

# Workshop on Developing an Agenda for Population Aging and Social Research in Low- and Middle-Income Countries (LMICs)

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## Session 4

How family changes affect the health and well-being of older populations in LMICs.

MÉXICO

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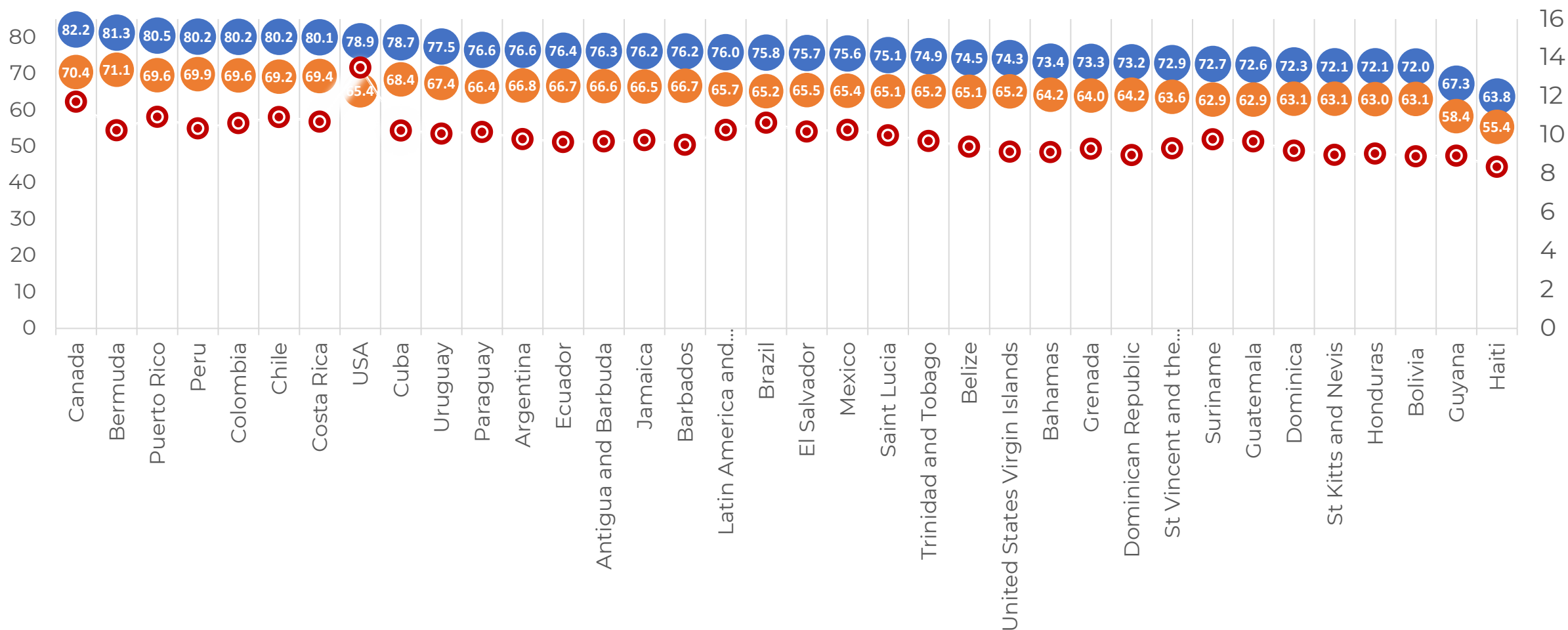


