

May 23, 2025

Aging in Asia: A Demographic View



Asia University
Institute for Asian Studies
Ph.D. Keiichiro Oizumi

The Publication on Aging in Asia



Aging in Asia

When the Structure of Prosperity Changes

By Keiichiro Oizumi

Public-Interest Incorporated Foundation

Oriental Life Insurance Cultural Development Center
Tokyo, Japan

https://olis.or.jp/pdf/Aging_in_Asia.pdf

The Lecture Video on Aging in Asia

Seminar

- Seminars in Japan
- Seminars on the spot
- **Lecture Video**
- Call for Video Reviews
- Excellent Video Reviewers

Lecture Video (Narrated PowerPoints Slideshow)

Date	Lecture	Lecturer	Location
2019/12/10	Long-Term Care Insurance in Japan I Download Long-Term Care Insurance in Japan II Download	Mr. Yoshihiro Syuto President Oriental Life Insurance Cultural Development Center	Taipei
2019/10/29	Aging in Asia I Download Aging in Asia II Download	Mr. Keiichiro Oizumi, Ph.D. Professor, Institute of Asian Studies Asia University	Tokyo
2019/10/25	What is senior marketing from the perspective of gerontology? I Download What is senior marketing from the perspective of gerontology? II Download	Ms. Yuko Horiuchi President, Gerontologist Senior Life Design	Tokyo
2019/05/27	Demographic Trends in Japan and the Future of Life Insurance I Download Demographic Trends in Japan and the Future of Life Insurance II Download	Ms. Naoko Kuga Senior Researcher, Social Improvement and Life Design Research NLI Research Institute	Tokyo

https://olis.or.jp/e/seminar_movie/index.html



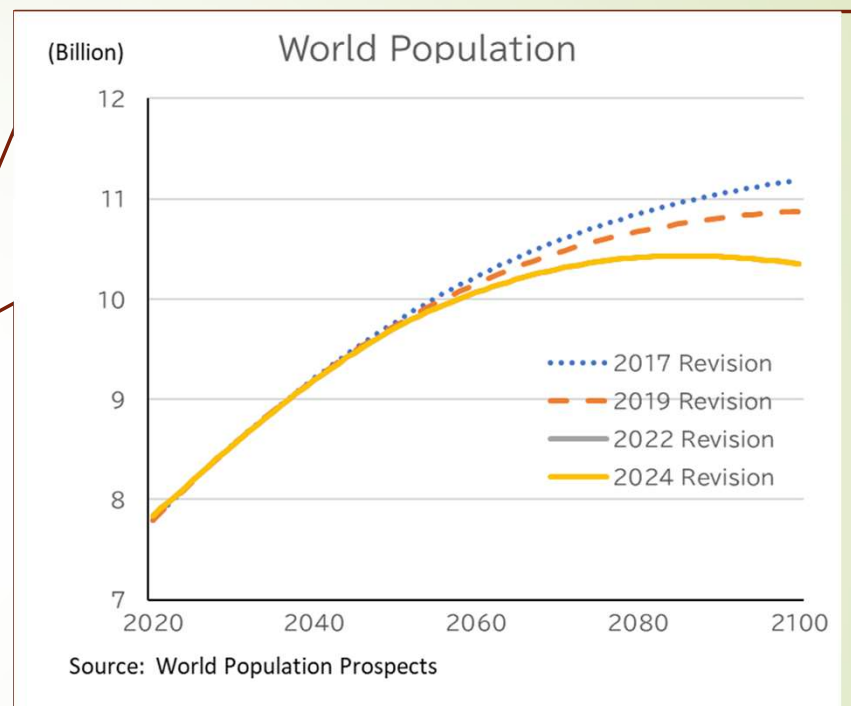
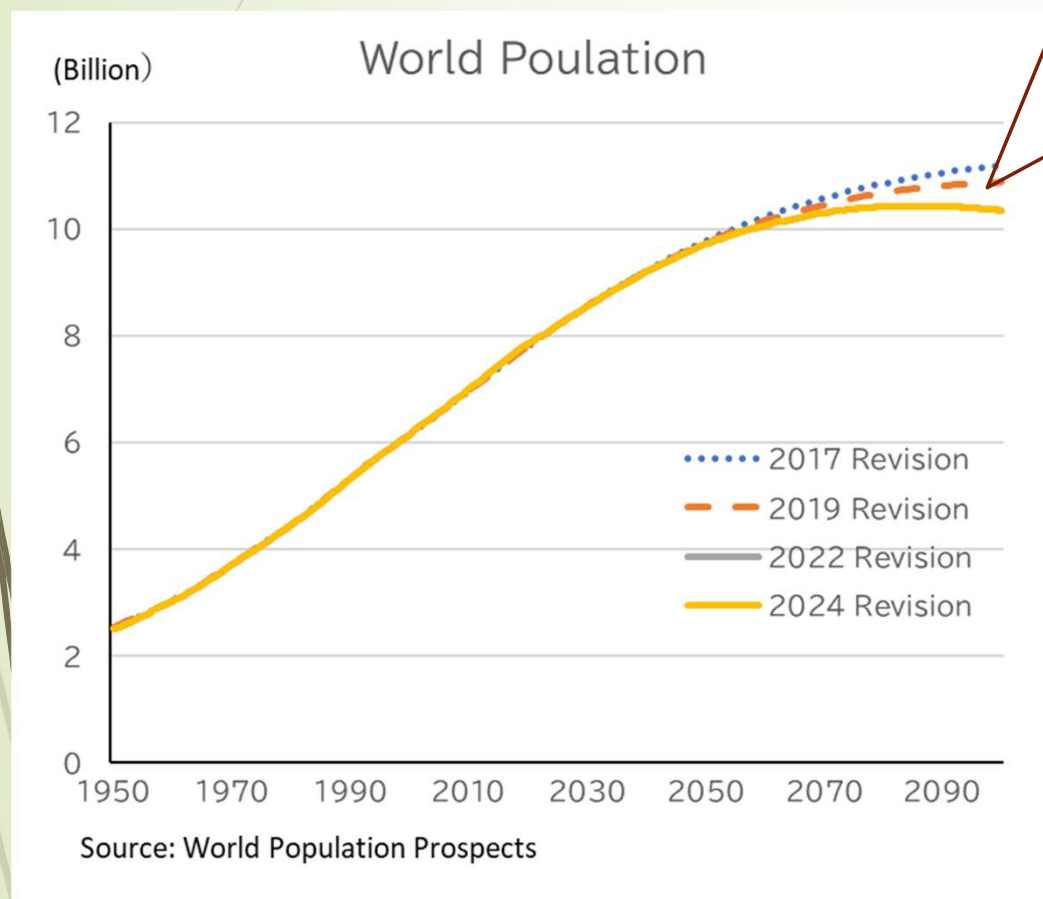
Outline of the Lecture

1. The Demographic Characteristics of Asia
 - Demographic Decline
 - Decreasing Fertility Rate
 - The Progression of Population Aging
2. Demographic Impacts on Economy
 - Demographic Dividend
 - Demographic Drag
3. Challenges toward the Universal Social Protection
 - Getting Old Before Getting Rich
 - The Aging Workforce in the Informal Sector

1. The Demographic Characteristics of Asia

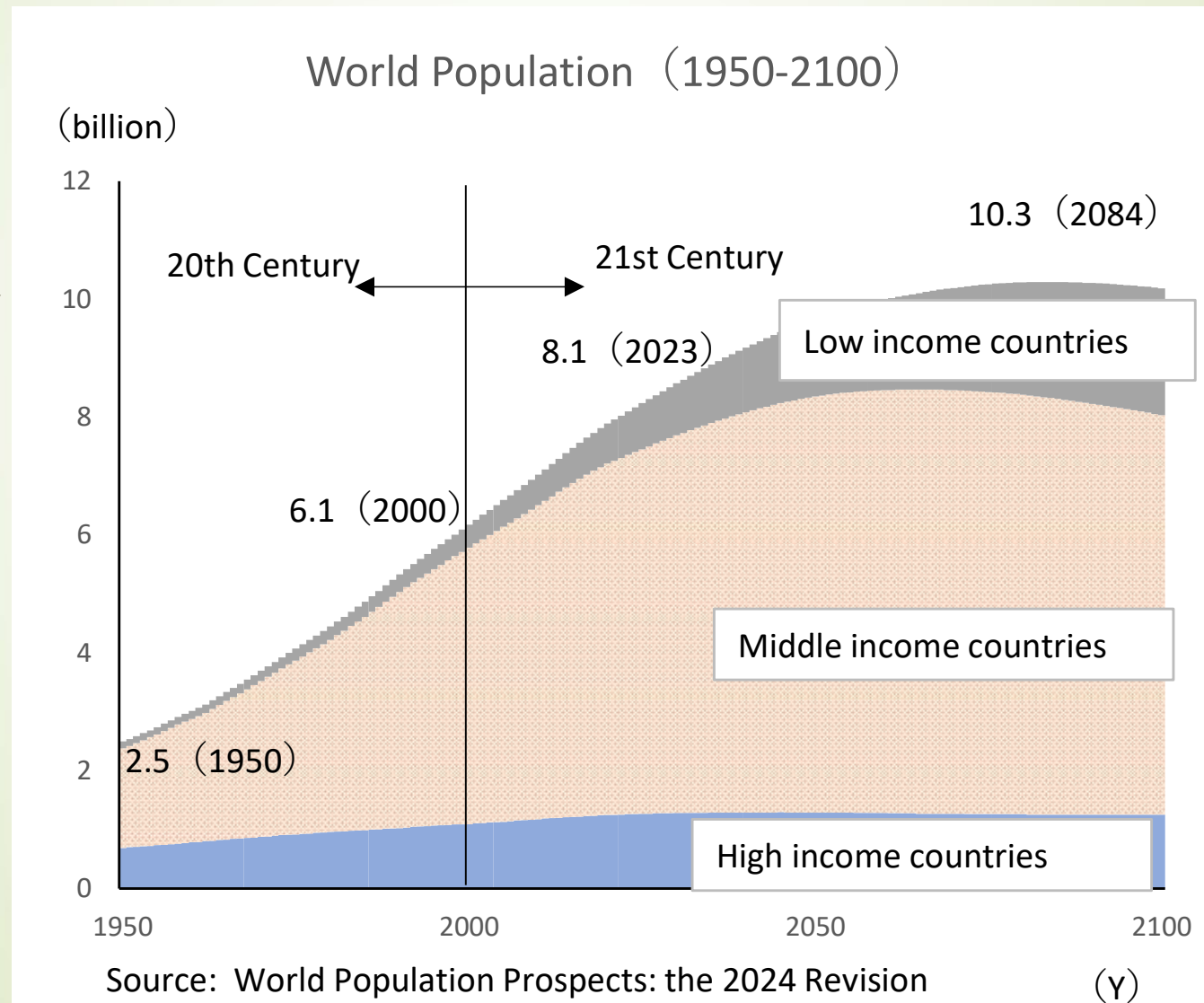


World Population Set to Decline by 2084

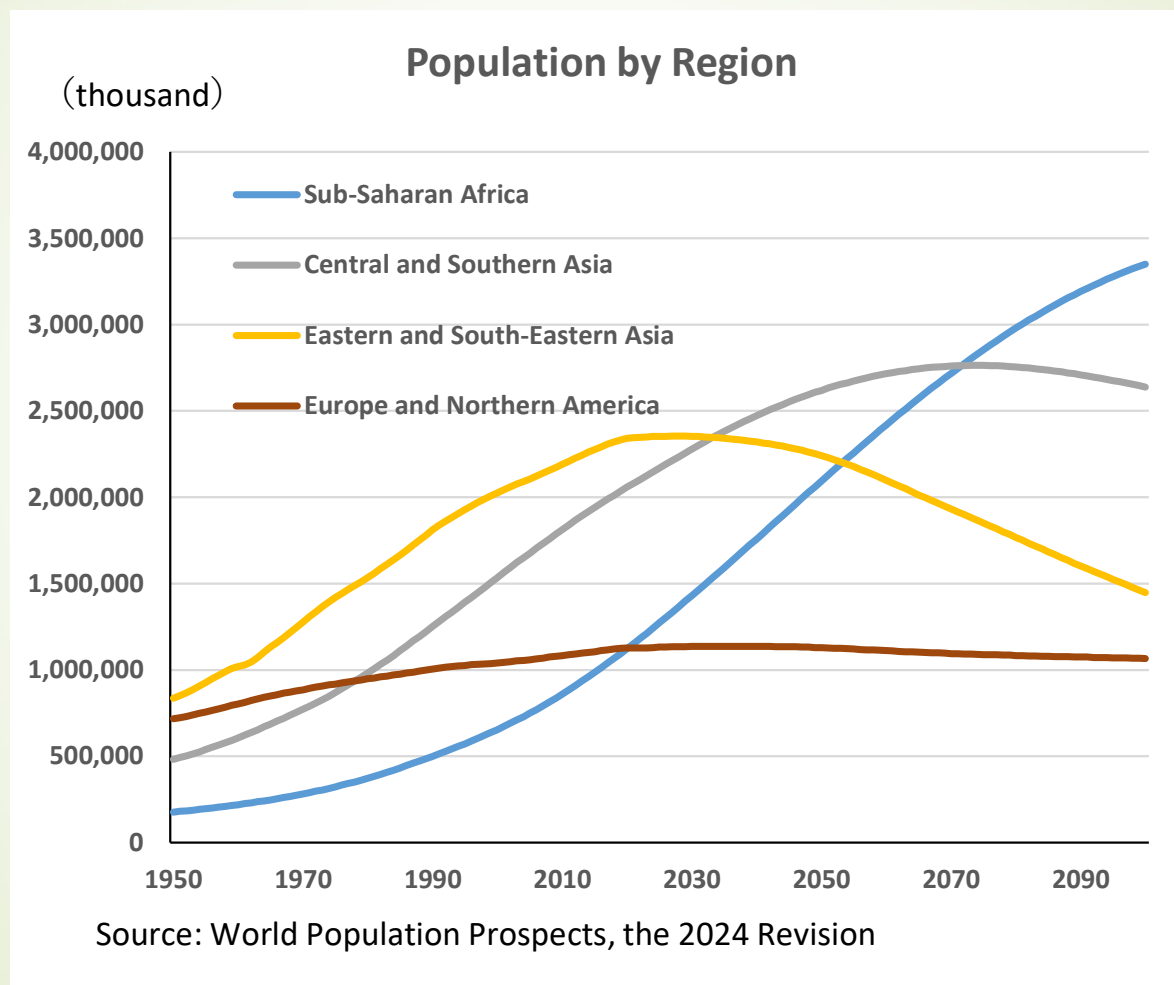


In the 2024 edition, the world population will peak at 10.3 billion in 2084 and decline. Compared to the 2022 edition, the peak is projected to occur 2 years earlier, resulting in a decrease of 100 million people.

