



Photo courtesy: WHO

Facts and Figures

Healthy Ageing



India

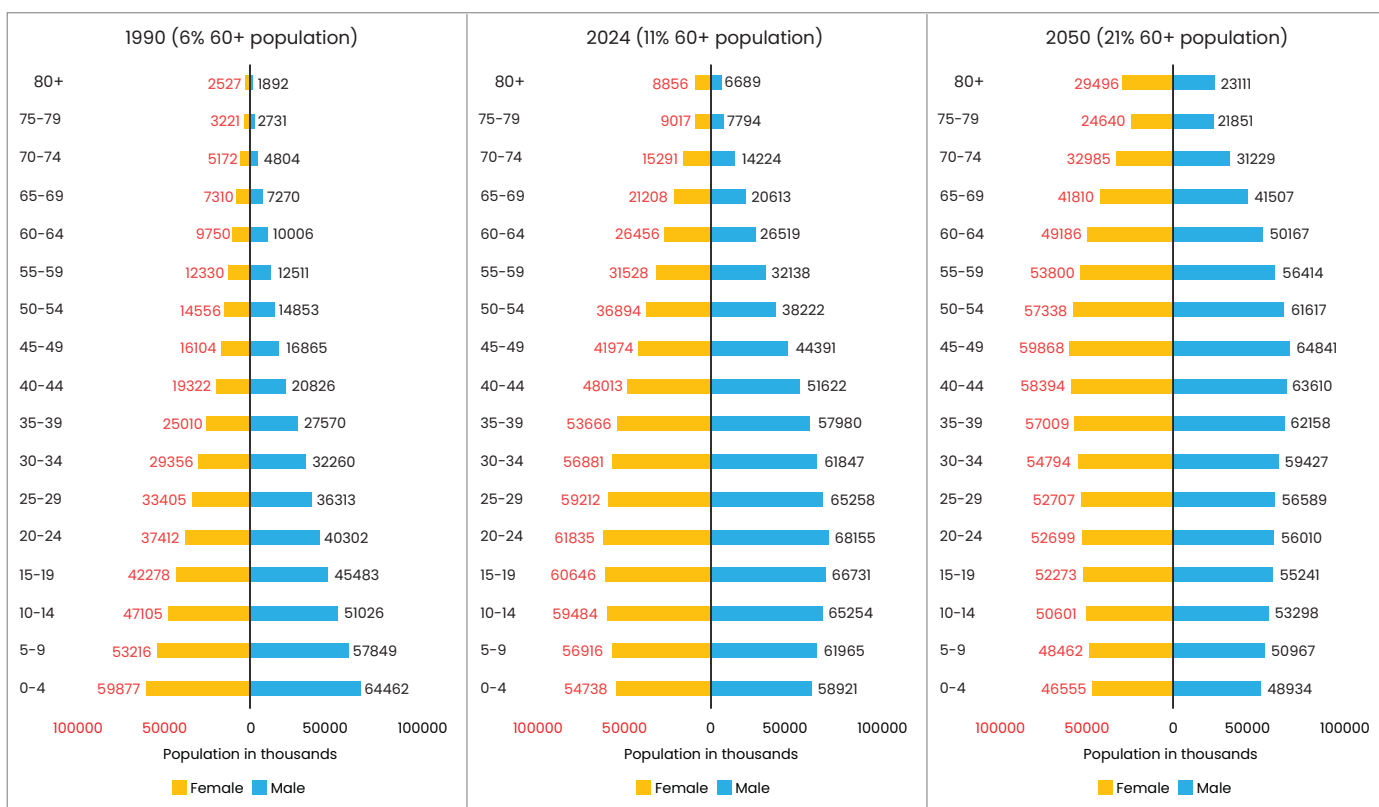


Demographic profile, 2024

	Total	Female	Male
Total population	1 450 936 000	702 612 000 (48%)	748 323 000 (52%)
Total 60+ years population	156 667 000 (11%)	80 827 000 (12%)	75 840 000 (10%)
Total 80+ years population	15 545 000 (1.1%)	8 856 000 (1.3%)	6 689 000 (0.9%)

