

Aging and NCDs in Barbados

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The rising burden of non-communicable diseases in the Americas and the impact of population aging: a secondary analysis of available data

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**Leading Causes of Death and Disease Burden
in the Americas:**
Non-Communicable Diseases and External Causes

PAHO, 2024



Our Data

WHO GHE / UN WPP

Our Methods

Deaths in 2000 and in 2019

We split these deaths into THREE explanations:

- (a) Due to population growth
- (b) Due to population aging
- (c) Due to other reasons (risk factors and health care)

THE ELDERLY

Population in Barbados (70+) has been growing fast, and this will continue.

COMPARED TO 2000

In 2020 there were almost 5,000 more elderly women and another 5,000 more elderly men living on the island.

	2000	2019
♀	14k	19k
♂	9.5k	14.5k

THE ELDERLY

Population in Barbados (70+) has been growing fast, and this will continue.

COMPARED TO 2000

By 2060 elderly men expected to triple. Elderly women expected to more than double.

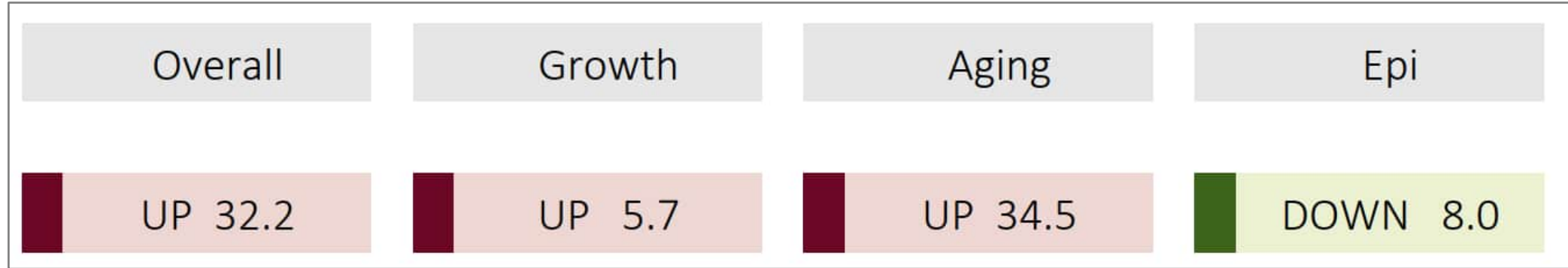
	2000	2060
♀	10%	24%
♂	7%	22%

SINCE 2000

The Barbados health system has presided over a reduction in death rates due to NCDs.

	2000	2019
♀	448	431
♂	562	533

THESE REDUCED NCD RATES alone would mean fewer deaths



BUT... deaths because of population **growth** have increased by 6 percent

AND... deaths because of our **aging** population have increased by 35 percent

These demographic pressures more than offset any healthcare gains

Some Areas for Discussion...



The Successes

Lower mortality rates

Lower IHD, Stroke. Higher dementias, falls.

Higher Life Expectancy

Median age rising from 22.6 (1980) → 37.6 (2060)

Public health

Achievements in (e.g.) infectious diseases, managing NCDs, enabling healthy living

Social Improvements

Broader social development. (e.g.) health spending, healthier living, income per capita, education.

All good! The next challenges...

The Challenges

Longer Lives

Healthy aging or long-term multimorbidity...?

Universal Health Coverage

Healthy aging / avoiding risk factors. Aspirational?

Multimorbidity

More – and more complex – healthcare demand.

Dependency Ratio

Old age DR → 12 in 2020. Up to 29 by 2060.
Affordability of UHC / healthy aging.?

Broad actions

Social Improvements

Health spending, healthier living, income per capita, education, community health. I.E. All of Society approach...

Foresight scenarios

Common in climate change. Uncommon in health.

Monitoring

Major improvements in data availability / accessibility – E.G. CaribData...