

## Geographical Maps showing characteristics associated with the ageing of the UK population

A report for the Government Office for Science Foresight 'Future of an Ageing  
Population project'

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*This review has been commissioned as part of the UK government's Foresight Future of an Ageing Population project. The views expressed do not represent policy of any government or organisation.*

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## 1 Executive Summary

This report describes the historical and projected spatial variation in the United Kingdom, at local authority level, of people aged 65 and over with respect to their health, mobility and other characteristics that may provide an indication of the impacts of an ageing population and the future needs of older people. It also gives brief overviews of global and national issues relating to older people.

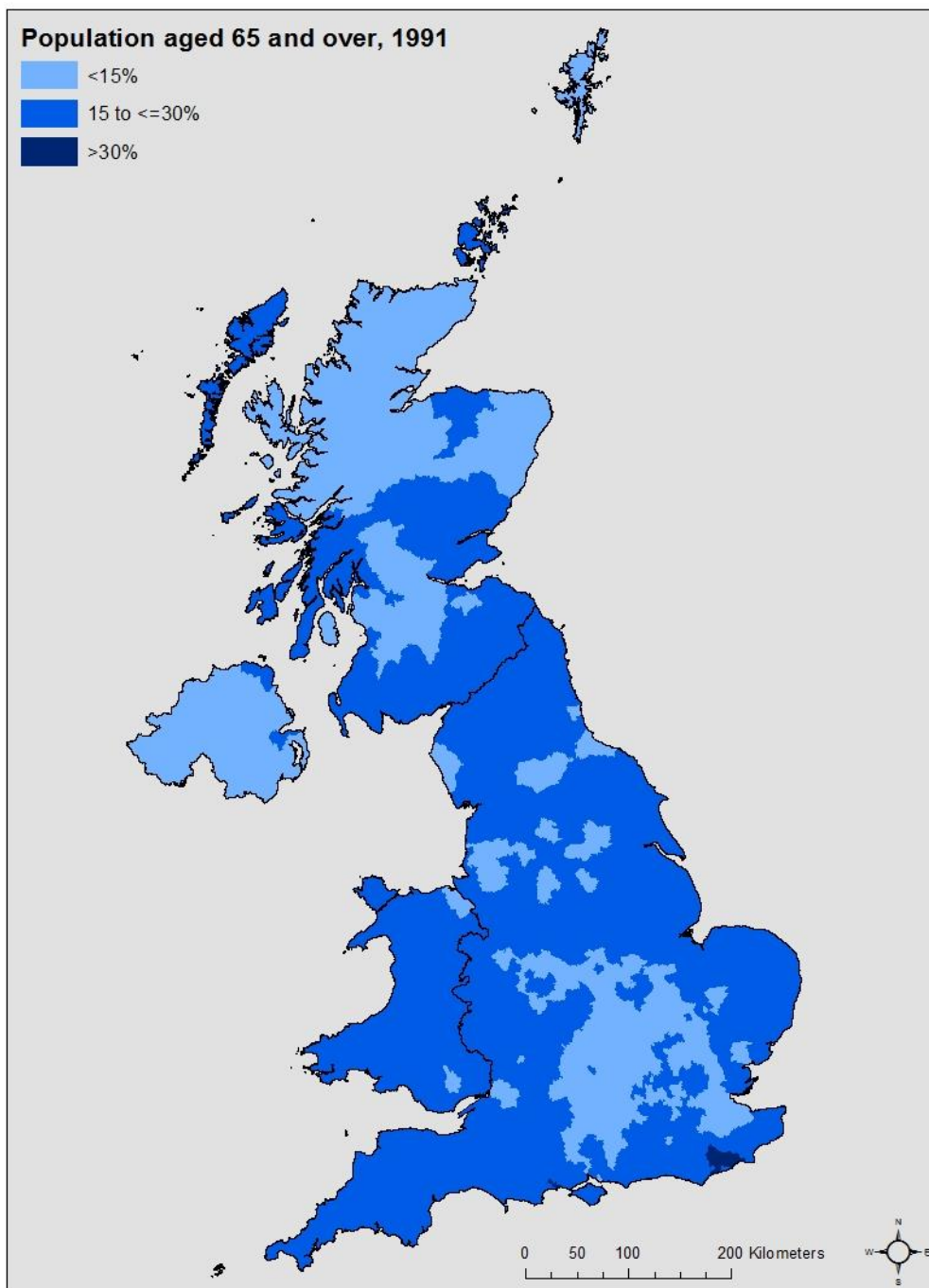
The report reveals that populations of older people are growing as life expectancy increases. Higher proportions of older people are found in coastal areas. Populations of non-white older people are higher in urban areas and have increased substantially between 1991 and 2011. Life expectancy shows variation between local authorities and between the sexes. People are more likely to be expected to live longer in southern England and in all areas females are expected to live longer than males. Older migrants tend to locate in coastal and more rural areas whilst older people are generally more likely to have better personal mobility, as indicated by their access to a car, in rural areas. Lower rates of disability among people aged 65 and over, as indicated by limitation in daily activities, are seen in southern England and may reflect a socioeconomic gradient in health. In general older people who live in urban areas are more likely to live alone. Notably higher proportions of household reference persons aged 65 and over own their own home in local authorities in England than in Scotland. Rates of provision of unpaid care among people aged 65 and over tend to be higher in local authorities in Wales and lower in those of Scotland and London region. There is a different spatial distribution of poor health among unpaid carers aged 65 and over, possibly reflecting socioeconomic inequity in access to care services.

## 2 Population aged 65 and over

In 1991 the proportion of the population aged 65 and over in UK administrative areas ranged from 9.1 to 30.7% (mean= 16.1±3.3) and in 2011 it ranged from 6.1 to 29.7% (mean= 17.4±3.9). The projected proportion of the population aged 65 and over in UK administrative areas ranges from 6.2 to 35.9% (mean= 22.1±5.2) in 2025, and from 8.0 to 40.2% (mean= 26.5±6.1) in 2037. In 1991 the administrative area with the lowest proportion of people aged 65 and over was the local government district of Derry. However, in 2011 it was the London borough of Tower Hamlets and this administrative area is projected to also have the lowest proportions in 2025 and 2037. The administrative area with the highest proportion of people aged 65 and over in 1991 and 2011 was Christchurch, on the south coast of England. Also on the south coast of England, West Somerset and Rother are projected to have the highest proportions in 2025 and 2037, respectively. The mean change in the proportion of the population aged 65 and over within local authorities was 1.3%±2.8, an increase, and ranged from -8.0%, a decrease, to 8.3%, an increase. The administrative area with the greatest decrease in the proportion of people aged 65 and over between 1991 and 2011 was Brighton and Hove on the south coast of England and that with the greatest increase was South Staffordshire in the Midlands.

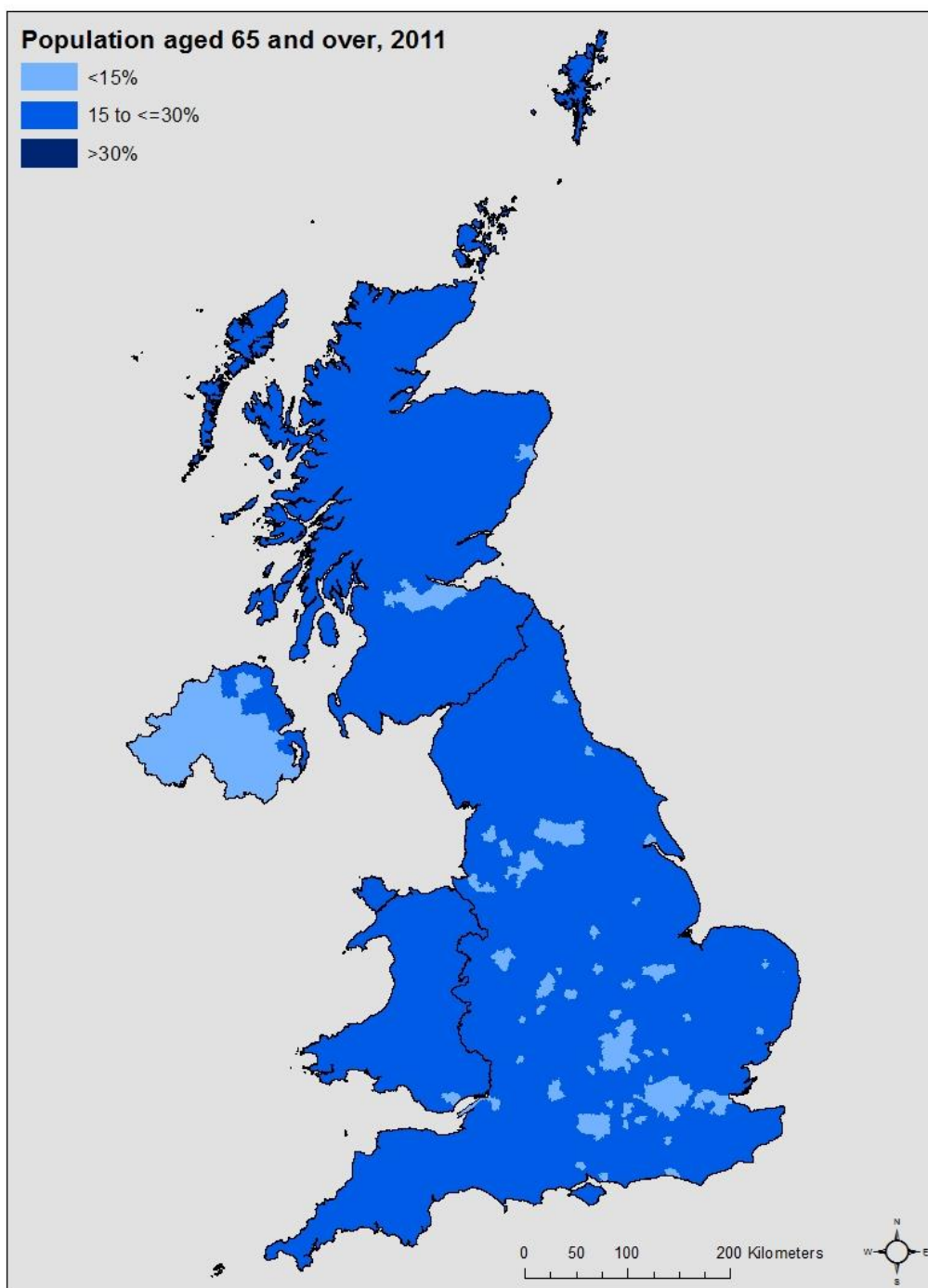
Map 2.1 and Map 2.2 show the proportions of the population aged 65 and over in UK local authorities in 1991 and 2011, respectively. The proportions of the population aged 65 and over in UK local authorities are shown in Map 2.3 and Map 2.4, respectively. Map 2.5 shows the percentage change in the proportion of the population aged 65 and over between 1991 and 2011. It is evident that in 1991 lower proportions of the population aged 65 and over were found in local authorities in the south east of England, northern Scotland and Northern Ireland, many with less than 15%. In 2011, by contrast, most local authorities across the UK had higher proportions of people aged 65 and over of between 15 and 30%. Notable exceptions are the local authorities in London, as illustrated in Map 2.5, where proportions of people aged 65 and over reduced by more than 10% between 1991 and 2011. Higher proportions of older people are projected for 2025 and 2037, with most coastal local authorities across the UK having a population aged 65 and over of more than 30% by 2025 and virtually all having this proportion by 2037. Only in a few areas such as London and other major cities is the proportion of people aged 65 and older projected to be less than 15% in 2037.

