Mental Health of Older People in Viet Nam & Philippines: Findings from LSAHV/LSAHP

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Funded by ERIA

Background

Viet Nam

- GDP of Viet Nam increased from 422.78$ in 1986 to 2,748$ in 2019 (GSO)
- Vietnam's population is aging rapidly. Census 2019: 11,409 mil people ≥ 60 year old; 7,417 mil people ≥ 65
- Vietnam's population officially entered the aging process in 2017(UNFPA)
- There is no longitudinal survey of the elderly in Vietnam

Philippines

- GDP in Philippines increased from 535.7$ in 1986 to 3,485 $ in 2019 (Internet)
- Philippines's population is still young, 1/3 <15 year old and ~8% 60+
- Philippines's population will be ageing in 2025-2030 (60+ > 10%)
- There is no longitudinal survey of the elderly in Vietnam

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The purpose of study in Viet Nam and Philippines

1. Describe the health status of the elderly in Viet Nam and Philippines
2. Learn about the health issues related to elderly health in Viet Nam and Philippines
3. Understand the changes in the health status of the elderly conducted in this study and cross-sectional studies conducted in Viet Nam and Philippines.
4. Learn about changes in the health status of the elderly through longitudinal research in Viet Nam and Philippines
5. Learn about the potential factors that determine changes in the health status of the elderly in Viet Nam and Philippines
6. Estimates of health expectancy by gender, place of residence (urban / rural), education to understand inequalities among older sub-population groups 2 countries

Research Team

- **Research team**
  1. Lead PI: Prof. Yasuhiko Saito PhD, Nihon University, Japan
  2. Project-PI: Osuke Komazawa MD, Southeast Asia and East Asia Economic Research Institute, Jakarta, Indonesia
  3. Co-project PI: Vu Cong Nguyen, MD, MPH, Institute of Population, Health and Development, Vietnam
- **Partners**
  1. Department of Population and Labor Statistics, General Statistics Office
  2. Center for Population Research, Information and Databases, GoPFP
  3. Departments of Health, Department of PFP, College of Medicine, Institute of Public Health of 10 provinces: Hanoi, Ho Chi Minh City, Quang Ninh, Lang Son, Nghe An, Quang Ngai, Dak Lak, Dong Nai, Hau Giang, Tra Vinh.

Research Methods

- **Study design:** cluster, multistage sampling, using PPS
  - ✓ The baseline survey in 2018 (sample size of 6,050 people 60+):
    1. Household questionnaire
    2. The main question for elderly
    3. Anthropometric questionnaire: Blood pressure, BMI, muscle, fat, peak flow, grip strength….
    4. Caregiver questionnaire
    5. Child questionnaire
  - ✓ Follow up survey 2020 (return to home of 6,050 and redo the survey with some additional question if death found)

Questionnaires

There are 5 questionnaires:

1. Household questionnaire
2. The main question for elderly
3. Anthropometric questionnaire
4. Caregiver questionnaire
5. Child questionnaire

Main questionnaire for elderly

- Short Portable Mental Status Questionnaire (SPMSQ)
- Socio-economic and demographic characteristics
- Health status
- Physical ability and disability
- Mental health
- Health utilization
- Income and assets
- Attitudes and beliefs
- Activities, social network, and use of information technology
- Services for the elderly
- Children and grandchildren

Anthropometric Questionnaire

Anthropometric

- Height (cm)
- Weight (kg, Tanita electric scale)
- Body mass index (BMI)
- Waist circumference (cm, tap measure
- Blood pressure (Japan machine)
- Count original teeth
- Inner body scan (Tanita electric scale)

Performance measurement

- Grip strength (kg)
- Peak flow (ml)
- Gait speed (walk 5m)
- Functional reach (cm)
- Balance test (15 seconds)

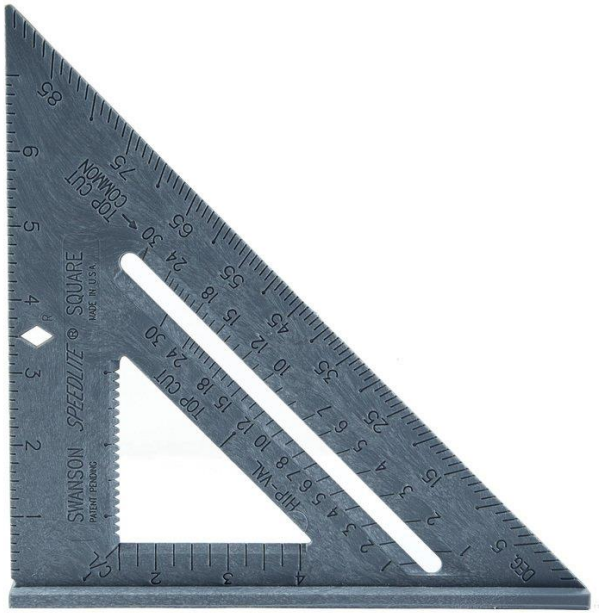
Measurement Tools (in VN & Philippines)

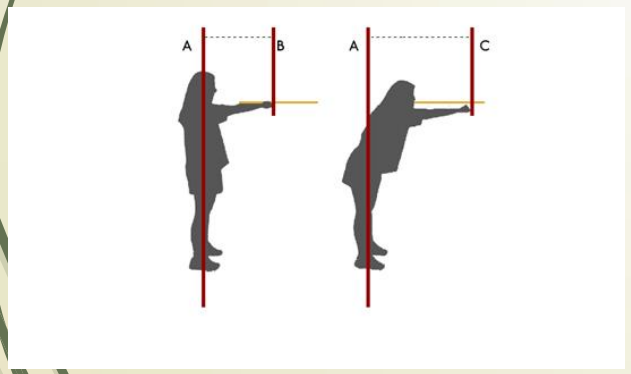
Tanita BC-601
Inner-scan for
Segmental analysis