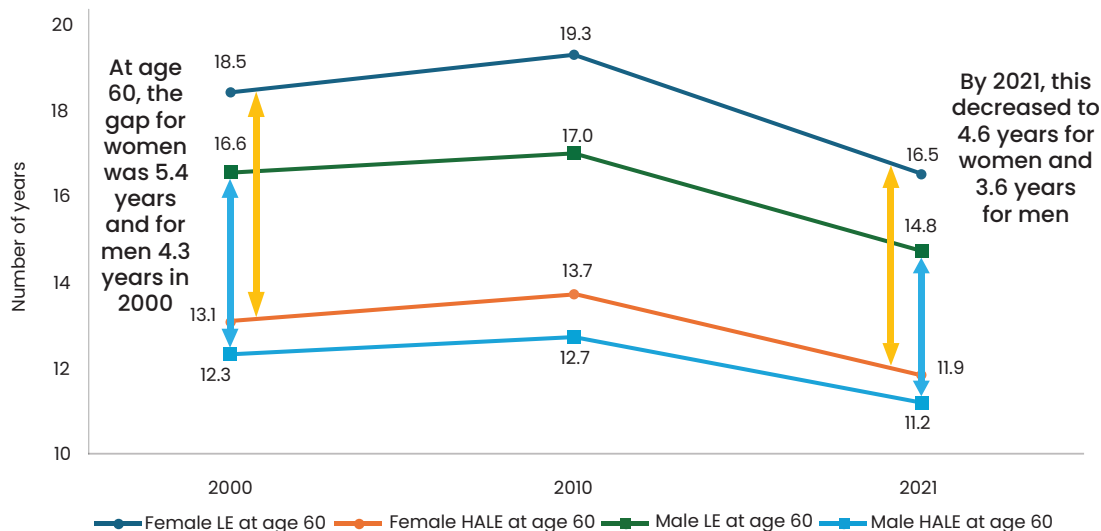
Demographic shift:

Share of people aged 60 years and above expected to increase from 11% in 2024 to 21% in 2050



Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition (accessed on 1 August 2025)

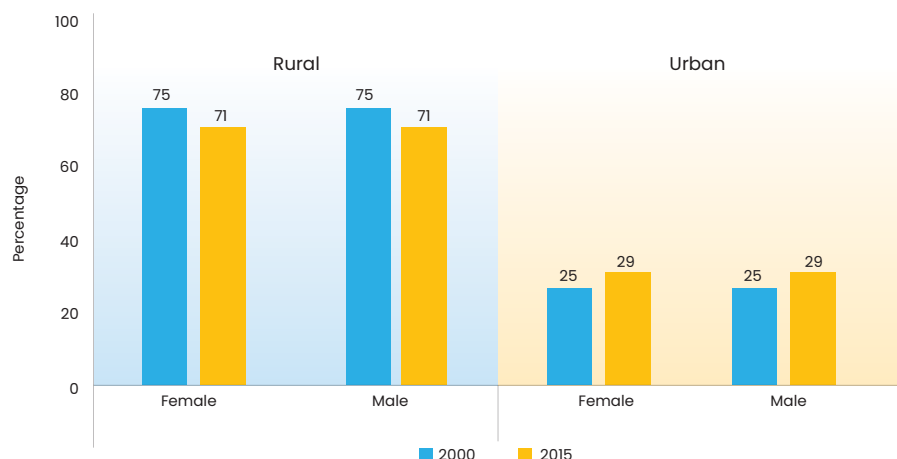
Gap between life expectancy and health life expectancy at age 60 years, 2000–2021



Older women live longer than men but spend more years in poor health, with the LE-HALE gap at 4.6 years for women and 3.6 years for men in 2021

Source: Global Health Observatory–World Health Organization (accessed on 1 August 2025)