Map 2.1 Proportion of population aged 65 and over in UK local authorities, 1991

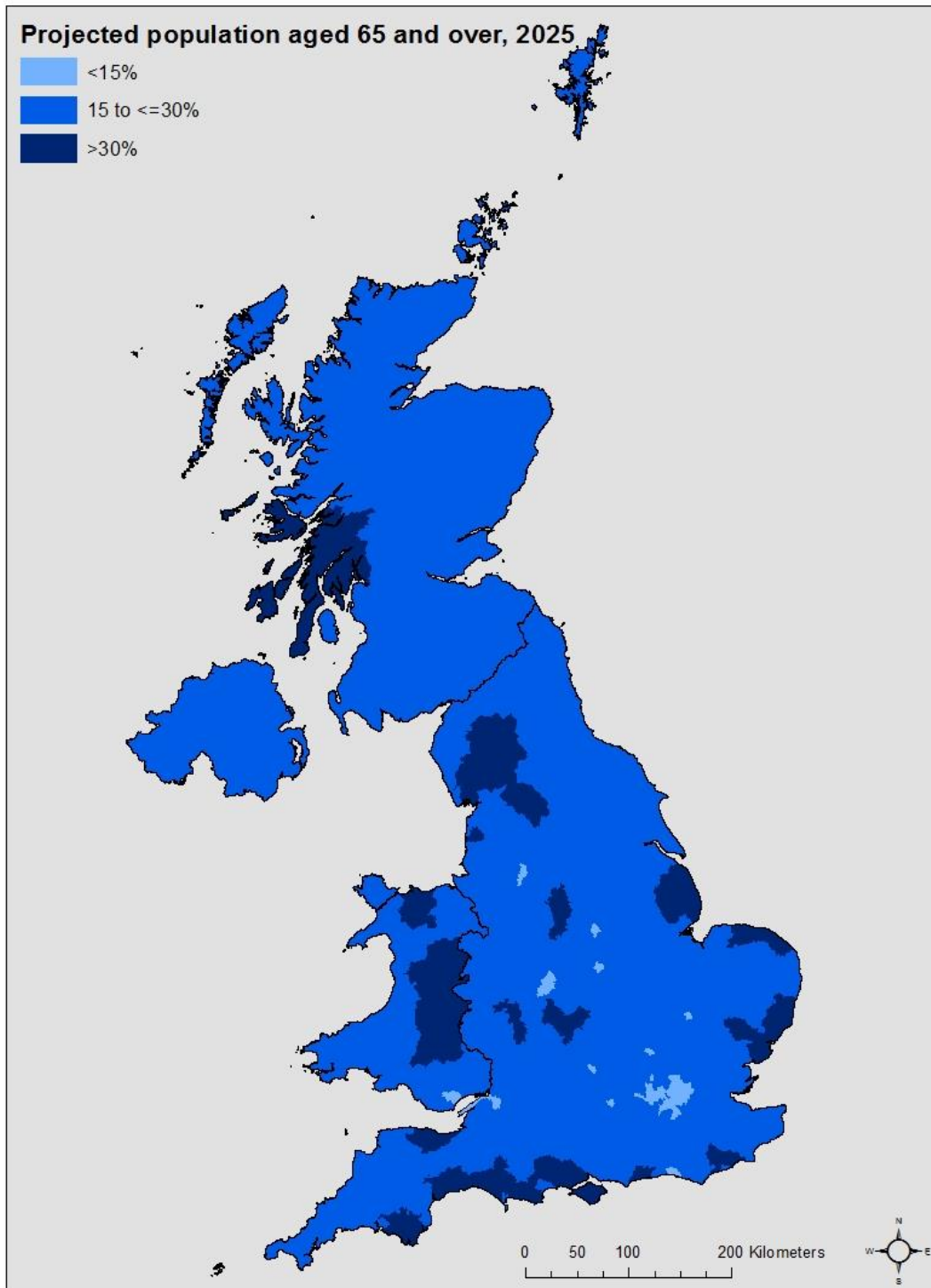




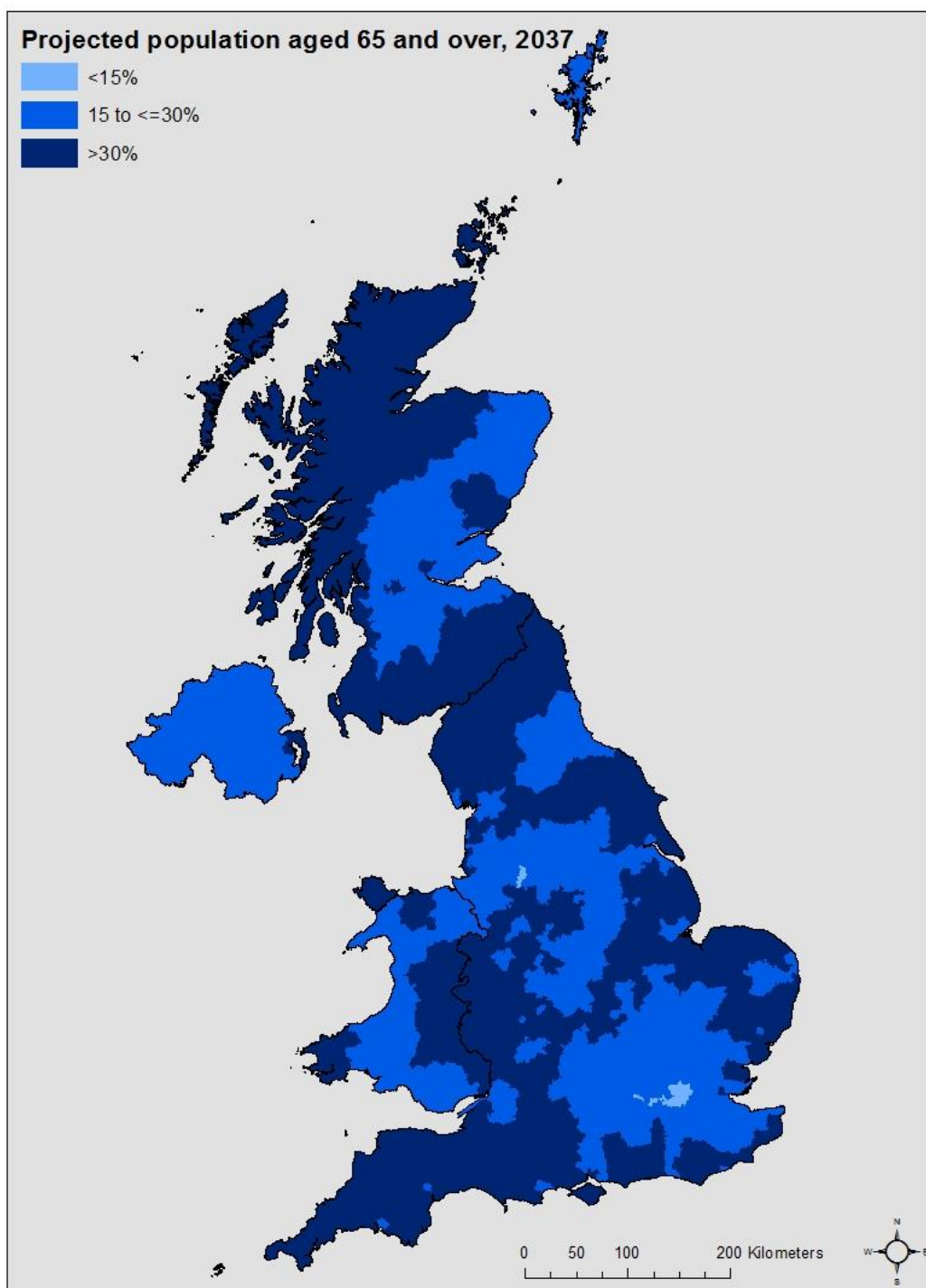
Map 2.2 Proportion of population aged 65 and over in UK local authorities, 2011



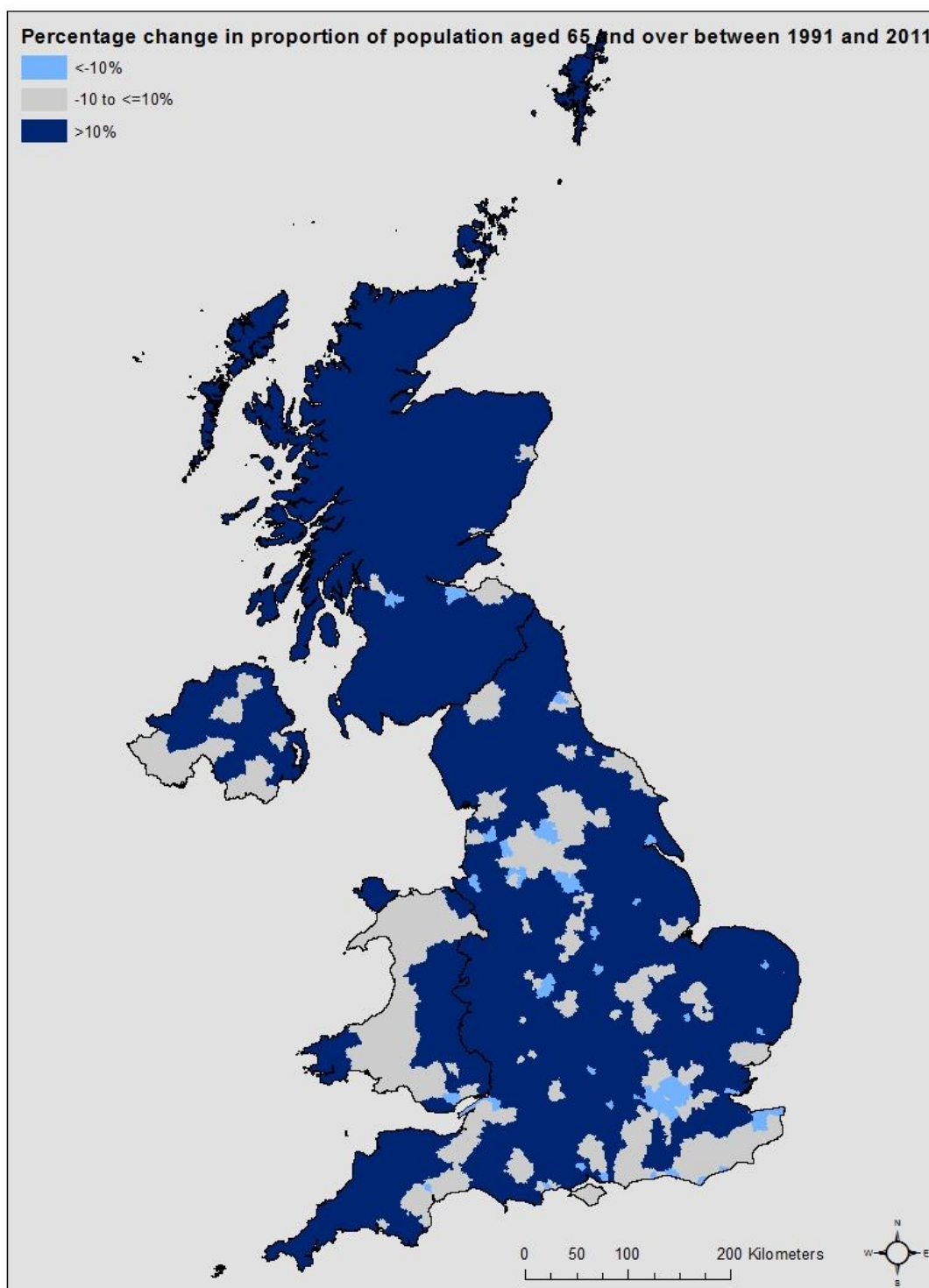
Map 2.3 Projected proportion of population aged 65 and over in UK local authorities, 2025



Map 2.4 Projected proportion of population aged 65 and over in UK local authorities, 2037



Map 2.5 Change in proportion of population aged 65 and over in UK local authorities between 1991 and 2011

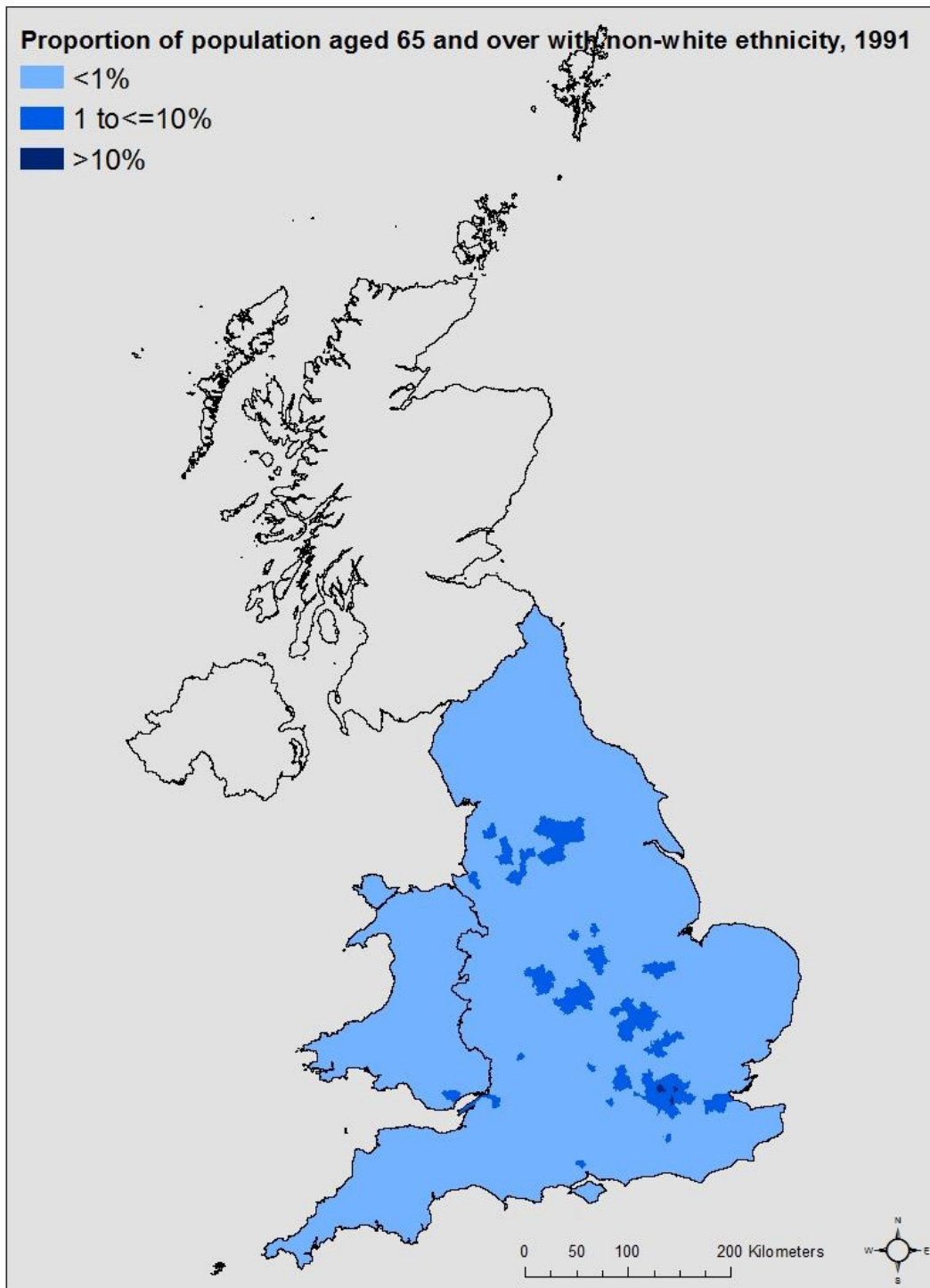


### 3 Ethnicity

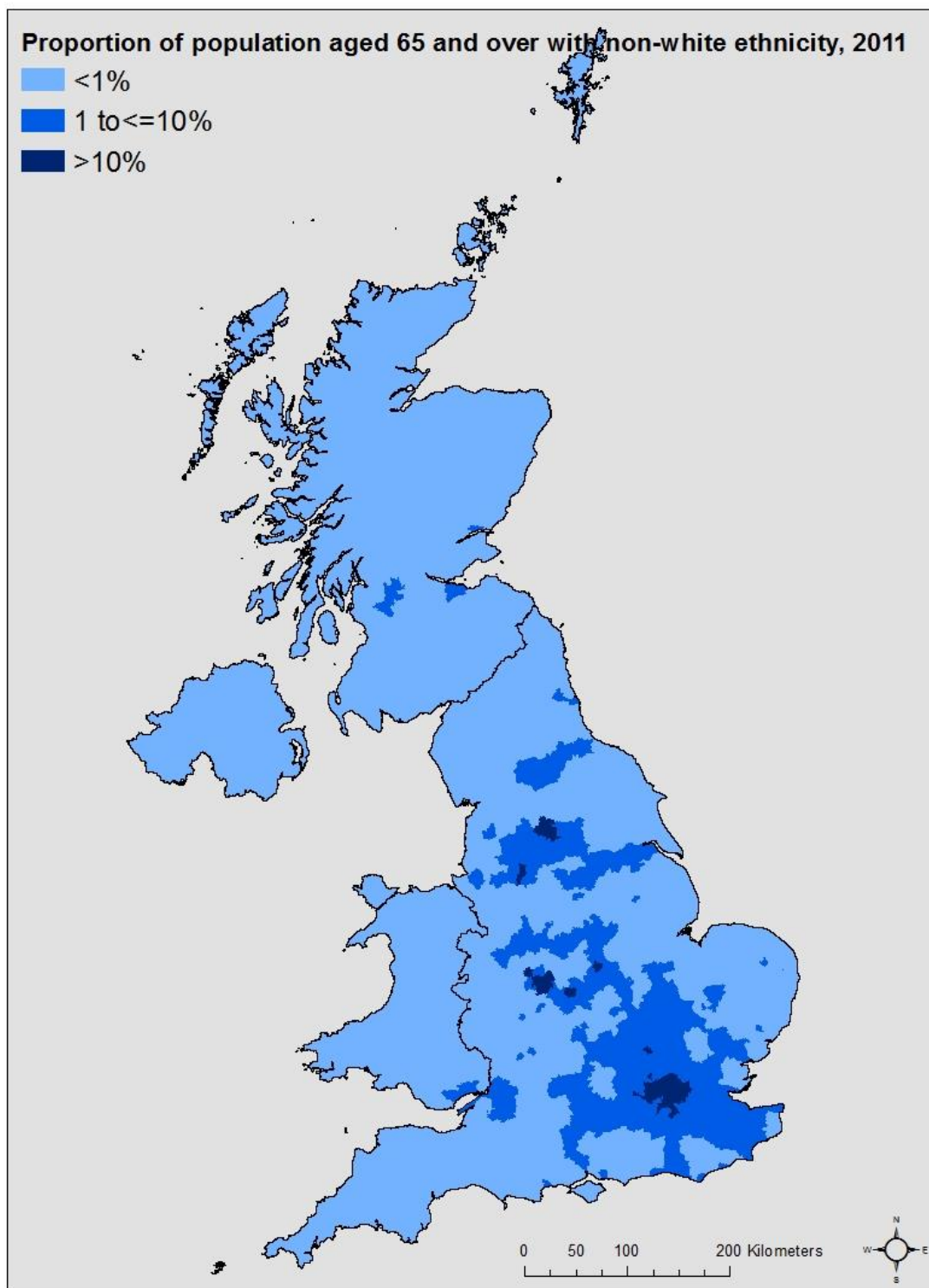
In 1991 the proportion of people with non-white ethnicity among those aged 65 and over in local authorities in England and Wales ranged from less than 0.1% to 15.1% (mean= 0.9%) and in 2011 in local authorities in the UK it ranged from 0.1 to 51.1% (mean= 3.7%). The local authority with the lowest proportion of people with non-white ethnicity among those aged 65 and over in England and Wales in 1991 was Allerdale and that with the highest was the London borough of Brent. In 2011, the local authority with the lowest proportion of people with non-white ethnicity among those aged 65 and over in the UK was the local government district of Moyle, Northern Ireland, and that with the highest was the London borough of Bexley. All local authorities across England and Wales had a large percentage increase in the proportion of people with non-white ethnicity among those aged 65 and over between 1991 and 2011: the mean change was 383.7%. The local authority with the lowest change was Richmondshire, at 53.5%. The local authority with the highest change was Allerdale, at 1282.5%, explained by the fact that the proportion of the population with non-white ethnicity among those aged 65 and over was very low at less than 0.1% in 1991.