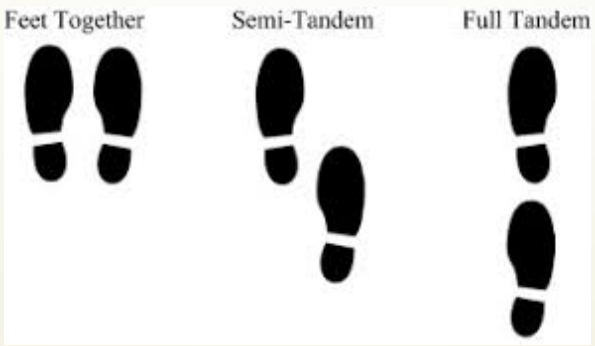
Tanita Handgrip 6103

Measurement Tools

Mini Wright – peak flow CE0120







Data collection tools and software

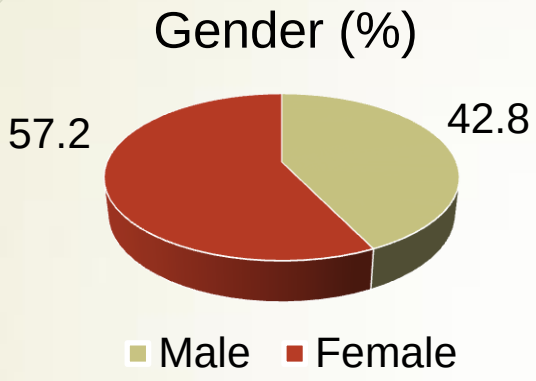
- Lenovo tablet
- Viettel 4G sim card
- Internal memory 16Gb
- Battery: running continuously for 8 hours if 4G is not enabled (only enabled when transmitting data to the server)
- Software: Using RedCap (due to online data collection support and longitudinal design support)

