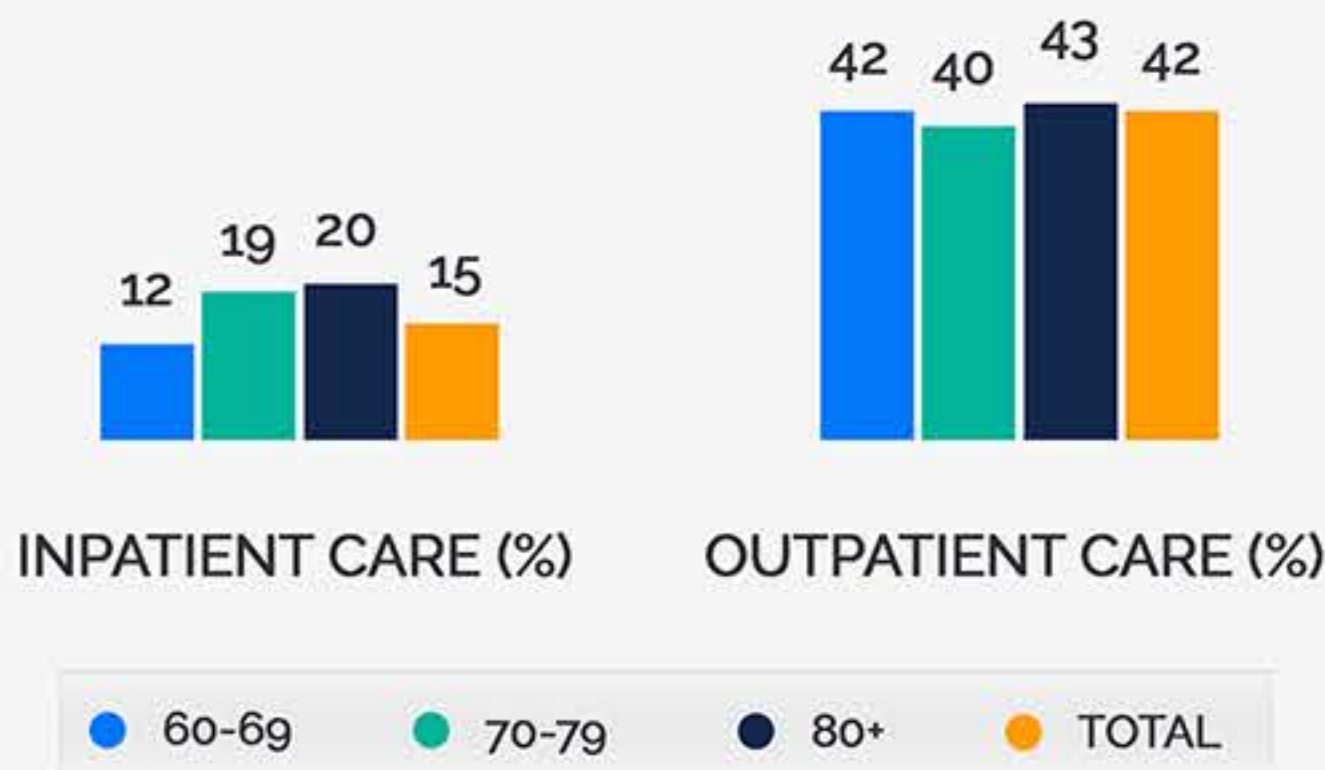
INPATIENT & OUTPATIENT CARE UTILIZATION

More older Filipinos went for outpatient than inpatient care.

15% of older Filipinos availed of inpatient care within the 12 months preceding the survey, with the percentage increasing with age.

1 in 5 among those aged 80+ stayed overnight in a health facility.

Those who stayed at least overnight availed inpatient care in the past year for an average of **1.8 times**



4 in 10 received medical care for an illness or accident in the past 12 months without staying overnight in a medical facility.

More older females received outpatient care as compared to older males.

80% of older Filipinos have health insurance coverage, nearly all of them (98%) under PhilHealth.

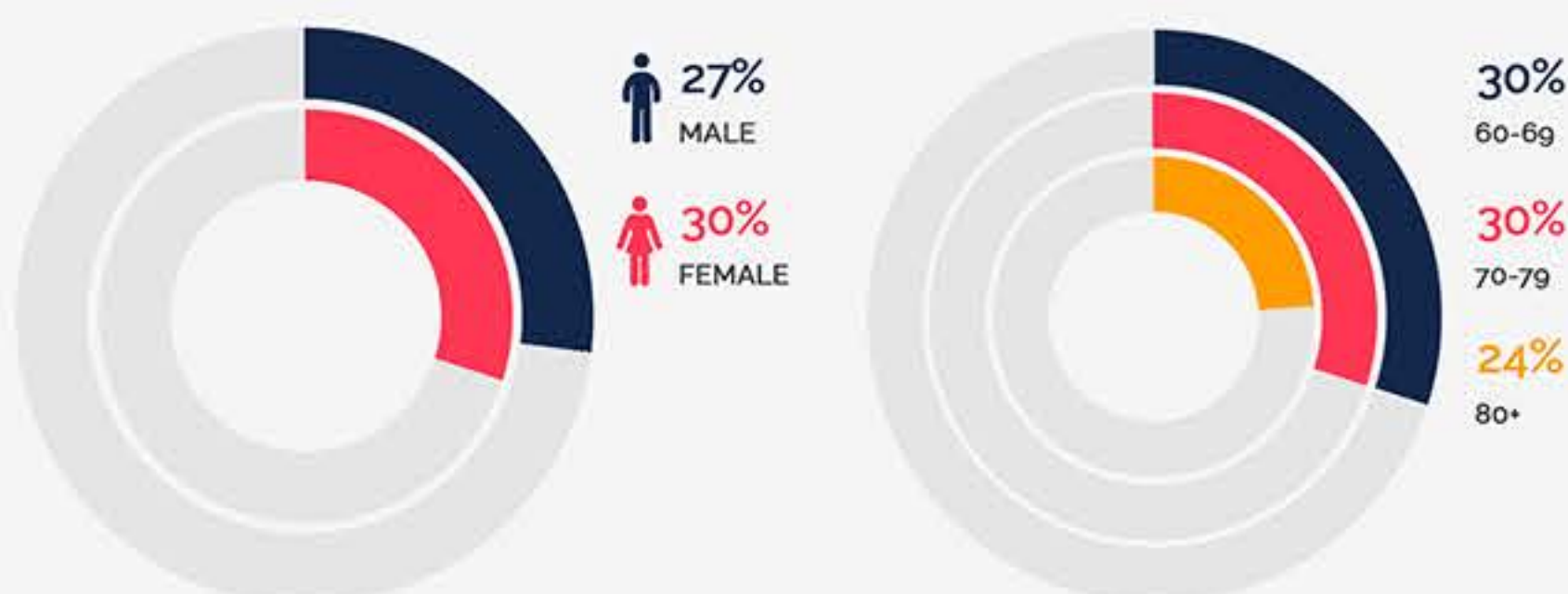


UNMET NEED FOR HEALTH CARE

About 3 in 10 older Filipinos said they **felt ill in the past 12 months and thought of going to the doctor but did not.**



Unmet need for health care is slightly higher among older females and those in older age cohorts.



86% of those with unmet need for healthcare cited **financial reasons** for not going to the doctor even though they felt ill.

LONG-TERM CARE

8% are currently receiving care because of continuing condition of ill health/disability.

About **1 in every 4** older Filipinos aged 80+ are receiving long-term care (LTC).



Older men under LTC are mostly cared for by their spouse. The usual caregiver for older women under LTC is their daughter.

Notes:

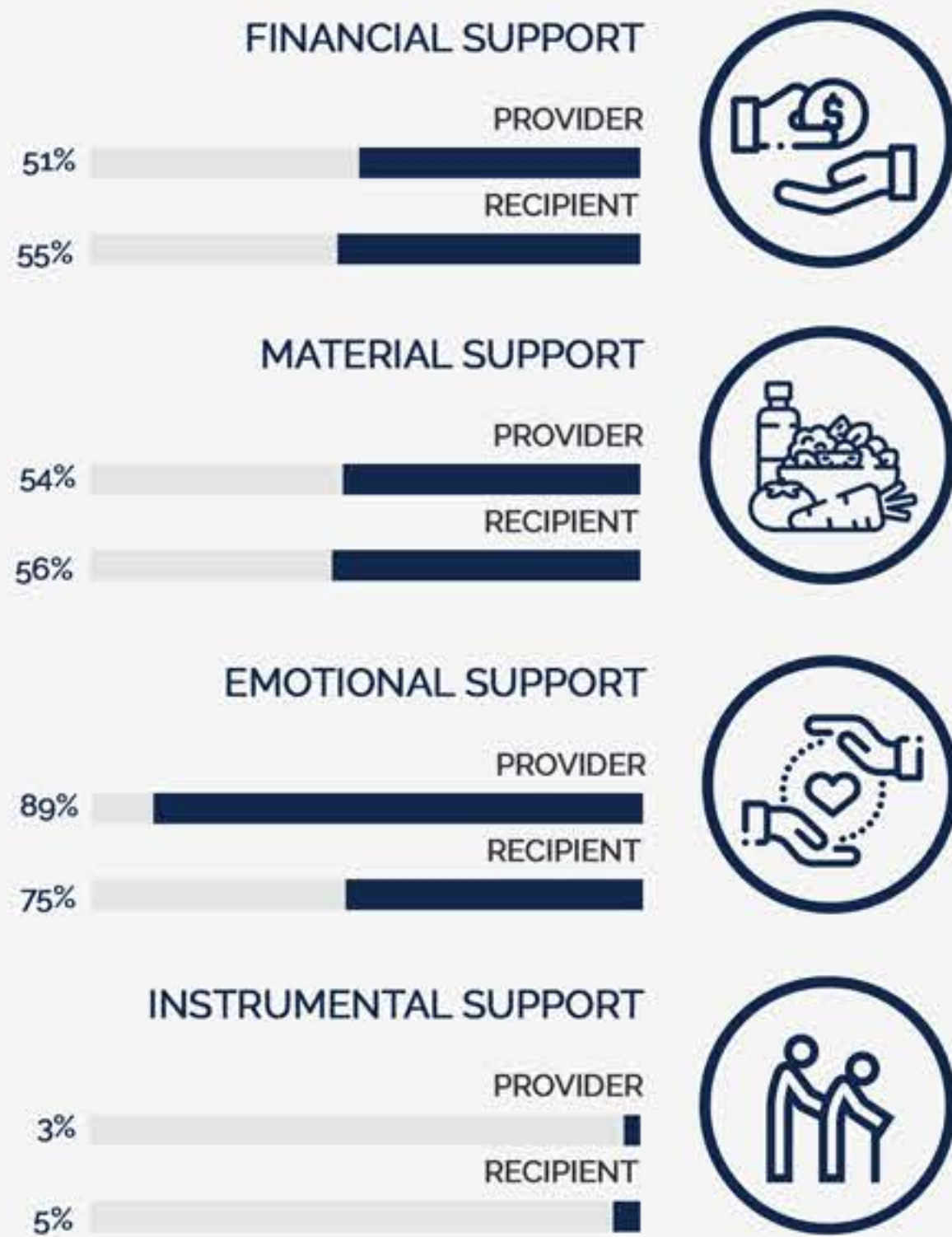
Inpatient care refers to health care that requires the ill person to stay for an extended period in a health facility. In the LSAHP, utilization of inpatient health services is defined as having stayed at least overnight in a health facility in the 12 months preceding the survey.