Map 3.1 and Map 3.2 show the proportions of the population with non-white ethnicity among those aged 65 and over in local authorities in England and Wales in 1991 and the UK in 2011, respectively. Map 3.3 shows the percentage change in the proportions of the population with non-white ethnicity among those aged 65 and over in local authorities in England and Wales between 1991 and 2011. In 1991 most local authorities across in England and Wales less than 1% of the population aged 65 and over was non-white. Only London and other urban areas had higher proportions. In 2011 in almost all local authorities in Scotland, Wales and Northern Ireland less than 1% of the population aged 65 and over was non-white. However, higher proportions were seen across England, most notably in the south east, and in most local authorities in London more than 10% of the population aged 65 and over was non-white.

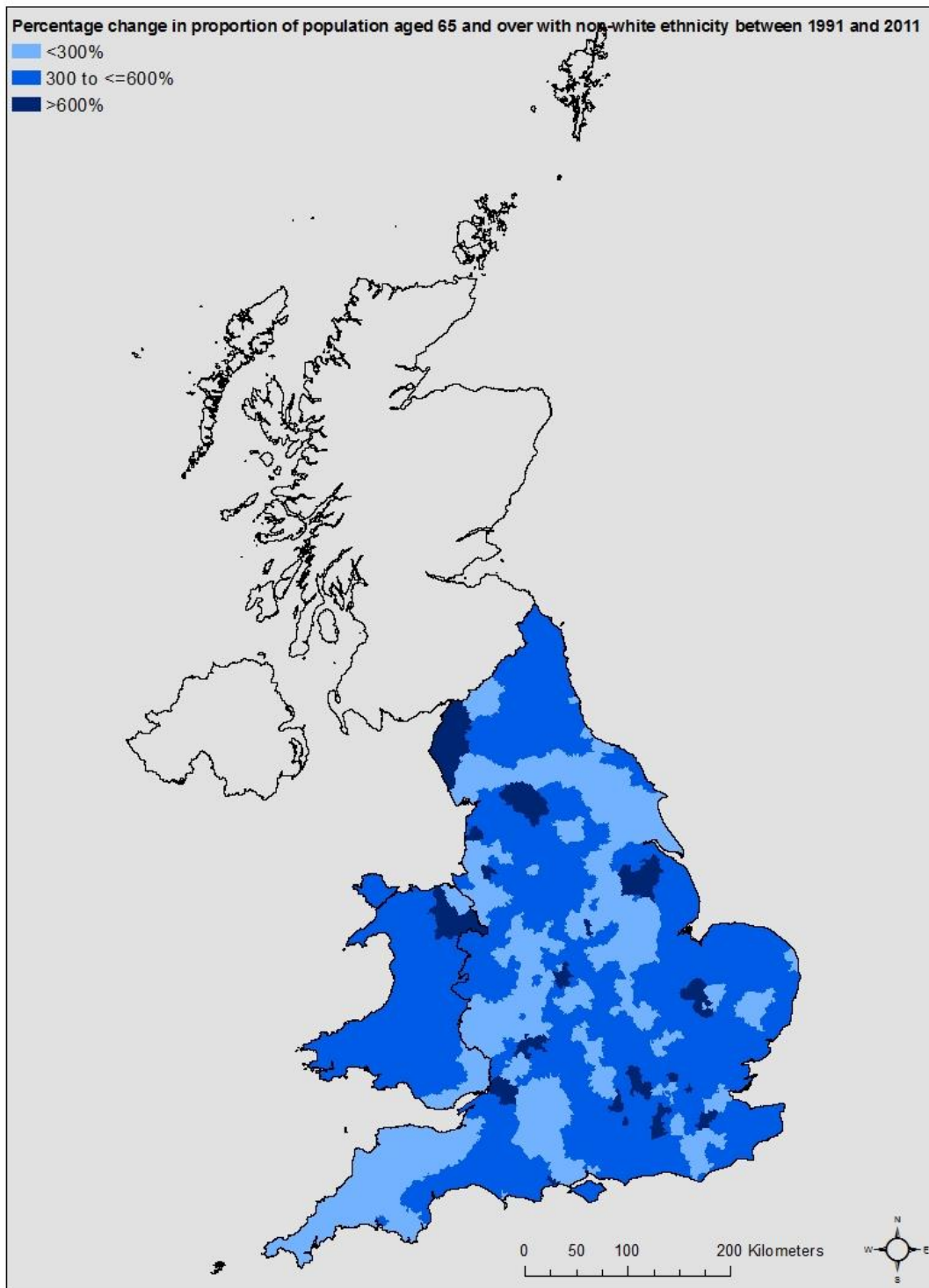
Map 3.1 Proportion of population aged 65 and over with non-white ethnicity in local authorities in England and Wales in 1991



Map 3.2 Proportion of population aged 65 and over with non-white ethnicity in UK local authorities in 2011



**Map 3.3 Percentage change in proportion of population with non-white ethnicity in local authorities in England and Wales between 1991 and 2011**



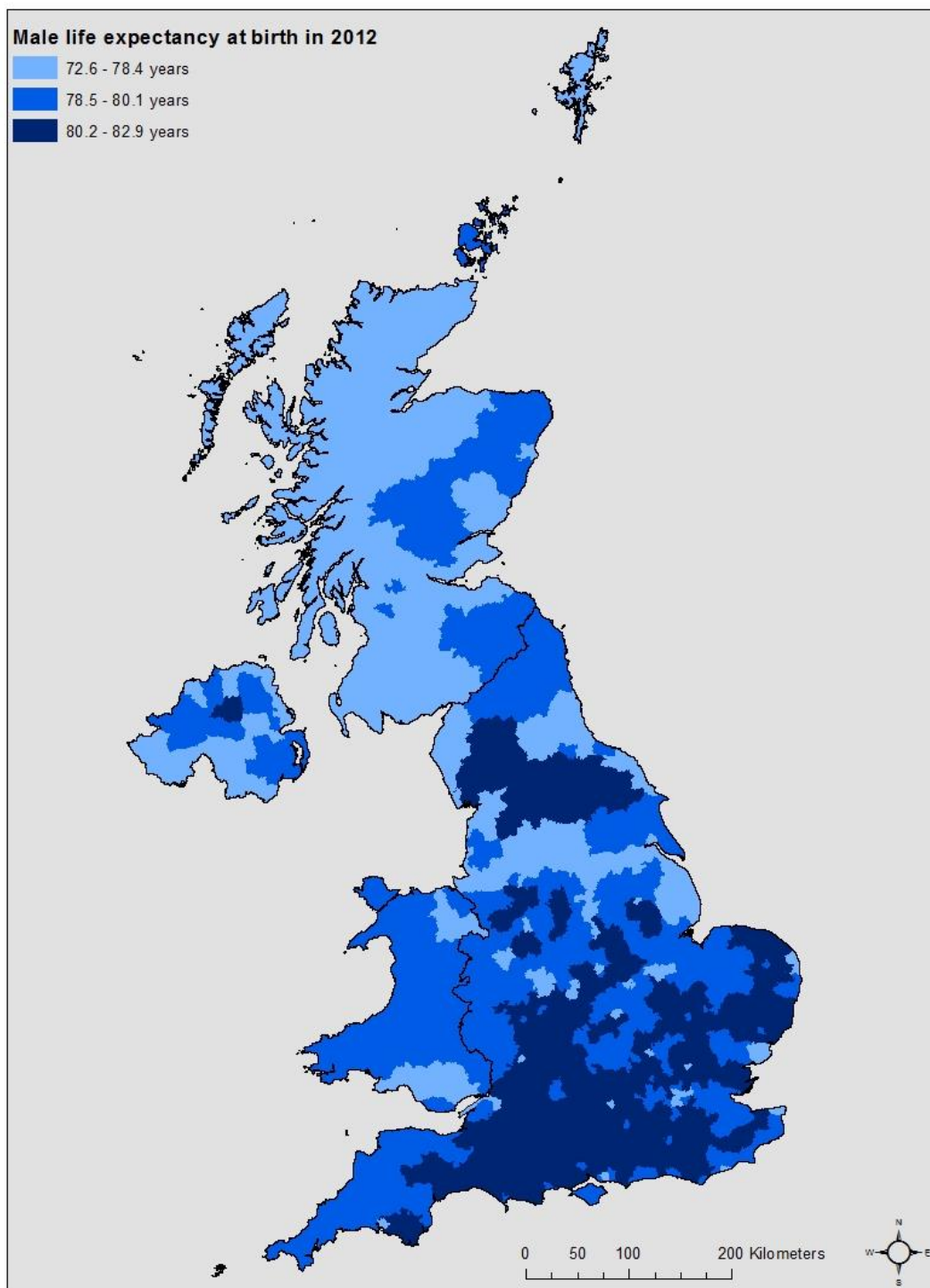


## 4 Life expectancy

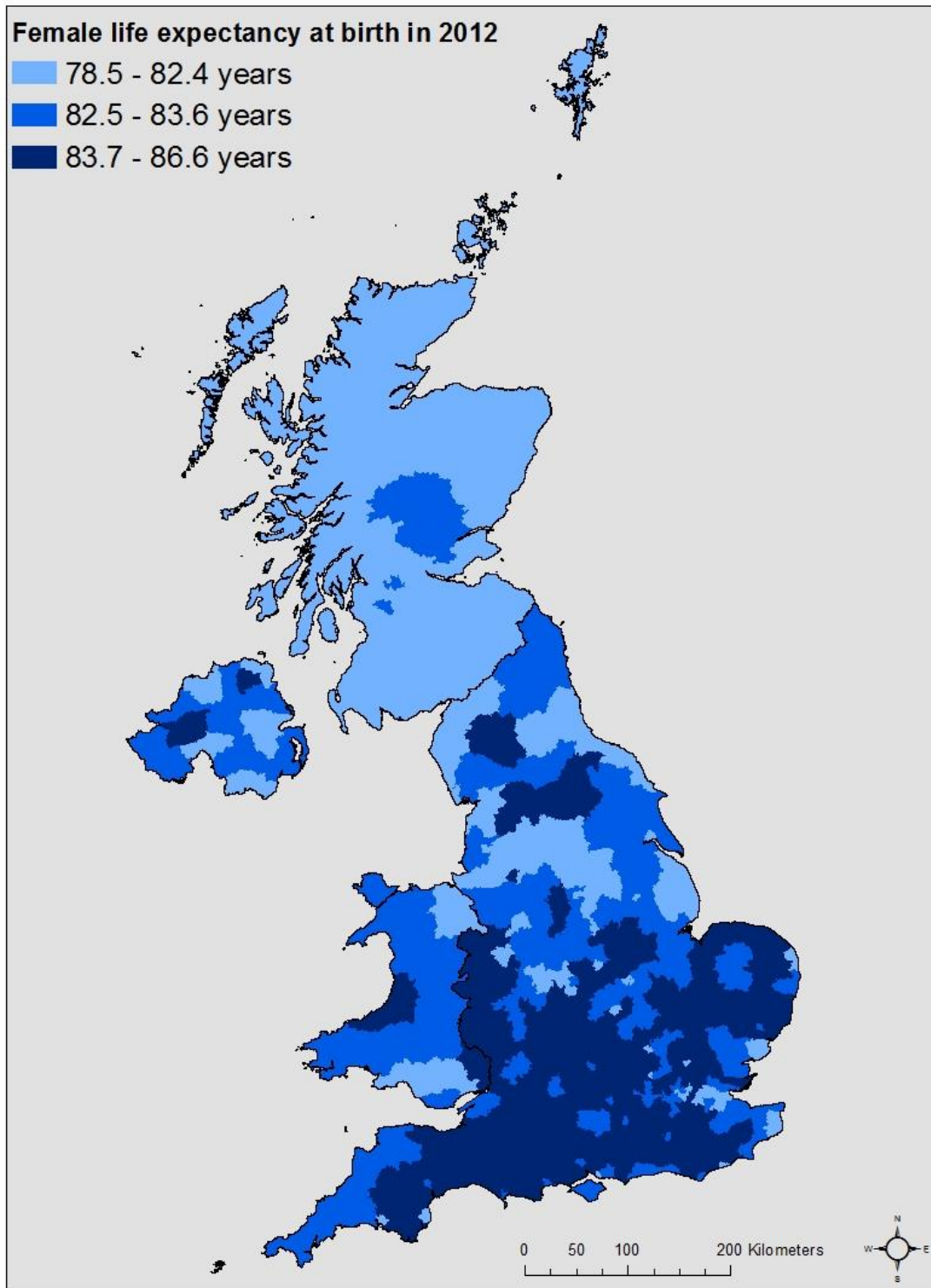
In UK local authorities in 2012, life expectancy of males at birth ranged from 72.6 to 82.9 years (mean = 79.2 years $\pm$ 1.7) whilst that of females at birth ranged from 78.5 to 86.6 years (mean = 83.0 years $\pm$ 1.4). Life expectancy of males at age 65 ranged from 14.9 to 20.9 years (mean = 18.5 years $\pm$ 1.0) whilst that of females at age 65 ranged from 18.3 to 23.8 years (mean = 21.1 years $\pm$ 1.0). The lowest life expectancy in 2012 at birth for both males and females was in the Scottish council area of Glasgow City. The highest life expectancy for males at birth was in East Dorset and that for females at birth was in Purbeck. At age 65, as for at birth, the lowest life expectancy for males was in Glasgow City whereas for females at age 65 it was in another Scottish council area, West Dunbartonshire. The highest life expectancies for both males and females at 65 in 2012 were in London boroughs: the highest life expectancy for males was in Harrow whilst that for females was in Camden. Life expectancies at birth in UK local authorities in 2012 are shown for males in Map 4.1 and for females in Map 4.2. Life expectancies at age 65 are shown for males in Map 4.3 and for females in Map 4.4. Whilst females had longer average life expectancies both at birth and at age 65, geographic variation in life expectancies at birth and at age 65 was similar for males and females. Local authorities in the south of the UK tended to have higher life expectancies than in Scotland.

