



Photo courtesy: Envato

Facts and Figures Healthy Ageing



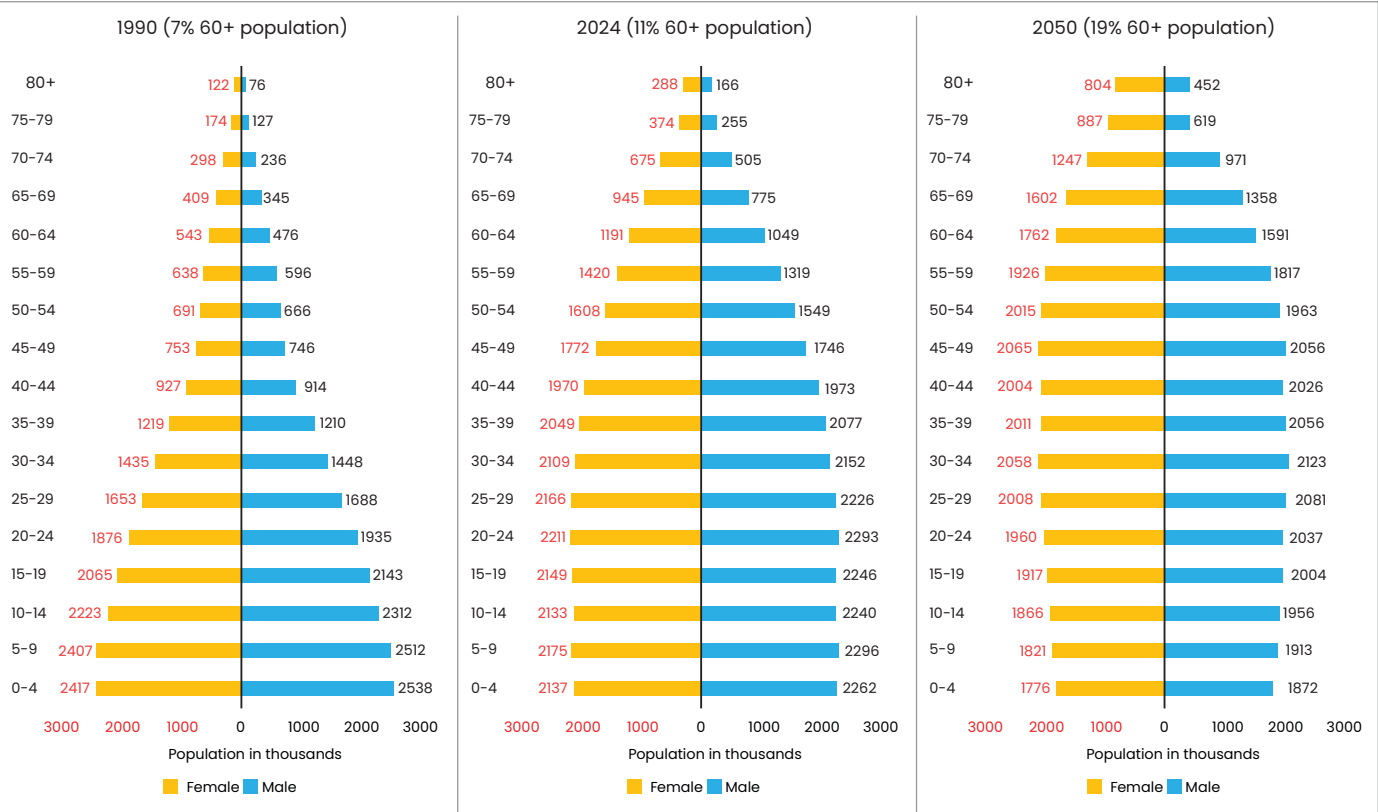
Myanmar



Demographic profile, 2024

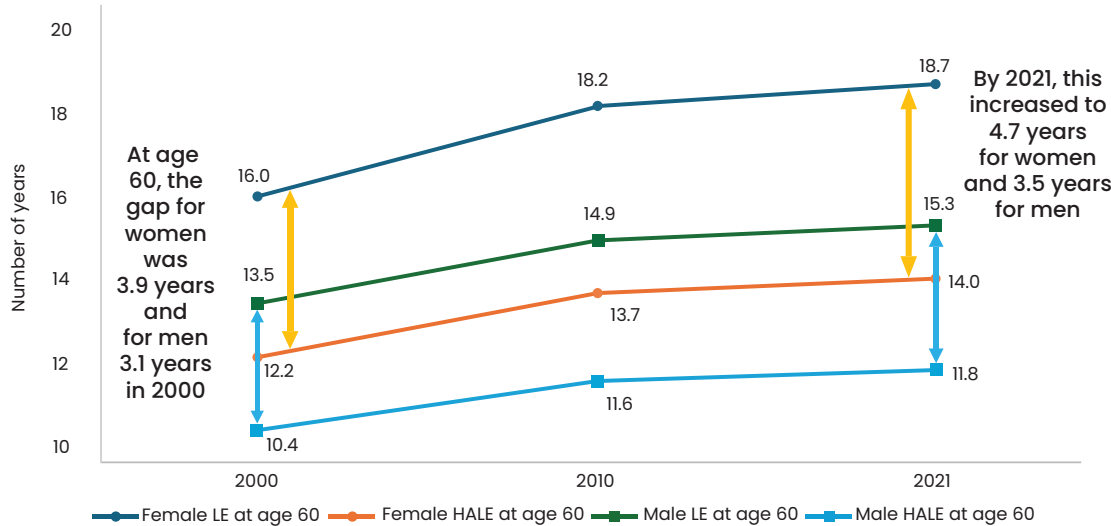
	Total	Female	Male
Total population	54 500 000	27 371 000 (50%)	27 129 000 (50%)
Total 60+ years population	6 221 000 (11%)	3 472 000 (13%)	2 749 000 (10%)
Total 80+ years population	454 000 (0.8%)	288 000 (1.1%)	166 000 (0.6%)