September 8, 2023

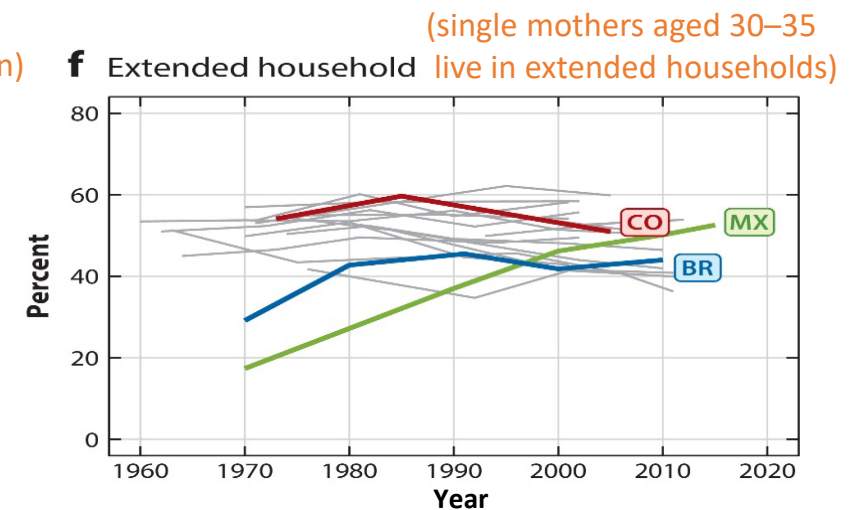
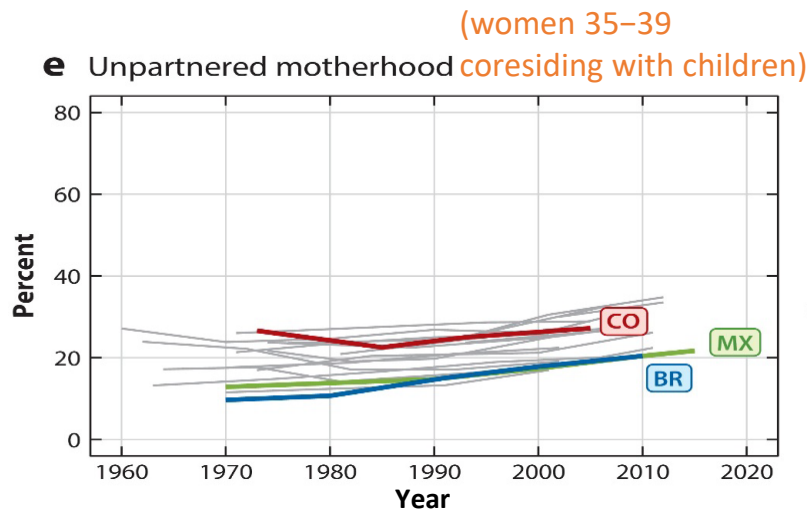
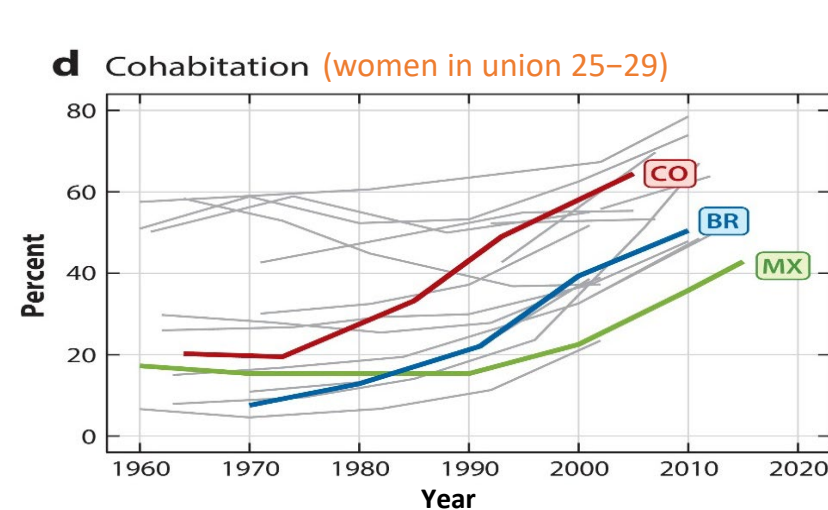
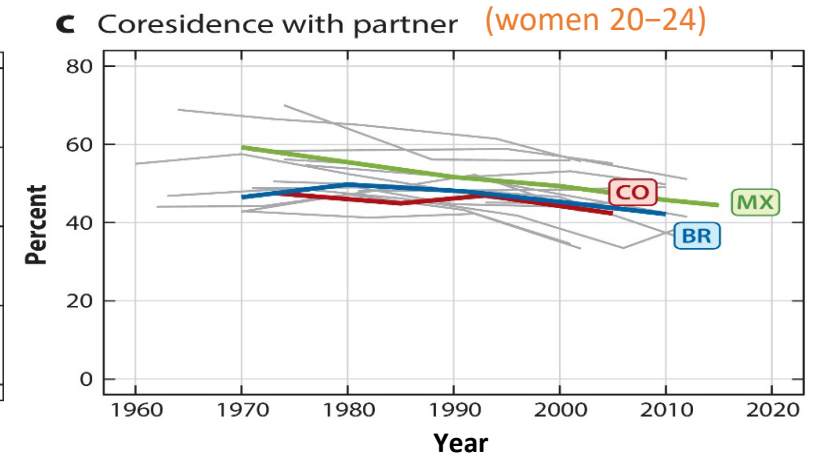
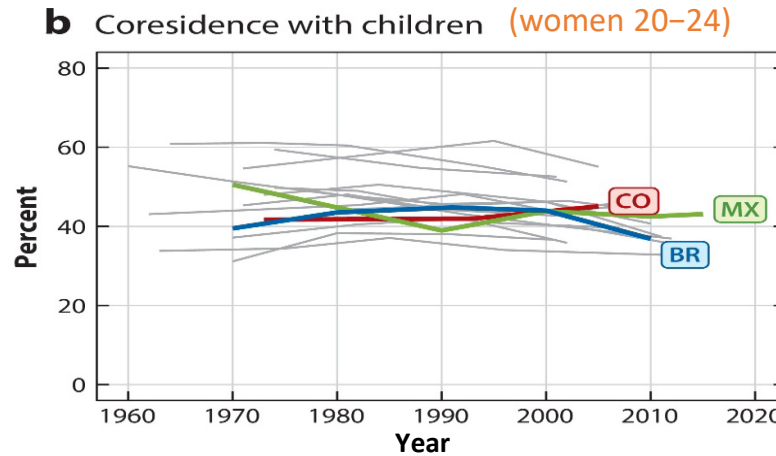
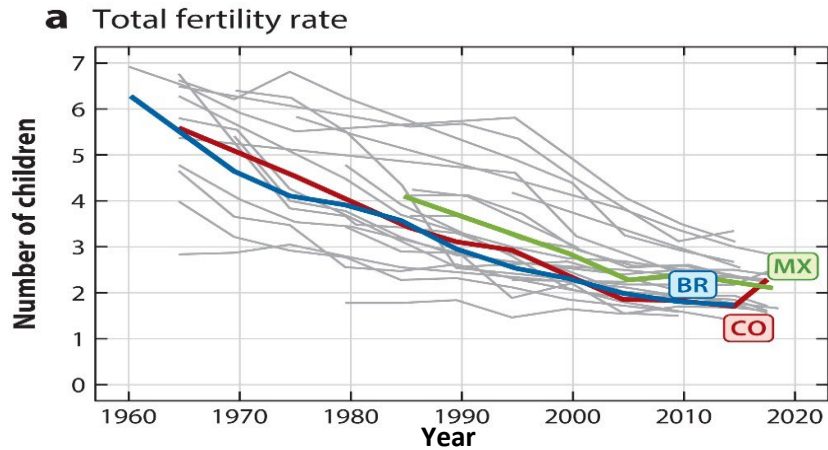
# 1. Family changes

- ❖ Over the last half-century, family structure and family concept have been changed dramatically.
  - They are more fluid, with frequent changes in size and composition.
  - Most countries have seen a decline in the fertility rate over the past four decades.
  - The average household size has also declined over this period, depending on the socioeconomic status.
  - There is a sharp increase in the proportion of women entering the labor force.