FAMILY SUPPORT AND INTERGENERATIONAL EXCHANGES



THERE IS A **HIGH LEVEL AND RECIPROCAL EXCHANGE OF SUPPORT** BETWEEN OLDER PARENTS AND THEIR ADULT CHILDREN.

SUPPORT EXCHANGES WITH CORESIDENT CHILDREN IN THE PAST 12 MONTHS



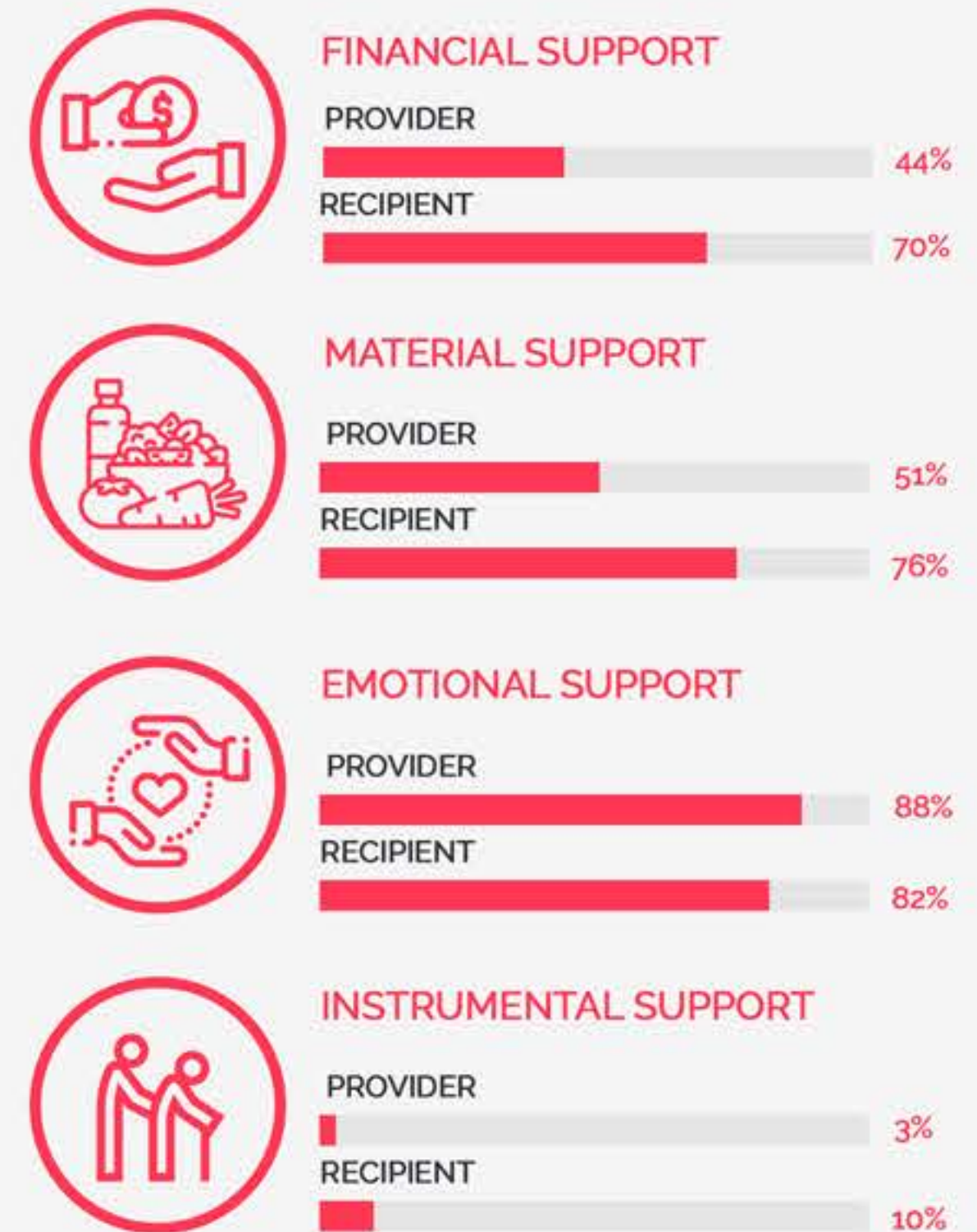
Older parents are more likely to **receive economic (financial and material) and instrumental support** from their coresident and non-co-resident children.

Generally, support from children increases with age.

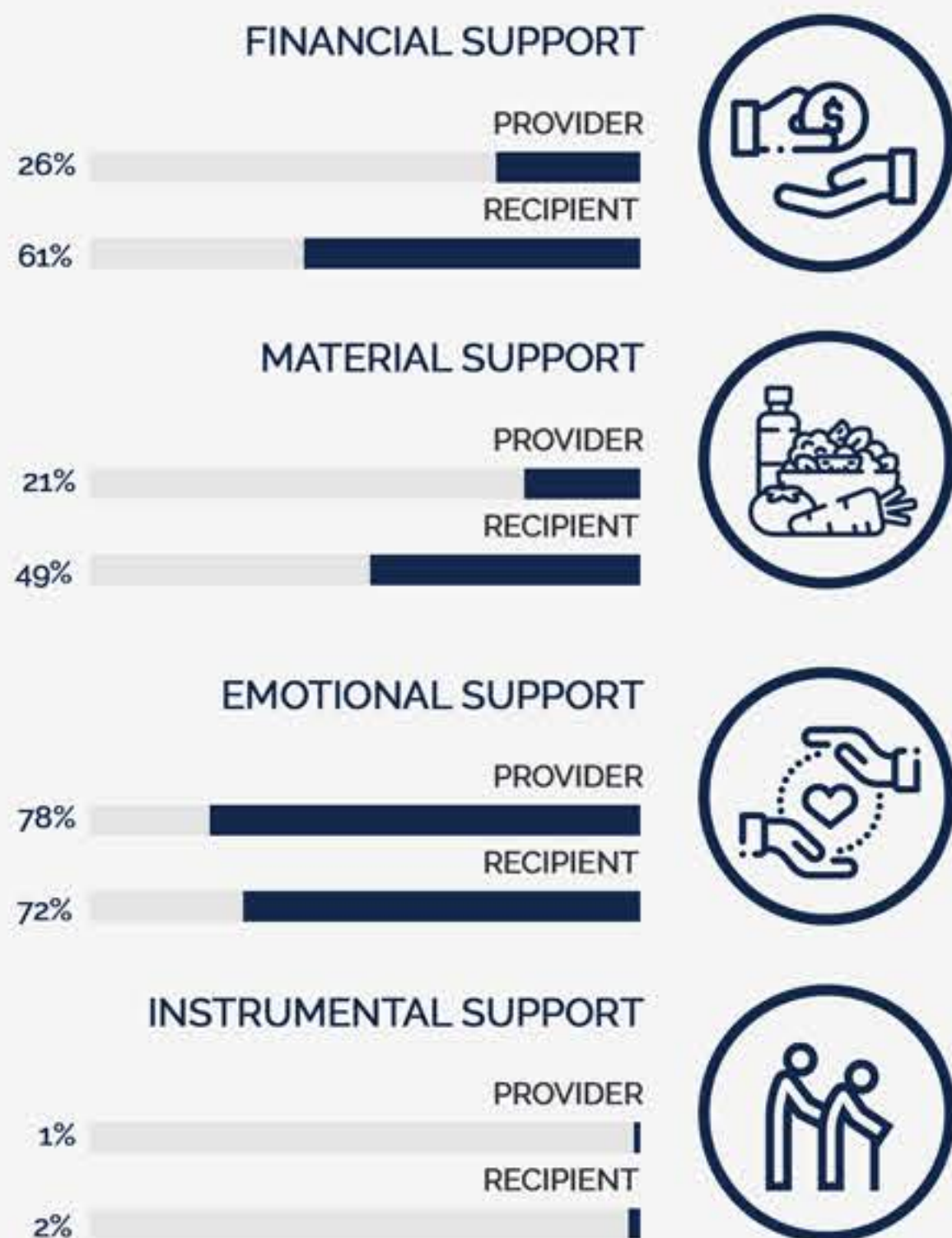
26% of older Filipinos receive monthly financial assistance from their children.

Older parents are more commonly **relied upon to provide emotional support** to their children.

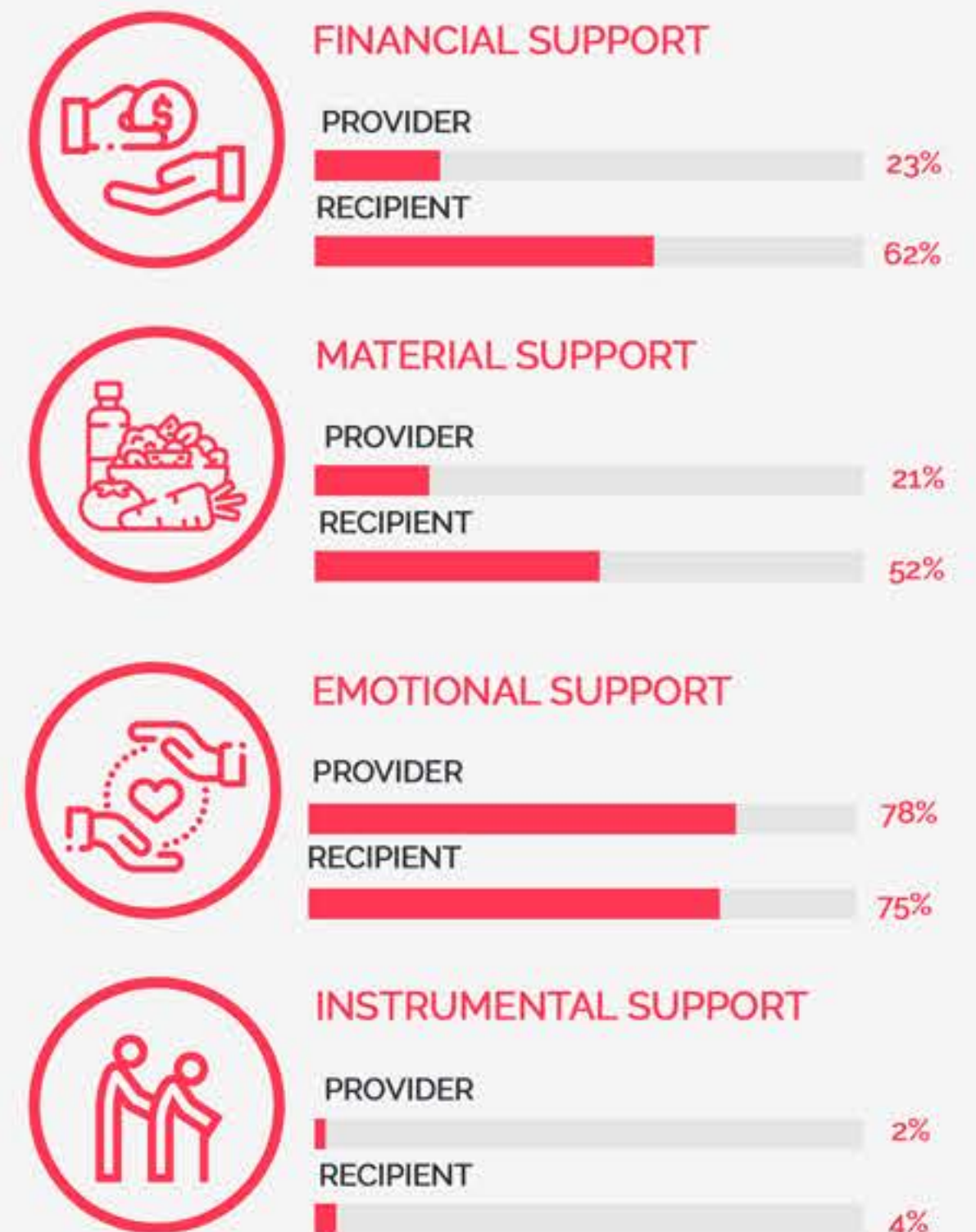
There is very low level of intergenerational exchange in instrumental support.



