



Fostering Healthy Ageing

Evidence from Thailand

Dr. Wachira Pengjuntr

Director General. Department of Health

Ministry of Public Health, Thailand



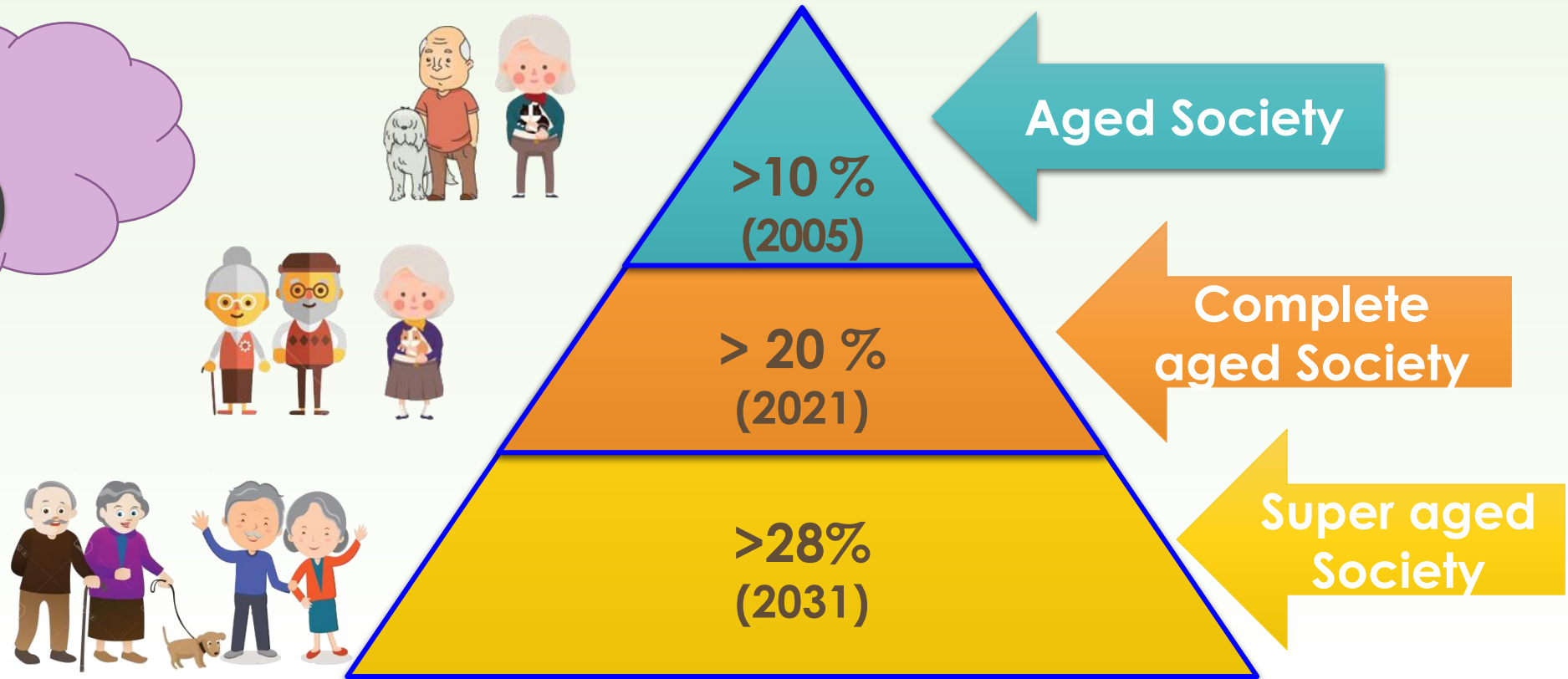
Capital	Bangkok
Official languages	Thai
Ethnic Groups	75-85% Thai 14% Thai-Chinese 12% other
Religion	Buddhism
Population	65 millions
Children (under 15 years)	11.6 millions (17.8%)
Labor force (15-59 years)	42.8 millions (65.6%)
Elderly (60 years and over)	10.7 millions (16.5%)
Elderly (65 years and over)	7.2 millions (11.0%)
Life Expectancy at Birth (Average number of years a person could expect to live after birth)	Male 71.8 years Female 78.6 years

