



Photo courtesy: Envato

Facts and Figures Healthy Ageing



Nepal

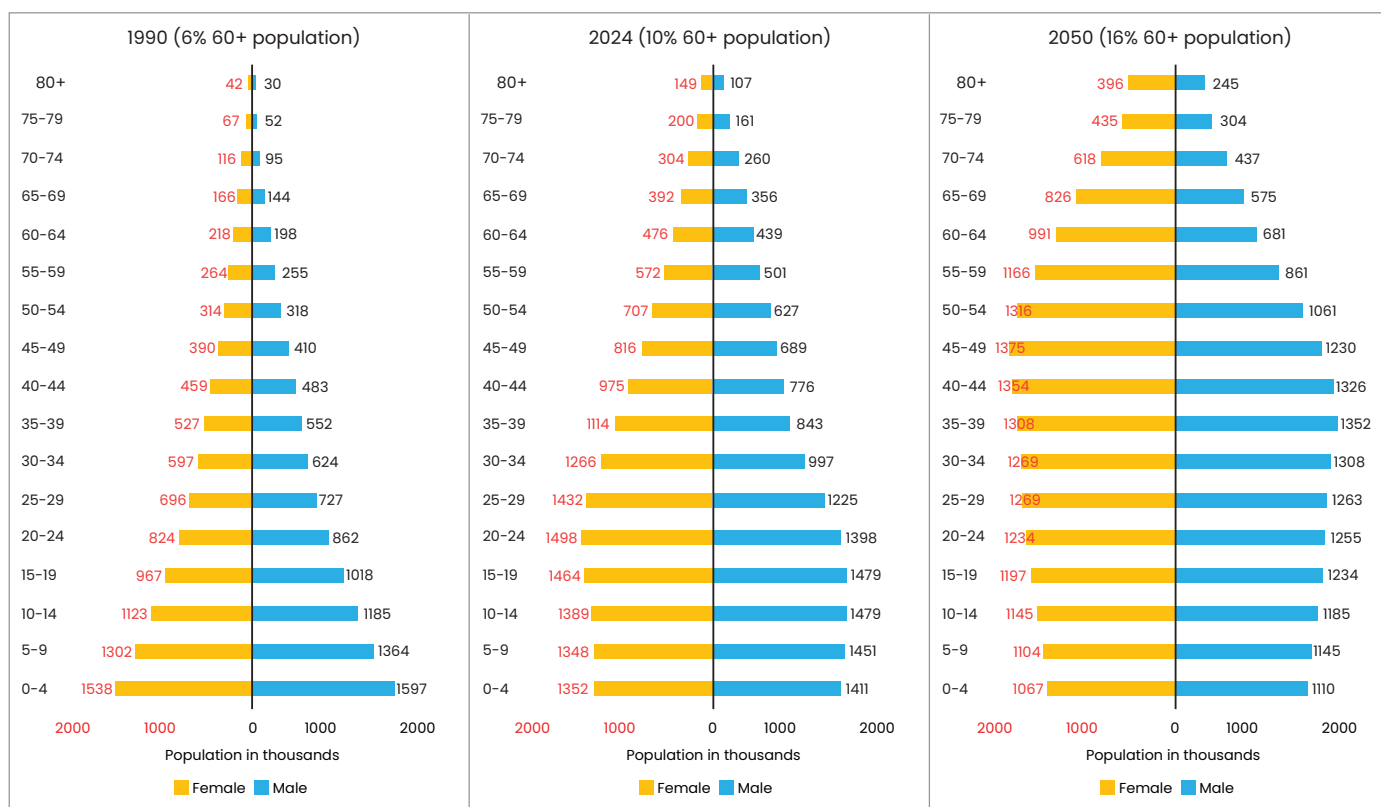


Demographic profile, 2024

	Total	Female	Male
Total population	29 651 000	15 451 000 (52%)	14 200 000 (48%)
Total 60+ years population	2 844 000 (10%)	1 520 000 (10%)	1 324 000 (9%)
Total 80+ years population	255 000 (0.9%)	149 000 (1.0%)	107 000 (0.8%)

