International Workshop
Strengthening Stakeholder Cooperation in Promoting Active Ageing and Mental Health in ASEAN
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Findings of Longitudinal Study of Ageing and Health in Viet Nam (LSAHV)

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Why longitudinal study?

- Direct factors contributing to longer health expectancy can be detected. Essential for policy making to create societies with active aging.

- Mentioned in 'Global Strategy and Action Plan on Ageing and Health' published by World Health Organization in 2017.
  - Many determinants of Healthy Ageing lie earlier in life.
  - Identify critical periods of action in life course approaches.
  - Clarify cause-and-effect relationships.
  - Clarify the sequencing and effectiveness of interventions that can mitigate and overcome the vulnerabilities.
  - One of the ten mid-term progress indicators of Action Plan on Ageing and Health (2016-2020)

Longitudinal Study of Ageing and Health in Viet Nam (LSAHV)

- Comparable with LSAHP (the Philippines)
- Principal Investigator
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  Co-Principal Investigators
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  Research Coordinator
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- Objectives
  i. Investigate the health status and well-being of OPs and their possible correlates
  ii. Assess the determinants of health status and transitions in health status and overall well-being

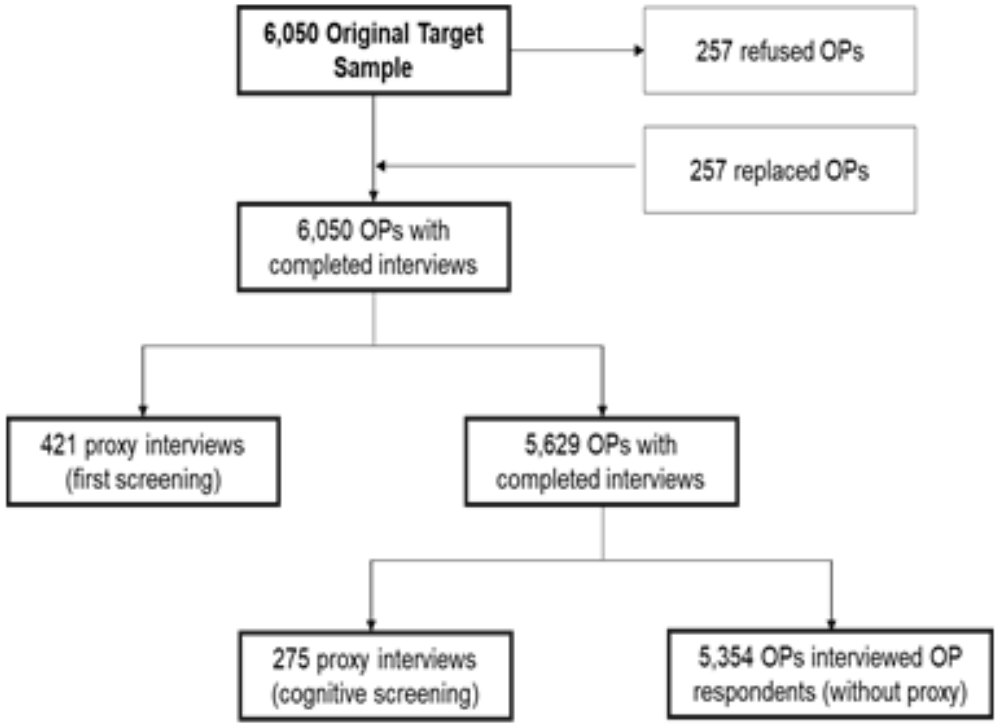
- Sampling
  6050 OPs aged 60 and above, nationally representative
  Multi-stage sampling: Provinces > Villages > OPs
  Oversampling: 70-79 years old (1:2) and 80 or above (1:3)

- Data collection: Late 2018 to May 2019

Sampling

Province	Region	Number of Villages	Number of Eligible Older Persons Visited	Number of Older Persons Interviewed
TOTAL		654	6,050	6,050
Lang Son	Northern Midlands and Mountains	74	666	666
Quang Ninh	Red River Delta	99	891	891
Nghe An	North Central and Central Coast	76	684	684
Quang Ngai		34	306	306
Dak Lak	Central Highlands	46	414	414
Dong Nai	South East	60	540	540
Tra Vinh	Mekong River Delta	58	522	522
Hau Giang		43	387	387
Ha Noi	Red River Delta (Capital)	82	820	820
Ho Chi Minh City	South East (commercial centre)	82	820	820

