



Health and Well-being of older women living alone in British households

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Motivation:

Population change is quite dramatic in many places.

The share number of people aged 60+ is increasing faster than what we often thought.

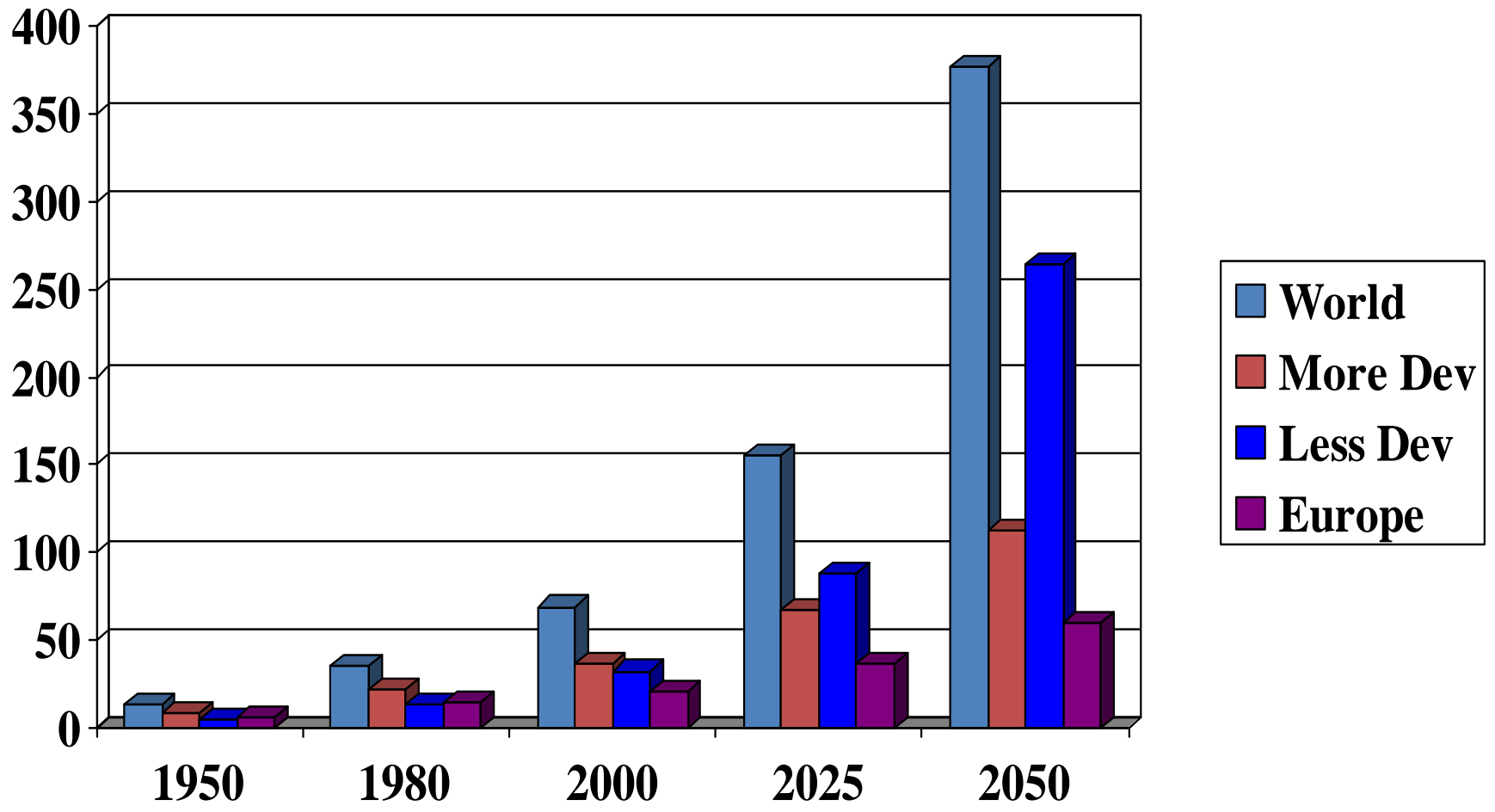
Population pyramid gives a clear picture about the demography of ageing.

