

Men in Northern Ireland: Report 9 January 2014

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Contents	Page
Key facts	1
Introduction	1
Older men in Northern Ireland	1
Population projections	2
Life expectancy	2
Health life expectancy	3
Living arrangements	3
Useful sources of information	4

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Older men: demography

Key facts

- In 2012, 13.4% of men were aged 65 years or over.
- By 2061, this is expected to be 26.7% of men.
- In 2010-12, a boy's life expectancy at birth was 77.7 years.
- The number of years a man can expect to spend in very good or good general health is 59.2.
- Of the 5,401 deaths of older men in 2012, 60% were caused by either neoplasms (1,720) or diseases of the circulatory system (1,580).
- In 2011, 1% of men aged 65 to 74 years lived in a communal establishment, whilst 12.3% of those aged 85 years or over did.

Introduction

The population of Northern Ireland is becoming increasingly older, which is partly due to a fall in the number of births, as well as people living longer. This factsheet outlines key demographic statistics relating to older men living in Northern Ireland. In general, these figures relate to men aged 65 years or older. However, different age groups may be used for specific topics.

Older men in Northern Ireland

Mid-year population estimates for 2012 show that 119,466 men were aged 65 years or over, which represents around one in eight men. As Table 1 shows, six out of ten of these men were aged between 65 to 74 years. Of the 10,279 men who were aged 85 years or over, 2,890 were aged 90 or more. The number of men aged 85 years or over rose by 58.1% between 2002 and 2012, which is twice the growth rate for men aged over 65 (27.8%) and seven times the rate for boys/men overall (7.9%).

Table 1: Age of men

Age group	2012		2002	
	Number	% of all men	Number	% of all men
All boys/men	894,548	100.0	828,986	100.0
65+	119,466	13.4	93,472	11.3
65-74	71,793	8.0	56,317	6.8
75-84	37,394	4.2	30,655	3.7
85+	10,279	1.1	6,500	0.8

Source: 2012 and 2002 Mid-Year Population estimates, NISRA

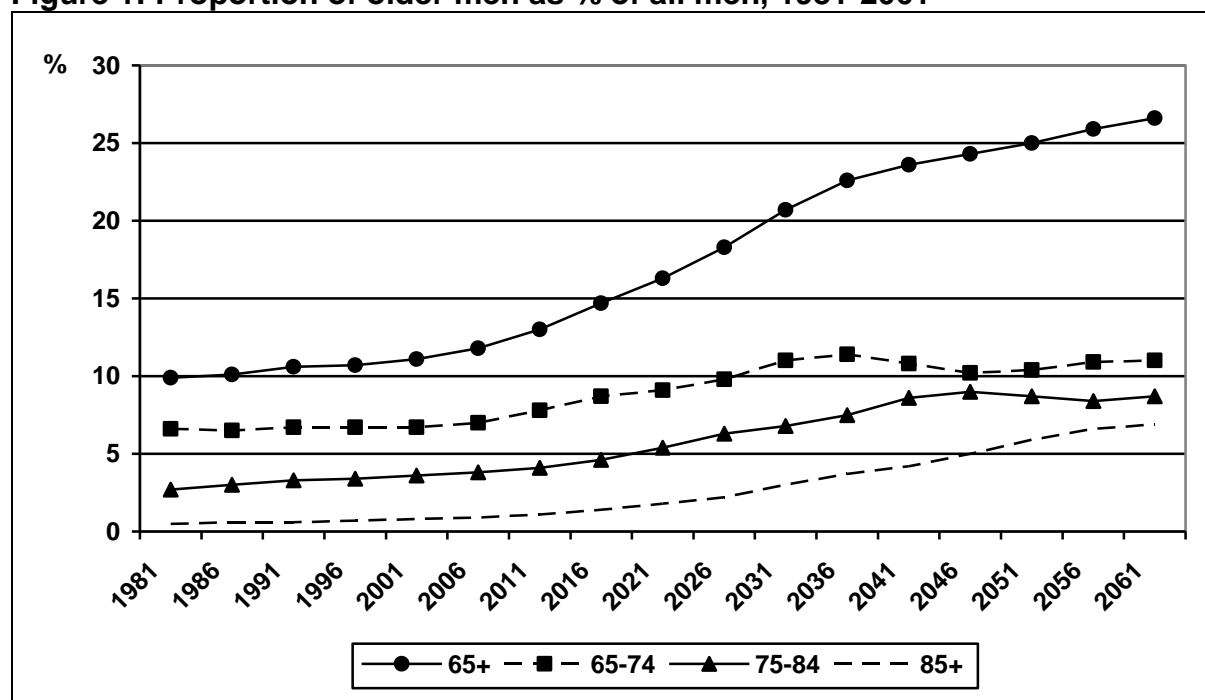
The proportion of men aged 65 years or more varied across local government districts. In North Down, this was 17%, whilst it was 11.2% in Newry and Mourne.