The mean percentage difference between female life expectancy at birth and male life expectancy at birth in local authorities in the UK in 2012 was 4.9%  $\pm$ 0.9. Thus, in an average local authority a female at birth would be expected to live almost 5% longer than a male. At birth in 2012 the difference between female life expectancy and male life expectancy ranged from 2.6% in the Orkney Islands to 8.4% in Inverclyde. At age 65 in 2012, the mean difference between female life expectancy and male life expectancy was 13.8%  $\pm$ 2.6, and it ranged from 3.1% in the Orkney Islands to 23.3% in Eilean Siar. Therefore, the smallest and the greatest differences in life expectancies at both birth and at age 65 were found in Scotland. The percentage difference in female and male life expectancy in local authorities in the UK in 2012 at birth are shown in Map 4.5 and those at age 65 are shown in Map 4.6. Similar geographic variation in percentage difference in life expectancy between females and male are seen in both maps, but there is no clear spatial pattern. This suggests that non-place based factors account for differences in life expectancies between the sexes.

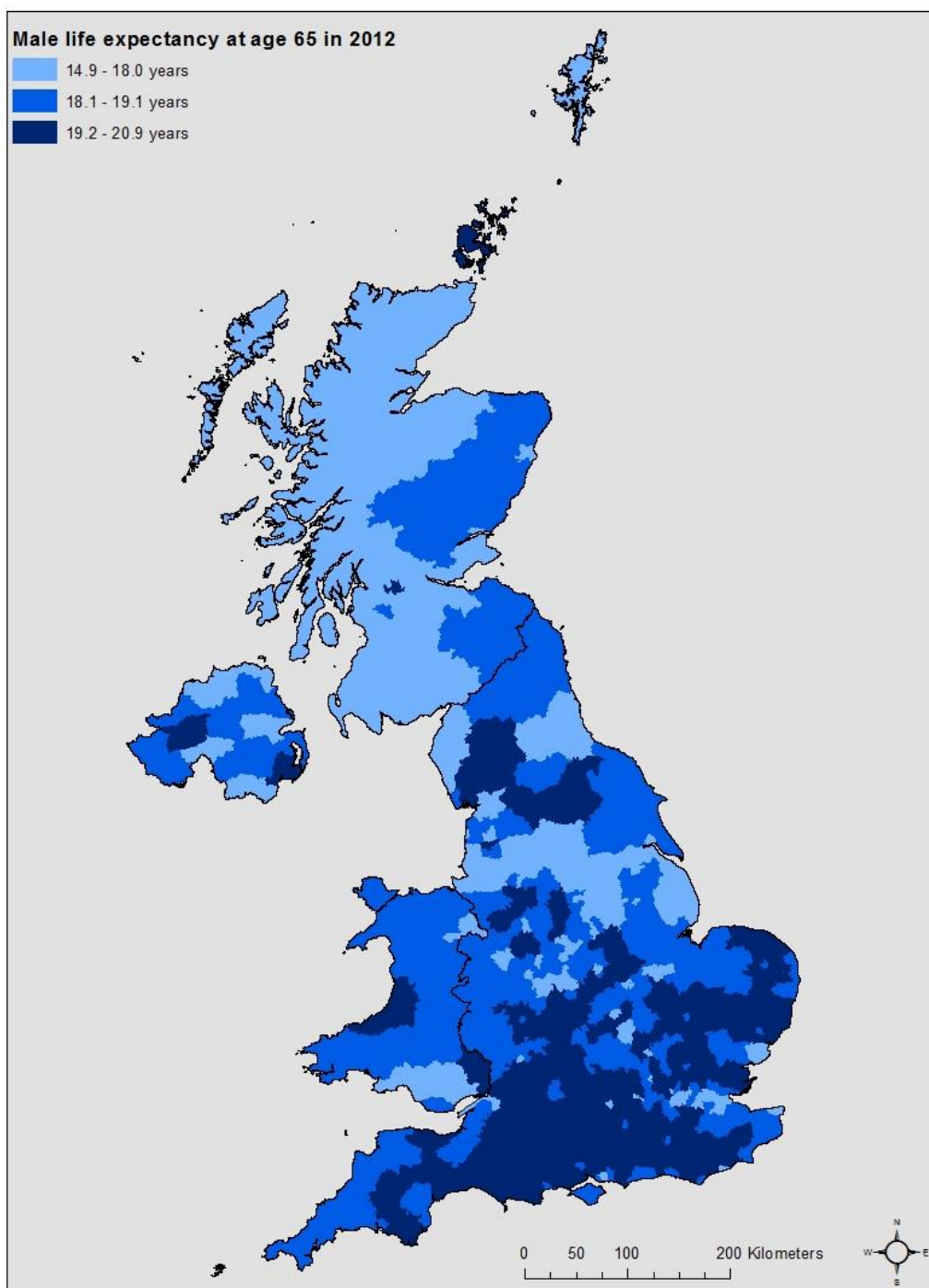
Map 4.1 Male life expectancy at birth in UK local authorities in 2012



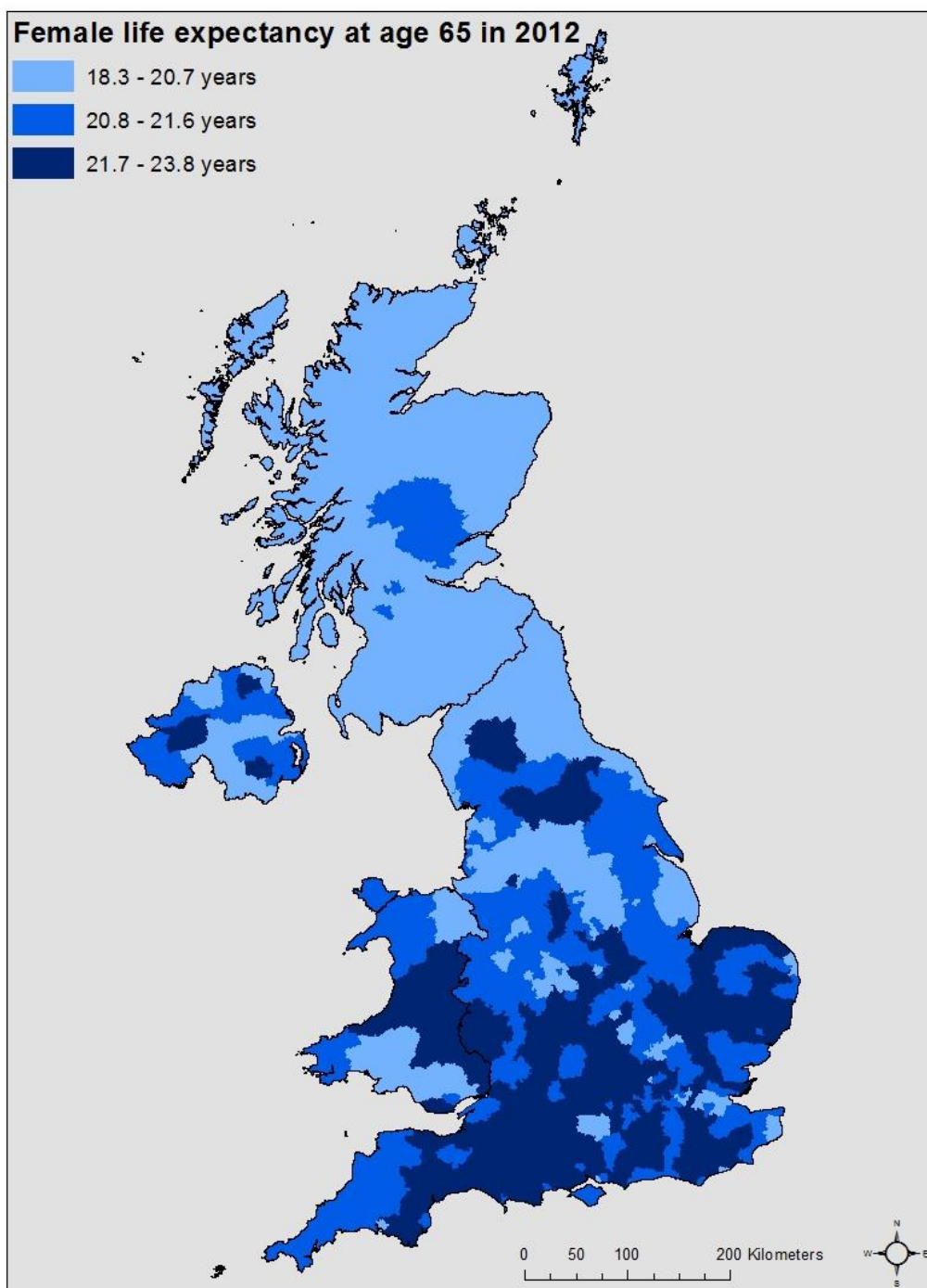
Map 4.2 Female life expectancy at birth in UK local authorities in 2012



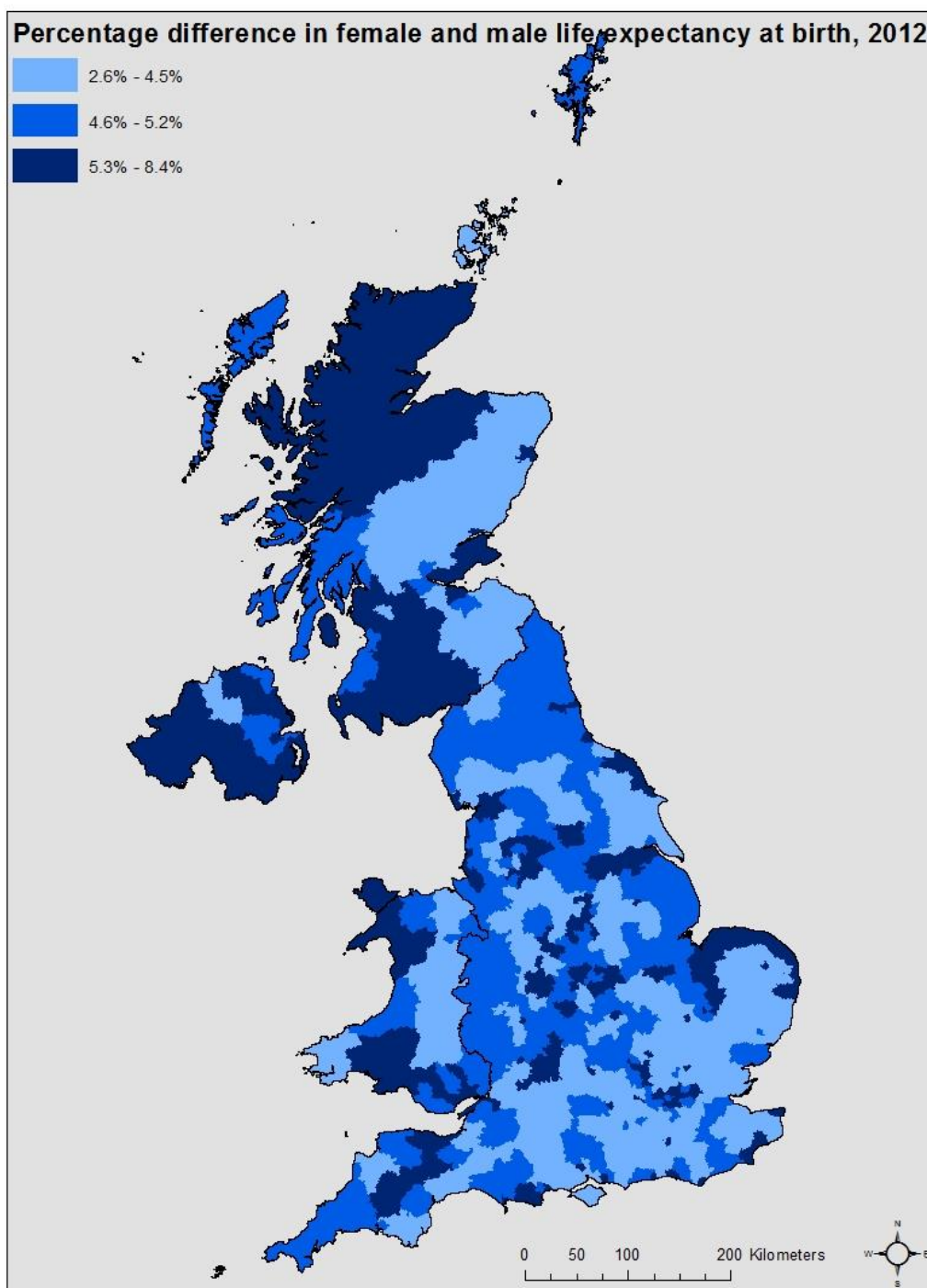
Map 4.3 Male life expectancy at age 65 in UK local authorities in 2012



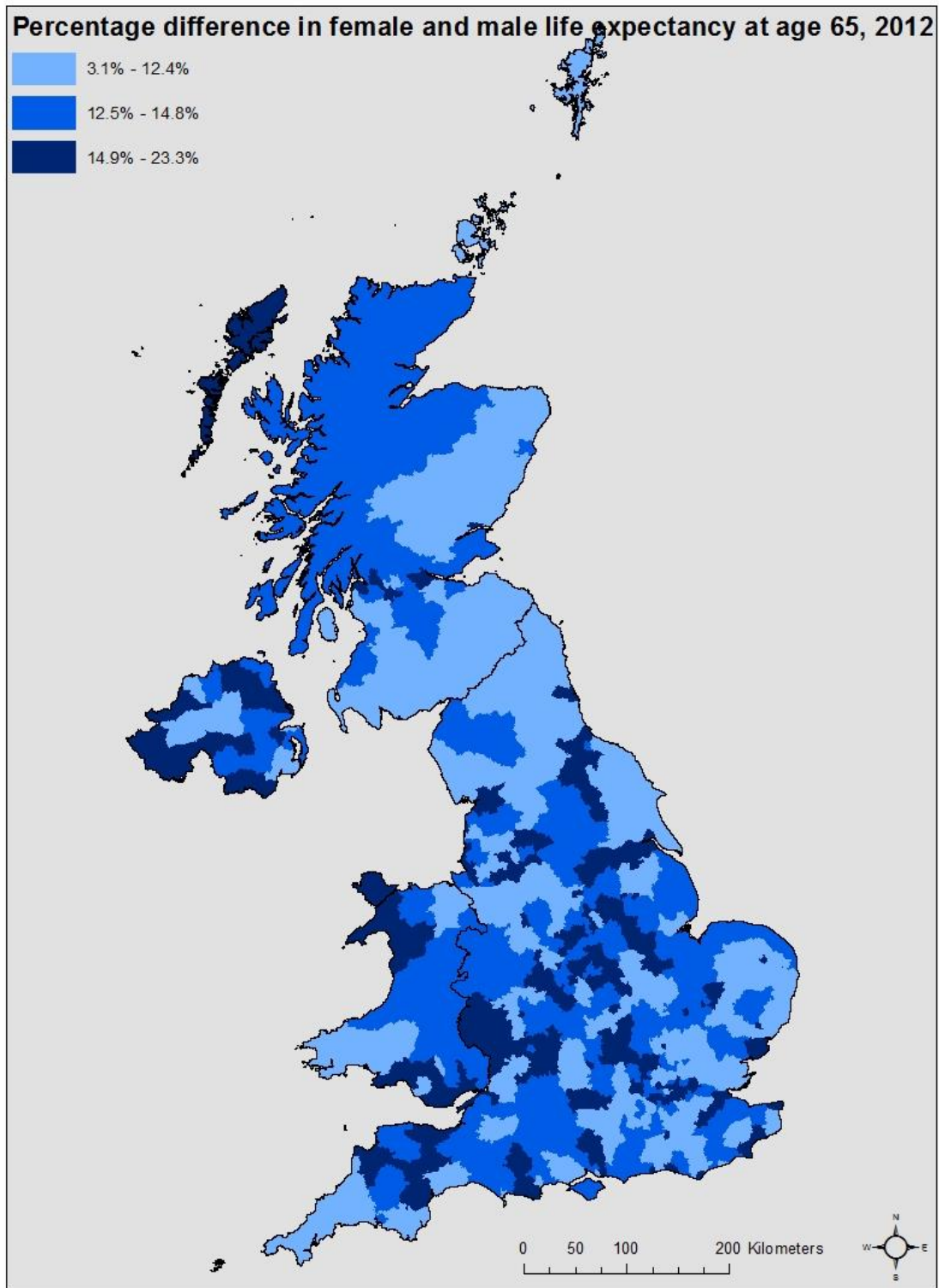
Map 4.4 Female life expectancy at age 65 in UK local authorities in 2012