By 2030,

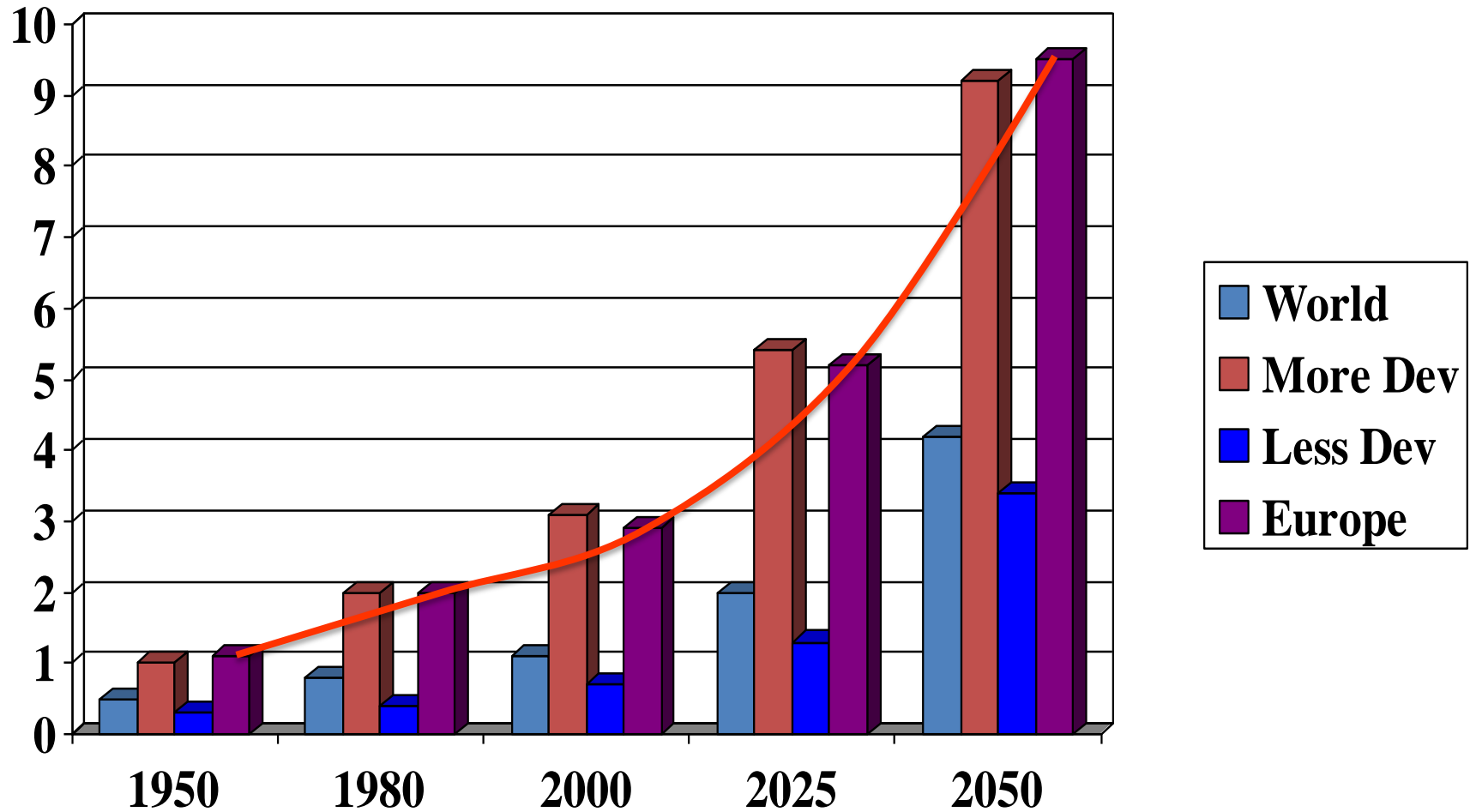
A quarter of the population of the Developed world will be over 65.

Nearly half the population of Western Europe will be over 50 years of age.