The 2012 mid-year population estimates indicate that men comprised 49.1% of the population. However, the age profile for men is not the same as for women, mostly due to the lower life expectancy of men. Thus, men comprised 47.5% of the population aged 65-74 years, but only 31.4% of those aged 85 years or more. There were 5 men aged 100 years or more in 2002, compared with 41 in 2012. For women, these figures are 121 and 200 respectively.

Population projections

Census figures are used to help estimate the population in the future. Figure 1 shows how the proportion of men who are aged 65 years or older has risen since 1981, and is projected to rise in the future. Thus, in 1981, 74,531 men were in this age group, representing 9.9% of all men. By 2061, this is projected to rise to 269,246, which is 26.6% of all men. In particular, the number of men aged 85 years or older is projected to rise more sharply in the future. By 2061, this is expected to be 69,658, or 6.9% of all men – compared to 3,887 (or 0.5%) in 1981.

Figure 1: Proportion of older men as % of all men, 1981-2061



Source: Population estimates and projections for Northern Ireland

Life expectancy

Life expectancy at birth in Northern Ireland has been increasing. For example, a boy born in 1890-2 could expect to live for 47 years (46 years for a girl). By 1980-2, these figures had risen to 69.2 years for a boy and 75.5 years for a girl. Table 2, based on the most recent figures for 2010-12, indicates that life expectancy at birth for a boy is 77.7 years, and 82.1 years for a girl. This pattern of longer life expectancy for females compared to males is reflected at all ages, as Table 2 shows. For example, at age 30, the life expectancy for men is 49.0 additional years, whilst for women it is 52.8. At aged 80 years, for men the life expectancy is 8.0 additional years, and for women it is 9.3.

Table 2: Period expectation of life (2010-12)

	Age (in years)							
	0	5	20	30	50	60	70	80
Male	77.7	73.1	58.4	49.0	30.3	21.8	14.0	8.0
Female	82.1	77.5	62.6	52.8	33.6	24.7	16.4	9.3

Source: Registrar General Annual Report 2012

Health life expectancy

However, these extra years are not necessarily healthy years. A report produced by the Office for National Statistics (ONS) in 2012 looked at health expectancy across the United Kingdom (UK), that is, a population-wide indicator of lifetime spent in favourable and unfavourable health states. This measure can be used to inform policy, planning and research in relation to health improvement monitoring, health care planning, population change and pensions. The estimate is based on survey data, which for Northern Ireland, is based on a question relating to self-rated health within the Continuous Household Survey, and from the Health Survey from 2010. The report authors calculated that in Northern Ireland, life expectancy (LE) at birth for males in 2008-10 was 77.0 years, although the number of years an individual can expect to spend in very good or good general health was 59.2. These figures for healthy life expectancy (HLE) and LE are lower in Northern Ireland than in England and Wales. However, whilst LE in Scotland is lower than in Northern Ireland (75.8), the reverse is true in relation to HLE (59.8).

In general, females have longer life expectancy and health life expectancy than males. However, the ONS research indicates that males tend to spend a greater proportion of their lives in very good or good general health than women do (76.9% and 76.0% respectively), because the gap between LE and HLE is narrower for men than for women. The report highlights that in 2008-10, a man in Northern Ireland aged 65 years is likely to live for another 17.3 years (until he is aged 82.3 years). However, his healthy life expectancy at age 65 years is 9.5 (until he is aged 74.5). Both the LE and HLE figures for Northern Ireland are lower than for England and Wales, but higher than for Scotland.

The ONS report also calculated Disability Free Life Expectancy (DFLE), which is the number of years an individual can expect to spend free from a limiting persistent illness or disability. Thus, the DFLE at birth for males in 2008-10 is 60.2, whilst the figure at age 65 is 9.2 years. For both these figures, Northern Ireland was second lowest (after Scotland). A report by Balanda and colleagues in 2013 examines patterns of health expectancies across the island of Ireland, and stress that measures such as DFLE and HLE must be brought into the policy debate to reflect broader life course influences and quality of life in later years.

