



Photo courtesy: Envato

# Facts and Figures

# Healthy Ageing



**Thailand**

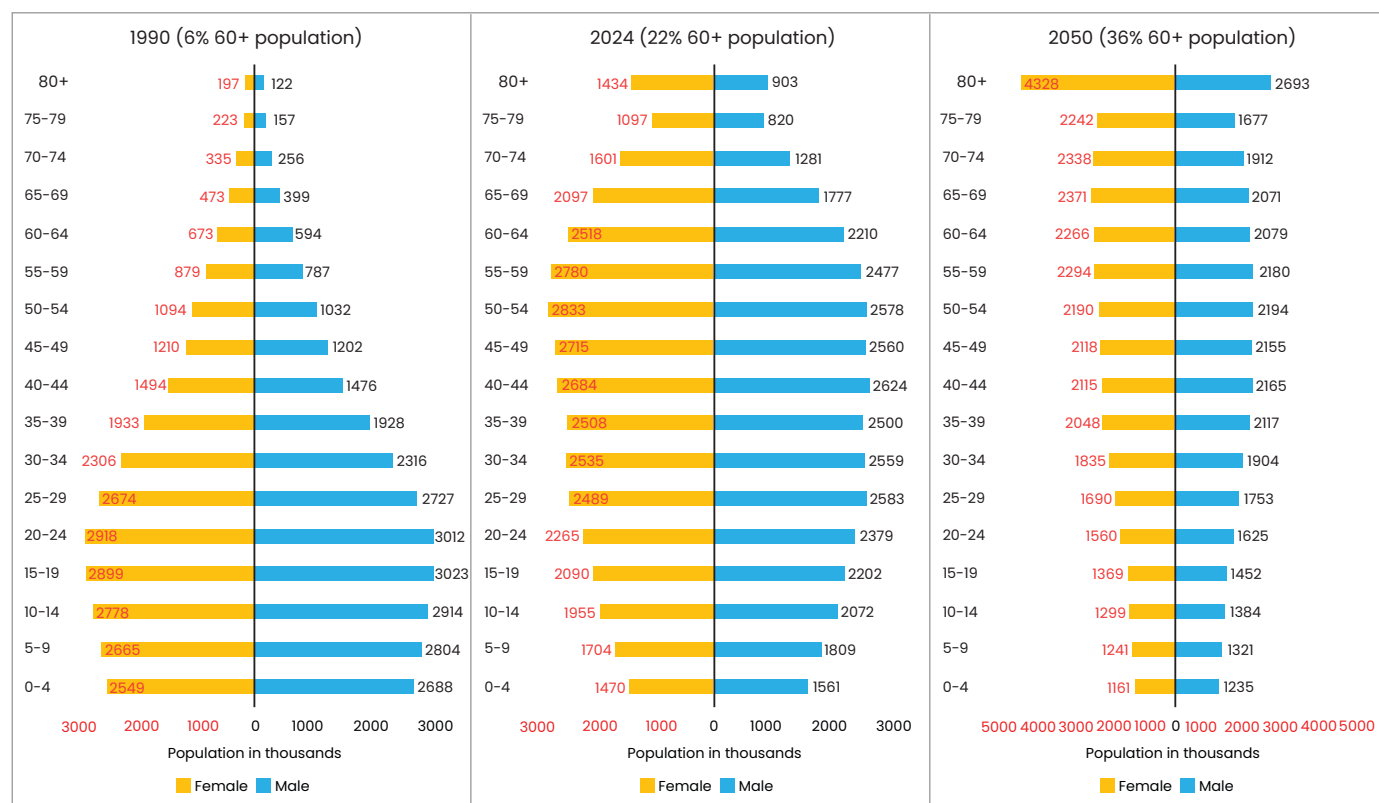


## Demographic profile, 2024

|                                   | Total            | Female           | Male             |
|-----------------------------------|------------------|------------------|------------------|
| <b>Total population</b>           | 71 668 000       | 36 773 000 (51%) | 34 895 000 (49%) |
| <b>Total 60+ years population</b> | 15 739 000 (22%) | 8 747 000 (24%)  | 6 992 000 (20%)  |
| <b>Total 80+ years population</b> | 2 337 000 (3.3%) | 1 434 000 (3.9%) | 903 000 (2.6%)   |

