



Facts and Figures Healthy Ageing



Maldives



Demographic profile, 2024

	Total	Female	Male
Total population	528 000	201 000 (38%)	327 000 (62%)
Total 60+ years population	39 000 (7%)	19 000 (9%)	21 000 (6%)
Total 80+ years population	4300 (0.8%)	2100 (1.1%)	2200 (0.7%)

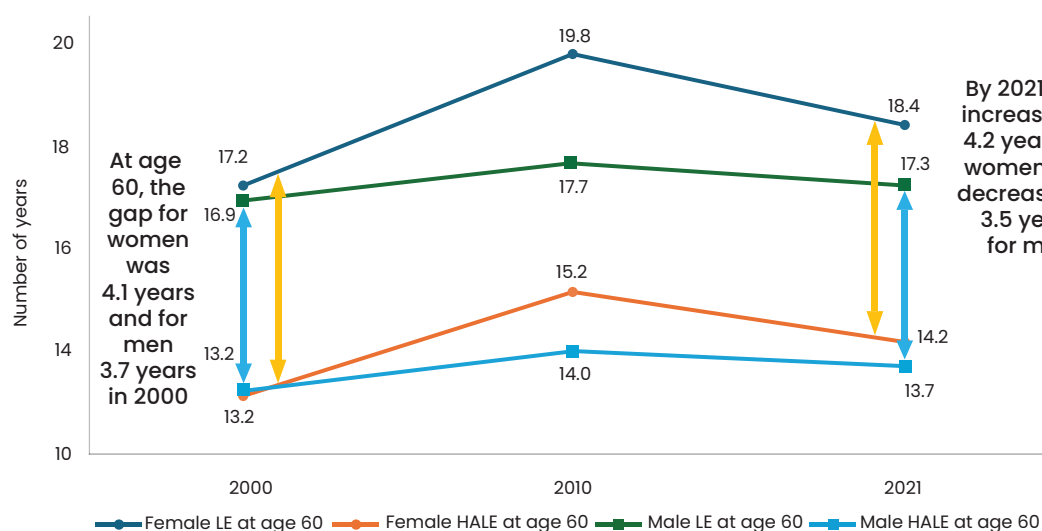
Demographic shift:

Share of people aged 60 years and above expected to increase from 7% in 2024 to 32% 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

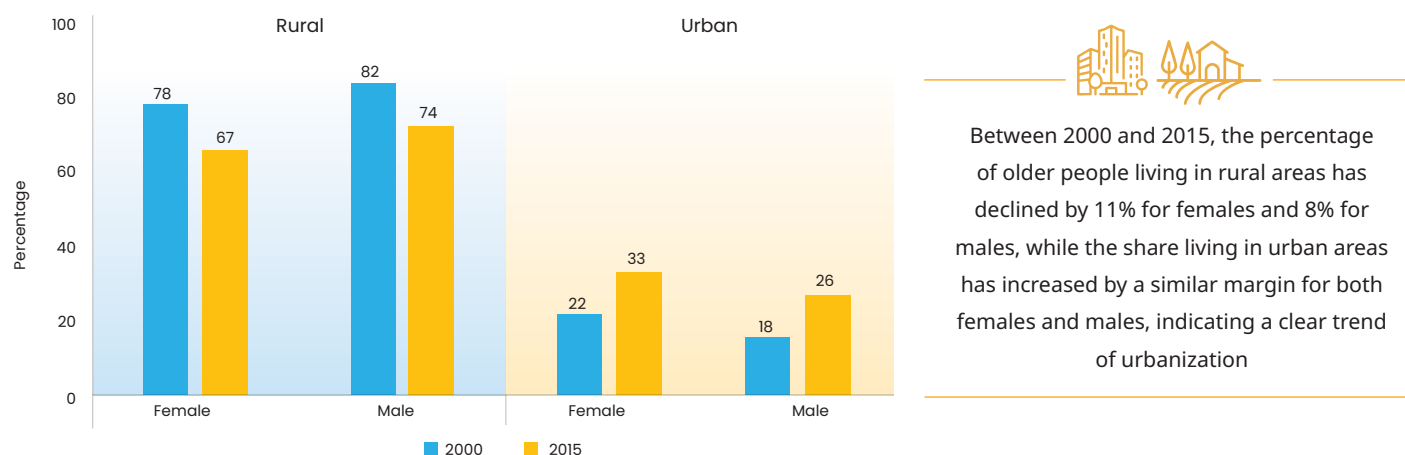


By 2021, this increased to 4.2 years for women and decreased to 3.5 years for men

