POPULATION AGING IN VIETNAM

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Vietnam Ministry of Health
1. World trend of Aging population

2. Population Aging in Vietnam:
   - Current Situation
   - Assessment
   - Recommendations and policy orientations
“Population Aging” is a global issue, having impacts to all nations.

“Population Aging” appeared in XX century and will continue to increase in the XXI century.

2009-2050: double: 11% => 22% (60+)

Source: UN, World population ageing 2009
% of elderly people (65+) in the world, 2050

Sources: Population Reference Bureau, Toshiko Kaneda A Critical Window for Policymaking on Population Aging in Developing Countries
CURRENT SITUATION OF POPULATION AGING IN VIETNAM
VIET NAM IS IN THE PERIOD OF “POPULATION AGING”

<table>
<thead>
<tr>
<th>Year</th>
<th>Total population (mil)</th>
<th>60+ (mil)</th>
<th>(%)</th>
<th>65+ (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1979</td>
<td>53.74</td>
<td>3.71</td>
<td>6.9</td>
<td>4.7</td>
</tr>
<tr>
<td>1989</td>
<td>64.38</td>
<td>4.64</td>
<td>7.2</td>
<td>4.7</td>
</tr>
<tr>
<td>1999</td>
<td>76.33</td>
<td>6.19</td>
<td>8.1</td>
<td>5.8</td>
</tr>
<tr>
<td>2009</td>
<td>85.84</td>
<td>7.45</td>
<td>8.68</td>
<td>6.4</td>
</tr>
<tr>
<td>2011</td>
<td>87.61</td>
<td>8.65</td>
<td>9.9</td>
<td>7.0</td>
</tr>
<tr>
<td>2015</td>
<td>91.5</td>
<td>10.50</td>
<td>11.3</td>
<td>7.6</td>
</tr>
</tbody>
</table>

- In 3 decades (1979-2009) increased 0.036 points/year (65+)
- 2009-2012 increased 0.17 point/year

Trend of 65+ population ratio, Viet Nam 1979-2020

In 2011: Viet Nam entered the Period of “Population Aging”

VIET NAM IS IN THE PERIOD OF “POPULATION AGING”

Projection of Population ratio by age group, Viet Nam 2009-2049

2011: “Population Aging”

- 0-14: Decease gradually
- “Golden /Bonus Population”
- 65+: continue to increase

VIET NAM IS IN THE PERIOD OF “POPULATION AGING”

Projection of 65+ population ratio, Viet Nam 2009-2049

Source: GSOs, Vietnam Population projection 2009-2049
Transition from “population aging” to “aged population” of Viet Nam and some countries

- Vietnam elderly ratio increasing fast
- Aging indicator increasing drastically
- Vietnam Life expectancy increasing

Time for transition from “Population Aging” to “Aged population” in Vietnam is 17-20 years, shorter than other countries, even those with better development level

Source: Kinsella and Gist, 1995; Census Bureau, 2005; Vietnam GSO, 2010
Life expectancy of population group 60+
In Viet Nam and some countries, regions, 2010

Life expectancy of population group 60+ is very high and increasing

Viet Nam: 21.5
Same as developed countries

Source: UN, Population Ageing and Development 2012
Elderly people in Viet Nam increasing in the oldest group

Elderly population in Viet Nam (% of total population) 1979-2049

<table>
<thead>
<tr>
<th>Age group</th>
<th>1979</th>
<th>1989</th>
<th>1999</th>
<th>2009</th>
<th>2019</th>
<th>2029</th>
<th>2039</th>
<th>2049</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>2.28</td>
<td>2.40</td>
<td>2.31</td>
<td>2.26</td>
<td>4.29</td>
<td>5.28</td>
<td>5.80</td>
<td>7.04</td>
</tr>
<tr>
<td>65-69</td>
<td>1.90</td>
<td>1.90</td>
<td>2.20</td>
<td>1.81</td>
<td>2.78</td>
<td>4.56</td>
<td>5.21</td>
<td>6.14</td>
</tr>
<tr>
<td>70-74</td>
<td>1.34</td>
<td>1.40</td>
<td>1.58</td>
<td>1.65</td>
<td>1.67</td>
<td>3.36</td>
<td>4.30</td>
<td>4.89</td>
</tr>
<tr>
<td>75-79</td>
<td>0.90</td>
<td>0.80</td>
<td>1.09</td>
<td>1.40</td>
<td>1.16</td>
<td>1.91</td>
<td>3.28</td>
<td>3.87</td>
</tr>
<tr>
<td>80+</td>
<td>0.54</td>
<td>0.70</td>
<td>0.93</td>
<td>1.47</td>
<td>1.48</td>
<td>1.55</td>
<td>2.78</td>
<td>4.16</td>
</tr>
</tbody>
</table>