Map 4.5 Percentage difference in female and male life expectancy at birth in UK local authorities in 2012



Map 4.6 Percentage difference in female and male life expectancy at age 65 in UK local authorities in 2012



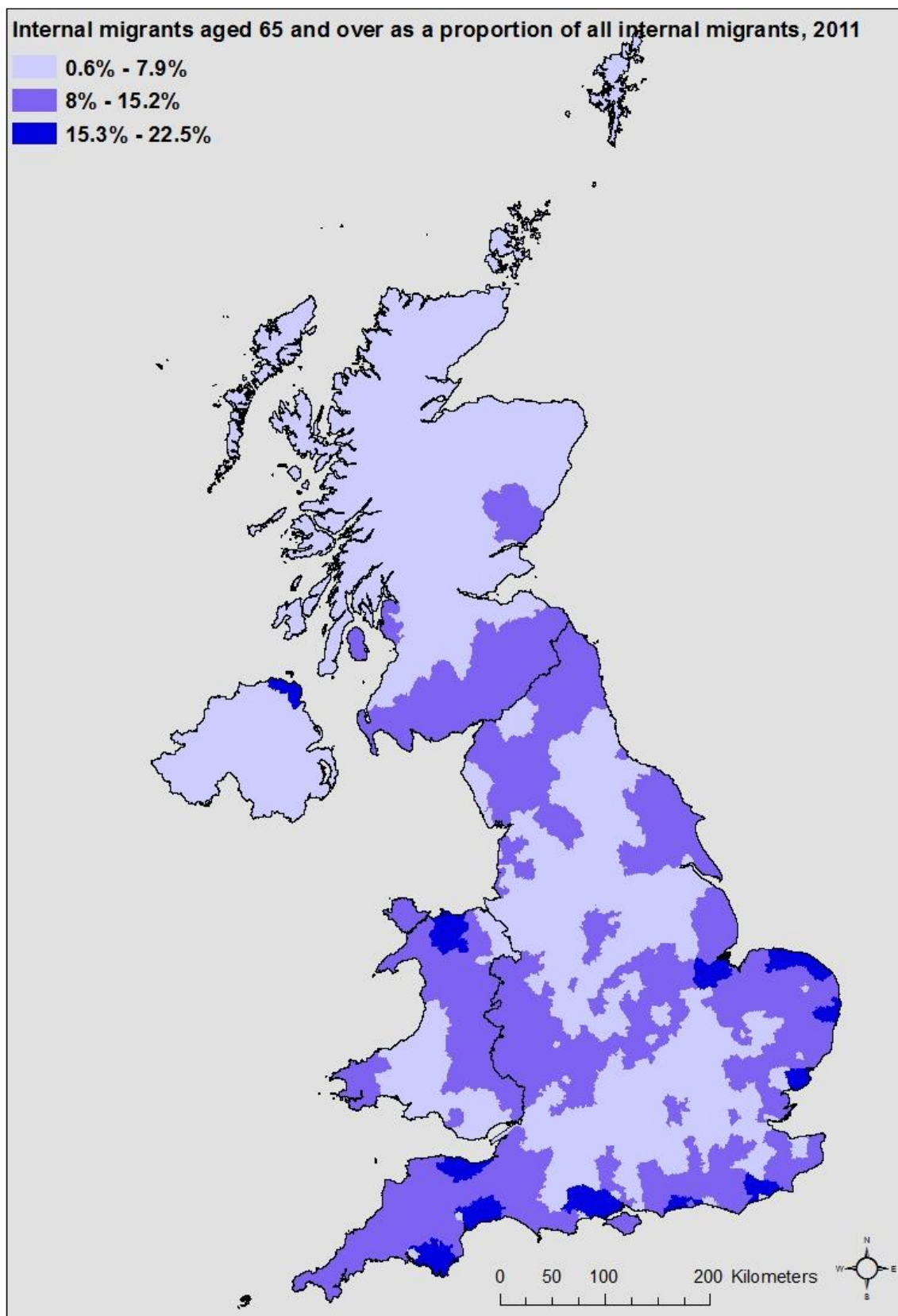
## 5 Internal Migration

The mean proportion of internal migrants (those who had a different usual address one year before the census, including those moving within the UK) in UK local authorities in 2011 aged 65 and over was  $6.7\% \pm 3.9$ . The proportion of internal migrants who were aged 65 and over ranged from 0.6% in the London borough of Newham to 22.5% in Christchurch on the south coast of England. The proportion of internal migrants aged 65 and over among all internal migrants in UK local authorities in 2011 is shown in Map 5.1. Internal migrant populations with higher proportions of older people aged 65 and over tended to be located in coastal areas. High proportions of older internal migrants were prevalent on the south coast, East Anglia, northern England, southern Scotland and Wales. They were notably absent in more urban parts of the UK.

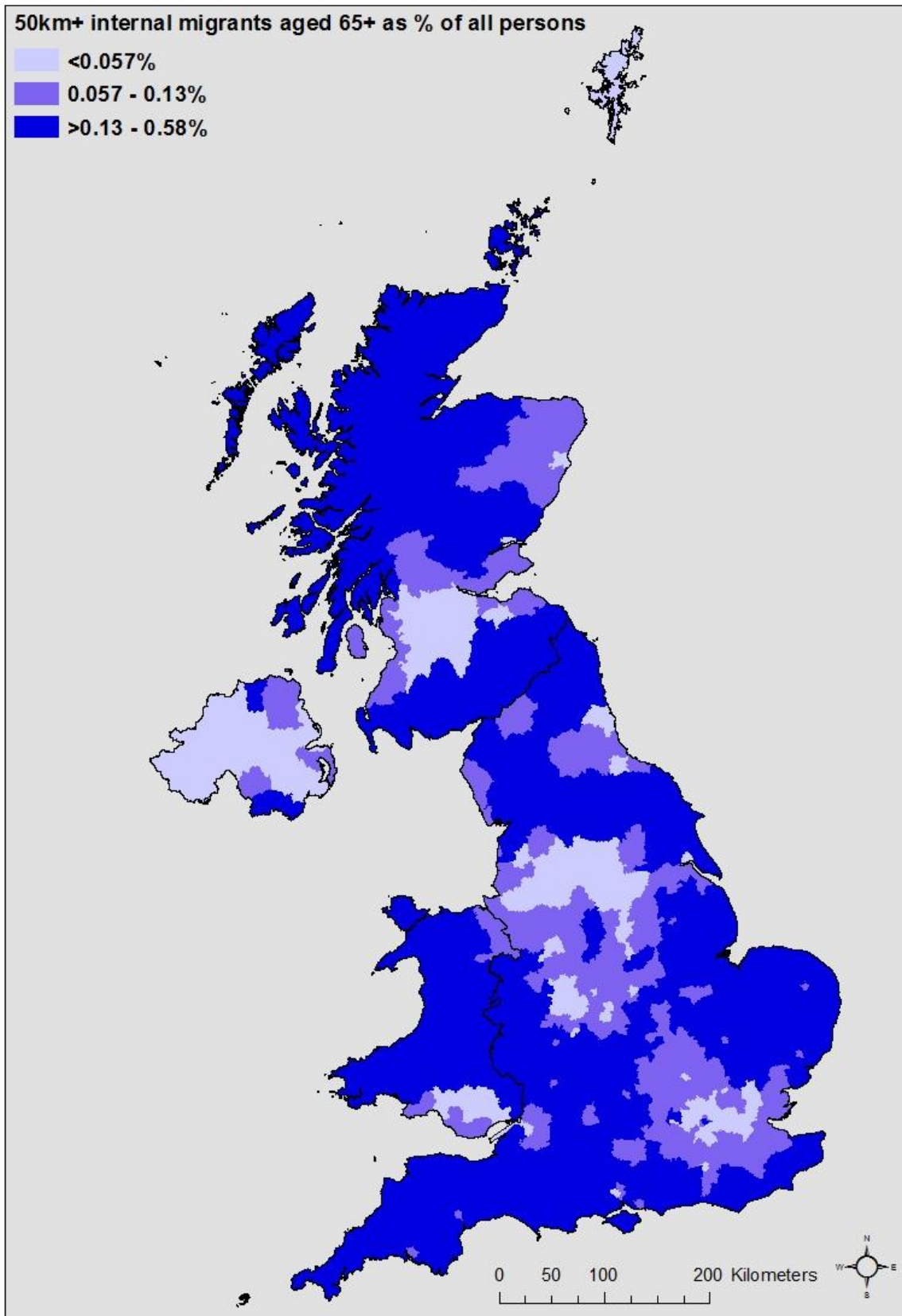
Maps 5.2 and 5.3 show the distribution of long-distance internal migrants, defined here as internal migrants who had moved more than 50km. The first of these shows long-distance internal migrants as a percentage of all persons; these values are therefore all quite low. The observed values ranged from 0.005% (Strabane) to 0.58% (West Somerset), with a mean of  $0.12\% \pm 0.1$ . This is partially simply a measure of overall internal migration. The second of these two maps shows older long-distance internal migrants as a percentage of all long-distance internal migrants; the observed numbers are somewhat higher, and the spatial patterns – focussed on North and mid-Wales, and coastal areas is clearer. The percentage of all long-distance internal migrants who were aged 65+ varied from 0.6% (Newham) to 22.5% (Christchurch), with a mean of  $6.7\% \pm 3.9$ .



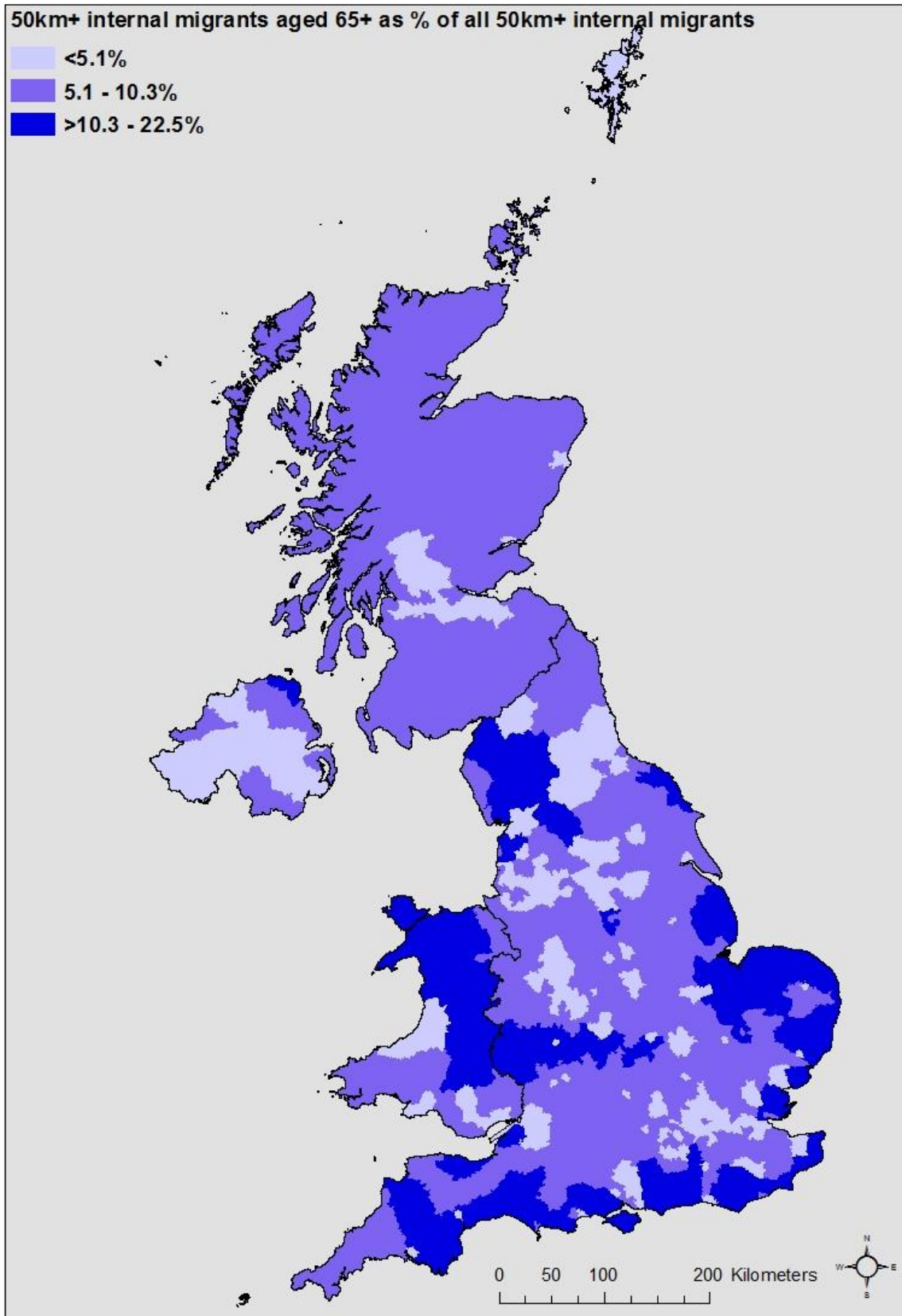
Map 5.1 Internal migrants aged 65 and over in UK local authorities as a proportion of all migrants



Map 5.2 Internal migrants aged 65+ who had moved 50km+ in the year prior to the 2011 Census, as % of all persons



