



Investigating the health status and well-being of Malawi's older population

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Introduction

The number of elderly people worldwide has dramatically increased since the 1950s, particularly among those over 60. (WHO 21). By 2025, there will be 1.2 billion individuals in the world who are 60 or older, and by 2050, there will be 2 billion, with 80 percent of them residing in developing nations [1].

The proportion of old persons is rising faster in developing countries than in industrialized ones. The youngest demographic structure in the world is found in Sub-Saharan Africa. But according to research, the population of persons over 60 is expected to quadruple by 2050, from the current 46 million to an estimated 147 million (World Health Organization, 2017) [2].

According to the census from Malawi in 1987, 6% of the population was above 65. The percentage increased to 13.4% during the 1998 census and to 20% in 2008, demonstrating an unbroken rise in the senior population of the nation [3].

In the world, the population of older people is expanding at the quickest rate [4]. According to available data, the majority of aged Malawians are maltreated frequently, have poor health, and live in poverty[3]. Literature reveals that a sizable fraction of older individuals in Africa experience discrimination on a global scale (WHO 2015). In Malawi, people experience this discrimination at the household, neighborhood, and national levels, particularly when utilizing various crucial social services. Older Malawians are frequently perceived as dependents and economically underprivileged, which prevents them from making significant contributions to the national economy[5].

The health and well-being of the older population in Malawi is a concern due to various factors such as poverty, lack of access to healthcare, and limited social support. Many older individuals

in the country face challenges in accessing essential medical services and medications due to financial constraints and limited health infrastructure. Additionally, cultural beliefs and practices can also impact their health and well-being. The government of Malawi has taken some steps to address these issues through various programs and initiatives, but much work still needs to be done to ensure that the older population in the country can live their later years in good health and with dignity. This paper ought to Investigate the health status and well-being of Malawi's older population.

The objectives of this study are to understand:

1. The current health status of older people in Malawi, including any common health issues and their access to healthcare.
2. How older people perceive their own health and well-being, including their attitudes towards aging and their own health.
3. Perception and Attitudes of people towards the elderly population.
4. The steps necessary to improve the health and well-being of older people in Malawi, including addressing barriers to healthcare access, promoting healthy behaviors and lifestyles, and improving the overall health infrastructure. The aim is to identify practical solutions that can be implemented to enhance the quality of life of older individuals in the country.

Methodology

Study population

Elderly people with age above 60 years staying in Malawi.

Inclusion.

Men and women aged 60 and older having no communication deficits

exclusion criteria

Individuals younger than 60 years old.

Data analysis

STATA version 16 will be used to import quantitative data and perform analysis. Descriptive statistics will be used to examine quantitative data, and we will provide descriptive statistics from exploratory variables. We'll use thematic content analysis to examine qualitative data.

Ethical consideration

The researcher will ensure that standards of research ethics are followed by seeking approval to conduct the study from Kamuzu University of Health Sciences research and publications committee. Furthermore, data will not contain names, ensuring participant confidentiality.

References

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