Population Decline in Middle-Income Countries



Population decline in Eastern and South-Eastern Asia after 2027



2039 (2019 revision) → 2033 (2022 revision) → 2027 (2024 revision)

Population Changes in Asia

	World	Asia	Eastern Asia	South-Eastern Asia	Southern Asia	Central Asia	Western Asia
Population(thousands)							
1950	2,493,093	1,368,075	671,915	164,549	464,074	17,576	49,962
1970	3,694,684	2,137,559	997,845	280,170	740,680	32,339	86,525
2023	8,091,735	4,778,004	1,660,029	690,117	2,043,083	80,810	303,965
2050	9,664,379	5,280,378	1,467,038	774,570	2,505,837	113,612	419,320
Population Growth Rate(%)							
1970	2.1	0.9	2.5	2.5	2.4	2.7	2.8
2023	0.9	0.6	-0.2	0.8	1.0	1.9	2.1
2050	0.4	0.1	-0.8	0.1	0.4	1.0	0.9
Year of Population Decline							
	2085	2055	2023	2055	2073	—	—

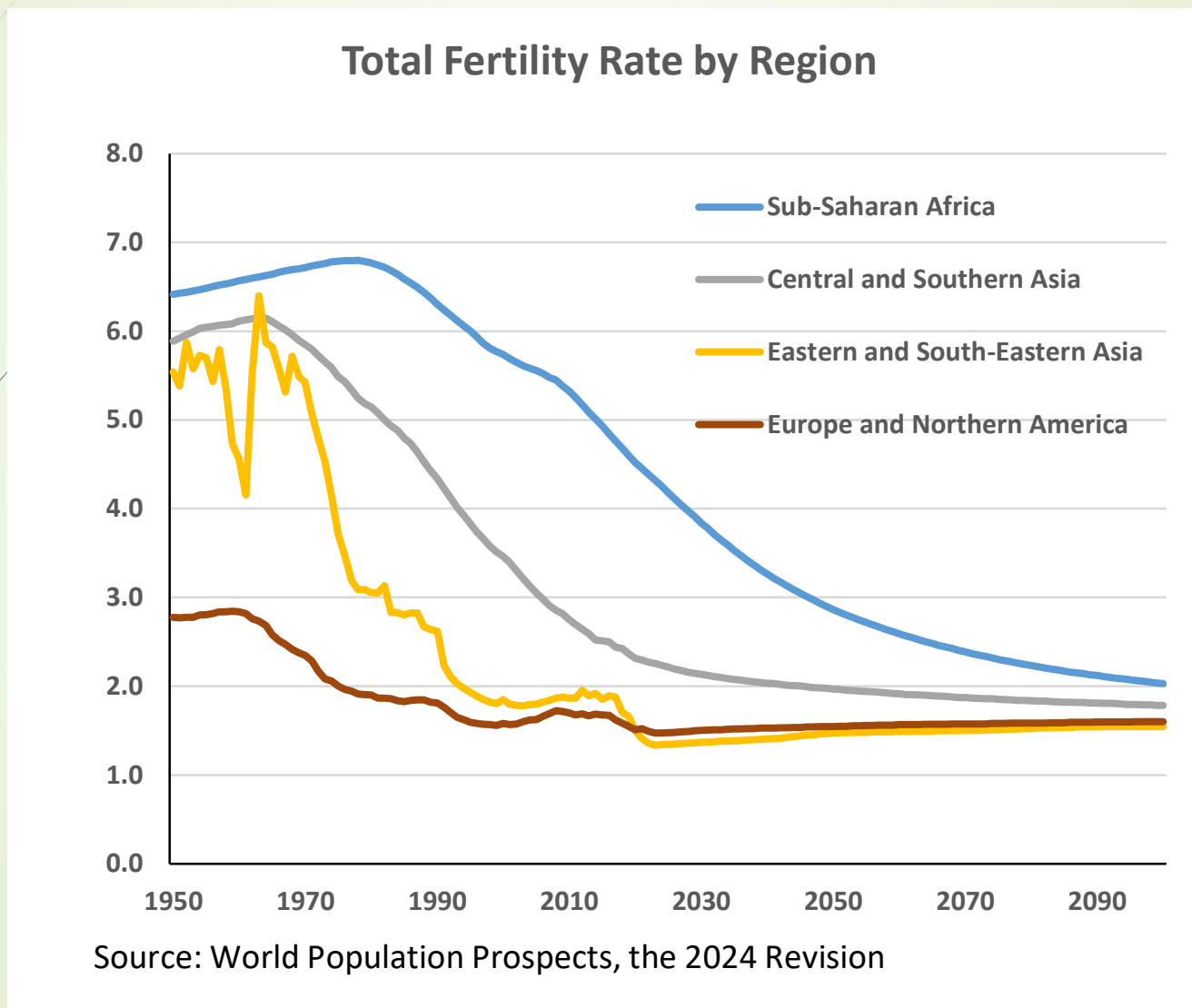
Source: World Population Prospects, The 2024 Revision



When population decreases

- ▶ Japan 2010, Taiwan 2020, Korea 2021, China 2022, Thailand 2023
- ▶ Vietnam 2050, Philippines 2058, Indonesia 2059, Nepal 2068, Bangladesh 2072, Malaysia 2073, Cambodia 2079
- ▶ World 2085
- ▶ Mongolia, Pakistan, Uzbekistan

Rapidly Decline of Total Fertility Rate



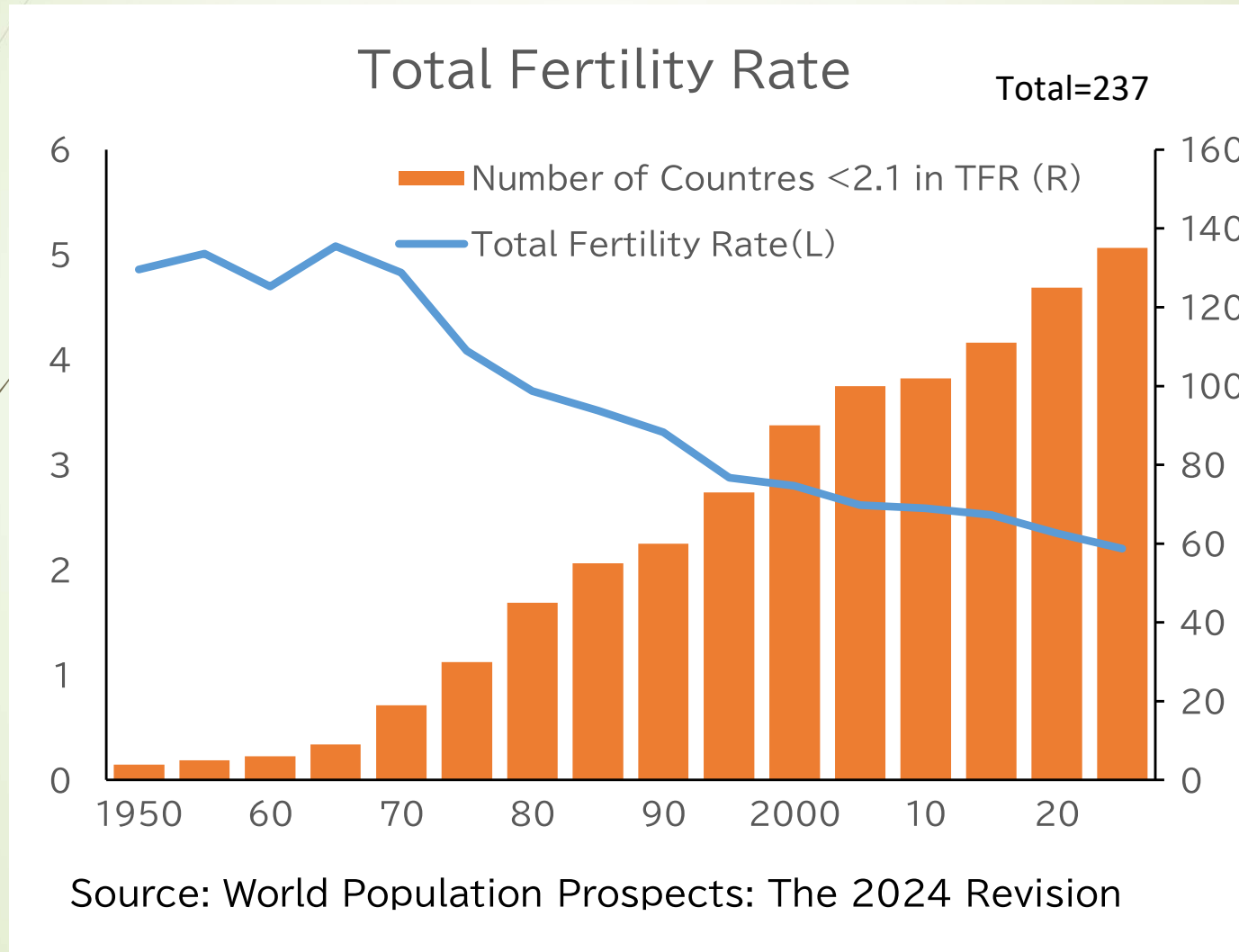
Total Fertility Rate in Asia

	World	Asia	Eastern Asia	South-Eastern Asia	Southern Asia	Central Asia	Western Asia
1950	4.9	5.7	5.5	5.7	5.9	5.0	6.0
1970	4.8	5.6	5.4	5.6	5.9	5.0	6.0
1990	3.3	3.3	2.4	3.3	4.4	4.0	4.0
2010	2.6	2.3	1.7	2.4	2.8	3.0	3.0
2023	2.3	1.9	1.0	1.9	2.2	3.0	3.0
2050	2.1	1.8	1.2	1.8	1.9	2.0	2.0

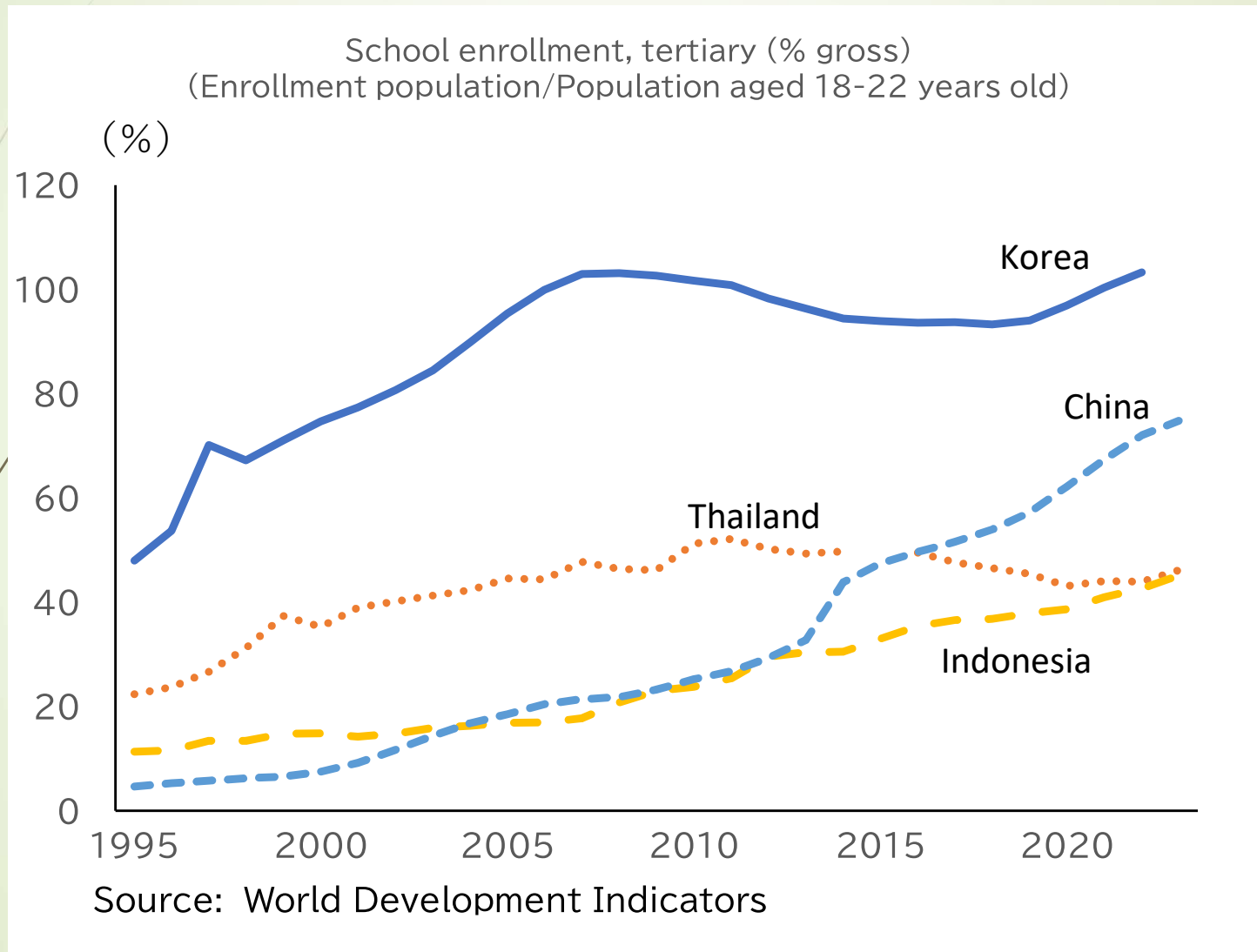
Source: World Population Prospects, The 2024 Revision