SUPPORT EXCHANGES WITH NON-CO-RESIDENT CHILDREN IN THE PAST 12 MONTHS



Older mothers benefit more from their children's assistance as compared to older fathers.



Notes:

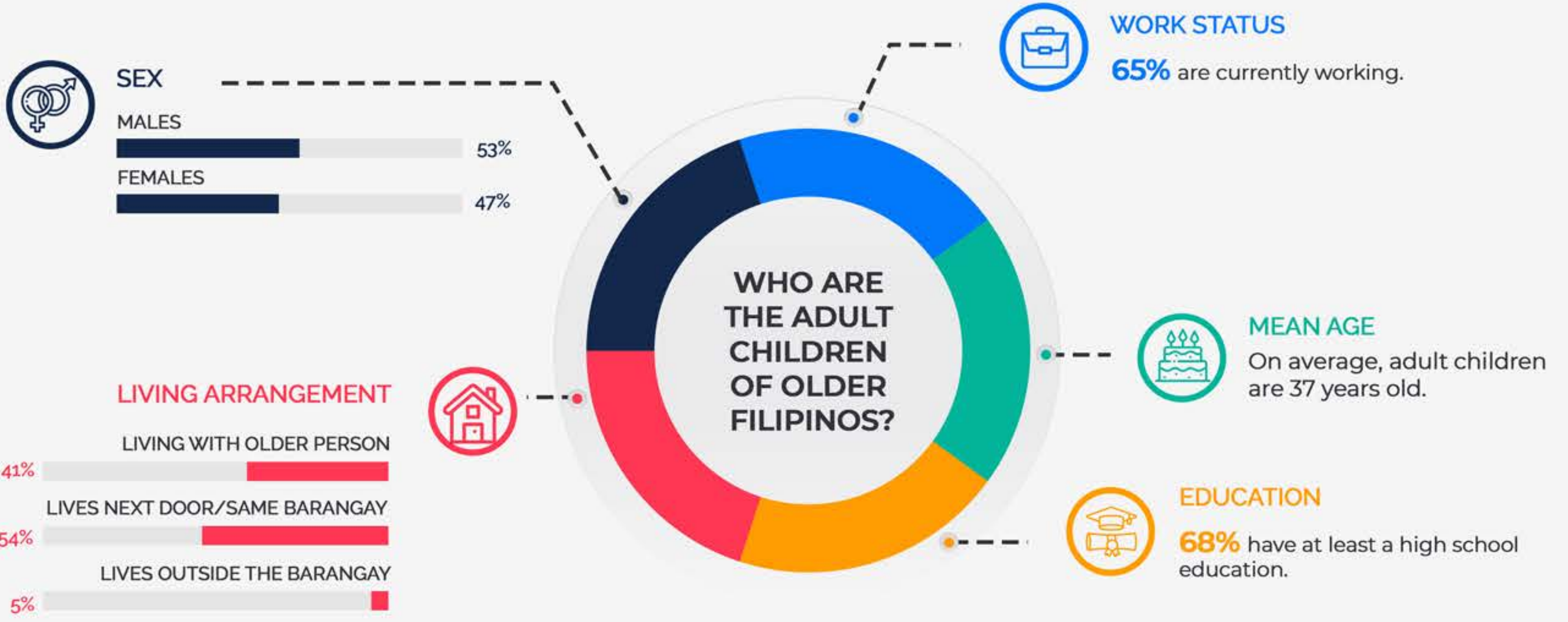
Material support: includes food, clothes, medicine
Instrumental support: includes assistance in bathing and going to the toilet
Emotional support: includes companionship, consultation, advice in times of troubles

Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia.
 Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban

WHO ARE THE ADULT CHILDREN OF OLDER FILIPINOS?



SOCIAL CONTACT AND EXCHANGE OF ASSISTANCE



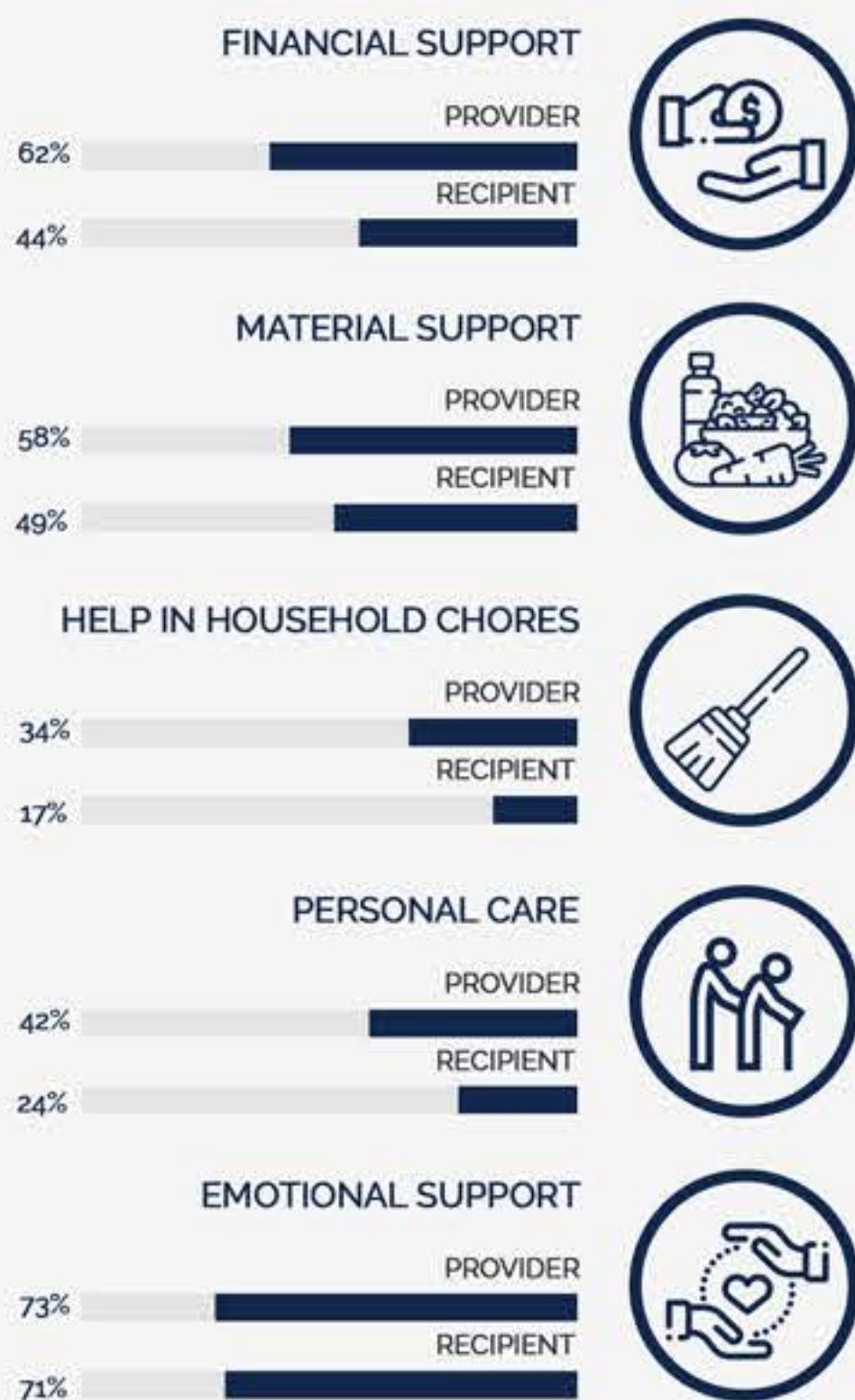
2 out of 3 non-co-resident adult children visited their older parents daily in the past 12 months

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.

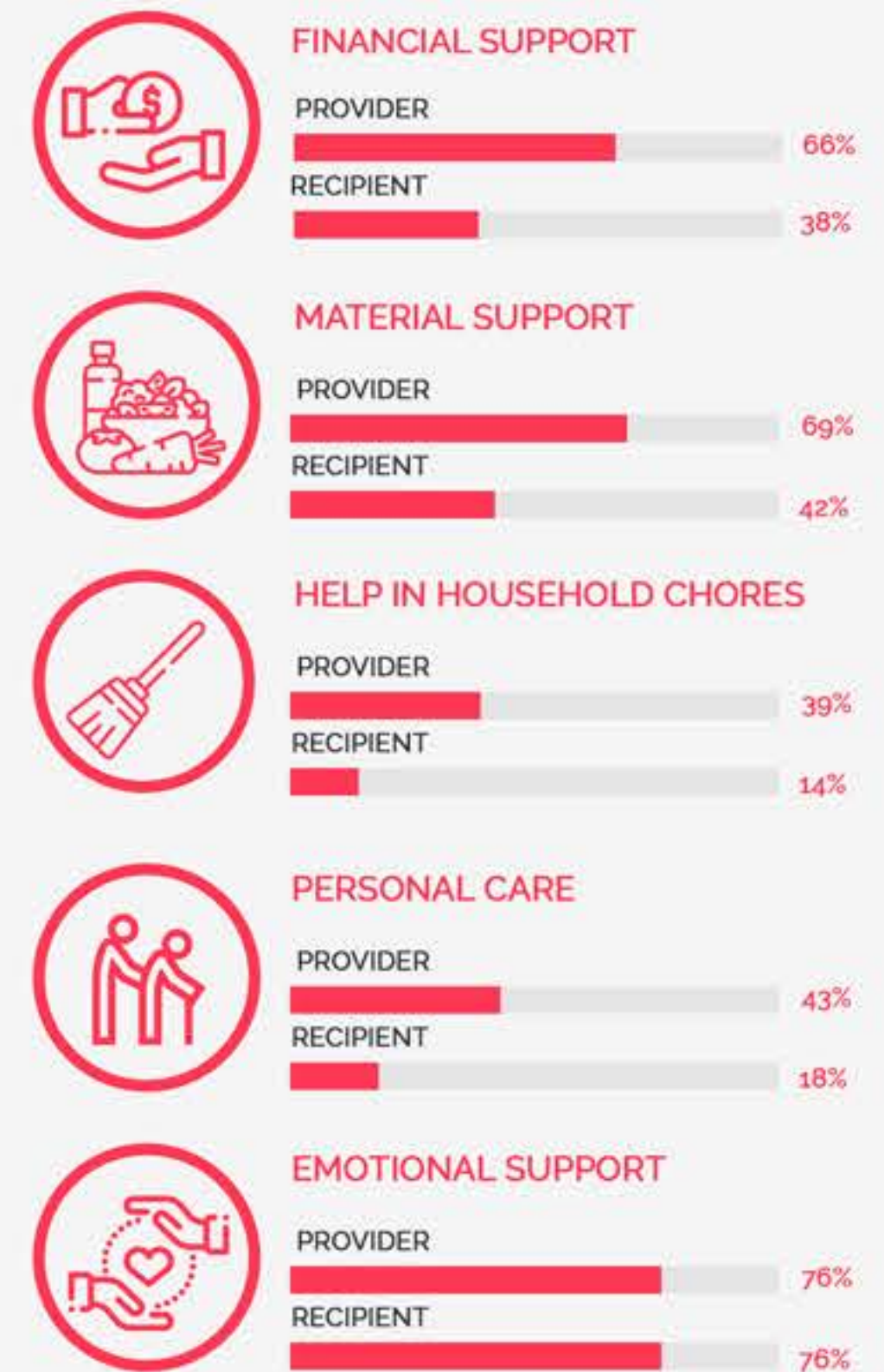
Regardless of the frequency of contact, active communication with one's older parents is lowest among children of those aged 80 and over.



