

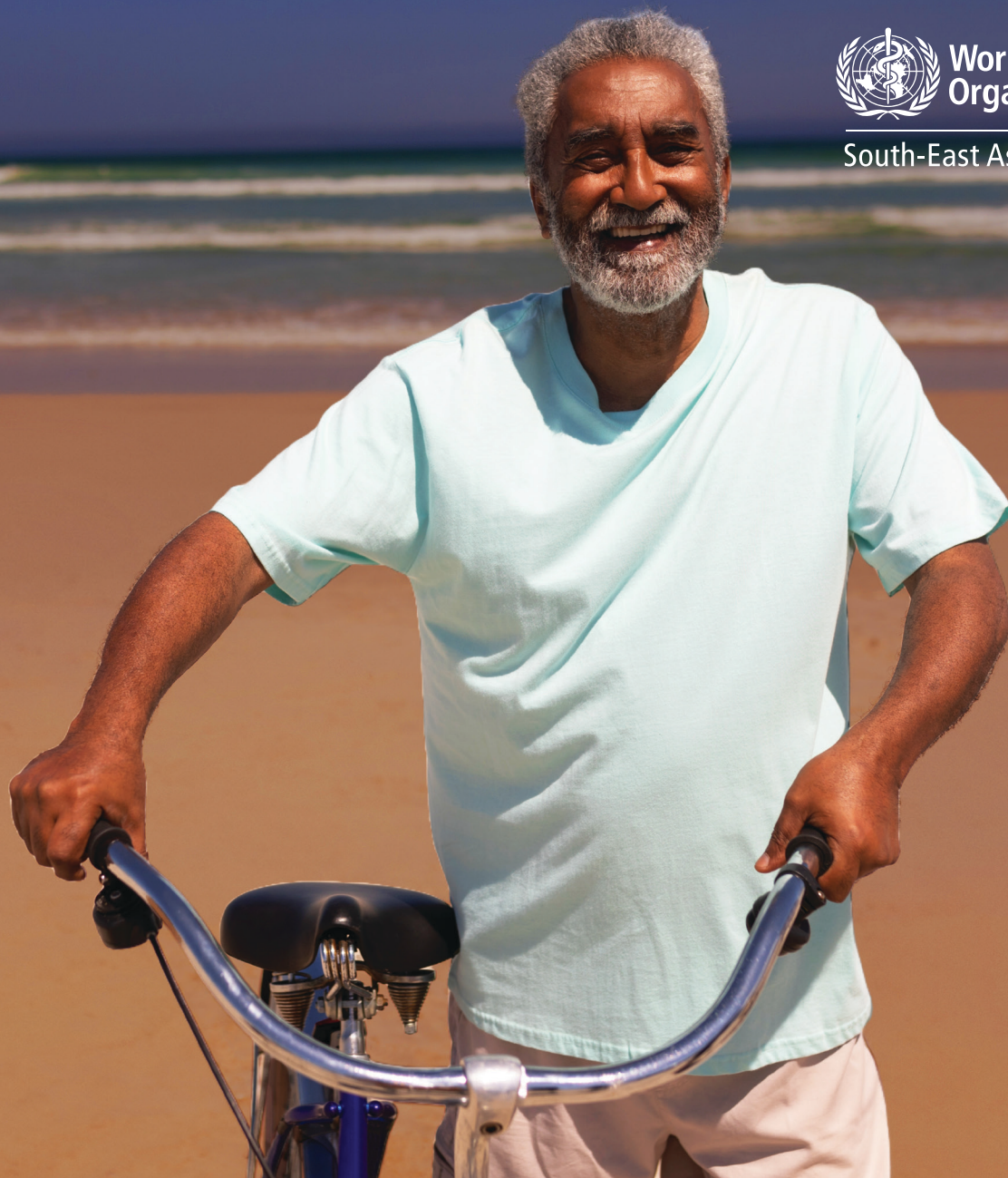


Photo courtesy: Envato



Facts and Figures Healthy Ageing



Sri Lanka



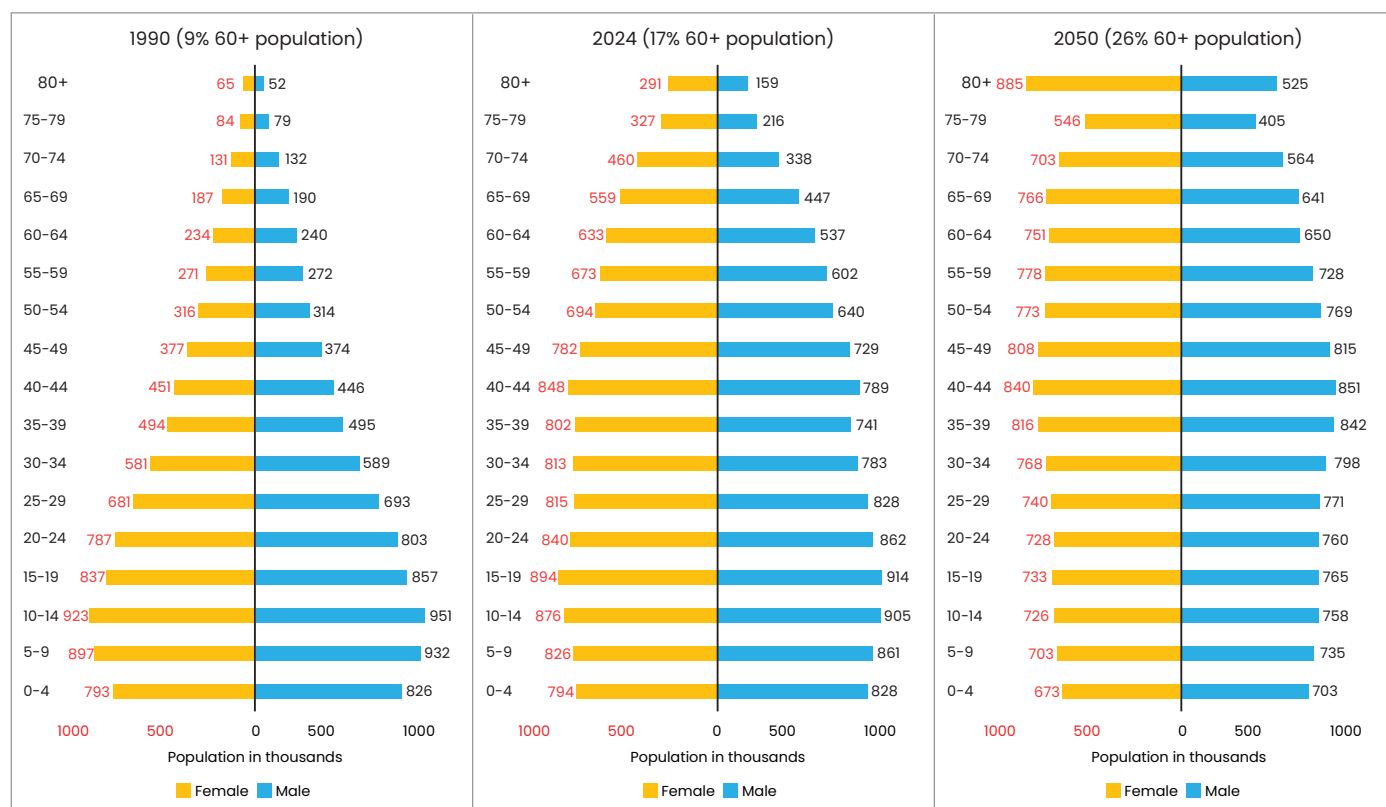


Demographic profile, 2024

	Total	Female	Male
Total population	23 104 000	11 926 000 (52%)	11 178 000 (48%)
Total 60+ years population	3 966 000 (17%)	2 270 000 (19%)	1 696 000 (15%)
Total 80+ years population	449 000 (1.9%)	291 000 (2.4%)	159 000 (1.4%)