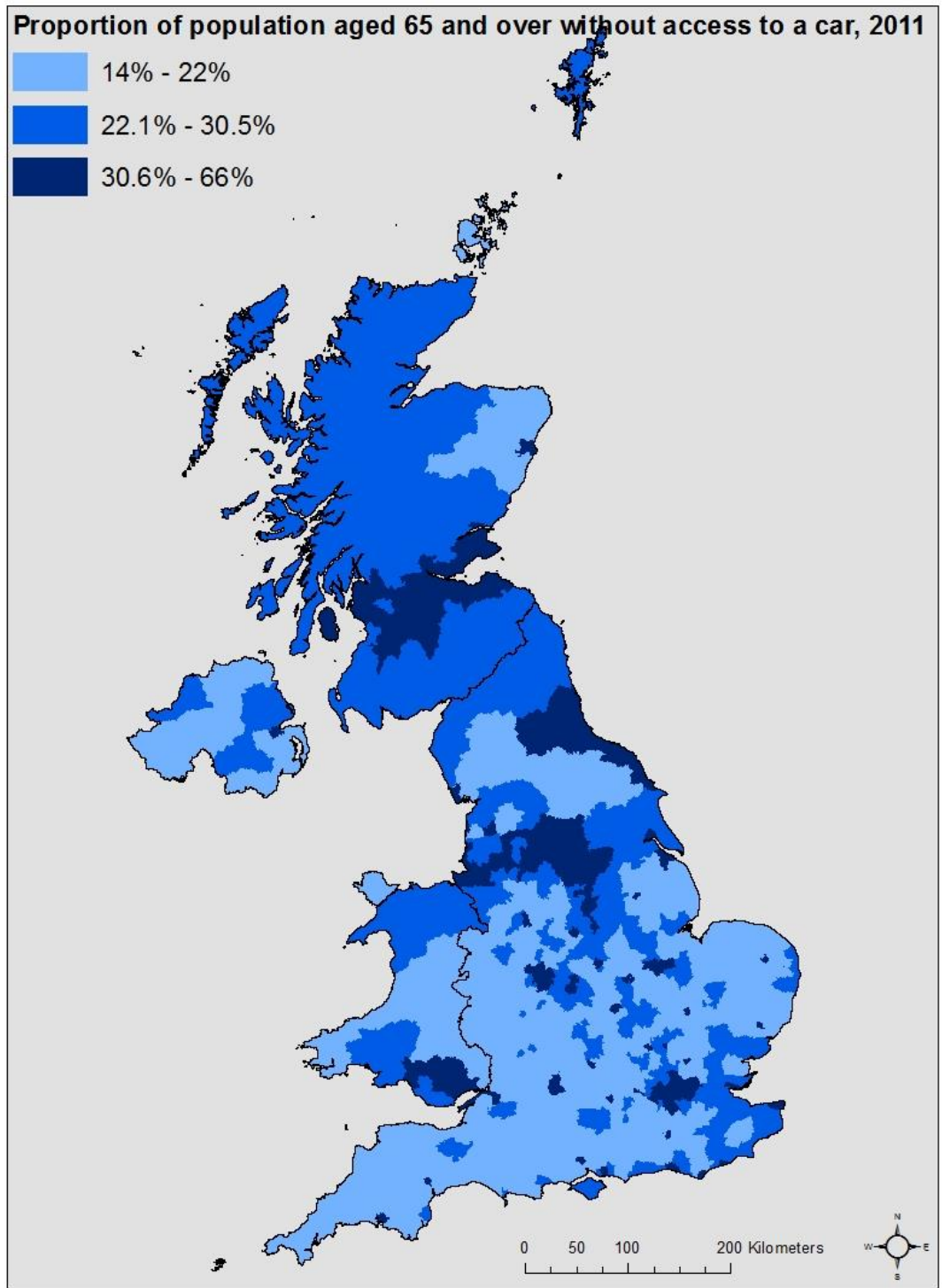
Map 5.3 Internal migrants aged 65+ who had moved 50km+ in the year prior to the 2011 Census, as % of all internal migrants



## 6 Mobility

In UK local authorities in 2011 the proportion of people aged 65 and over that had no access to a car ranged from 14.0% in East Dorset to 66.0% in the London borough of Hackney, and the mean proportion was 28.1%±9.6. Map 6.1 shows the proportion of people aged 65 and over in UK local authorities without access to a car. Lack of access to a car among people aged 65 and over was least prevalent in local authorities across southern England with the exception of the London region where a particularly high proportion of older people had no access to a car. Across the UK urban areas were generally seen to have higher proportions of older people lacking car access. However, in Scotland relatively high proportions of older people lacked car access even in rural areas such as the Highlands.

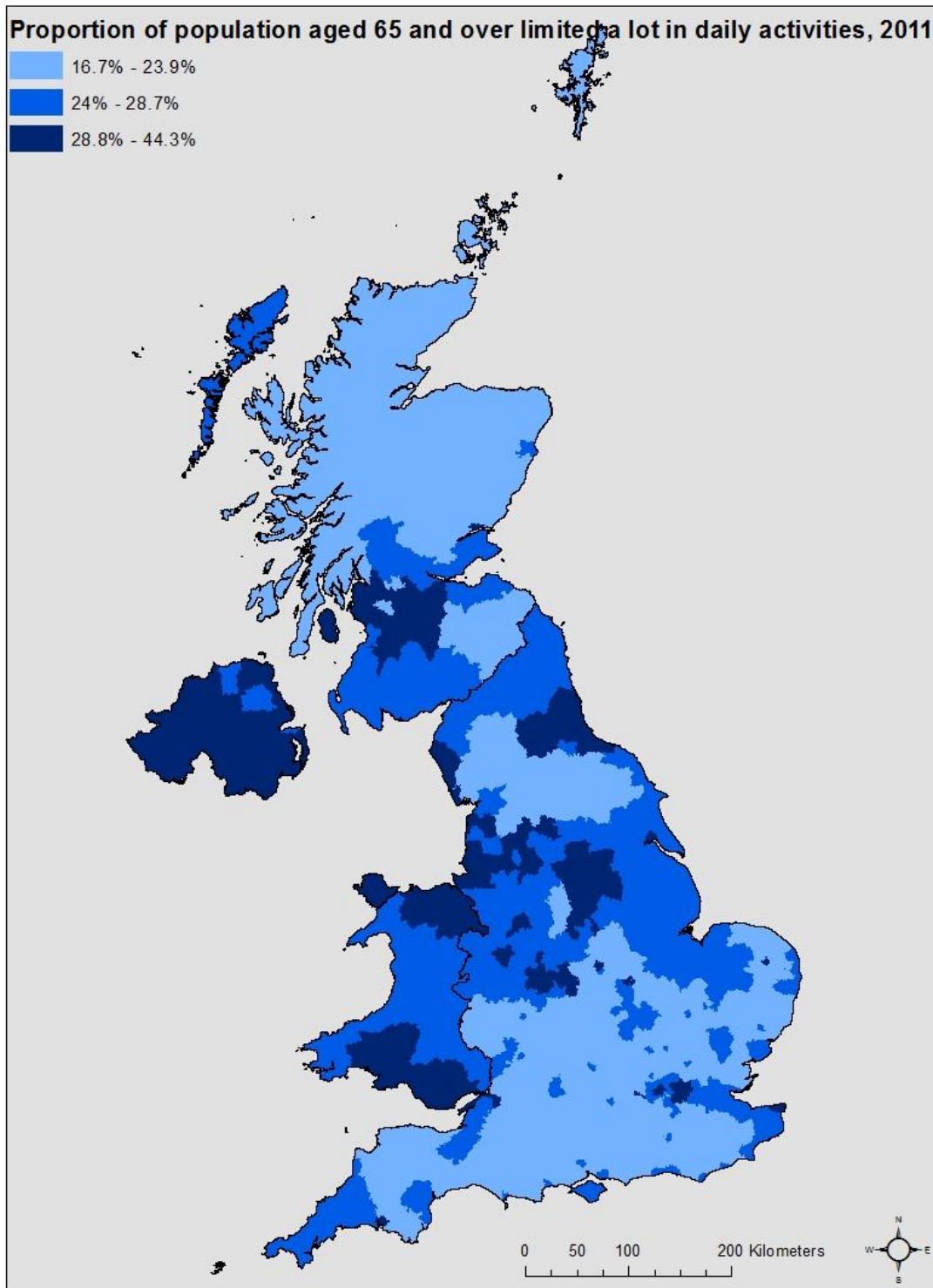
Map 6.1 Proportion of population aged 65 and over in UK local authorities in 2011 without access to a car



## 7 Disability

The proportion of people aged 65 and over that were limited a lot in daily activities in UK local authorities in 2011 ranged from 16.7% in Hart in Hampshire to 44.3% in Merthyr Tydfil, Wales, and the mean proportion was 27.1%±5.4. The low prevalence of disability among people aged 65 and over in Hart is consistent with the finding that in 2006 Hart was the 5th most active local authority in England in terms of its residents' participation in sports and other fitness activities(1). Hart was also the least deprived local authority in England in 2010 as indicated by having the highest proportion of its lower super output areas in the least deprived decile of the 2010 Indices of Multiple Deprivation(2). The proportion of people aged 65 and over in UK local authorities in 2011 that was limited a lot in daily activities is shown in Map 7.1. Southern England is seen to be home to the lowest proportions of people aged 65 and over that was limited a lot in daily activities with the exception of London where proportions were amongst the highest. High proportions can be seen in Northern Ireland, Wales, central and northern England and southern Scotland.

Map 7.1 Proportion of population aged 65 and over in UK local authorities in 2011 limited a lot in daily activities



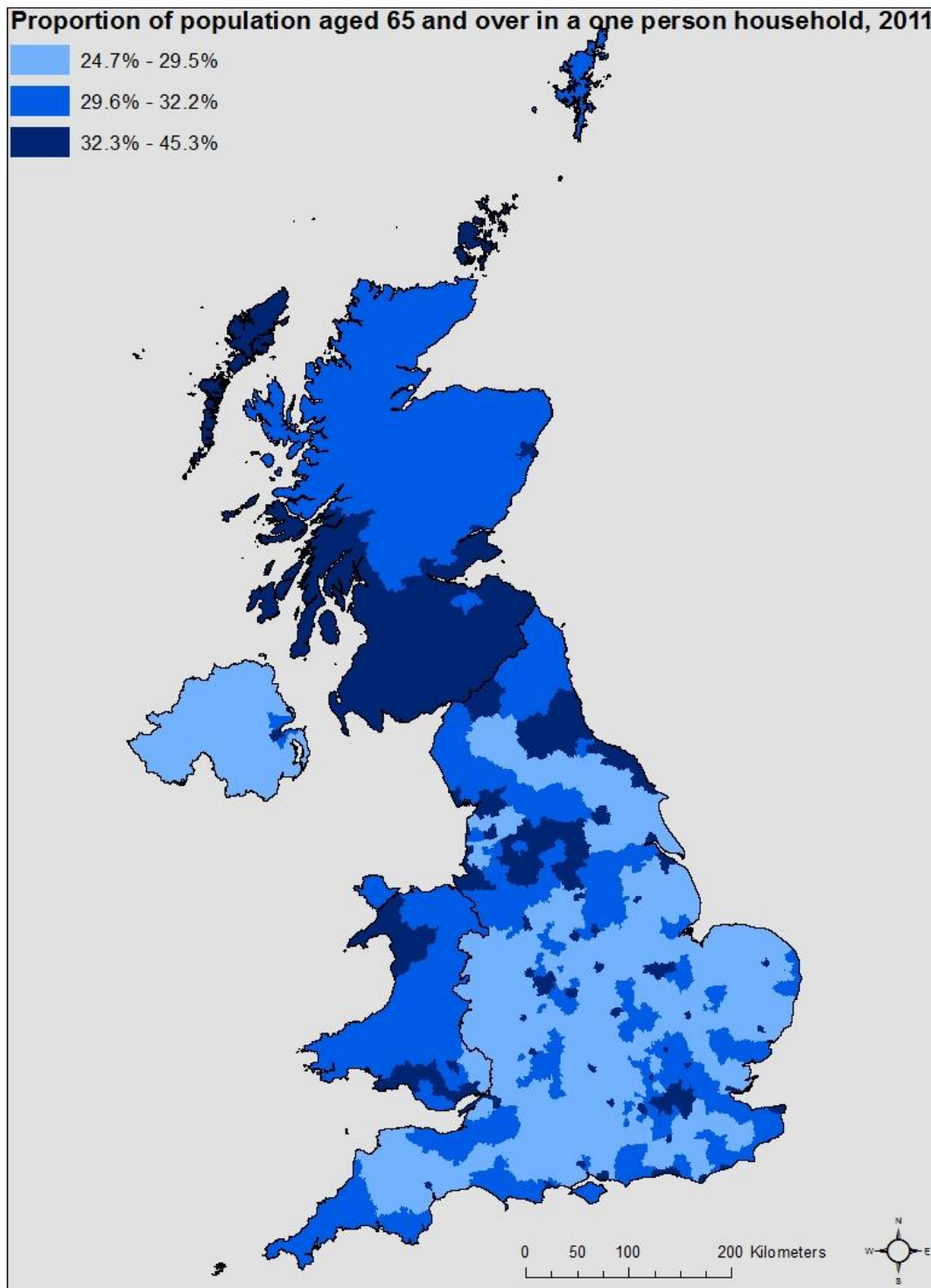
## 8 Living arrangements

The proportion of people aged 65 and over in local authorities in the UK in 2011 living in one person households ranged from 24.7% to 45.2% and the mean proportion was 31.3%±3.4. People aged 65 and over in Hart were least likely to live alone whilst those in Westminster and the City of London were most likely to do so. Map 8.1 shows the proportion of population aged 65 and over in UK local authorities in 2011 living in one person households. It reveals that relative to populations aged 65 and over in local authorities in the rest of the United Kingdom, those in England and Northern Ireland tended to have lower proportions in one person households. However, in urban areas of these countries higher proportions are found. Higher rates of widowhood are expected in local authorities where differences in life expectancies are greater theoretically leading to higher rates of one person household occupancy. However, the geographical variation in life expectancies between females and males at age 65 seen in Map 4.6 is not consistent with this explanation.

