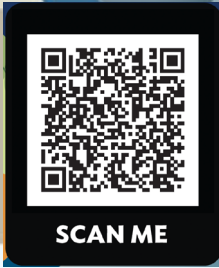




The views expressed in this presentation are the views of the author/s and do not necessarily reflect the views or policies of the Asian Development Bank, or its Board of Governors, or the governments they represent. ADB does not guarantee the accuracy of the data included in this presentation and accepts no responsibility for any consequence of their use. The countries listed in this presentation do not imply any view on ADB's part as to sovereignty or independent status or necessarily conform to ADB's terminology.

AGING WELL IN ASIA

ASIAN DEVELOPMENT POLICY REPORT 2024

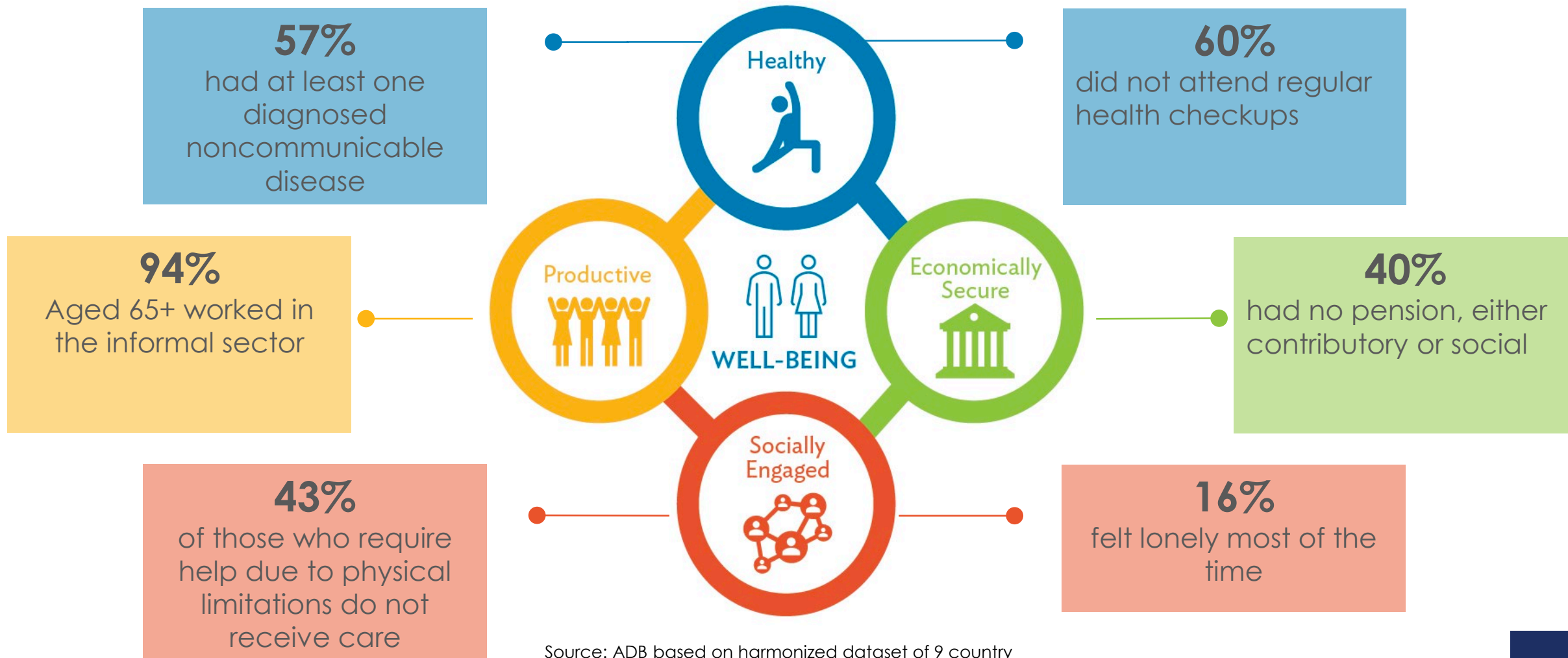




WELL-BEING

The well-being of older Asians is at risk

Regional Indicators of Well-Being in Older Persons Aged 60+



Source: ADB based on harmonized dataset of 9 country survey datasets.