- Average life expectancy in South Korea: 80.5, of which 65+ is 11% of total population but the number of people of over 100 years old is 1.836 persons (0.0037% of total population).

- Average life expectancy in Viet Nam: 72.8 (2009), of which 65+ is 6.6% of total population but the number of people over 100 years old is 7.200 persons (0.0084% of total population).

Therefore, although the percentage of elderly people and the average life expectancy of Vietnam is lower than South Korea but the percentage of people over 100 years old in Vietnam is 2.2 times as much as that in South Korea.
Population Aging in Vietnam

SOME MAJOR REASONS

- Fast decrease of fertility rate
- Decrease of mortality rate
- Fast increase of life expectancy
TOTAL FERTILITY RATE DECREASE

Total Fertility Rate, Viet Nam, 1960-2015

Fertility replacement rate

MORTALITY RATE DECREASING

Infant mortality rate of under 1 year old through Pop Censuses (%o)

- Mortality Rate: Decreasing: CDR, IMR, MMR Decreasing
- IMR decreasing very fast
  - Progress in Medical Science, Hygiene, Nutrition...
  - Improved socio-economical conditions

**VIETNAM EXPECTATION OF BEING ALIVE AT BIRTH IS INCREASING**

**Projection of Life Expectancy in South East Asian countries 2050**

**Viet Nam, 2015: 73,3 Male: 70,7, Female: 76,1**

**Life Expectancy in Vietnam and in the World 1960-2010**

<table>
<thead>
<tr>
<th>Vietnam</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>73</td>
<td>69</td>
</tr>
<tr>
<td>1960</td>
<td>40</td>
<td>48</td>
</tr>
</tbody>
</table>

**Source:** UNFPA, State of world population, 2008, WHO, World Health Statistic 2012
SOME OTHER CHARACTERISTICS OF ELDERLY PEOPLE IN VIETNAM
Vietnam elderly people living majorly in rural areas, being farmers and doing agricultural work

- Over 70% of elderly people have to earn their living with support from their descendents and family members (only over 25.5% live by pension or social allowances)

- Agricultural land is narrowing, difficulty in production due to natural disaster and diseases lead to low income for farmers in general and elderly people in particular

Source: GSOs, 2009 Population and Housing Census, National Survey on Elderly People 2011
Vietnamese elderly mostly live with their children and grandchildren while family structure tends to change from traditional family to nuclear family.

- 72.3% of elderly people live with their descendants while family size tends to change from traditional family to nuclear family.

- Status of elderly people live without husband/wife is high, while % of female elderly living alone is 5.44 time more than male elderly; Divorced and separated elderly ins 2.2 times more than male (2009).

- Living alone is a disadvantage to elderly people as family is always fundamental support for family members when getting old.

Elderly people in the world mostly living with husband/wife

Different from Viet Nam, elderly people in the world living with husband/wife

Female elderly accounting for high percentage

- 60-69: 1 male in 1.2 female elderly
- 70-79: 1 male in 1.5 female elderly
- 80+: 1 male in 1.9 female elderly

This leads to the phenomenon of “femalizing of elderly people” in Vietnam (life expectancy of female elderly is higher than male).

<table>
<thead>
<tr>
<th>Age group</th>
<th>Number of females in 100 males</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-69</td>
<td>122</td>
</tr>
<tr>
<td>70-79</td>
<td>152</td>
</tr>
<tr>
<td>80+</td>
<td>187</td>
</tr>
</tbody>
</table>

However, female elderly often face with more risk than male in terms of income, health status and ability to get access to health care services and health insurance.

