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Population Aging and Health Status in Canada: Is 70 the New 60?

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Health Services and Policy Research

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Canada

We Are Getting Older, Some Say Healthier ...

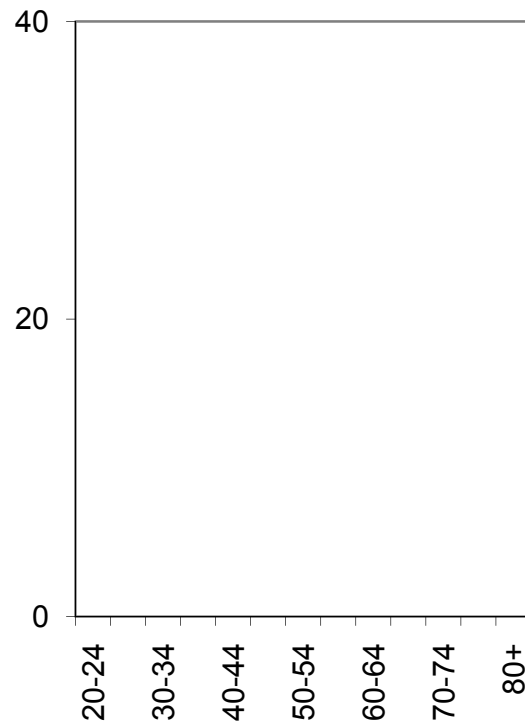
- Chen and Millar (2000) reported that in 1996/97 (the Baby boomer Cohort) had lower prevalence of chronic disease and functional limitations than in 1978/79.
- Manton and Gu (2001), using the Longitudinal Survey of Long Term Care, found that disability and morbidity of institutionalized Americans declined 0.3 to 0.6 % from 1982 to 1999.
- Stearns and Butterworth (2001) reported similar findings from Scotland, where the proportion of elderly with disabilities decreased between 1985 and 1996/97.



What We Did ...

- We compared age and sex-specific prevalence of various health parameters.

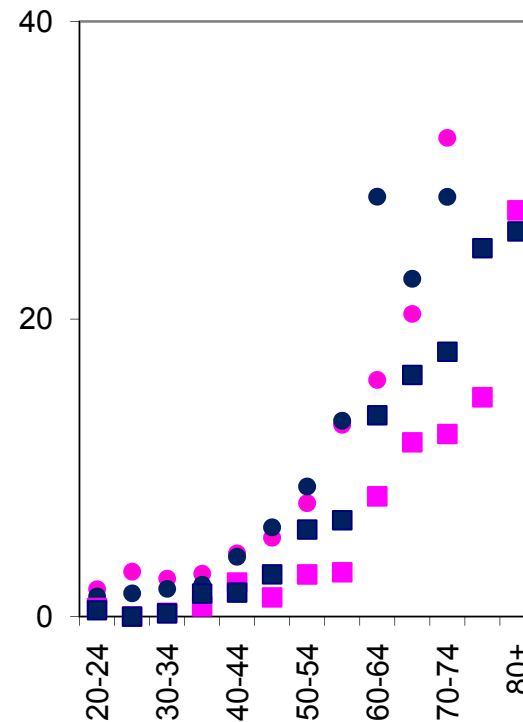
**Proportion of the Population
in Various Age-Groups
with Heart Disease**