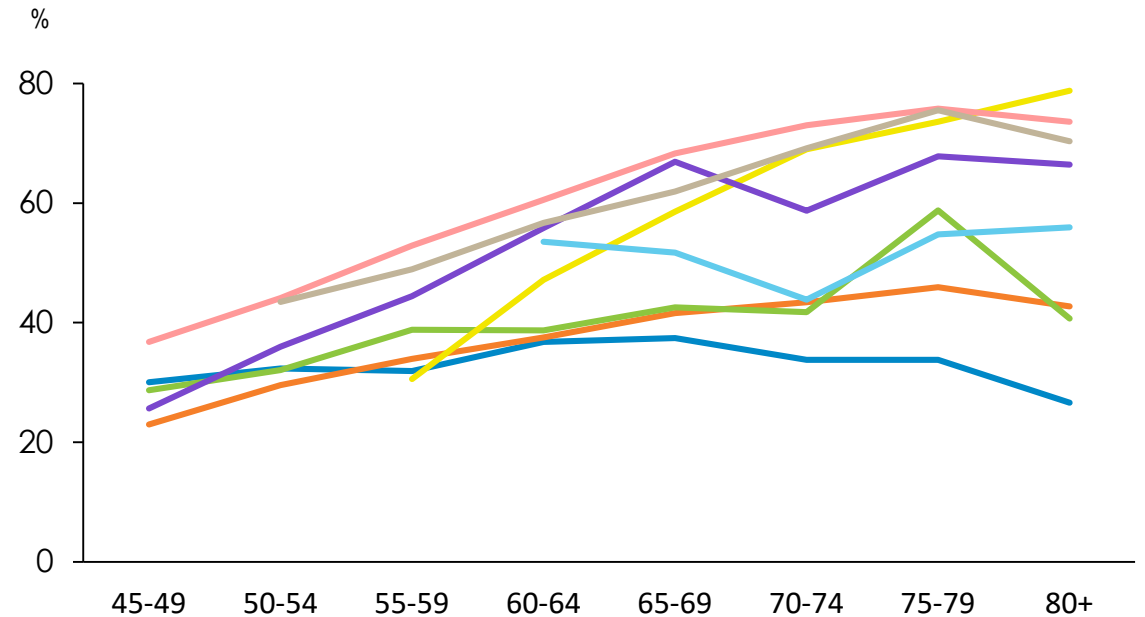
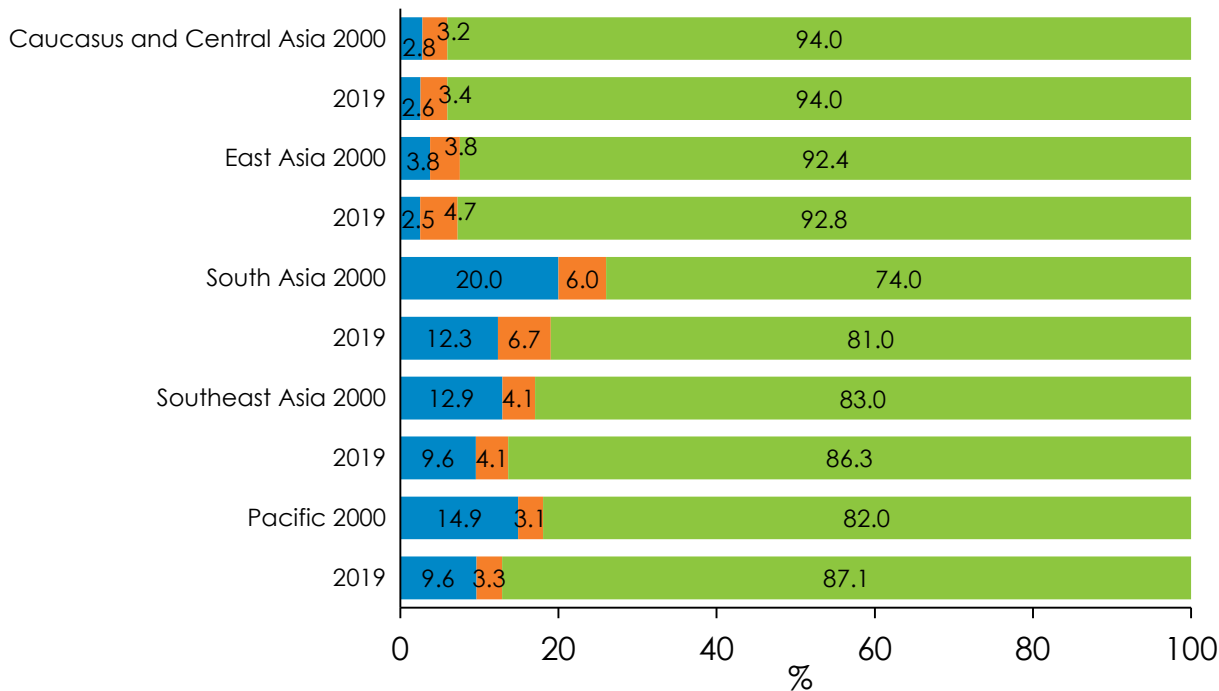
Older people may live longer, but they continue to suffer from noncommunicable diseases