Demographic shift:
Share of people aged 60 years and above expected to increase from 11% in 2024 to 19% 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)

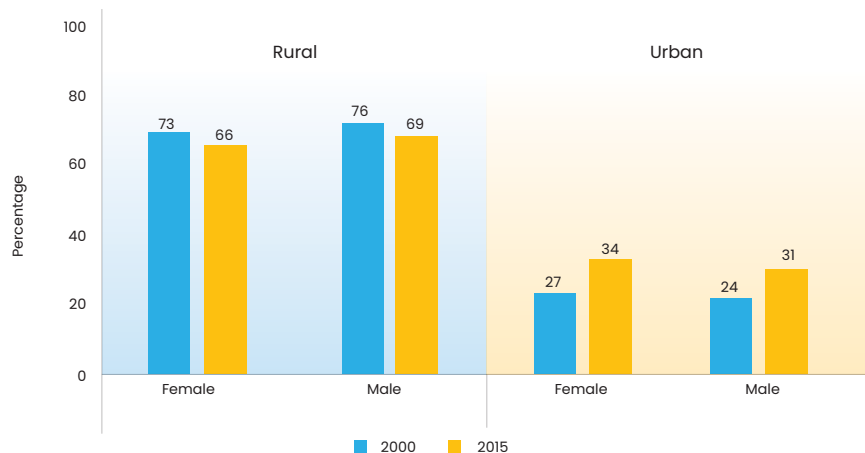
Gap between life expectancy and health life expectancy at age 60 years, 2000–2021



Older women live longer than men but spend more years in poor health, with the LE-HALE gap at 4.7 years for women and 3.5 years for men in 2021