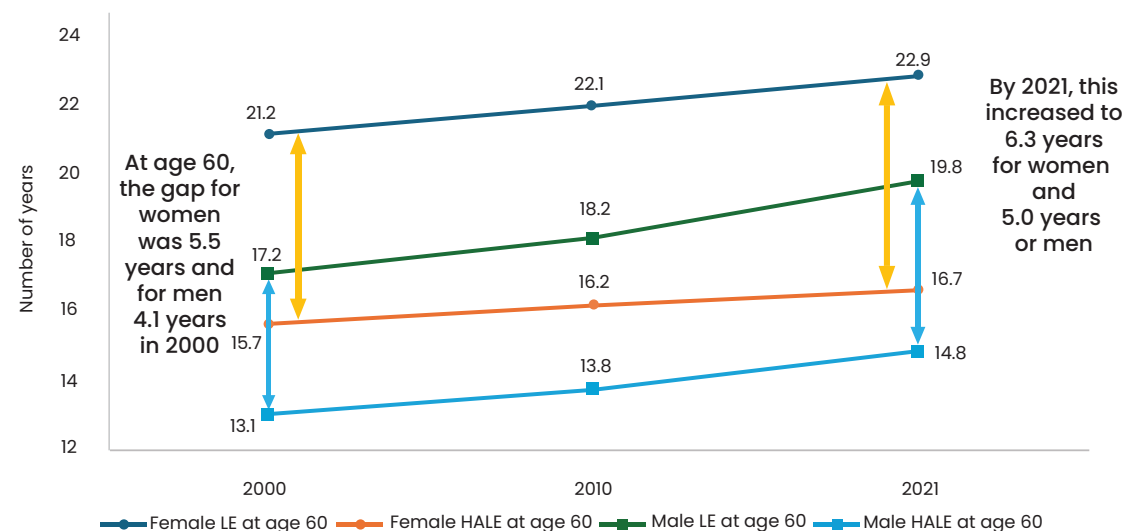
Demographic shift:

Share of people aged 60 years and above expected to increase from 17% in 2024 to 26% in 2050



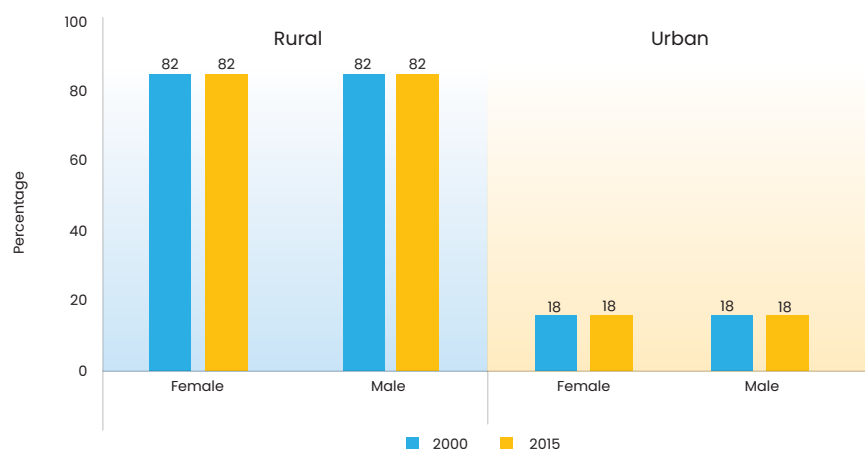
Source: United Nations, Department of Economic and Social Affairs, Population Division (2024). World Population Prospects 2024, Online Edition (accessed on 1 August 2025)

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)

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



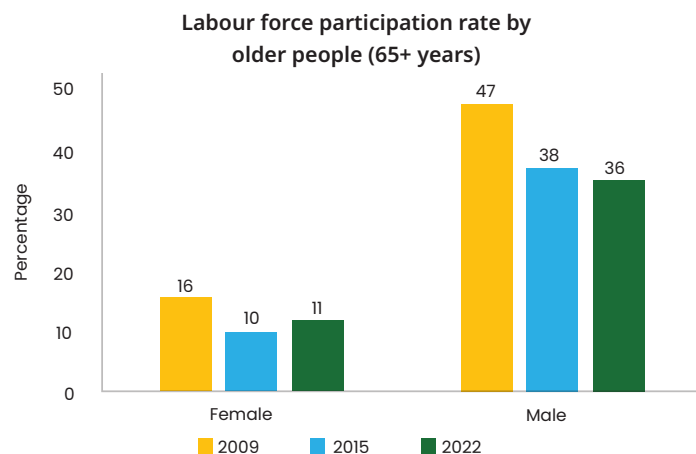
Between 2000 and 2015, the distribution of older people (aged 60 and above) across rural and urban areas remained unchanged, with 82% residing in rural areas and 18% in urban areas, consistently across both across both sexes