64% of adult children financially support their older parents. 1 in every 5 do this on a monthly basis.

Adult children are more likely to give to their older mothers than fathers.

They are more likely to receive emotional support from their parents.



Note:

The sample of adult children covered in this study is not a representative sample of all children of older Filipinos. The study covered mainly any coresident adult child identified by the older person respondent. In the absence of a coresident child, noncoresident children living next door or within the province were selected for interview. Interviews were limited to who are 18 years old and above.

Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia. Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban

LIVING ARRANGEMENTS AND RESIDENTIAL HISTORY

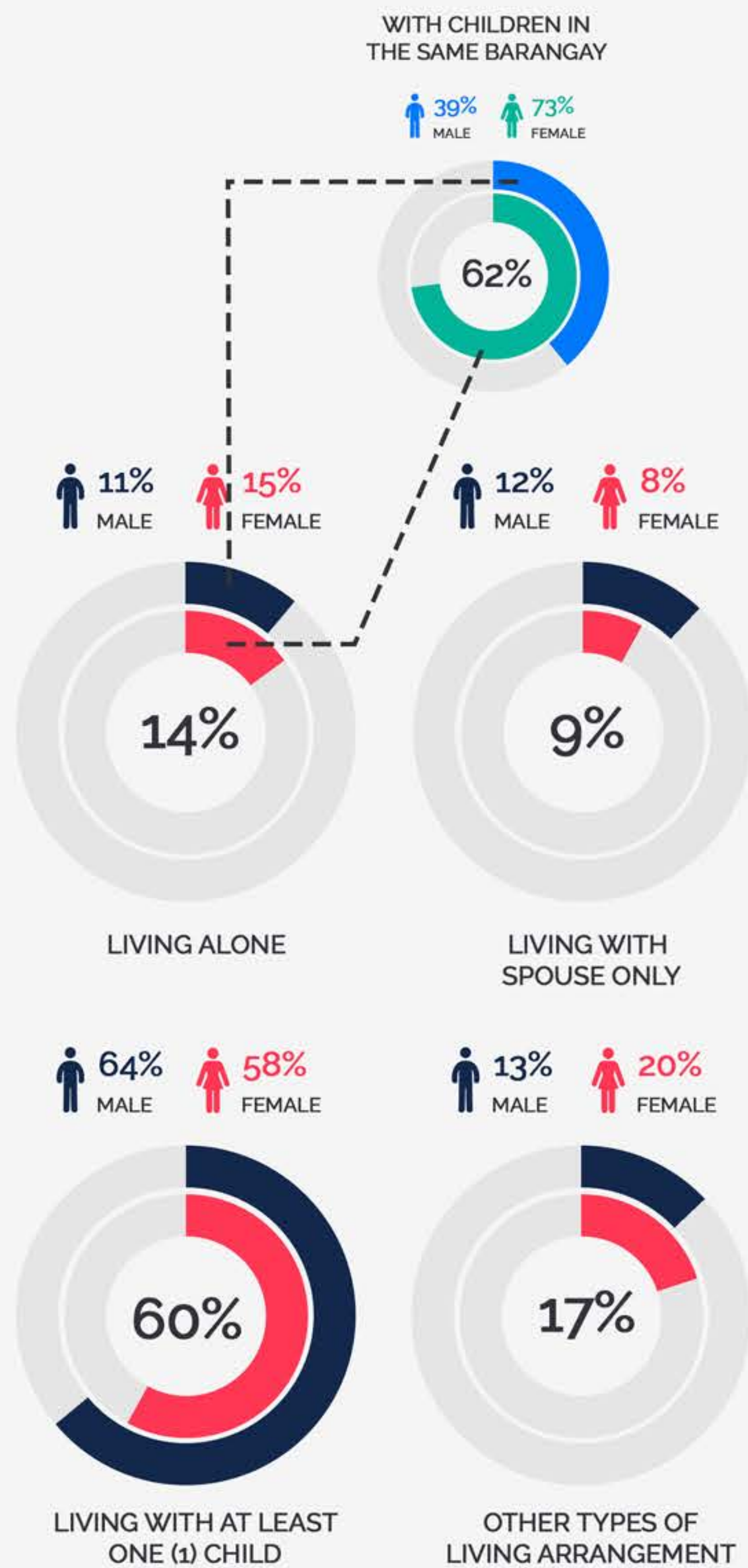


CURRENT LIVING ARRANGEMENT

Co-residence with children is the most common living arrangement among older Filipinos.

While older women are more likely to live alone, **3 out of 4** are living with any of their children nearby.

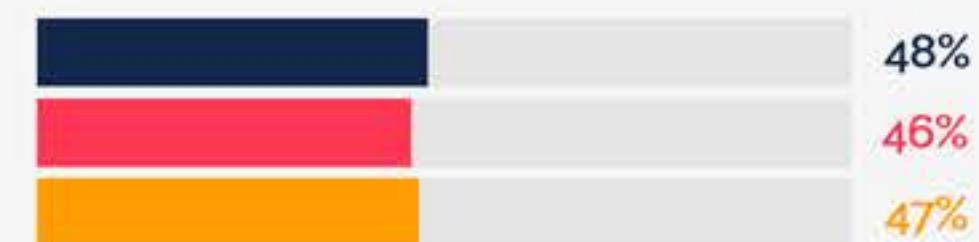
14% live alone, more common among older females (15%) and those in the oldest age group, 80+ (19%)



IDEAL LIVING ARRANGEMENT

Older Filipinos show a preference for independent living. More older males perceive living alone as an ideal living arrangement as compared to older females.

LIVE BY THEMSELVES BUT NEAR CHILDREN



LIVE BY THEMSELVES



LIVE WITH A DAUGHTER



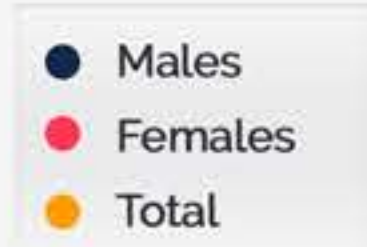
LIVE WITH A SON



OTHERS



ROTATE RESIDENCE AMONG CHILDREN



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**.

ATTITUDES TOWARDS HOMES FOR THE AGED



81%
YES

DO YOU THINK IT IS A GOOD IDEA TO HAVE HOMES FOR THE AGED IN THE PHILIPPINES?

Older Filipinos are open to the idea of institutional living

8 in 10 think it is a good idea to have Homes for the Aged in the country.

WHY?

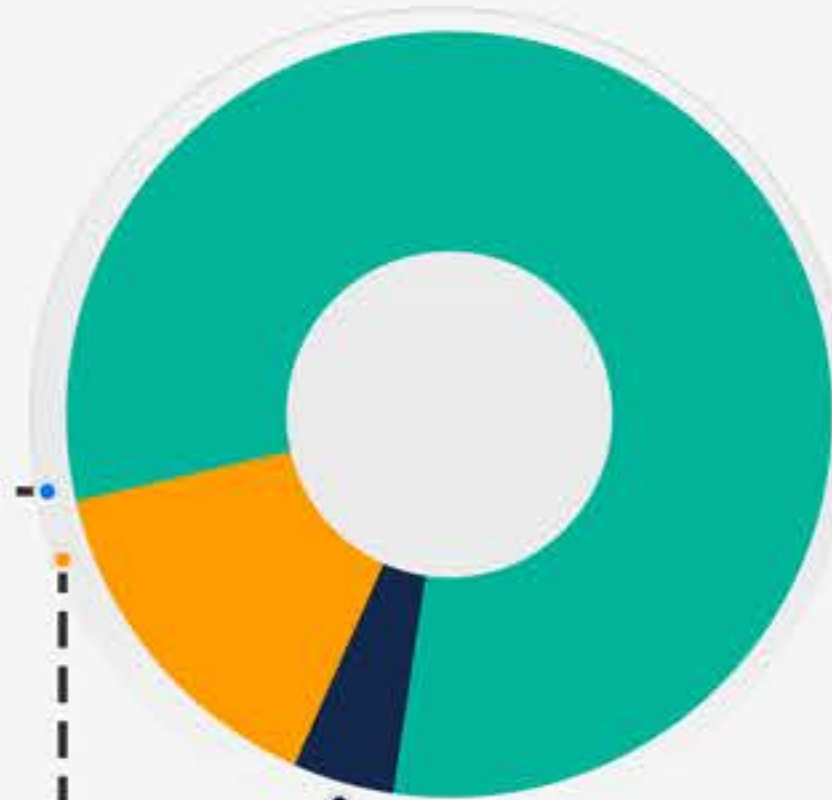
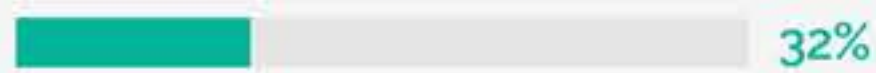
BENEFICIAL FOR THOSE WITH NO FAMILY TO TAKE CARE OF THEM