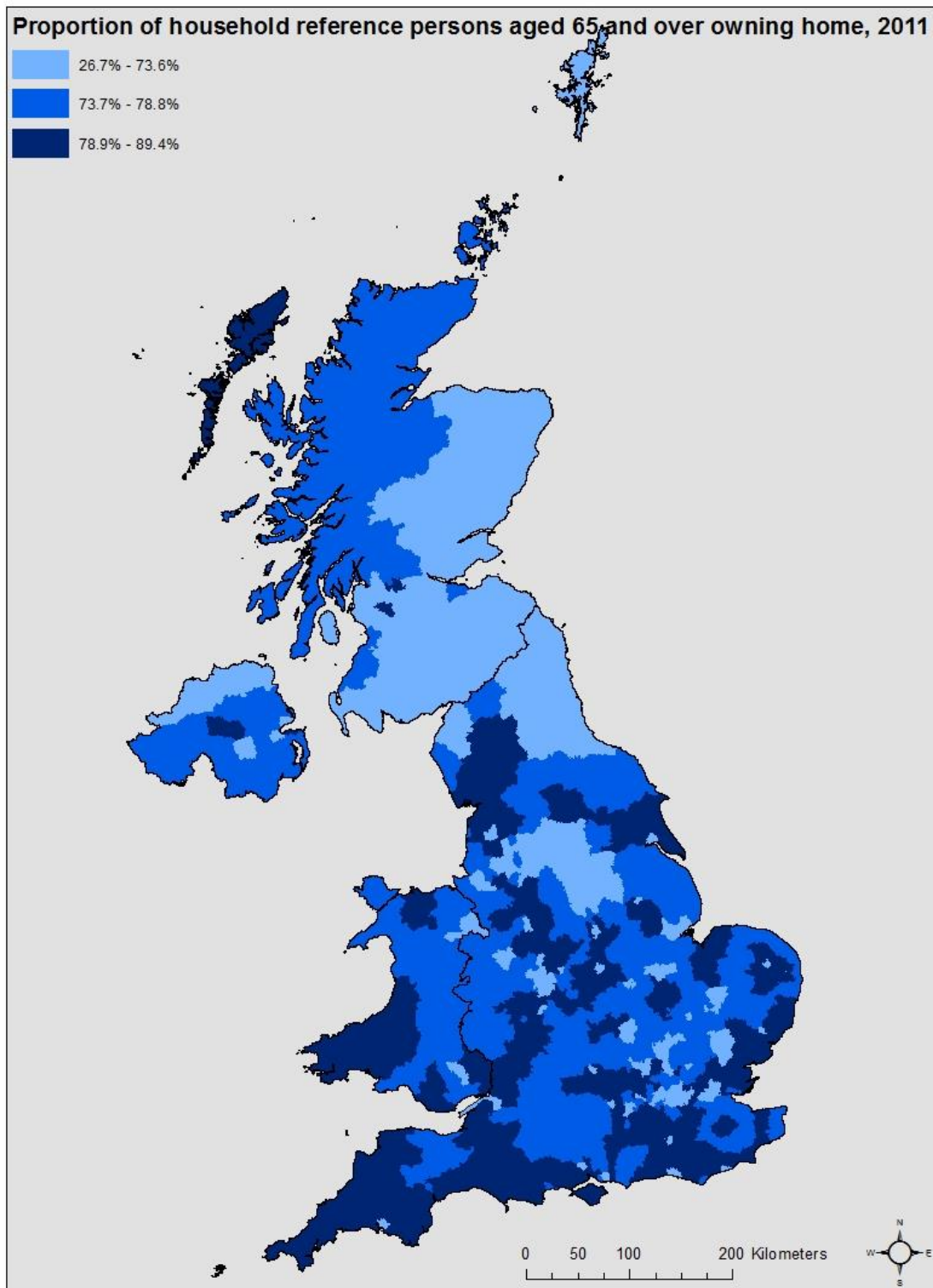
The mean proportion of household reference persons aged 65 and over in UK local authorities in 2011 owning their own home was 74.4% ±8.9. The London borough of Tower Hamlets had the lowest proportion of household reference persons aged 65 and over who owned their own home, at 26.7%. Castle Point, just outside London in south Essex had 89.4%, the greatest proportion, who owned their own home. The very high ownership rate among household reference persons aged 65 and over in this local authority is likely due to the ubiquity of seaside retirement homes. The proportion of household reference persons aged 65 and over in UK local authorities in 2011 owning their own home is shown in Map 8.2. Rates of home ownership among household reference persons aged 65 and over are generally seen to be higher in England than in Scotland. Proportions owning their own home in 2011 tended to be particularly high in local authorities along the south coast. Rates of home ownership in the London region and the north of England were relatively low.



Map 8.1 Proportion of population aged 65 and over in UK local authorities in 2011 living in a one person household



Map 8.2 Proportion of household reference persons aged 65 and over in UK local authorities in 2011 owning own home

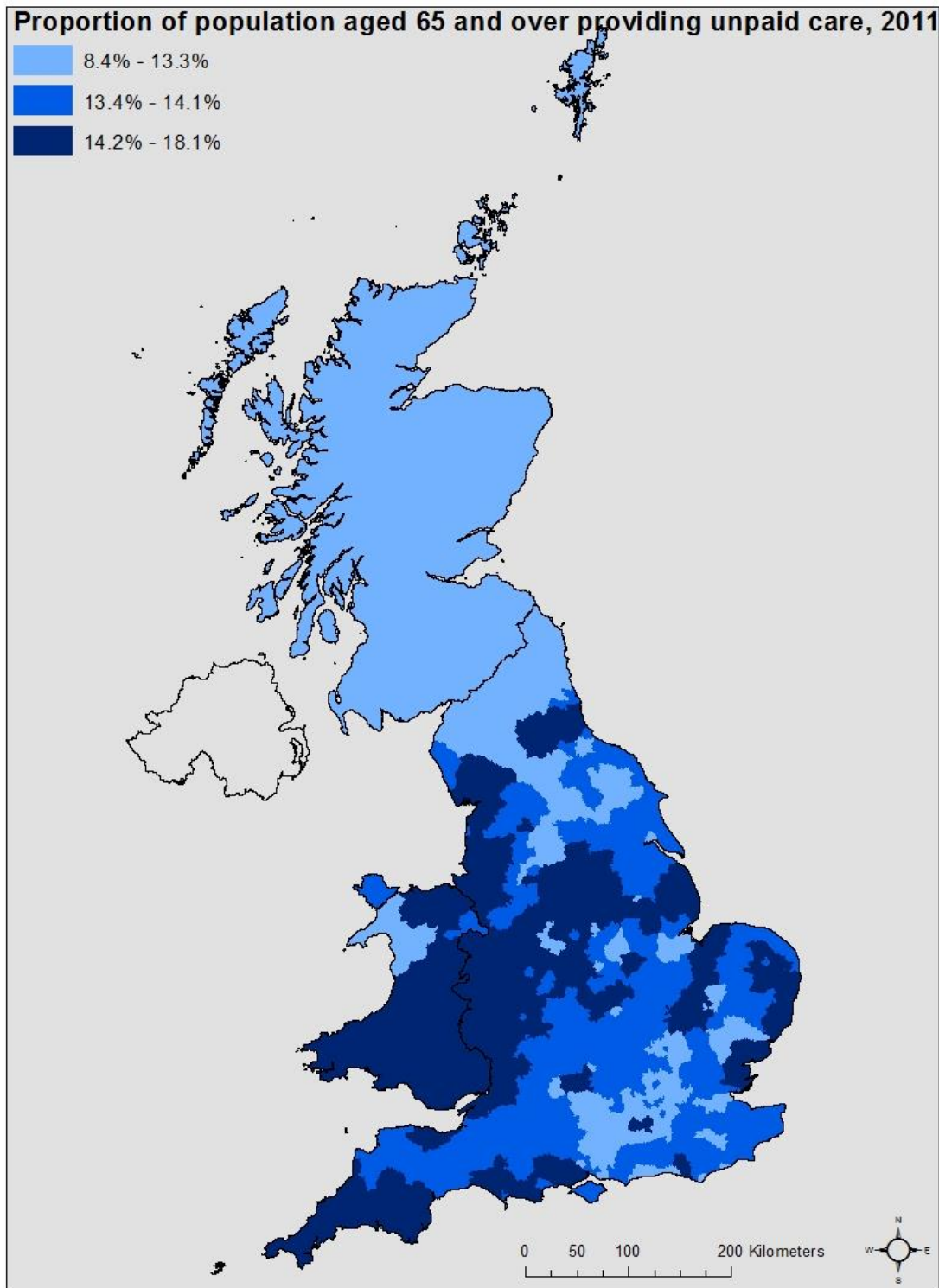


## 9 Provision of unpaid care

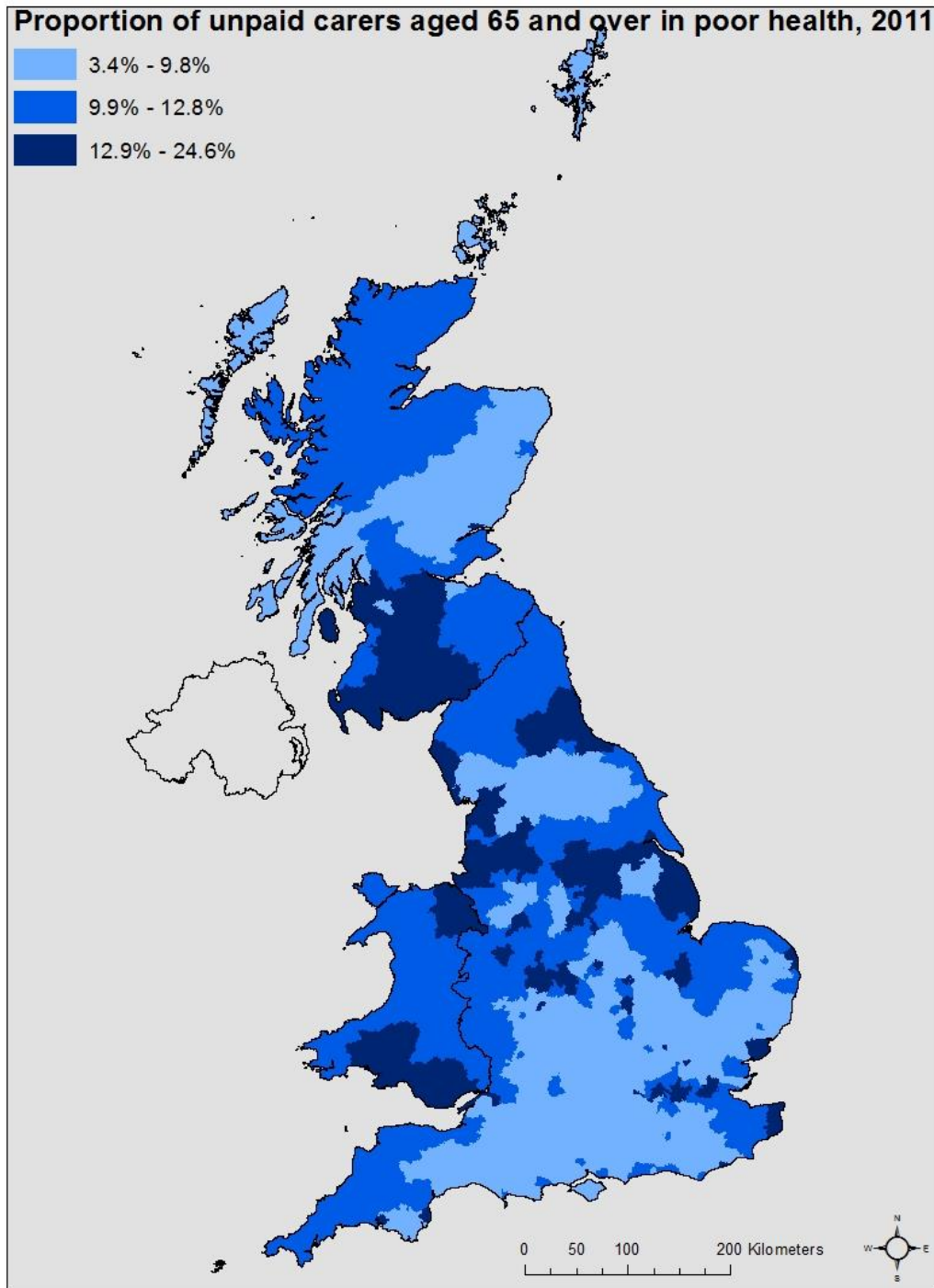
The mean proportion of the population aged 65 and over in local authorities in England, Scotland and Wales in 2011 providing unpaid care was 13.5%±1.4. Eilean Siar in the Outer Hebrides of Scotland was the local authority with the lowest proportion unpaid carers among people aged 65 and over (8.4%). Neath Port Talbot, on the south coast of Wales, had the highest at 18.1%. Among unpaid carers aged 65 and over in local authorities in England, Scotland and Wales in 2011, the mean proportion in poor health was 11.8%±3.6. The local authority with the lowest proportion was the Orkney Islands in Scotland, where only 3.4% of unpaid carers aged 65 and over were in poor health. The London borough of Tower Hamlets had the highest proportion, at 24.6%.

Map 9.1 shows the proportion of the population aged 65 and over in local authorities in England, Scotland and Wales in 2011 providing unpaid care, and Map 9.2 shows the proportion of unpaid carers aged 65 and over in local authorities in England, Scotland and Wales in 2011 in poor health. Map 9.1 reveals that prevalence of unpaid caring was high among people aged 65 and over in local authorities in Wales. It was lowest in Scotland and London region. Map 9.2 shows that unpaid carers aged 65 and over were less likely to be in poor health in local authorities in southern England excluding the London region

Map 9.1 Proportion of population aged 65 and over in local authorities in England, Scotland and Wales in 2011 providing unpaid care



**Map 9.2 Proportion of unpaid carers aged 65 and over in local authorities in England, Scotland and Wales in 2011 in poor health**



## 10 Facts and figures on people aged 65 and over

### 10.1 Current and future older populations

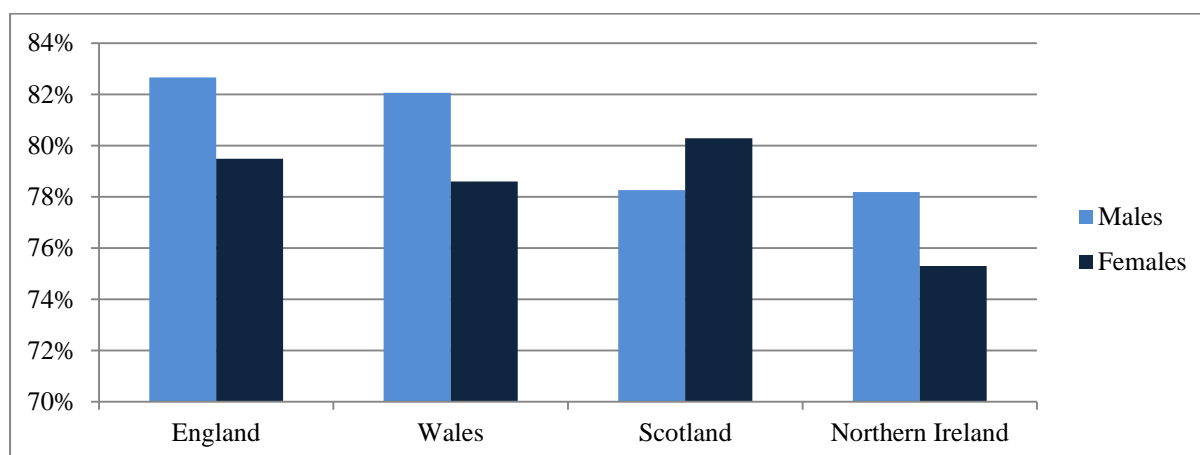
The proportion of the world’s population over 60 years old is projected to double from 11% in 2000 to 22% in 2050. Over this period the number of those over 80 will quadruple(3). At present in the UK, the percentage of the population over 65 is just under 18%; this is predicted to rise to over 26% in 2051(4). By 2021, the UK population aged 65 and over is projected to exceed that of children under 16(4).

### 10.2 Life expectancy

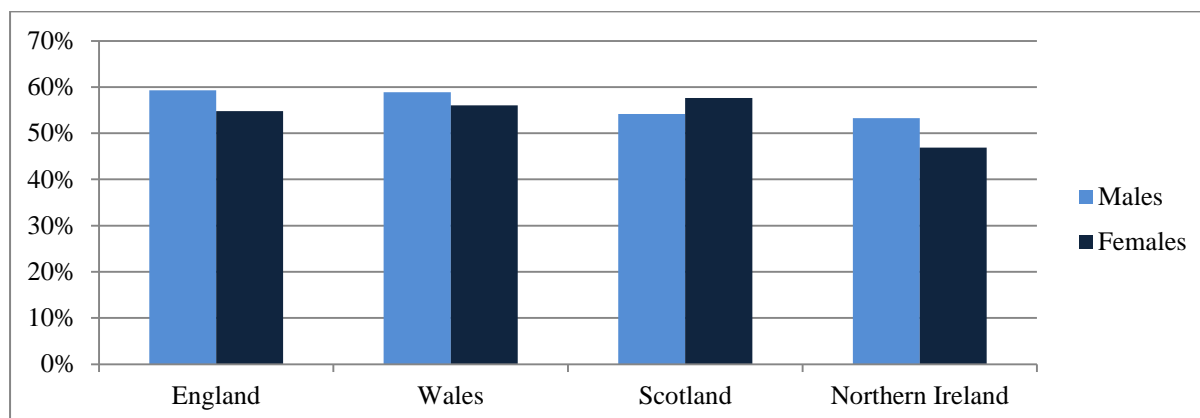
Globally, women live an average of around six to eight years longer than men(3). Since 1980-1982, life expectancy at birth in the UK has increased by 4.6 hours per day for females and 6.3 hours per day for males(3). Life expectancy at birth in the UK is currently estimated at 83.0 years for females and 79.3 years for males. At age 65, life expectancy is estimated at 86.1 for women and 83.6 for men(4).