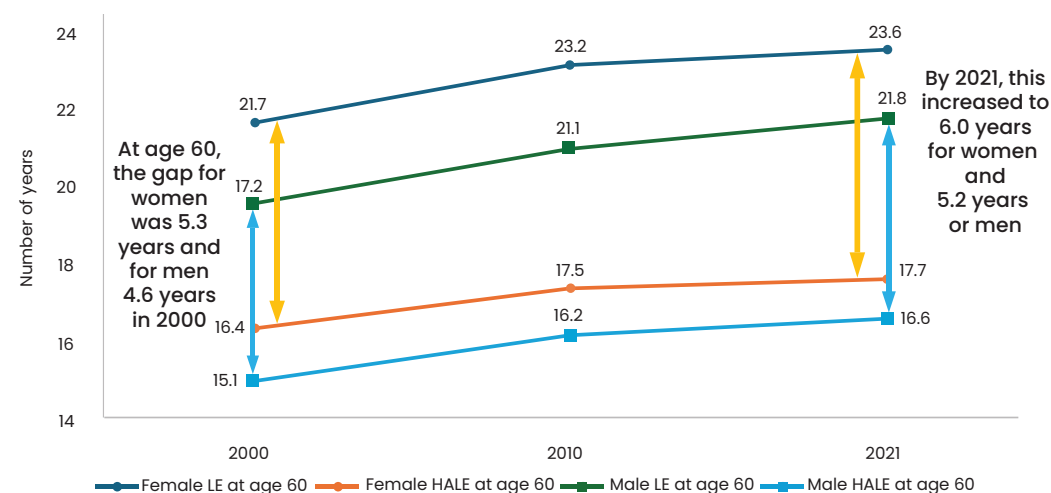
### Demographic shift:

Share of people aged 60 years and above expected to increase from 22% in 2024 to 36% 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)

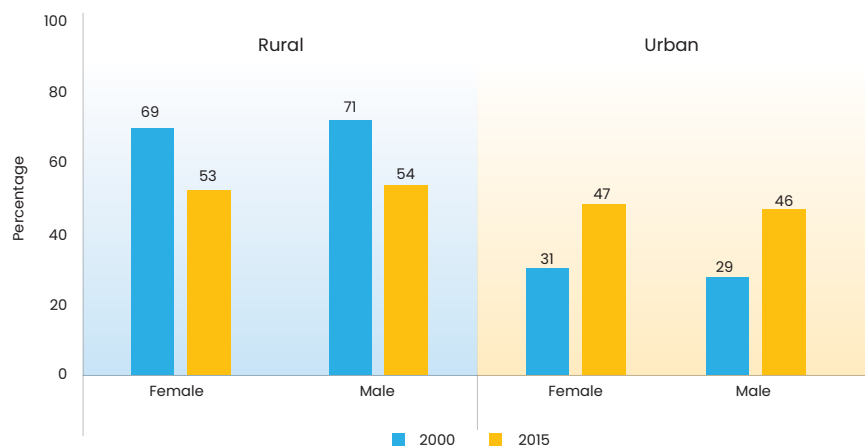
## Gap between life expectancy and health life expectancy at age 60 years, 2000–2021



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 6.0 years for women and 5.2 years for men in 2021

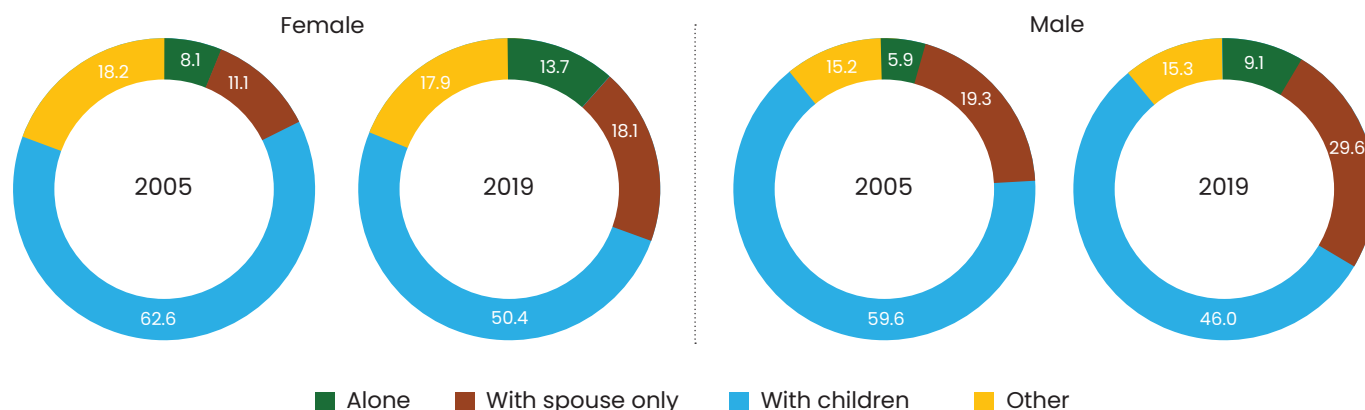
## Percentage of older people aged 60 years and above living in rural and urban areas



Between 2000 and 2015, the percentage of older people living in rural areas has declined by around 17%, 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 1st August 2025)