	1970	2023		1970	2023
World	4.8	2.3	Philippines	6.2	1.9
China	6.1	1.0	Thailand	5.5	1.2
Korea	4.5	0.7	Vietnam	6.0	1.9
Mongolia	7.3	2.7	Bangladesh	6.8	2.2
Taiwan	4.0	0.9	Nepal	5.9	2.0
Cambodia	6.1	2.6	Pakistan	6.8	3.6
Indonesia	5.5	2.1	Uzbekistan	6.3	3.5
Malaysia	5.0	1.6	Japan	2.0	1.2

Declining birth rates are a global trend



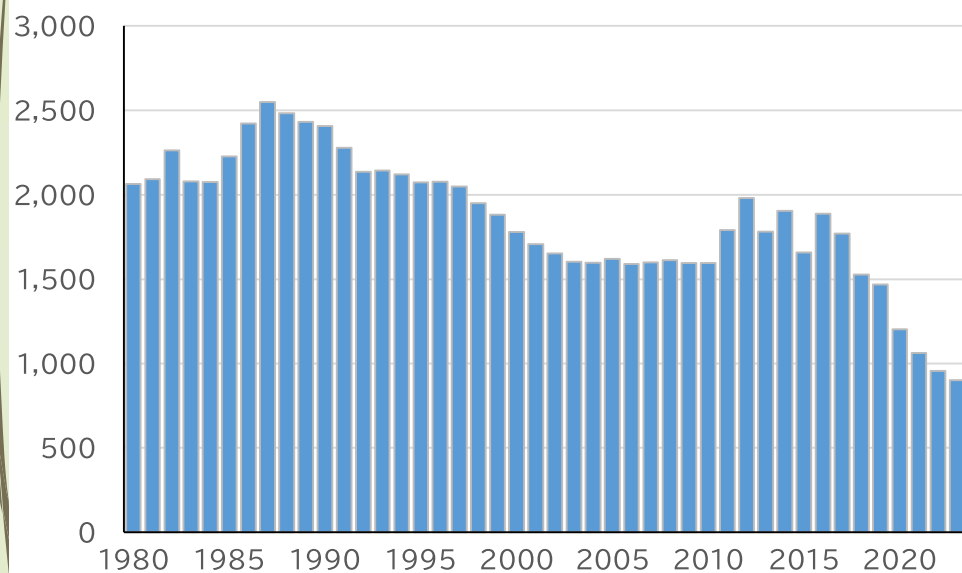
Rising education costs



The Decline of Births in China

Numbers of Births in China

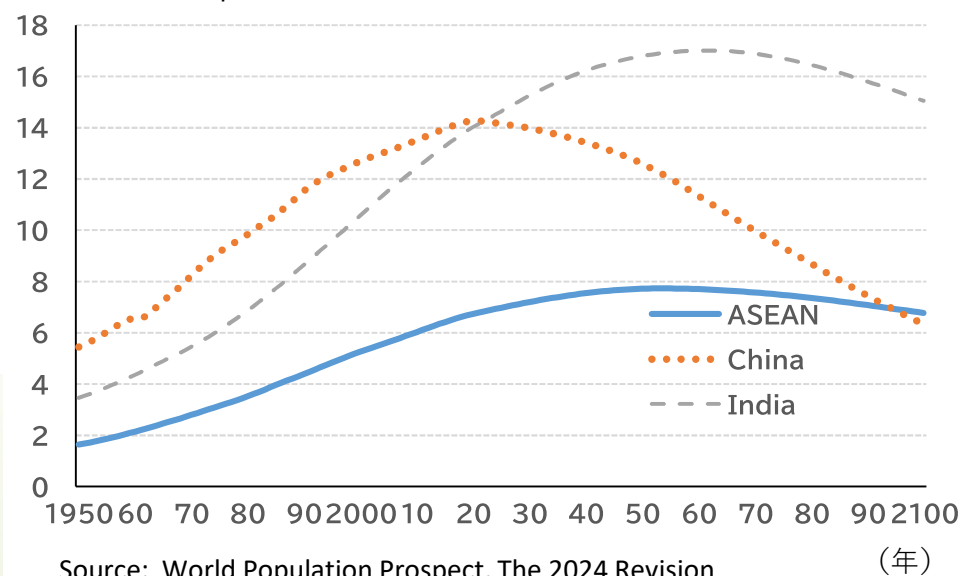
(10000 persons)



Source: China Statistical Yearbook

Population (ASEAN, China, India)

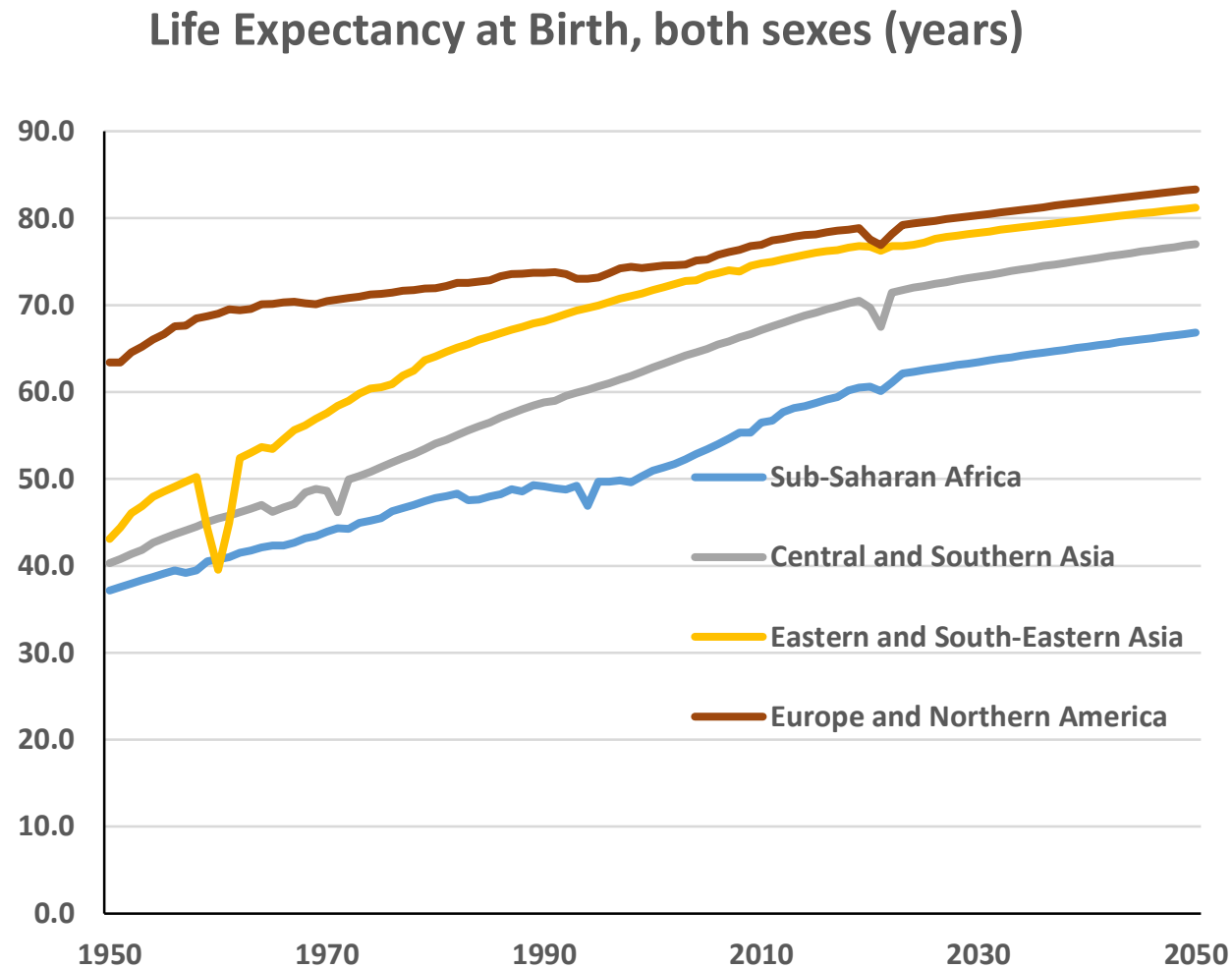
(100 million persons)



Source: World Population Prospect, The 2024 Revision

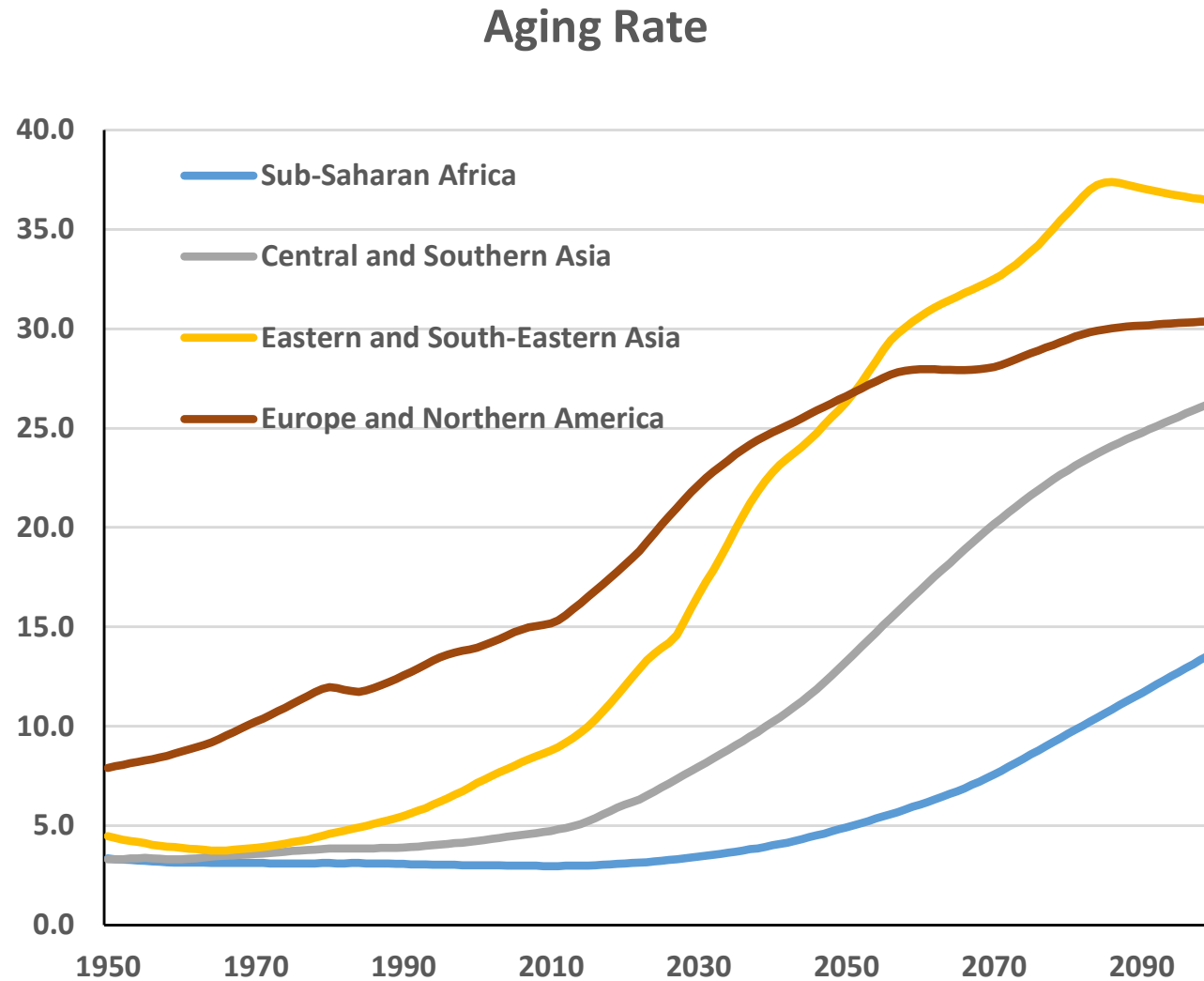
(年)

Living Longer Lives



Source: World Population Prospects, the 2024 Revision

Rise of Aging Rate



Source: World Population Prospects, the 2024 Revision

Population Aging Rate

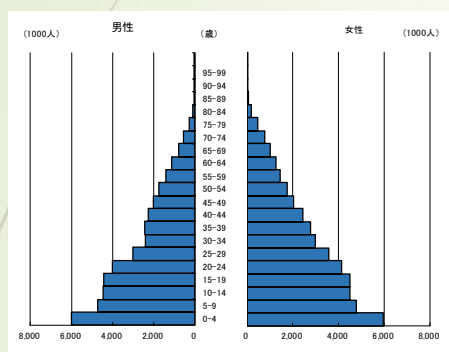
	World	Asia	Eastern Asia	South-Eastern Asia	Southern Asia	Central Asia	Western Asia
1950	5.1	4.1	4.9	2.8	3.2	6.1	4.7
1970	5.3	3.8	4.0	3.3	3.5	5.1	4.5
1990	6.1	4.8	6.0	4.1	3.9	4.4	4.1
2010	7.6	6.8	10.0	5.6	4.7	4.9	4.9
2023	10.0	9.8	15.6	7.8	6.5	5.9	6.0
2050	16.3	18.6	31.6	16.3	13.4	10.8	11.4

