



Diabetes-free life expectancy at Kanchanaburi Province in Thailand: a Comparison between Male and Female Elderly

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Abstract

Background: Diabetes is problem of growing proportion in Thailand as proportion of elderly is increasing and prevalence of diabetes among elderly is two times higher than the national figure. Focusing on healthy aging, a crucial question is whether increases in life expectancy will imply healthy life for higher proportion of elderly population.

Objectives: (i) estimation of age specific life expectancies with diabetes and without diabetes, (ii) estimation of percentage of future years of life with diabetes and without diabetes, and (iii) test the equality of diabetes-free life expectancies for male and female elderly

Data: The sample of this study included individuals aged 60 years and/ more who were interviewed for the data collection in Kanchanaburi Demographic Surveillance System (KDSS) at round 5 in 2004. This study used household data of KDSS for mortality and diabetes prevalence data.

Statistical Method: The Sullivan's life table method was used in this study to estimate the life expectancy with diabetes and diabetes-free life expectancy.

Results: Diabetes prevalence is higher for female elderly compare to male elderly at all ages and it shows decreasing pattern as age increases. Diabetes-free life expectancy for female elderly up to age 89 years is more than total life expectancy of their age corresponding male counterparts. The percentage of average future years expected to diabetes-free is higher for male elderly compare to female elderly at all age group except age 90 years and over.

Conclusion: Older persons at Kanchanaburi province in Thailand can expect to live a large portion of their remaining life without diabetes. There were no significant differences between male and female elderly regarding their diabetes-free life expectancy except the oldest group. Proportion of diabetes-free life expectancy reduces as age increase i.e. proportions of individuals' remaining life with diabetes were higher at early stage of elderly. So it may be helpful by promoting healthy eating and exercise emphasizing female at early stage of elderly to keep every elderly free from diabetes.

Keywords: Diabetes; elderly; life expectancy.