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

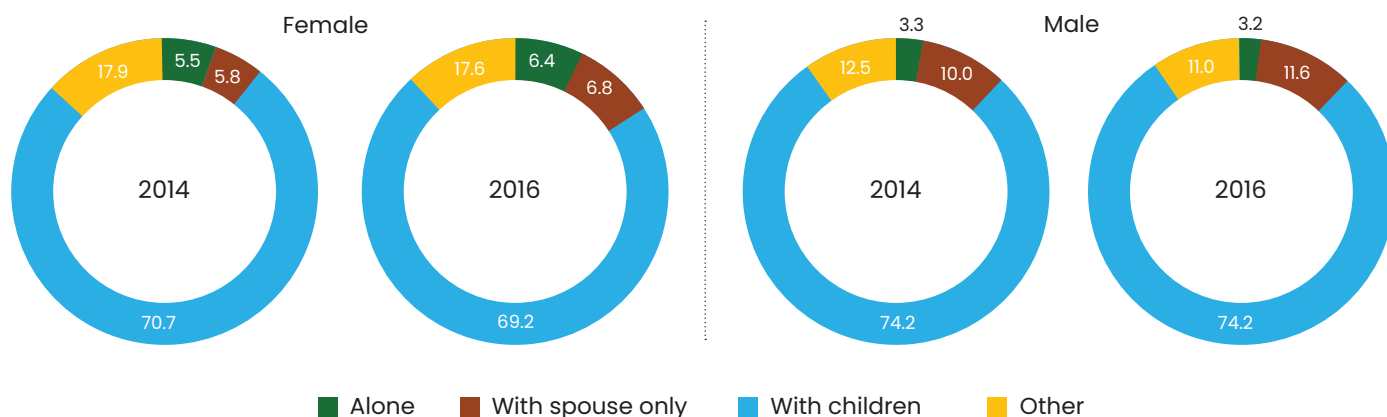
Percentage of older people aged 60 years and above living in rural and urban areas



Between 2000 and 2015, the percentage of older people living in rural areas has declined by 7%, while the share living in urban areas has increased by a similar margin for both females and males, indicating a clear trend of urbanization

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

Household living arrangements (60+ years)

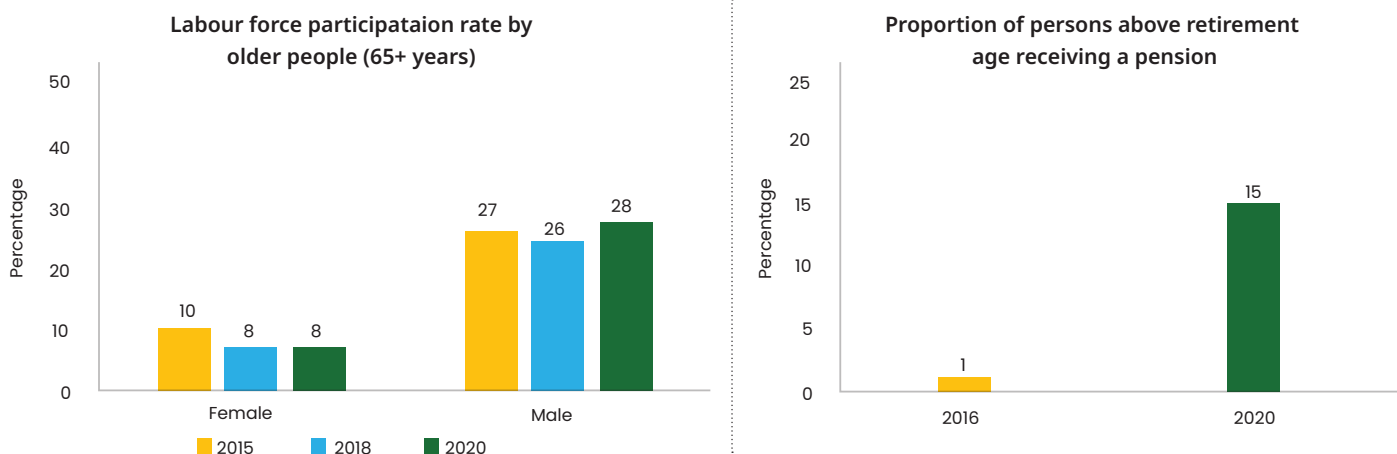


Source: Ageing Data Portal-World Health Organization (accessed on 1 August 2025)



