



सत्यमेव जयते

Government of India

Ministry of Health and Family Welfare

Longitudinal Ageing Study in India (LASI)

Wave-1

FACT SHEET

ELDERLY IN INDIA



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Suggested citation: International Institute for Population Sciences (IIPS) and National Programme for Health Care of Elderly (NPHCE), MoHFW (2021).

Longitudinal Ageing Study in India (LASI), Wave 1, 2017-18 :

Factsheet - Elderly in India, International Institute for Population Sciences, Mumbai.

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Introduction

The Longitudinal Ageing Study in India (LASI) is a nationally and state representative longitudinal study of ageing and health. LASI is a national landmark, the largest in the world and, only of its kind in India. Its main goal is to provide valid, reliable and continuous scientific data on the health, social and economic well-being of India's older adult (aged 45 and above) population. These data will help to monitor existing programmes and inform new national health and ageing policies. LASI is undertaken as a globally harmonized study carried out in more than 44 developed and developing countries worldwide; and the survey schedules, protocols and methodologies are harmonized across these countries. These are part of the Health and Retirement Study (HRS) family of longitudinal ageing and retirement surveys. Therefore, LASI data will also serve as an important public resource for national policy making and worldwide comparative research on ageing.

LASI is undertaken under the aegis of the Ministry of Health and Family Welfare (MoHFW), Government of India. The International Institute for Population Sciences (IIPS), Mumbai is the nodal institution for implementing LASI in collaboration with the Harvard T.H.Chan School of Public Health (HSPH) and the University of Southern California (USC).

A. LASI Objectives and Coverage:

The LASI wave-1 survey (2017-18) covers all 30 states and 6 Union Territories of India with a panel sample size of 73,396 older adults aged 45 years and above and their spouses regardless of age. This includes 31,902 elderly persons aged 60 and above. LASI collects data on four major subject domains:

1. Health: Disease Burden & Risk Factors (Reported and Measured)
2. Health Care and Health Care Financing
3. Social: Family, Social Network and Social Welfare Programmes for the Elderly
4. Economic: Income, Wealth, Expenditure, Employment, Retirement and Pension

The long-term goal of LASI is to continue for the next 25 years, with respondents surveyed every three years.

LASI Survey Instruments:

The LASI survey instrument comprises three schedules:

- 1. Household Survey Schedule:** Administered to one per household, collects information from interviewing one or more adult member of household. Includes the following modules: Household Roster, Housing and Environment, Household Consumption, Household Assets and Debts, Household Income and Household Health Insurance.
- 2. Individual Survey Schedule:** Administered to each respondent aged 45 years and above and their spouses (regardless of age) in the sampled households. Includes the following modules: Demographics, Work, Retirement and Pension, Health (Chronic Diseases and Health Conditions), Functional Health, Family Medical History, Mental Health (Cognition and Depression), Health Behavior and Food Security, Health Care Access and Utilization, Health Care Financing, Family and Social Network, Social Welfare Programmes and Experimental Modules on Time Use, Expectations, Social Connectedness and Vignettes.

In addition, LASI includes an individual module on measured biomarkers:

- **Anthropometric Measurements:** Height, Weight, Waist Circumference and Hip Circumference.

- **Functional Health Markers:** Blood Pressure and Pulse Rate, Lung Function Test (Spirometry) and Vision Test (Near and Distance Vision Impairment).
- **Performance Based Markers:** Grip Strength, Timed-Walk and Balance Tests.
- **Collection of Dried Blood Spot (DBS) samples:** To be tested for variety of molecular biomarkers.

3. **In addition, a Community Survey Schedule** is administered at the community level (villages in rural areas and census enumeration blocks in urban areas) and is answered by several key informants. The community schedule includes the following sections: Population Characteristics, Infrastructure and Common Resource, Accessibility and Availability of Health Care Services and coverage of Health and Social Welfare Programmes.

Fact Sheet of Key Indicators for Elderly in India

This fact sheet provides information on key indicators (weighted) for elderly in India. The fieldwork was conducted from **April 2017 through December 2018** (the fieldwork in Sikkim was undertaken in 2021). Table-1 provides information about the number of households and individuals interviewed.

Table 1. Number of Households and Individuals interviewed, India, LASI- Wave 1, 2017-18

Sr. No.	Coverage	Rural	Urban	Male	Female	Total	
1.	Household roster completed	41,671	24,844	na	na	66,515	
2.	Households interviewed (with age-eligible individuals) #	28,725	16,355	na	na	45,080	
3.	Individuals Interviewed	45-59 years and their spouses irrespective of age	26,341	15,153	15,795	25,699	41,494
		60 years and above	21,085	10,817	15,340	16,562	31,902
		All ages	47,426	25,970	31,135	42,261	73,396

na "not applicable"

LASI age-eligible households are those with at least one individual in aged 45 years and above; age-eligible individuals are persons aged 45 years and above and their spouses (regardless of age) in the LASI sampled households.

This factsheet is prepared based on data collected from 31,902 elderly (60 years and above) respondents covering all states and union territories of India.

Elderly in India-Key Indicators

Individual-Level Key Indicators LASI- Wave 1, 2017-18

Individual-Level Key Indicators	Elderly	Sex		Residence		
	60 years & above	Male	Female	Rural	Urban	
Demographics						
1	Literate (%)	39.6	56.6	24.2	30	62.5
Schooling						
2	No schooling (%)	56.5	38.6	72.7	65.9	34.1
3	Less than 5 years complete (%)	11.4	14.5	8.7	11.2	11.9
4	5-9 years complete (%)	17.8	24.1	12.2	15.3	23.8
5	10 or more years complete (%)	14.2	22.8	6.5	7.5	30.2
Marital Status						
6	Currently married (%)	61.6	81.1	44.1	62.8	58.8
7	Widowed (%)	36.2	16.5	54.0	35.1	38.8
Work, Retirement and Pension						
8	Ever worked (%) ¹	73.6	96.2	53.2	77.8	63.6
9	Currently working (%) ²	35.7	50.9	22.0	39.9	25.6
Type of Work						
10	Agricultural and allied activities (%) ³	64.8	62.3	70.0	77.1	18.8
11	Non-agricultural business activities (%) ⁴	16.6	19.6	10.5	10.8	38.7
12	Wage and salary workers (%) ⁵	18.6	18.1	19.5	12.2	42.5
Mean Monthly Individual Earnings from Work Related Activities (in INR)⁶						
13	Agricultural and allied activities ⁶	4859	5561	3531	4811	5595
14	Non-agricultural business activities ⁶	8146	9126	4327	5591	10819
15	Wage and salary workers ⁶	7014	8400	4247	5789	8320
16	Mean income from all sources ⁷	5803	6769	3749	5011	8769
Job Search						
17	Persons seeking job (%) ⁸	1.5	1.8	1.2	1.3	2.3
Retirement and Work-Related Pension Coverage						
18	Covered under work-related pension scheme (%) ⁹	8.6	12.1	3.0	4.9	19.8
19	Covered under Provident Fund (%) ⁹	6.0	8.4	2.2	3.4	14.1
20	Officially retired from organized sector of employment (%) ¹⁰	9.9	13.9	3.5	6.0	21.6
21	Currently receiving retirement pension (%) ¹⁰	7.7	10.9	2.5	4.6	16.8

¹ Ever worked includes persons engaged in work at least for 3 months during lifetime but excluding own housework; it includes persons engaged in agricultural and allied activities, non-agriculture business owner, own account worker and wage/salary earners.