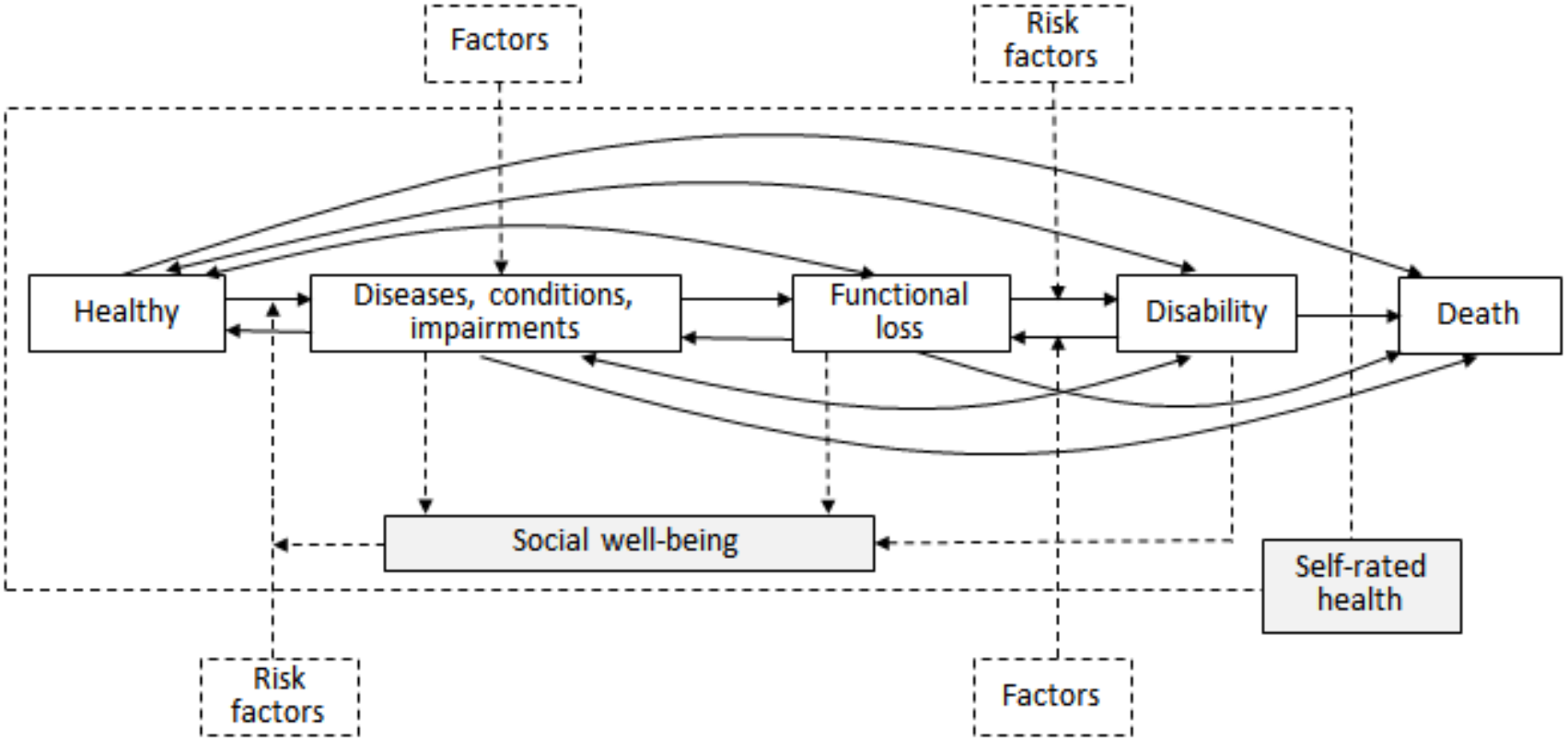
Study Sample and Questionnaire



Questionnaire	Number of Respondents
Household	6,050
Main	6,050
Adult child	2,898
Caregiver	3,689
Anthropometric	5,782
With Tanita measures *	5,347
Without Tanita measures *	435

* Tanita Segmental Body Composition Monitor

Conceptual Model of Health Status and Health Transitions



Source: Saito, Y., et al. (2014), 'The Methods and Materials of Health Expectancy', *Statistical Journal of IAOS*, 30(3), pp.209-33.