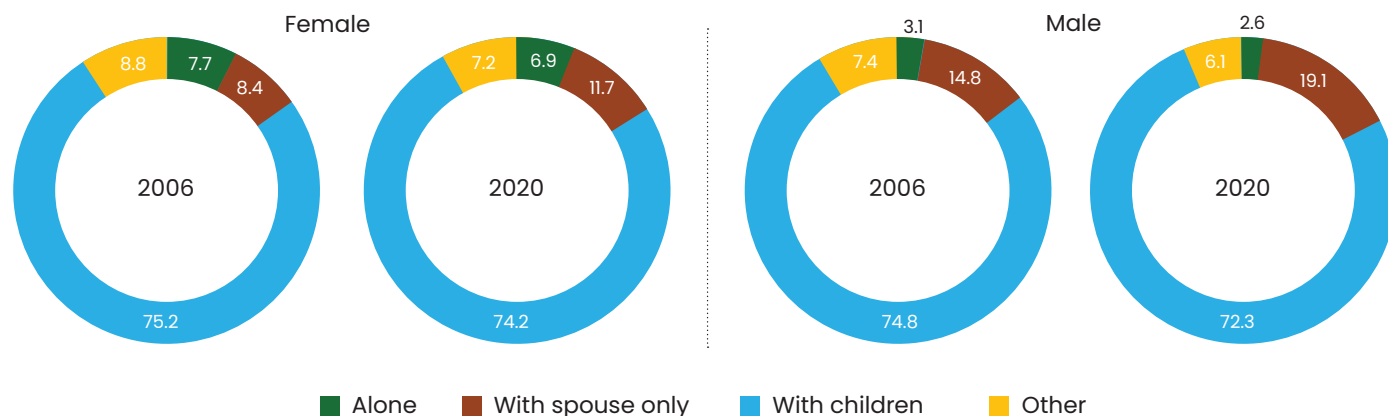
Percentage of older people aged 60 years and above living in rural and urban areas



Between 2000 and 2015, the percentage of older people living in rural areas has declined by 4%, while the share living in urban areas has increased by a similar margin, indicating a clear trend of urbanization

Source: Ageing Data Portal-World Health Organization (accessed on 1 August 2025)

Household living arrangements (60+ years)

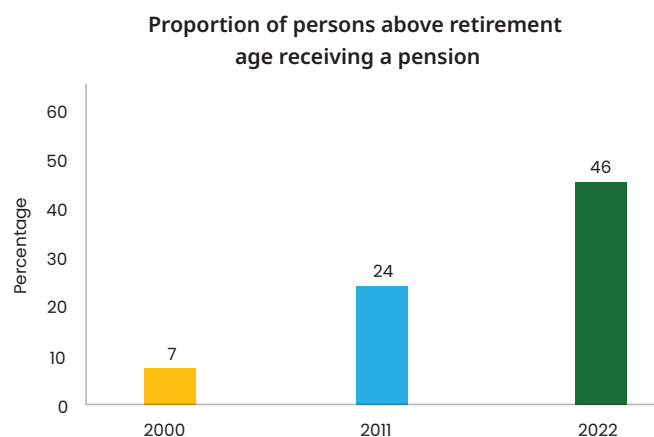
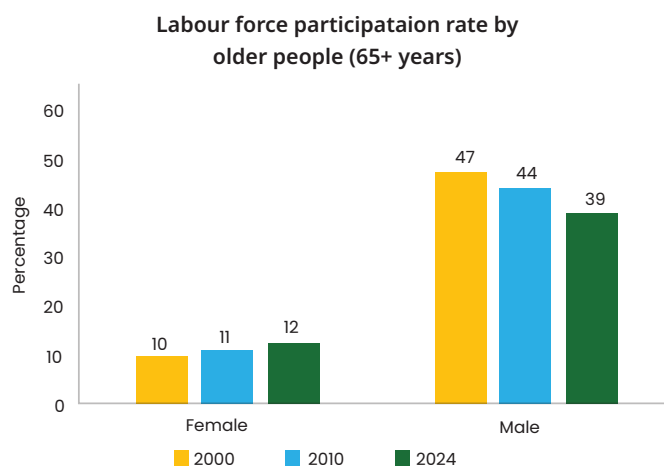


Source: Ageing Data Portal-World Health Organization (accessed on 1 August 2025)



While most older people continue to live with their children, the proportion of those living alone or only with a spouse has been steadily increasing over the years

Labour force participation rate by older people (65+ years) and proportion of persons above retirement age receiving a pension



Source: ILOSTAT (accessed on 1 August 2025)



Between 2000 and 2024, labour force participation among older people (65+ years) declined for men and increased for women. However, pension coverage increased from 7% in 2000 to 46% in 2022, indicating a shift from reliance on work to greater financial security through pensions in old age