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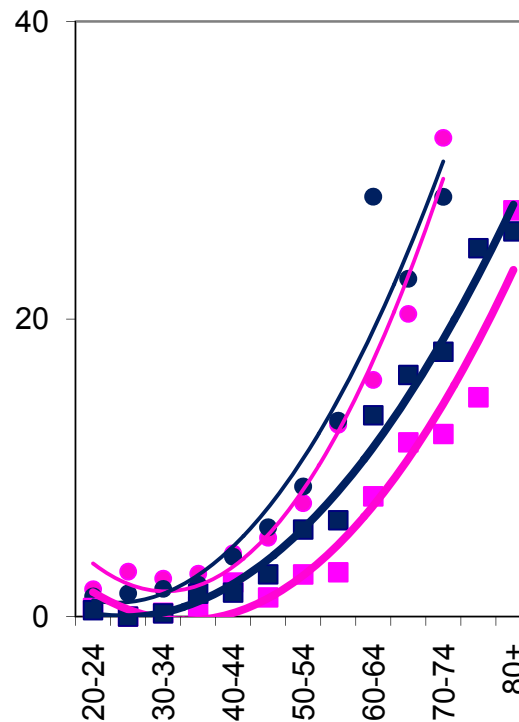
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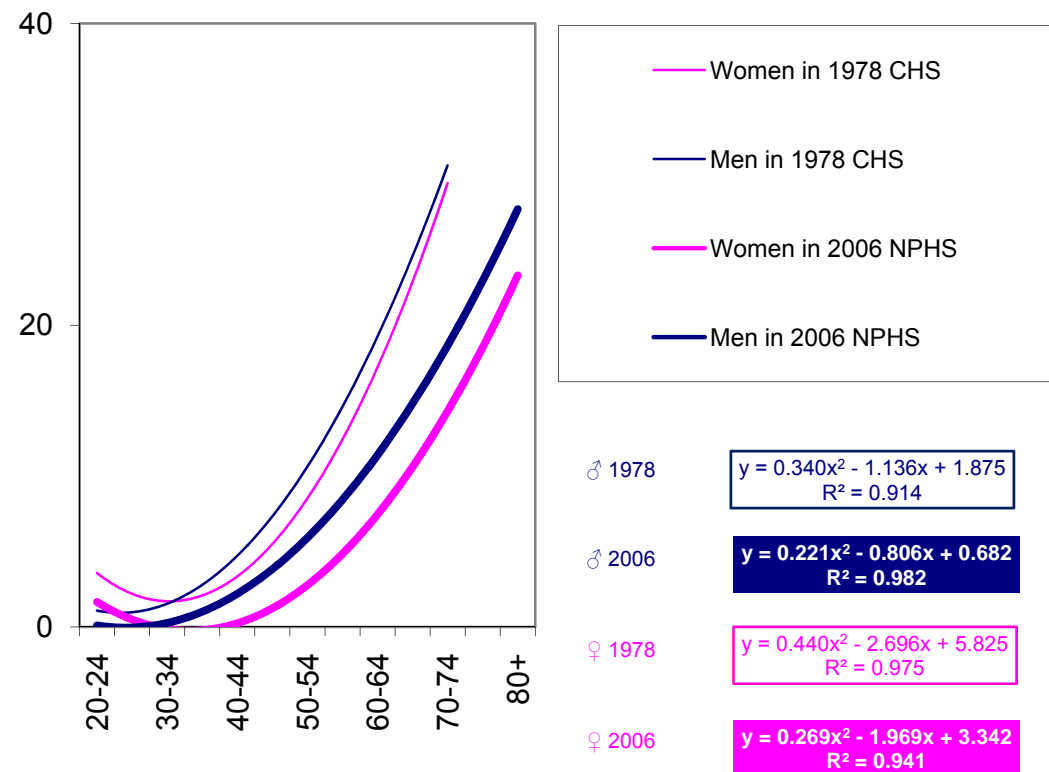