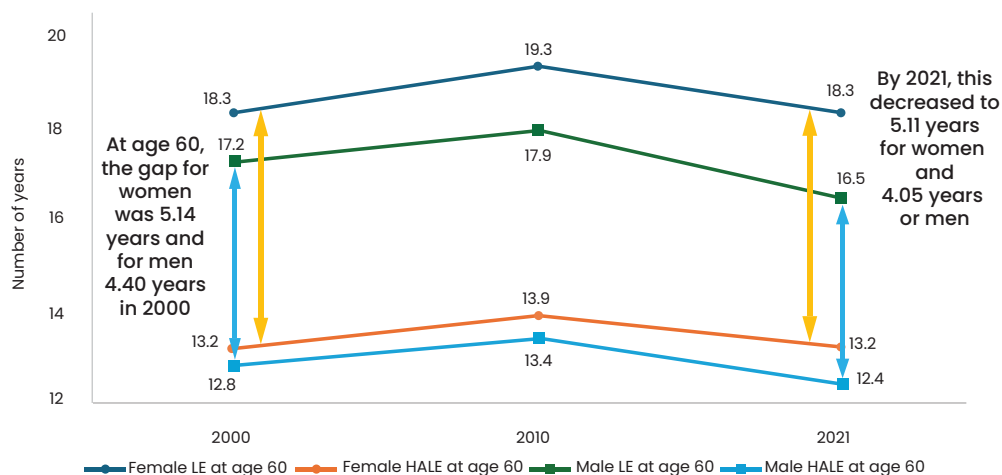
Demographic shift:

Share of people aged 60 years and above expected to increase from 10% in 2024 to 16% 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)

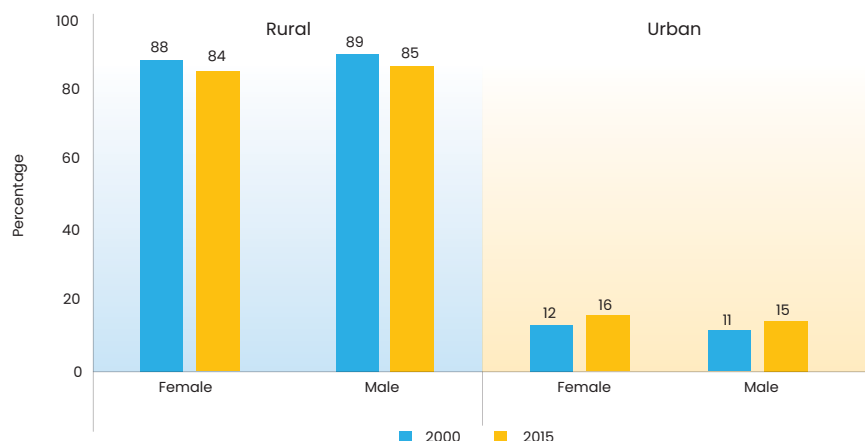
Gap between life expectancy and health life expectancy at age 60 years, 2000–2021



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

Older women live longer than men but spend more years in poor health, with the LE-HALE gap at 5.11 years for women and 4.05 years for men in 2021

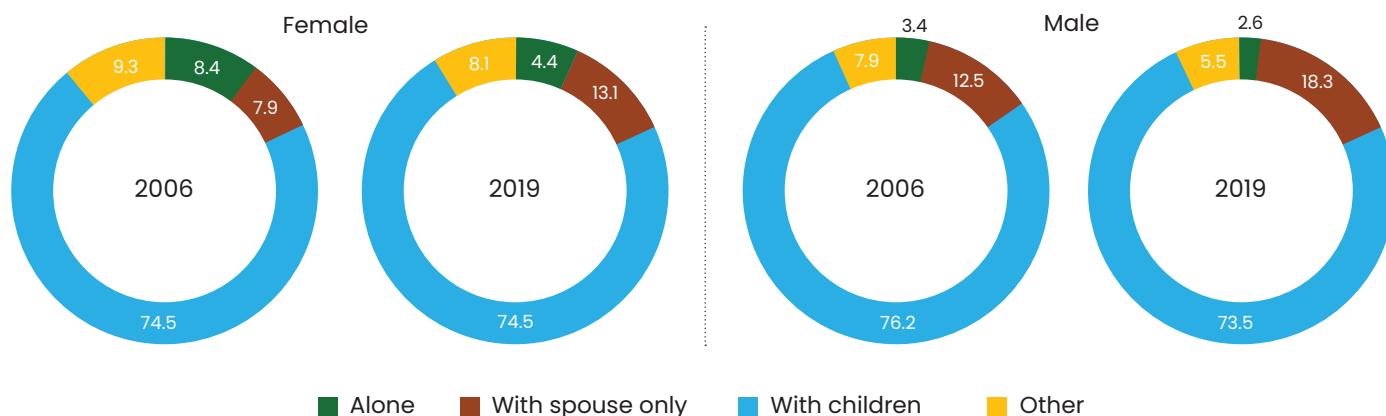
Percentage of older people aged 60 years and above living in rural and urban areas



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)



