

Non-Communicable Diseases and aging in Kenya

A case of Kenya

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This presentation aims to highlight the health status and wellbeing of the older persons in Kenya from various studies conducted.

In Kenya like in other Sub-Saharan countries the population of older persons is increasing. There has been a steady rise from 1 million in 1989 to 1.9 million in 2009, which is 4.9% of the entire population and is projected to rise to approximately 8.5 million 8.7 % of the population by 2050.

Health challenges faced by older people in developing countries are often neglected amidst a wide range of competing priorities. Chronic Non-Communicable Diseases are now a common cause of morbidity and mortality and associated with aging. They deliver a double burden of morbidity and poverty in that medical expenses are covered through family resources.

Against this background, the discussions on challenges of ageing and health are concerned about the heightened vulnerability of older persons to detrimental health outcomes in two ways. First the older persons are deemed to be at a higher risk of ill-health and disability from age related chronic non-communicable diseases due to a life time exposure to a growing prevalence of modifiable NCD risk factors. Secondly, they are believed to lack access to even basic health care compared to the younger age-groups. There has been inadequacy in the preparedness on availability of medicines, delivery of services and personnel suggesting an age related exclusion.