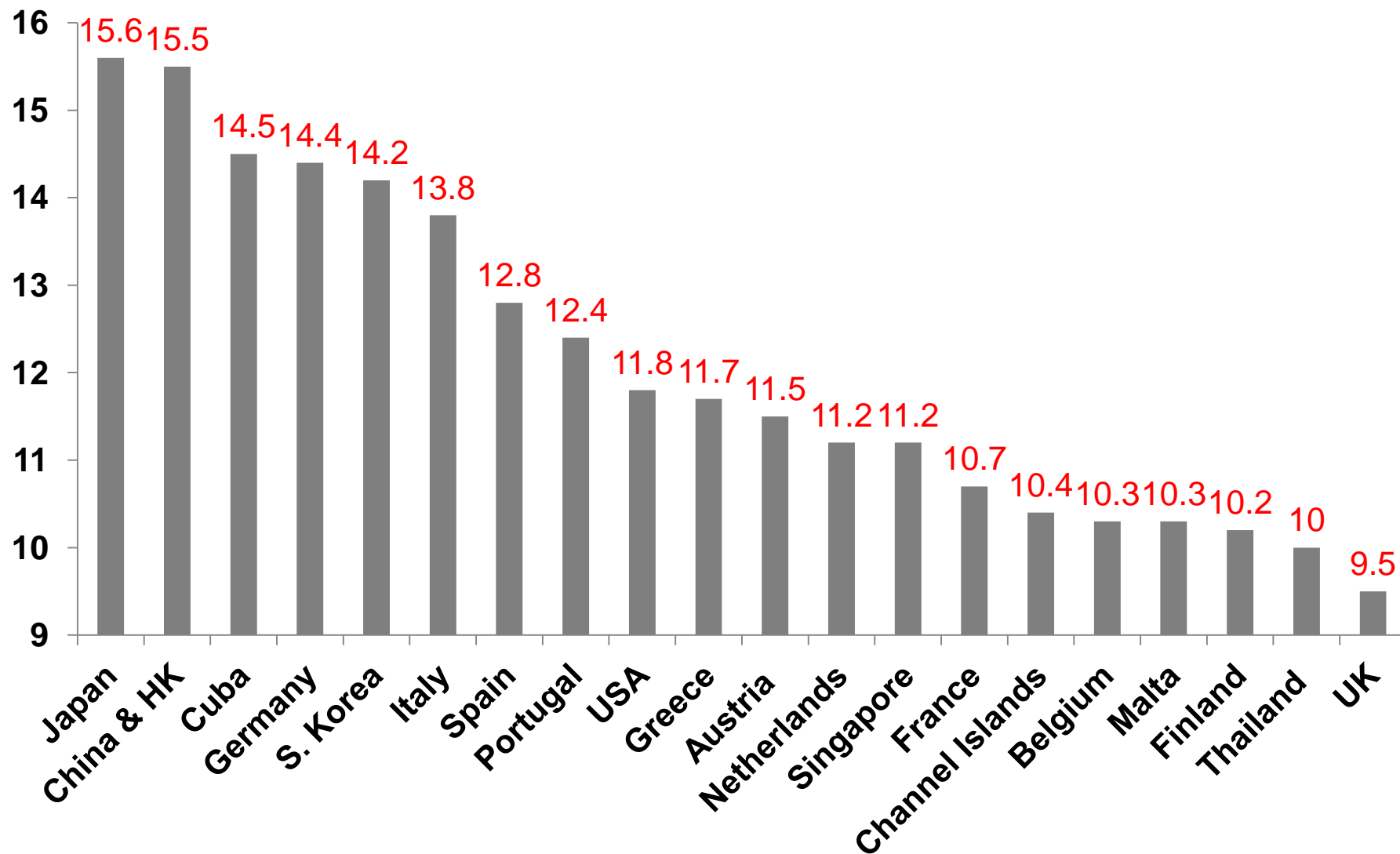
1950-2050 Population 80+ in millions



1950-2050 Population 80+ %



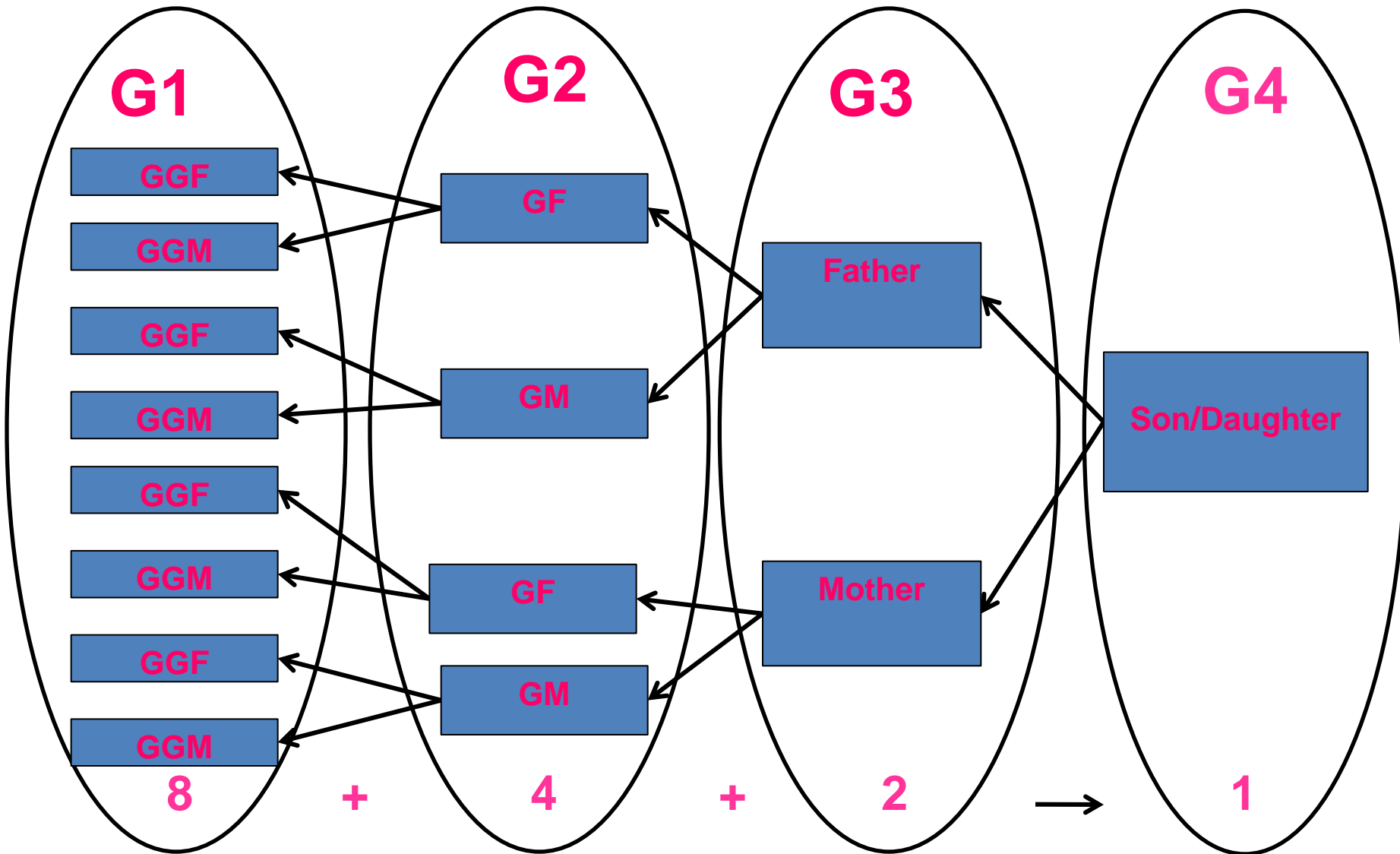
% 80+ Population 2050



UK experience:

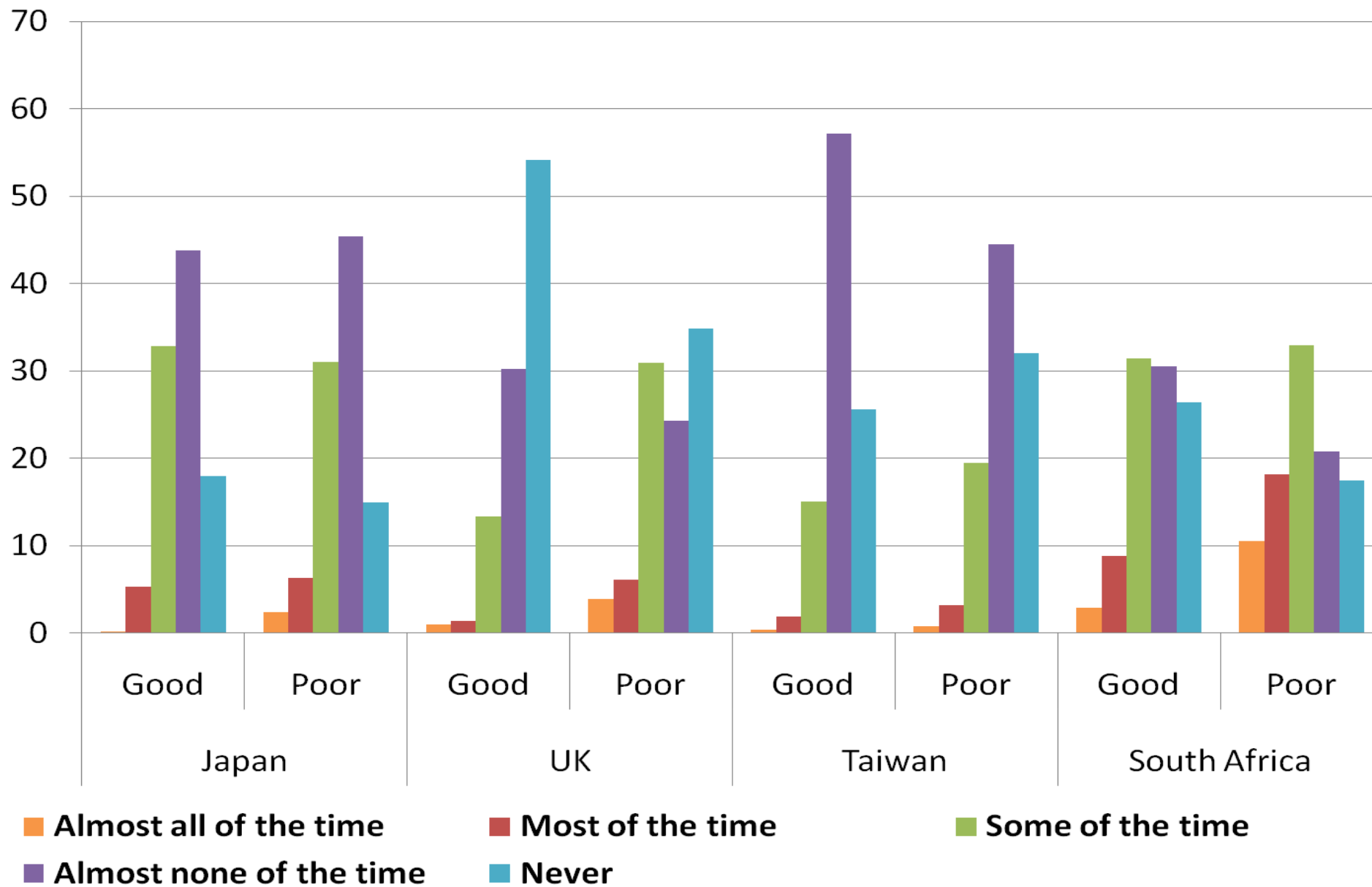
- *The UK population is ageing & Government has rightly identified it.*
- *By 2030, life expectancy will be 86 for women and 82 for men*
- *People are remaining active into their 70s and 80s*
- *No. of centenarians has increased at a faster rate than other age group. Over 100 fold increased between 1911 and 2015 (from 100 to 14,570) and will reach some half a million by 2066.*
- *Shall we live longer with more pain and illness?*
- *3rd and 4th generations now live together and there is a huge care responsibility on younger generation.*