Study sample size

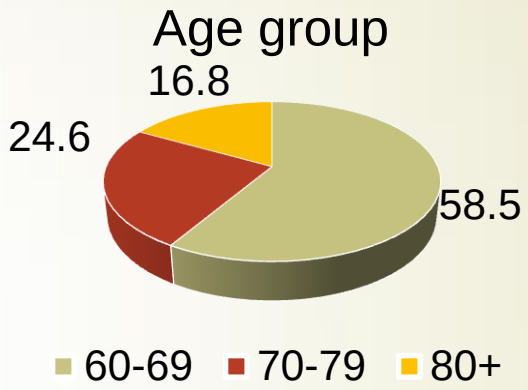
Vietnam: 6,050

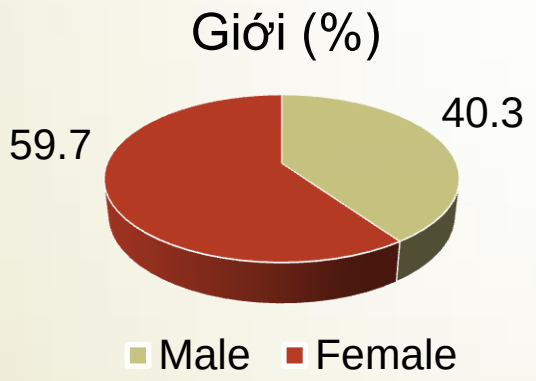
Philippines: 5,985

Initial results (weighted) - General characteristics

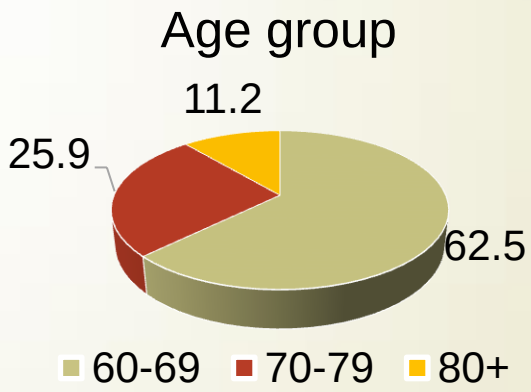


Viet Nam
N=6,050

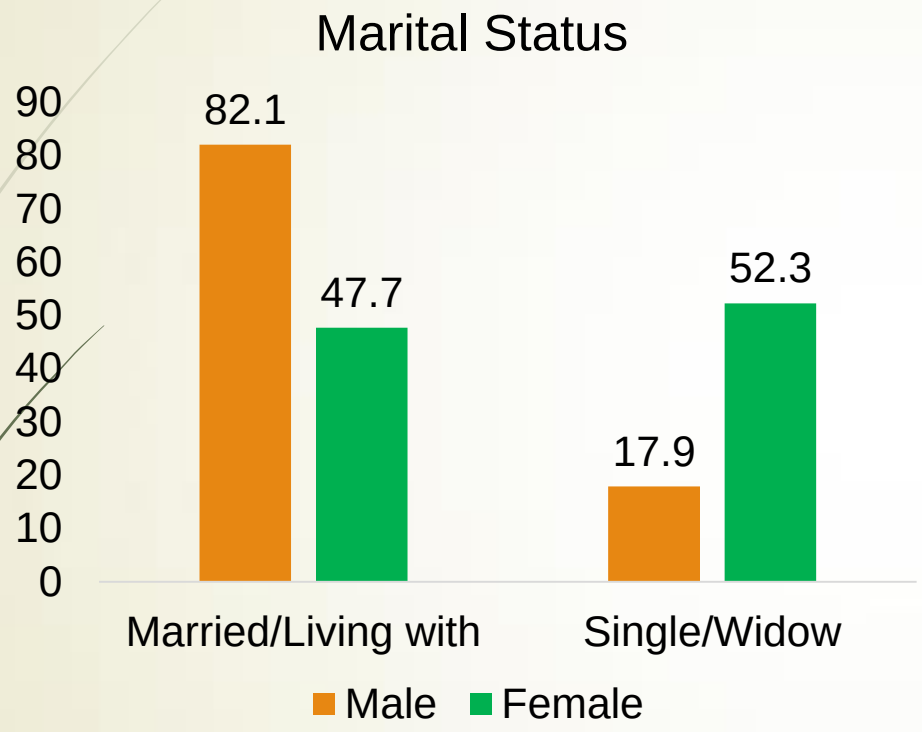




Philippines
N=5,985



General characteristics



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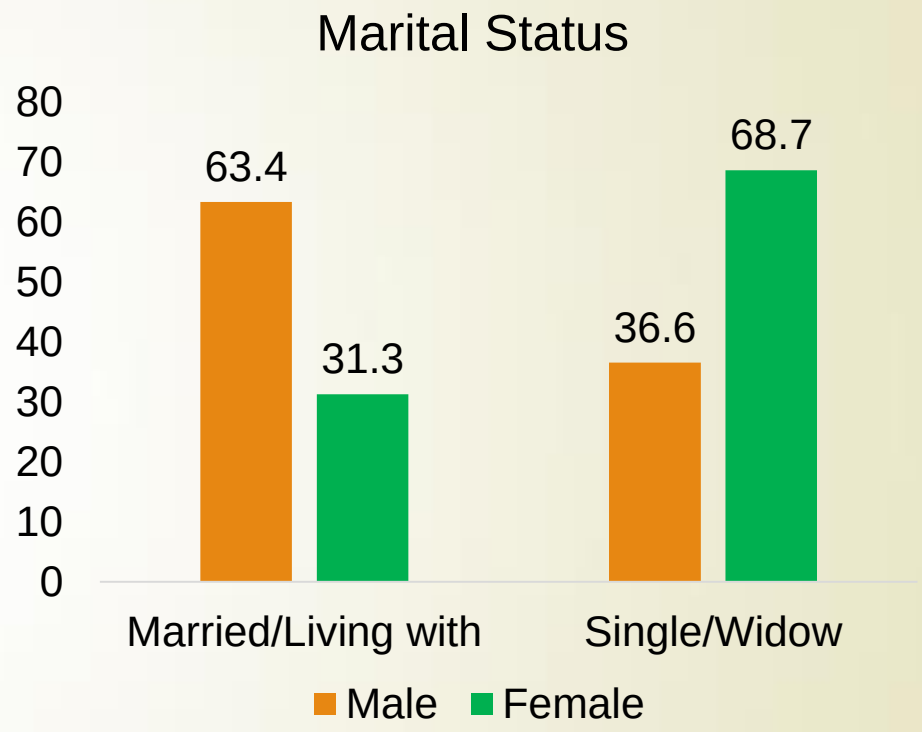
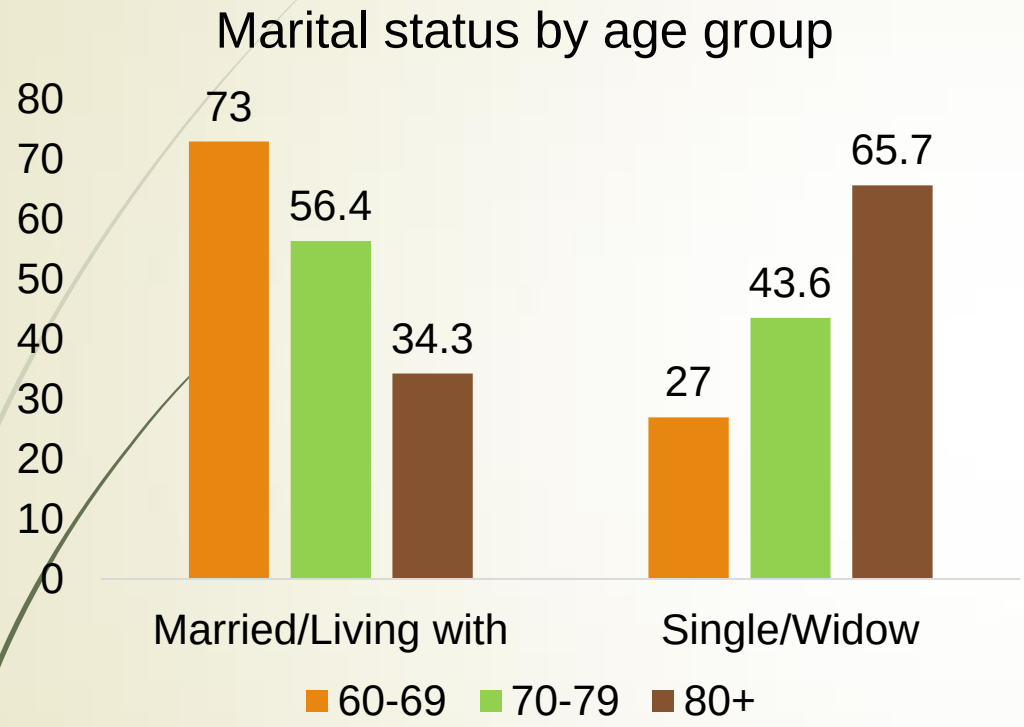
Viet Nam
N=6,050