## Household living arrangements (60+ years)

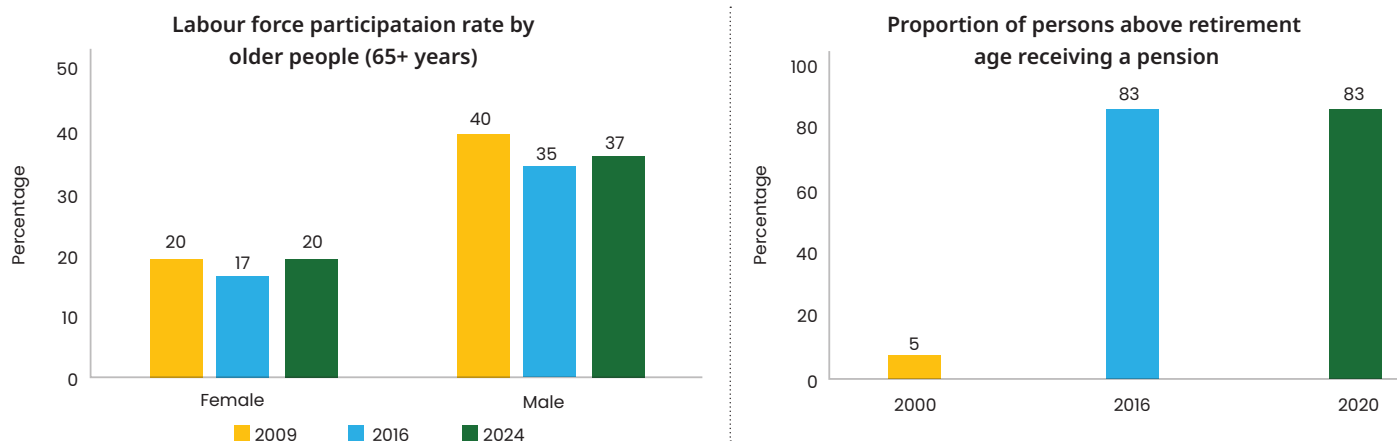


Source: Ageing Data Portal -World Health Organization (accessed on 1 August 2025)



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 2009 and 2024, labour force participation among older people (65+ years) declined for men and remained constant for women. However, pension coverage increased from 5% in 2000 to 83% in 2020, indicating a shift from reliance on work to greater financial security through pensions in old age



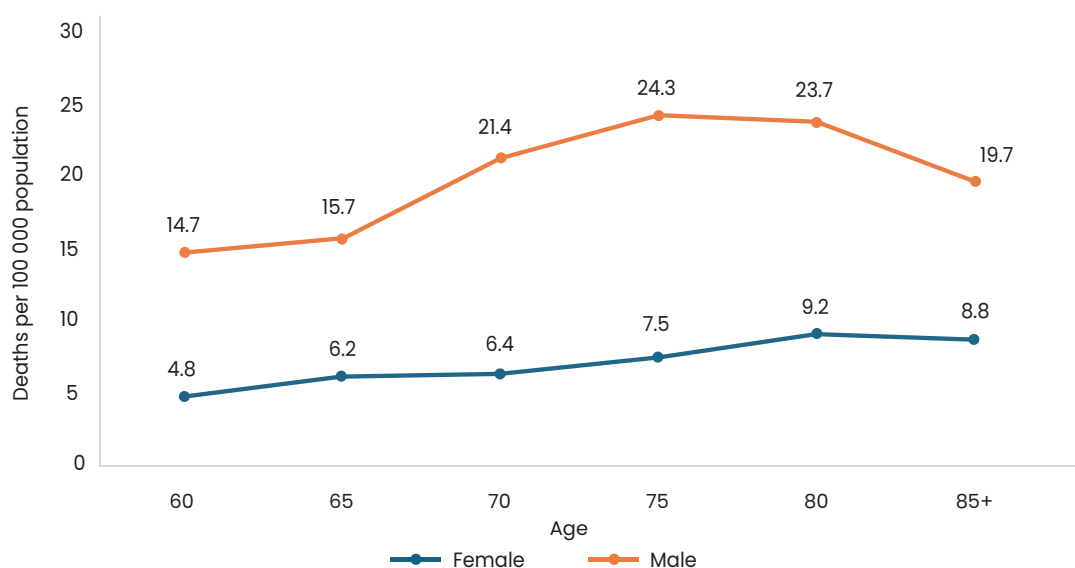
## Mortality profile

### Top five causes of mortality in older people

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

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)