Source: World Population Prospects, The 2024 Revision

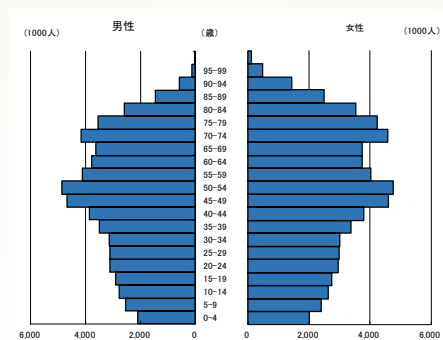
	2023	2050		2023	2050
World	10.0	16.3	Philippines	5.3	11.2
China	14.3	30.9	Thailand	14.7	29.6
Korea	18.3	39.7	Vietnam	8.6	20.0
Mongolia	4.9	12.6	Bangladesh	6.3	13.6
Taiwan	18.3	38.7	Nepal	6.4	11.1
Cambodia	6.0	11.6	Pakistan	4.2	6.4
Indonesia	7.1	15.1	Uzbekistan	5.7	10.4
Malaysia	7.5	16.8	Japan	29.6	37.5

Population pyramid in Japan

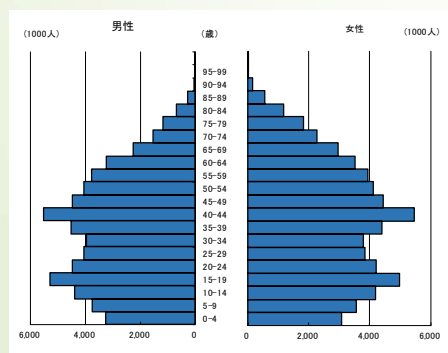
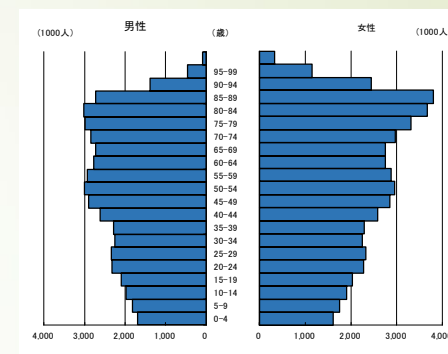
1950



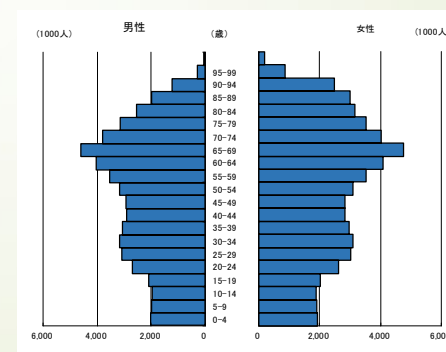
2023



2060



1990

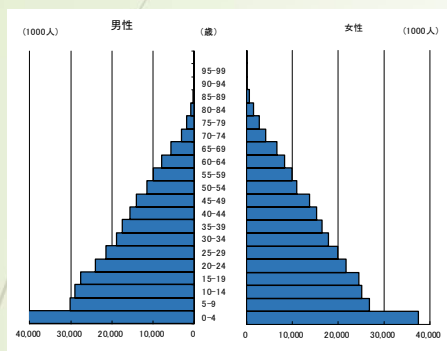


2040

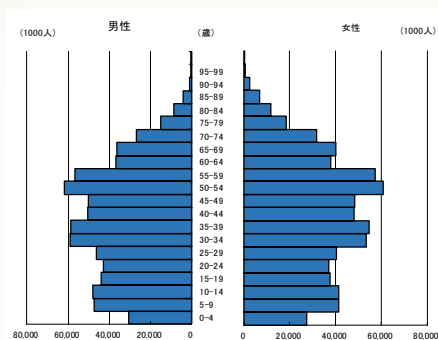
Source: World Population Prospects, The 2024 Revision

Population pyramid in China

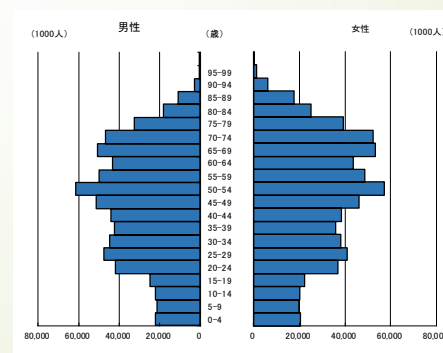
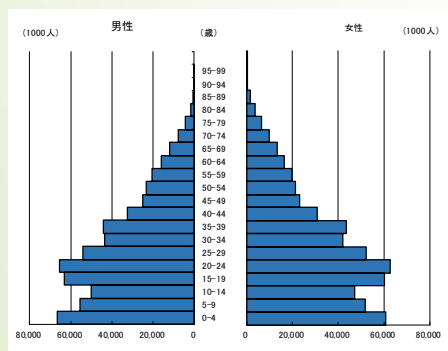
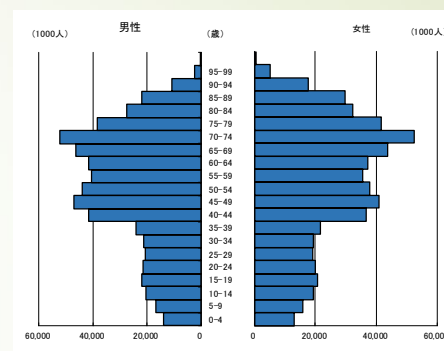
1950



2023



2060



1990

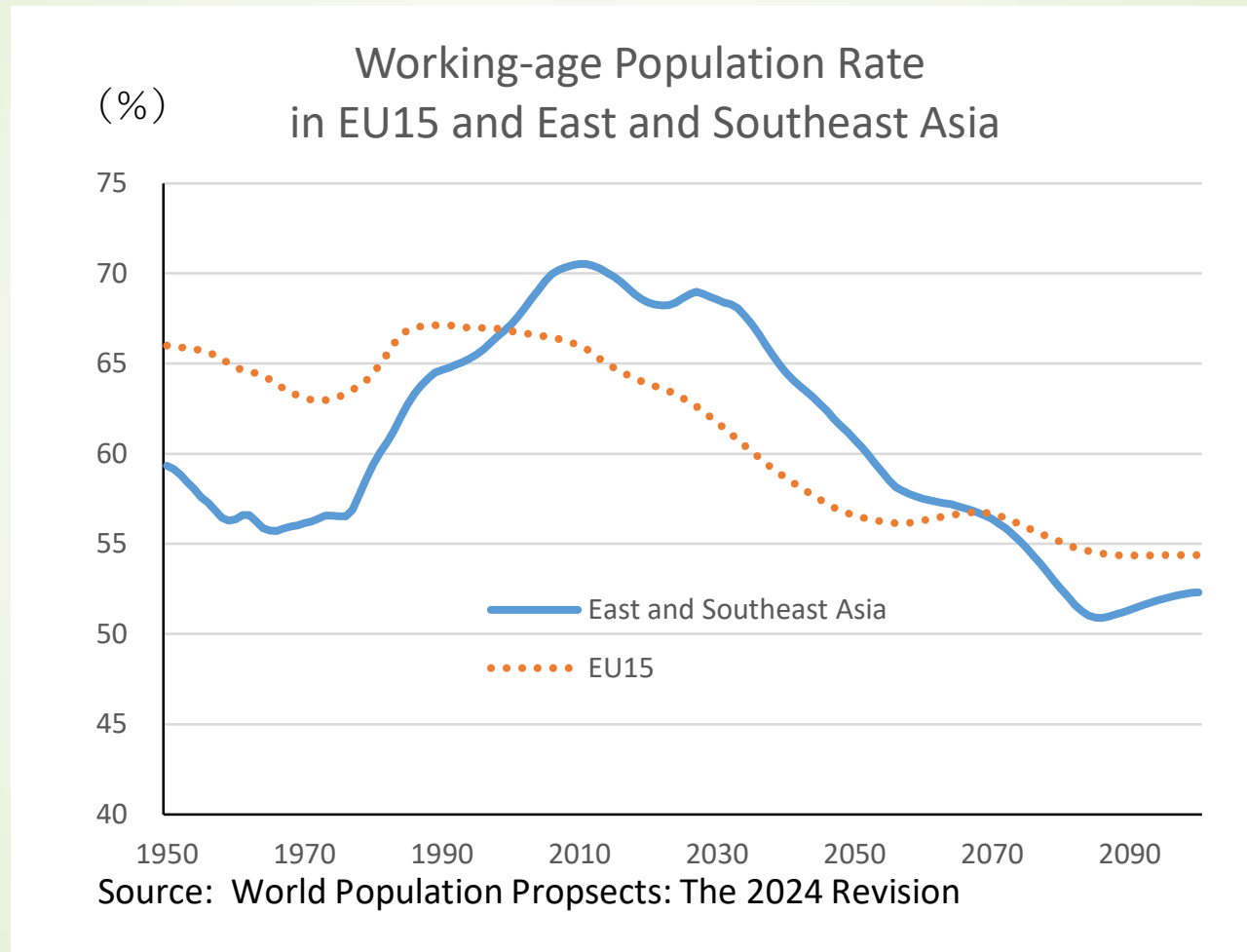
2040

Source: World Population Prospects, The 2024 Revision

2. Demographic impacts on economy



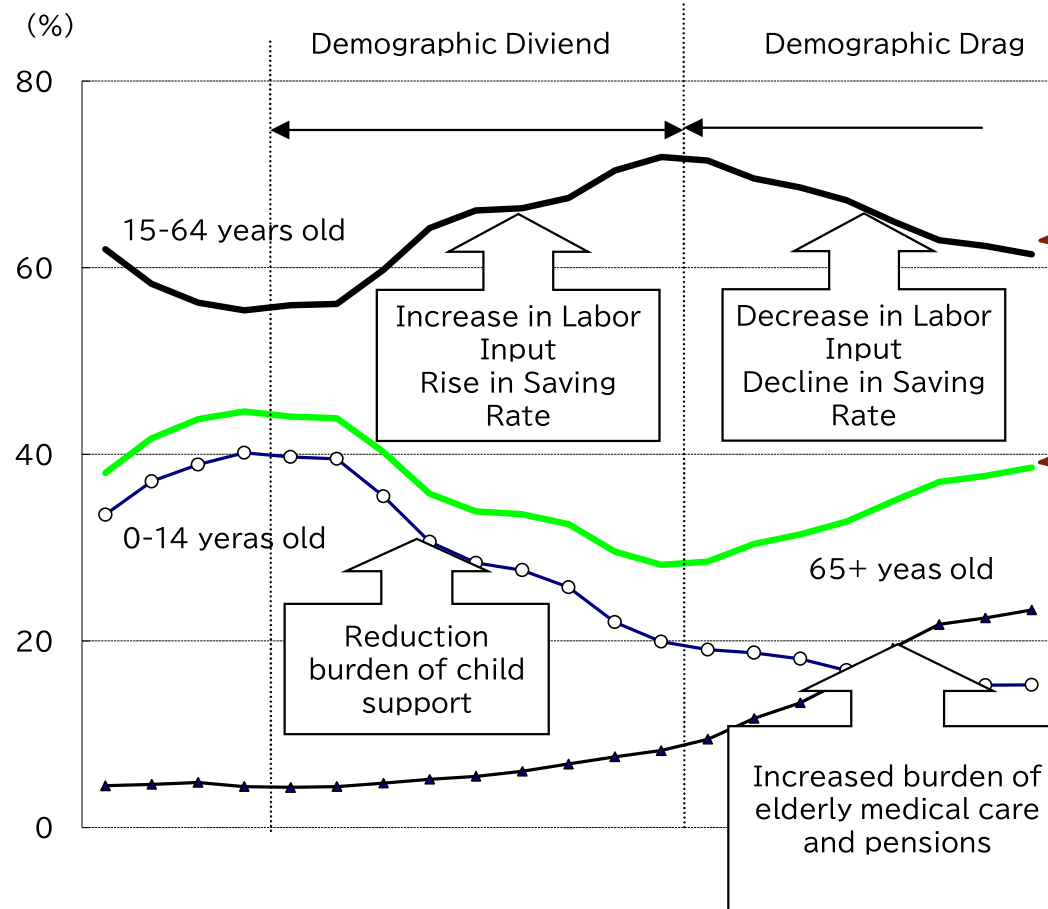
Characteristics of Asia's demographic trends