Philippines
N=5,985

General characteristics



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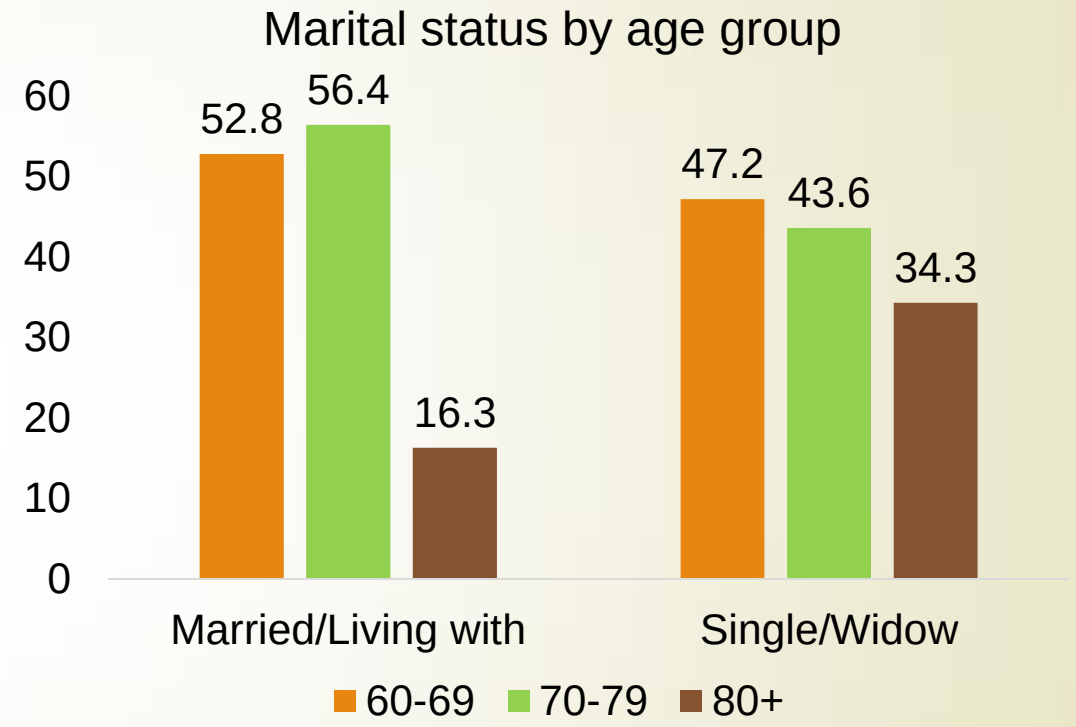
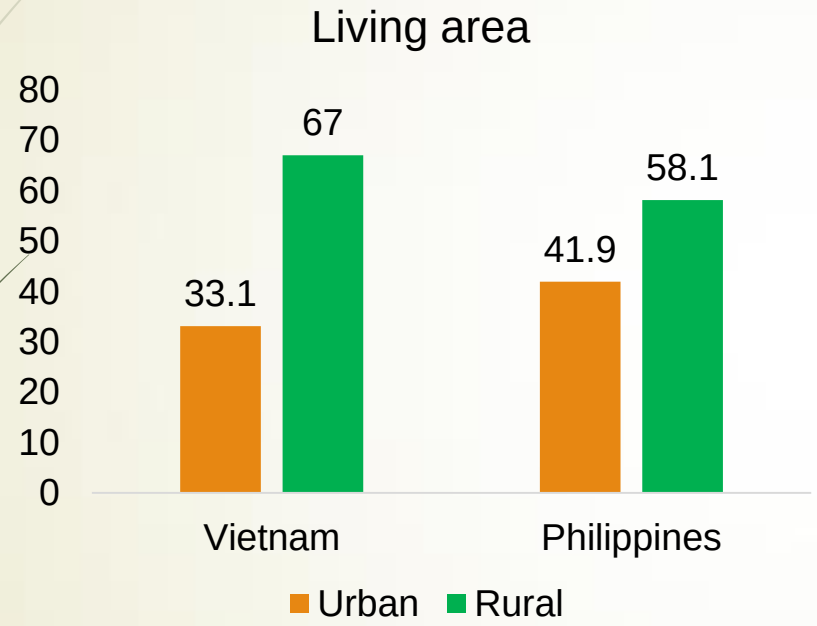
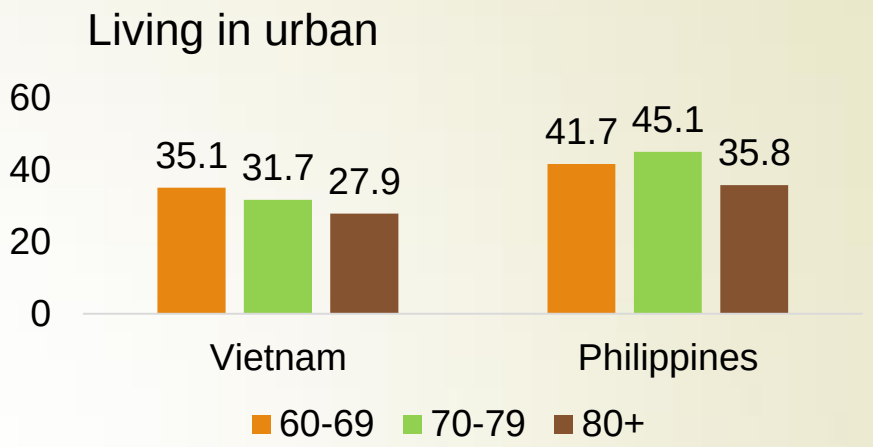
Viet Nam
N=6,050