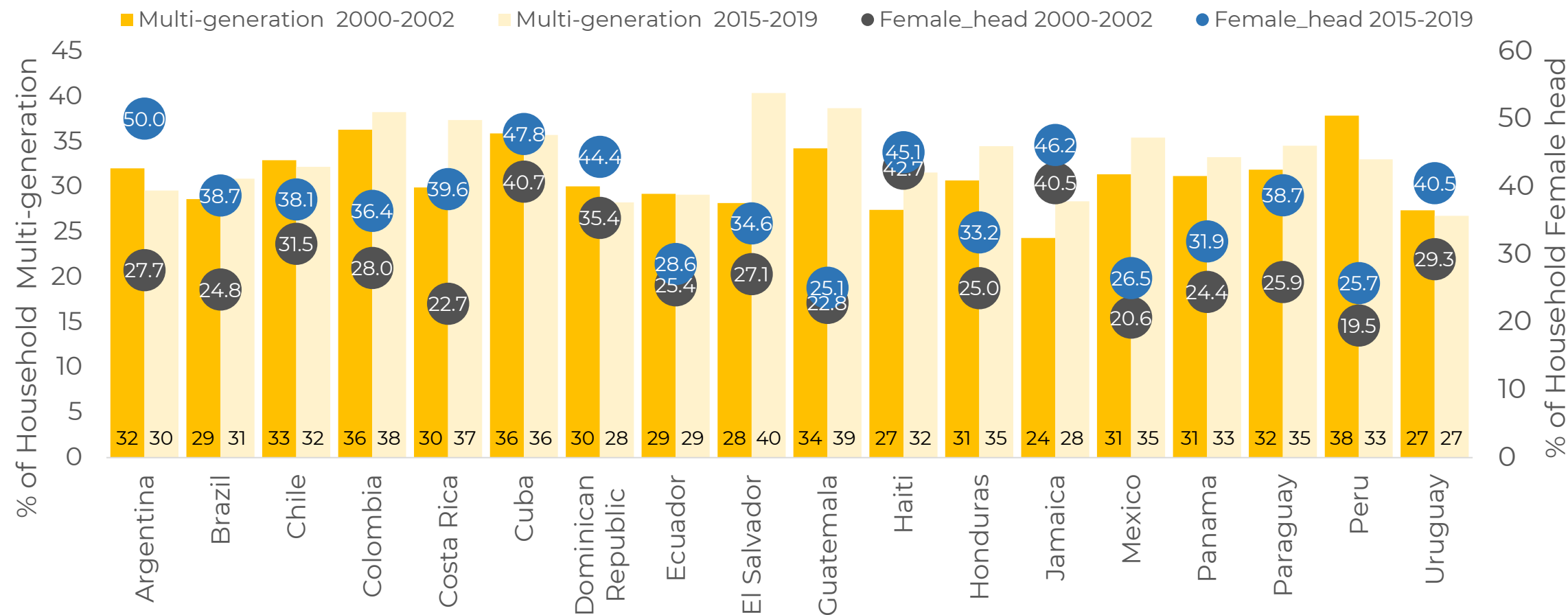
# Gaps in healthy life expectancy (2019)