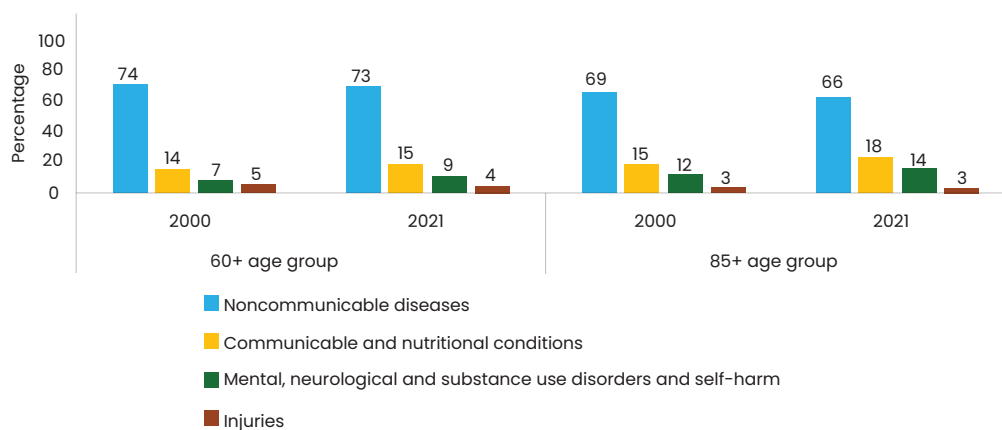
| Rank | 60+ older population |                                       |                                       |                                       | 85+ older population                  |                                       |                                       |                             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

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



Hearing loss, back and neck pain, and diabetes mellitus consistently ranked as top causes of disability across both age groups and sexes, while among the 85+ population, conditions like kidney diseases, Alzheimer's disease, and COPD remained significant contributors

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



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

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

## 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     | 18 073             | 30 992  | 55 735                  | 127 853 | 1659        | 2040 | 64                         | 68   | 33                        | 29   | 28             | 19   | 14                     | 8    |
| 65–69     | 24 878             | 37 008  | 50 974                  | 119 141 | 1890        | 2052 | 73                         | 76   | 47                        | 41   | 36             | 33   | 16                     | 9    |
| 70–74     | 25 379             | 34 979  | 46 786                  | 107 448 | 2053        | 2120 | 80                         | 81   | 61                        | 53   | 38             | 44   | 19                     | 9    |
| 75–79     | 25 760             | 38 360  | 41 908                  | 95 867  | 3019        | 2230 | 83                         | 83   | 75                        | 65   | 46             | 54   | 22                     | 11   |
| 80–84     | 30 961             | 54 768  | 38 119                  | 88 078  | 4111        | 2124 | 85                         | 85   | 86                        | 75   | 51             | 60   | 24                     | 12   |
| 85–89     | 35 703             | 70 312  | 34 118                  | 80 429  | 4736        | 1852 | 86                         | 86   | 92                        | 84   | 60             | 81   | 22                     | 13   |
| 90–94     | 40 414             | 85 643  | 30 044                  | 70 944  | 5206        | 1943 | 86                         | 87   | 96                        | 91   | 78             | 88   | 19                     | 13   |
| 95+       | 45 134             | 100 777 | 26 401                  | 62 872  | 5582        | 2276 | 86                         | 87   | 99                        | 96   | 81             | 83   | 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 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



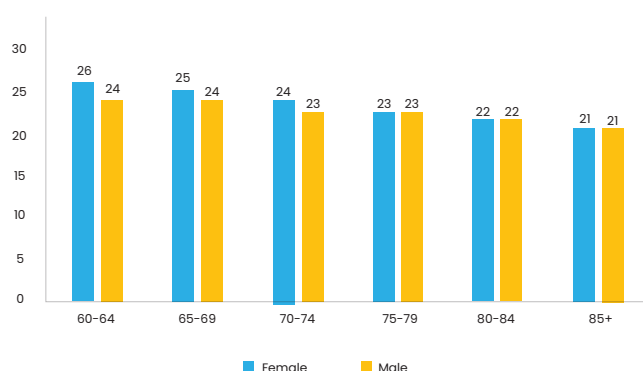
### Lower back pain

Higher prevalence among women than men

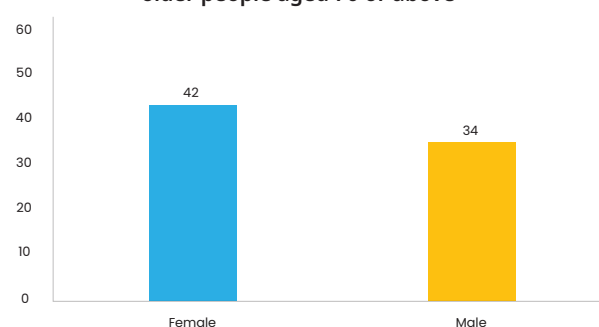


## Mean Body Mass Index (based on measured height and weight) and Prevalence of insufficient physical activity in older people aged 70 years or above, 2016

### 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                                                                                                                | 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                                                        | 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                                                  | 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                                                                                         | 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                                                                                                                                | Yes  |
| 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)

Thailand reported having adequate human and financial resources for combating ageism, and having substantial 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

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South-East Asia Region