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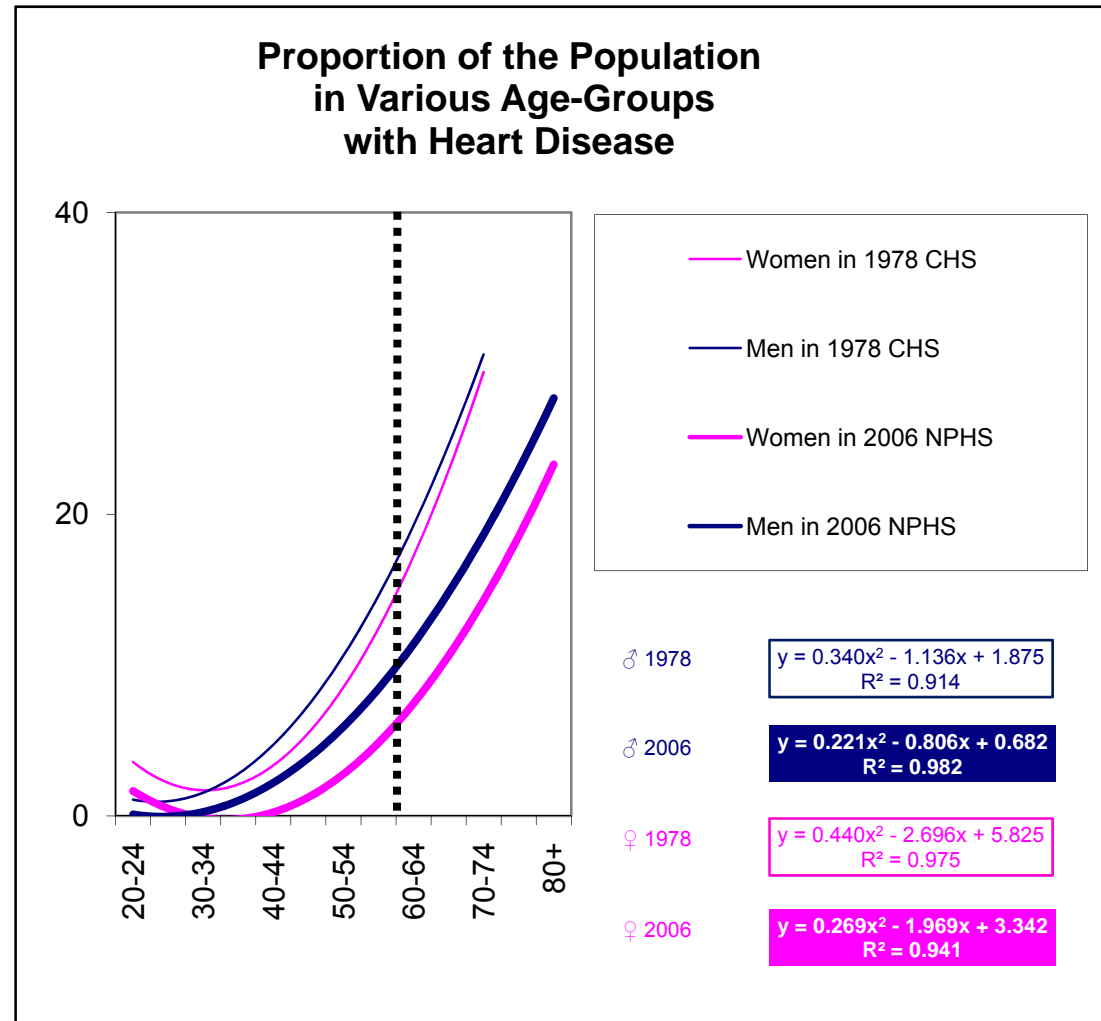
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