Statistics at a glance
(Viet Nam and the Philippines)

		Viet Nam	The Philippines
Population (2019) *	total	96.5 million	108.1 million
	60 or above	11.4 million	9.0 million
Proportion of population aged 60 or above *	2020	12.3%	8.6%
	2030	17.1%	11.2%
Life expectancy (2015-2020) *	At birth	75.28 years	71.03 years
	At age 60	21.92 years	19.47 years
Healthy Life Expectancy (2016) **	At birth	67.5 years	61.7 years
	At age 60	17.2 years	13.5 years

Source: * United Nations, Department of Economic and Social Affairs, Population Division (2019). World Population Prospects 2019, custom data acquired via website.
** The 2018 update, Global Health Workforce Statistics, World Health Organization, Geneva.

Self-assessed health

Viet Nam

Self-assessed Health	SEX			AGE GROUP				Total
	Male	Female	Sig	60–69	70–79	80+	Sig	
Current								
Very healthy	3.1	0.7		2.4	0.9	0.5		1.8
Healthier than average	26.9	21.2		29.9	16.4	8.8		23.8
Of average health	47.0	48.3	n.s.	47.3	51.0	43.6	n.s.	47.7
Somewhat unhealthy	19.9	25.5		18.5	26.4	37.7		23.0
Very unhealthy	3.0	4.1		1.9	5.3	9.0		3.6
Not sure	0.2	0.1		0.1	0.1	0.4		0.1
N	*2,357*	*2,987*		*2,525*	*1,829*	*990*		*5,344*

The Philippines

Self-assessed Health	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Current								
Very healthy	7.6	12.2		11.4	9.3	4.5		10.3
Healthier than average	14.6	10.0	n.s.	13.6	8.9	6.9	***	11.9
Of average health	46.3	48.4		49.2	45.0	42.6		47.6
Somewhat unhealthy	29.1	26.6		23.9	33.6	38.7		27.6
Very unhealthy	2.4	2.9		1.9	3.2	7.3		2.7
N	*2,193*	*3,255*		*3,613*	*1,397*	*437*		*5,447*

***$p<0.001$, n.s. = not significant.

Source: LSAHV and LSAHP

Diagnosed illnesses

Viet Nam

Diagnosed illness	SEX			AGE GROUP				Total
	Male	Female	Sig	60–69	70–79	80+	Sig	
Arthritis, neuralgia, or rheumatism	37.7	51.8	n.s.	43.3	46.3	54.3	n.s.	45.8
High blood pressure	38.4	42.8	n.s.	34.7	49.9	49.5	*	40.9
Angina or myocardial infarction, etc.	10.8	13.2	n.s.	11.6	13.7	11.9	n.s.	12.2
Cerebrovascular disease (e.g. haemorrhage, infarction, stroke)	6.0	4.3	n.s.	4.3	6.0	6.2	n.s.	5.0
Diabetes	8.1	9.8	n.s.	9.1	10.8	6.5	n.s.	9.1
Respiratory illness (chronic, such as asthma and emphysema)	8.7	6.1	n.s.	5.5	8.0	12.1	*	7.2
Digestive illness (stomach or intestinal)	17.5	19.5	n.s.	17.9	22.0	16.3	n.s.	18.6
Renal or urinary tract ailments or kidney disease	6.6	4.4	n.s.	5.3	5.0	6.0	n.s.	5.3
Ailments of the liver or gallbladder	4.0	3.8	n.s.	4.6	3.2	2.2	n.s.	3.9
Cancer	1.9	1.5	n.s.	2.0	1.5	0.9	n.s.	1.7
N	*2,570*	*3,480*		*2,638*	*2,004*	*1,408*		*6,050*

The Philippines

Diagnosed Illnesses	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Arthritis, neuralgia, or rheumatism	13.9	20.3	n.s.	16.6	20.1	18.8	n.s.	17.7
High blood pressure	38.4	50.3	***	43.4	49.5	47.7	n.s.	45.5
Angina/myocardial infarction, etc.	8.8	14.4	***	11.6	13.9	11.3	n.s.	12.2
Cerebrovascular disease (haemorrhage, infarction, stroke, etc.)	7.3	6.4	n.s.	6.2	7.2	8.7	n.s.	6.8
Diabetes	11.9	13.1	n.s.	12.7	14.0	9.1	n.s.	12.6
Respiratory illness (chronic, such as asthma, emphysema)	10.0	7.5	n.s.	6.2	12.4	12.4	***	8.5
Digestive illness (stomach or intestinal)	6.0	4.1	n.s.	5.0	4.7	4.8	n.s.	4.9
Renal or urinary tract ailments/kidney	9.4	13.4	n.s.	12.4	10.6	11.0	n.s.	11.8
Ailments of the liver or gallbladder	2.3	1.7	n.s.	1.7	2.4	2.2	n.s.	2.0
Cancer	0.7	0.7	n.s.	0.7	0.6	1.1	n.s.	0.7
N	*2,440*	*3,545*		*3,572*	*1,774*	*639*		*5,985*