² Currently working includes persons engaged in agricultural and allied activities, non-agriculture business owner, own account worker, wage/salary earners or temporarily laid off (due to sick or other leave or in job training) at the time of survey but excluding own housework.

³ Agricultural work includes cropping, forestry, livestock & fishery, working for own or family's or for other people's farm/ fishery/ forestry.

⁴ Non-agricultural business activities include own account worker i.e. self-employed without employees or non-agricultural business owners.

⁵ Wage & salary work includes full-time, part-time, contract-based, temporary or seasonal employment.

⁶ Includes monthly individual earnings from main job as well as from side job from work related activities.

⁷ Mean income includes income from main as well as side job from agriculture work, non- agricultural business and wage & salary work.

⁸ Persons who have ever worked in their lifetime and currently looking for job.

⁹ Among those who have ever worked.

¹⁰ Based on all age eligible individuals.

Individual-Level Key Indicators	Elderly	Sex		Residence		
	60 years & above	Male	Female	Rural	Urban	
Family and Social Network						
<i>Current Living Arrangement</i>						
22	Living alone (%)	5.7	2.6	9.0	6.6	4.4
23	Living with spouse and/or others (%)	20.3	26.5	14.6	21.4	17.7
24	Living with spouse and children (%)	40.6	53.2	26.0	39.0	39.2
25	Living with children and others (%)	27.6	13.8	42.7	26.8	33.7
26	Living with others only (%)	5.7	3.9	7.7	6.3	5.0
<i>Satisfaction with Current Living Arrangement</i>						
27	Satisfied with current living arrangement (%) ¹¹	74.8	77.9	71.9	73.7	77.3
<i>Shares most of Personal Matters with (Elderly having spouse)</i>						
28	Spouse/Partner (%)	82.2	84.1	79.0	82.8	80.5
29	Children/Grandchildren (%)	32.0	30.3	34.7	32.2	31.4
<i>Financial Support Received from or Provided to Family/Friends during Past 12 Months¹²</i>						
30	Received financial support (%)	15.3	14.3	16.4	16.8	12.0
31	Provided financial support (%)	5.9	8.0	4.2	5.8	6.4
<i>Instrumental Care</i>						
32	Having family members who are unable to carry out basic daily activities (%) ¹³	2.4	2.0	2.6	2.4	2.1
<i>Role in Decision Making in¹⁴</i>						
33	Marriage of son or daughter (%)	92.3	95.3	88.7	91.3	93.7
34	Buying and selling of property (%)	90.0	95.5	84.7	89.2	92.1
35	Education of family member/s (%)	83.7	89.5	78.0	82.2	87.4
<i>Experience of Ill-Treatment during the Last One Year¹⁵</i>						
36	Experienced any ill-treatment (%)	5.2	4.7	5.1	5.3	4.0
<i>Perceived Life Satisfaction/Social Status</i>						
37	Persons reporting satisfied with their own life (%) ¹⁶	43.9	45.8	42.2	41.1	50.7
Social Welfare Schemes: Awareness and Enrollment						
<i>Awareness of Welfare Schemes for Elderly</i>						
38	Indira Gandhi National Old Age Pension Scheme (%)	55.0	59.0	51.5	57.6	48.6
39	Indira Gandhi Widow Pension Scheme (%)	44.0	43.0	44.9	44.8	42.0

¹¹ Includes strongly satisfied and satisfied with their current living arrangement.

¹² Financial support received /provided refers to money received/provided for helping to pay bills or covering specific types of costs such as those for medical care or insurance, schooling, marriages in family, religious events, down payment for buying a home and rent.

¹³ Basic daily activities refer to everyday routine activities such as eating, putting on cloths, taking bath and using toilet.

¹⁴ Includes taking decision alone or contribute to decision making.

¹⁵ Refers any one or more ill-treatment such as physical, verbal/disrespect, economic exploitation, emotional/psychological or neglect experienced in the past year.

¹⁶ Includes somewhat agree and strongly agree with the statement "I am satisfied with my life".

Individual-Level Key Indicators	Elderly	Sex		Residence		
	60 years & above	Male	Female	Rural	Urban	
Receiving Benefits from Welfare Schemes for Elderly¹⁷						
40	Indira Gandhi National Old Age Pension Scheme (%)	29.1	31.8	26.7	30.3	22.1
41	Indira Gandhi Widow Pension Scheme (%)	23.7	na	23.7	25.4	17.8
Awareness and Utilization of Concessions for Elderly						
42	Aware of any concession given by government to elderly (%) ¹⁸	28.4	33.0	24.1	24.9	36.7
43	Received any concession or benefit (%) ¹⁹	18.6	22.6	15.0	14.8	27.5
44	Aware of "Maintenance and Welfare of Parents and Senior Citizens Act" (%) ²⁰	12.3	16.0	9.1	9.6	19.1
Health Risk Behaviour						
45	Currently smoking (%) ²¹	13.8	25.5	3.4	16.0	8.4
46	Currently consuming tobacco (%) ²²	21.5	27.5	16.2	24.7	13.6
47	Prevalence of heavy episodic drinking (%) ²³	2.6	4.9	0.6	3.0	1.6
Physical Activity						
48	Physically active (%) ²⁴	54.1	51.0	56.9	54.6	52.9
49	Yoga practice, meditation, <i>asana</i> and <i>pranayama</i> (%) ²⁵	11.2	13.7	9.0	9.4	15.7
Health²⁶						
50	Poor Self Rated Health (SRH) (%) ²⁷	24.2	22.2	26.0	25.2	21.7
Self-reported Prevalence of Diagnosed Cardiovascular Diseases						
51	Cardiovascular diseases (CVDs) (%) ²⁸	34.6	30.9	38.0	28.5	49.6
52	Hypertension or high blood pressure (%)	32.0	27.4	36.2	25.9	46.9
53	Chronic heart diseases (%)	5.2	5.8	4.6	3.7	8.7
54	Stroke (%)	2.7	3.2	2.2	2.5	3.1
Self-reported Prevalence of Diagnosed Other Chronic Risk Conditions						
55	Diabetes or high blood sugar (%)	14.2	14.5	13.9	9.3	26.1
56	High Cholesterol (%)	2.5	2.6	2.3	1.2	5.5
57	Anaemia (%)	4.7	3.3	6.0	4.7	4.7
Self-reported Prevalence of Diagnosed Chronic Lung Diseases						
58	Chronic lung diseases (%) ²⁹	8.3	8.9	7.7	8.1	8.7
59	Chronic Obstructive Pulmonary Disease (COPD) (%)	2.8	2.8	2.8	2.4	3.8
60	Asthma (%)	5.9	6.5	5.4	6.1	5.3

na "not applicable".