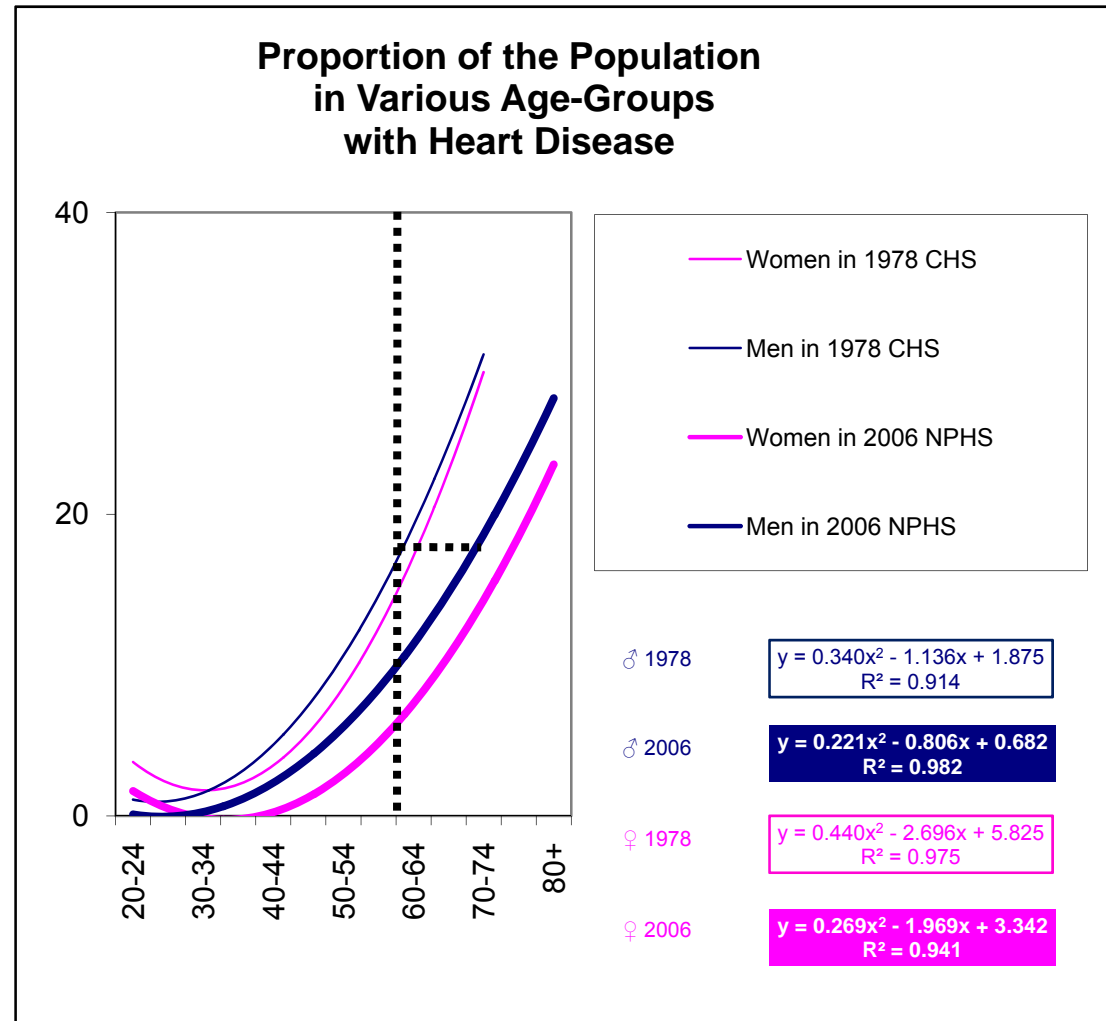
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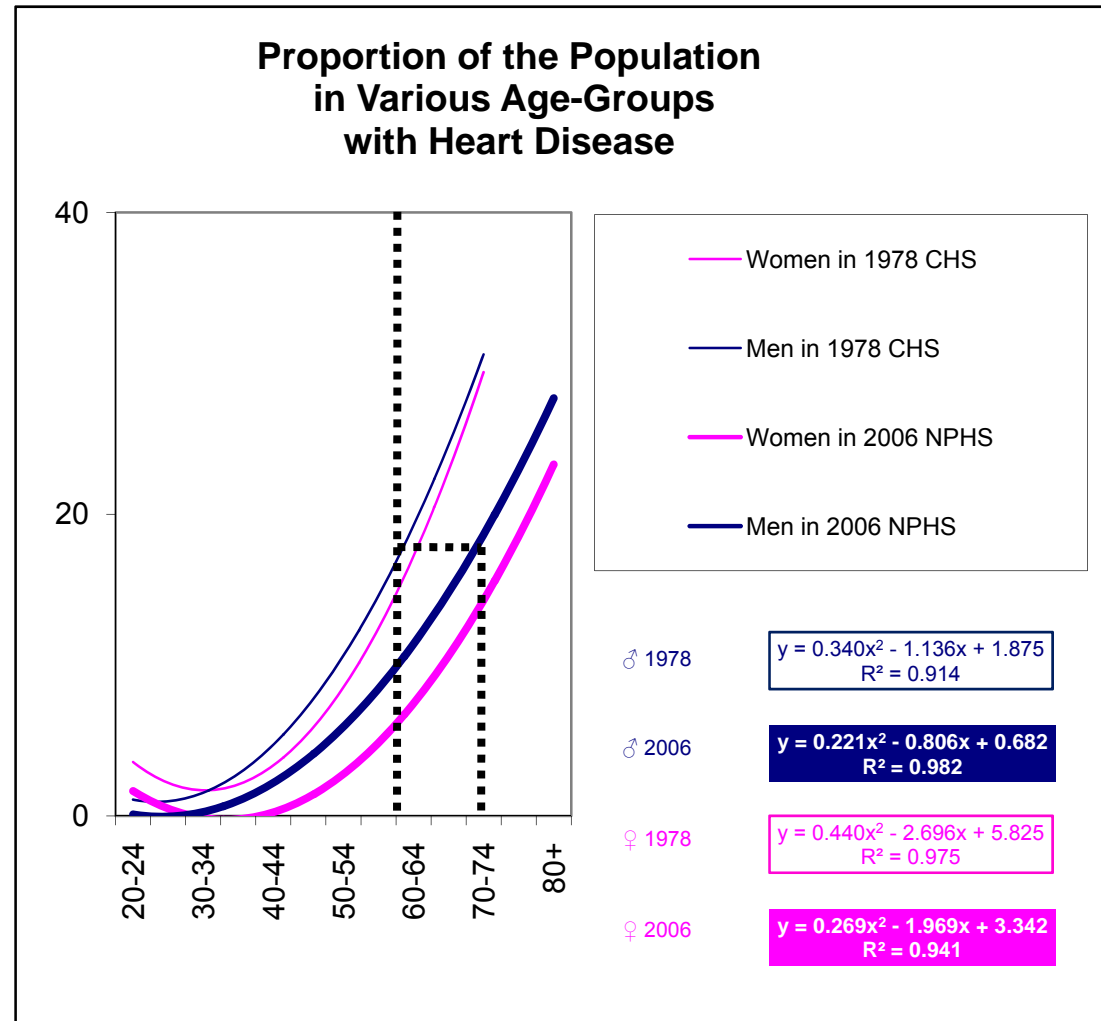
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