*$p<0.05$, ***$p<0.001$, n.s. = not significant.
Source: LSAHV and LSAHP

Oral health

Viet Nam

Oral Health	SEX			AGE GROUP				Total
	Male	Female	Sig	60–69	70–79	80+	Sig	
Mean number of original teeth	22.95	21.75	n.s	24.52	20.95	16.08	*	22.27
N	*1,953*	*2,619*		*2,014*	*1,520*	*1,038*		*4,572*
% With no teeth	3.8	5.0	n.s	2.2	5.0	11.8	*	4.5
N	*1,953*	*2,619*		*2,014*	*1,520*	*1,038*		*4,572*
Mean number of functioning teeth	10.19	9.47	n.s	11.12	8.79	6.41	*	9.78
N	*2,295*	*3,099*		*2,387*	*1,781*	*1,226*		*5,394*
% who have dentures	14.4	19.0	*	18.9	15.8	12.0	n.s	17.0
N	*2,564*	*3,471*		*2,635*	*1,998*	*1,402*		*6,035*

The Philippines

Oral Health	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Mean number of original teeth	11.48	8.05	***	11.00	7.36	5.02	***	9.41
N	*2,289*	*3,484*		*3,657*	*1,490*	*626*		*5,773*
% with no teeth	16.6	35.4	***	21.4	36.0	47.1	***	28.0
N	*2,292*	*3,483*		*3,475*	*1,713*	*594*		*5,782*
Mean number of functioning teeth	3.48	2.32	***	3.37	2.00	1.16	***	2.78
N	*2,271*	*3,457*		*3,631*	*1,478*	*629*		*5,728*
% who have dentures	19.3	40.1	***	28.6	38.1	34.3	n.s.	31.7
N	*2,411*	*3,574*		*3,760*	*1,552*	*673*		*5,985*

*p<0.05, ***p<0.001, n.s. = not significant.
Source: LSAHV and LSAHP

Sleep

Viet Nam

Sleeping Habit	SEX			AGE GROUP				Total
	Male	Female	Sig	60–69	70–79	80+	Sig	
Hours of sleep per night	5.52	5.23	*	5.51	5.15	5.02	*	5.36
N	*2,225*	*2,784*		*2,379*	*1,714*	*916*		*5,009*
% satisfied with sleep	61.6	52.4	n.s.	60.5	52.4	45.0	n.s.	56.5
N	*2,355*	*2,982*		*2,523*	*1,827*	*987*		*5,337*
Have trouble falling asleep								
Most of the time	21.4	29.9		23.7	28.1	34.0		26.1
Sometimes	44.0	43.3	n.s.	41.7	48.6	43.0	n.s.	43.6
Rarely	29.5	23.6		30.0	20.3	19.2		26.2
Never	5.1	3.3		4.6	3.0	3.7		4.1
N	*2,341*	*2,965*		*2,515*	*1,815*	*976*		*5,306*

The Philippines

Sleeping Habits	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Hours of sleep per night	6.16	6.18	n.s.	6.28	5.95	6.01	**	6.17
N	*2,194*	*3,240*		*3,600*	*1,399*	*435*		*5,434*
% satisfied with their sleep	82.8	81.6	n.s.	81.7	83.1	82.0	n.s.	82.1
N	*2,161*	*3,144*		*3,504*	*1,370*	*431*		*5,305*
Have trouble falling asleep								
Most of time	12.4	17.1		13.7	18.4	17.9		15.2
Sometimes	29.3	34.2	**	32.7	30.8	33.1	n.s.	32.2
Rarely	31.1	30.1		32.4	26.4	28.1		30.5
Never	27.2	18.6		21.2	24.4	21.1		22.0
N	*2,170*	*3,257*		*3,590*	*1,396*	*438*		*5,424*