¹⁷ Elderly who belongs to BPL households.

¹⁸ Refers to discounts or concessions received for elderly in train/bus/air travel, telecommunication, special interest rates on bank accounts or loans, income tax benefits or others.

¹⁹ Among those who are aware of concessions given by the government for elderly.

²⁰ The "Maintenance and Welfare of Parents and Senior Citizens Act" mandates legal obligation on children to financially maintain their parents/ provide monthly allowances.

²¹ Currently smoking tobacco refers to smoking any tobacco product such as cigarette, *bidi*, cigar, *hookah* and *cheroot* etc.

²² Currently consuming tobacco refers to consumption of any smokeless tobacco product such as chewing tobacco, *gutka* or *pan masala* etc.

²³ Heavy episodic drinking refers to those who reported consumption of at least 60 grams or more (10 grams = 1 standard drink) of pure alcohol on at least one occasion in the past 30 days.

²⁴ Those who are either engaged in moderate physical activity (at least 150 minutes throughout the week) or vigorous physical activity (at least 75 minutes throughout the week) or an equivalent combination of moderate- and vigorous-intensity activity.

²⁵ Refers to yoga/meditation/asanas/pranayama etc. practicing daily or more than once a week.

²⁶ For all chronic conditions, the reference period is *ever diagnosed* and diagnosed by MBBS, BDS and AYUSH health professionals.

²⁷ Poor Self Rated Health (SRH) includes both poor and very poor self-assessed health status.

²⁸ Cardiovascular diseases include hypertension, heart disease and stroke (any one or more).

²⁹ Chronic lung diseases include chronic obstructive pulmonary disease (COPD), asthma and chronic bronchitis (any one or more).

Individual-Level Key Indicators	Elderly	Sex		Residence	
	60 years & above	Male	Female	Rural	Urban
<i>Self-reported Prevalence of Diagnosed Bone/Joint Diseases</i>					
61 Bone/Joint diseases (%) ³⁰	18.8	15.5	21.8	17.4	22.3
62 Arthritis (%)	10.7	8.5	12.8	9.7	13.3
63 Osteoporosis (%)	4.4	4.0	4.9	4.0	5.4
<i>Self-reported Prevalence of Diagnosed Neurological or Psychiatric Problems</i>					
64 Neurological or psychiatric problems (%) ³¹	2.6	2.5	2.6	2.6	2.6
65 Depression (%)	0.8	0.6	0.9	0.9	0.6
66 Alzheimer's disease and dementia (%)	1.0	0.7	1.2	1.1	0.7
67 Psychiatric problems (%) ³²	0.4	0.4	0.3	0.4	0.4
68 Neurological problems (%) ³³	1.6	1.8	1.4	1.6	1.6
69 <i>Self-reported prevalence of diagnosed Cancer or Malignant Tumor (%)</i> ³⁴	0.7	0.6	0.8	0.5	1.1
70 <i>Self-reported prevalence of diseases or conditions related to urogenital systems (%)</i> ³⁵	7.7	9.6	6.0	7.5	8.2
<i>Self-reported Prevalence of Diagnosed Eye or Vision & Ear related Conditions</i>					
71 Eye or vision related conditions or problems (%) ³⁶	55.3	54.3	56.3	49.4	69.7
72 Cataract (%)	23.2	21.3	25.0	20.5	29.8
73 Glaucoma (%)	2.5	2.4	2.5	2.4	2.6
74 Refractive error (%) ³⁷	35.4	36.1	34.8	31.4	45.0
75 Hearing or ear-related problems (%)	9.6	9.8	9.5	9.4	10.2
<i>Self-reported Prevalence of Diagnosed Oral Health Problems</i>					
76 Common oral health problems (%) ³⁸	51.3	48.8	53.5	51.0	52.0
77 Dental caries (%)	19.5	18.3	20.6	17.8	23.8
78 Periodontal disease (%) ³⁹	16.0	15.1	16.8	16.8	13.9
79 Partial edentulism (%)	72.0	71.2	72.6	72.0	72.0
80 Complete edentulism (%)	11.2	11.1	11.3	11.1	11.3
<i>Self-reported Prevalence of Injuries and Fall</i>					
81 Injuries (%) ⁴⁰	18.8	16.7	20.6	19.6	16.7
82 Fall (%)	22.9	19.9	25.6	23.9	20.4
<i>Self-reported Health Conditions due to Natural and Man-made Disasters</i> ⁴¹					
83 Health problems due to natural and man-made disaster (%) ⁴²	3.6	3.7	3.4	4.3	1.9
84 Permanent physical disability (%)	0.4	0.4	0.4	0.4	0.3

³⁰ Bone /joint diseases include arthritis, rheumatism and osteoporosis (any one or more).

³¹ Any neurological/psychiatric problem includes depression, alzheimer's disease, dementia or psychiatric problem or neurological problem (any one or more).

³² Psychiatric problems include unipolar or bipolar disorder, schizophrenia etc. (any one or more).

³³ Neurological problems include neuropathy, convulsion, migraine, Parkinson's etc. (any one or more).

³⁴ Includes oral cancer, breast cancer, cervical cancer, lung cancer or cancer/malignant tumors originating in any other organs/ body parts (any one or more).

³⁵ Urogenital conditions include chronic renal failure, incontinence, kidney stone and Benign Prostate Hypertrophy-BPH (only among males) (any one or more).

³⁶ Eye or vision related conditions or problems include presbyopia, glaucoma, cataract, myopia, hypermetropia, other eyes problems such as conjunctivitis, eye injury, red eye etc. (any one or more).

³⁷ Refractive error includes presbyopia, myopia and hypermetropia with or without astigmatism.