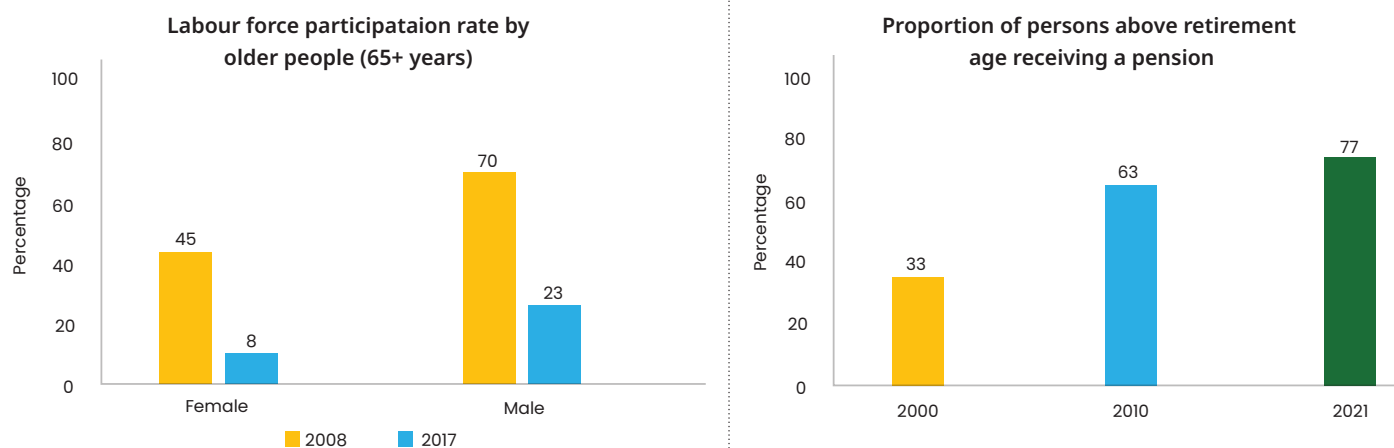
■ Alone
 ■ With spouse only
 ■ With children
 ■ Other

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 2008 and 2017, labour force participation among older people (65+ years) declined both for women and men. However, pension coverage increased from 33% in 2000 to 77% in 2021, indicating a shift from reliance on work to greater financial security through pensions in old age



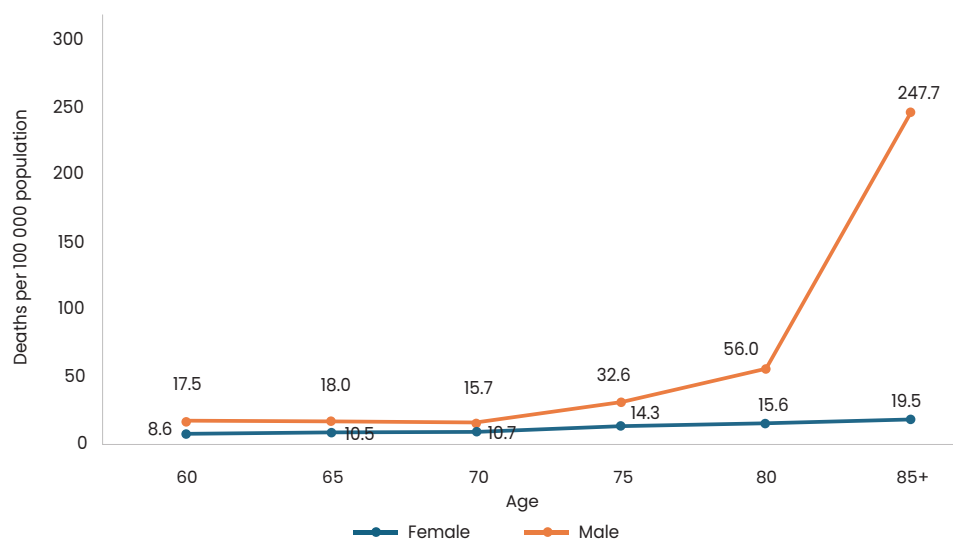
Mortality profile

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	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Tuberculosis	COVID-19	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Tuberculosis	Chronic obstructive pulmonary disease
2	Tuberculosis	Ischaemic heart disease	Chronic obstructive pulmonary disease	Ischaemic heart disease	Diarrhoeal diseases	Ischaemic heart disease	Chronic obstructive pulmonary disease	Ischaemic heart disease
3	Stroke	Stroke	Ischaemic heart disease	Chronic obstructive pulmonary disease	Tuberculosis	Stroke	Ischaemic heart disease	COVID-19
4	Ischaemic heart disease	COVID-19	Stroke	Tuberculosis	Stroke	COVID-19	Stroke	Stroke
5	Diarrhoeal diseases	Tuberculosis	Diarrhoeal diseases	Stroke	Ischaemic heart disease	Alzheimer disease and other dementias	Diarrhoeal diseases	Tuberculosis

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)

