**Summary: Report number 03-00-03**

**Selected health indicators among the elderly: Findings from the SADHS 2016, GHS 2016 and MACoD 2016**

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**Total number of the elderly population**

1 598 (SADHS 2016) and 4 461 (GHS 2016)

**Body Mass Index (BMI): SADHS 2016**

**NB: GHS 2016 did not collect data on this variable**

Measured BMI – almost seven in ten (69.6%) of the elderly population were found to be overweight/obese.

Perceived BMI – 11,0 % of the elderly population perceived themselves as being overweight/obese.

**Morbidity: SAHDS 2016 and GHS 2016**

* Hypertension
* SADHS 2016 – 53,6% reported that they were diagnosed by a health professional
* GHS 2016 – 45,1% reported that they were diagnosed by a health professional
* Diabetes mellitus
* SADHS 2016 – 15,3% reported that they were diagnosed by a health professional
* GHS 2016 – 16,6% reported that they were diagnosed by a health professional

**Mortality: Mortality and Causes of Death 2016 (MACoD)**

* Hypertension – Ranked 3rd as cause of death (Ranked 3rd for females and 4th for males)
* Diabetes mellitus – ranked 1st as cause of death (Ranked 1st for both males and females).

**Health Insurance Cover: SAHDS 2016 and GHS 2016**

* SADHS 2016 – 20,5% (25,5% males and 17,5% females)
* GHS 2016 – 24,5%% (28% males and 22,1% females)