Older women live longer than men but spend more years in poor health, with the LE-HALE gap at 4.2 years for women and 3.5 years for men in 2021

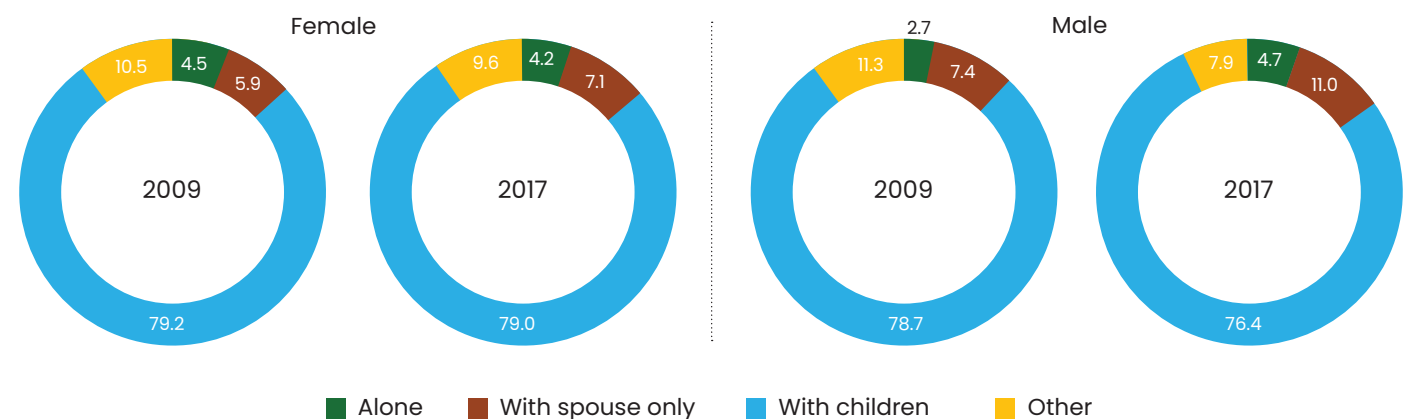
Source: Global Health Observatory-World Health Organization (accessed on 1 August 2025)

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



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

Household living arrangements (60+ years)

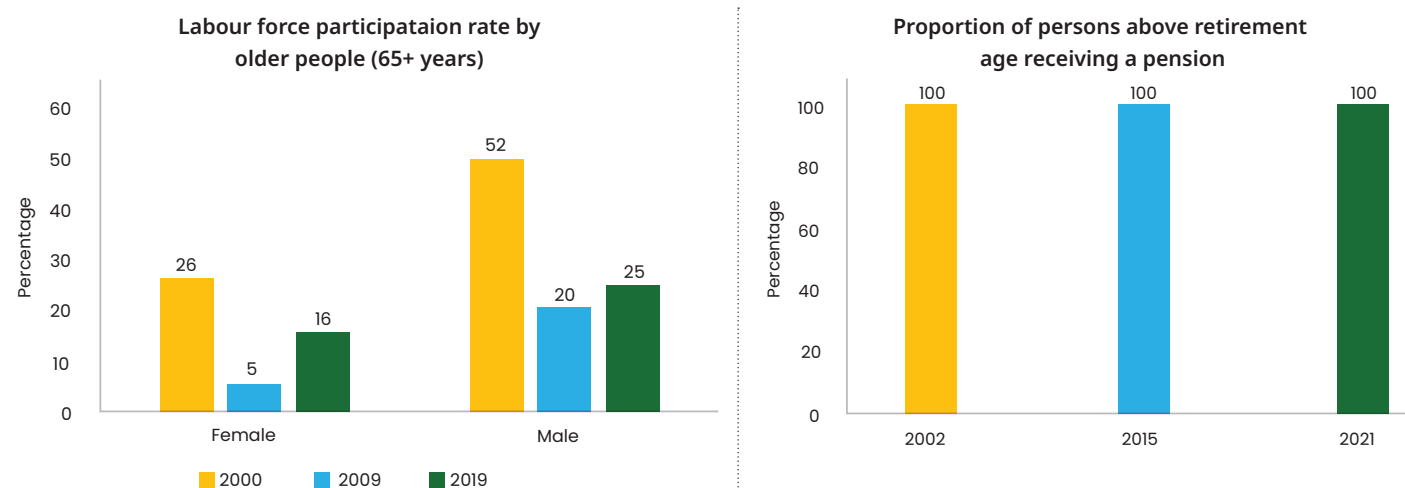


Source: Ageing Data Portal-World Health Organization (accessed on 1 August 2025)