³⁸ Common oral health problems include painful teeth, ulcer lasting more than two weeks, bleeding gums, swelling gums, loose teeth, dental cavity/dental caries & soreness or cracks in the corner of the mouth in past 12 months (any one or more).

³⁹ Periodontal diseases include bleeding gums, swelling gums or ulcers lasting more than two weeks (any one or more).

⁴⁰ Injury include injuries sustained due to any traffic accident, violence, animal attack or fall in the past 2 years (any one or more).

⁴¹ Reference period for natural and man-made disaster is past 5 years.

⁴² Health problems due to natural and man-made disaster refers to permanent physical disability, psychological and mental health problems or chronic illness (any one or more).

Individual-Level Key Indicators		Elderly	Sex		Residence	
		60 years & above	Male	Female	Rural	Urban
85	Psychological and mental health problems (%)	2.3	2.3	2.2	2.7	1.1
86	Chronic illness (%)	0.6	0.7	0.6	0.7	0.4
Self-reported Prevalence of Endemic Diseases						
87	Any endemic disease (%) ⁴³	27.1	26.9	27.3	30.4	19.1
Vector-borne Diseases						
88	Any vector-borne disease (%) ⁴⁴	10.8	10.4	11.2	12.2	7.4
89	Malaria (%)	8.6	8.4	8.8	10.3	4.6
90	Dengue (%)	1.0	0.8	1.3	0.9	1.4
91	Chikungunya (%)	2.2	2.1	2.2	1.9	2.7
Water-borne Diseases						
92	Any water-borne disease (%) ⁴⁵	19.6	19.2	19.9	22.5	12.4
93	Diarrhoea/Gastroenteritis (%)	14.8	14.8	14.9	17.1	9.4
94	Typhoid (%)	5.5	4.8	6.1	6.5	3.2
95	Jaundice/Hepatitis (%)	2.5	2.7	2.4	2.7	1.9
Other Infectious Diseases						
96	Tuberculosis (%)	1.1	1.3	0.9	1.1	1.0
97	Urinary Tract Infection (%)	2.5	3.1	2.1	2.5	2.7
Self-reported Prevalence of Symptom based Health Conditions⁴⁶						
98	Angina (symptom based) (%) ⁴⁷	6.2	5.4	7.0	6.8	4.9
99	Sleep problems (%) ⁴⁸	14.8	13.9	15.6	15.6	12.8
Self-reported Prevalence of Reproductive Health Conditions (Only for Females)						
100	Undergone Hysterectomy (%)	9.9	na	9.9	7.9	14.4
101	Undergone Pap Smear Test (%) ⁴⁹	0.9	na	0.9	0.6	1.6
102	Undergone Mammography (%) ⁴⁹	0.9	na	0.9	0.5	1.6
Family Medical History: Prevalence of Chronic Health Conditions among Family Members⁵⁰						
103	Hypertension (%)	18.1	16.2	19.9	14.7	26.6
104	Diabetes (%)	13.2	11.7	14.6	9.4	22.5
105	Heart disease (%)	6.4	6.3	6.5	5.3	9.1
106	Stroke (%)	4.9	4.8	4.9	4.7	5.3
107	Cancer (%)	5.4	4.7	5.9	3.8	9.2
Functional limitations: Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) Limitations⁵¹						
108	Any ADL limitation (%) ⁵²	23.8	20.9	26.4	24.4	22.2
109	Any IADL limitation (%) ⁵³	48.0	38.3	56.7	51.4	39.7
110	Persons who need helpers for ADL and IADL limitations (%) ⁵⁴	24.8	23.4	25.7	23.8	27.9

na “not applicable”.

⁴³ For prevalence of endemic diseases in India, the reference period is past 2 years (any one or more).

⁴⁴ Any vector-borne disease includes malaria, dengue or chikungunya (any one or more).

⁴⁵ Any water-borne disease includes diarrhoea/gastroenteritis, typhoid, jaundice or hepatitis (any one or more).

⁴⁶ For symptom-based prevalence of health conditions, the reference period is past 2 years.

⁴⁷ Angina pectoris refers to, “a chest pain or discomfort with all the following symptoms: (a) the pain must include either the sternum (any level) or the left arm and left anterior chest (defined as the anterior chest wall between the levels of clavicle and lower end of sternum), (b) pain must be provoked by either hurrying or walking uphill (or by walking on the level, for those who never attempt more), (c) when pain occurs on walking it must make the person either stop or slacken pace, (d) pain must disappear on a majority of occasions in 10 min or less from the time when the person stands still.

⁴⁸ Sleep problems refer to difficulty in falling asleep or staying asleep throughout the night and also feeling unrested during the day (any one or more).

⁴⁹ The reference period for Pap Smear and Mammography is past 2 years.

⁵⁰ Biological family members include -father, mother, brother, sister, children and grandchildren.

⁵¹ Refers to functional limitations lasting more than 3 months.

⁵² Activities of Daily Living (ADL) includes dressing, putting on *chappals* or shoes, walking across a room, bathing, eating difficulties, getting in or out of bed (any one or more).

⁵³ Instrumental Activities of Daily Living (IADL) includes preparing a hot meal, shopping for groceries, making telephone calls, taking medications, doing work around the house or garden, managing money (paying bills and keeping track of expenses) and getting around or finding address in unfamiliar place (any one or more).

⁵⁴ Helper refers to any person/s assisting respondent in any ADL/IADL limitations.

Individual-Level Key Indicators		Elderly	Sex		Residence	
		60 years & above	Male	Female	Rural	Urban
Persons Using Aids or Supportive Devices						
111	Any aid or supportive device (%) ⁵⁵	43.2	44.6	42.0	36.8	59.0
112	Hearing aid (%) ⁵⁶	0.7	0.9	0.6	0.6	1.1
113	Spectacles/Contact lenses (%) ⁵⁷	37.4	38.2	36.7	30.0	55.7
114	Denture (%) ⁵⁷	3.1	3.3	2.9	2.1	5.4
115	Walker/Walking stick (%) ⁵⁷	8.3	9.1	7.5	9.4	5.6
Mental Health: Cognition and Depression						
Cognition						
116	Mean score for immediate word recall ⁵⁷	4.7	4.9	4.5	4.5	5.1
117	Mean score of delayed word recall ⁵⁸	3.4	3.6	3.2	3.2	3.8
Depression						
118	Prevalence of depression based on CIDI-SF (%) ⁵⁹	8.3	7.3	9.2	9.2	5.9
Biomarkers: Measured Prevalence of Health or Health Risk Conditions based on Direct Health Examinations						
Measured Prevalence of Hypertension						
119	Hypertension (%) ⁶⁰	36.2	33.9	38.2	34.8	39.6
120	Undiagnosed hypertension (%) ⁶¹	21.6	21.9	21.3	22.8	18.5
121	Untreated hypertension (%) ⁶²	10.0	11.5	9.1	12.5	6.5
122	Undertreated hypertension (%) ⁶³	35.8	33.3	37.4	33.8	38.5
123	Adequately treated hypertension (%) ⁶⁴	42.3	43.1	41.7	37.8	48.6
Measured Prevalence of Vision Test						
124	Low vision (%) ⁶⁵	37.1	33.8	40.0	39.5	31.0
125	Low near vision (%) ⁶⁶	32.2	28.6	35.5	34.3	27.1
126	Low distance vision (%) ⁶⁷	14.7	13.8	15.5	16.4	10.3
127	Blindness (%) ⁶⁸	3.8	3.2	4.4	4.3	2.7
Measured Prevalence of Chronic Lung Diseases⁶⁹						
128	Restrictive lung diseases ⁷⁰	39.7	41.2	37.8	36.4	48.6
129	Obstructive lung diseases ⁷¹	9.2	12.4	5.1	9.7	7.7