Care Burden:



The present generation may have taken care of at most 14 people

Proportion of respondents felt lonely GLAS 2007



Key issues:

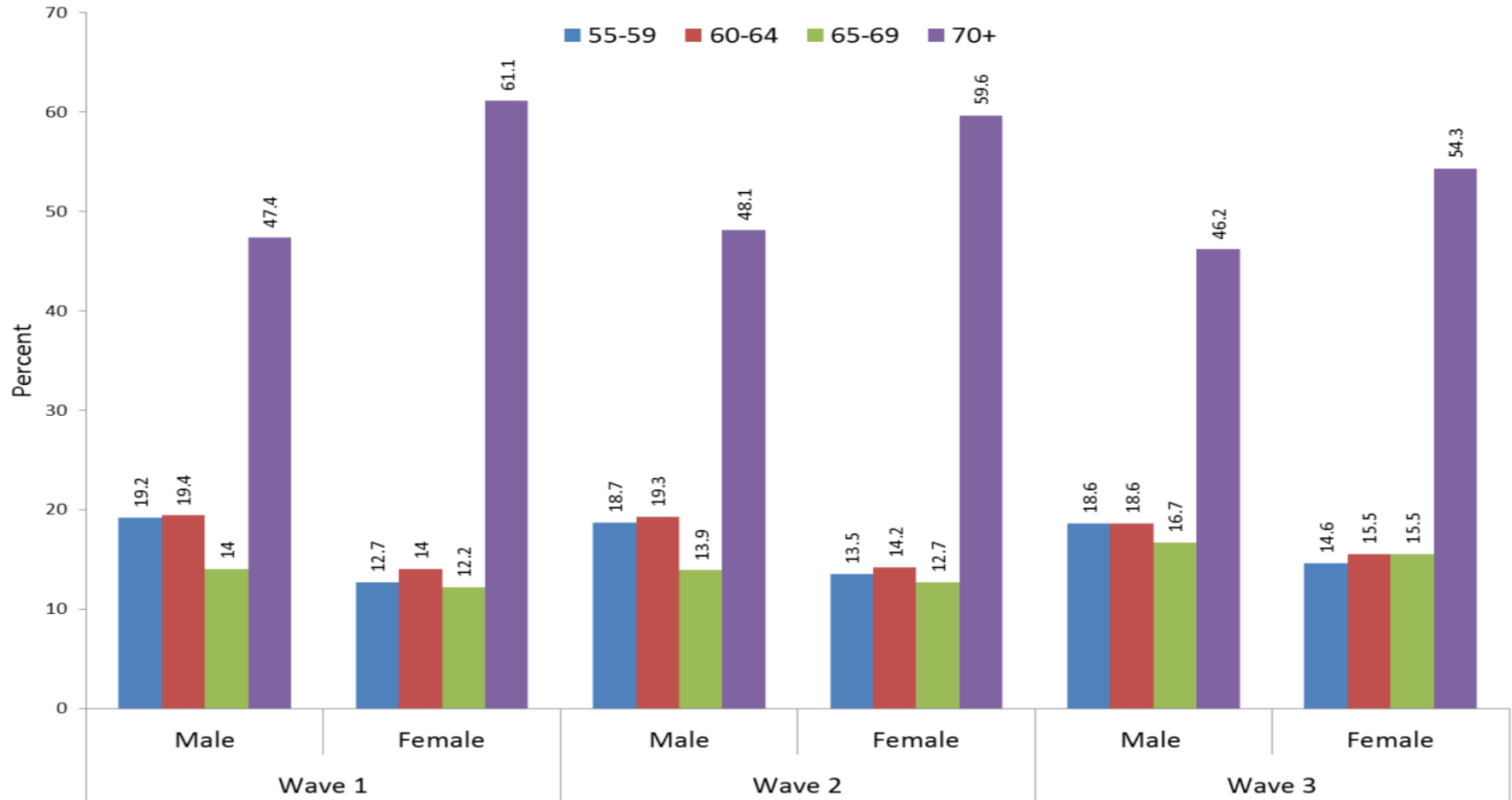
- **The demography of ageing population in the UK**
- **Singles in the UK households**
- **Independent living and support provision needed for the elderly**
- **Wellbeing in old age**

Literature:

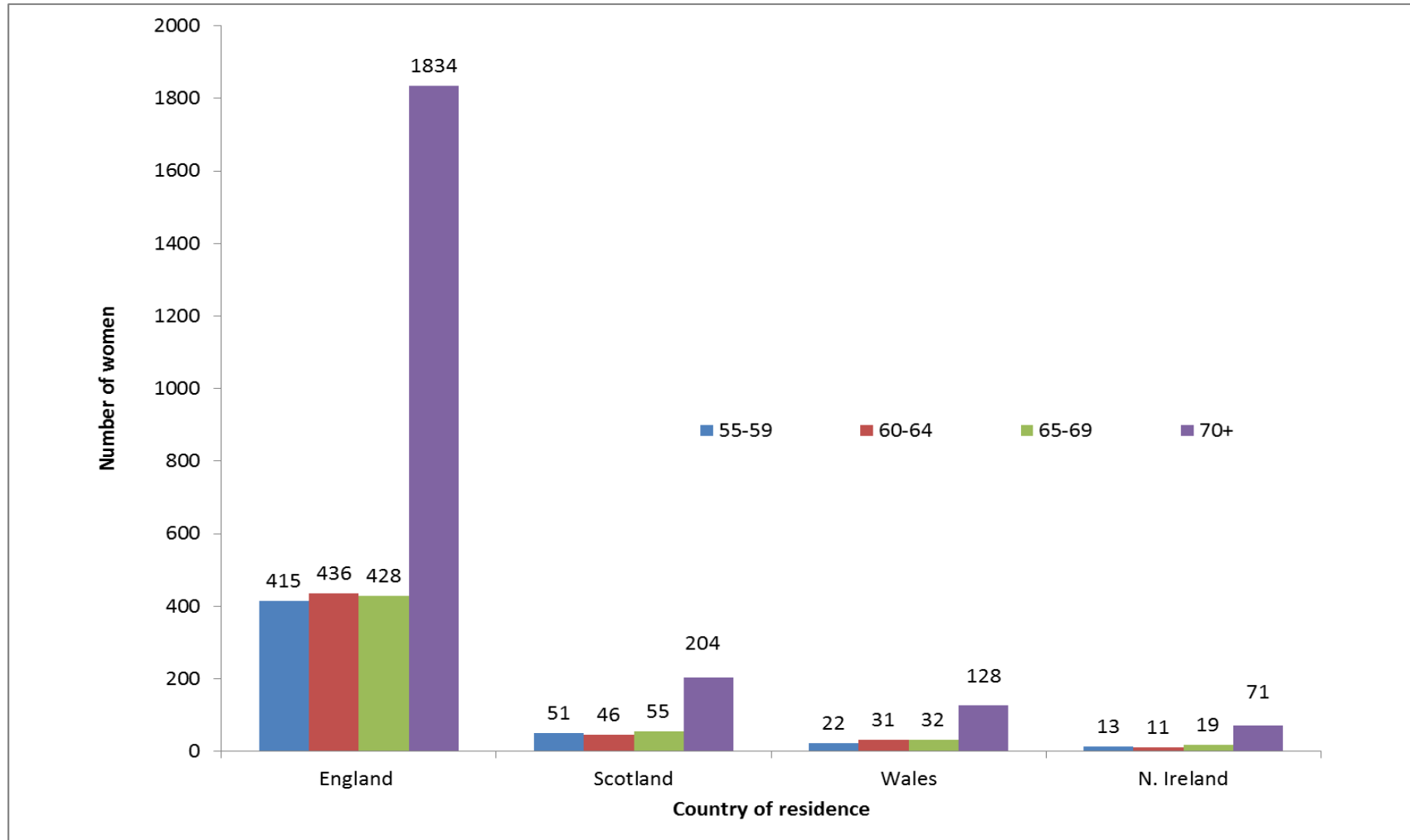
- Singleness in the British households
- Articles based on various data sources
- Lack of policy driven research
- *The research is solely focused on women living without partner and children in their households*

- **British Household Panel Survey 'Understanding Society' 2012, (Wave 3)**
- **This is a nationwide longitudinal survey that captures important information on the life course trajectories of individuals and seeks to examine and document societal trends.**
- **Each wave is collected over 24 months.**
- **Each person aged 16 or older answers the individual adult interview and self-completion questionnaire.**
- **The sample is targeted for analysis is women aged 55+ years.**
- **A total of 49,739 individuals (males = 22,788 and females = 26,951) were surveyed in wave 3**

% of older women (55+ years) who live alone without partner and children in the British households



Number of older women living alone without partner and children by age cohorts across regions (wave 3)



Percent distribution of selected characteristics



Characteristics	Total sample		Selected Sample	
	Cases	%	Cases	%
Gender				
Male	22788	45.8		
Female	26951	54.2	3830	7.7
Age				
55-64	7488	15.1	1155	30.2
65-74	5975	12.0	1157	30.2
75-84	3246	6.5	421	28.6
85+	848	1.7	389	11.0
Belong to social website				
Yes	20722	41.7	389	10.5
No	25159	50.6	3314	89.5