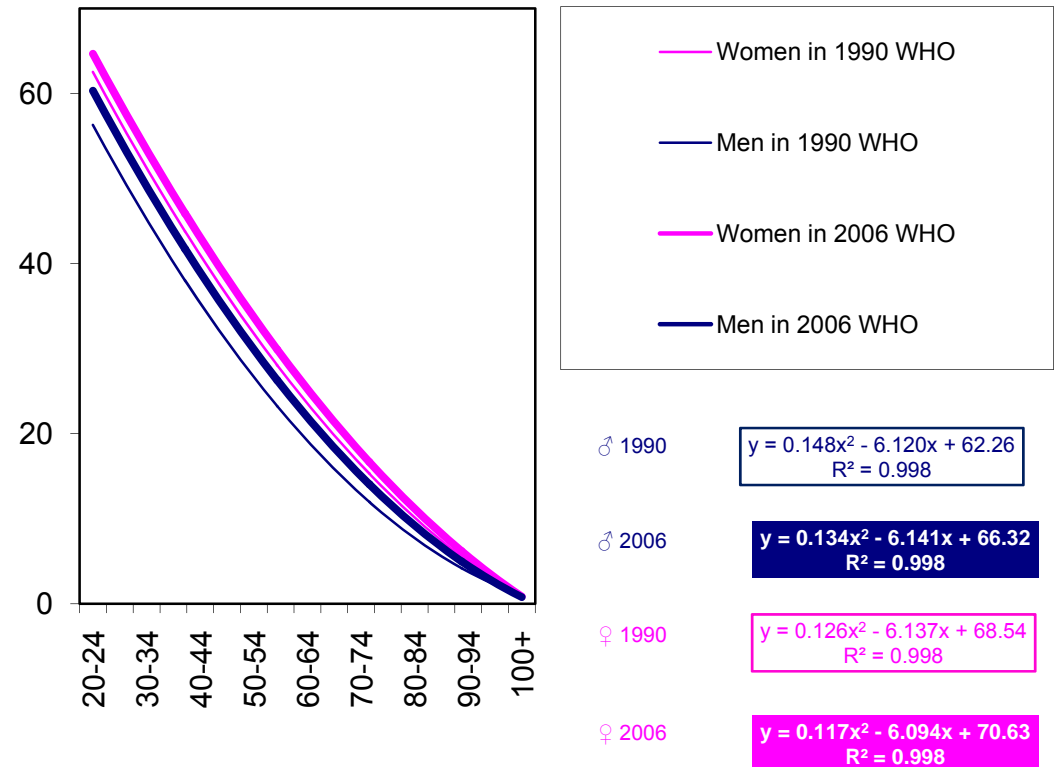
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Measures That Have Improved for All Canadians