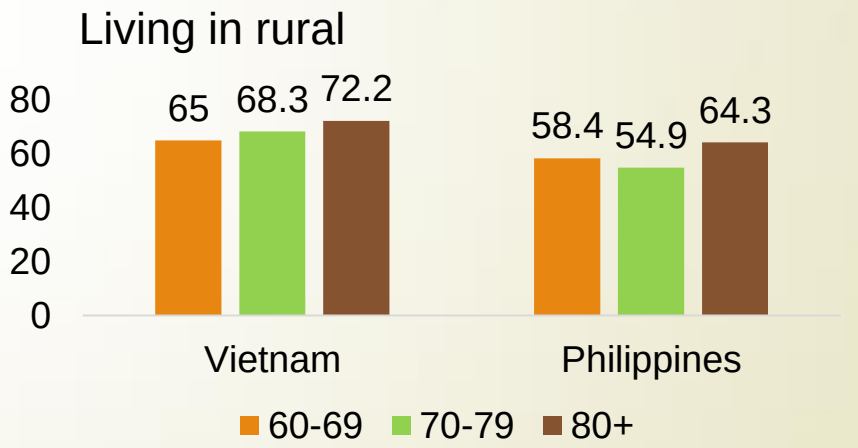


Philippines
N=5,985

General characteristics



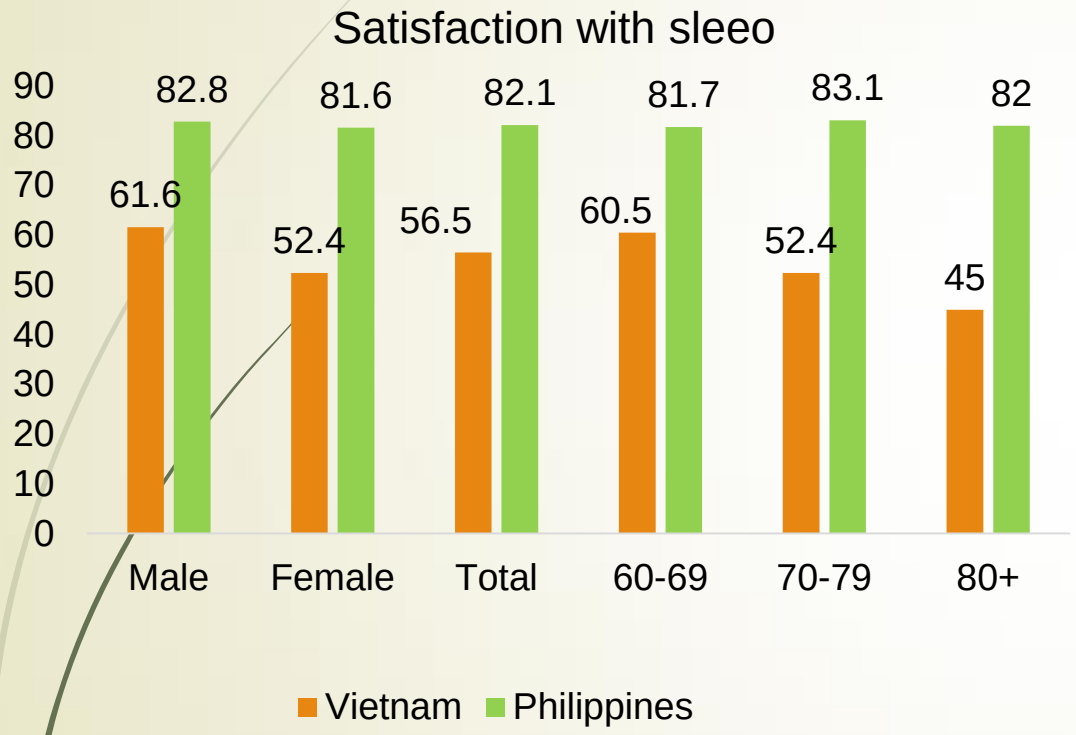


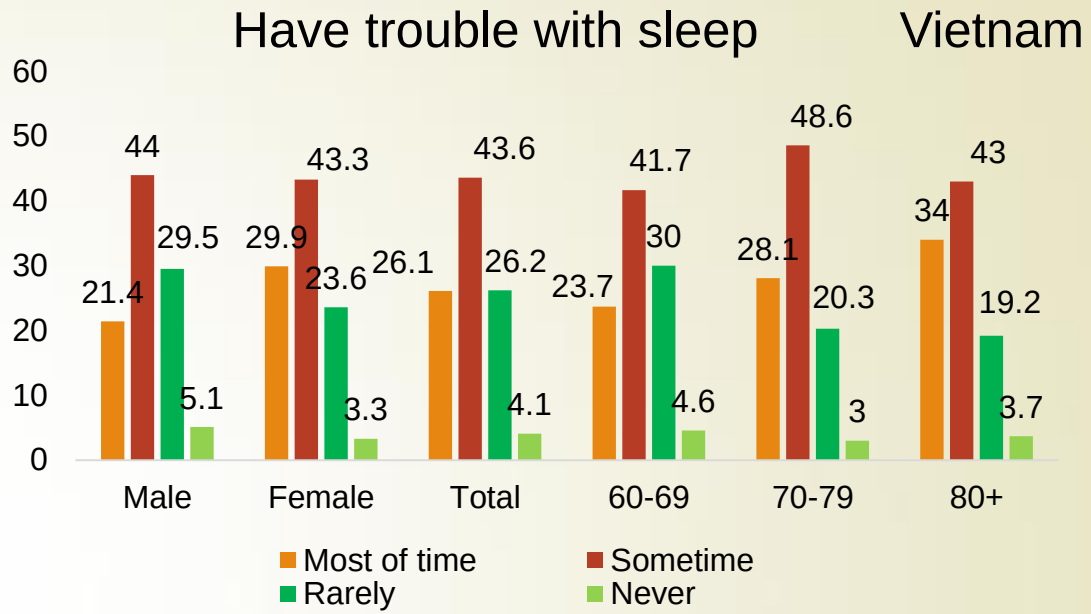


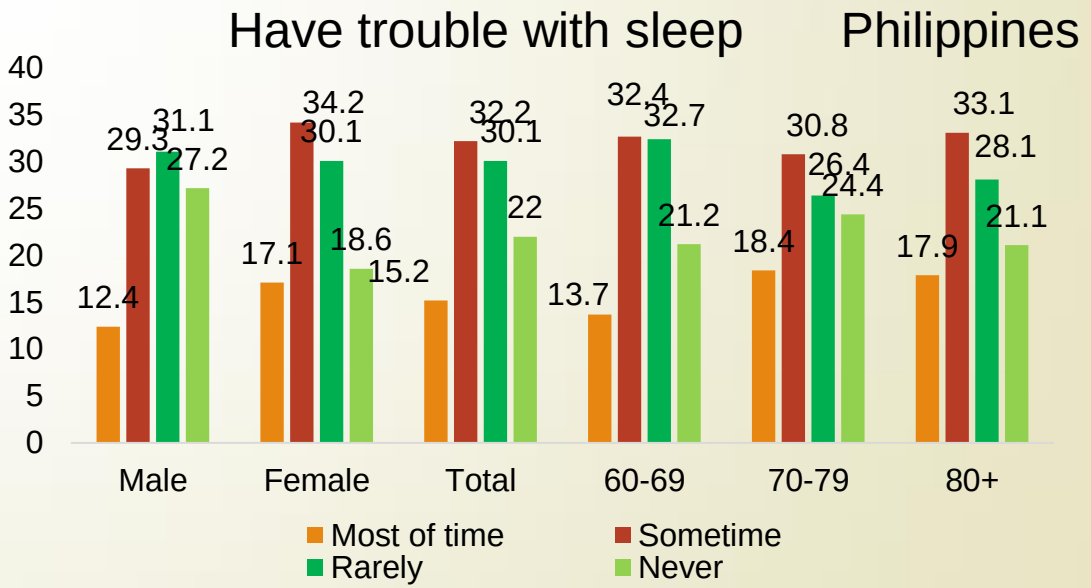
Mental Health Issues in Elderly

- Drinking
- Smoking
- Sleep disorders
- Depression
- Dementia
- Other disorders (schizophrenia, bipolar disorder, psychosis, emotional disorder)

