

# **Healthy and active aging towards an inclusive society in Lao PDR (Building Age Friendly Communities)**

**AHC 1 For Lao PDR  
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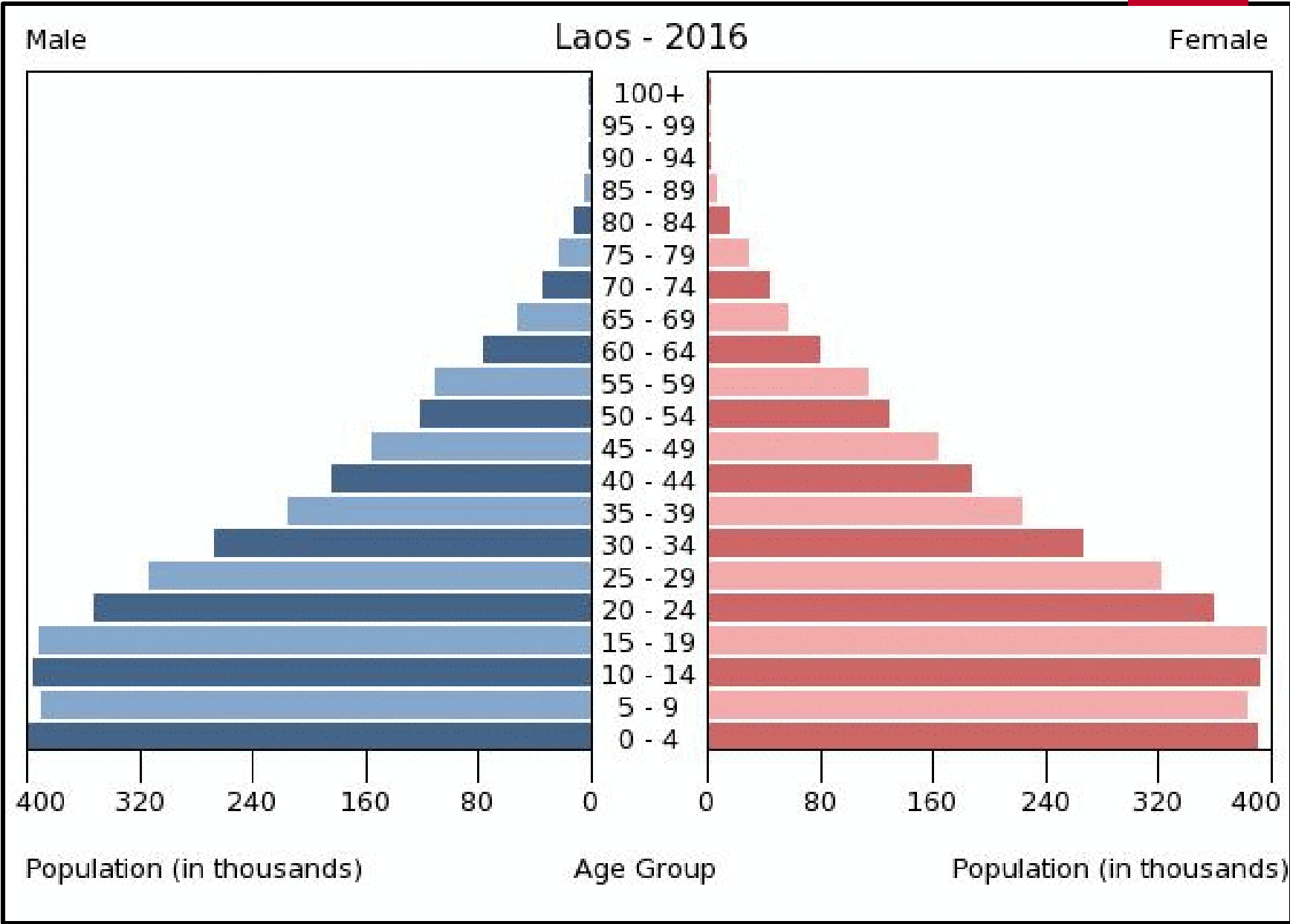
## The trend of the population (past, present and future), direction, and the rate of changes.

- The current population of **the Lao People's Democratic Republic** is **7,073,016**
- Lao PDR population is equivalent to **0.09%** of the [total world population](#).
- Laos ranks number **105** in the list of [countries \(and dependencies\) by population](#).
- The population density in Laos is 31 per Km<sup>2</sup> (79 people per mi<sup>2</sup>).
- The total **land** area is 230,800 Km<sup>2</sup> (89,112 sq. miles)
- **45.4 %** of the population is **urban** (3,207,344 people in 2019)
- The **median age** in Laos is **23.0 years**.

- Aging population is 422,276 peoples,
- older person with disability is 28,958
- Life expectancy 65 years,



Lao PDR Age structure



# Age structure

## Age Structure (2017 est.)

**0-14 years: 32.76%** (male 1,180,227/female 1,154,550)

**15-24 years: 21.17%** (male 749,312/female 759,677)

**25-54 years: 36.7%** (male 1,290,768/female 1,324,390)

**55-64 years: 5.48%** (male 190,627/female 199,673)

**65 years and over: 3.89%** (male 125,682/female 151,800)

**In 2015,** the share of population older than 65 amounted to about 3.9%.

**In 2035,** the percentage of the population above the age of 65 was forecasted to reach 6.5%.





## Major issues faced by ageing and older persons in Lao PDR

- Lao society still preserves the good tradition of respecting the older persons.
- Old persons customary lives with their family, children, and grand children until the end of their life.
- Important roles of older persons in society- social and religious events , in local authorities
- Lao PDR is undergoing profound and rapid population changes.
- In the process of ageing at an unprecedented pace.
- Elderly population trends to increase gradually.
- Providing income security for older persons
- Ensuring healthy lives in old age
- Ensuring access to health care for older persons
- Providing supportive environments to older persons



# Main Challenges

- Lack of comprehensive legislation on ageing and older persons.
- Limited data on ageing: health conditions, diseases, poverty and vulnerabilities etc. (eg. Degenerative joint diseases)
- Mechanism to promote older persons at the sub-national level has not yet been established.
- Community based health insurance system has just been established.
- Limited facilities to promote older people to do exercise, especially in remote areas.
- Awareness raising about hygiene education and disease prevention in societies is not yet enough.
- Social workers as well as volunteers are insufficient to provide services for older persons in case of assistance need.
- Limited coordination between sectors and agencies.



## National response to address current and future situation and concerns

- Law on Hygiene and Health Promotion 2011  
Article 38: Families, institutions, society should provide adequate care and support and create an enabling environment for active ageing.
- National Committee for Elderly was established in 2005 with the Deputy Prime Minister as President.
- Older persons clubs in some provinces
- National Policy on elderly people 2004– will be updated soon
- UHS– Curriculum for Faculty of Medicine, Medical Technology and Nursing
- Annual celebration of Ageing Day– Health screening and education
- Update law on older persons
- Review National Policy
- Capacity building
- Strengthen multi–sectoral collaboration of ageing













Thank you  
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