Working-age Population = 15~64 years old

Impact of demographic changes

Demographic Dividend and Demographic Tax



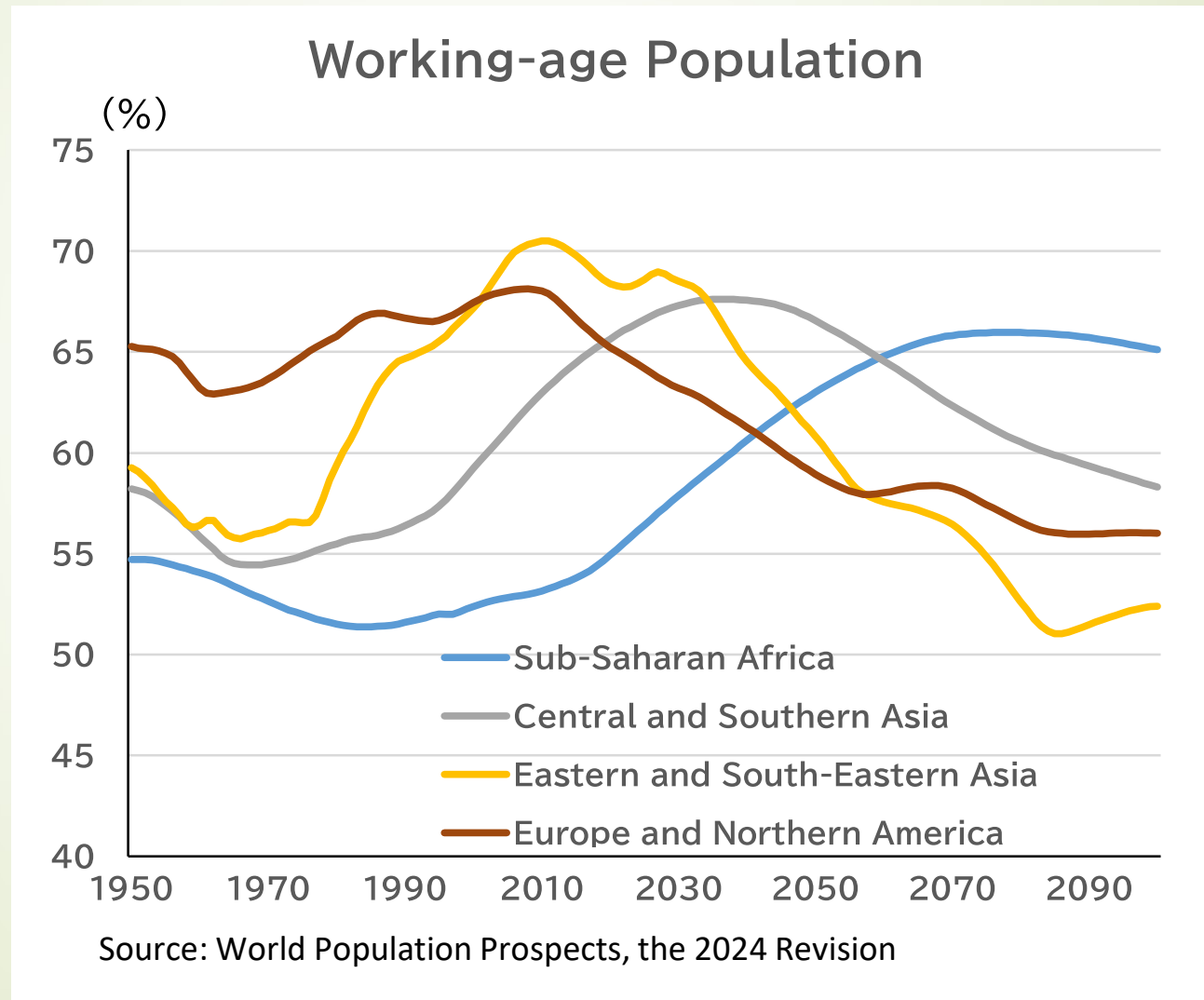
Source: Created by the author

(年)

Reduction in
production scale

Increase in
social burden

Period of the demographic dividend



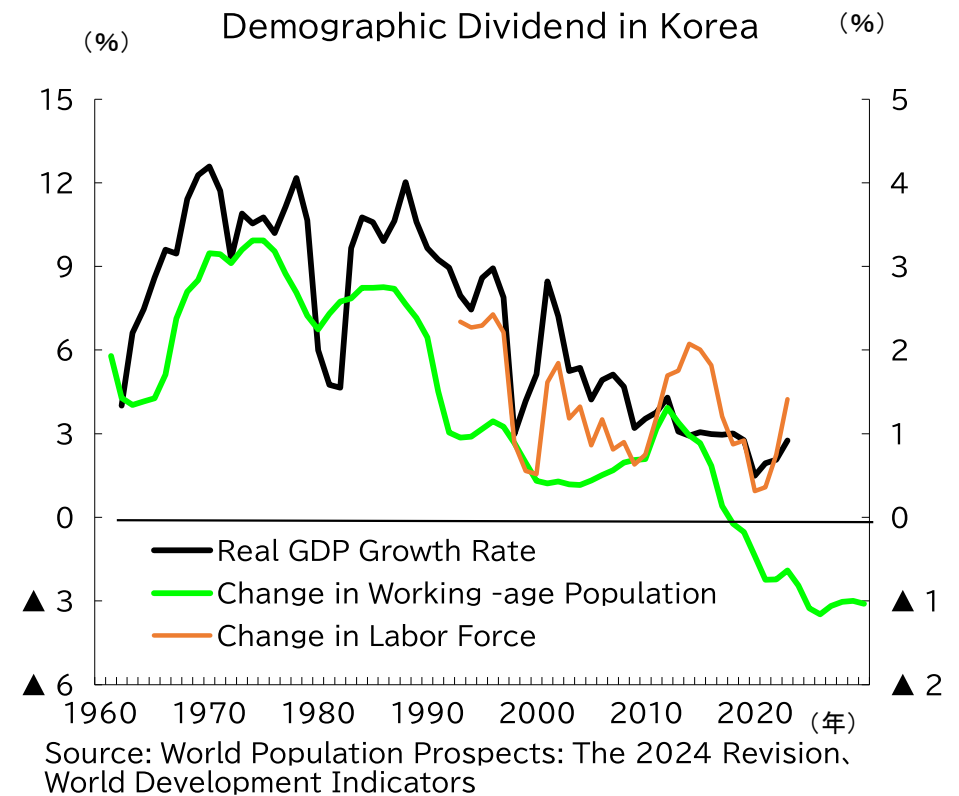
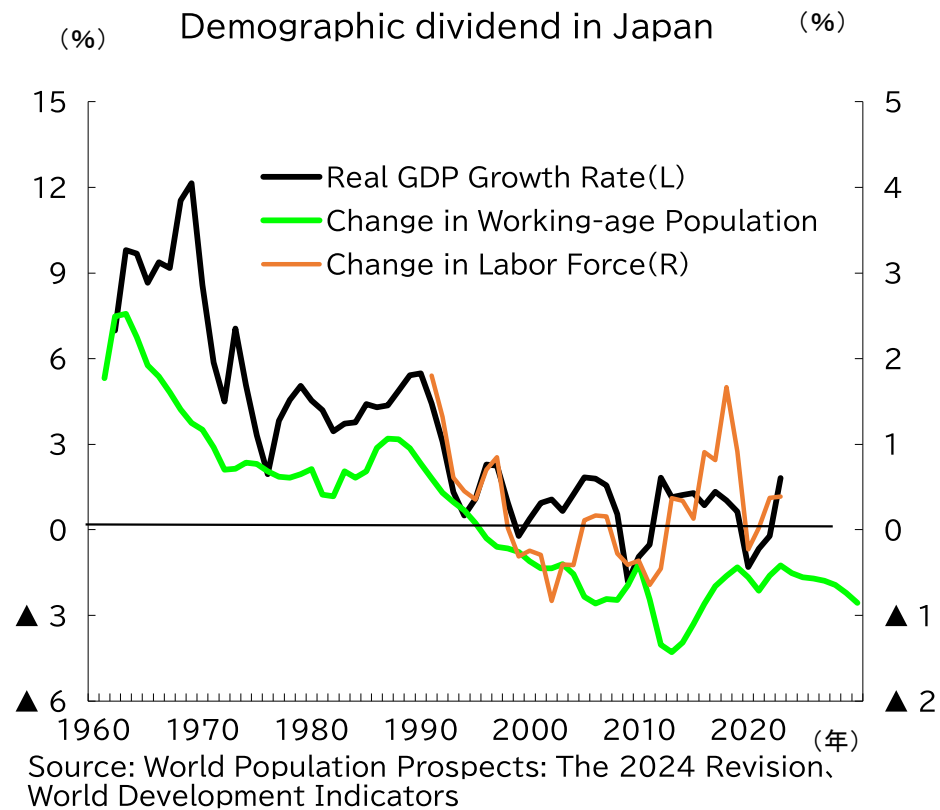
Working-age Population Ratio

	World	Asia	Eastern Asia	South-Eastern Asia	Southern Asia	Central Asia	Western Asia
1950	60.1	58.8	59.8	57.0	58.1	60.8	56.6
1970	57.0	55.4	57.0	53.1	54.5	54.0	53.0
1990	60.9	61.1	66.4	59.3	56.3	58.2	56.5
2010	65.2	66.9	72.1	66.4	62.9	65.9	64.1
2023	65.0	67.2	68.4	67.9	66.4	62.6	65.9
2050	63.3	64.1	58.3	65.6	66.7	63.3	66.3

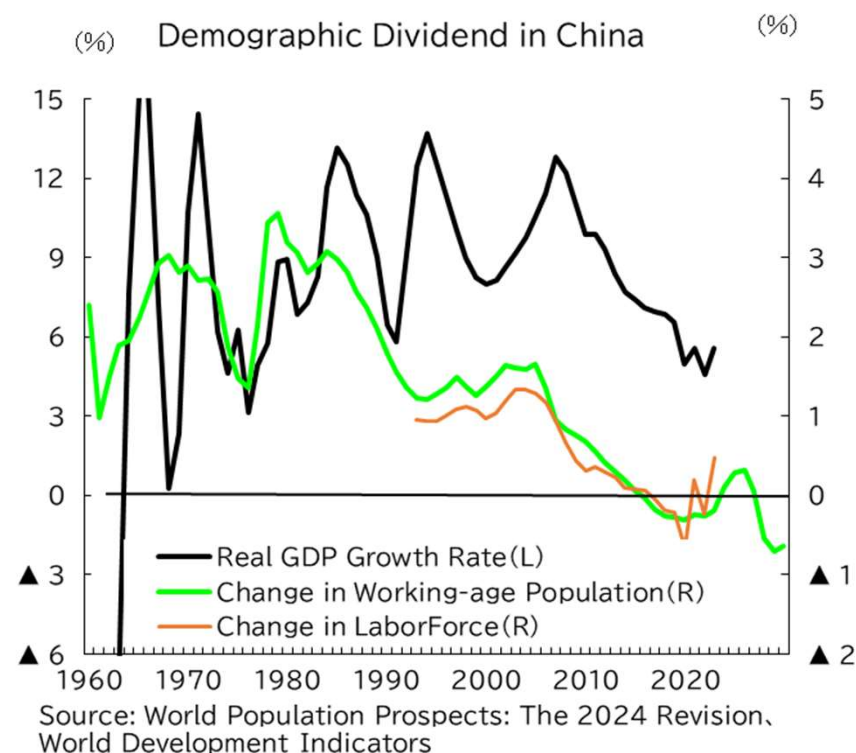
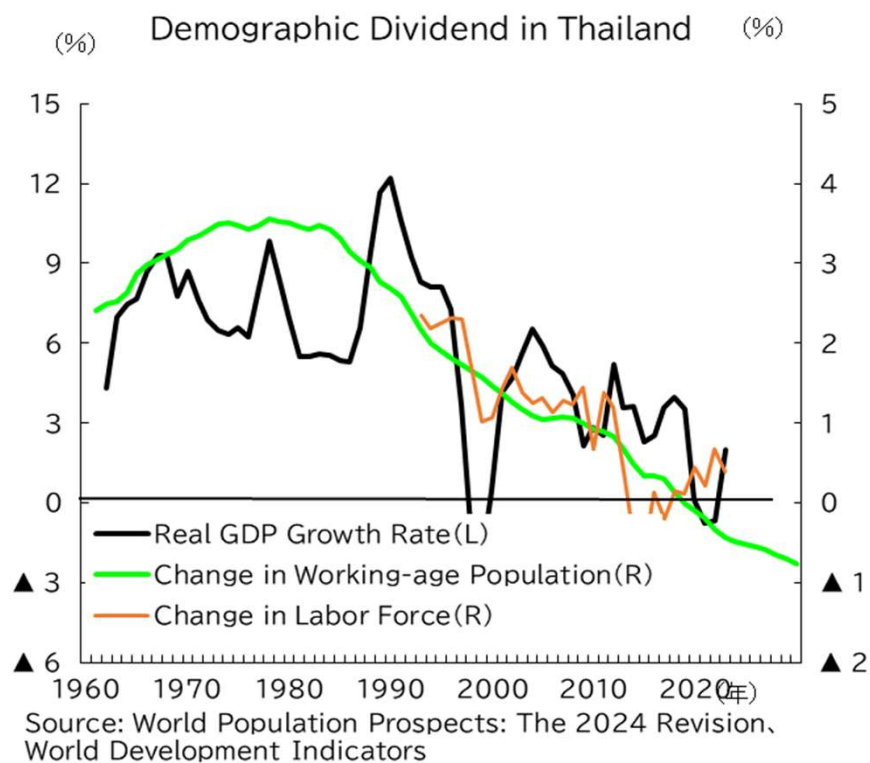
Source: World Population Prospects, The 2024 Revision

- Japan(1992),China (2010), Thailand(2011), Vietnam(2012), Uzbekistan(2013), Taiwan(2013), Korea(2016),
- Indonesia(2030), Malaysia(2033),Philippines(2035), Mongolia(2036), Cambodia(2043),Bangladesh(2045), Nepal(2070), Pakistan(-),

The demographic dividend and drag in Japan and Korea



The demographic dividend and drag in China and Thailand



The Rise of the Silver Economy

INTERNATIONAL MONETARY FUND

WORLD ECONOMIC OUTLOOK

A Critical Juncture amid Policy Shifts

2025
APR



CHAPTER 2

THE RISE OF THE SILVER ECONOMY: GLOBAL IMPLICATIONS OF POPULATION AGING

As the global population ages, economies worldwide face significant demographic shifts with far-reaching implications. This chapter explores the rise of the "silver economy," focusing on three key areas: the extent of healthy aging and its impact on labor markets, the broader economic implications of demographic changes, and the role of targeted policies in mitigating the adverse effects of aging. The analysis reveals that although population aging poses challenges such as slower growth and increased fiscal pressures, healthier aging trends offer a silver lining by boosting labor force participation, extending working lives, and enhancing productivity. The chapter underscores the importance of policies that support healthy aging, increase labor force participation among older individuals, and close gender gaps in the workforce. By leveraging strategies related to these policies, countries can harness the potential of the silver economy to boost growth and rebuild fiscal buffers amid demographic headwinds.

Introduction

Unprecedented demographic changes expected throughout this century are creating increasingly pressing issues for all countries to navigate. Global population growth will slow from 1.1 percent per year before the COVID-19 pandemic to basically zero in 2080–2100 (Figure 2.1). An ongoing decline in fertility and an increase in longevity are expected to bring sharp changes in the age structure of economies, with the average age of the world's population projected to increase by 11 years between 2020 and the end of the century. These forces are driving the rise of the "silver economy," as the share of the older population—ages 65 and older—is increasing rapidly throughout the world, with far-reaching implications for economies and societies.