While most older people continue to live 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)



100% pension coverage, while labour force participation among older persons (65+ years) is declining

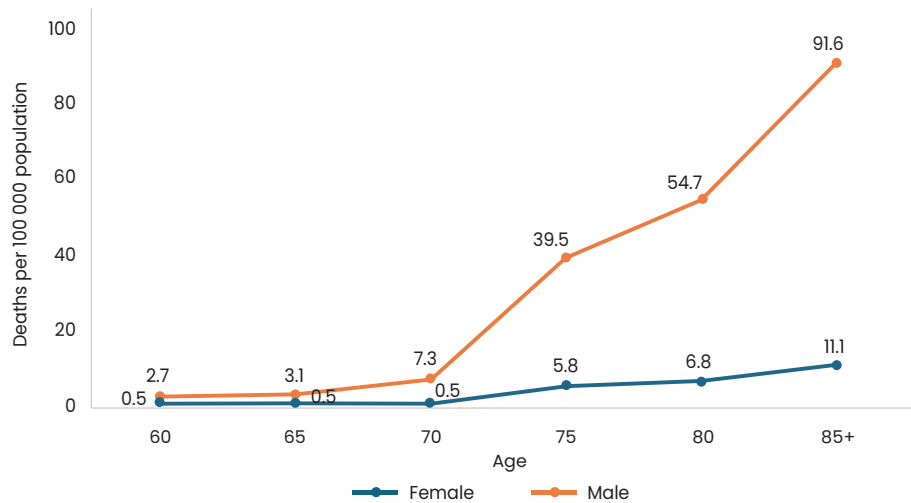


Mortality profile
Top five causes of mortality in older people

Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Stroke	Stroke	Stroke	Ischaemic heart disease	Stroke	Stroke	Stroke	Ischaemic heart disease
2	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Stroke	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Stroke
3	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	COVID-19	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease
4	Cervix uteri cancer	COVID-19	Kidney diseases	Chronic obstructive pulmonary disease	Alzheimer disease and other dementias	Alzheimer disease and other dementias	Kidney diseases	Kidney diseases
5	Diabetes mellitus	Alzheimer disease and other dementias	Trachea, bronchus, lung cancers	Kidney diseases	Lower respiratory infections	COVID-19	Alzheimer disease and other dementias	Alzheimer disease and other dementias

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

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



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



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



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

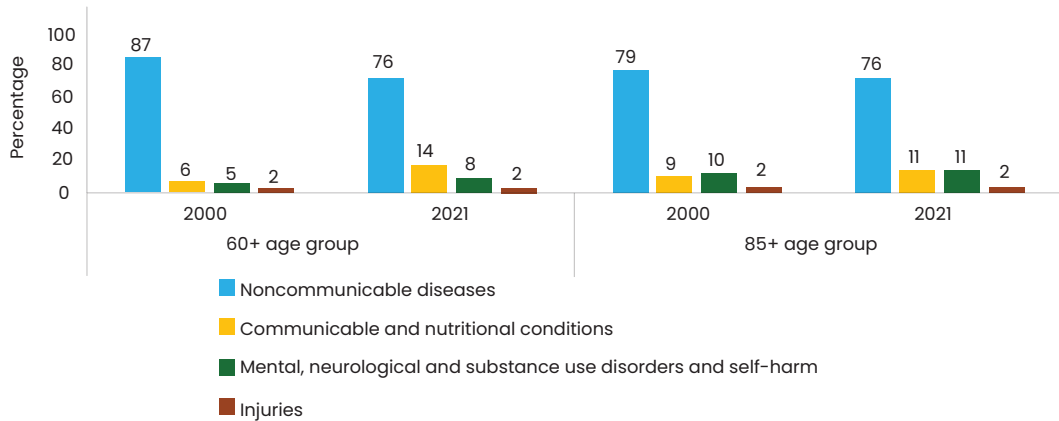
Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Back and neck pain	Back and neck pain	Other hearing loss	Diabetes mellitus	Alzheimer disease and other dementias	Alzheimer disease and other dementias	Other hearing loss	Other hearing loss
2	Other hearing loss	Diabetes mellitus	Back and neck pain	Other hearing loss	Other hearing loss	Other hearing loss	Alzheimer disease and other dementias	Alzheimer disease and other dementias
3	Diabetes mellitus	Other hearing loss	Diabetes mellitus	Back and neck pain	Back and neck pain	Diabetes mellitus	Diabetes mellitus	Diabetes mellitus
4	Stroke	Osteoarthritis	Stroke	Stroke	Diabetes mellitus	Back and neck pain	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease
5	Depressive disorders	Alzheimer disease and other dementias	Lymphatic filariasis	Osteoarthritis	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Stroke	Kidney diseases