2.3 Disease Burden of Older People in Developing Asia by Type of Disease

2.4 Share of Older People with at Least One Diagnosed NCD

■ Communicable disease ■ Injuy ■ Noncommunicable disease

— BAN — IND — INO — KOR — MAL — PHI — PRC — VIE



NCD = non-communicable disease.

Note: The share of the NCD burden is expressed as the percentage of disability-adjusted life years for people aged 60+ that are attributed to NCDs.

Source: World Health Organization. 2020. *Global Health Estimates 2019: Disease Burden by Cause, Age, Sex, by Country and by Region, 2000–2019*.

BAN = Bangladesh, IND = India, INO = Indonesia, KOR = Republic of Korea, MAL = Malaysia, NCD = non-communicable disease, PHI = Philippines, PRC = People's Republic of China, VIE = Viet Nam.

Note: NCDs include hypertension, diabetes, respiratory disease, heart diseases(problem) stroke, and cancer.

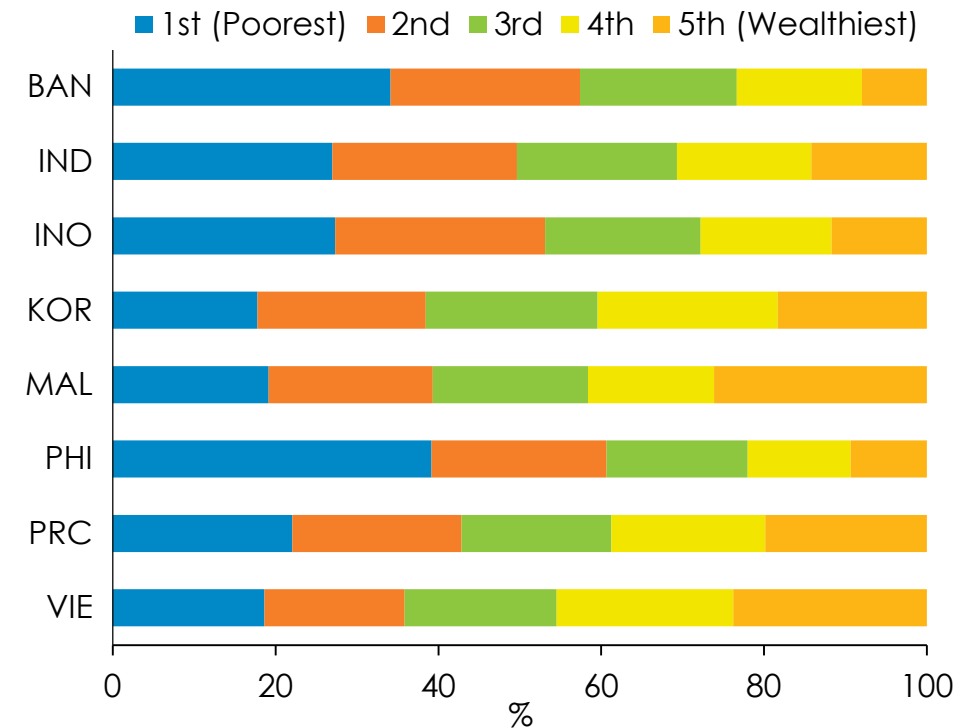
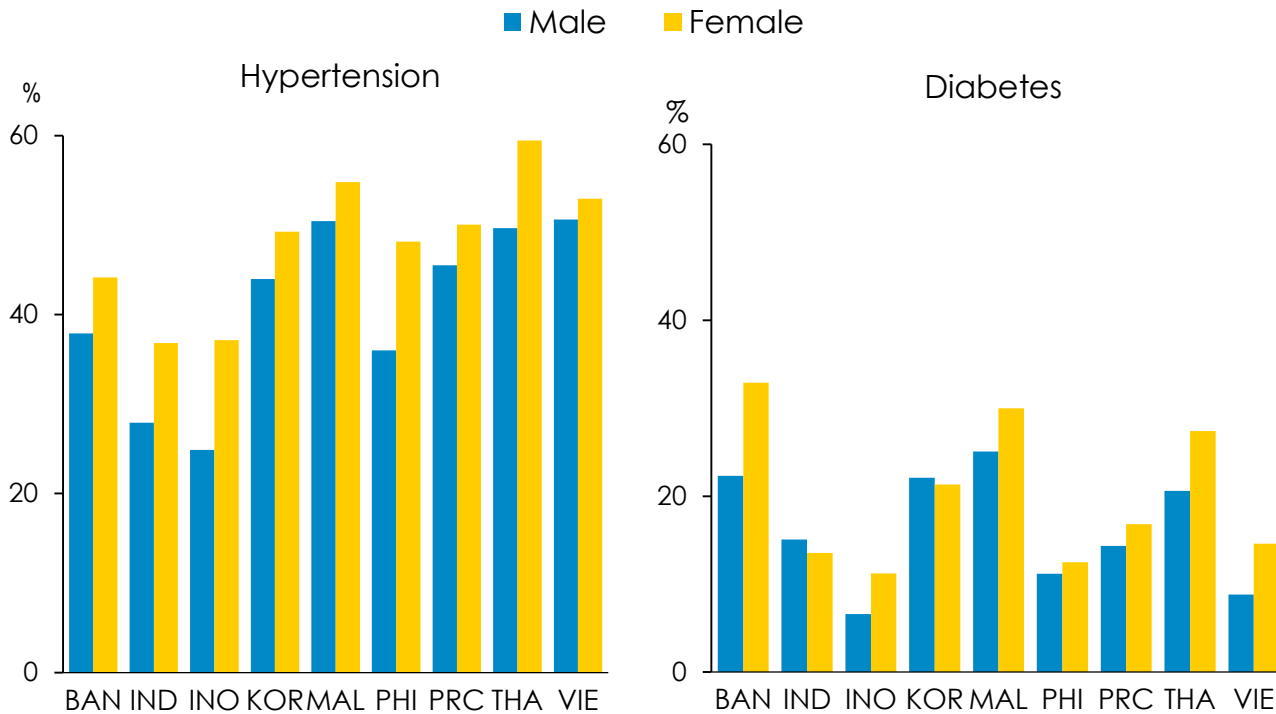
Source: ADPR 2024. Box. 1.1