# Family trends in Latin America

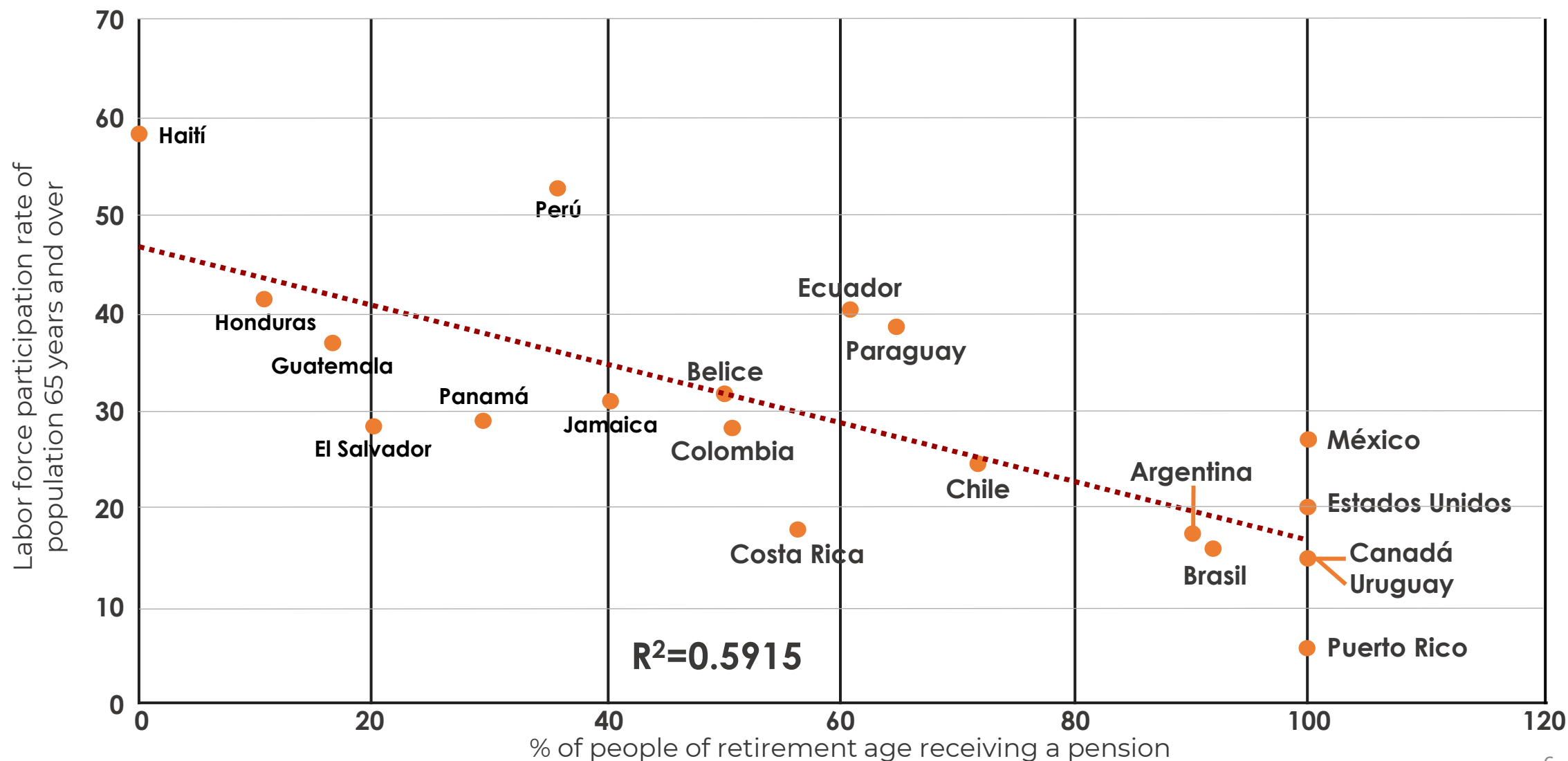


# Change Intergenerational household types and female head in Latin America (2000-2019)



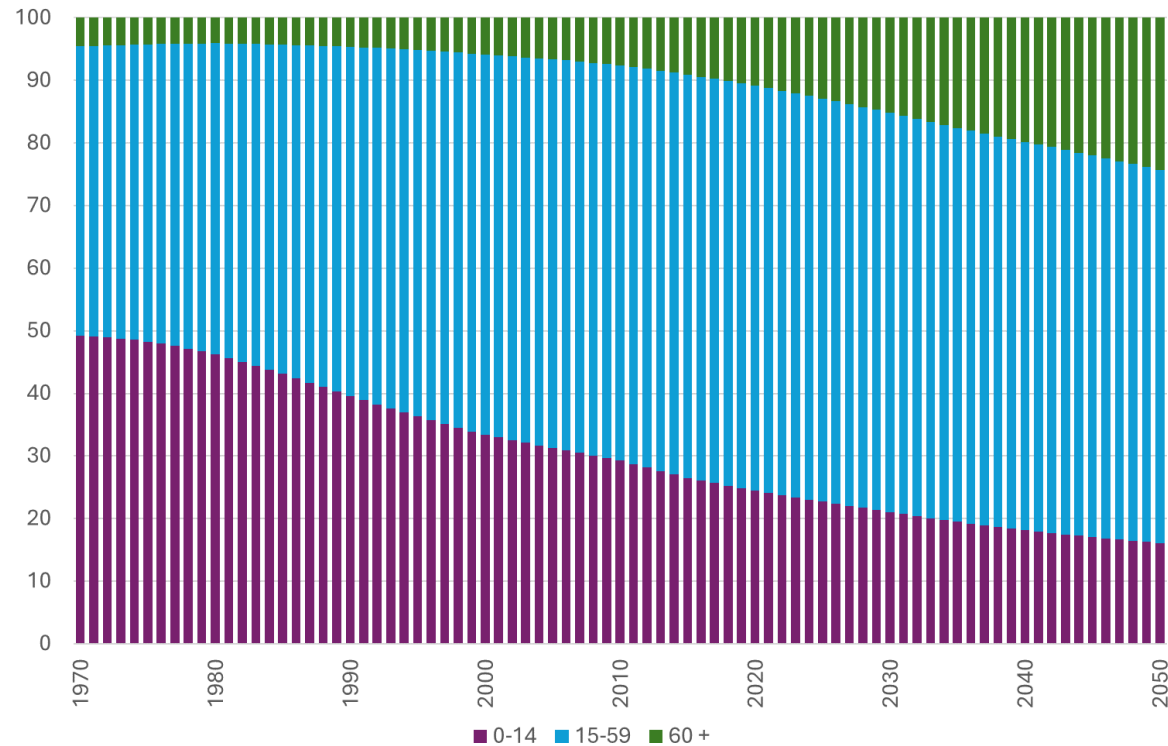
Source: Own elaboration based on United Nations Database of Household Size and Composition 2022. Available from: <https://www.un.org/development/desa/pd/data/household-size-and-composition>