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 2015 and 2020, labour force participation among older people (65+ years) declined for women and slightly increased for men. However, pension coverage increased from 1% in 2016 to 15% in 2020, indicating a shift from reliance on work to greater financial security through pensions in old age

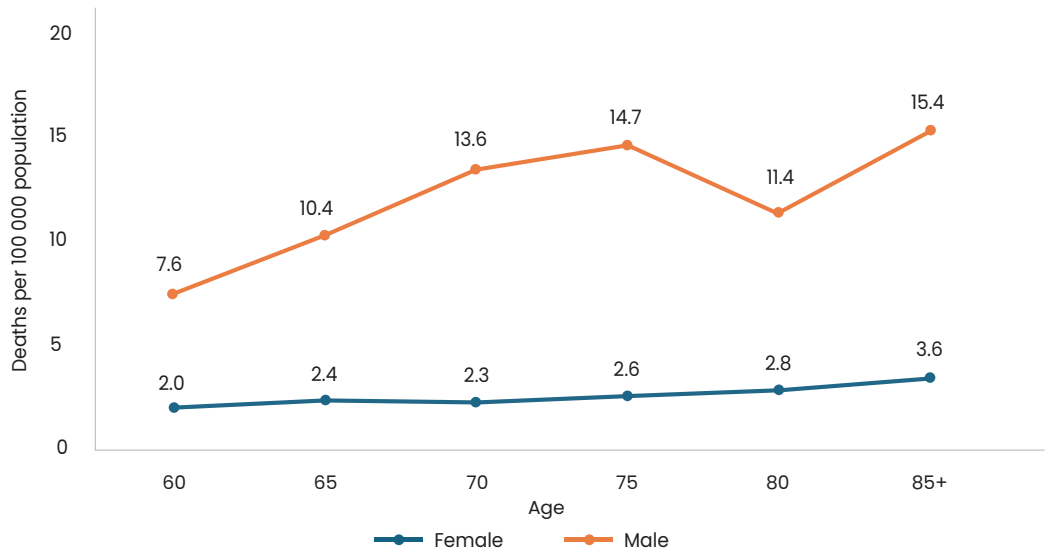


Mortality profile
Top five causes of mortality in older people

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

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)

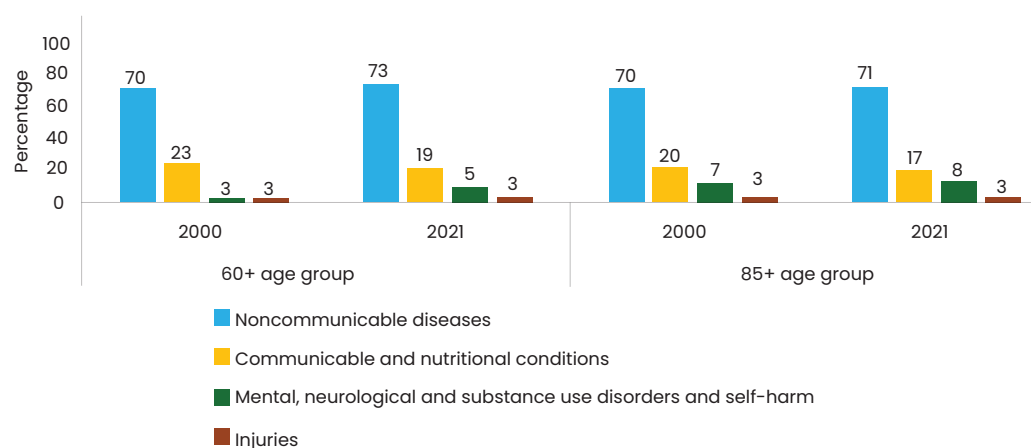
	60+ older population				85+ older population			
	Female		Male		Female		Male	
Rank	2000	2021	2000	2021	2000	2021	2000	2021
1	Other hearing loss	Diabetes mellitus	Other hearing loss	Diabetes mellitus	Cataracts	Alzheimer disease and other dementias	Other hearing loss	Other hearing loss
2	Back and neck pain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