*p<0.05, **p<0.01, n.s. = not significant.
Source: LSAHV and LSAHP

Objective measures of health

Viet Nam

Indicator	SEX			AGE GROUP				Total
	Male	Female	Sig	60–69	70–79	80+	Sig	
Computed body mass index (BMI)			n.s.				*	
Underweight (<18.50)	17.6	14.2	n.s.	11.2	19.1	28.1	*	15.7
Normal weight (18.5–24.99)	69.4	65		69.7	65.7	57.3		66.9
Overweight (25–29.99)	12.1	18.5		17.3	14.2	12		15.8
Obese (≥30)	0.8	2.3		1.7	1	2.6		1.7
N	*2,357*	*3,150*		*2,513*	*1,851*	*1,143*		*5,507*
Mean waist circumference (cm)	83.01	83.82	n.s.	84.1	83.12	81.63	*	84.47
N	*2,412*	*3,238*		*2,535*	*1,890*	*1,225*		*5,650*
Grip strength (kg)	24.1	16.25	**	21.69	17.93	14.07	**	19.63
N of cases	*2,284*	*3,029*		*2,428*	*1,788*	*1,097*		*5,313*
Gait speed (10m) (seconds)	12.58	14.67	n.s.	12.77	13.96	17.71	n.s.	13.77
N of cases	*2,300*	*3,067*		*2,476*	*1,804*	*1,087*		*5,367*

The Philippines

Indicators	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Computed Body Mass Index (BMI)								
Underweight (<18.50)	16.4	12.4	***	11.1	16.3	26.5	**	14
Normal weight (18.5-24.99)	64.2	50.4		55.6	56.6	56.8		56
Overweight (25-29.99)	16.1	25.5		23.8	20.3	12.5		21.8
Obese (>=30)	3.3	11.7		9.5	6.9	4.3		8.3
N	*2,233*	*3,337*		*3,557*	*1,451*	*563*		*5,571*
Mean waist circumference (cm)	85.4	88.99	***	88.27	87.02	84.63	**	87.56
N	*2,275*	*3,442*		*3,641*	*1,477*	*600*		*5,718*
Grip strength (kg)	24.28	16.51	***	21.21	17.65	14.71	***	19.65
N of cases	*2,198*	*3,241*		*3,519*	*1,375*	*545*		*5,439*
Gait speed (10m) (sec)	10.62	11.67	*	9.94	12.69	16.17	***	11.25
N of cases	*2,217*	*3,325*		*3,568*	*1,441*	*534*		*5,542*

*p<0.05, **p<0.01, ***p<0.001
n.s. = not significant.
Source: LSAHV and LSAHP

Activities of daily living (ADLs) and Instrumental activities of daily living (IADLs)

Viet Nam

Difficulty with ADLs and IADLs	Sex			Age Group				Total
	Male	Female	Sig	60-69	70-79	80+	Sig	
OPs experiencing at least one ADL difficulty (%)	12.6	16.8	n.s.	7.2	15.9	40.6	***	15
N	*2,570*	*3,480*		*2,638*	*2,004*	*1,408*		*6,050*
Mean number of ADLs with difficulty	3.55	3.59	n.s.	3.16	3.24	3.9	***	3.57
N	*342*	*576*		*161*	*273*	*484*		*918*
OPs experiencing at least one IADL difficulty (%)	23.9	33.7	*	18.2	34.4	61.7	***	29.5
N	*2,570*	*3,480*		*2,638*	*2,004*	*1,408*		*6,050*
Mean number of IADLs with difficulty	3.2	3.11	n.s.	2.19	2.76	4.07	***	3.14
N	*538*	*990*		*368*	*555*	*605*		*1528*

The Philippines

Difficulty with ADLs and IADLs	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
% who experienced at least one ADL difficulty	19.5	23.2	n.s.	15.4	24	51.4	***	21.7
N	*2,411*	*3,574*		*3,760*	*1,552*	*673*		*5,985*
Mean number of ADLs with difficulty	2.55	2.71	n.s.	2.13	2.72	3.44	***	2.65
N	*470*	*828*		*579*	*373*	*346*		*1,298*
% who experienced at least one IADL difficulty	18.8	33.2	***	18.9	35	57.4	***	27.4
N	*2,411*	*3,574*	.	*3,760*	*1,552*	*674*	.	*5,985*
Mean number of IADLs with difficulty	2.53	2.24	n.s.	1.9	2.41	2.97	***	2.32
N	*453*	*1,186*		*710*	*543*	*387*		*1,639*

*p<0.05, ***p<0.001
n.s. = not significant.
Source: LSAHV and LSAHP

ADLs: bathing, dressing, eating, standing up and sitting down, walking indoors, walking outdoors, toileting (7 items)
IADLs: meal preparation, purchasing necessary items, financial matters, telephone use, light homework like cleaning, public transport, medication as prescribed (7 items)

Global Activity Limitation Index (GALI)

'For the past 6 months or more, have your activities been limited because of health problem in activities people usually do?'