# Labor force participation rate of population aged 65 and over and people receiving pensions (2021)



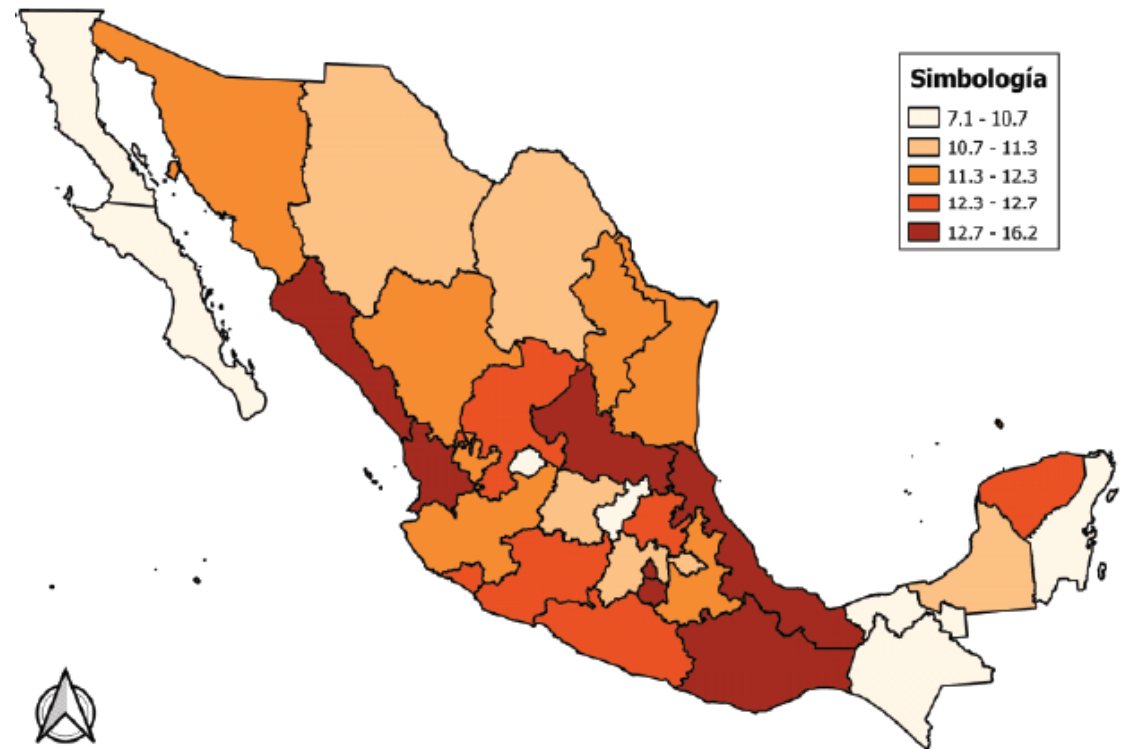
# Ageing in Mexico: Accelerated and Heterogeneous

Change in Age Structure (1970-2050)



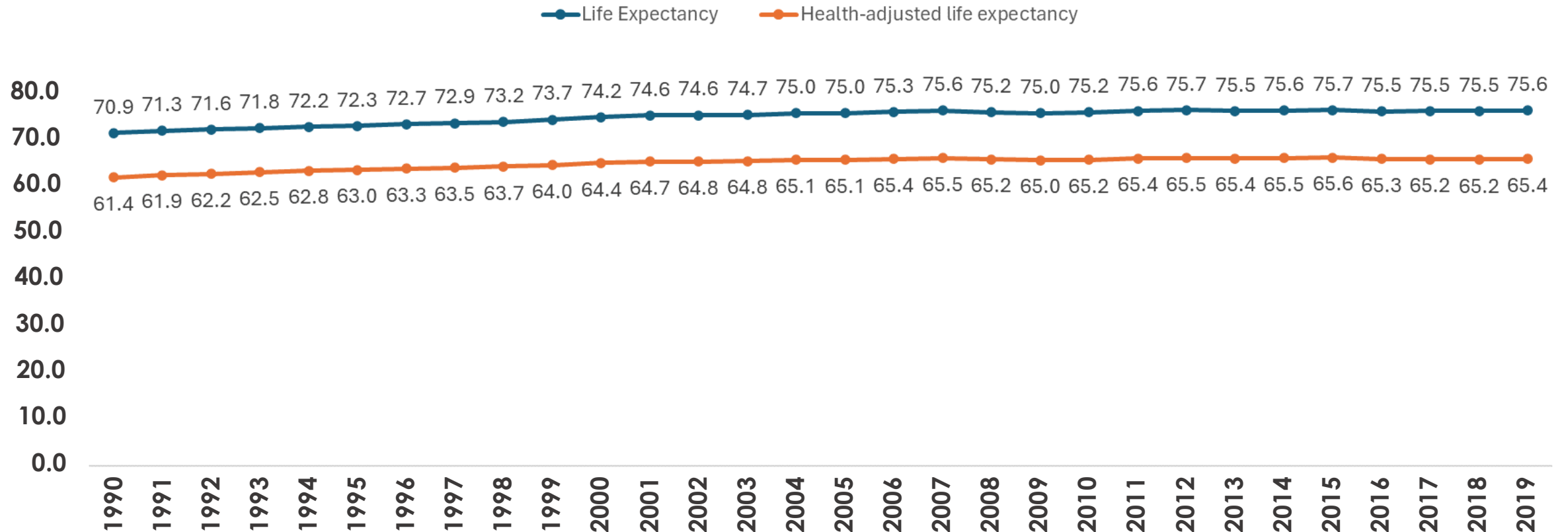
Source: Population projections from the National Population Council (1970-2050)

