Ageing in Eastern Europe

Alexandre Sidorenko
Outline of presentation

1. Introduction. Definitions and key messages
2. Demographic transition
3. Family transition
4. Epidemiological transition
5. Distinctive features of population ageing in Eastern Europe
6. International Policy Frameworks on Ageing
7. National responses
1. Introduction. Definitions and key messages
GEO-POLITICAL GROUPING:

**EU 15**
- Austria
- Belgium
- Denmark
- Finland
- France
- Germany
- Greece
- Ireland
- Italy
- Luxembourg
- Netherlands
- Portugal
- Spain
- Sweden
- United Kingdom

**EU 13**
- Bulgaria
- Croatia
- Cyprus
- Czechia
- Estonia
- Hungary
- Latvia
- Lithuania
- Malta
- Poland
- Romania
- Slovakıa
- Slovenia

**South-Eastern European Countries**
- Albania*
- Bosnia and Herzegovina**
- Montenegro*
- Serbia*
- TFYR Macedonia*
- Turkey*

* EU Candidate countries

**CIS+**
- Armenia
- Azerbaijan
- Belarus
- Georgia*
- Kazakhstan
- Kyrgyzstan
- Republic of Moldova
- Russian Federation
- Tajikistan
- Turkmenistan**
- Ukraine**
- Uzbekistan

* Withdrew in 2009
** Associate member
<table>
<thead>
<tr>
<th>Western European Countries</th>
<th>States</th>
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<tbody>
<tr>
<td>Albania</td>
<td>Montenegro</td>
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<td>Azerbaijan</td>
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<td>Georgia</td>
<td>Ukraine</td>
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<td>Macedonia (TFYR)</td>
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<td>Germany</td>
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<td>Luxemburg</td>
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<td>The Netherlands</td>
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<td>Switzerland</td>
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Eastern European countries are in the process of long-term and mostly incomplete transition(s):
- Political transition
- Economic transition
- Social transition...

...at the very same time the Eastern European countries, like many other countries of the world, are going through various other transitions:
- Demographic transition
- Family transition
- Epidemiological transition

All the above transitions are interrelated and linked to population ageing. Their challenges and opportunities have to be addressed in coherent policy actions.

*Has it been happening in the Eastern European countries?*

**Key Messages:**
...at the very same time the Eastern European countries, like many other countries of the world, are going through various other transitions:

2. Demographic transition
   - Family transition
   - Epidemiological transition
Demographic Transition

Stage 1 - expanding
High birth rate; rapid fall in each upward age group due to high death rates; short life expectancy.

Stage 2 - expanding
High birth rate; fall in death rate as more living in middle age; slightly longer life expectancy.

Stage 3 - stationary
Declining birth rate; low death rate; more people living to old age.

Stage 4 - contracting
Low birth rate; low death rate; higher dependency ratio; longer life expectancy.
Total fertility (children per woman)

- Albania
- Armenia
- Azerbaijan
- BiH
- Georgia
- Macedonia
- Moldova
- Montenegro
- Serbia
- Turkey
- Ukraine
- South-Eastern Asia
- Western Europe

Adult mortality between age 15 and 60, 35q15 (deaths under age 60 per 1,000 alive at age 15), both sexes combined

- Albania
- Armenia
- Azerbaijan
- BiH
- Georgia
- Macedonia
- Moldova
- Montenegro
- Serbia
- Turkey
- Ukraine
- South-Eastern Asia
- Western Europe

European Region of World Health Organization: % of population aged 65+ years, 2009

Source: WHO/Europe, European Health for All Database
Country ranking by percentage of population aged 60 or over years, 2015

EU 15
- Japan
- Italy
- Ireland
- Qatar

EU 13
- Japan
- Bulgaria
- Slovakia
- Cyprus
- Qatar

South-Eastern Europe
- Japan
- Serbia
- Turkey
- Qatar

CIS+
- Japan
- Ukraine
- Tajikistan
- Qatar

Ranking Eastern European countries by percentage of population aged 60 or over years

Net migration rate (per 1,000 population), 2010-2015


http://esa.un.org/unpd/wpp/DataQuery
Potential Support Ratio (20-64/65+), 1990-2030