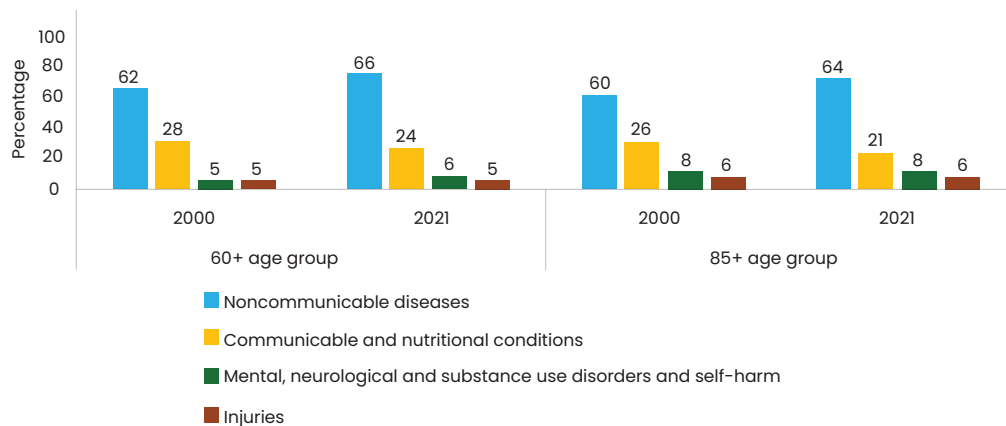
Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Back and neck pain	Back and neck pain	Back and neck pain	Back and neck pain	Other hearing loss	Other hearing loss	Other hearing loss	Other hearing loss
2	Depressive disorders	Depressive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

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



Among aged 60+, back and neck pain, depressive disorders, and hearing loss consistently ranked as leading causes of disability, while diabetes rose in prominence by 2021 for both sexes. For the 85+ population, hearing loss remained the top cause of disability for both sexes, with chronic conditions like COPD and diabetes becoming more prevalent among males by 2021

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. Meanwhile, the share from communicable and nutritional conditions declined and mental, neurological, and substance use disorders showed a slight rise 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	23 572	54 161	53 754	85 474	2958	2181	51	56	91	80	53	39	29	17
65–69	30 314	67 534	53 206	86 681	4276	2725	59	64	93	81	52	42	30	18
70–74	32 557	64 790	53 392	85 900	6456	3120	66	71	93	82	53	45	32	20
75–79	32 189	65 852	53 132	84 901	8457	3528	72	77	91	80	52	49	34	21
80–84	36 611	86 167	53 113	85 600	9177	3967	76	81	88	80	54	51	37	22
85–89	41 009	105 151	51 561	83 564	8944	3980	79	83	89	82	70	58	39	24
90–94	44 703	122 599	49 437	81 510	8364	4890	81	84	91	85	81	91	35	23
95+	48 963	141 387	49 311	80 175	7602	6083	83	84	95	90	81	94	29	20

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 and chronic/functional impairments



Tuberculosis

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



Acute hepatitis B

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



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



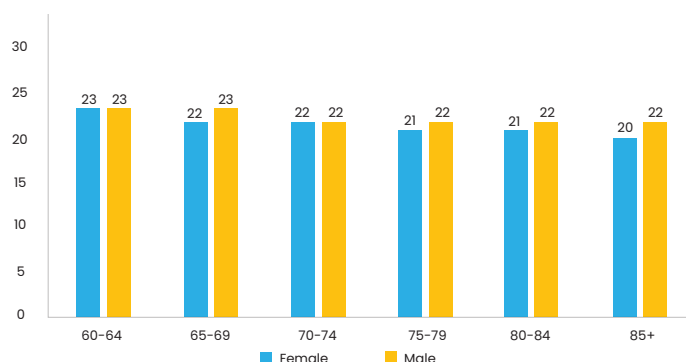
Lower back pain

Higher prevalence among women than men

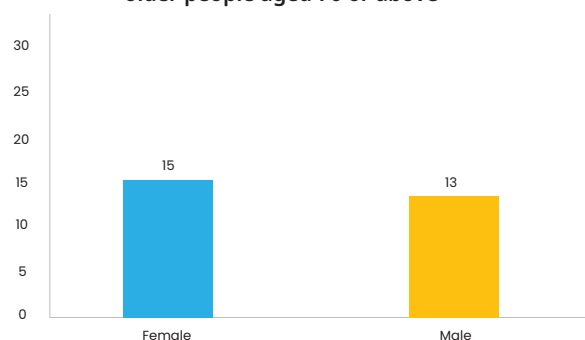


Mean Body Mass Index (based on measured height and weight) and Prevalence of insufficient physical activity in older people aged 70 years or above, 2016

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	Yes
National plans, policies or strategies on ageing and health	No	Yes
National multi-stakeholder forum or committee on ageing and health	No	No
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	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	No	No
Nationally representative longitudinal surveys on health status and needs of older persons available in the public domain	No	No

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

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	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	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	Yes
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	No

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

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)

Nepal 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