⁵⁵ Aids or supportive devices include spectacles and dentures and devices to help you in moving or sitting (such as, walker, walking sticks, wheel chair, adjustable showers stools/ commodes, back/neck collar, orthosis/prosthesis).

⁵⁶ Among those respondents who reported using any aid or supportive device(s) to assist them in the activities of daily living.

⁵⁷ Immediate word recall refers to total number of words recalled from the given list of 10 words immediately.

⁵⁸ Delayed word recall refers to total number of words recalled from the same given list of 10 words after some delay.

⁵⁹ Based on Composite International Diagnostic Interview- Short Form (CIDI-SF); respondent who reported that they felt sad, blue or depressed for two-weeks period during last 12 months for all the day long or most of the day.

⁶⁰ Prevalence of measured hypertension refers to those measured with systolic blood pressure of ≥ 140 mmHg or diastolic blood pressure of ≥ 90 mmHg or both.

⁶¹ Prevalence of undiagnosed hypertension refers to those undiagnosed by a health professional but whose measured systolic blood pressure was ≥ 140 mmHg or diastolic blood pressure was ≥ 90 mmHg or both.

⁶² Untreated hypertension refers to those who reported that they have been diagnosed with hypertension by a health professional and currently measured with hypertension but currently not taking treatment

⁶³ Undertreated hypertension refers to those who reported that they have been diagnosed with hypertension by a health professional and currently measured with hypertension but currently taking treatment.

⁶⁴ Adequately treated hypertension refers to those reported that they have been diagnosed by health professional and currently taking treatment and whose measured systolic blood pressure was < 140 mmHg and diastolic blood pressure was < 90 mmHg.

⁶⁵ Low vision refers to either low near vision or low distant vision in the better eye with best correction available with the respondent.

⁶⁶ Low near vision refers to near vision equal to or poorer than 20/80 and equal to or better than 20/400 in the better eye with best correction available with respondent.

⁶⁷ Low distance vision refers to distance vision equal to or poorer than 20/80 and equal to or better than 20/200 in the better eye with best correction available with respondent.

⁶⁸ Blindness refers to those with vision less than 20/200 in distance or could not count finger or perceive light.

⁶⁹ Estimates are based upon acceptable lung function tests and Global Lung Function Initiative (GLI) equation 2012. Caution is necessary in interpreting the results.

⁷⁰ Restrictive lung diseases are characterized by reduction in the total volume of air that the lungs are able to hold, and is often due to a decrease in the elasticity of the lungs themselves or caused by a problem related to the expansion of the chest wall during inhalation.

⁷¹ Obstructive lung diseases are characterized by chronic obstruction of lung airflow that interferes with normal breathing and is not fully reversible.

Individual-Level Key Indicators		Elderly	Sex		Residence	
		60 years & above	Male	Female	Rural	Urban
Measured Prevalence of Anthropometric Indicators						
130	Underweight (%) ⁷²	26.7	28.2	25.2	32.4	12.2
131	Overweight (%) ⁷³	16.7	14.8	18.3	12.4	27.4
132	Obesity (%) ⁷³	5.5	2.8	7.9	3.0	11.6
133	High-risk waist circumference (%) ⁷³	23.6	8.9	37.0	17.2	39.9
134	Metabolic risk: Prevalence of high-risk waist-hip ratio (%) ⁷⁴	75.3	73.7	76.8	72.1	83.3
Grip Strength(kg)						
135	Mean grip strength in dominant hand (kg) ⁷⁵	19.5	23.9	15.6	19.6	19.4
Health Care Utilization, Financing and Insurance						
Health Care Utilization						
In-Patient Care in the Past 12 Months						
136	Hospitalization in past 12 months (%)	7.9	8.3	7.6	7.7	8.6
Type of Facility Visited during the Last Hospitalization in the Past 12 Months						
137	Public facility (%) ⁷⁶	37.6	38.1	37.2	39.4	33.8
138	Private facility (%) ⁷⁷	59.1	58.8	59.5	58.1	61.3
Out-Patient Care in the Past 12 Months						
139	Sought out-patient care in the past 12 months (%)	59.3	57.9	60.4	59.5	58.7
140	Persons who consumed any medicine without consulting healthcare provider (%) ⁷⁸	43.4	44.6	42.4	43.8	42.4
Type of Facility Visited for the Last Out-Patient Visit in the Past 12 Months						
141	Public facility (%)	22.8	23.9	21.8	23.9	20.1
142	Private facility (%)	63.3	62.0	64.4	59.7	72.0
Health Care Financing						
Expenditure on Last In-Patient Visit in the Past 12 Months by Type of Facilities Visited (in INR)⁷⁹						
143	Mean expenditure on last hospitalization	22797	25079	20532	18815	31327
144	Mean expenditure on last hospitalization (Public Facility)	8028	8372	7677	7869	8426
145	Mean expenditure on last hospitalization (Private Facility)	31930	35616	28333	26196	43549
Sources of Finance for Health Care Services during the Last Hospitalization						
146	Income (%) ⁸⁰	82.9	84.3	81.6	83.7	81.3
147	Savings (%)	22.5	20.7	24.3	20.9	26.2

⁷² Body Mass Index (BMI) refers to weight in kilograms divided by height in meter square (kg/m²). BMI levels have been classified according to WHO classifications: underweight ≤ 18.4; normal=18.5 to 24.9; overweight=25.0 to 29.9; obese ≥30.0.

⁷³ Metabolic complications: critical limit classification for high risk waist circumference for male is ≥102 cm and for female is ≥88cm.