HEALTH WILL BE BETTER TAKEN CARE OF



SPARE FAMILY FROM BURDEN OF TAKING CARE OF OLDER PERSON



41%
YES

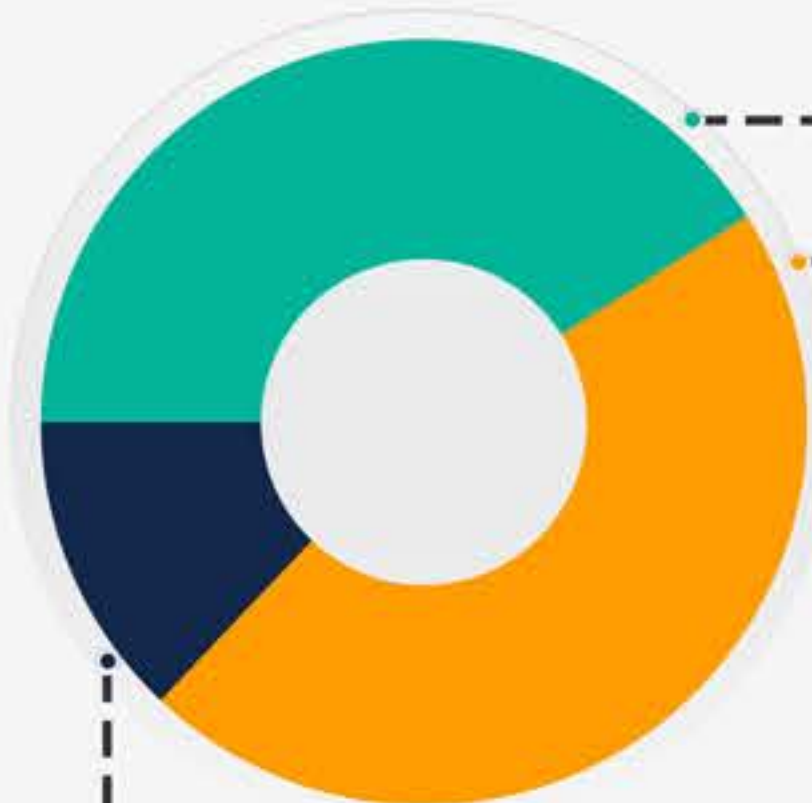
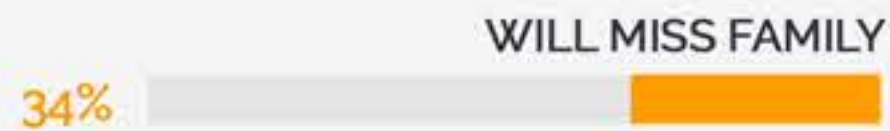
Even though most think it is a good idea to have Homes for the Aged in the country, only **17%** want to live in a care facility.

Of this number, only **41%** would want to live in a Home for the Aged now if it were near their current residence

15%
NO

WHY NOT?

IF THERE WERE HOMES FOR THE AGED NEAR YOUR CURRENT RESIDENCE, WOULD YOU WANT TO LIVE THERE NOW?



46%
NO

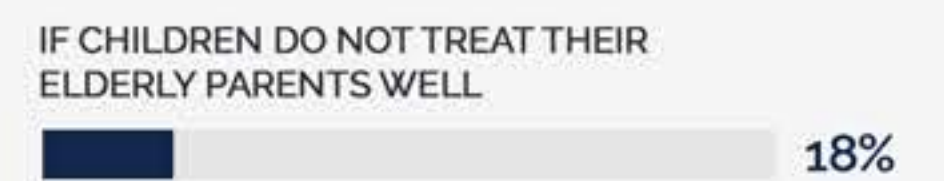
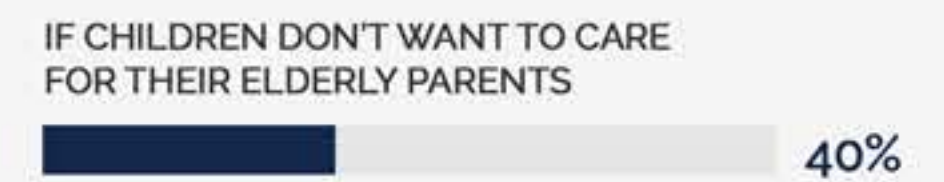
13%
IT DEPENDS

4%
IT DEPENDS

ON WHAT?



ON WHAT?



CARING FOR OLDER FILIPINOS



TYPE OF CAREGIVER



7% of older Filipinos have a primary caregiver.

The level is highest among those 80+ with a fourth (26%) having a primary caregiver.

93% have a potential caregiver.



POTENTIAL (%)

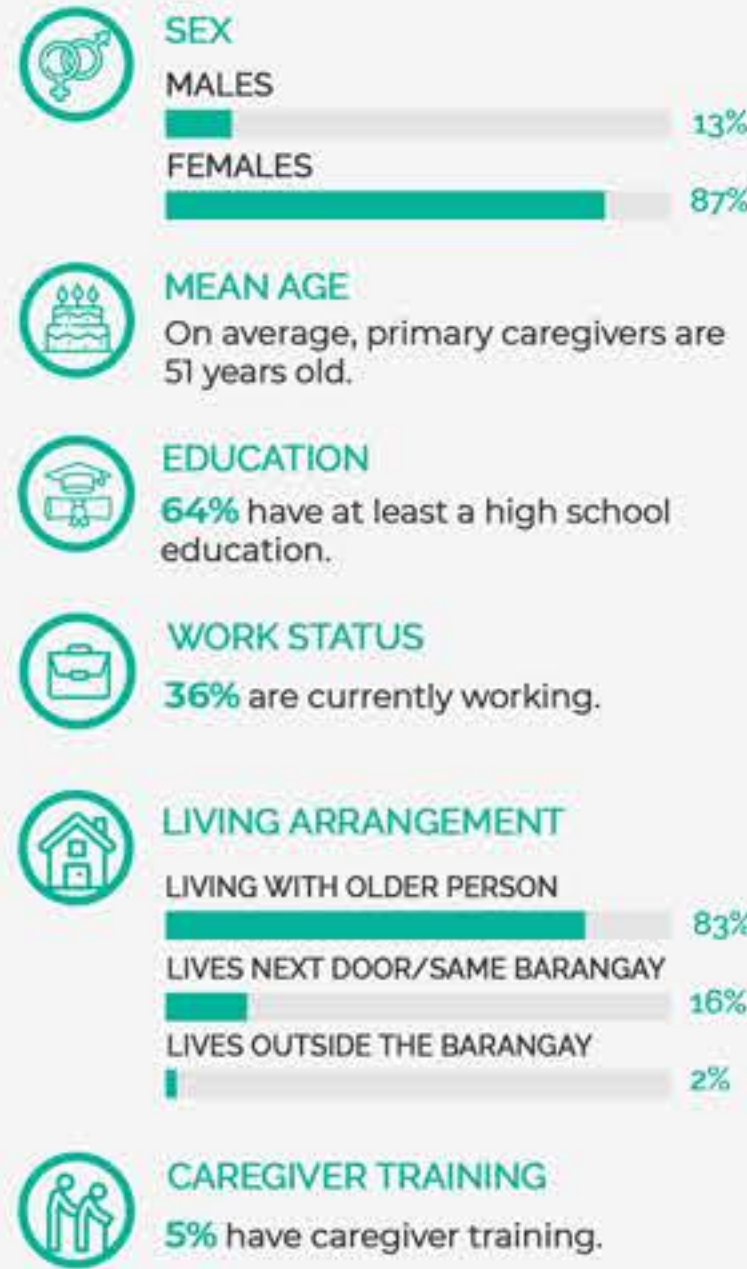
PRIMARY (%)

● 60-69 ● 70-79 ● 80+ ● TOTAL

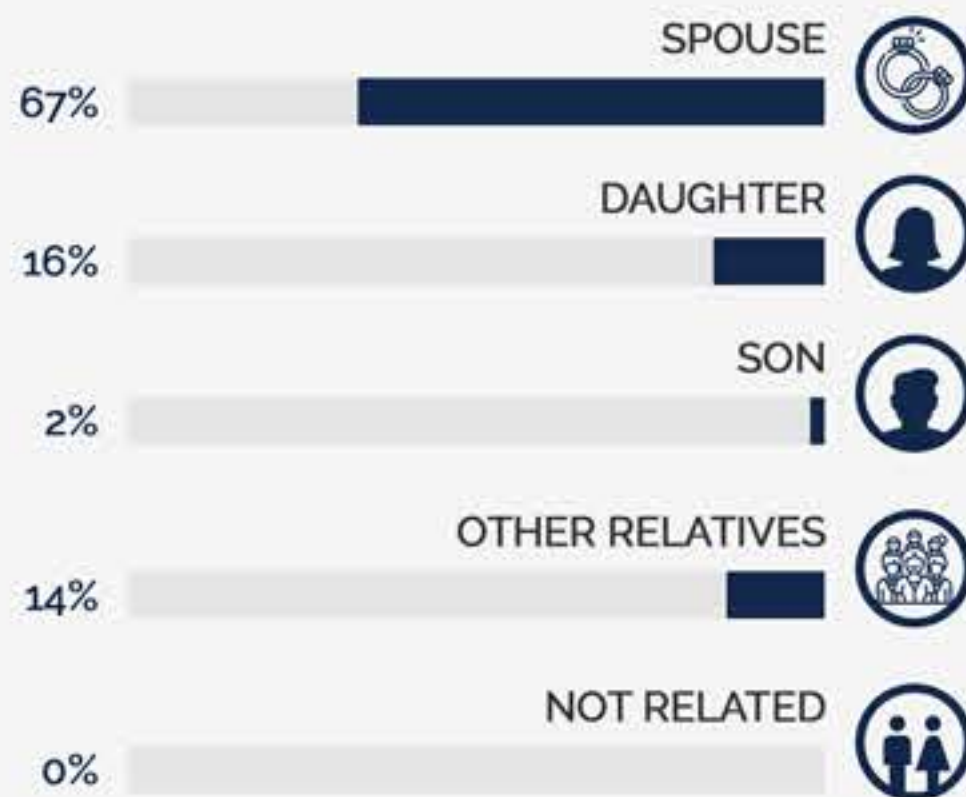
PRIMARY

VS.