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

Household living arrangements (60+ years) data is not available for Sri Lanka

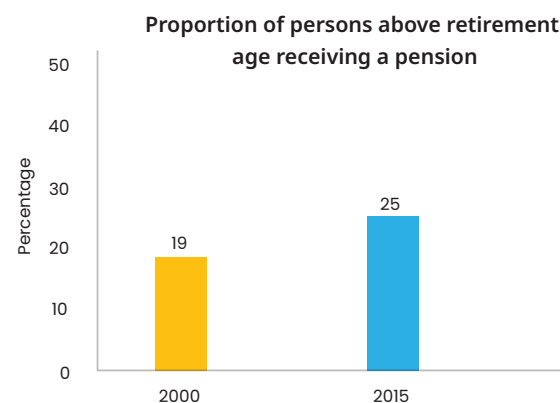
Source: Ageing Data Portal -World Health Organization (accessed on 1 August 2025)

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



The labour force participation of older people (65+ years) has declined both for women and men

Source: ILOSTAT (accessed on 1 August 2025)



Pension coverage increased from 19% in 2000 to 31% in 2021, signaling a gradual shift toward greater financial security in old age

Source: ILOSTAT (accessed on 1 August 2025)



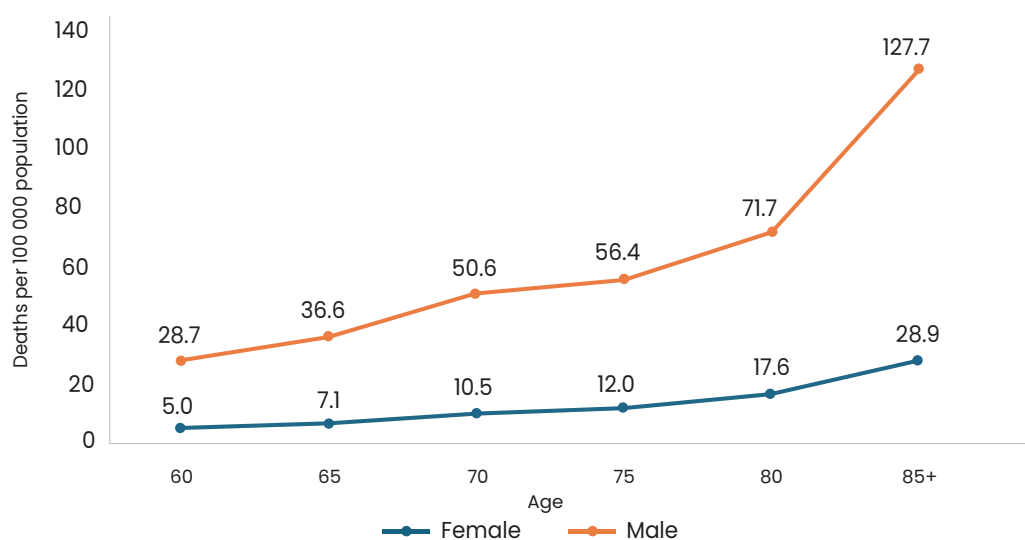
Mortality profile

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	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke	Stroke
2	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease	Ischaemic heart disease
3	Chronic obstructive pulmonary disease	Diabetes mellitus	Chronic obstructive pulmonary disease	COVID-19	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease	Chronic obstructive pulmonary disease
4	Diabetes mellitus	COVID-19	Diabetes mellitus	Chronic obstructive pulmonary disease	Alzheimer disease and other dementias	Alzheimer disease and other dementias	Alzheimer disease and other dementias	COVID-19
5	Hypertensive heart disease	Chronic obstructive pulmonary disease	Cirrhosis of the liver	Diabetes mellitus	Diabetes mellitus	COVID-19	Diabetes mellitus	Diabetes mellitus

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)