% Population 60+ by states.  
México 2020



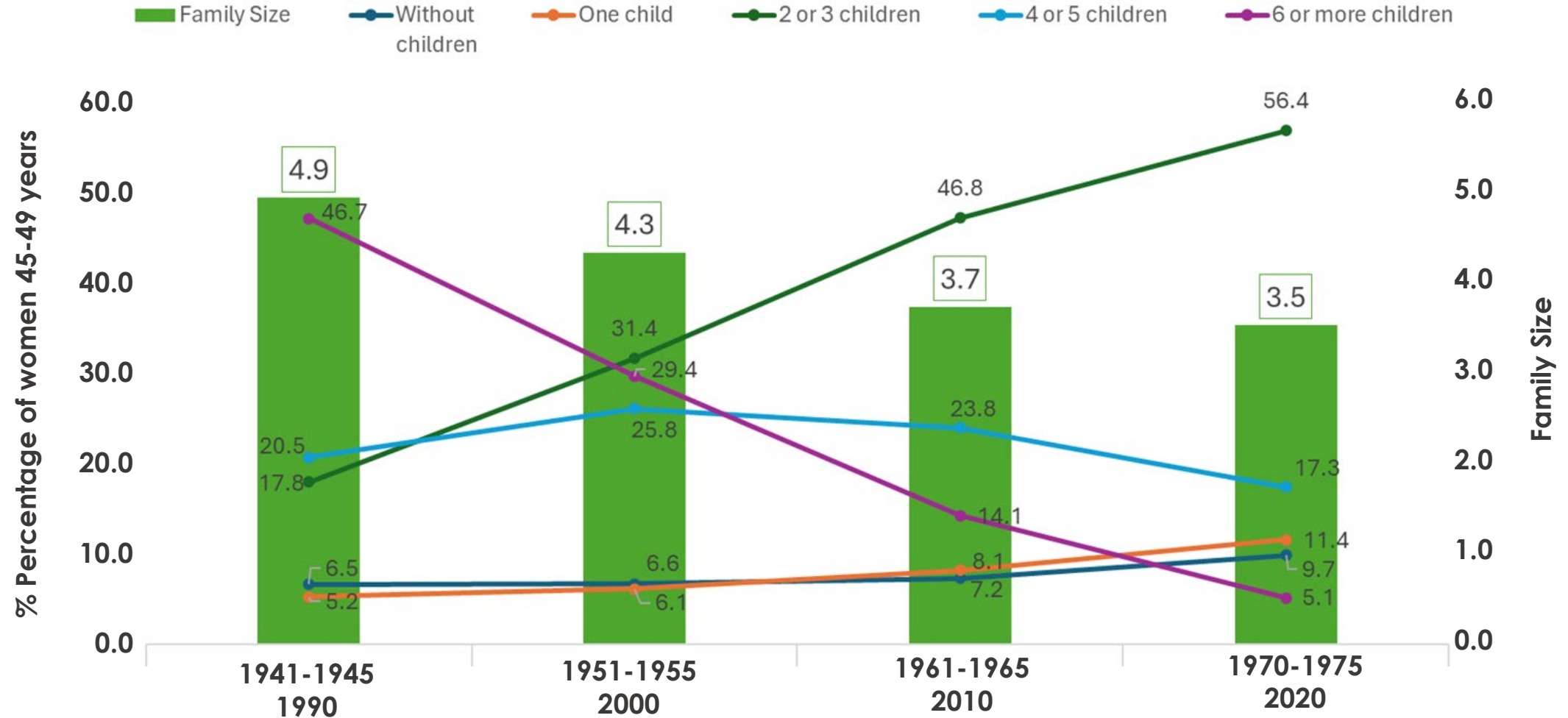
Source: Prepared by the Strategic Information System on Health, Ageing and Functional Dependency (SIESDE) with data from the 2020 Population and Housing Census.