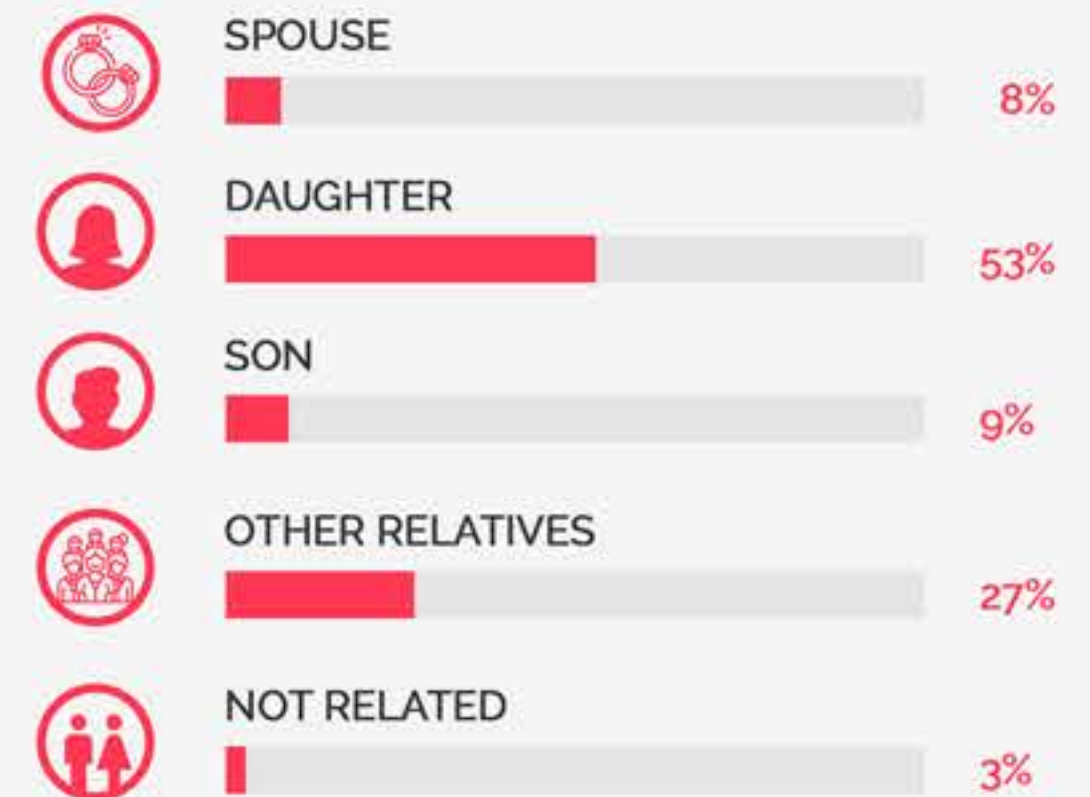
POTENTIAL



WHO ARE THE PRIMARY CAREGIVERS OF OLDER FILIPINOS?



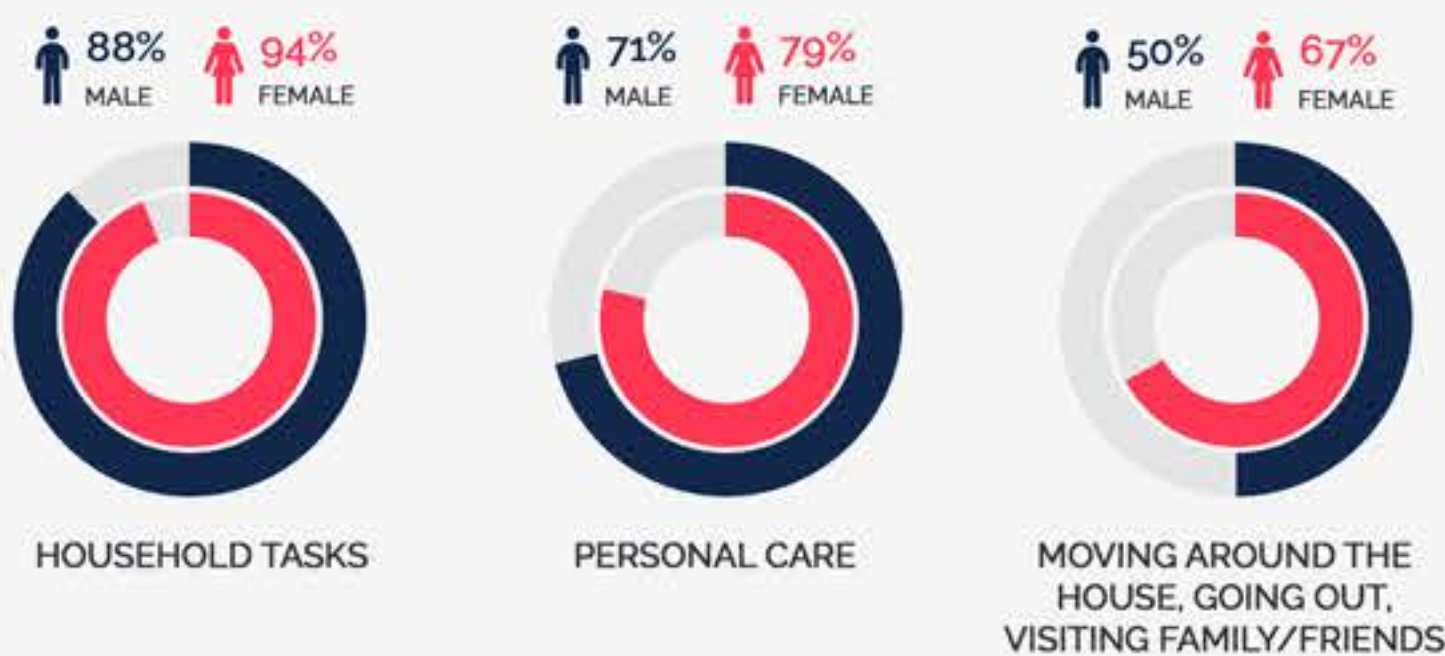
Spouses take up the bulk of older men's caregivers. Among older women, caregiving is taken on by their daughters.



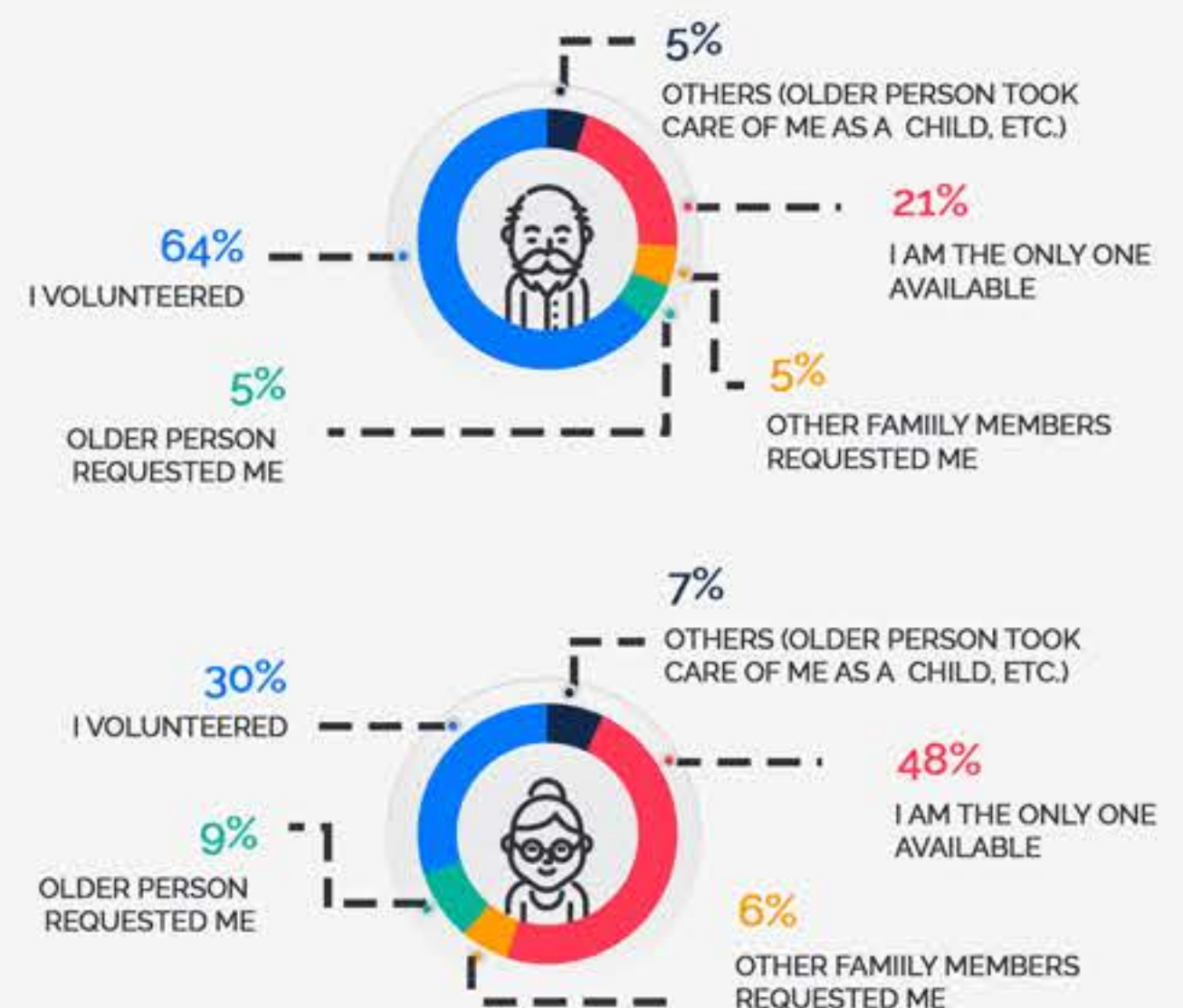
9 in 10 primary caregivers said older Filipinos need assistance in at least 1 difficulty in Activities of Daily Living (ADL).

They are more involved in assisting with household tasks than with personal care, more so for older females than older males.

ASSISTANCE GIVEN TO OLDER PERSONS



REASONS FOR TAKING CARE OF OLDER FILIPINOS



Note:

The concept of 'primary caregiving' was not explicitly defined in the survey but was left to the respondent's own interpretation. Potential caregivers were identified by the older person respondent as the person who will most likely provide them with care should they need it in the future.

Reference:

Cruz, G. T., C. J. P. Cruz and Y. Saito (eds.) (2019), *Ageing and Health in the Philippines*. Jakarta: Economic Research Institute for ASEAN and East Asia.

Report may be accessed at <https://www.eria.org/publications/ageing-and-health-in-the-philippines>. For more information, contact Dr. Grace T. Cruz, LSAHP Project Investigator.

