
Contents

Foreword	v
Acknowledgements	vii
1. Introduction	1
2. Background	3
2.1 Initiatives	3
Global	3
Regional	4
2.2 Regional diversity	5
2.3 Defining the older woman	6
3. Key issues	9
3.1 Changing demographics and the need to plan for the future	9
The demographic shift is female	12
3.2 Influences on health - the life course approach	13
Political history in the lifetime of older women	13
Economic history in the lifetime of older women	15
Education and Health	17
Religion and health	18
3.3 Lack of adequate research and data	19
Why women's health?	19
Indicators of health status	22
Health indicators in the Western Pacific Region	23
Social indicators	24

3.4	Morbidity and mortality	26
	Morbidity	26
	Mortality	28
3.5	Quality of life	31
	Indicators for quality of life	31
	Disability Adjusted Life Years (DALYs) and Quality Adjusted Life Years (QALYs)	32
3.6	Caring and health provisions	38
	Older women as providers of health care	39
	Older women as consumers of health care	40
3.7	Agism and sexism	42
	Death and dying	45
4.	Country initiatives	47
	Issue No. 1 - Changing demographics	47
	Issue No. 2 - Influences on health - life course approach - the context of older women's health	50
	Issue No. 3 - Lack of data	52
	Issue No. 4 - Mortality and morbidity	55
	Issue No. 5 - Quality of life	61
	Issue No. 6 - Community care	63
	Issue No. 7 - Agism and sexism	75
5.	Conclusions and recommendations	79
	Conclusions	79
	Recommendations	80
	Bibliography	89