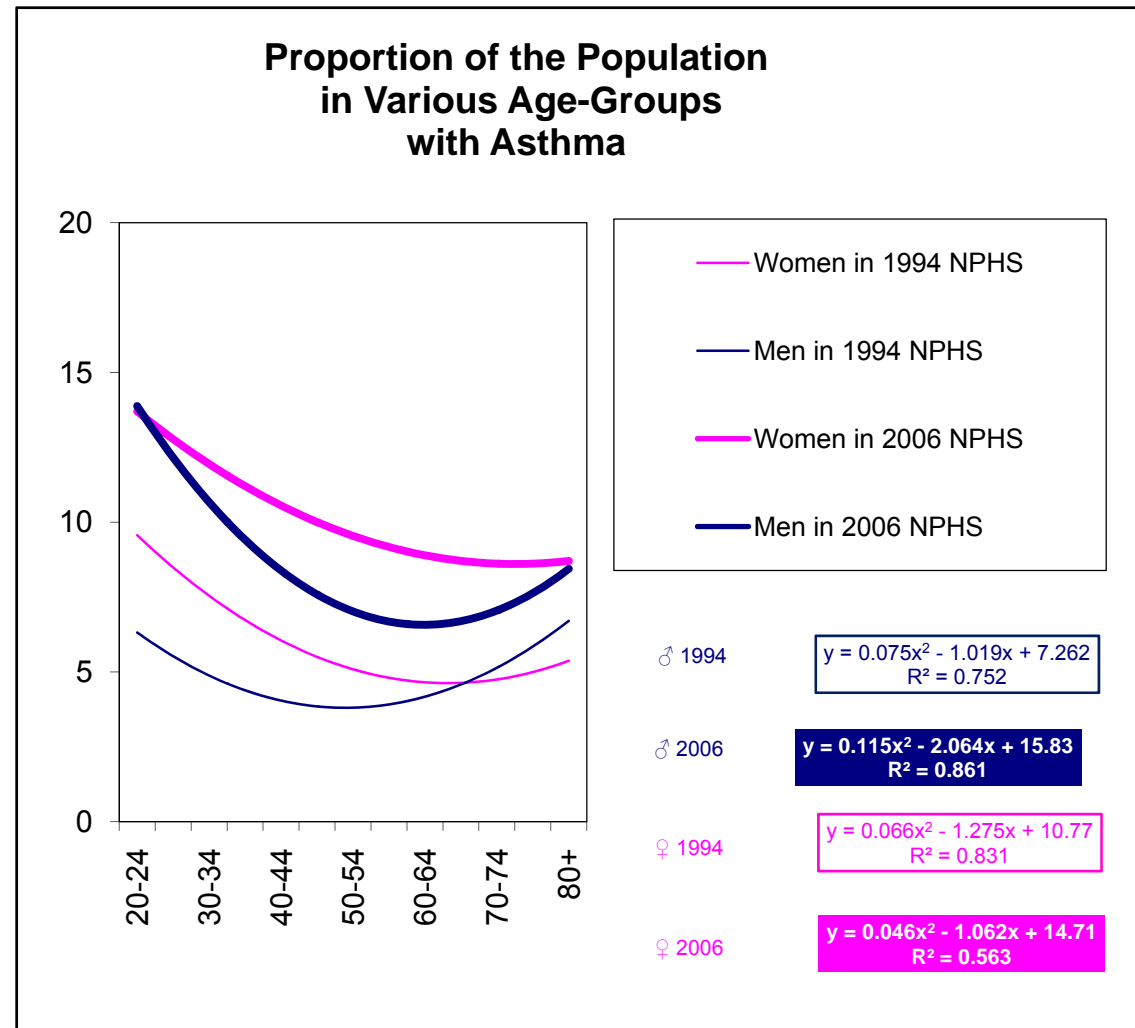
- Life Expectancy (see chart at right)
- Comparative Health
- Health Utilities Index
- Hearing