Health risks are higher for women and the poor

2.5 Gender Differences in Diagnosed Noncommunicable Disease Prevalence in Older People

2.15 Distribution by Wealth Quintile of Older People with No Health-Care Use



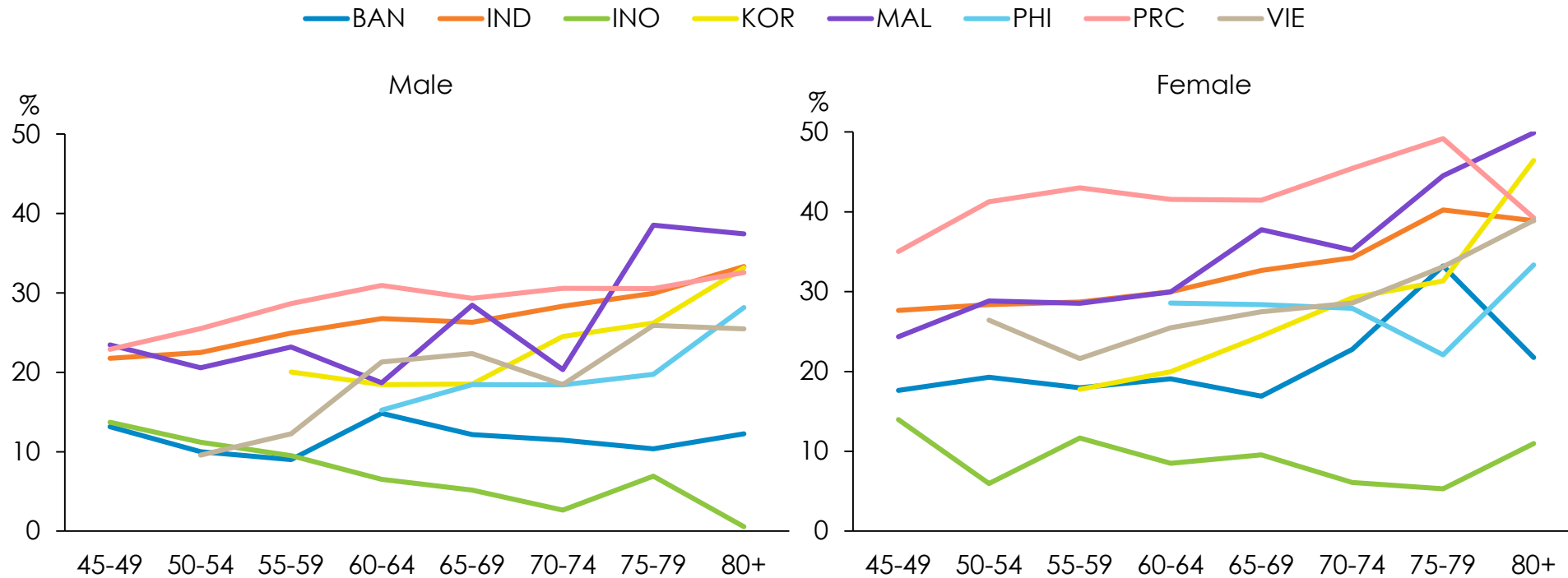
BAN = Bangladesh, IND = India, INO = Indonesia, KOR = Republic of Korea, MAL = Malaysia, PHI = Philippines, PRC = People's Republic of China, THA = Thailand, VIE = Viet Nam.
 Note: Older people are aged 60 and above. Quintiles are numbered from poorest (1st) to wealthiest (5th).
 Source: ADPR 2024. Box 1.1.





The mental health of older people demands urgent policy attention

2.9 Elevated Depressive Symptoms in Older People by Age Group and Economy



BAN = Bangladesh, IND = India, INO = Indonesia, KOR = Republic of Korea, MAL = Malaysia, PHI = Philippines, PRC = People's Republic of China, THA = Thailand, VIE = Viet Nam.

Note: Older people are aged 60 and above.

Source: ADPR 2024. Box. 1.1.



Healthy aging requires effective universal health coverage and active health promotion

Meeting the diverse health-care needs of older people requires

- steadfast progress toward universal health coverage
- cost-effective and pro-poor noncommunicable disease (NCD) treatment and management along with a range of mental health support services; and
- the adoption of technology-driven solutions

Promoting healthy aging through life-cycle approach means

- free annual health checkups and lifestyle evaluations, along with comprehensive health awareness campaigns to address the risk of NCDs and dementia;
- behavioral nudge to promote healthy lifestyle and diet; and
- policies, including sin taxes on tobacco and unhealthy food products, that discourage unhealthy consumption