Layout by: Karlene Cabaraban

GRANDPARENTING



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

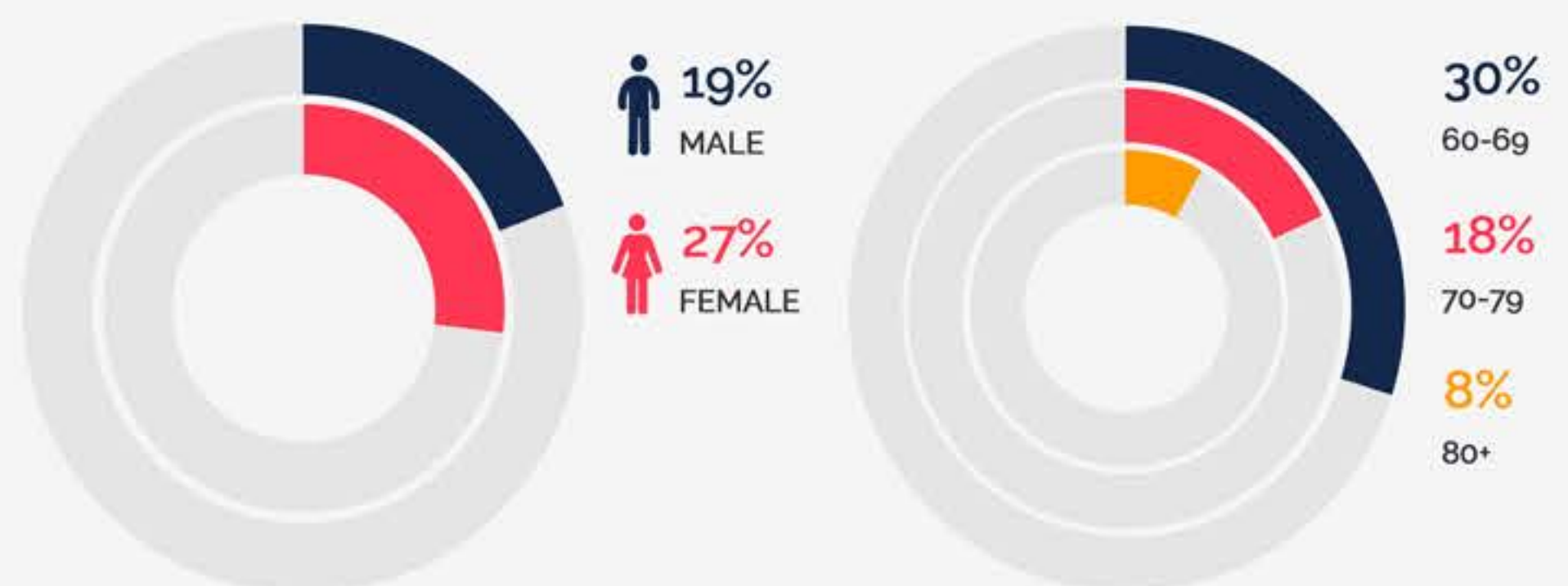
On average, they became grandparents at about

48 years old.

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

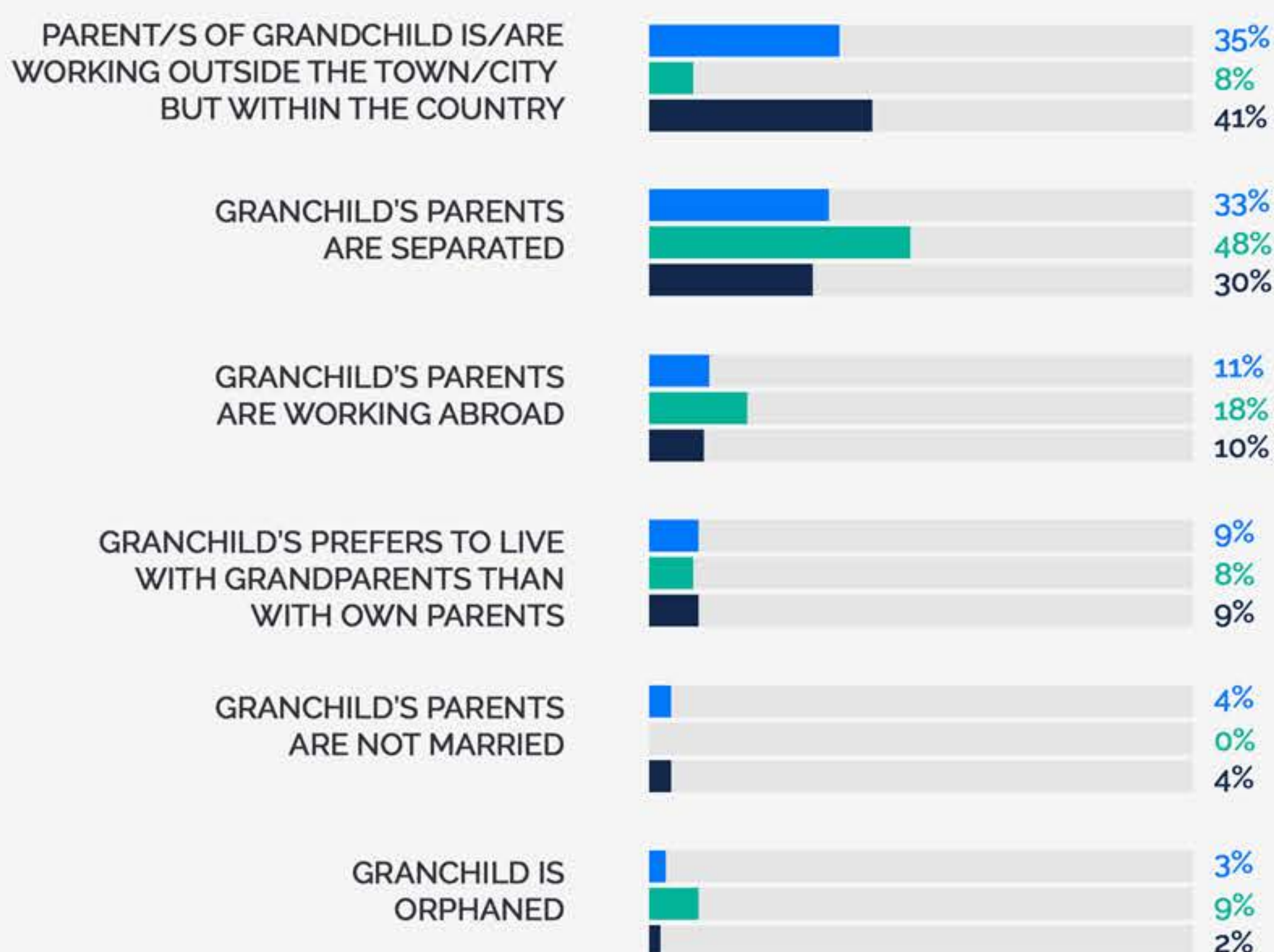
Older females are more actively involved in the care of their grandchildren as compared to older males.

Active involvement in taking care of grandchildren decreases with age.



REASONS FOR BEING SOLELY IN CHARGE OF TAKING CARE OF GRANDCHILDREN

● TOTAL ● Males ● Females



82% older Filipinos taking care of any grandchildren are living with them.

Among those in taking care of grandchildren, **about three in 10 are solely in charge of their care.**

More grandmothers are solely in charge of taking care of any grandchild as compared to grandfathers.

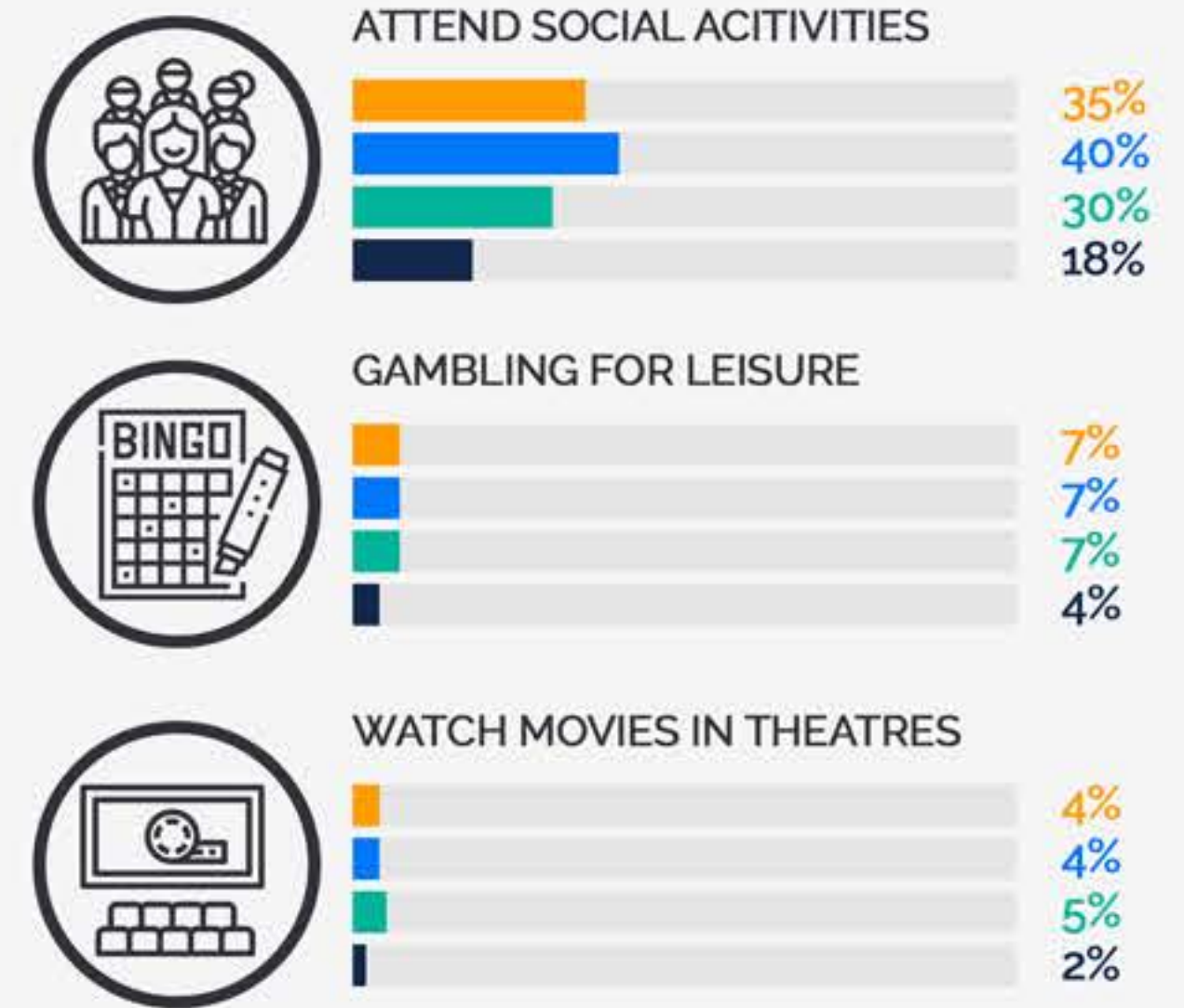
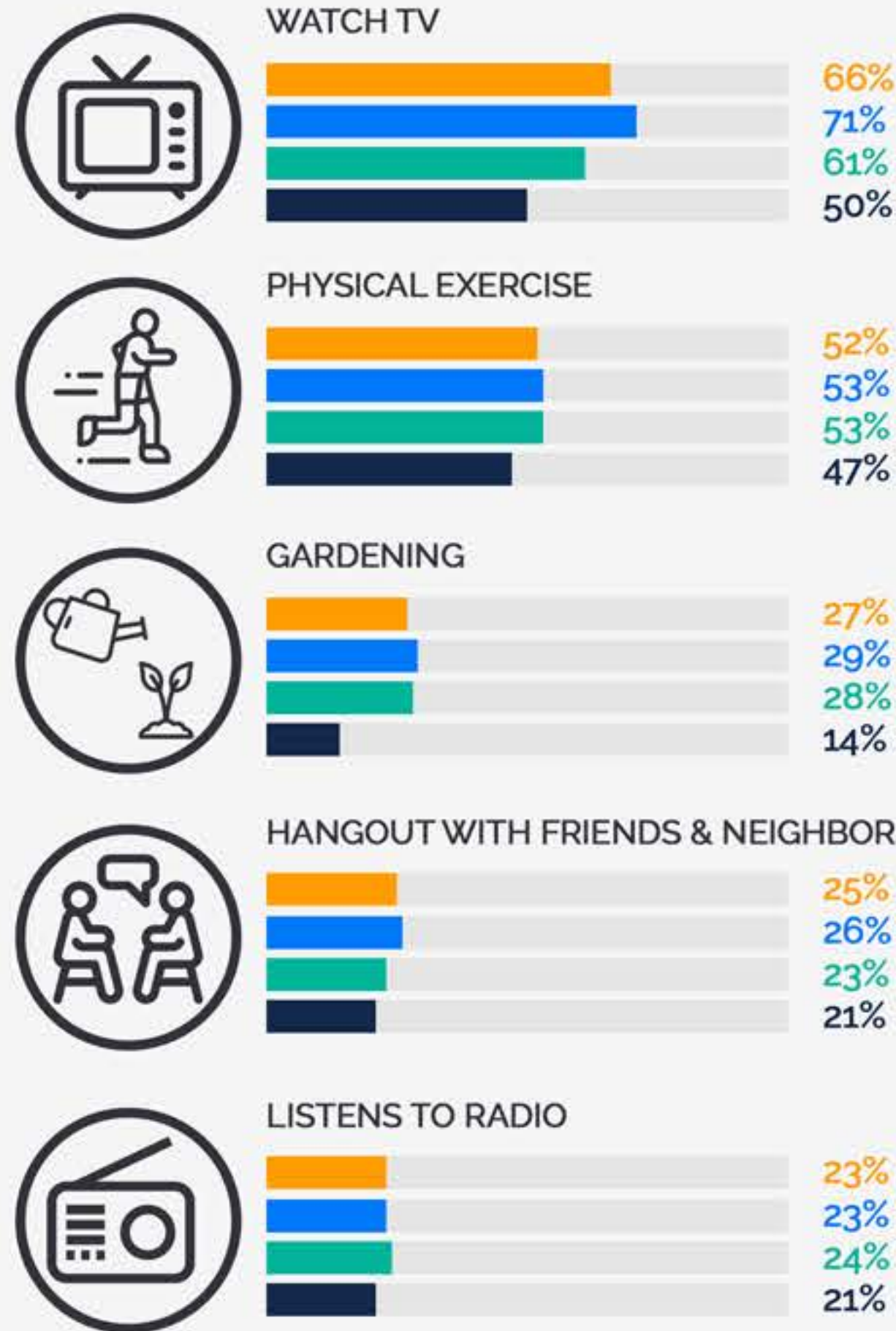
ACTIVITIES AND INFORMATION TECHNOLOGY