Source : Institute for Population and Social Research, Mahidol University

Population Gazette, 2016

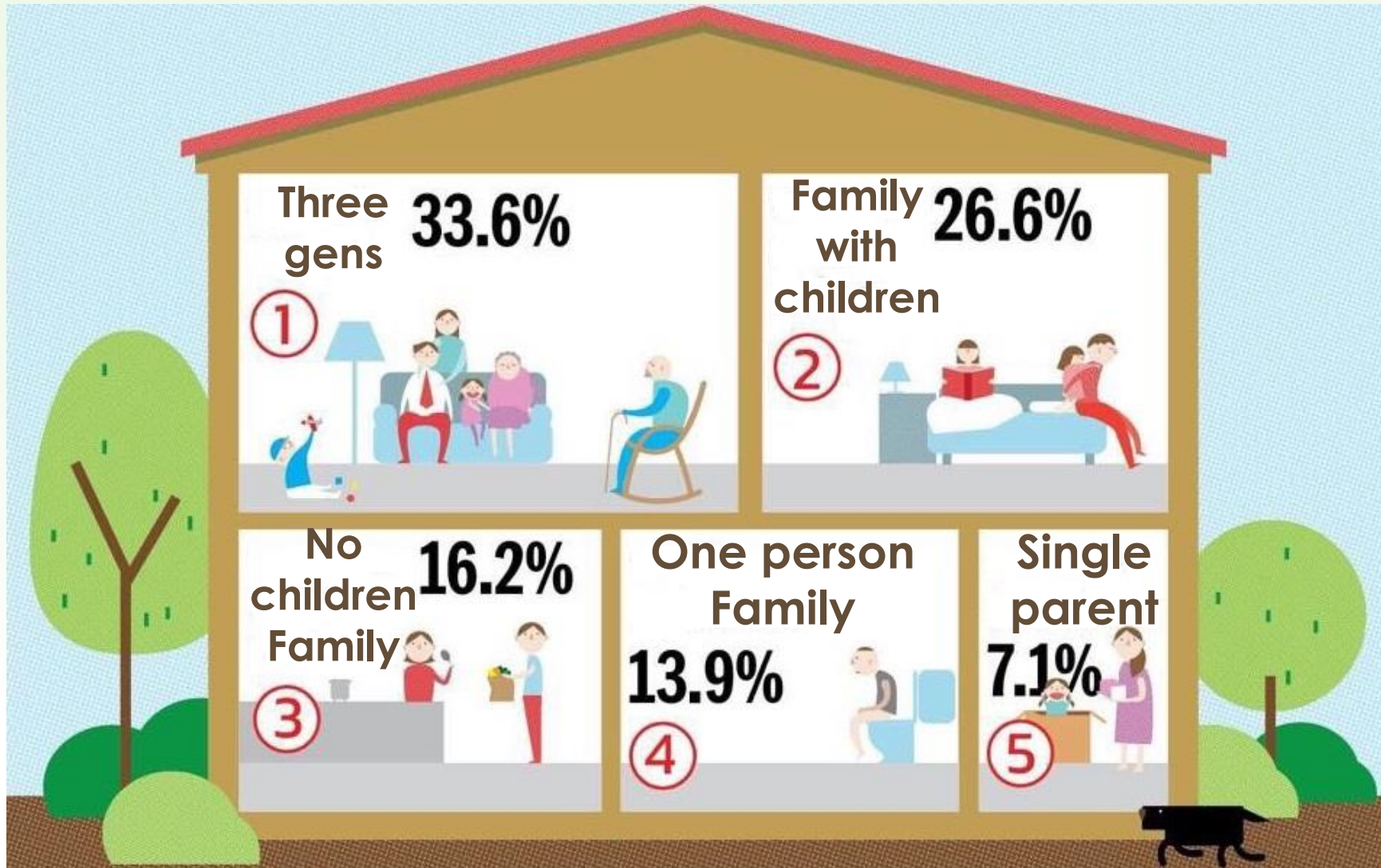
Thailand Rapid Ageing

16 %
(2016)