# Increased life expectancy, but not healthy. Mexico

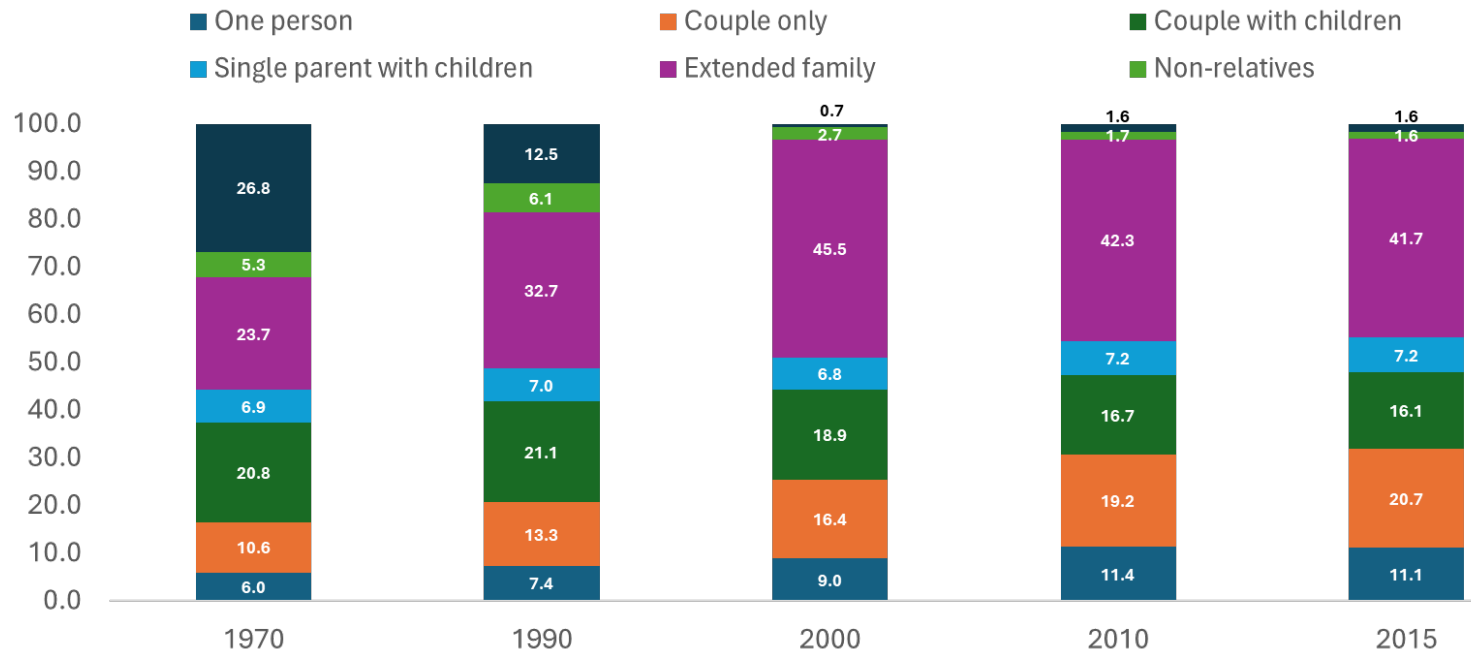




## Decline in fertility and size family



## Older persons and family in Mexico



2020

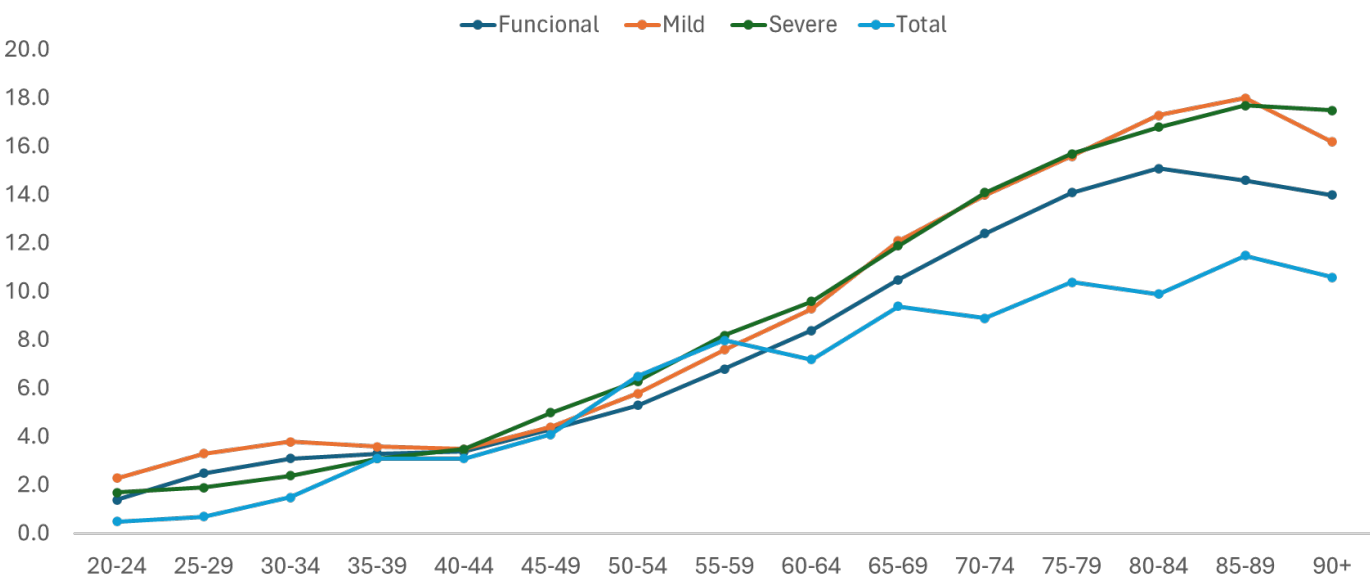
- 11.9% of people aged 60 and over live alone.
- 31.01% of households have at least one person aged 60 and over.
- 26.7% of households headed by older people.

Source: Prepared by the Strategic Information System on Health, Ageing and Functional Dependency (SIESDE) with data from the 2020 Population and Housing Census.