The authors of this chapter are Bertrand Guais (co-lead), Eric Huang, Andrea Laphorg, Dina Noumldin (co-lead), and Galip Kemal Ozbay, with support from Pedro de Barros Gagliardi and Ziyun Han. Adrien Audert, Hannes Malinberg, and Matthew Rogalla were external consultants. The chapter benefited from comments by Andrew Scott and internal seminar participants and reviewers.

Population aging has often been linked to gloomy prospects for economic growth and public finances. The fall in the proportion of working-age individuals may depress labor supply and output growth (Gagnon, Johannsen, and López-Salido 2021; Maestas, Mullen, and Powell 2023). Slower population growth can also lead to fewer ideas and less innovation, and thus slower productivity growth (Aksoy and others 2019; Jones 2022). A higher dependency ratio, wherein fewer workers support more retirees, can strain public pension systems and increase health care spending (Lee 2016).

However, individuals are not only living for longer but generally also aging in better health (Scott 2021, 2023; Kotschy and Bloom 2023). Globally, life expectancy has increased by about 4½ years over the past two decades. Importantly, healthy life expectancy has increased at a similar pace, with additional years largely free from chronic illnesses. Recent studies have documented significant improvements in the physical and cognitive abilities of individuals over the age of 50 in some advanced economies, though with notable heterogeneity across socioeconomic groups (Freedman and others 2013; Abeliantsky and Strulik 2019; Old and Scott 2023). Healthier aging could thus continue to boost labor supply by extending working lives and enhancing older workers' productivity, offering a bright spot amid the rise of the silver economy.

Against this backdrop, this chapter pursues the following intertwined objectives: (1) assessing the extent to which cohorts are aging in better health and its impact on labor market outcomes, (2) evaluating the global economic implications of demographic shifts and healthy-aging trends, and (3) exploring how targeted policies can help mitigate the negative effects of population aging.

To achieve these objectives, the chapter seeks to answer the following questions:

- *Global demographic transition:* How have demographic trends evolved globally? How fast and uneven is the pace of aging across different countries?



Healthy life expectancy (HALE) at birth (years) in 2000 and 2019

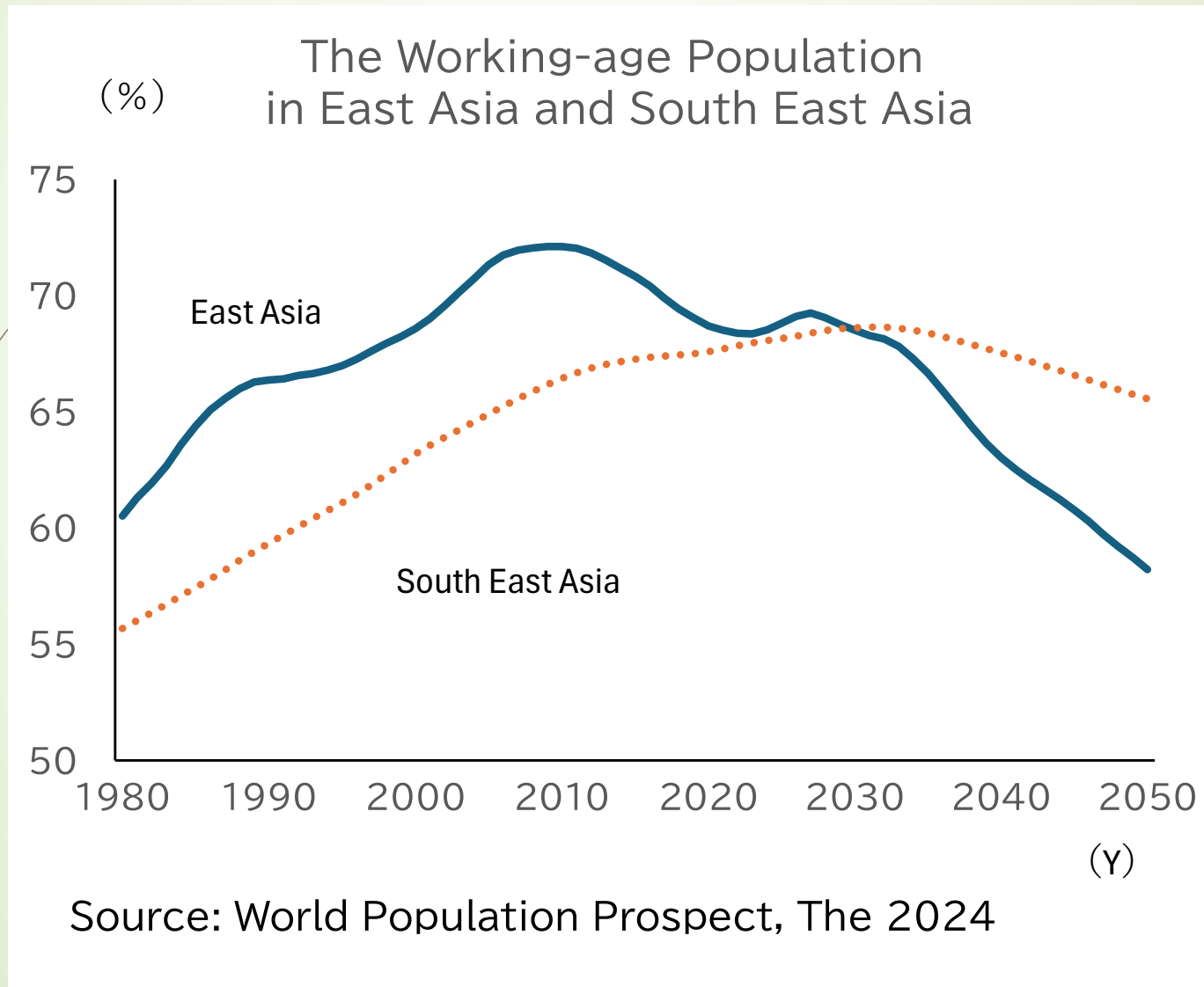
	2000	2019		2000	2019
China	63.1	→ 68.5	Thailand	62.2	→ 67.1
Korea	66.6	→ 72.5	Vietnam	63.7	→ 65.4
Mongolia	55.6	→ 62.0	Bangladesh	56.7	→ 64.0
Cambodia	51.8	→ 61.3	Nepal	56.1	→ 61.5
Indonesia	59.4	→ 63.3	Pakistan	53.2	→ 57.8
Malaysia	64.1	→ 65.5	Uzbekistan	54.7	→ 63.6
Philippines	61.3	→ 61.3	Japan	71.1	→ 73.6



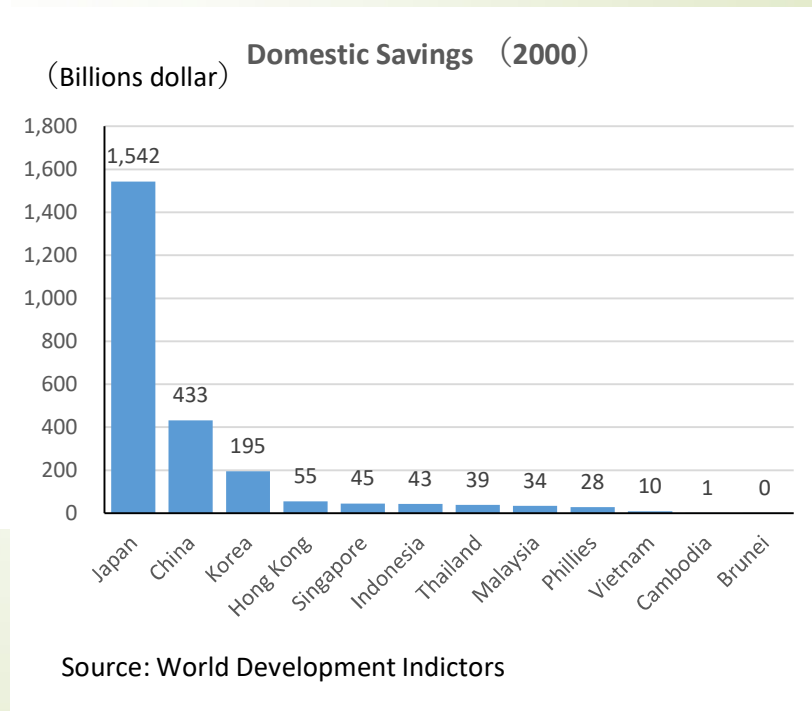
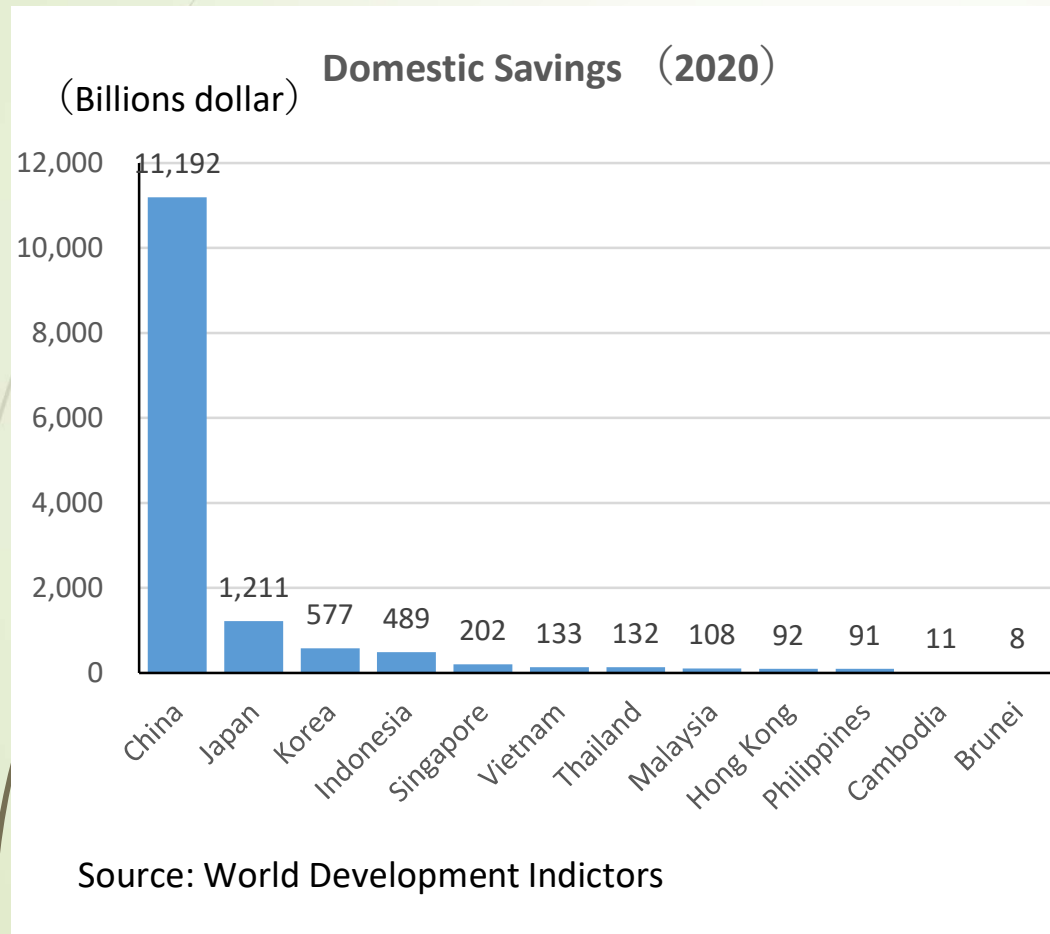
Healthy life expectancy (HALE) at age 60 (years) in 2000 and 2019

	2000	2019		2000	2019
China	14.0	→ 16.1	Thailand	15.7	→ 17.7
Korea	15.5	→ 19.7	Vietnam	14.7	→ 15.1
Mongolia	11.8	→ 14.2	Bangladesh	13.1	→ 15.4
Cambodia	11.7	→ 13.2	Nepal	13.0	→ 13.7
Indonesia	13.2	→ 13.8	Pakistan	12.2	→ 13.3
Malaysia	13.8	→ 14.9	Uzbekistan	10.5	→ 13.8
Philippines	14.2	→ 13.3	Japan	18.9	→ 20.4