...at the very same time the Eastern European countries, like many other countries of the world, are going through various other transitions:
  - Demographic transition

3. - Family transition
   - Epidemiological transition

From extended family to nuclear family
Proportion (%) of persons residing alone or with their spouses only among population 60+ years old (2013)

...at the very same time the Eastern European countries, like many other countries of the world, are going through various other transitions:

- Demographic transition
- Family transition

4. Epidemiological transition

- shift in cause-of-death patterns from predominance of communicable diseases to predominance of non-communicable diseases

  +

- over-all decline of death rates
Communicable diseases  Non-communicable diseases  Injuries

Source: World Health Statistics 2015
Life Expectancy at Birth

**Total**

- Albania
- Armenia
- Azerbaijan
- BiH
- Georgia
- Macedonia
- Moldova
- Montenegro
- Serbia
- Turkey
- Ukraine
- Western Europe
- South-Eastern Asia

**Men**

Healthy Life Expectancy at Birth (years), 2015

5. Distinctive features of population ageing in Eastern Europe
Distinctive features of population ageing in various Eastern European countries:

- Ageing ‘from the bottom’
- Accelerated ageing
- Demographic deficit
Peculiar features of demographic changes in the CIS+ countries

Ageing ‘from the bottom’

[Diagram showing population distribution by age and gender in Ukraine in 2016]
Accelerated ageing

“NORMAL” POPULATION AGEING:
- LOW FERTILITY
- LOW MORTALITY

“ACCELERATED” POPULATION AGEING:
- LOW FERTILITY
- HIGH MORTALITY OF “WORKING AGE” POPULATION
- EMIGRATION OF YOUNGER PEOPLE
Changes in sizes of total population and population 60+ years old in Bosnia and Herzegovina, 1980 – 2050

Demographic deficit

All population (x10⁶)

Population 60+ years old (x10⁶)

Source: UN population Division, Profiles of Ageing 2015
Average annual rate of population change (percentage)

Demographic Deficit:
Two demographic processes of population *decline* and population *ageing* may lead to DEMOGRAPHIC DEFICIT with negative effects on economic growth and employment.

Sarah Harper, 2014

Factors of Demographic Deficit:
- Labour force declines → Population basis for taxation shrinks
- Number of receivers of old age pensions increases, and they receive their pensions for longer time → Budgetary spending grows
- Labour force ages → Productivity declines
- Labour force ages → Potential for innovations declines
6. International Policy Frameworks on Ageing
GOAL:
Reaching a society for all ages

CONTENT:
Adjustment to an ageing world
Adjustment to an ageing world is measured in terms of:

- Social development
- QoL of older persons
- Sustainability of support systems

**Prioriy Directions**

1. Older Persons and Development
2. Advancing Health and Wellbeing into Old Age
3. Ensuring Enabling and Supportive Environments
UNECE RIS/MIPAA is based on MIPAA, but its structure and content are designed specifically for the countries of the UNECE Region:

10 Commitments of UNECE RIS/MIPAA

<table>
<thead>
<tr>
<th>COMMITMENT 1</th>
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</thead>
<tbody>
<tr>
<td>• TO <em>MAINSTREAM</em> AGEING IN ALL POLICY FIELDS WITH THE AIM OF BRINGING SOCIETIES AND ECONOMIES INTO HARMONY WITH DEMOGRAPHIC CHANGE TO ACHIEVE A SOCIETY FOR ALL AGES</td>
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<tr>
<th>COMMITMENT 2</th>
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<tr>
<td>• TO ENSURE FULL <em>INTEGRATION AND PARTICIPATION</em> OF OLDER PERSONS IN SOCIETY</td>
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<tr>
<td>• TO PROMOTE <em>EQUITABLE AND SUSTAINABLE ECONOMIC GROWTH</em> IN RESPONSE TO POPULATION AGEING</td>
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<tr>
<td>• TO ADJUST <em>SOCIAL PROTECTION SYSTEMS</em> IN RESPONSE TO DEMOGRAPHIC CHANGES AND THEIR SOCIAL AND ECONOMIC CONSEQUENCES</td>
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<td>• TO ENABLE <em>LABOUR MARKETS</em> TO RESPOND TO THE ECONOMIC AND SOCIAL CONSEQUENCES OF POPULATION AGEING</td>
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10 Commitments of UNECE RIS/MIPAA

