

## POPULATION AGING AND HEALTH TRANSITION

### Learning objectives:

- 1) To impart knowledge of concepts and theoretical framework relating to demography of ageing, and health, social and economic dynamics of population ageing
- 2) To impart concepts and theories of health transition, linkage between health transition and ageing transitions
- 3) To develop skills to analyze trends, determinants and consequences of population ageing
- 4) To build capacity to understand and use theoretical and empirical advancements to develop strategies, policies and programmes to meet challenges of population ageing and plan for health care and social and economic wellbeing of ageing population.

### I. Demography of Ageing:

- a. Concepts and measures of population ageing; components of population ageing; Inter-relationship between population ageing, fertility, mortality and migration; population ageing and momentum of population growth, age structure transition and ageing, and declining population.
- b. Population ageing trends and patterns in developed and developing countries; Factors determining ageing trends and patterns; Projected trends and pattern of population ageing; global and regional perspective.
- c. Population ageing trends, patterns and determinants in India; state variations; future scenario of population ageing in India and states.

### II. Life Course Perspective and Social Dynamics of Ageing:

- a. Life course perspective of population ageing; Age and Ageing, Ageism; Social Status and Roles of Elderly, Family Structure, Intergenerational relations, Kinship and family support, Social Security; Social network-Frameworks (Berkman and others) and measurement.
- b. Living Arrangements of Elderly, Old Age Homes, Social Networks, and

Contribution of elderly: “Feminization” of Ageing, Dependency, Gender Dimensions and Discrimination, Widows, Elderly abuse, Social and legal Vulnerability, Legislations to protect elderly in India.

**III. Health Transition:**

Understanding Health Transition and Ageing Transition; Critiques of “Health Transition” and “Epidemiological Transition” theory: Mortality and Morbidity Compression, Age Patterns of Mortality and Morbidity; Global burden of disease, communicable diseases, injuries and violence; Health Transition and emergent infectious diseases; social epidemiology and medical social determinants of health as fundamental causes of chronic disease; social determinants of health; the relative income hypothesis and the social gradients of health for ageing population: Healthy Ageing; WHO Framework for Healthy Ageing.

**IV. Ageing and Health:**

- a. Ageing and Life Expectancy: ageing and life expectancy; changing age pattern of mortality, oldest old mortality; ageing and epidemiological transition in disease prevalence and patterns; Measuring population health; life expectancy and
- b. Ageing and Burden of Disease: Measurement issues in assessing burden of chronic and multiple diseases in ageing populations; Self-Reported Prevalence, Symptom based prevalence; Measured Prevalence; burden of non-communicable diseases, dual burden of communicable and non-communicable in developed and developing countries; injuries and violence Indian scenario; Ageing, Intrinsic Capacity and Biomarkers of Ageing.
- c. Ageing and Functional Health: Ageing and disabilities; trends and prevalence; ageing and injuries, ageing and functional health on various domains- mobility, self-care, pain, vision, interpersonal activities, sleep and energy; Ageing and Quality of Life, WHOQol Ageing and Disability; WHODAS; Ageing and wellbeing and Life satisfaction.
- d. Ageing and mental health problems; cognition, memory loss, dementia and depression; Alzheimer’s and Parkinson.
- e. Ageing and health risk factors: nutrition, diet and food practices; health risk behaviour- tobacco, alcohol; physical activities; Access to minimum living conditions (sanitation, water).

**V. Health Care System for Geriatric Care and Health Financing:**

- a. Availability and accessibility to geriatric care, Geriatric Health Care Institutions; Human Resource Development for Geriatric Care; institutional care; Long-term Care; Health Systems Inequalities for Addressing NCDs.
- b. Ageing, health care and health financing: health care utilization, public and private health services utilization; outpatient and inpatient health care utilization; sources of health spending; out of pocket health expenditure; lack of health care options for elderly; Health induced impoverishment among elderly.

**VI. Population Ageing and Economic Conditions:**

- a. Population Ageing and Labour Force: Implications of population ageing on labor force, Retirement and work participation among elderly; occupational distribution among the elderly.
- b. Ageing and Public Finance: Ageing, savings and investment; pressures on public finance - government health expenditure; implications for health insurance and health financing for elderly, Implications for Government expenditure for social security – pension, social support and housing; The Solow model with an ageing population, Becker’s family model; Bloom and Williamson’s model; ageing and poverty; Ageing, health and development.

**VII. Ageing Policies and Programmes:**

- a. Social and Economic Support Policies and Programmes for the Elderly- Retirement, Pensions and Social care Policies in developed and developing countries. Social security and welfare policies and programmes for elderly in India. National Programmes for Health Care of Elderly (NPHCE); National Policy for Senior Citizens.
- b. Organizations Engaged in Wellbeing of Ageing Populations: Helpage International, Dignity Foundation, Age in Action, Age International, Alliance for Aging Research, Alzheimer’s Disease International (ADI), The Parkinson Alliance, Geriatrics Societies and Gerontological Associations; Age –friendly world: environment, security and health care.
- c. Worldwide Longitudinal Ageing Studies in 40 countries: LASI, SAGE, SHARE, HRS, CHARLS, JSTAR, ELAS, KLoSHA

**Reading List****Suggested readings :**

1. World Health Organization (2015), *WHO Report on Ageing and Health*, WHO, Geneva.
2. United Nations (1994), *Ageing and the Family*, United Nations, New York
3. United Nations (1998), *Economic and Social Implications of Population Ageing*, Department of International Economic and Social Affairs, UN, New York.
4. United Nations (2001): *Living Arrangements of Older Persons: Critical Issues and Policy Responses*. Population Division, Department of Economic and Social Affairs, Special Issue Nos. 42/43, 2001, New York.
5. UNFPA, 2001, *Population Ageing and Development: Social, Health and Gender Issues*, United Nations, Malta.
6. Bloom, D.E., D. Canning, et.al. (2002): *The Demographic Dividend: A New Perspective on the Economic Consequences of Population Change*. Santa Monica, CA, RAND.
7. Bose, A.B. (2006). *Social Security for the Old*. New Delhi: Concept Publishing Company.
8. Linda J. Waite (ed.) (2004) *Aging, Health, and Public Policy: Demographic and Economic Perspectives*, Supplement to Population and Development Review
9. Irudaya Rajan, (2007) *Social Security for the Elderly Experiences from South Asia*, Routledge, New Delhi.
10. Prskawetz, Bloom, and Lutz, eds., 2008 *Population Aging, Human Capital Accumulation, and Productivity Growth*, A Supplement to Population and Development Review.
11. Sandra Gruescu, (2006), *Population ageing and economic growth*. Physica-Verlag
12. Heslop A (1999), *Ageing and Development*, Social Development Working Paper: 3, Help Age International.
13. M. Alam (2004). Ageing, old age income security and reforms: An exploration of Indian situation. *Economic and Political Weekly*, 39(33): 3731-3740.
14. Pool, Ian, Laura R. Wong and Eric Vilquin (ed) (2006), *Age-structural transitions: challenges for development*. Paris: CIRCRED.
15. Berman, Lisa (2000) "Social Support, Social Networks, Social Cohesion and Health" *Social Work in Health Care* [http://dx.doi.org/10.1300/J010v31n02\\_02](http://dx.doi.org/10.1300/J010v31n02_02).