

The paradox of ageing

Women live longer than men, but also tend to be physically weaker with more disabilities. The phenomenon is called the health-survival paradox. This is what it looks like in Singapore, using the latest available data.

AVERAGE NUMBER OF YEARS SPENT FROM AGE 60 WITH AT LEAST MILD DISABILITY



WHY? HERE ARE A FEW THEORIES FROM THE EXPERTS

1 Women are more prone to problems affecting the muscles, bones and connective tissues

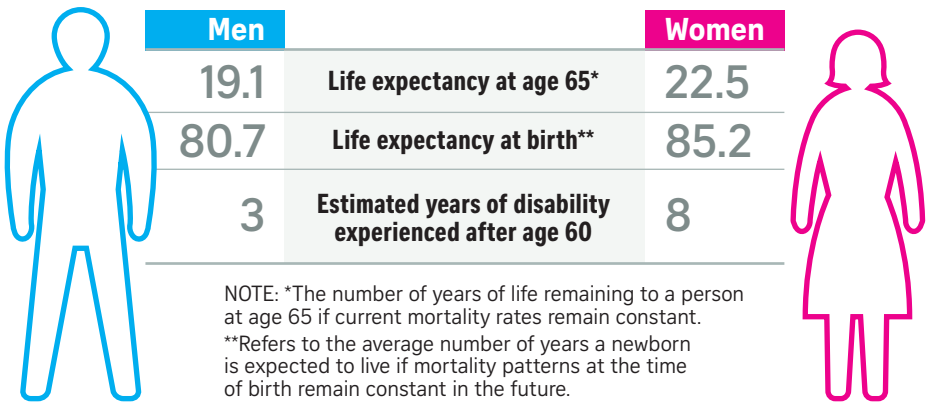
• Over the last 30 years, hip fracture cases in those aged 50 and above have increased by:



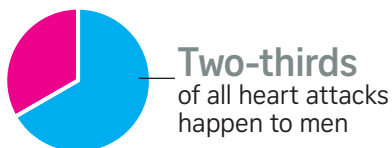
2 Women may be more likely to report such health issues than men, which contributes to the disparity

3 Women in the past may not have had the same education and work opportunities as men, leading to lower socio-economic status which has been linked to poorer health and greater disability

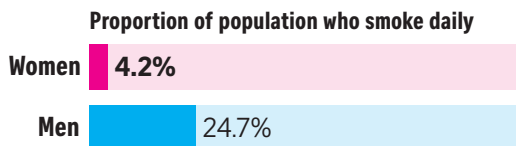
FIGURES AT A GLANCE



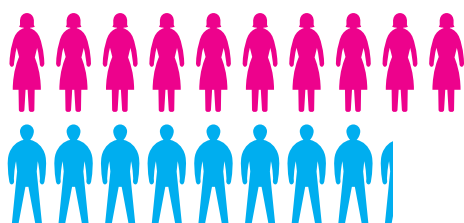
Women have more oestrogen, which protects them against cardiovascular issues like heart attacks and strokes



Women are less likely to smoke, which increases a person's risk of diseases that affect the heart and lungs



For every 1,000 women aged 65 and older in 2017, there were 832 men



Resident population in different age bands