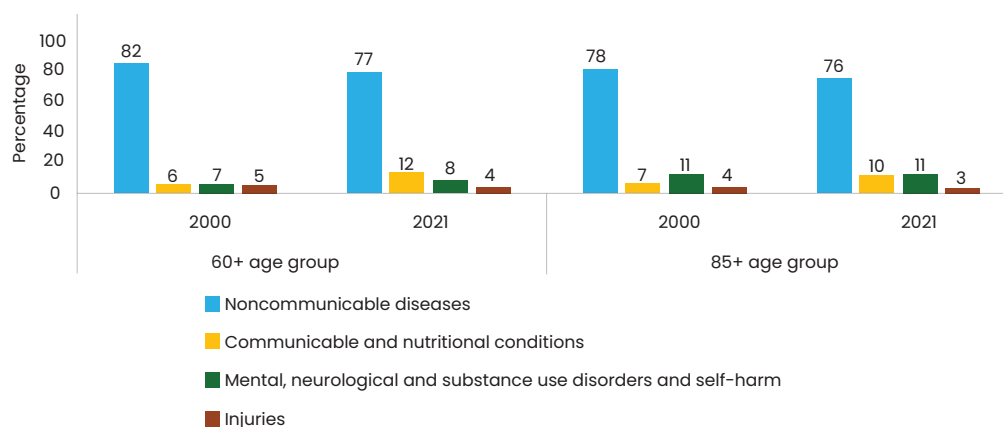
Rank	60+ older population				85+ older population			
	Female		Male		Female		Male	
	2000	2021	2000	2021	2000	2021	2000	2021
1	Diabetes mellitus	Diabetes mellitus	Diabetes mellitus	Diabetes mellitus	Alzheimer disease and other dementias	Diabetes mellitus	Diabetes mellitus	Diabetes mellitus
2	Back and neck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

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



Between 2000 and 2021, diabetes mellitus and musculoskeletal conditions (like back and neck pain, and hearing loss) remained leading causes of disability both in 60+ and 85+ older people, with notable rise in falls among females and COPD among males in 85+ population

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 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	6732	14 784	47 860	113 931	2008	2993	64	68	33	31	26	14	15	9
65–69	8832	16 797	46 159	113 337	2757	3191	73	76	48	44	31	22	17	9
70–74	8658	15 481	45 396	110 049	3651	3630	80	82	63	58	34	31	20	10
75–79	8133	15 686	43 787	106 716	6137	4142	83	84	76	70	39	39	24	12
80–84	9577	21 451	42 701	104 517	10 778	4890	85	85	85	81	42	44	26	13
85–89	10 998	27 043	40 126	98 982	15 594	5824	86	86	92	89	48	58	24	14
90–94	12 401	32 491	37 232	93 254	17 466	6520	86	87	97	94	67	93	20	14
95+	13 795	37 862	35 655	88 584	17 279	7038	86	87	99	97	72	94	18	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 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, surpassing 80% in the 85+ age group, with women more affected



Anaemia

Becomes more common with age, disproportionately affecting men

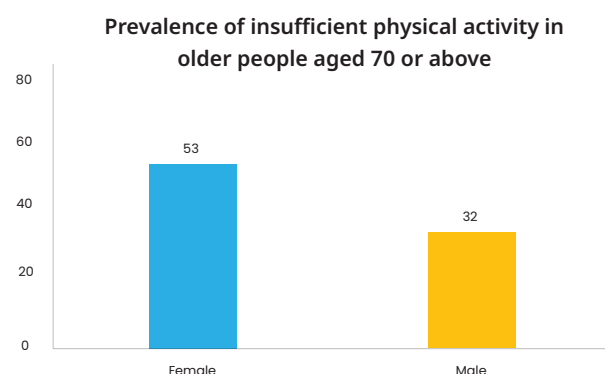
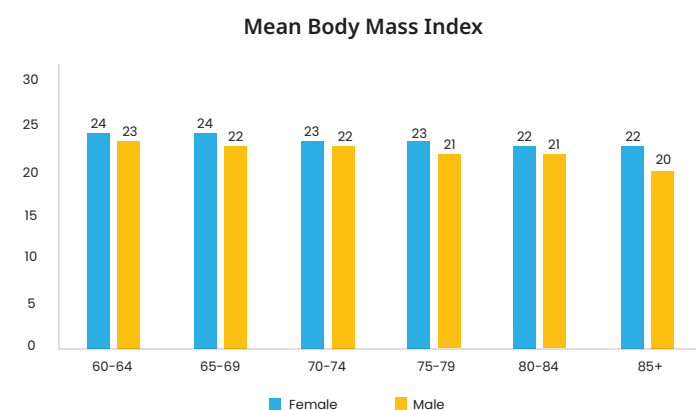


Lower back pain

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	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	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	Yes
Nationally representative longitudinal surveys on health status and needs of older persons available in the public domain	No	No

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	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	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				✓		

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

Sri Lanka reported to having limited to 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