

# ERIA Foreword

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As global populations continue to age, understanding the unique challenges and opportunities of ageing in various sociocultural contexts has never been more crucial. By 2030, the Philippines will become an ageing society, with individuals aged 60 and over accounting for more than 10% of the population. This research, the Wave 2 survey of the Longitudinal Study of Ageing and Health in the Philippines (LSAHP), aims to identify older Filipinos' health, economic status, gender differences, the effect of household environment, and major challenges in the post-COVID-19 situation. This longitudinal study is particularly meaningful for comparing and analysing changes in older Filipinos' health and social conditions before and after the pandemic through the Wave 1 and Wave 2 surveys.

The Wave 2 survey was conducted by ERIA and the Demographic Research and Development Foundation (DRDF) from January to April 2023. Building upon the findings of Wave 1 from December 2018 to March 2019, this second survey comprehensively explores the ageing phenomenon within the Philippines and sheds light on the changing demographic landscape contributing to the Philippines' transition to an ageing society.

We hope this research can provide an invaluable scientific data resource for policymakers, healthcare professionals, social workers, and academics committed to enhancing the quality of life for older individuals. It fosters a deeper understanding and appreciation of the ageing process, advocating for a more inclusive and supportive society for individuals of all ages. I am confident that readers will find the research on LSAHP to be an enlightening and impactful contribution to gerontology and public health.

Lastly, I want to express my deepest gratitude to the LSAHP project team. Despite significant challenges during data collection, including respondent relocation, health conditions, and the postponement of the survey due to the pandemic, the teams successfully accomplished the research. The data and insights obtained from this research will provide support to policymakers with an informed decision on how to promote a healthy and active ageing experience for Filipinos in the future.

Yours sincerely,

A handwritten signature in black ink that reads "Tetsuya Watanabe". The signature is fluid and cursive, with the first name "Tetsuya" and last name "Watanabe" clearly distinguishable.

Tetsuya Watanabe  
President of ERIA (Economic Research Institute for ASEAN and East Asia)



Republic of the Philippines  
**NATIONAL ECONOMIC AND DEVELOPMENT  
 AUTHORITY**



### Message

The National Economic and Development Authority (NEDA) commends the collaborative efforts of the Demographic Research and Development Foundation Inc. (DRDF) and the Economic Research Institute for the ASEAN and East Asia (ERIA) in completing the 2nd Wave Report on Ageing and Health in the Philippines. This study, a continuation of the Longitudinal Survey on Health and Ageing in the Philippines (LSHAP) first published in 2019, is a significant step towards advancing the goals of active and healthy aging in the country—an indispensable aspect of development to ensure that no Filipino is left behind.

By 2028, as outlined in the Philippine Development Plan 2023-2028, we envision Filipinos enjoying long and healthy

lives in livable communities with strengthened health systems and an environment that enables healthy choices and behavior. This report is invaluable as we work toward this goal, as it provides a comprehensive examination and analysis of the health, socioeconomic status, living conditions, and other pertinent data regarding our elderly population.

These insights will empower us to implement evidence-based policies and programs that can significantly improve human and social development. This, in turn, increases the likelihood that our citizens, particularly our senior citizens, will live longer, healthier, and more active lives. By focusing on programs that better serve and assist our older and vulnerable population, we can ensure that they stay out of poverty, a crucial responsibility we all share.

NEDA is confident that this research, along with its predecessors, will guide policymakers about the necessary interventions to improve the lives of our senior citizens.

May the findings of this study contribute greatly towards our much-desired long-term and collective goal: the *AmBisyon Natin 2040* of a *matatag, maginhawa, at panatag na buhay para sa bawat Pilipino*.

Arsenio M. Balisacan, PhD  
 Secretary, National Economic and Development Authority  
 Republic of the Philippines



## Republic of the Philippines DEPARTMENT OF HEALTH



### Message

The Department of Health (DOH) is pleased to offer our support for the Demographic Research and Development Foundation, Inc. (DRDF) and the Economic Research Institute for ASEAN and East Asia (ERIA)'s Longitudinal Study of Ageing and Health in the Philippines (LSAHP). This study represents a significant step forward in understanding the health and well-being of older Filipinos and informing policies and programs aimed at promoting active and healthy ageing.

As the LSAHP is a comprehensive, data-rich initiative that sheds light on a wide range of physical, functional, mental, and dental health indicators among the senior population in the

Philippines, this holistic approach is precisely what the Department of Health needs to effectively address the evolving healthcare needs of an the study's findings will illuminate crucial gaps in aging Filipino populace. Notably, healthcare access and insurance coverage among the elderly, underscoring the importance of strengthening the country's long-term care infrastructure.

In our pursuit of Universal Health Care, the LSAHP will undoubtedly inform evidence-based policymaking and programmatic interventions to ensure that all Filipinos can enjoy a healthy and active retirement.

We commend DRDF and ERIA for their visionary leadership in spearheading this study and for their unwavering commitment to promoting the well-being of older Filipinos. We are confident that the LSAHP will continue to yield important insights and serve as a critical resource for advancing active and healthy ageing in the Philippines.

A handwritten signature in blue ink, which appears to read "Teodoro J. Herbosa".