Source : Situation of Thai Elderly 2014

Thai Family : Low Birth rate : Live longer



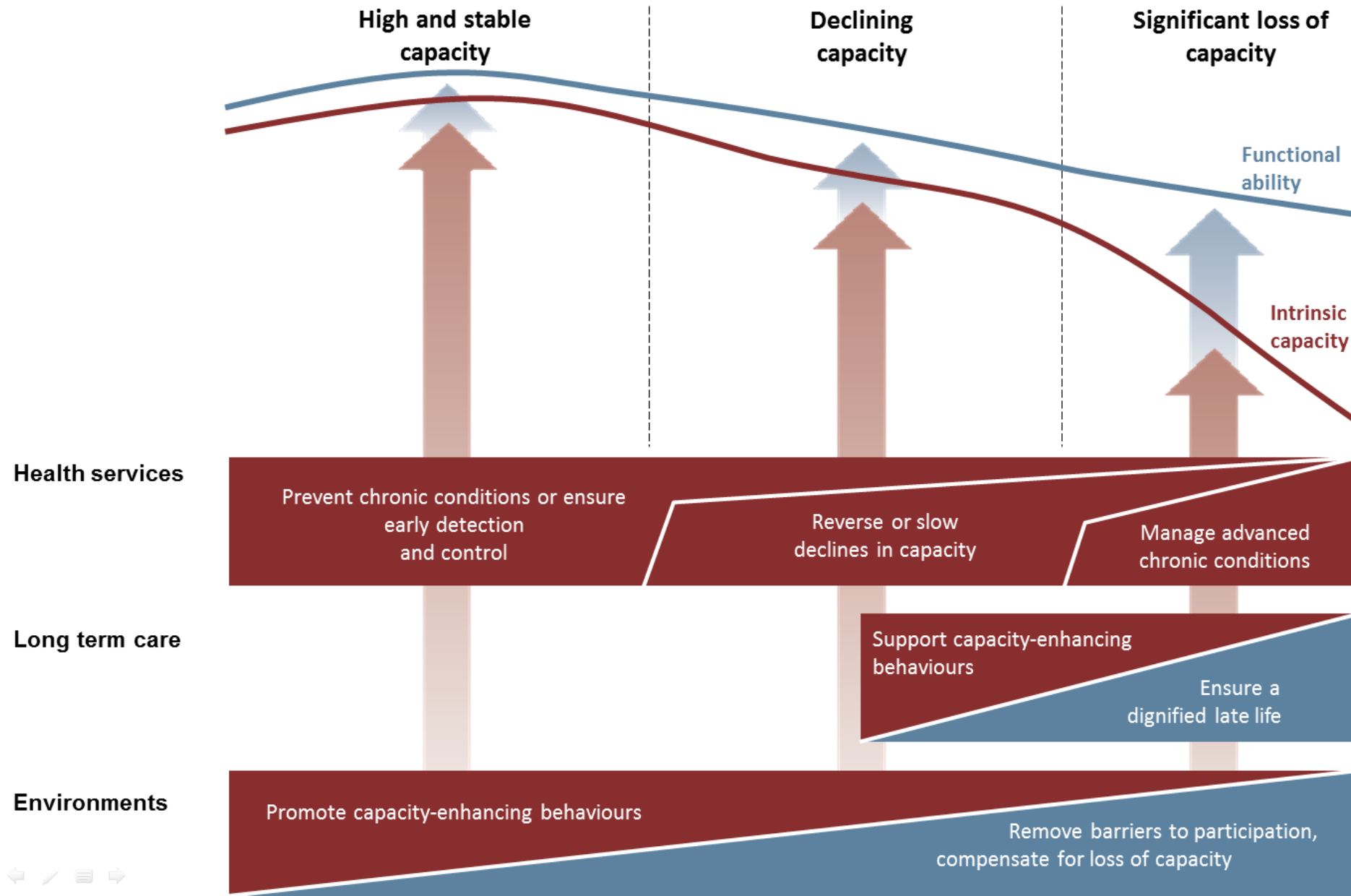
Source: Thai Population Report 2015 ; Office of The National Economic and Social Development Board, United Nations Population Fund (UNFPA)

Changing Demographics

- **Decreasing fertility**
- **Increasing life expectancy**
- **Speed of ageing**
- **Increasing dependency ratio**
- **Feminization of ageing**
- **Increasing the elderly**
- **Increasing number single**
- **Living alone**

Public-health framework for **healthy ageing**

Opportunities for public-health action across the life course



National Policy For Healthy Ageing Integration & Collaboration : 4 Ministries



Ministry of Public Health



Ministry of Interior



**Ministry of Social
Development and Human
Security**



Ministry of Education

Thai Active and Healthy Ageing (3s)

Objectives

1. **Social**

Families and communities as a strong institution.

2. **Strong (Health)**

The elderly have good health

3. **Security**

The welfare system and support services with quality standards access.