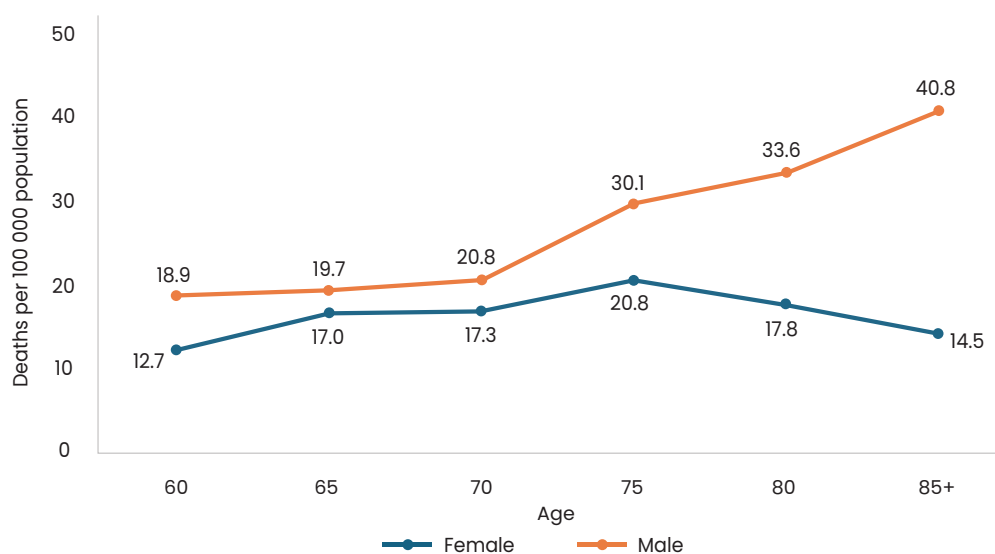
Mortality profile

Top five causes of mortality in older people

	60+ older population				85+ older population			
	Female		Male		Female		Male	
Rank	2000	2021	2000	2021	2000	2021	2000	2021
1	Diarrhoeal diseases	COVID-19	Ischaemic heart disease	COVID-19	Diarrhoeal diseases	COVID-19	Diarrhoeal diseases	COVID-19
2	Ischaemic heart disease	Ischaemic heart disease	Chronic obstructive pulmonary disease	Ischaemic heart disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Ischaemic heart disease
3	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Tuberculosis	Chronic obstructive pulmonary disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Chronic obstructive pulmonary disease
4	Stroke	Stroke	Diarrhoeal diseases	Stroke	Stroke	Diarrhoeal diseases	Stroke	Stroke
5	Tuberculosis	Diarrhoeal diseases	Stroke	Diarrhoeal diseases	Alzheimer disease and other dementias	Stroke	Tuberculosis	Diarrhoeal diseases

Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)

Suicide mortality rate (per 100 000 population) among older people, 2021



Suicide mortality rates among older people rose sharply for males, and were consistently higher in males than females, with the gap widening significantly in the oldest age groups

Source: World Health Organization-Global Health Estimates (accessed on 7 October 2025)



Morbidity profile

Top five causes of years of healthy life lost due to disability (YLD)

