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# **Aging and family support in the State of Mexico**

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- ✓ Diagnosis of the current situation of the population 60 years and older in the State of Mexico, in relation to its family dimension.
- ✓ Descriptive analysis
- ✓ Data from the 2010 Census
- ✓ Indicators: dependency ratio, type of household, number of members per household, marital situation.



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## Demographic Transition



Decline in fertility



Changes in the age structure of the population



Increases in life expectancy of people.



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Table 1. Total aged 60 and over population. Mexico

| Population                     | 2010*             |            | 2020**            |             | 2030**            |             | 2050**            |             |
|--------------------------------|-------------------|------------|-------------------|-------------|-------------------|-------------|-------------------|-------------|
|                                | Population        | %          | Population        | %           | Population        | %           | Population        | %           |
| <i>Total</i>                   | 112,336,538       | 100        | 127,091,642       | 100         | 137,481,336       | 100         | 150,837,517       | 100         |
| Men                            | 54,855,231        | 48.8       | 61,898,147        | 48.7        | 66,697,101        | 48.5        | 72,888,372        | 48.3        |
| Women                          | 57,481,307        | 51.2       | 65,193,495        | 51.3        | 70,784,235        | 51.5        | 77,949,144        | 51.7        |
| <i>Total 60 years and over</i> | <i>10,055,379</i> | <i>9.0</i> | <i>14,425,879</i> | <i>11.4</i> | <i>20,365,839</i> | <i>14.8</i> | <i>32,427,197</i> | <i>21.5</i> |
| Men                            | 4,679,538         | 8.5        | 6,612,679         | 10.7        | 9,200,953         | 13.8        | 14,244,660        | 19.5        |
| Women                          | 5,375,841         | 9.4        | 7,813,200         | 12.0        | 11,164,886        | 15.8        | 18,182,537        | 23.3        |

Source : Based on data from \* INEGI and CONAPO \*\* ( Population projections updated at November 29, 2012 )



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**Table 2. Total aged 60 and over population. State of Mexico**

| Population                     | 2010*      |      | 2020**     |      | 2030**     |      |
|--------------------------------|------------|------|------------|------|------------|------|
|                                | Population | %    | Population | %    | Population | %    |
| <i>Total</i>                   | 15,175,862 | 100  | 18,075,065 | 100  | 20,167,433 | 100  |
| Men                            | 7,396,986  | 48.7 | 8,834,764  | 48.9 | 9,860,611  | 48.9 |
| Women                          | 7,778,876  | 51.3 | 9,240,300  | 51.1 | 10,306,822 | 51.1 |
| <i>Total 60 years and over</i> | 1,137,647  | 7.5  | 1,917,767  | 10.6 | 2,972,420  | 14.7 |
| Men                            | 521,277    | 7.0  | 878,243    | 9.9  | 1,345,188  | 13.6 |
| Women                          | 616,370    | 7.9  | 1,039,524  | 11.2 | 1,627,232  | 15.8 |

Source : Based on data from \* INEGI and CONAPO \*\* ( Population projections updated at November 29, 2012 )



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Older population become dependant:

- Deterioration of health
- Lost or deterioration of income



Social Networks



ensure

Satisfaction of needs to  
well-being



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It is tradition that children give support to their parents when they reach an age in which, because of their age, can no longer develop their daily activities independently.

Population aging brings about a deterioration in the social influence of the elderly.

Context of low social security coverage, reduced access to employment, conditions of inequitable health.

Increased pressure on families to ensure the welfare of a growing number of adults that enable them to address these risks.



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The literature shows that the elderly can be studied by different dimensions:

- Income (work, social security)
- Health
- Family: social Networks





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## Social networks:

- Filial support
- Household arrangements: coresidence
  - Marital status
- Head household



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Microdata sample of the Population and Housing Census of 2010: main demographic and socioeconomic characteristics of population and housing where these people live and their basic types.

Two questionnaires: basic and extended.

Basic questionnaire. Individual: sex, age and relationship, number of children ever born, disability, and grade level of schooling economic activity status; derechohabiencia services health and marital status).

Expanded questionnaire. Sample of 2.9 million housing, same questions as the basic and added specific population information on topics such as health, disability, ethnicity, education, internal and international migration, economic characteristics, fertility and recent mortality.



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**Table 3. Aging index. State of Mexico**

| <b>Male</b> | <b>Female</b> | <b>Total</b> |
|-------------|---------------|--------------|
| 23.6        | 28.7          | 26.1         |

Source : Prepared with the 2010 Census microdata ( INEGI)



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**Table 4. Dependency ratio of personas aged 60 and over by sex.  
State of Mexico, 2010**

| <i>Sex</i> | <i>Ratio</i> |
|------------|--------------|
| Male       | 11.8         |
| Female     | 12.8         |
| Total      | 12.3         |

Source : Prepared with the 2010 Census microdata ( INEGI).



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Table 5. Number of members in the household from aged 60 years and over by sex. State of Mexico , 2010.

| <b>Members</b> | <b>Male</b> | <b>Female</b> | <b>Total</b> |
|----------------|-------------|---------------|--------------|
| 1              | 11.8        | 32.8          | 44.6         |
| 2              | 20.8        | 9.7           | 30.5         |
| 3              | 6.5         | 6.8           | 13.3         |
| 4              | 2.9         | 2.9           | 5.8          |
| 5 and over     | 2.8         | 2.9           | 5.7          |

Source : Prepared with the 2010 Census microdata ( INEGI).