Remaining Life Expectancy
For Various Age-Groups



Measures That Have Deteriorated for All Canadians

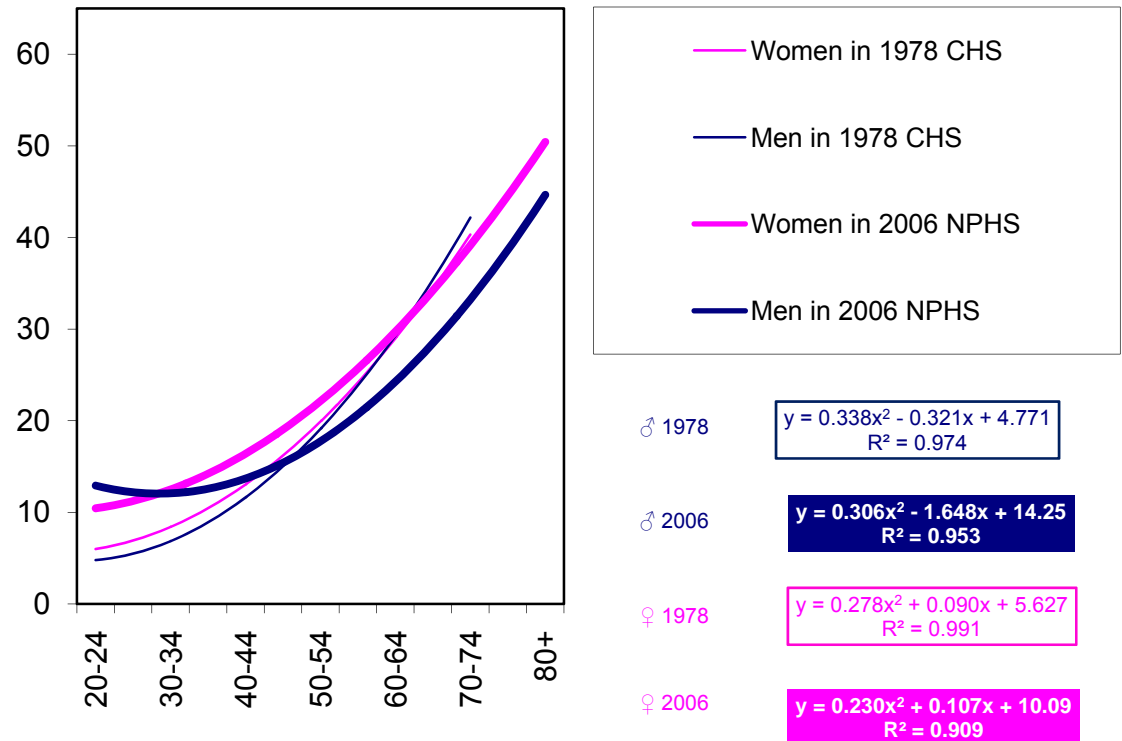
- Asthma (see chart at right)
- Diabetes
- Number of Chronic Conditions