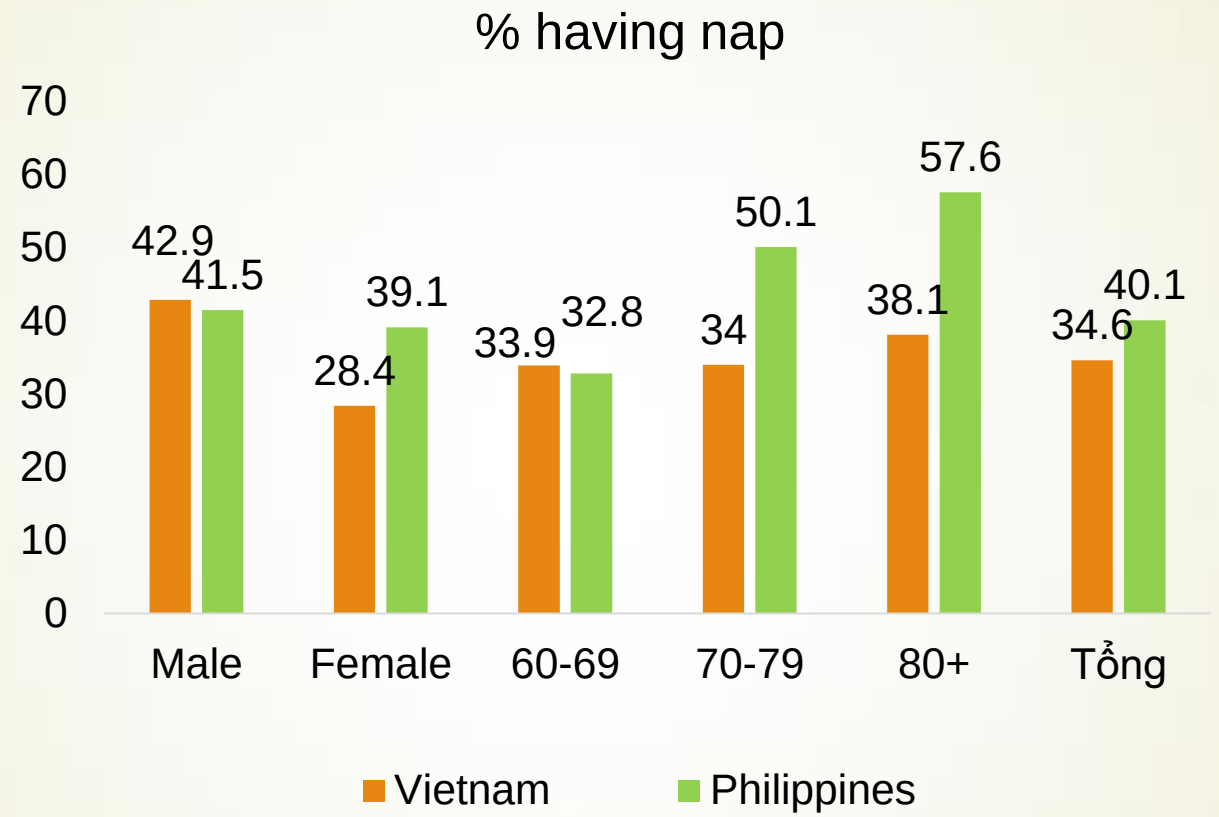
Sleep Disorder







Sleep Disorders (cont.)

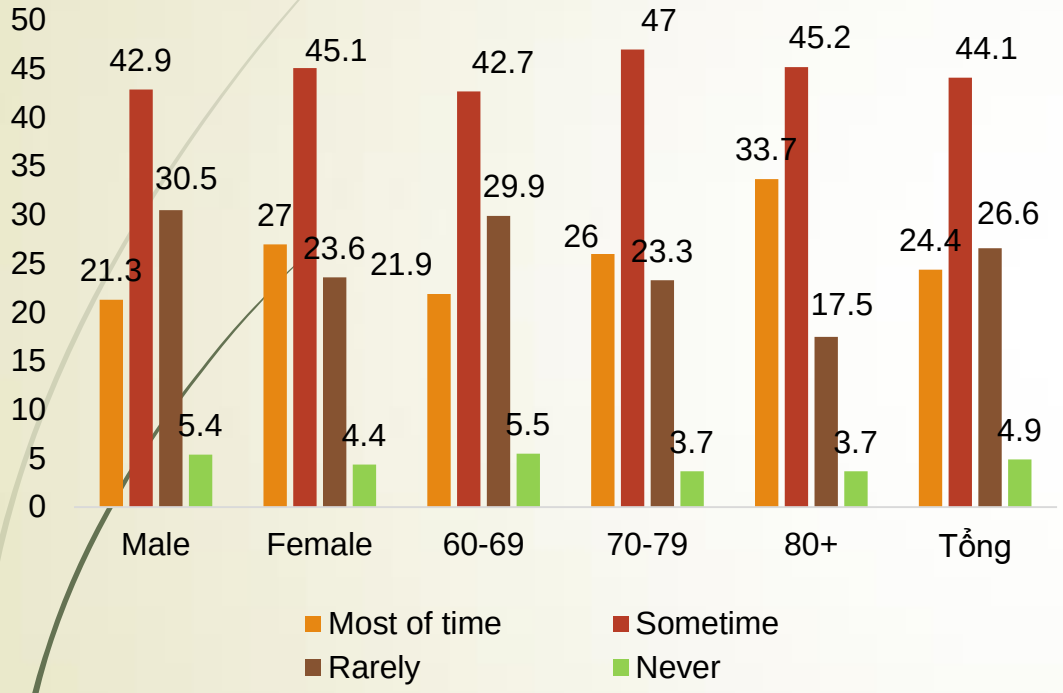


Việt Nam
N=5,036

Philippines
N=5,984

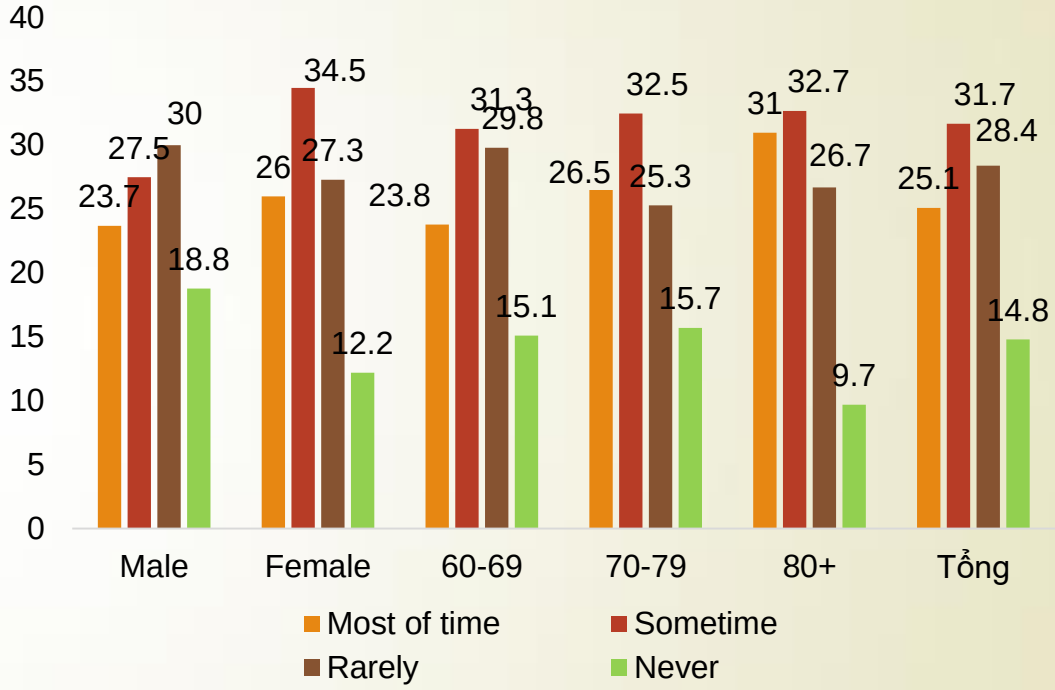
Sleep Disorders (cont.)

