



Longitudinal Ageing Study of India

Why in News

Recently, the **Ministry of Health & Family Welfare** has released the **Longitudinal Ageing Study of India (LASI) Wave-1 Report** on the virtual platform.

Key Points

▪ About LASI:

◦ About:

- It is a full scale **national survey of scientific investigation of the health, economic, and social determinants and consequences of population ageing** in India. It was **commissioned in 2016**.
- It is India's **first and the world's largest ever survey that provides a longitudinal database** for designing policies and programmes for the [older population](#) in the broad domains of social, health, and economic well-being.

◦ Agencies Involved:

- The **National Programme for Health Care of Elderly**, Ministry of Health & Family Welfare has undertaken the Longitudinal Ageing Study of India, through **International Institute for Population Sciences, (IIPS), Mumbai** in collaboration with **Harvard School of Public Health, University of Southern California, USA**, [United Nations Population Fund \(UNFPA\)](#) and **National Institute on Ageing**.

◦ Coverage:

- The **first national wave of the LASI (Wave 1)** covered a **baseline sample of 72,250 individuals aged 45 and above and their spouses**, including elderly persons aged **60** and above and oldest-old persons aged **75** and above from all States and Union Territories (UTs) of India (excluding Sikkim).

◦ Methodology:

- It collects detailed data on health and biomarkers together with information on family and social network, income, assets, and consumption.
- In medicine, a biomarker is a **measurable indicator of the severity or presence of some disease state**. More generally a biomarker is anything that can be used **as an indicator of a particular disease state** or some other physiological state of an organism.

▪ Findings:

- In the 2011 census, the **60+ population accounted for 8.6% of India's population**, accounting for **103 million elderly people**.
- Growing at around **3% annually**, the number of elderly people will rise to **319 million in 2050**.

- **75%** of the elderly people suffer from one or the other **chronic disease**. **40%** of the elderly people have **one or the other disability** and **20%** have issues related to **mental health**.
 - The self-reported prevalence of diagnosed **cardiovascular diseases (CVDs)** is **28%** among older adults aged **45 and above**.
 - The prevalence of **multi-morbidity conditions** among the elderly age **60 and above** is **much higher in the states/UTs** of Kerala (52%), Chandigarh (41%), Lakshadweep (40%), Goa (39%) and Andaman & Nicobar Islands (38%). The prevalence of **single morbidity and multi-morbidity** conditions increases with age.
- **Significance:**
 - The evidence from LASI will be used to further strengthen and broaden the **scope of the National Programme for Health Care of the Elderly** and also help in establishing a range of preventive and health care programmes for the older population and most vulnerable among them.
 - The study holds significance in light of the ongoing **Covid-19** pandemic with the elderly and persons with **comorbidities** being at the highest risk of contracting the disease.
 - **Comorbidity** simply means **more than one illness or disease occurring in one person at the same time** and **multimorbidity** means **more than two illnesses** or diseases occurring in the same person at the same time.

National Programme for Health Care of Elderly

- **About:**

- The programme is being implemented under the **Non-Communicable Disease (NCD)** flexible pool within the overarching umbrella of the **National Health Mission** for Districts and below in the States.

- **Vision:**

- To provide **accessible, affordable, and high-quality long-term, comprehensive and dedicated care services** to an Ageing population.
- Creating a new **“architecture”** for Ageing.
- To build a framework to create an enabling environment for **“a Society for all Ages”**.
- To promote the concept of **Active and Healthy Ageing**.

- **Funding Pattern:**

- The Centre bears 75% of the total budget and the State Government contributes **25%** of the budget, for activities up to district level.

- **Eligible Beneficiary:**

- All elderly People (above 60 Years) in the country.

- **Types of Benefits:**

- Free, Specialized health care facilities exclusively for the elderly people through the State health delivery system.