Viet Nam

GALI	Sex			Age Group				Total
	Male	Female	Sig	60-69	70-79	80+	Sig	
Yes, severely limited	11.3	14.0	n.s.	6.9	12.7	33.7	**	12.8
Yes, limited but not severely	42.8	49.8		43.0	53.7	50.1		46.8
Not limited at all	45.9	36.3		50.2	33.6	16.1		40.4
N	*2,548*	*3,430*		*2,614*	*1,978*	*1,386*		*5,978*

**p<0.01, ***p<0.001
n.s. = not significant.
Source: LSAHV and LSAHP

The Philippines

GALI	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Yes, severely limited	13.7	13.2	n.s.	9.7	12.3	36.4	***	13.4
Yes, limited but not severely	46.5	45.0		42.9	52.9	43.7		45.6
Not limited at all	39.9	41.8		47.4	34.8	19.9		41
N	*2,411*	*3,574*		*3,760*	*1,551*	*673*		*5,985*

Health Insurance

Viet Nam

Health Insurance Coverage	SEX			AGE GROUP				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Have health insurance (%)	91.1	90.9	n.s.	89.6	91.4	95.1	n.s.	91.0
N	*2,570*	*3,480*		*2,638*	*2,004*	*1,408*		*6,050*
Type of health insurance								
For poor people	8.4	13.4	n.s.	9.3	14.8	12.8	n.s.	11.3
For ethnic minority	10.0	12.3	n.s.	11.7	9.8	11.9	n.s.	11.3
For merit people	45.3	31.6	*	34.3	41.5	42.0	n.s.	37.5
Compulsory	3.6	4.0	n.s.	4.2	3.0	3.5	n.s.	3.8
Voluntary	29.9	34.1	n.s.	38.1	29.6	17.1	*	32.3
Private	1.4	1.4	n.s.	1.5	1.3	1.2	n.s.	1.4
N	*2,303*	*3,110*		*2,305*	*1,793*	*1,315*		*5,413*

*p<0.05, ***p<0.001
n.s. = not significant.
Source: LSAHV and LSAHP

The Philippines

Health insurance coverage	SEX			AGE GROUP				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
% who have health insurance	81.0	79.9	n.s.	79.1	81.1	85.6	***	80.3
N	*2,411*	*3,574*		*3,760*	*1,552*	*673*		*5,985*
Type of health insurance								
PhilHealth	99.1	97.7	***	98.0	98.5	99.0	n.s.	98.3
Private health insurance	1.4	1.7	n.s.	2.4	0.3	0.2	***	1.6
Others (e.g., employees' compensation)	1.3	2.9	***	2.5	2.0	1.7	n.s.	2.3
N	*1,953*	*2,856*		*2,975*	*1,259*	*575*		*4,809*

Loneliness

Viet Nam

Loneliness	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Feels lack of companionship								
Always	0.7	0.8	*	0.7	0.5	1.4	n.s.	0.7
Fairly often	2.3	3.9		2.7	3.5	5.0		3.2
Occasionally	16.1	25.3		18.8	24.8	26.0		21.2
Rarely	35.3	35.2		36.1	32.2	36.7		35.2
Never	45.7	34.8		41.7	39.0	31.0		39.6
Feels left out								
Always	0.3	0.2	n.s.	0.2	0.1	0.5	n.s.	0.2
Fairly often	1.6	1.1		1.1	1.3	2.5		1.3
Occasionally	10.2	14.4		9.9	15.5	19.6		12.5
Rarely	29.7	32.1		30.8	30.5	33.2		31.1
Never	58.3	52.1		58.0	52.6	44.2		54.9
Feels isolated from others								
Always	0.1	0.2	n.s.	0.1	0.0	0.4	n.s.	0.1
Fairly often	1.3	1.6		1.2	2.1	1.6		1.5
Occasionally	9.7	11.3		8.7	13.2	14.4		10.6
Rarely	32.5	36.9		34.9	32.4	39.8		34.9
Never	56.4	50.4		55.1	52.2	43.7		52.8
N	*2,353*	*2,971*		*2,514*	*1,825*	*985*		*5,324*