Waking up early and unable to go back to sleep



Viet Nam
N=5,291

Waking up too early and unable to go back to sleep

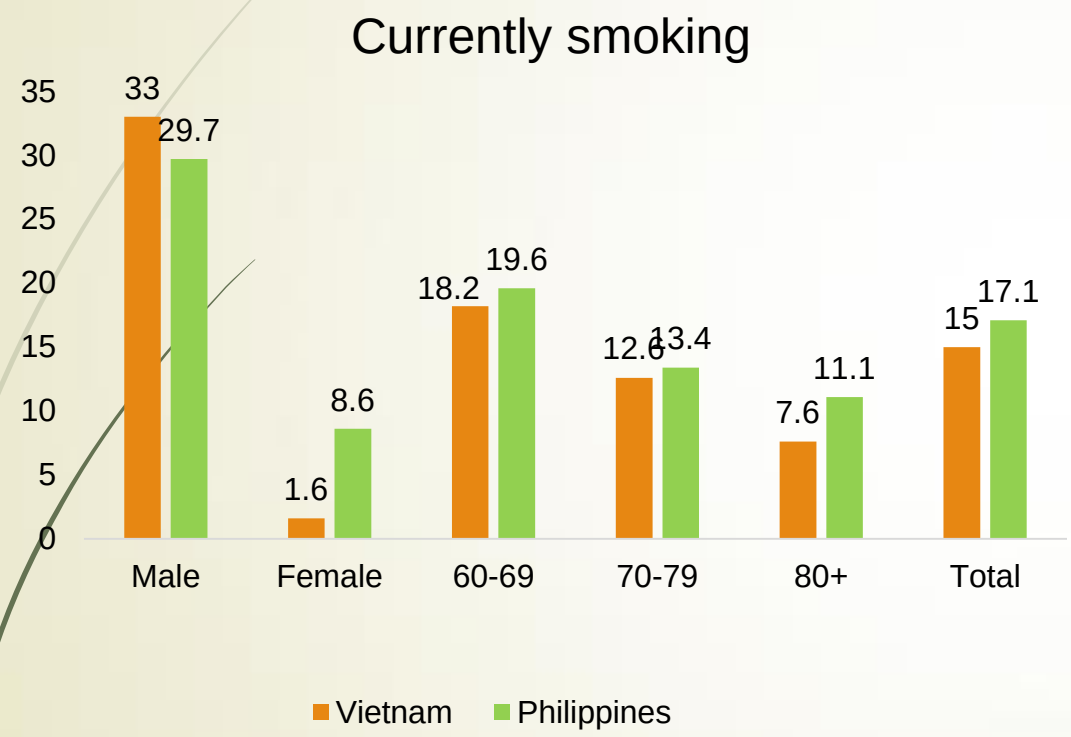


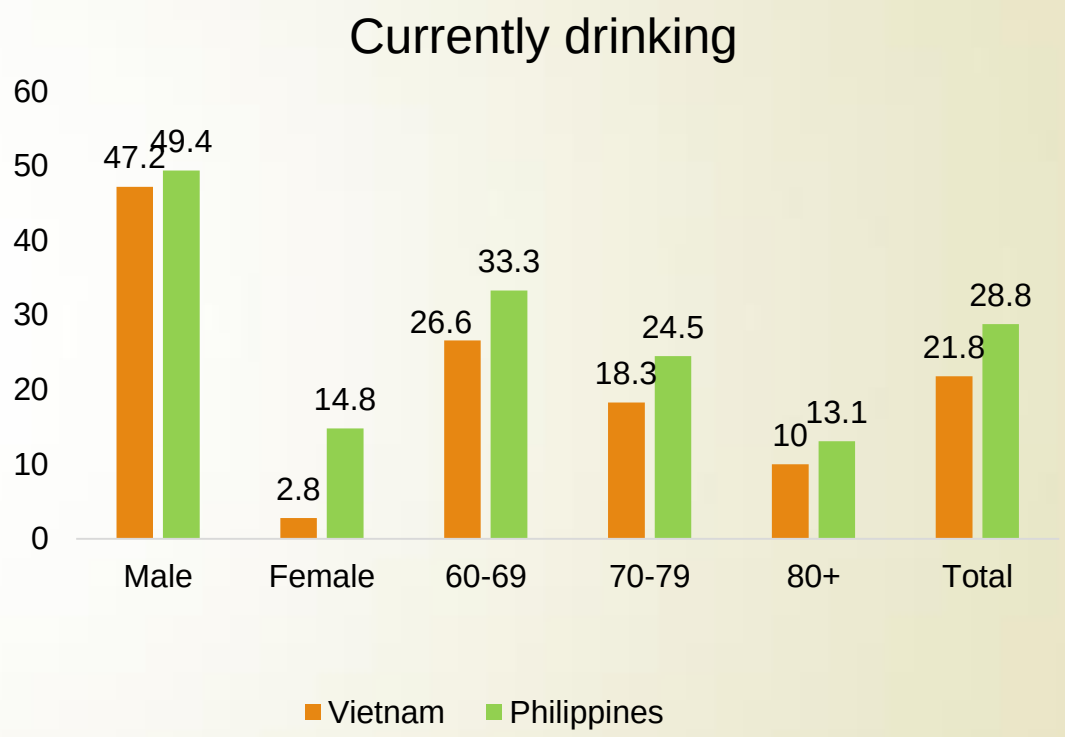
Philippines
N=5,426

LONGITUDINAL STUDY OF AGING AND HEALTH IN VIETNAM (LSAHV)