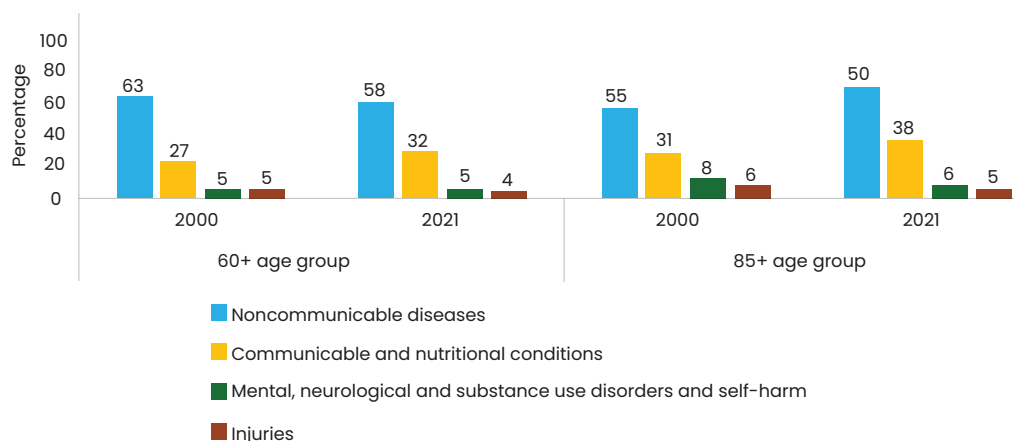
	60+ older population				85+ older population			
	Female		Male		Female		Male	
Rank	2000	2021	2000	2021	2000	2021	2000	2021
1	Back and neck pain	Back and neck pain	Other hearing loss	Other hearing loss	Falls	Falls	Other hearing loss	Other hearing loss
2	Other hearing loss	Other hearing loss	Chronic obstructive pulmonary disease	Diabetes mellitus	Other hearing loss	Other hearing loss	Cataracts	Chronic obstructive pulmonary disease
3	Iron-deficiency anaemia	Falls	Back and neck pain	Back and neck pain	Cataracts	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Alzheimer disease and other dementias
4	Cataracts	Iron-deficiency anaemia	Cataracts	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Alzheimer disease and other dementias	Alzheimer disease and other dementias	Cataracts
5	Falls	Diabetes mellitus	Diabetes mellitus	Uncorrected refractive errors	Alzheimer disease and other dementias	Cataracts	Iron-deficiency anaemia	Falls

Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)



In those aged 60+ years, back and neck pain and hearing loss are leading causes of disability, with rising impact from falls among females and diabetes among males, while in the 85+ age group, falls and hearing loss dominate, followed by cataracts, COPD, and Alzheimer's disease and other dementias

Distribution of Disability Adjusted Life Years (DALYs) among older people



Source: World Health Organization - Global Health Estimates (accessed on 1 August 2025)



Between 2000 and 2021, the burden of DALYs in older people remained dominated by noncommunicable diseases, the share from communicable and nutritional conditions increased, while mental, neurological, and substance use disorders decreased, especially in the 85+ age group

Incidence and prevalence of common health conditions

Age group	Tuberculosis* 2021		Acute hepatitis B* 2021		Falls* 2021		Hearing impairments** 2021		Vision impairments** 2019		Anaemia** 2021		Lower back pain** 2021	
	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male
60–64	34 788	55 965	41 168	65 770	5282	2713	53	58	70	63	61	45	22	10
65–69	44 920	64 592	38 466	63 157	7615	3449	61	66	83	76	69	54	22	11
70–74	44 740	58 658	36 523	59 288	10 537	4755	68	73	92	87	71	68	22	11
75–79	42 909	58 820	33 517	55 587	15 072	6184	74	79	96	94	77	80	24	13
80–84	50 486	79 592	30 806	52 288	19 060	7177	78	82	98	97	71	79	26	14
85–89	57 474	97 185	27 095	47 828	21 246	7717	80	84	99	99	72	81	28	15
90–94	64 798	116 291	23 462	42 450	21 822	7674	82	84	100	99	72	82	26	14
95+	72 187	126 335	20 993	37 384	21 215	7546	83	85	100	100	74	76	23	14

Source: Global Burden of Disease (accessed on 1 August 2025)

*Incidence rate per 100 000 population **Prevalence

The health burden in older age is shaped by a dual challenge of infectious diseases (higher in men) and chronic/functional impairments (higher in women)