The Philippines

Loneliness	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
Feels lack of companionship								
Always	2.0	3.4	n.s.	2.9	2.3	3.7	n.s.	2.8
Fairly often	6.6	8.3		7.1	8.5	8.8		7.6
Occasionally	11.7	16.1		13.5	15.2	18.3		14.3
Rarely	43.1	40.3		43.4	37.3	38.1		41.4
Never	36.7	31.9		33.0	36.8	31.1		33.8
Feels left out								
Always	2.3	1.9	n.s.	1.5	3.4	2.5	n.s.	2.1
Fairly often	3.1	5.5		4.3	4.6	6.1		4.5
Occasionally	11.8	12.7		11.4	13.2	17.5		12.3
Rarely	38.6	40.0		40.5	37.4	37.4		39.5
Never	44.2	39.9		42.3	41.3	36.4		41.6
Feels isolated from others								
Always	1.3	2.0	n.s.	1.6	2.1	1.1	n.s.	1.7
Fairly often	2.9	5.0		3.5	5.1	6.8		4.2
Occasionally	10.3	10.8		9.4	12.7	13.6		10.6
Rarely	40.8	38.5		40.4	37.4	38.3		39.4
Never	44.7	43.8		45.2	42.7	40.3		44.1
N	*2,195*	*3,259*		*3,615*	*1,400*	*440*		*5,454*

*$p<0.05$, n.s. = not significant.
Source: LSAHV and LSAHP

Use of Information Technology

Viet Nam

IT	Sex			Age Group				Total
	Male	Female	Sig	60-69	70-79	80+	Sig	
% who have access to Internet	17.5	9.0	*	17.0	8.8	2.8	**	12.7
N	*2,340*	*3,050*		*2,386*	*1,795*	*1,209*		*5,390*
% with social networking account	33.4	36.7	n.s.	37.4	25.0	21.7	n.s.	34.7
N	*428*	*317*		*491*	*203*	*51*		*745*
% who own a cell phone	66.7	52.2	**	72.2	50.0	23.1	***	58.4
N	*2,565*	*3,465*		*2,623*	*2,002*	*1,405*		*6,030*
% who own a laptop	4.1	0.9	*	3.3	1.2	0.3	n.s.	2.3
N	*2,563*	*3,462*		*2,619*	*2,000*	*1,406*		*6,025*

The Philippines

IT	Sex			Age Group				TOTAL
	Male	Female	Sig	60–69	70–79	80+	Sig	
% who have access to the Internet	3.3	8.0	***	7.8	3.9	1.3	**	6.1
N	*2,411*	*3,574*		*3,760*	*1,552*	*673*		*5,985*
% with social networking account	73.1	95.3	***	92.4	82.7	75.2	n.s.	90.4
N	*80*	*284*		*295*	*60*	*8*		*363*
% who own a cell phone	27.0	32.9	n.s.	39.3	19.6	6.3	***	30.5
N	*2,412*	*3,573*		*3,760*	*1,552*	*673*		*5,985*
% who own a laptop	0.3	1.7	*	1.8	0.1	0.1	***	1.2
N	*2,411*	*3,574*		*3,761*	*1,552*	*673*		*5,985*

*$p<0.05$, **$p<0.01$, ***$p<0.001$
n.s. = not significant.
Source: LSAHV and LSAHP

Policy Recommendations and Way forward

- Blood pressure control is encouraged to reduce the prevalence of hypertension, and cardiovascular and cerebrovascular diseases. (Regular health examinations for early diagnosis, smoking prevention programme, etc.)
- Development of geriatric services is encouraged as the Government of Viet Nam is well aware of the increasing demand for that. (Establishing geriatric wards in provincial general hospitals, capacity building of geriatric specialists to learn comorbid conditions of OPs, etc.)
- The information on the government's support for OPs needs to be more disseminated through developing communication network by Internet to reach remote areas.
- The second wave of LSAHV is scheduled in 2021. It is expected to deepen our understanding of the factors contributing to active, healthy, and productive ageing. Your continued support would be greatly appreciated.