How quickly is the population of the Philippines ageing?

The population of the Philippines will increase by 35.4% over the next two decades, reaching over 126 million by 2030. The proportion of the population aged 60 years and above is projected to exceed that of the population aged 0–14 years in 2065 (see Figure 1).

The proportion of persons aged 60 years and above will increase from 5.7% of the population in 2010 to 10.0% in 2030. The population aged 0–14 years will constitute 28.7% of the total population by 2030 (see Table 1).

How many years can older people expect to live in good health?

In 2010, healthy life expectancy (HALE) at birth was 63.2 years for women and 57.4 years for men. HALE at age 60 was 14.3 years for women and 11.9 years for men.

What percentage of older people are participating in the workforce?

In the Philippines (2010), the percentage of labour force participation in the population aged 65 years and above was 24.1% for women and 50.1% for men, with 36.0% of people aged 65 years and above participating in the workforce.

Over a period of 20 years, the median age in the Philippines will increase by 4.9 years, from 22.2 years in 2010 to 27.1 years in 2030. This compares to an increase of 6.4 years in Asia and 4.8 years in Europe over the same period.

The 2010 population pyramid for the Philippines shows a large number of people in the younger age brackets, and progressively fewer people in the older age brackets (see Figure 2a). Compared to 2010, the 2030 pyramid shows greater numbers of young people and more people surviving to older ages. In 2030, the age distribution between women and men is predicted to be more even (see Figure 2b).
How do we assess the health of populations as they age?

In the Philippines, life expectancy at birth and at age 60 will increase for both women and men between 2010 and 2030 (see Table 2). Over the next 20 years, life expectancy at birth will increase by 4.0 years for women and 4.7 years for men. The life expectancy gap between sexes will decrease from 6.6 years in 2010 to 5.9 years in 2030. For people who survive to age 60 in 2010, women can expect to live another 18.9 years and men another 15.8 years.

How will ageing in the Philippines affect the disease burden borne by older people?

The burden of disease in the Philippines is expected to change as a consequence of population ageing. The disease burden in the older age group (60 years and above) is expected to increase between 2005 and 2030 (see Figure 5).

The estimates and projections (DALYs) for persons aged 60 years and above in the Western Pacific Region, by major disease group and sex, 2005, 2015, 2030

What health issues currently affect the population?

In 2004, noncommunicable (Group II) conditions constituted 79% of the overall disease burden. Group I conditions accounted for 19%, while Group III conditions accounted for 2% of the total disease burden (see Figure 3).

Cardiovascular disease was the largest burden of disease for women and men, and more men than women suffer from these conditions. Sense organ disease was the second largest burden of disease, particularly in women compared to men. Infectious and parasitic diseases rank third for older people (see Figure 4).

Policy and practice recommendations

✔ Constructive, proactive measures are needed to monitor and update its Expanded Senior Citizens Act (RA7876) and other ageing policy (RA9994).
✔ Continued support for collaborative, multidisciplinary and cross-country research is indicated.
✔ Improved translation of health research results is crucial to inform and shape current and future policy, especially health care provision and human resources.
✔ Coordinated interventions are needed to address health and well-being gaps between majority and minority populations, particularly among older people.