⁷⁴ WHO criteria of classification of waist- hip ratio (WHR)

Male	Female	Risk level
<0.90	≤0.85	Low
≥0.90	≥0.85	High

⁷⁵ Grip strength measures bodily muscle strength and is an overall marker of health among elderly population. Mean grip strength is an average of two readings each for dominant and non-dominant hand.

⁷⁶ Includes health post/sub centers, primary health center/urban health center, community health center, district/sub-district hospital, government/tertiary hospital or government AYUSH hospital.

⁷⁷ Includes private hospital/nursing home, private clinic (OPD based services), NGO/Charity/Trust/Church-run hospital/Private AYUSH hospital. It also includes health care services availed partially from either private or government or NGO.

⁷⁸ Among those who sought out-patient care in the past 12 months and this includes modern allopathic medicines, AYUSH medicines, traditional herbs or medicine, excluding any health supplements.

⁷⁹ The expenditure on last in-patient visit includes consultation charges, medicine charges, test/investigation charge, nursing home charges, surgery and related charges, transportation charges and any other charges.

⁸⁰ Income includes personal income as well as income from any of the household members.

Individual-Level Key Indicators	Elderly	Sex		Residence		
	60 years & above	Male	Female	Rural	Urban	
148	Loans (banks/friends/relatives) /selling assets and properties (%)	18.1	19.1	17.1	21.3	10.9
149	Insurance coverage/reimbursement from employer (%)	5.2	7.4	3.1	4.1	7.4
<i>Expenditure on Last Out-Patient Visit in the Past 12 Months by Type of Facilities Visited (in INR)⁸¹</i>						
150	Mean expenditure on last out-patient visit	1317	1446	1207	1212	1563
151	Mean expenditure on last out-patient visit (Public Facility)	824	961	698	890	609
152	Mean expenditure on last out-patient visit (Private Facility)	1636	1793	1505	1513	1871
Health Insurance						
153	Health insurance coverage (%)	18.2	19.7	16.9	18.6	17.2

⁸¹ The expenditure on last out-patient visit includes consultation charges, medicine charges, test/investigation charge, nursing home charges, surgery and related charges, transportation charges and any other charges.