Disability-free life expectancy (DFLE) is the number of years a person is expected to live free of disability with no long-term limiting illness given age-specific mortality and health rates. DFLE as a proportion of life expectancy at birth for males and females in the four countries of the UK is given in Figure 10.1 and that at age 65 is given in Figure 10.2. In all countries of the UK except Scotland, disability-free life expectancy at both birth and at age 65 as a proportion of life expectancy is higher among males than females. At birth it is highest among males in England at 82.7% and lowest among females in Northern Ireland at 75.3%. At age 65 it is again highest among males in England at 59.3% and lowest among females in Northern Ireland at 46.9%.

**Figure 10.1 Disability-free life expectancy as a proportion of life expectancy at birth for males and females in the four countries of the UK**



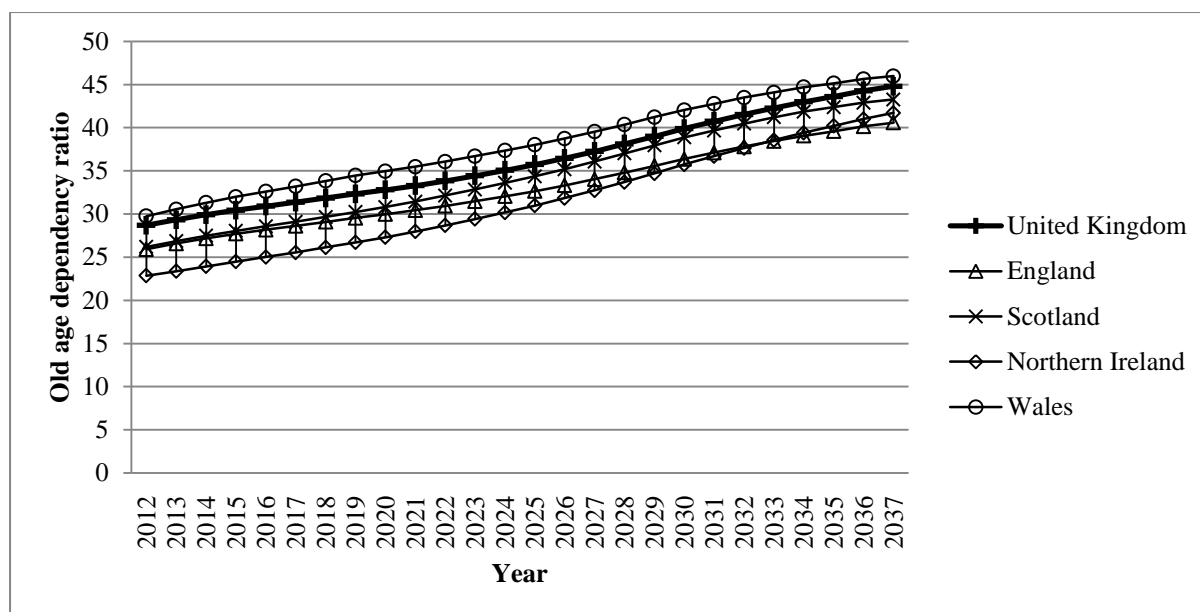
**Figure 10.2 Disability-free life expectancy as a proportion of life expectancy at age 65 for males and females in the four countries of the UK**



### 10.3 Dependency on younger people

Old age dependency ratios indicate the pressure that older people place on the working population. Figure 10.3 shows the old age dependency ratios, as the number of people aged 65 and over per 100 people aged 15 to 64, for the UK and its constituent countries from 2012 to 2037. In the UK there are currently approximately 30 people aged 65 and over per 100 people aged 15 to 64 and the number is projected to rise to 44 by 2035. Figure 10.3 illustrates that Wales has higher historical and projected old age dependency than the UK as a whole. It also shows the projected increase in old age dependency is highest for Northern Ireland.

Figure 10.3 Old age dependency ratios for the UK and its constituent countries from 2012 to 2037, as the number of people aged 65 and over per 100 people aged 15 to 64



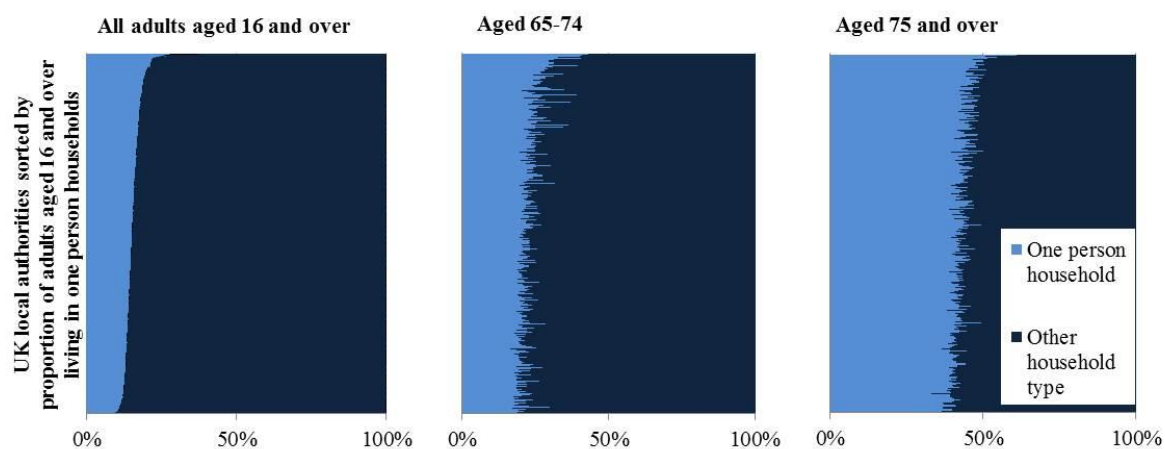
## 10.4 Living alone

Across European Union member states, on average 19.5% of men and 42.1% of women aged 65 and over live alone(5). These proportions are lower than for the UK where 26.3% of men and 45.3% of women aged 65 and over live alone. Results of the 2011 Census showed that in England and Wales, 12.8% of all people living in households lived alone. Among those aged under 65 the proportion living alone was 9.0% and among those aged 65 and over the proportion was much higher, at 32.7%. Among the oldest of the old one-person household occupancy rates were even higher: the proportion of over 75s living alone was 43.5% whilst that of over 85s was 58.9%. Among people aged under 64, males were more likely to live alone (10.6%) than females (7.6%). However, among older people females were more likely to live alone: 68.6% of females aged 85 and over lived alone whereas 40.7% of males in this age group lived alone.

Figure 10.4 shows the proportions of one person households in local authorities in the UK for different age groups. Relative to the general adult population aged 16 and over resident in households, the proportion of people aged 65 to 74 living in one person households is high and that of people aged 75 and over is even higher. In the general adult population one person household rates in local authorities range from 9.3 to 27.7% (mean=15.6%±2.5) whilst among people aged 75 and over they range from 33.1 to 54.6% (mean=43.4%±3.2).



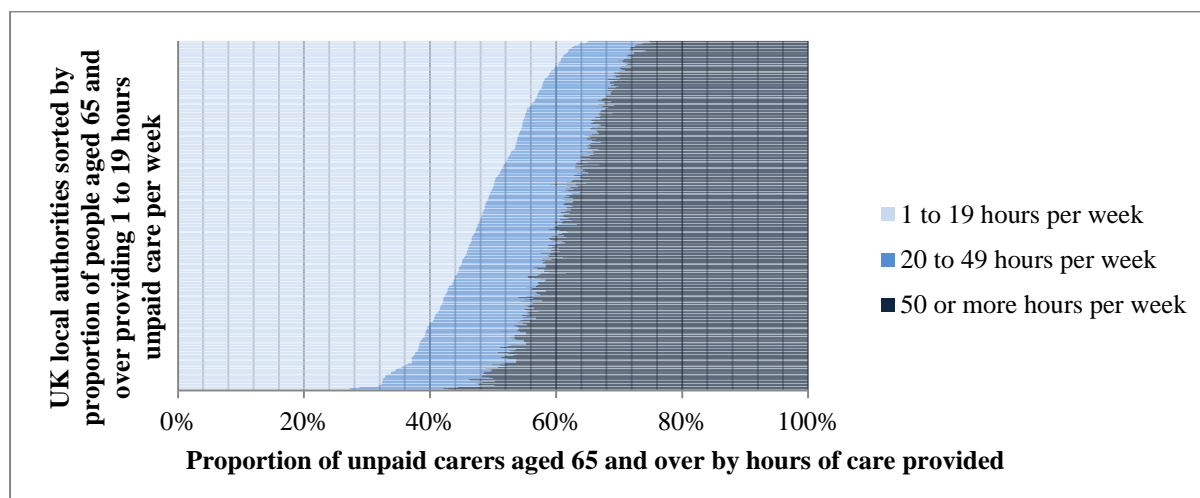
**Figure 10.4 Proportions of one person households in local authorities in the UK, sorted by proportion of adults aged 16 and over living in one person households, for different age groups**



## 10.5 Provision of unpaid care

In the UK 13.5% of people aged 65 and over provide unpaid care. Among people aged 65 and over providing unpaid care in the UK, almost half provide less than 20 hours per week. However, 38.5% provides 50 hours or more per week. Figure 10.5 shows the proportion of unpaid carers aged 65 and over by hours of care provided for local authorities in the UK. Local authorities are sorted by the proportion of people aged 65 and over providing 1 to 19 hours unpaid care per week. It shows the proportion of people aged 65 and over providing 1 to 19 hours unpaid care per week ranges from 25.5% to 65.1%. However, it illustrates that for all local authorities the smallest proportion of unpaid carers aged 65 and over provides 20 to 49 hours per week, indicating that the majority spend either only a few hours a week caring or care full-time, perhaps 24 hours per day.

Figure 10.5 Proportion of unpaid carers aged 65 and over by hours of care provided for local authorities in the UK



## 10.6 Physical and mental health

In the UK, an additional expenditure of £5 billion by 2018 is predicted to meet the health and social care needs of the ageing population(6). Non-communicable diseases such as cancer and diabetes account for the majority of deaths among older people(3). Modifiable behavioural risk factors of such diseases include insufficient physical activity(7). However, in England only 19% of adults aged 65-74 report meeting the recommended physical activity level, and among those aged 75 and over the proportion is lower, at 7%(8). In all countries of the UK, circulatory system disease, neoplasms and respiratory system disease constitute the top three causes of death for those aged 65 and over among both men and women. However, whilst neoplasms are the leading cause of men aged 65 and over across these countries, circulatory system diseases are the biggest killer of women aged 65 and over. Causes of death among men aged 65 and over in the UK by country are given in Figure 10.6 and those for women are given in Figure 10.7.

Figure 10.6 Causes of death among men aged 65 and over in the UK by country

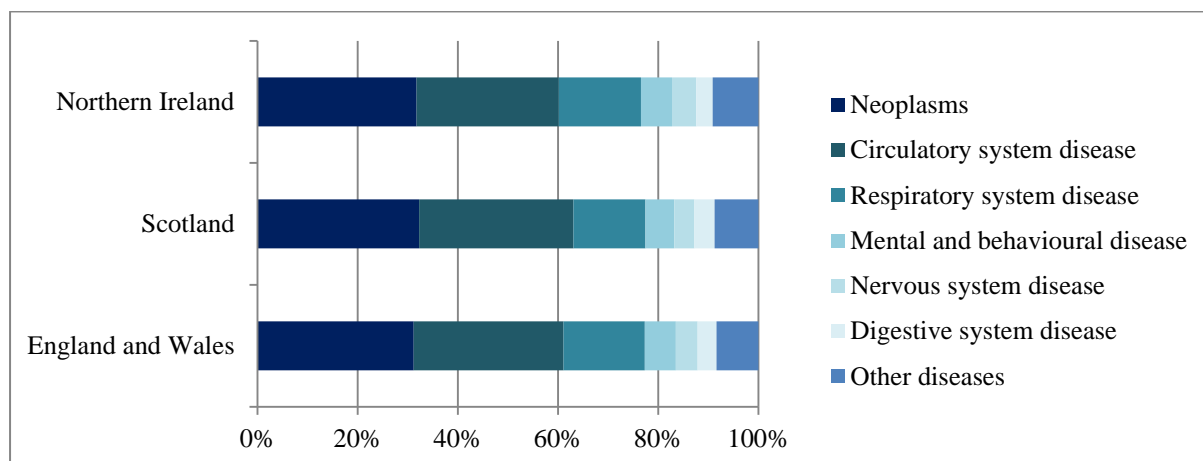
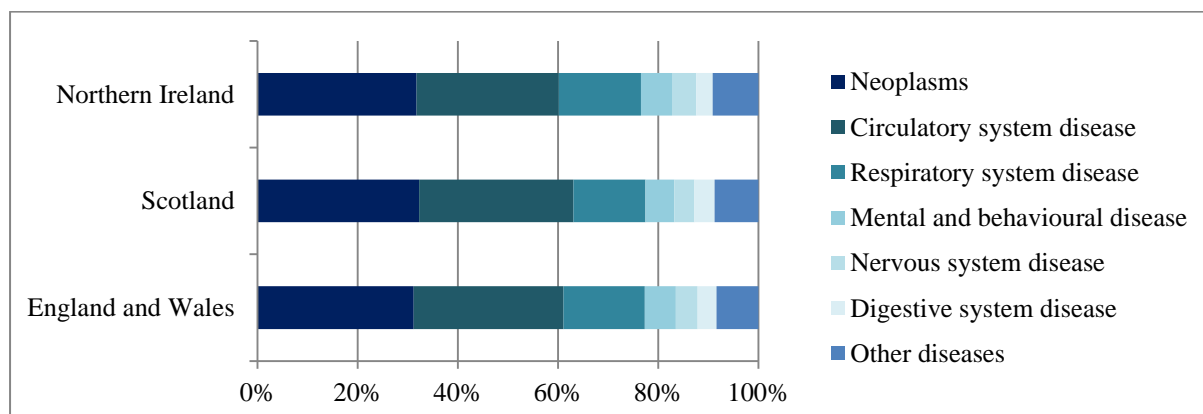


Figure 10.7 Causes of death among women aged 65 and over in the UK by country



As many as 40% of people aged 65 and over in the UK are estimated to have a limiting longstanding illness, defined as any disability or infirmity that limits their activities in any way(10).

Around 22% of men and 28% of women aged 65 and over suffer from depression in England(11). In care homes, prevalence of depression among people aged 65 and over is estimated to be 40%(12). Of the 850,000 people estimated to be suffering from dementia in the UK in 2014, over 90% were aged 65 years or over(13). Over a third of people aged 65 and over will die with Alzheimer’s or another form of dementia(13). Globally, there are an estimated 36 million dementia sufferers of whom 27 million (75%) are undiagnosed but early diagnosis could save up to US\$10,000 per person(14).

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