Measures That Have Improved Among Middle-Aged and Older Canadians

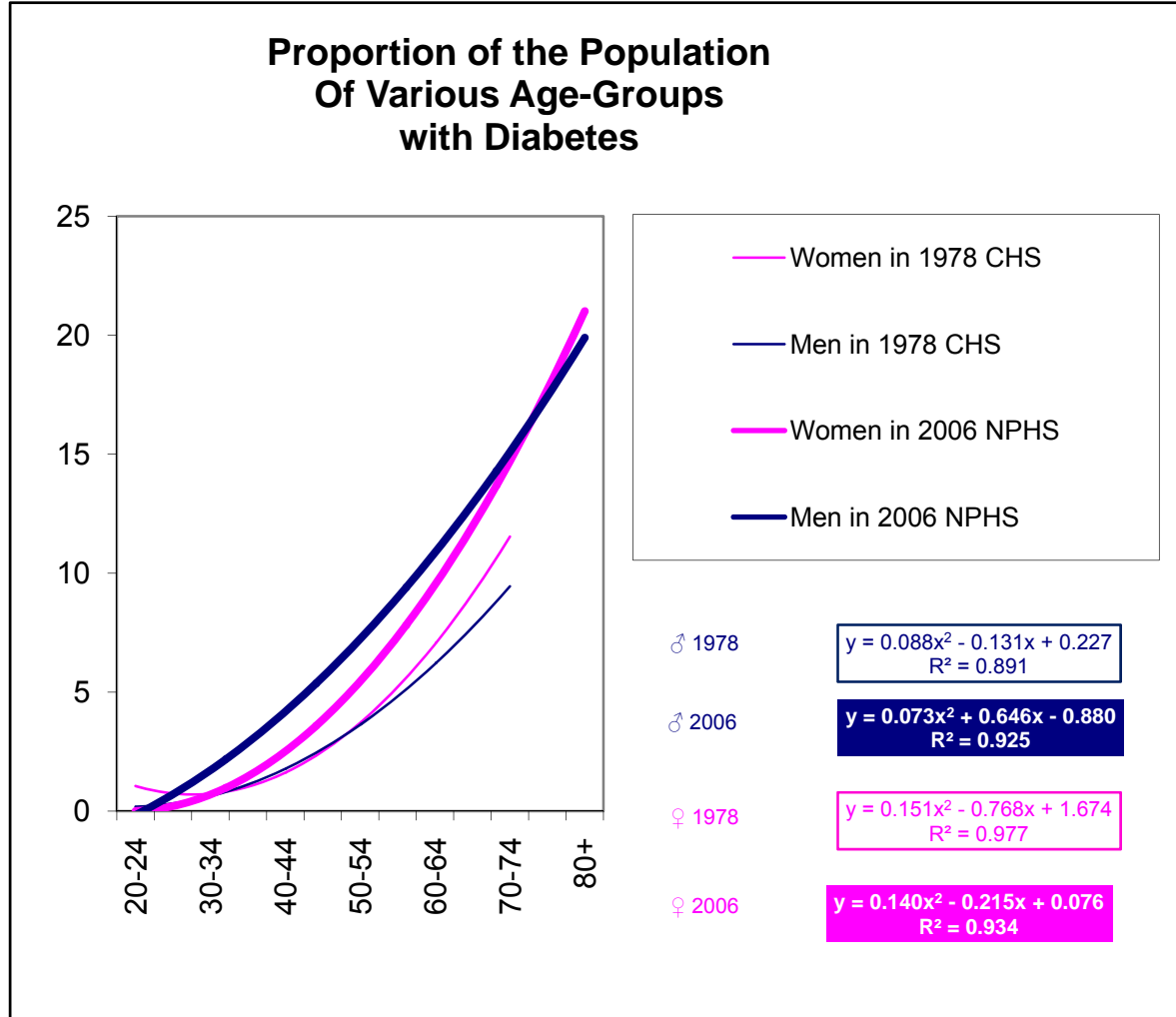
- Activity Limitations (men only)
- Cancer (men only)
- Heart Disease
- Stroke (women only)

Proportion of the Population in Various Age-Groups with Activity Limits



Measures That Have Deteriorated Among Middle-Aged and Older Canadians

- Diabetes (see chart at right)
- Insomnia
- Cancer (women Only)
- Arthritis
- Hypertension
- Stroke



Actually, 65 Is the New 60

Health Measure	Ref. Year	Equivalent Age		Health Measure	Ref. Year	Equivalent Age	
		Women	Men			Women	Men
Activity Limitations	1978	58	67	Heart Disease	1978	76	74
Chronic Conditions	1978	N/A	N/A	Hypertension	1978	66	52
Diabetes	1978	51	42	Insomnia	1978	N/A	N/A
Hearing Loss	1978	67	71	Stroke	1978	69	57
Arthritis	1978	58	56				
Eq. Age / 1978 Eq. Age				Eq. Age / 1978 Eq. Age			
Comparative Health	1985	N/A	N/A	Asthma	1994	N/A	N/A
Cancer Incidence	1990	58 / 57	64 / 67	Health Utilities Index	1994	65 / 71	66 / 74
Life Expectancy	1990	67 / 73	70 / 78				
Overall Computed Average						65	64



Canadians Are Older, and by Some Measures, Healthier

- We are older and have more chronic conditions, but we are increasingly able to manage such conditions.
- We have identified conditions where there is room for improvement, i.e., asthma and diabetes.
- Obesity is risk factor in many of the illnesses which have worsened, and thus further inquiry into the causes of obesity is warranted.
- We hope to refine the analysis with more data, more conditions, and by dividing Canadians into groups that correspond to determinants of health other than age and sex, for instance, income and education.
- We hope to look at the costs of various conditions to determine the most appropriate use of healthcare resources.



Thank You!

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