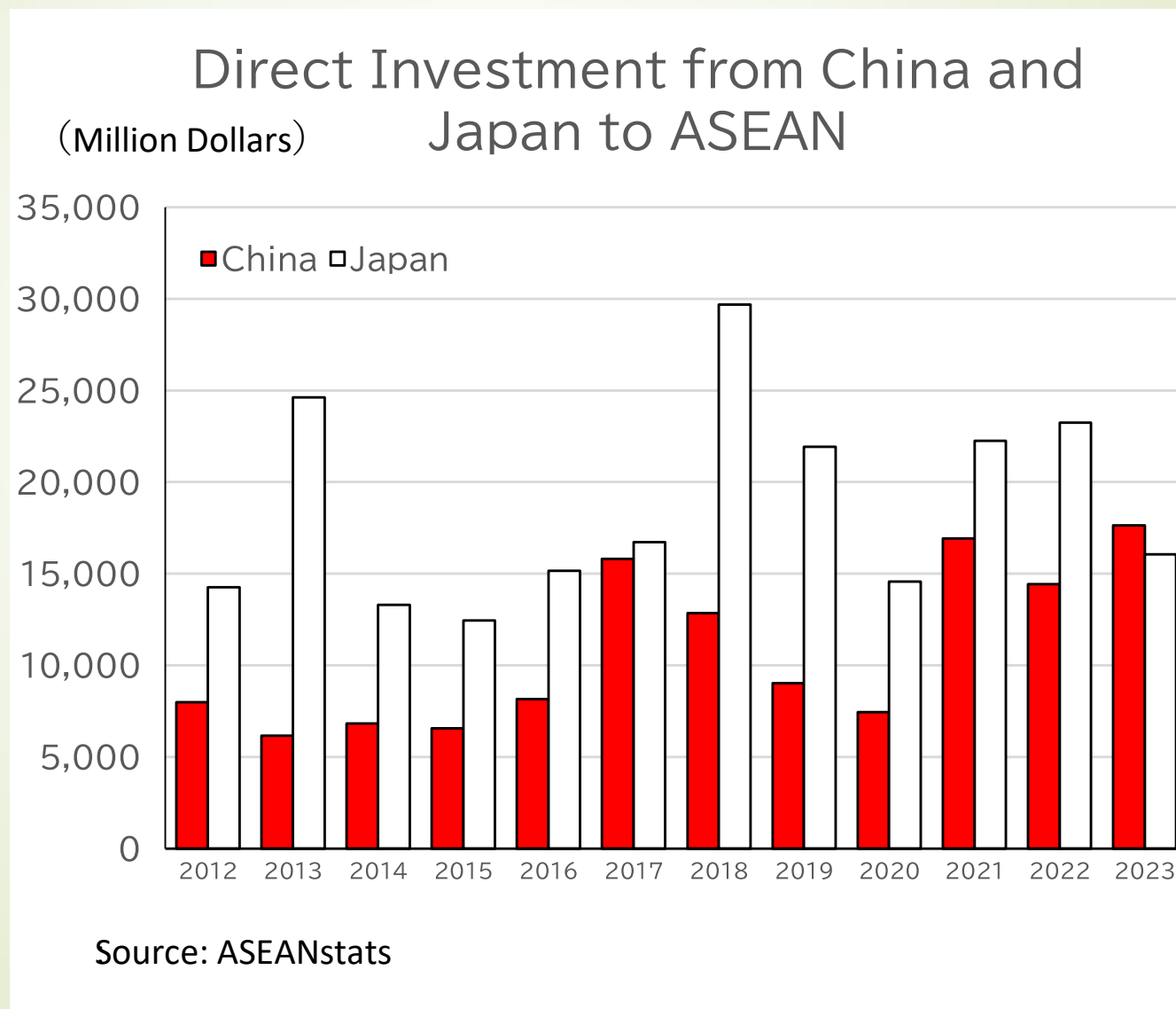
ASEAN will become a driving force in Asia

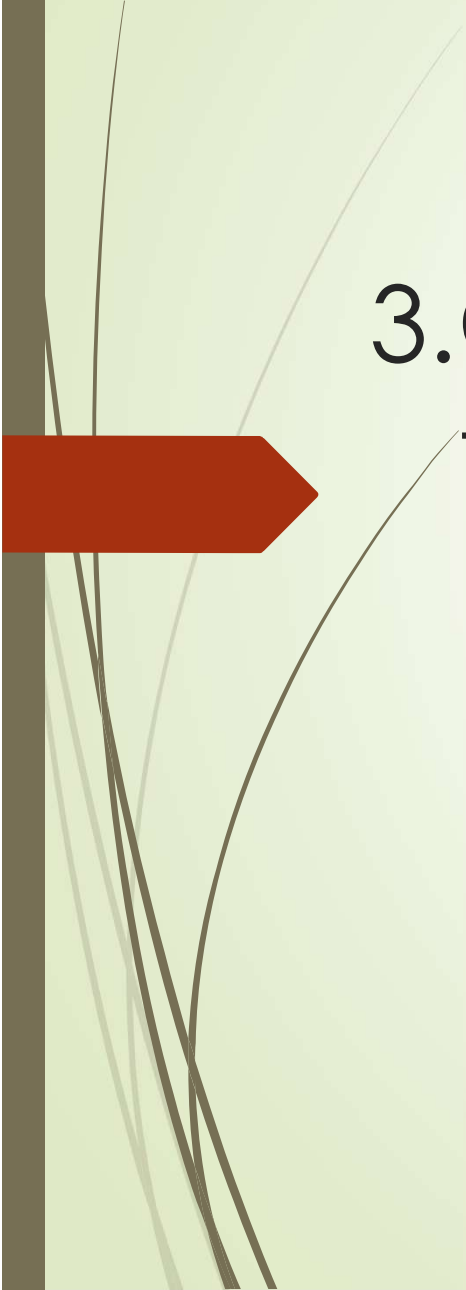


Chinese funds accelerate the growth of ASEAN economy



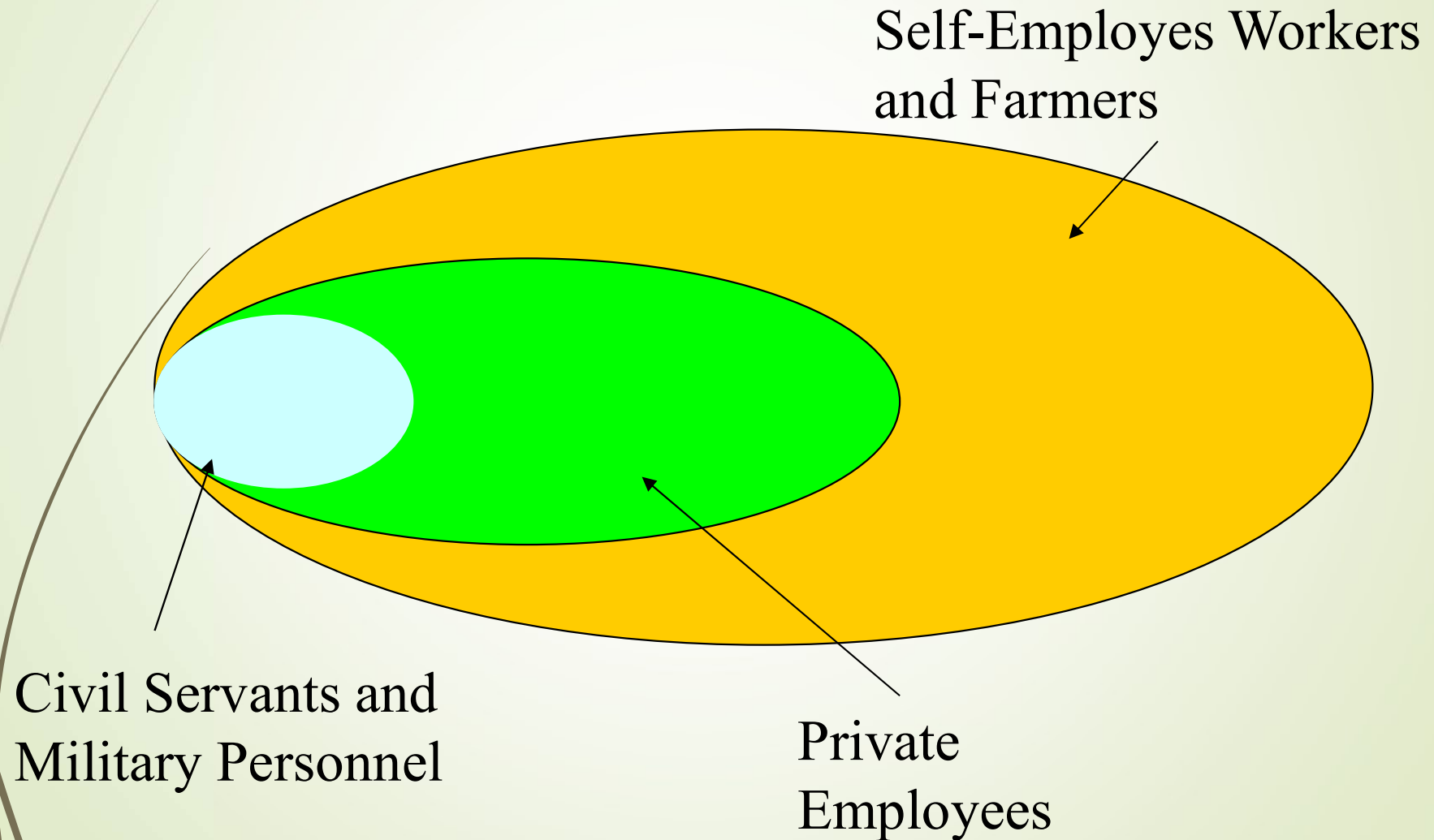
China's investment towards ASEAN





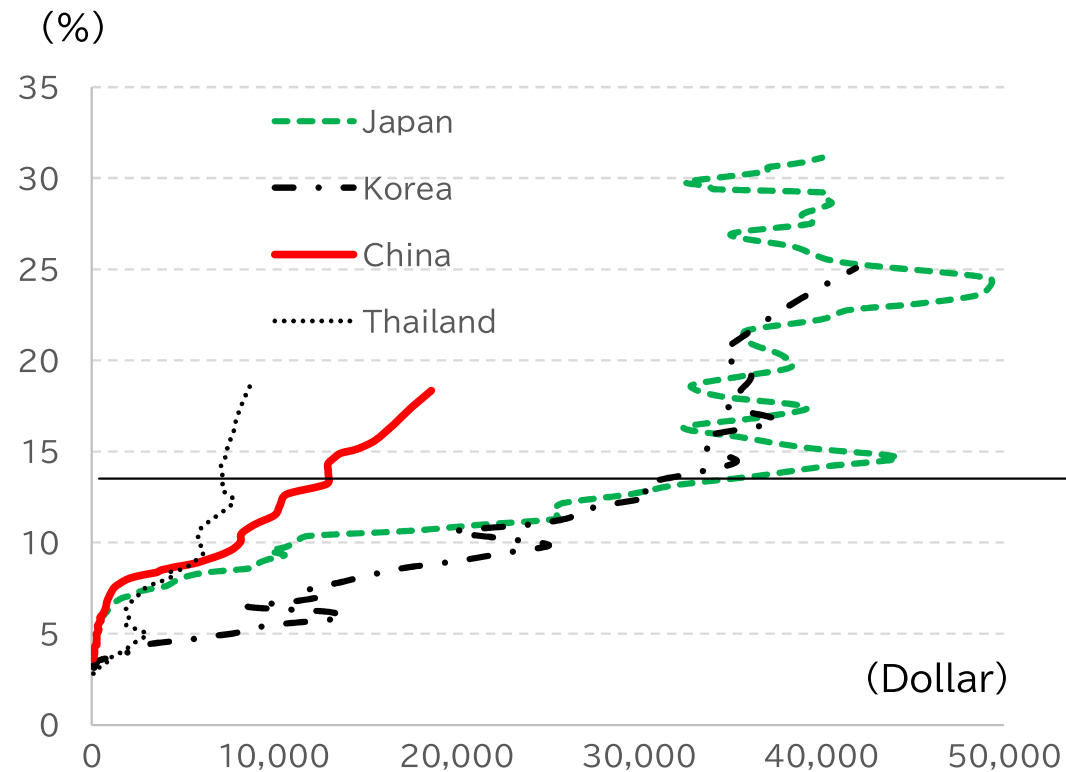
3.Challenges toward the universal Social Protection

Stages of Development in Social Security Systems



Be older before be richer

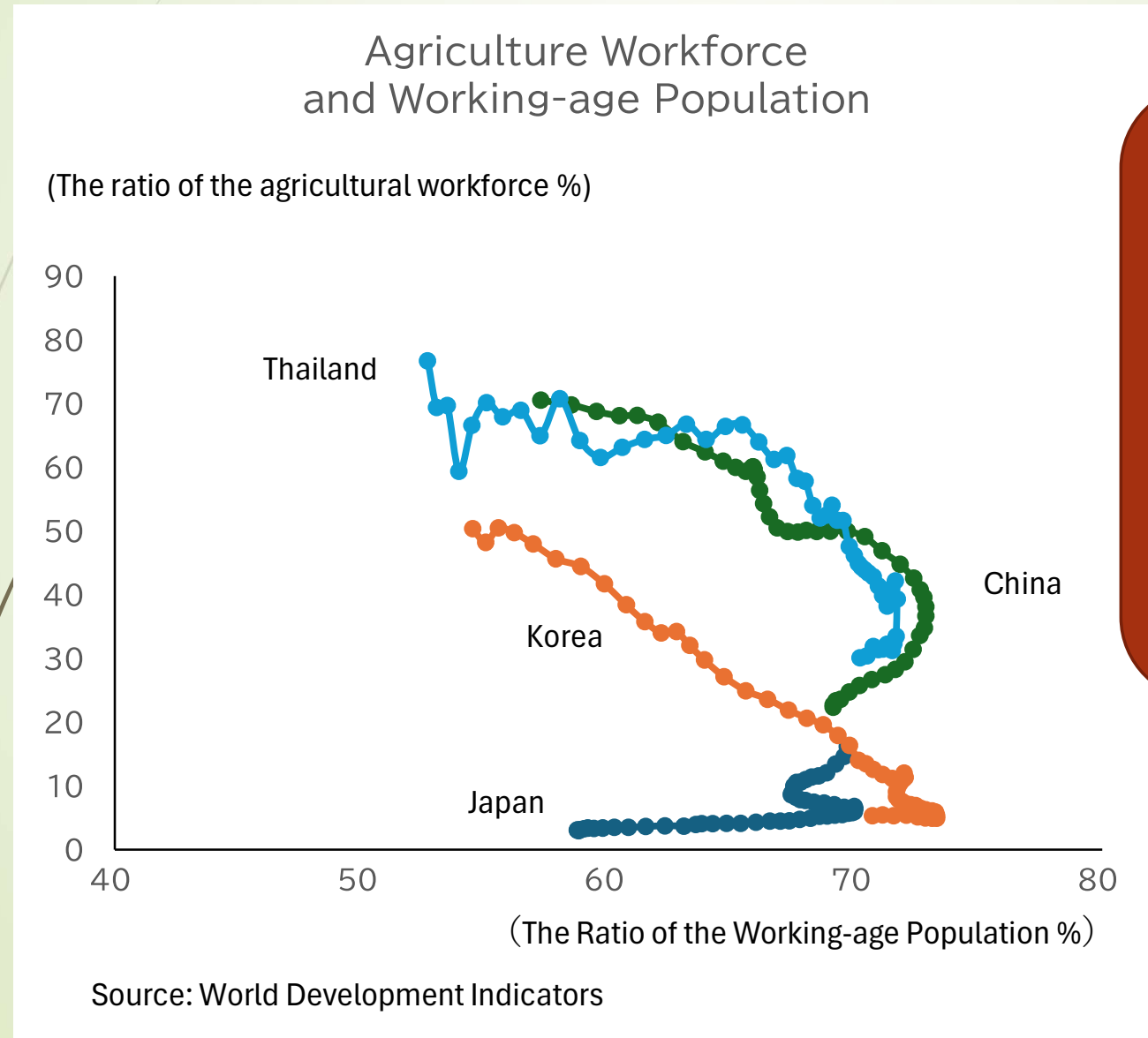
Aging rate and per capita GDP



14%
Aged
Society

Source: World Development Indicators, World Economic Outlook, World population Prospects