Teodoro J. Herbosa, MD  
Secretary of Health  
Republic of the Philippines



Republic of the Philippines  
**DEPARTMENT OF SOCIAL WELFARE  
 AND DEVELOPMENT**



### Message

I would like to extend my warmest congratulations to the Demographic Research and Development Foundation, Inc. (DRDF) and the Economic Research Institute for ASEAN and East Asia (ERIA) on the publication of the report, “Ageing and Health in the Philippines Wave 2”.

This second report on the Longitudinal Study of Ageing and Health the Philippines (LSAHP) represents significant milestone project in our nation’s ongoing efforts to understand and address the needs of our older population.

Conducted in 2023, LSAHP Wave 2 serves as a follow-up to the initial survey of 5,985 respondents carried out in 2018. This

new wave of research enhances our understanding of ageing by building upon the foundational data collected previously, allowing us to observe health transitions over time. The findings of this study offer comprehensive scientific basis for developing robust health and health-related policies and programs tailored to the unique needs of older Filipinos.

As the first nationally representative panel study focused on older individuals in the country, LSAHP provides invaluable insights into the health status and well-being of our senior citizens, as well as the myriad factors that influence these outcomes.

The insights gained from LSAHP Wave 2 are crucial for shaping our policy and programmatic responses to the challenges and opportunities associated with an ageing population.

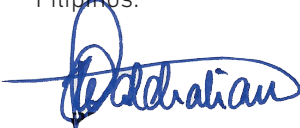
As the lead agency in social protection, we, at the DSWD believe that this study will enable us, other stakeholders, practitioners, and policy-makers to craft evidence-based interventions that promote the well-being and dignity of older individuals across the Philippines.

The DSWD stands ready to use the findings of this report to enhance our services and programs, ensuring that every Filipino can age with dignity and grace.

I commend the collaborative efforts of DRDF and ERIA in conducting this essential research. Their dedication to advancing our knowledge of ageing and health is a testament to their commitment to the betterment of our society. It is through such rigorous research and partnership that we can ensure our older citizens receive the care and support they deserve.

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Through this publication, may we all reaffirm our commitment to the health and well-being of older Filipinos.



Rex Gatchalian  
Secretary, Department of Social Welfare and Development  
Republic of the Philippines



## Republic of the Philippines NATIONAL COMMISSION OF SENIOR CITIZENS



### Message

The National Commission of Senior Citizens expresses its sincerest congratulations to the Longitudinal Study of Ageing and Health in the Philippines (LSAHP) headed by Grace T. Cruz, Ph.D., which is the product of the collaborative work of the Demographic Research and Development Foundation, Inc. (DRDF), Economic Research Institute for ASEAN and East Asia (ERIA).

Shortly after the release of the first report in 2018, the Republic Act 11350, otherwise known as the National Senior Citizens Act of 2019 was born and I believe that the insights and information resources from the LSAHP report contributed, in one way or another, to the rationalization of the said Law.

On the release of the LSAHP second report entitled “Ageing and Health in the Philippines Wave 2”, we, in the NCSC are grateful for the privilege and benefits that this report will bring us. As the national agency mandated to promote, uphold, and protect the rights and well-being of senior citizens and maximize their contributions to nation-building, this report will be an important reference for data-driven decision-making.

Certainly, the information from the report will represent a pivotal contribution to developing one of the NCSC’s core programs, the Wellness, Health, and Emergency Response and Benefits and Development (WHERBD) Program. The academic and actual examination of demographic trends, health status, access to healthcare, economic security, and social support systems provides invaluable insights that are crucial not just for the NCSC but also for policymakers, healthcare providers, and researchers. This report highlights the challenges of older Filipinos and opens pathways for targeted interventions and informed policymaking.

This significant accomplishment represents updated information to understand the complex dynamics affecting the aging population in the Philippines. As we navigate the complexities of an aging population, the report will undoubtedly serve as a foundational resource, guiding efforts to enhance the health and well-being of older adults in the Philippines.

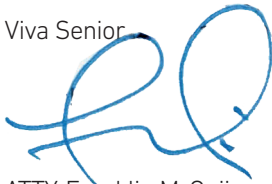
It is worth noting that the present social milieu of senior citizens compared to other aging countries is somehow more conducive to implementing family-based support mechanisms. Perhaps, it is owed to the “cultural defiance” of Filipinos when the government was imposing population control through family control programs in the 20th century. The “defiance” made age gaps closer to the respective age brackets. Moreover, our society has maintained a high labor force population, crucial for sustaining our national economy and international competitiveness.

We always admire and appreciate the passion and responsibility of the rigorous data collection and analysis that underpins findings, ensuring that the information is credible, doable, replicable and actionable. The attention to detail and the holistic approach taken in the report reflect the dedication and expertise of the LSAHP team.

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Once again, congratulations on this remarkable achievement. We look forward, with great interest, to collaborating on possible opportunities that would bring impact and positive changes to the lives of Filipino Senior Citizens and the country.

Viva Senior

A handwritten signature in blue ink, consisting of stylized, overlapping loops and curves, likely representing the initials 'FQ'.

ATTY. Franklin M. Quijano  
Chairperson and Chief Executive Officer  
Republic of the Philippines