Figure 1: Living arrangements by place of residence (%), India

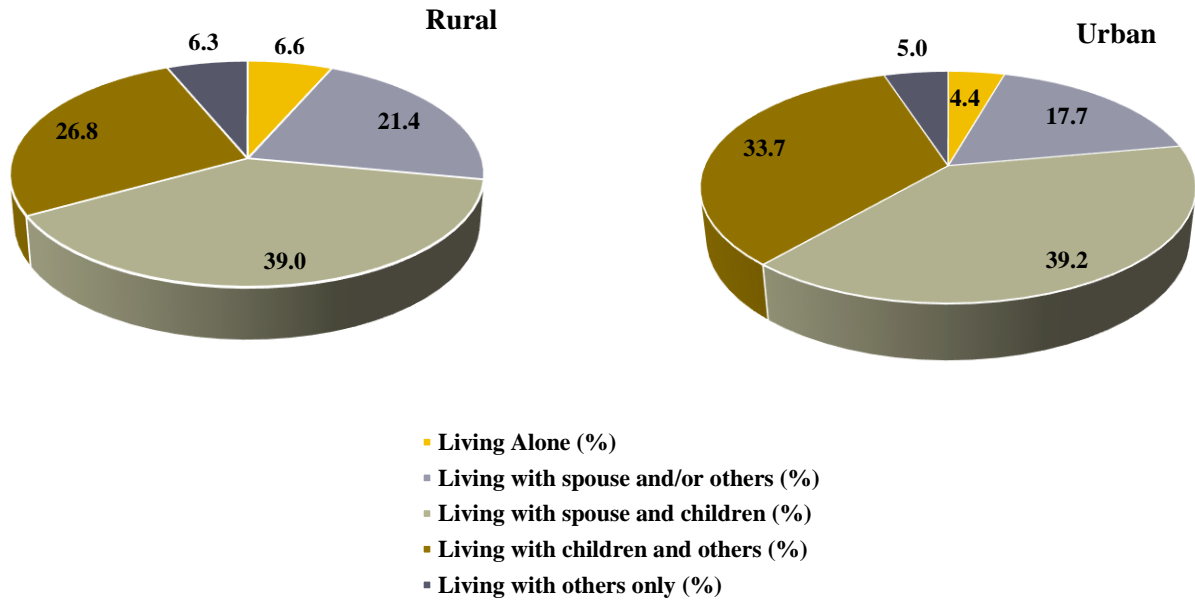


Figure 2: Self-reported prevalence of diagnosed chronic diseases by age, India

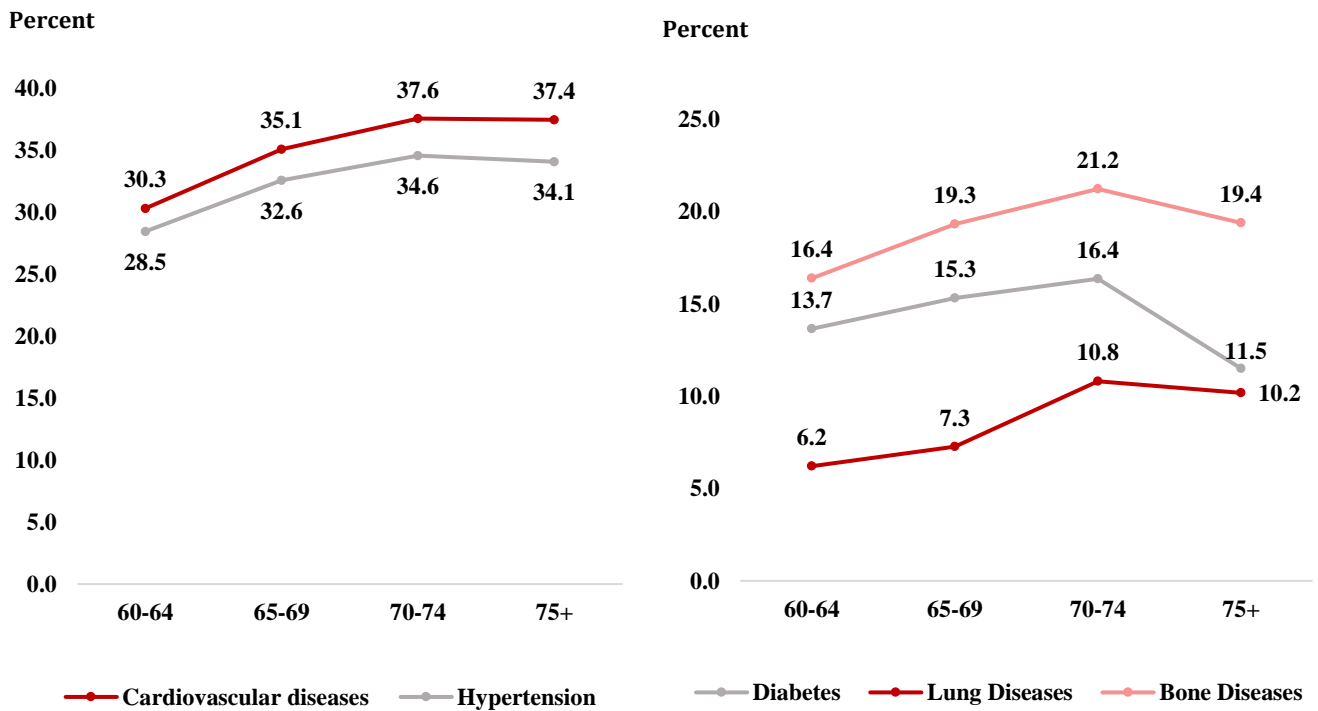


Figure 3: Functional Health: Activities of Daily Living (ADL), Instrumental Activities of Daily Living (IADL) and using any aid support or device by age, India

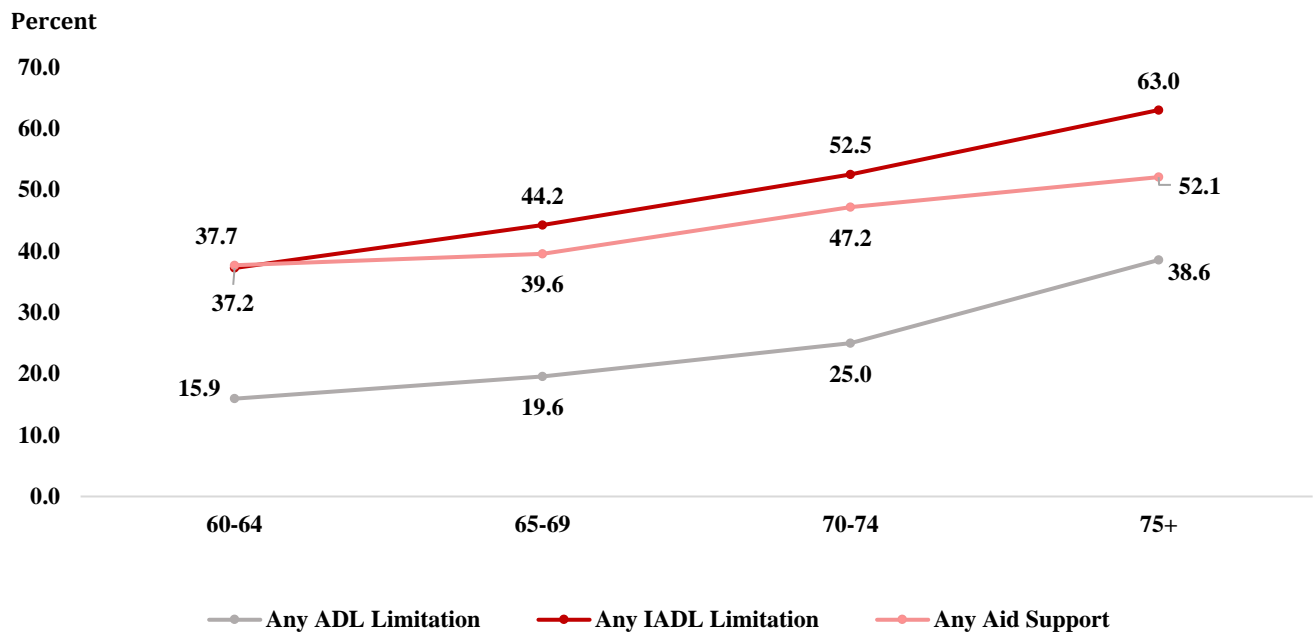


Figure 4: Self-reported prevalence of diagnosed organ related diseases by age, India

