The proportion of older adults with three or more chronic diseases nearly doubled from 2009 to 2017, alarmingly found.

By Felicia Choo

The proportion of older adults with three or more chronic diseases nearly doubled from 2009 to 2017, alarmingly found. It will be above the age of 65.

The study finds that 37 per cent of over 4,500 respondents reported three or more chronic health conditions in 2017, up from 21 per cent in 2009.

More women than men reported these difficulties, with 31 per cent of women reporting difficulty with three or more activities of daily living compared to 29 per cent of men.

It could be due to such factors as displacement, people are withdrawing into their own ethnicities and religions. This is not necessarily a yardstick for measuring loneliness. However, researchers have found that being lonely can lead to health problems, such as depression and even dementia.

"If you're living alone, maybe you're used to it and somebody, you have more chances of being lonely in daily things," he said.

"Other reasons are likely due to an increasing sedentary lifestyle, and a rise in people willing to be there are also having difficulty carrying out daily living activities, by the Duke-NUS Medical School’s Centre for Ageing Research and Education, with the Ministry of Health.

Ageing in Singapore

An ongoing local study is looking at factors influencing the health, well-being and productivity levels in older Singaporeans.

The Transitions in Health, Employment, Social Engagement and Intergenerational Transfers in Singapore Study surveyed 4,549 Singaporeans and permanent residents aged 60 and above. Here are some findings:

Survey finds more of them are also having difficulty carrying out daily living activities.

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**Three or more chronic health conditions:**

- High blood pressure: 30% (2009) vs. 27% (2017)
- Diabetes: 7% (2009) vs. 8% (2017)
- Cataract: 4% (2009) vs. 5% (2017)
- Arthritis: 6% (2009) vs. 7% (2017)
- Depression: 2% (2009) vs. 3% (2017)

**Feeling somewhat or mostly lonely:**

- 15% (2009) vs. 17% (2017)
- 29% (2009) vs. 34% (2017)
- 36% (2009) vs. 43% (2017)
- 45% (2009) vs. 52% (2017)

President Halimah breaks fast at Kampong Glam mosque

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