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



From 2000 to 2021, back and neck pain remained the top cause of disability for 60+ females, while diabetes rose to lead among 60+ males, while in the 85+ age group, Alzheimer’s disease and other dementias dominated among females and hearing loss among males

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, while the share from communicable and nutritional conditions and mental, neurological, and substance use disorders increased across age groups

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	10 796	15 127	33 745	62 101	1831	1979	64	68	32	29	29	14	15	8
65–69	15 643	20 951	31 145	59 991	2291	2088	73	76	46	41	33	23	16	9
70–74	17 089	21 042	28 985	55 908	2742	2353	80	81	60	53	36	31	19	10
75–79	16 364	20 660	26 268	51 918	4882	2945	83	83	72	65	42	40	23	11
80–84	19 200	28 834	24 102	48 739	7496	3535	85	85	82	75	44	44	25	13
85–89	21 991	36 776	21 396	44 567	9011	3964	86	87	90	83	49	59	23	14
90–94	24 750	44 551	18 867	39 630	9270	4131	86	87	95	90	68	93	19	13
95+	27 499	52 201	16 412	35 100	8675	4121	86	87	98	95	72	94	17	13

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

Affect the majority of older adults, with women are more affected than men



Anaemia

Becomes more common with age, disproportionately affecting men



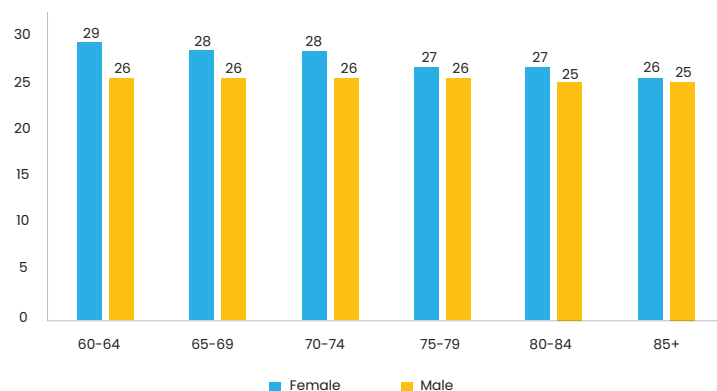
Lower back pain

Higher prevalence among women than men

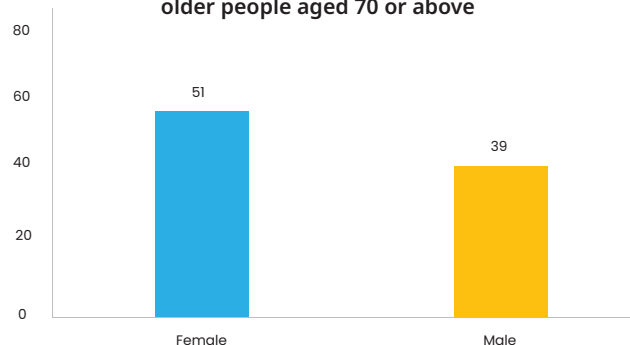


Mean Body Mass Index (based on measured height and weight) and Prevalence of insufficient physical activity in older people aged 70 years or above, 2016

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	No
National plans, policies or strategies on ageing and health	Yes	Yes
National multi-stakeholder forum or committee on ageing and health	No	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	Yes	Yes
National policies in place to support comprehensive assessments of the health and social care needs of older people	No	Yes
National long-term care policy / plan / strategy / framework (stand-alone or integrated within an ageing and health plan)	No	Yes
Nationally representative, cross-sectional, publicly available and anonymous individual level data on older persons and their health status and needs collected since 2010	No	No
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	No
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	No
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	No
National competency frameworks for geriatrics care workers	No
Programmes (in-person or online) available for caregivers of older persons	No
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				✓		

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

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

Together for
Health, care and dignity
of older population



World Health
Organization

South-East Asia Region