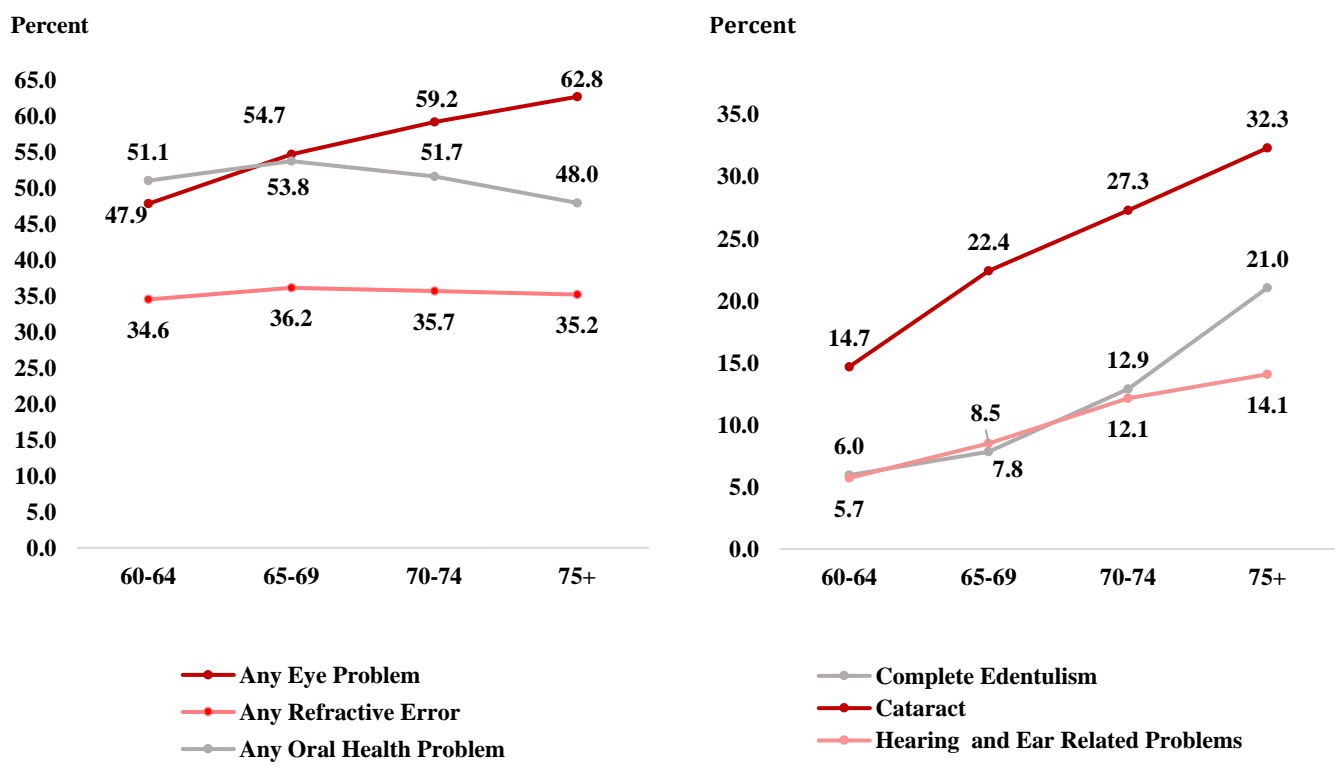


Figure 5: Awareness and Utilization of Social Security Schemes

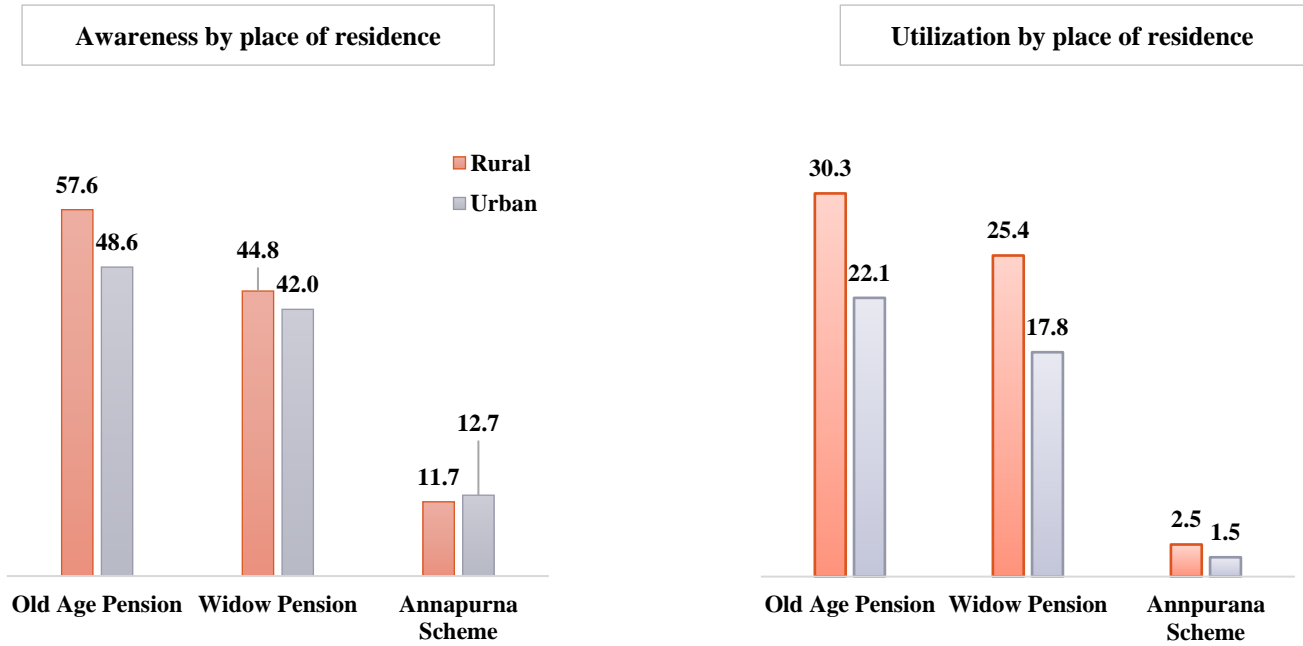
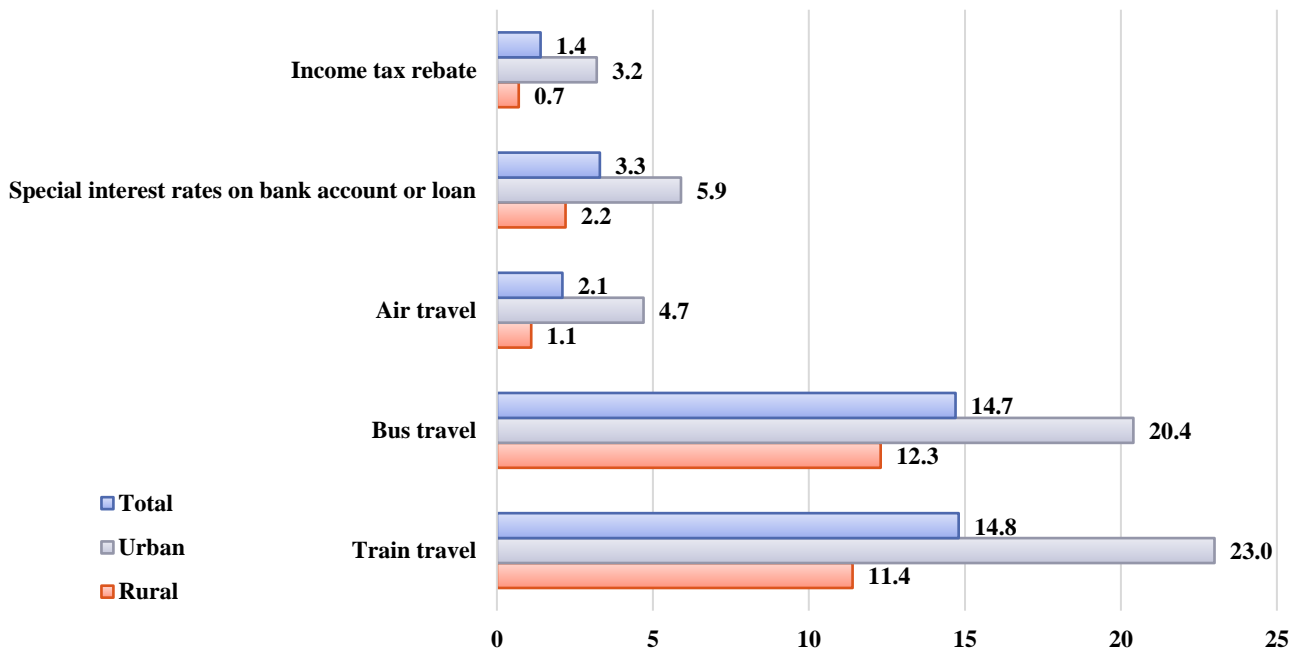


Figure 6: Elderly availed various concessions for senior citizens



Longitudinal Ageing Study in India (LASI)

Wave-1



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