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**Table 6. Percentage of population 60 years and over by type of household in which they reside by sex. State of Mexico, 2010.**

| Sex \ type of household | Nuclear | Expanded | Compound | Sole | Co-resident | Total |
|-------------------------|---------|----------|----------|------|-------------|-------|
| Male                    | 29.7    | 11.8     | 0.4      | 3.0  | 0.1         | 45.7  |
| Female                  | 36.1    | 13.5     | 0.3      | 3.4  | 0.1         | 54.3  |
| <b>Total</b>            | 65.8    | 25.3     | 0.7      | 6.4  | 0.2         | 100   |

Source: Prepared with the 2010 Census microdata (INEGI).



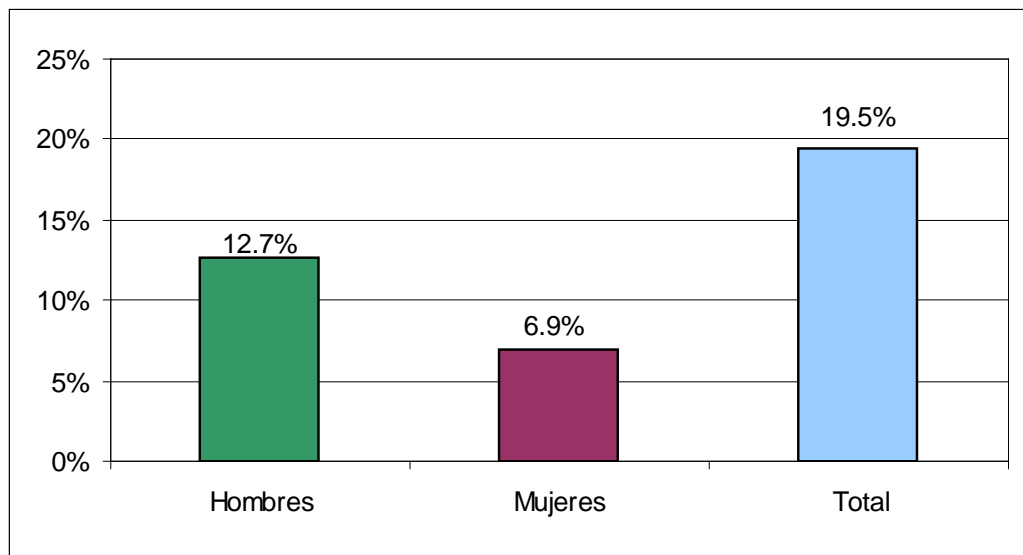
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Graph 1. Percentage of population 60 years and over as head of household by sex. State of Mexico , 2010.

| Sexo    | Frecuencia | Porcentaje |
|---------|------------|------------|
| Hombres | 471,351    | 12.7%      |
| Mujeres | 256,314    | 6.9%       |
| Total   | 727,665    | 19.5%      |



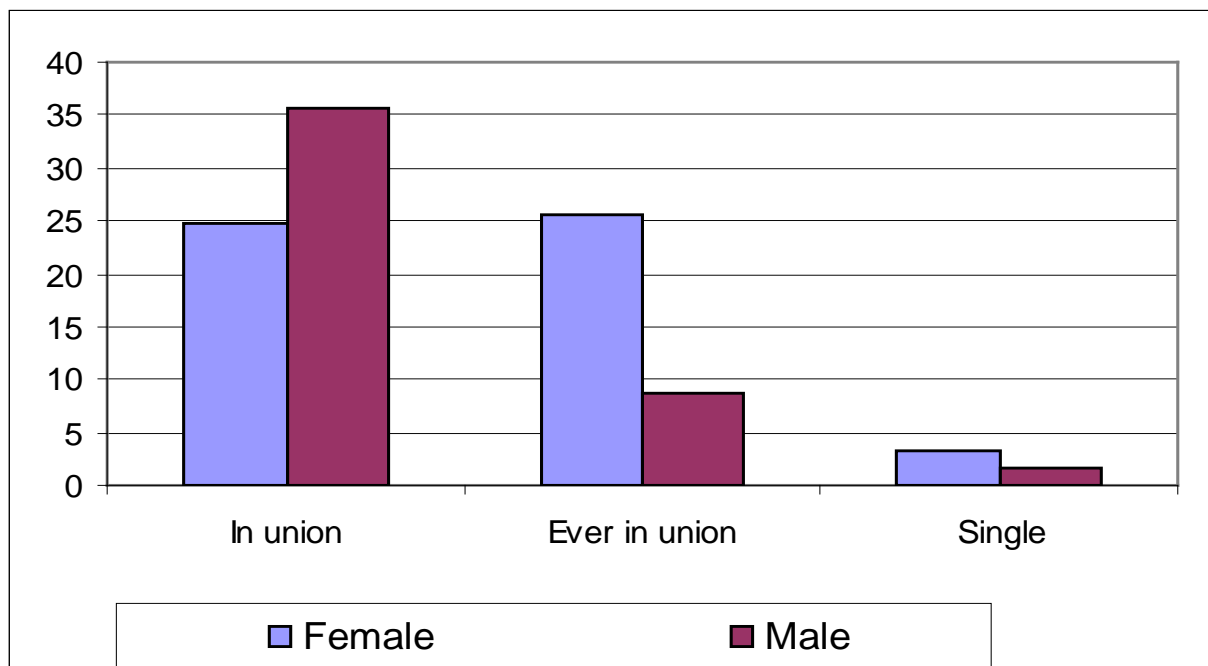


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**Graph 2. Percentage of population 60 years and over by marital status and sex. State of Mexico , 2010.**



Source: Prepared with the 2010 Census microdata (INEGI).





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- Today's older adults Mexico State are a significant proportion of the total population and in the coming years this proportion will increase significantly.
- The pressure that young people have with respect to the aging population will increase and should be taken into account when planning policies and programs of sensitizing people about this situation.
- We as a society has to take into account what will be the role that will touch both family and the state in the pursuit of maintaining the quality of life of these people.