**Strong
(Health)**



**Universal Health
Care**



Healthy Ageing



Comprehensive health Care

- Physical check up
- Health Promotion
- Geriatric Clinic
- Long Term Care

**Community
Proactive
programs**



**Health
Settings**





Alone

Social



Participation

Connection



Supportive System

- Degeneration
- Depression
- Dementia
- Dependence
- Death



- Elderly Clubs
- Center for the development
quality of life in the elderly
- Health Promotion Temple



Secure



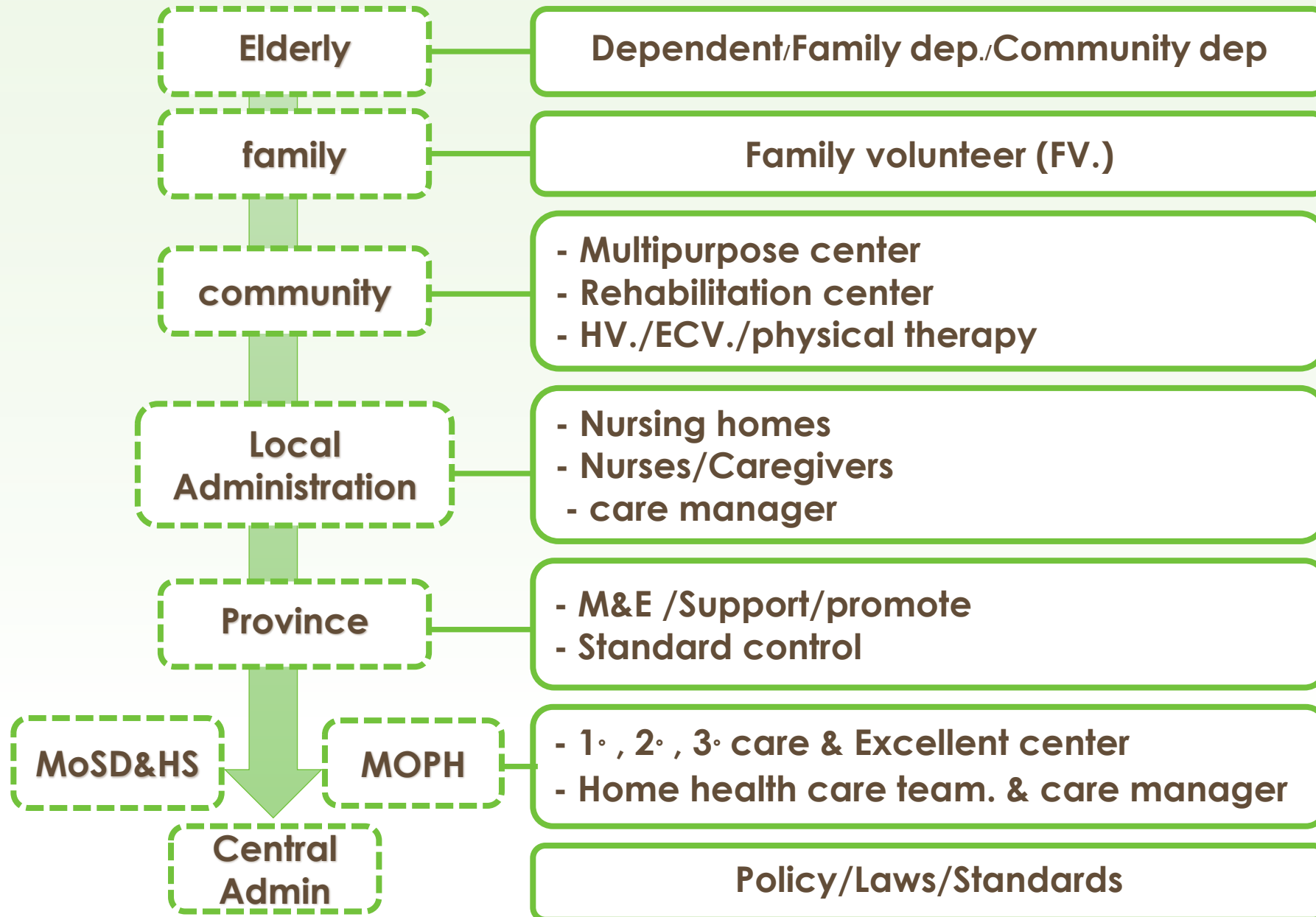
- ❖ Age – Friendly Communities
- ❖ Universal Old Age Pension (600 – 1,000 Baht)
- ❖ Disable Pension (800 Baht)
- ❖ Social Insurance
- ❖ Government Pension
- ❖ National Savings Fund



National Policy : Long Term Care



Long Term Care Services





Thank For Your attention