ERIA PHAD

Drinking and Smoking

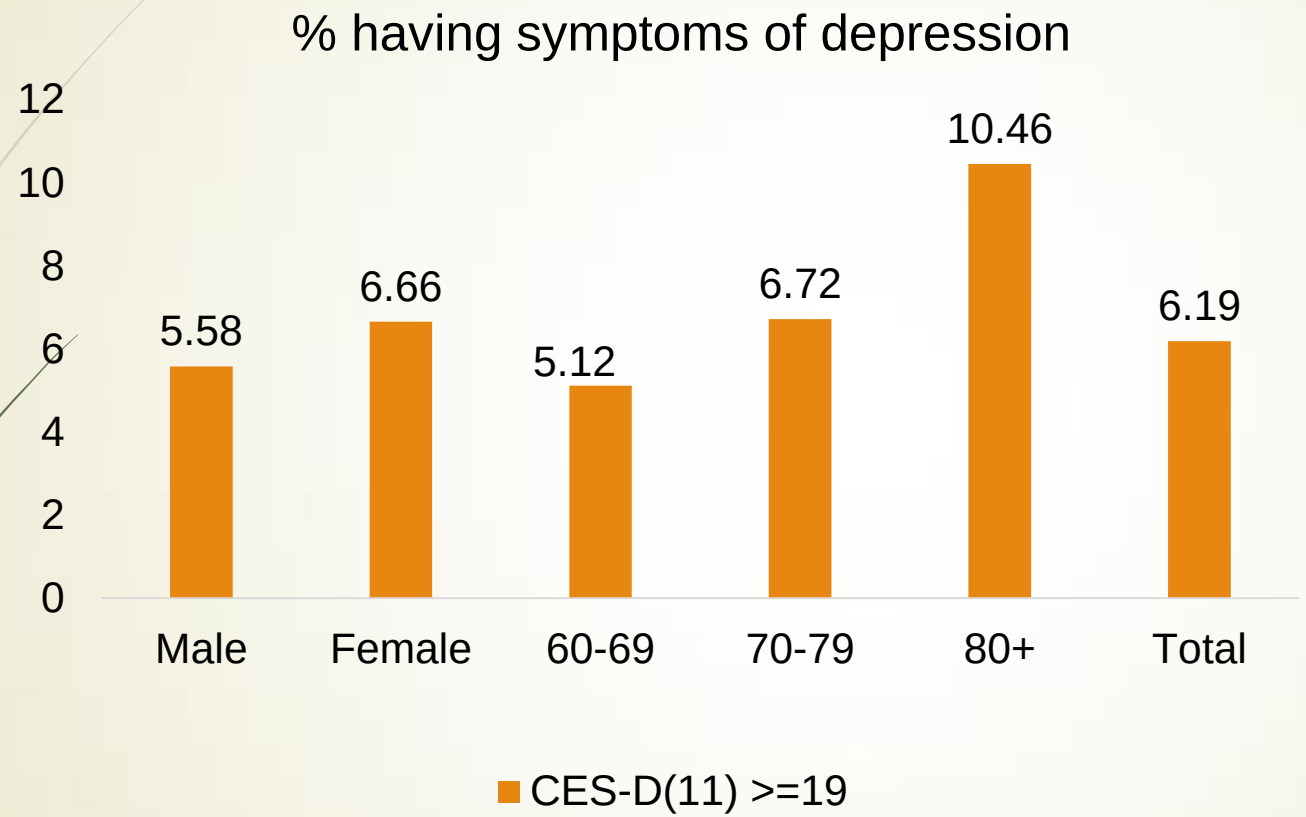




Việt Nam N=6,050
Philippines N=5,985

LONGITUDINAL STUDY OF AGING AND HEALTH IN VIETNAM (LSAHV)

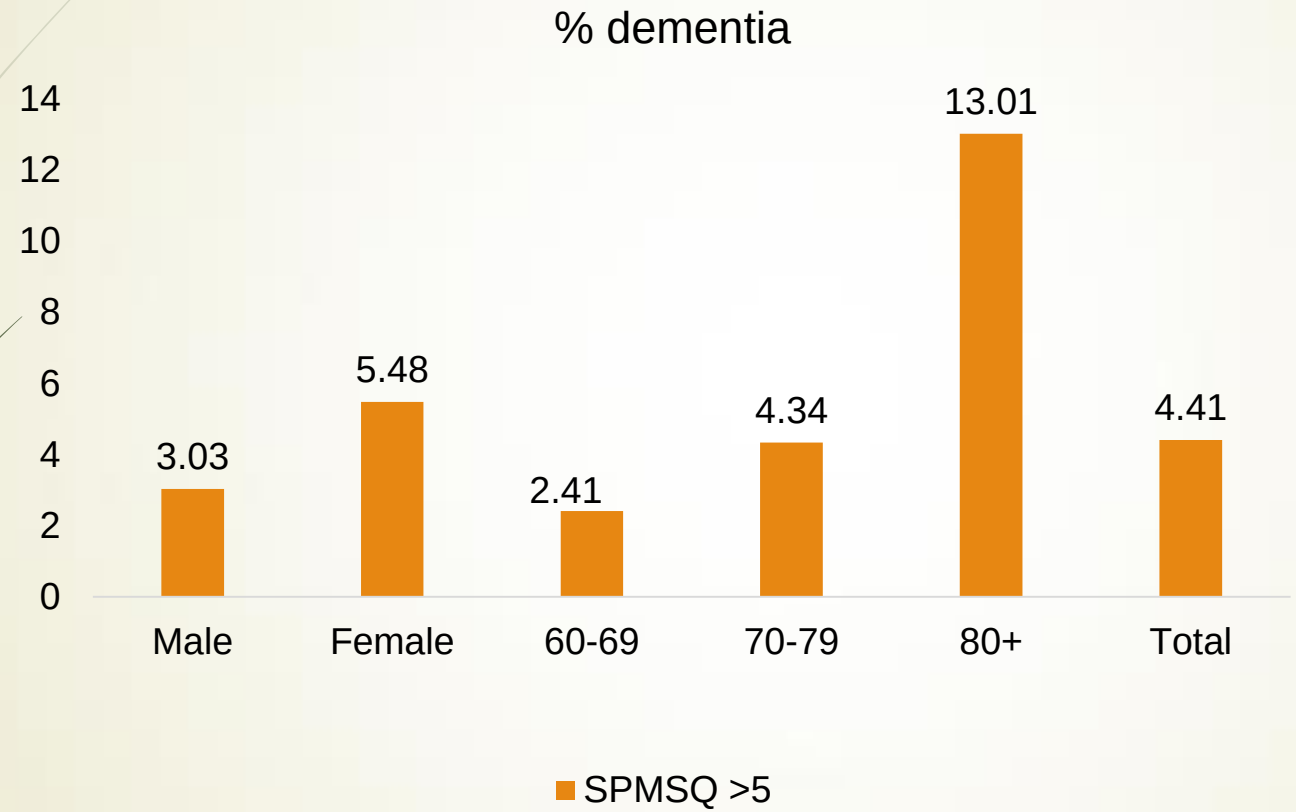
Depression



Viet Nam N=4,373

Screening: CES-D 12 items
<19: No Depression
>=19: Depression
Limitations: Not yet validated in Vietnam

Dementia



Screening form SPMSQ:
Number of allowed incorrect sentences
<= 5 if elementary or not attending school
<= 4 if attending high school
<= 3 if graduate / college
Limitations: Not yet validated in Vietnam

Việt Nam N=5,629
p <0.01

LONGITUDINAL STUDY OF AGING AND HEALTH IN VIETNAM (LSAHV)

Q&A

Thank you for your attention!