DAILY ACTIVITIES

MONTHLY ACTIVITIES

● TOTAL ● 60-69 ● 70-79 ● 80+



Older Filipinos engage in a **combination of sedentary, physical, and nurturing lifestyle**, with no difference in the level of participation between men and women.

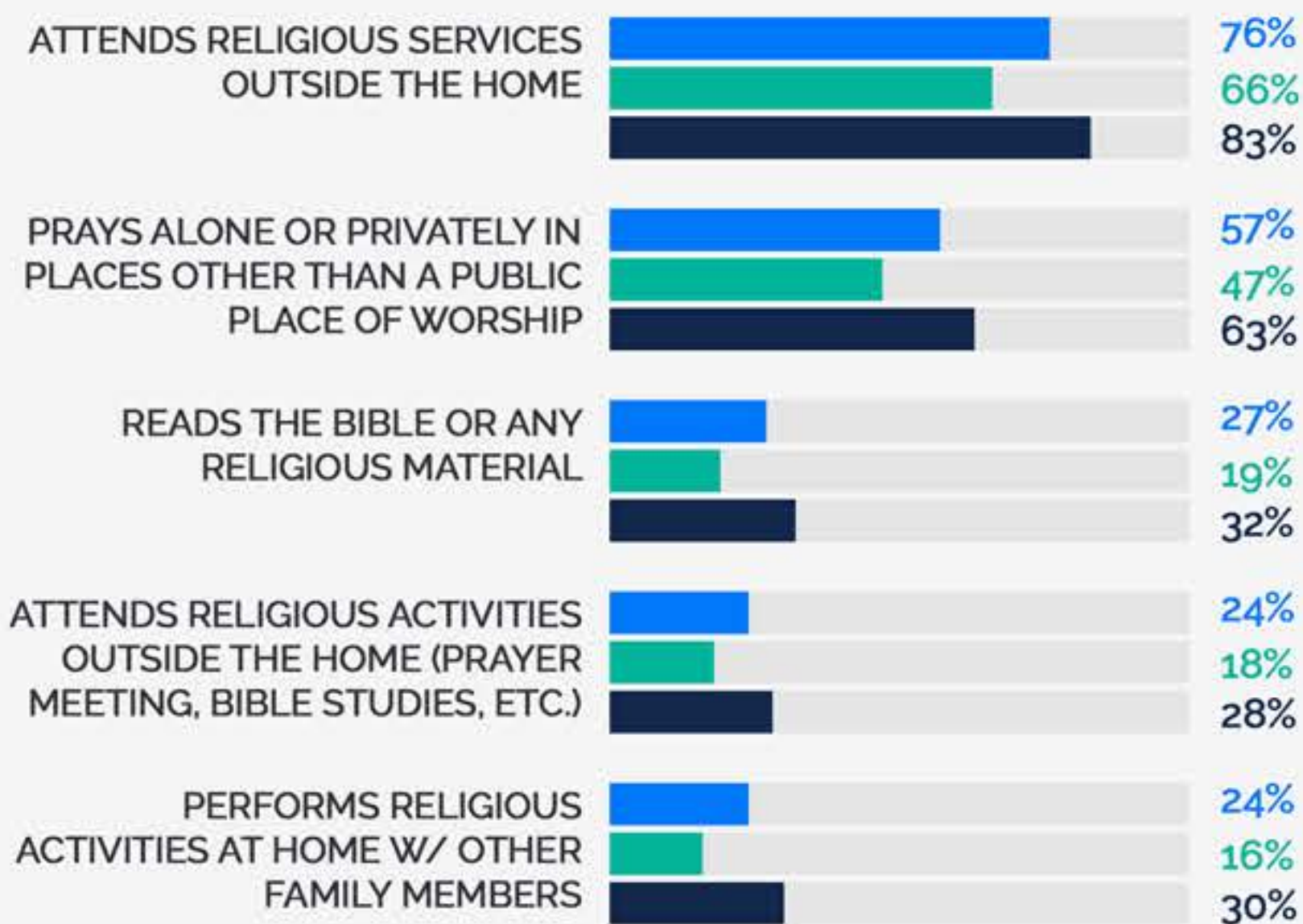
Older people become less engaged with any type of activity with advancing age.

The majority of older people (76%) attend religious activities outside the home.

About a third (31%) belong to any type of non-religious organization.

RELIGIOUS ACTIVITIES

● TOTAL ● Males ● Females



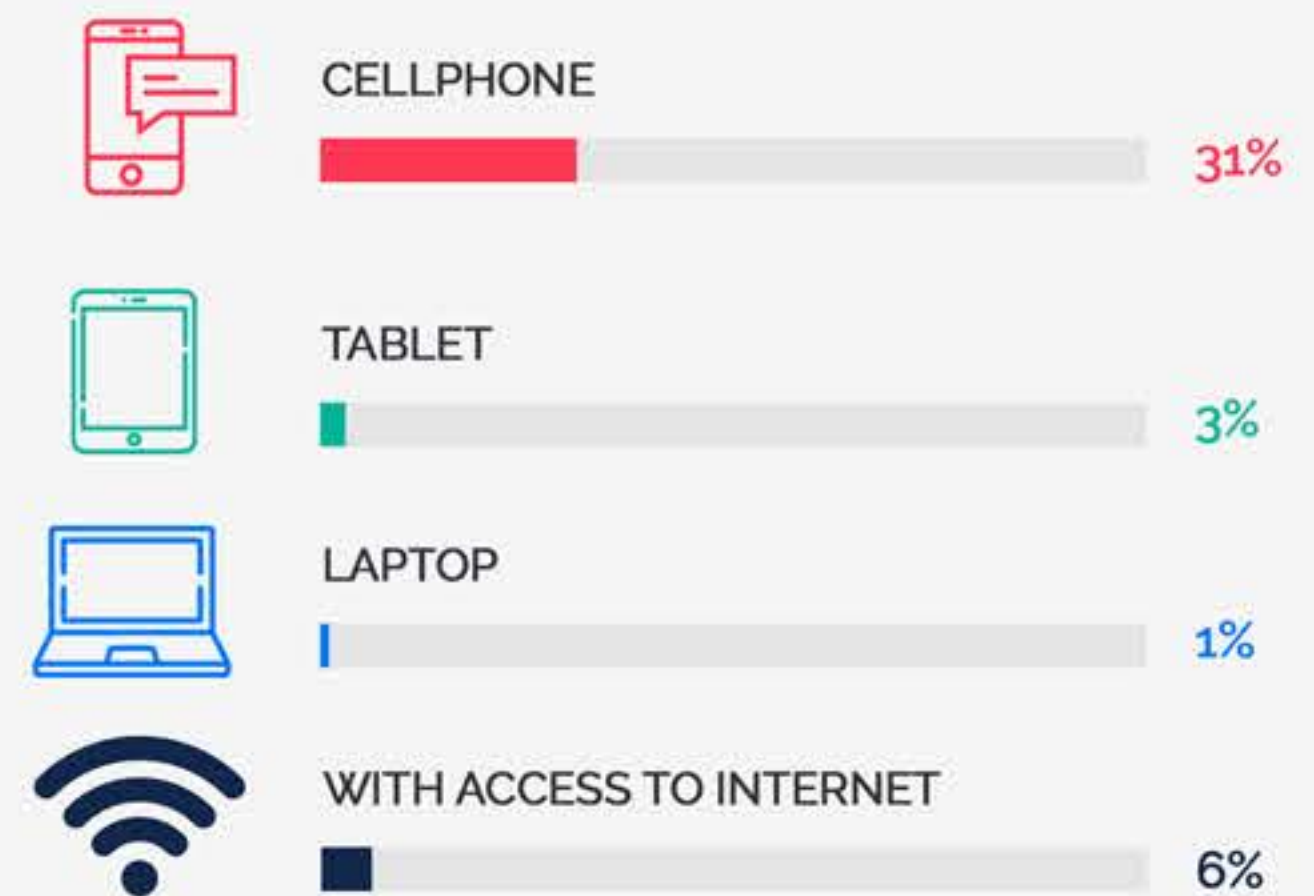
More older females than older males perform religious activities.

There are also **more older females than males who consider religion as very important in their lives** (81% vs. 67%, respectively).



USE OF INFORMATION TECHNOLOGY

% WHO OWN ANY OF THE FOLLOWING:



Among those with Internet access, **90%** have a social networking account, mostly Facebook (99%).



Older Filipinos with access to information technology mainly use these gadgets to **communicate with family members and friends**. They are assisted by their adult son or daughter and grandchildren in the use of these gadgets.