Percent distribution of selected characteristics



Characteristics	Total sample		Selected Sample	
	Cases	%	Cases	%
Sexual orientation				
Heterosexual or straight	38008	76.4	2836	93.6
Gay or lesbian	476	1.0	9	0.3
Bisexual	406	0.8	9	0.3
Other	424	0.9	32	1.1
Prefer not to say	1296	2.6	143	4.7
Highest qualification				
Degree	10822	21.8	361	9.6
Other higher degree	5405	10.9	470	12.5
A-level etc	10175	20.5	300	8.0
GCSE etc	10305	20.7	532	14.1
Other qualification	4769	9.6	590	15.7
No qualification	7190	14.5	1509	40.1
Place of residence				
Urban area	37740	75.9	2850	74.4
Rural area	11980	24.1	979	25.6

Percent distribution of selected characteristics

Characteristics	Total sample		Selected women	
	Cases	%	Cases	%
General health				
Excellent	8760	17.6	300	7.8
Very good	16956	34.1	934	24.4
Good	13290	26.7	1009	26.4
Fair	7443	15.0	1020	26.6
Poor	3247	6.5	566	14.8
Long-standing illness or disability				
Yes	17130	34.4	2403	62.8
No	32561	65.5	1424	37.2
Health limits moderate activities				
Yes, limited a lot	3351	8.2	703	23.1
Yes, limited a little	7252	17.8	885	29.1
No, not limited at all	30108	74.4	1455	47.8

Percent distribution of selected characteristics

Characteristics	Total sample		Selected women	
	Cases	%	Cases	%
General happiness				
More so than usual	4511	11.1	193	6.4
About the same as usual	30669	75.4	2450	80.7
Less so than usual	4472	11.0	314	10.3
Much less than usual	1014	2.5	78	2.6
Satisfaction with health				
Completely dissatisfied	2429	4.9	213	7.0
Mostly dissatisfied	5557	11.2	445	14.7
Somewhat dissatisfied	5707	11.5	508	16.7
Neither satisfied or dissatisfied	3194	6.4	290	9.6
Somewhat satisfied	5339	10.7	457	15.1
Mostly satisfied	14488	29.1	927	30.6
Completely satisfied	3943	7.9	194	6.4

Cross-tabulations between characteristics of older women in the household (Wave 3)



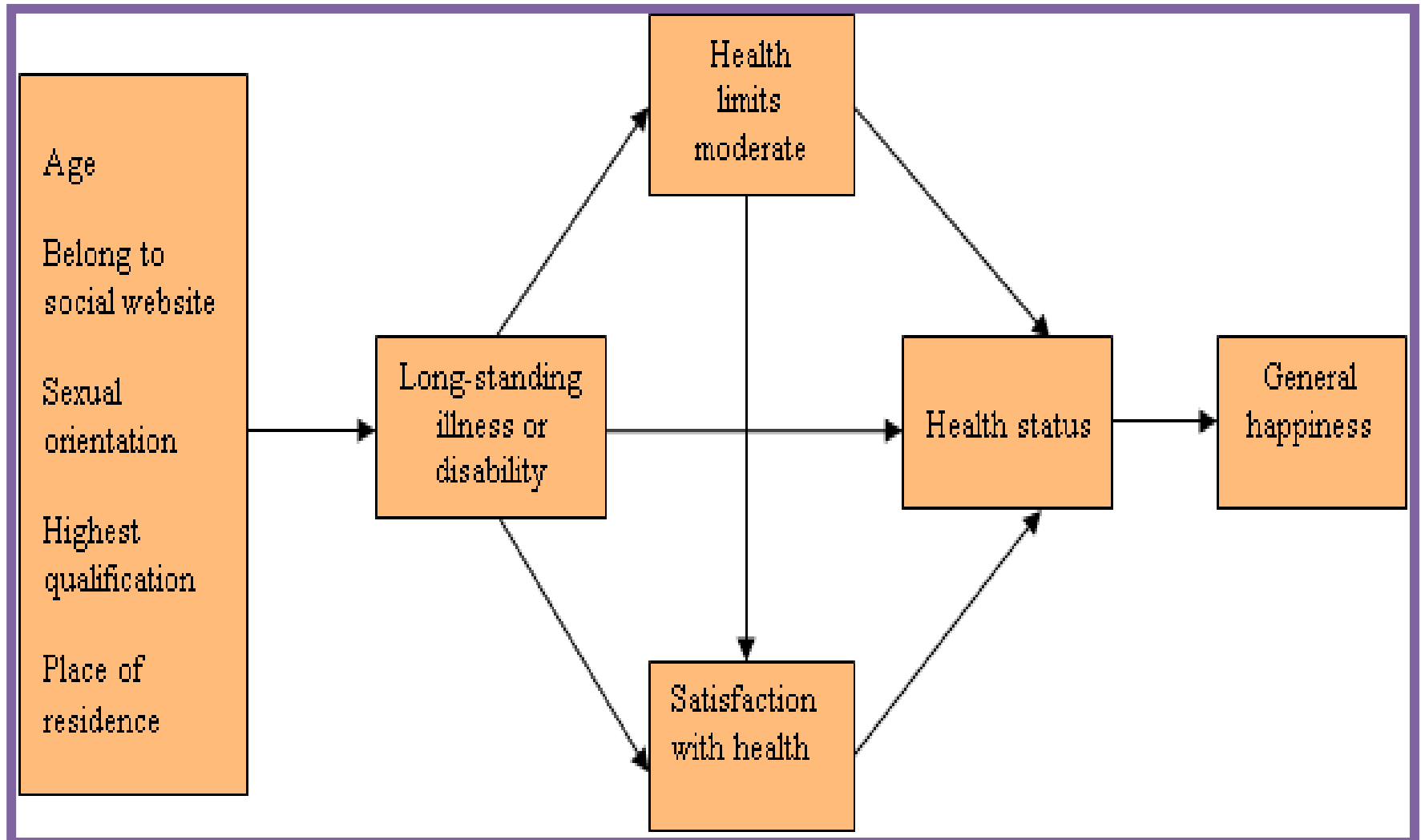
Characteristics	Long-standing illness or disability (% yes)	Health limits moderate activities (% yes)	Satisfaction with health (% dissatisfied)	Health Status (% poor health)	General Happiness (% not happy)
Age					
55-64	56.8	42.4	51.2	37.1	18.8
65-74	61.7	45.9	44.1	37.4	11.5
75-84	65.9	62.8	48.4	47.4	8.2
85+	74.1	80.1	48.3	48.7	10.0
<i>Chi-square value</i>	45.7	172.4	10.0	41.4	50.8
<i>Significance p-level</i>	.000	.000	.018	.000	.000
Belong to social website					
Yes	59.8	43.2	51.7	31.6	17.5
No	62.5	53.4	47.5	41.2	12.3
Yes	1.0	13.2	2.2	13.2	7.6
No	.296	.000	.137	.000	.006
<i>Chi-square value</i>					
<i>Significance p-level</i>					