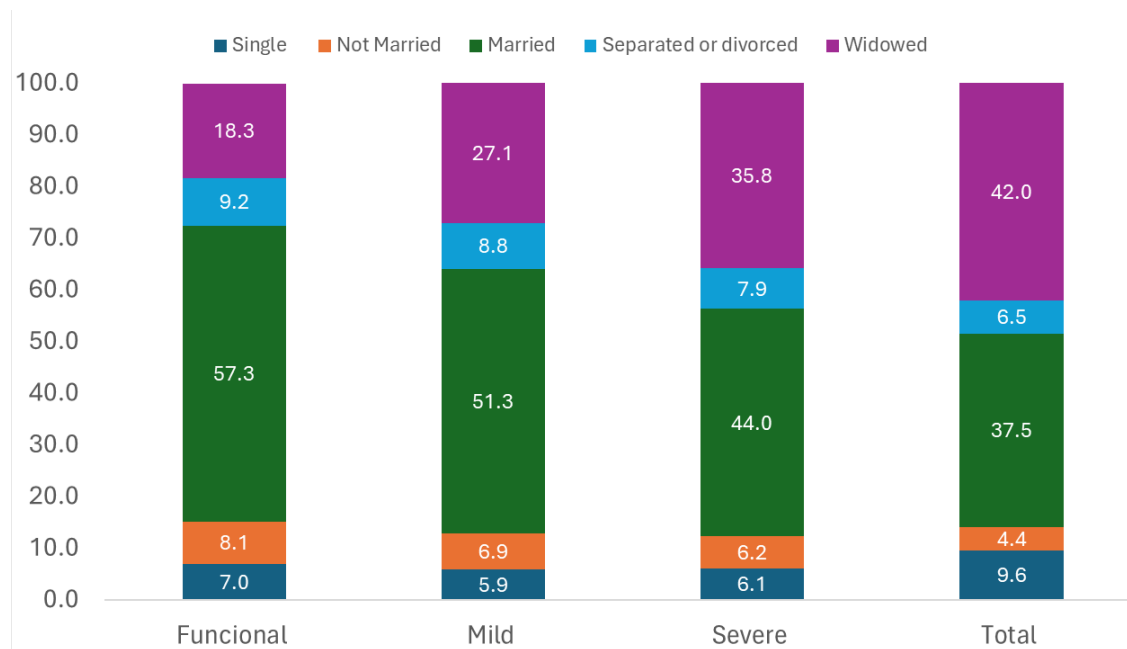
Source: United Nations (2022) Living Arrangements of Older Persons (2022)  
<https://population.un.org/LivingArrangements/index.html#!/countries/840> )

# Older persons, disability and family in Mexico

% people aged 20 + living alone, to functional dependency level



Distribution of the population 60 + by marital status according to functional dependency level



# Marital Situation and Size Family in Relation to Self-Reported Health Outcomes for Older Adults in México

Variables (2012)	Self-Reported Health Status (Bad-Regular -2018)		
	Total	Men	Women
<b>Sex</b>			
Female	1.24		
<b>Age Group</b>			
Reference 60-69			
70-79	0.92	0.98	0.86
80+	0.61	0.59	0.64
<b>Schooling</b>			
Reference 0			
1 to 7 years	1.13	1.24	1.03
7+	0.45	0.52	0.39
<b>Marital Situation</b>			
Reference Married			
Separated or divorced	0.74	0.72	0.75
Widowed	0.77	0.81	0.76
Single	0.75	0.63	0.80
<b>Comorbidities</b>			
Reference 0			
1	1.94	1.84	2.02
2+	2.61	2.60	2.62
<b>Size Family</b>			
Reference One person			
Two	1.04	1.01	1.06
Three to Five	1.11	1.06	1.16
More than five	1.29	1.13	1.45
<b>Number of children</b>			
Reference 0			
1-2	0.86	0.91	0.78
3+	1.02	1.06	0.94
<b>BADL</b>			
Reference Without difficult			
1 limitation	1.71	1.60	1.74
2 limitations	1.58	1.19	1.89
3+ limitations	1.67	2.09	1.47
<b>Depression symptoms</b>			
Yes	1.96	1.74	2.12
<b>Health Services</b>			
Yes	0.87	0.72	1.06

Sig <0.05

# MHAS 2015- 2018 explore the association of loneliness and social isolation with mortality.

❖ Loneliness (Revised UCLA Loneliness Scale)

❖ Social isolation (Berkman and Syme's Social Network Index)

❖ Social isolation increases the probability of dying by 1.30 times.

Loneliness	Unadjusted model			Adjusted model <sup>a</sup>		
	OR	95%CI	p value	OR	95%CI	p value
Without	Reference			Reference		
Mild	1.06	0.76–1.46	0.71	0.83	0.59–1.16	0.28
Severe	1.73	1.24–2.40	0.001	1.03	0.71–1.64	0.87
<b>Social Isolation</b>						
Integrated	Reference			Reference		
Isolated	1.50	1.21–1.87	< 0.0001	1.30	1.03–1.64	0.03
<b>Interactions between loneliness and social isolation</b>						
Without loneliness and Integrated	Reference			Reference		
Mild loneliness and isolated	1.15	0.77–1.70	0.48	1.14	0.76–1.73	0.53
Severe loneliness and isolated	1.04	0.69–1.55	0.84	0.99	0.64–1.51	0.94

a: Model adjusted by age, sex, schooling, more than one activity of daily living affected, depressive symptoms, satisfaction with life, internal locus of control, multimorbidity, infectious diseases, falls, sight problems, hearing problems, limiting pain, smoking, alcohol consumption, unintended weight loss, hospitalization and living alone



A decrease in social interaction can affect the search for appropriate medical treatment, establish non-adherence to medications and, thus, developing unhealthy behaviors.

# Family and ageing in Latin America

- ❖ Regardless of our concept of family, family is crucial without a universal social protection system for old age.
- ❖ Socioeconomic status is related to the type of family. (Extensive households as a strategy for survival and interchange of supplies)
- ❖ Family can also represent distress, discrimination, and abuse against older family members. For better or worse, the family is a crucial social determinant of health.
- ❖ The decline in fertility rates can have positive and negative effects on the well-being of older persons.
- ❖ The dilemma between institutionalization and care by the family has to be resolved.

# Family and ageing in Latin America

- ❖ Future work on same-sex and different-sex families will be needed, including the intersection of ethnicity and SES to better understand the impact of marital relationships on well-being.
- ❖ Complexities of marital strain effects on well-being have to be understood. Some studies suggest that relationship strain may benefit certain dimensions of well-being.
- ❖ Two sides: As individuals age, family relationships often become more complex, with complicated marital and personal histories, children living abroad, competing time pressures, and obligations for care. At the same time, family relationships become more important for well-being as individuals age and social networks diminish even as family caregiving needs increase.