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



Among 60+ years, diabetes and hearing loss are the leading cause of disability, with back and neck pain, cataracts, and stroke remaining significant; osteoarthritis notably rose among females in 2021. For those aged 85+, Alzheimer's disease among females, and hearing loss dominated for males, with cataracts, COPD, and diabetes common across both sexes.

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 decreased, while 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	24 018	51 474	16 360	83 534	1606	2385	65	69	36	32	33	25	14	8
65–69	29 416	60 283	15 029	81 969	2010	2390	74	77	53	46	38	33	15	8
70–74	30 176	59 818	13 991	79 020	2449	2586	80	82	71	61	40	37	18	9
75–79	30 480	65 666	12 613	75 612	4396	3059	84	84	85	74	44	44	22	10
80–84	36 323	95 894	11 630	74 271	7199	3574	85	86	95	86	48	49	23	12
85–89	41 317	125 410	10 417	71 241	9360	4011	86	87	99	94	54	62	22	13
90–94	45 917	156 081	9247	67 469	9665	4144	86	87	100	98	65	93	18	13
95+	51 215	201 425	8240	64 887	8722	4045	86	87	100	99	73	94	16	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, surpassing 85% in the 80+ age group, with women more affected



Anaemia

Becomes more common with age, disproportionately affecting men

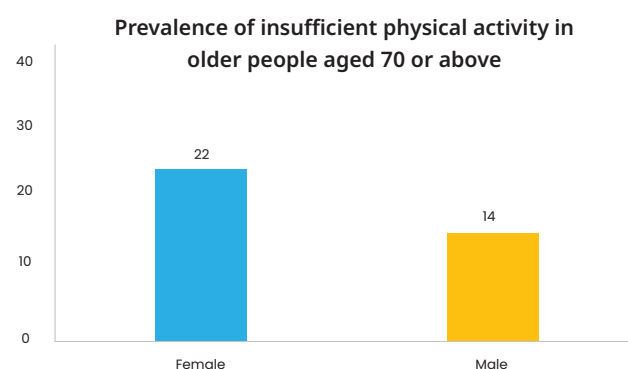
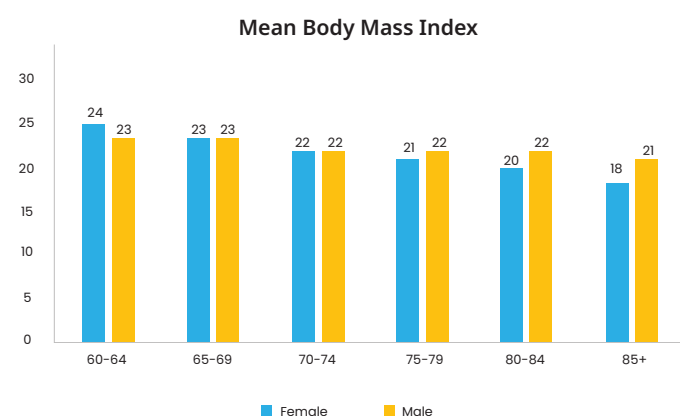


Lower back pain

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



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	No	Yes
National legislation and enforcement strategies against age-based discrimination	No	Yes
Legislation / regulations that provide older adults with access to assistive devices from the WHO Priority Assistive Products List	No	No
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	No
National long-term care policy / plan / strategy / framework (stand-alone or integrated within an ageing and health plan)	No	No
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	Yes	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	No
Contributing to the UN-Open ended working group on ageing	Not reported
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	No
National competency frameworks for geriatrics care workers	No
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	No

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)

Myanmar reported having very limited human and financial resources for combating ageism, 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