Source: GSOs, Survey on Pop-FP Change 1/4/2015
Difficulties in material life of Vietnamese elderly

- Current elderly generation were born and grew up during the war so they do not have opportunity for health care and accumulation.
- 70% of elderly do not have material accumulation.
- 62.3%: Having difficulties, lacking.
  - Rural: 68%, Urban: 50%.
- 27.6%: Think: economy is getting worse.
  - Over 30% living in permanent houses.
  - Nearly 10% living in temporary houses.

LIMITED HEALTH CONDITIONS

Health conditions of Vietnamese Elderly is limited

- Although average life expectancy is high (73 year) their burden of diseases is high for Vietnamese people (15.3 year WHO, 2009);
- Double disease burden (around 95% of the elderly have diseases, mostly chronic and non-transmitted diseases);
- 27%: Difficulty in daily life, need support; mostly from husband/wife and children. 60% female elderly help male while it is 30% vise versa;
- 67.2%: Having weak and very weak health condition, only 5%: Good. Percentage of weak female is higher than male, rural is higher than urban;
- Percentage of elderly in rural areas in weak health or suffering concussion in 12 months and being treated by health workers is low (13.1%) and is only half of those in urban areas (23,45).

- 35%: Feel sad and disappointed (at least some times);
- 22%: Feel lonely;
- 33%: Do not share joy and sorrow with anybody.

Source: National survey on Vietnamese Elderly People, 2011; Madrid 10 year Report, 2012
VIETNAM STATE POLICY ON ELDERLY PEOPLE
Some Party’s and State’s policies on the elderly

- Vietnamese people have good tradition: Respect to parents, taking care of grandparents and respect the elderly.

- Constitution 1946, "Support to Old and disable citizens who can not work" (Article 14).

- Ordinance on the elderly (2009); Law on the elderly (2011); The National Action Program for Vietnamese older people.

- Several Agencies working on this issue.

- Association of the Elderly people, Care Fund for the Elderly.


President Hochiminh reading the Declaration of the Independence of the Vietnam Democracy and Republic.
Observations & Recommendations for Policy

Population Aging in Vietnam
1. Increase of life expectancy is the greatest achievement of the human being

2. People’s awareness and behavior still do not adjust to the aging society

3. Have not yet taken the advantage of elderly people in Vietnam
   - Some parts of the society still have biased thoughts that elderly people is a burden
   - “Awareness and responsibility of some levels of Party, authority and agencies towards the elderly people and Association of Elderly People is still limited” (Conclusion No 305-TB/TW of the Central Party dated 03/2/2010)
   - Elderly people need to have opportunity to make contribution to the development of the country and share benefit

Percentage of the elderly understanding elderly rights is not high. 50% know about their rights to enjoy allowance or life expectancy appraisal; Limited understanding of other rights
OBSERVATIONS

4. Social security system do not meet the needs of the elderly

5. Health care system do not meet the increasing needs of the elderly

6. Changes in age distribution will affect economy through changes in size and structure of population in working age and structure of individual consumption

7. Challenges in policy making and planning

- 30% of the elderly do not have any kinds of health insurance
- 54,6% need treatment. Rural is higher than urban
- 70% of the elderly have to pay for health care services, drugs (among those who are treated)
- Treatment are mostly in central or provincial, or district hospitals
- 50% not affordable => No treatment
- More than 16% not satisfied
RECOMMENDATIONS AND ORIENTATION FOR POLICY

1. A need of long term strategy to slow down the transition from “population aging” to “Aged population”: Maintain appropriate fertility rate.

2. Bringing in to full play the advantages of the elderly

- On capability, knowledge, expertise of the elderly;
- Job opportunity appropriate to the elderly;
- Bring into full play the outstanding and respected elderly in the family to build up resilient family, generations and community;
- Especially the role of the elderly in ethnic minority community;
- Promoting the role of the elderly in policy development, social criticism, scientific research, teaching;
• Thank you very much!
• 谢谢! ありがとう!
• 감사합니다...!