Cross-tabulations between characteristics of older Women in the household (Wave 3)



Characteristics	Long-standing illness or disability (% yes)	Health limits moderate activities (% yes)	Satisfaction with health (% dissatisfied)	Health Status (% poor health)	General Happiness (% not happy)
Sexual orientation					
Heterosexual	60.7	51.7	48.0	36.9	12.9
Gay, lesbian & others	62.2	58.0	47.2	40.4	12.4
	0.1	2.8	0.1	0.9	0.0
<i>Chi-square value</i>	.676	.090	.814	.331	.837
<i>Significance p-level</i>					
Highest qualification					
Degree	53.0	39.5	40.4	25.2	10.5
A-level etc	56.7	52.5	47.5	37.0	16.7
GCSE etc	55.6	44.0	47.6	34.6	14.9
Other	69.1	60.4	51.9	49.9	12.8
qualification	85.4	101.8	26.6	165.0	9.1
<i>Chi-square value</i>	.000	.000	.000	.000	.028
<i>Significance p-level</i>					
Place of residence					
Urban area	63.7	53.1	49.6	43.0	12.8
Rural area	60.3	49.7	43.3	37.0	13.1
<i>Chi-square value</i>	3.6	2.6	9.3	10.7	0.1
<i>Significance p-level</i>	.056	.103	.002	.001	.842

Analytical Framework:



Logistic Regression Model:

$$\text{logit}(p_i) = \ln\left(\frac{p_i}{1-p_i}\right) = \beta_0 + \beta_1 x_{1i} + \dots + \beta_m x_{mi}$$

Odds Ratios = e^β

95% Confidence Intervals

Results of Logistic Regression:



Covariates	Long-standing illness or Disability (yes=1)	Health limits moderate Activities (yes=1)	Satisfaction with health (not satisfied=1)	Health Status (poor=1)	General happiness (Not happy=1)
Age: 65-74	1.207*	1.010	0.649***	0.810	0.563***
75-84	1.347**	2.150***	0.630***	0.903	0.336***
85+	2.252***	4.117***	0.449***	0.510***	0.396***
Belong to social website: Yes	1.167	0.952	1.230	0.715*	1.137
Sexual orientation: Straight	0.988	0.778	1.134	0.920	1.063
Highest qualification: Degree	0.619***	0.574***	0.726**	0.425***	0.913
A-level etc	0.643***	1.163	0.838	0.640*	1.270
GCSE etc	0.635***	0.708**	0.986	0.709*	1.201
Place of residence: Urban	1.165	1.134	1.169	1.151	0.750*
Long-standing illness: Yes		6.798***	2.294***	4.738***	1.652***
Health limits activities: Yes			3.178***	4.513***	1.180
Satisfaction with health: Dissatisfied				3.982***	2.747***
Health status: Poor					1.845***

Conclusions:

- **The number of single women is increasing over time.**
- **The proportion of single women varies across the age cohorts.**
- **Age is the most important factor affecting health and wellbeing.**
- **Education is associated with better health and living conditions.**
- **Long-standing illness or disability is related to low level of education and old age.**
- **Old age, poor education and disability largely limits moderate activities.**
- **Older people are dissatisfied with health because of age burden, long-standing illness and not able to do moderate activities.**
- **Person's health status is associated with disability, not able to moderate activities and dissatisfaction with health.**
- **Life is not happier because of old age, disability, poor health status and above all dissatisfaction with health.**

Questions:

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