Deaths

In 2012, there were 5,401 deaths of men aged 65 years or over in Northern Ireland. This figure represents three quarters (76.1%) of all male deaths, and 45% of deaths within this age group. Sixteen men who died in 2012 were aged 100 years or over, compared with 84 women. The oldest man to die in that year was aged 104 and the oldest woman to die was 106. Table 3 shows that the death rate for men is higher than for women over the eight age bands.

Table 3: Age-specific death rates (per 1,000 population)

	Age (in years)							
	15-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
Male	0.8	1.0	1.7	3.3	7.9	20.2	59.0	170.1
Female	0.2	0.4	0.7	2.3	5.5	12.9	43.6	148.2

Source: Registrar General Annual Report 2012

Of the 5,401 deaths of older men, six out of ten were caused by either neoplasms (1,720) or diseases of the circulatory system (1,580). In particular, 899 deaths were caused by ischaemic heart disease, and a further 594 were caused by acute myocardial infarction. Table 4 provides data where a particular disease caused the death of at least 100 men aged 65 or over in 2012, and shows how the age-specific death rates rise steeply with increasing age.

The death rates for men from ischaemic heart disease is higher for men than women over all age groups. However, the death rate from cerebrovascular disease among those aged 65-74

is lower for women than men, although the reverse is true over the age of 75 years. In relation to the three forms of malignant neoplasms included in Table 4, men aged 65-89 have higher death rates than women, but the reverse is true among those aged 90 years or over.

Table 4: Cause of death in men aged 65 years or over

	Number of deaths	Death rates (per 100,000 men)			
		65+	65-74	75-84	85-89
All	5,401	2,016	5,899	14,224	24,118
Ischaemic heart disease	899	364	976	2,220	3,772
Acute myocardial infarction	594	241	655	1,502	2,249
Malignant neoplasm of trachea, bronchus and lung	430	283	449	568	588
Cerebrovascular disease	351	88	412	1,015	2,042
Pneumonia	303	42	267	1,083	3,218
Other forms of heart disease	195	68	171	717	1,003
Malignant neoplasm of lymphoid, haematopoietic and related tissue	128	61	158	203	346
Malignant neoplasm of the colon	104	40	144	189	242
Accidents	100	38	126	217	346

Source: Registrar General Annual Report 2012

Living arrangements

The Census records whether people live in a private household, or in a communal establishment (such as a residential or nursing home). The vast majority of older men (97.1%) lived in a household, although there were some differences by age. For example, 98.9% of those aged 65 to 74 years lived in a household, compared with 87.7% of those aged 85 years or over. This means that whilst only 1.1% of men aged 65 to 74 lived in a communal establishment, one in eight (12.3%) of men aged 85 years or over did so. However, whilst men represent 30.6% of people aged at least 85 years, a lower proportion of people of this age group living in communal establishments are men (19.6%).

References

Balanda, K., Fahy, L., Abdalla, S. and Barron, S. (2013) *Extra healthy years or just extra years?*, Belfast/Dublin: Institute for Public Health

NISRA (2013) *Estimates of the population aged 85 and over, Northern Ireland 2012 (& revised 2001-2011) – Statistical Report*

http://www.nisra.gov.uk/archive/demography/population/OldestOld/85_Report0112.pdf

Office for National Statistics (2012) *Health Expectancies at Birth and at Age 65 in the United Kingdom, 2008–2010* http://www.ons.gov.uk/ons/dcp171778_277684.pdf

Office of the First Minister and Deputy First Minister (2013) *A profile of older people in Northern Ireland – 2013 update* <http://www.ofmdfmini.gov.uk/a-profile-of-older-people-2013-update.pdf>

Useful sources of information

<http://www.nisra.gov.uk/Census.html> The 2011 Census of Population in Northern Ireland was held on Sunday 27 March 2011. This website contains background information, publications and statistics.

<http://www.nisra.gov.uk/demography/default.asp.htm> The NISRA Demography section includes population statistics, vital statistics and other related publications.

<http://www.cardi.ie> The Centre for Ageing Research and Development in Ireland (CARDI) funds, publishes and disseminates research relating to ageing and older people on the island of Ireland.