Tuberculosis

Increases with age, with men consistently showing higher incidence than women



Acute hepatitis B

Declines with age, but women have nearly double the rates compared to men



Falls

Incidence rises sharply in advanced age, especially among women



Hearing impairments

Prevalence increases steadily with age, slightly higher among men



Vision impairments

Prevalence grows with age, with more than 90% affected after 75+ years



Anaemia

Becomes more common with age, slightly higher among men



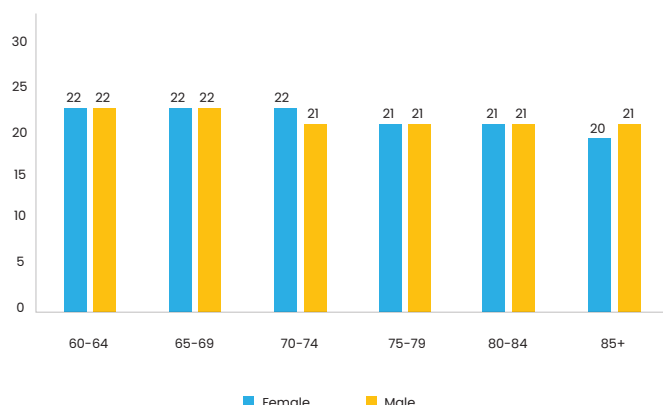
Lower back pain

Higher prevalence among women than men

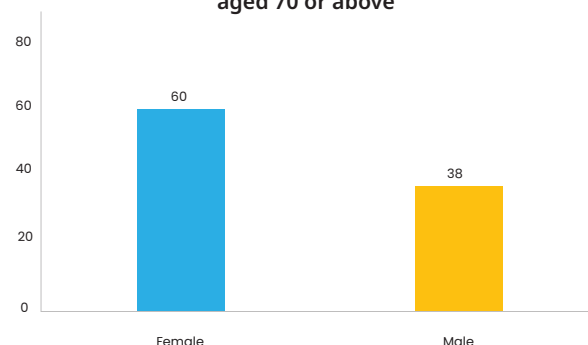


Mean Body Mass Index (based on measured height and weight) and Prevalence of insufficient physical activity in older people aged 70 years or above, 2016

Mean Body Mass Index



Prevalence of insufficient physical activity in older people aged 70 or above



Source: Global Health Observatory–World Health Organization (accessed on 1 August 2025)



UN Decade of Healthy Ageing (2021–2030)

10 national indicators	2020	2023
Focal point on ageing and health in the Ministry of Health	Yes	Yes
National plans, policies or strategies on ageing and health	Yes	Yes
National multi-stakeholder forum or committee on ageing and health	Yes	Yes
National legislation and enforcement strategies against age-based discrimination	Yes	Yes
Legislation / regulations that provide older adults with access to assistive devices from the WHO Priority Assistive Products List	Yes	Yes
A national programme to support activities in line with the WHO Global Network for Age-friendly Cities and Communities	No	Yes
National policies in place to support comprehensive assessments of the health and social care needs of older people	Yes	Yes
National long-term care policy / plan / strategy / framework (stand-alone or integrated within an ageing and health plan)	Yes	Yes
Nationally representative, cross-sectional, publicly available and anonymous individual level data on older persons and their health status and needs collected since 2010	Yes	Yes
Nationally representative longitudinal surveys on health status and needs of older persons available in the public domain	No	Yes

Additional indicators	2023
Policy, legislation, strategy, or programme to support combatting ageism	Yes
Human rights mechanisms dedicated to the promotion and protection of the rights of older persons	Yes
Specific legal, administrative, or other effective remedies (anti-discrimination body; national human rights institution) to older persons who have been subject to discrimination	Yes
Contributing to the UN-Open ended working group on ageing	No
Country that implemented actions to support income generation activities for older persons	Yes
Provision of out-patient-service free of charge in the public sector for older persons	Yes
Provision of assistive devices and technologies free of charge in the public sector for older persons	Yes
Pharmaceutical products and/or other medical supplies free of charge in the public sector for older persons	Yes
Capacity-building plans to strengthen the geriatric and gerontology workforce	Yes
National guidelines for organizing geriatric care and training	Yes
National competency frameworks for geriatrics care workers	Yes
Programmes (in-person or online) available for caregivers of older persons	Yes
Policy, legislation, strategy, or programme to support the integration of palliative care services into the structure and financing of national healthcare systems at all levels of care	Yes

Availability of human and financial resources to address the UN Decade strategic priorities

	Adequate resources	Substantial resources	Limited resources	Very limited resources	No resources	No response
Combating Ageism	✓					
Age-friendly Environment	✓					
Integrated Care for Older Persons	✓					
Long-term Care			✓			

India data was shared with SEARO in late 2024

India reported having adequate resources for combating ageism, age-friendly environments, advancing integrated care, and limited human and financial resources for developing long-term care

Together for
Health, care and dignity
of older population



World Health
Organization

South-East Asia Region