COMMITMENT 6
• TO PROMOTE *LIFE-LONG LEARNING* AND ADAPT THE EDUCATIONAL SYSTEM IN ORDER TO MEET THE CHANGING ECONOMIC, SOCIAL AND DEMOGRAPHIC CONDITIONS

COMMITMENT 7
• TO STRIVE TO ENSURE *QUALITY OF LIFE AT ALL AGES* AND MAINTAIN INDEPENDENT LIVING INCLUDING HEALTH AND WELL-BEING

COMMITMENT 8
• TO *MAINSTREAM* A *GENDER* APPROACH IN AN AGEING SOCIETY

COMMITMENT 9
• TO SUPPORT *FAMILIES* THAT PROVIDE CARE FOR OLDER PERSONS AND PROMOTE INTERGENERATIONAL AND INTRAGENERATIONAL SOLIDARITY AMONG THEIR MEMBERS

COMMITMENT 10
• TO PROMOTE THE *IMPLEMENTATION* AND *FOLLOW-UP* OF THE REGIONAL IMPLEMENTATION STRATEGY THROUGH REGIONAL CO-OPERATION
Active Ageing: Concept and Policy Framework

“the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age”

“active ageing means growing old in good health and as a full member of society, feeling more fulfilled in our jobs, more independent in our daily lives and more involved as citizens”
Active Ageing: a Three-Dimensional Policy Framework

**Employment**: creating better opportunities for older workers

**Participation in society**: combating social exclusion; fostering active participation in society: encouraging voluntary activities; supporting informal carers

**Independent living**: using a preventive approach in health care, making transport more accessible and making the environment more age-friendly
7. National Responses

**Major Concern**
- Albania (18%)
- Armenia (14%)
- Azerbaijan (9%)
- Bosnia and Herzegovina (22%)
- Georgia (20%)
- Macedonia (19%)
- Moldova (17%)
- Montenegro (20%)
- Serbia (24%)
- Turkey (11%)
- Ukraine (21%)

**Minor Concern**
- Azerbaijan (10%)

**No Concern / No View**
- In brackets – proportion of 60+ in the population

(Since 1963)

https://esa.un.org/popolilibrium/about_database.aspx
## Implementation of UNECE RIS/MIPAA and availability of national strategic documents on ageing in South-Eastern European countries

<table>
<thead>
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<tr>
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<td>Yes</td>
<td>No</td>
<td>Yes</td>
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<tr>
<td>BiH</td>
<td>No</td>
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<td>Montenegro</td>
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<td>Serbia</td>
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<td>National Strategy on Ageing (2006-2015)</td>
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<td>TFYR Macedonia</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
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<td>Turkey</td>
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<td>Yes</td>
<td>The Current Situation of Elderly People and the National Plan of Action on Ageing</td>
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<td>Armenia</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>❑ Strategy on Ageing Issues and Social Protection of Older Persons and an Action Plan on its implementation for 2012-2016 ❑ Road Map for Mainstreaming Ageing (2011)</td>
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<tr>
<td>Azerbaijan</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>❑ State Program on strengthening social protection of older citizens (2014-2020)</td>
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<td>Belarus</td>
<td>Yes</td>
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<td>Georgia</td>
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<td>❑ Road Map for Mainstreaming Ageing (2015)</td>
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<td>Kazakhstan</td>
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<td>☐ Programme on Mainstreaming Ageing in State Policy (2014)</td>
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<td>Russia</td>
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<td>☐ Strategy for Action to benefit older citizens of the Russian Federation (2016-2025)</td>
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<td>Tajikistan</td>
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<td>Ukraine</td>
<td>No</td>
<td>Yes</td>
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In response to the diminishing welfare state and the week alternative players, limited policy responses to ageing have often been complemented, and to some extent even substituted, by spontaneous measures of individual, family and community adaptation in a transforming and ageing society.
The other side of the bridge...
Thank you