Understanding the demographic Issues behind the Middle-Income Trap

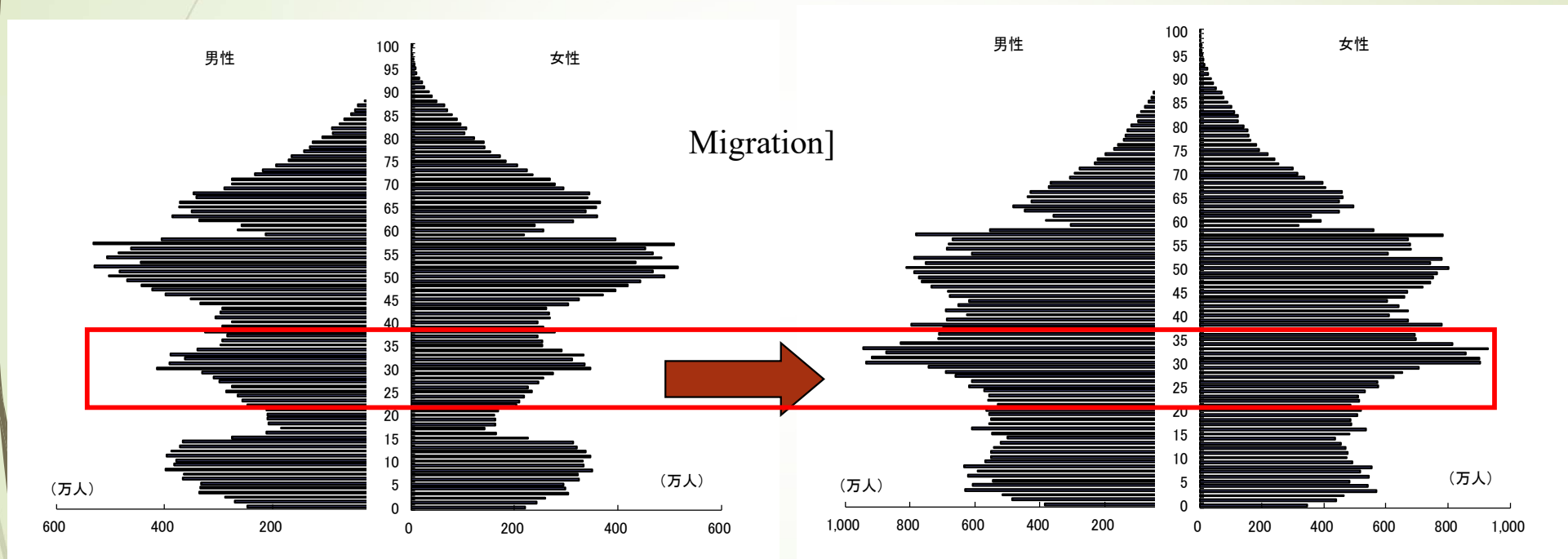


China and Thailand are in the process of declining ratios of working-age population, yet they still have a large agricultural workforce.

Population Pyramid in China

Rural

Urban



Source: Population Census in China 2020

The first population bulge remained in rural areas, while the second population bulge migrated to urban areas.

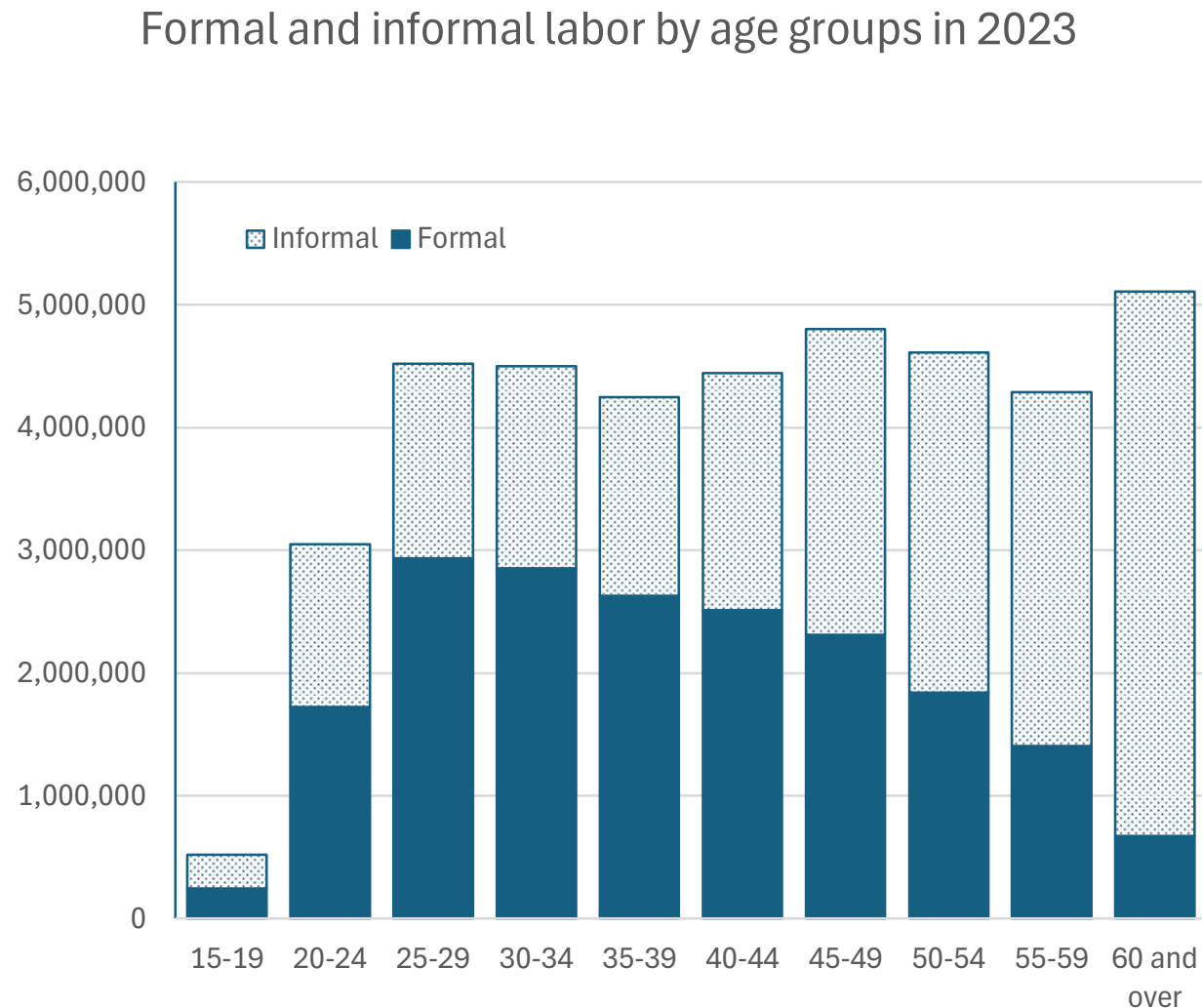
Population aging is accelerating in rural areas

Top 10 provinces in China with the highest aging rate

2000				2010				2020			
		total	rural			total	rural			total	rural
1	Shanghai	11.5	12.6	1	Chongqing	11.7	14.5	1	Liaoning	17.4	22.0
2	Zhejiang	8.9	10.6	2	Sichuan	10.9	12.3	2	Chongqing	17.1	26.1
3	Jiangsu	8.8	9.8	3	Jiangsu	10.9	13.6	3	Sichuan	16.9	21.9
4	Beijing	8.4	8.4	4	Liaoning	10.3	10.3	4	Shanghai	16.3	19.1
5	Tianjin	8.4	8.0	5	Anhui	10.2	11.5	5	Jiangsu	16.2	24.5
6	Shandong	8.1	9.1	6	Shanghai	10.1	12.1	6	Jilin	15.6	18.3
7	Chongqing	8.0	8.2	7	Shandong	9.8	11.5	7	Heilongjiang	15.6	17.2
8	Liaoning	7.9	7.8	8	Hunan	9.8	11.0	8	Shandong	15.1	20.6
9	Anhui	7.6	7.9	9	Zhejiang	9.3	13.0	9	Anhui	15.0	20.0
10	Sichuan	7.6	7.8	10	Guangxi Zhuang	9.2	10.4	10	Hunan	14.8	18.9
	Whole	7.1	7.5		Whole	8.6	10.1		Whole	13.5	17.7

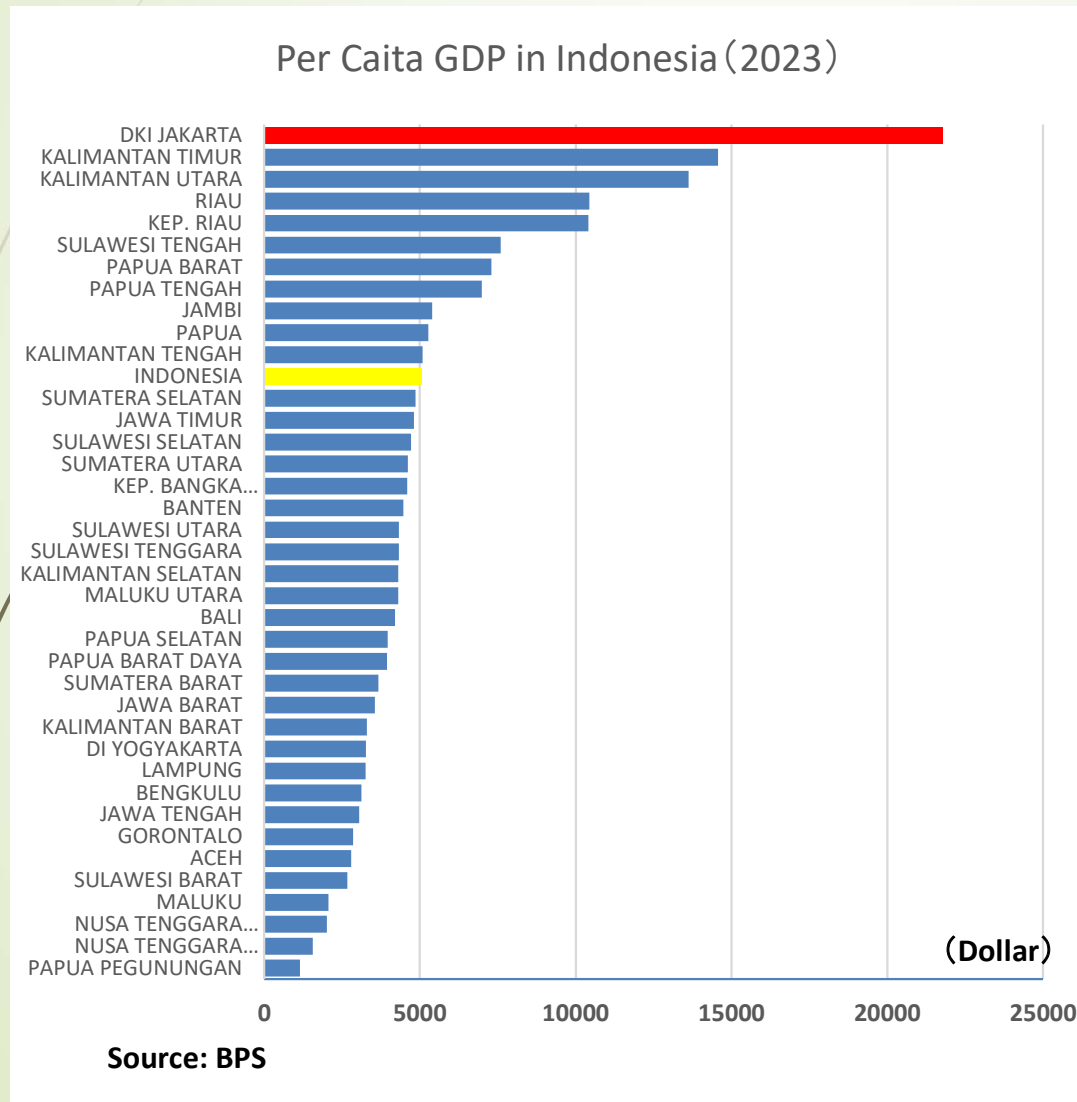
Source: Population Census in China in 2000, 2010 and 2020

As people age, coverage rates tend to decrease

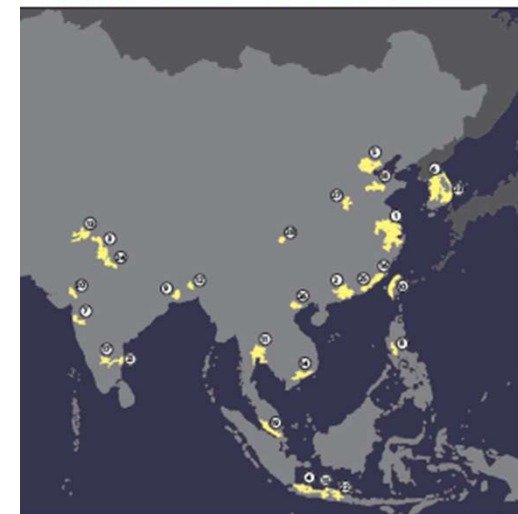


Source: NSO

Megacities Thrive Beyond GDP per Capita



Urban agglomerations with populations above 10 million in developing Asia, 2016

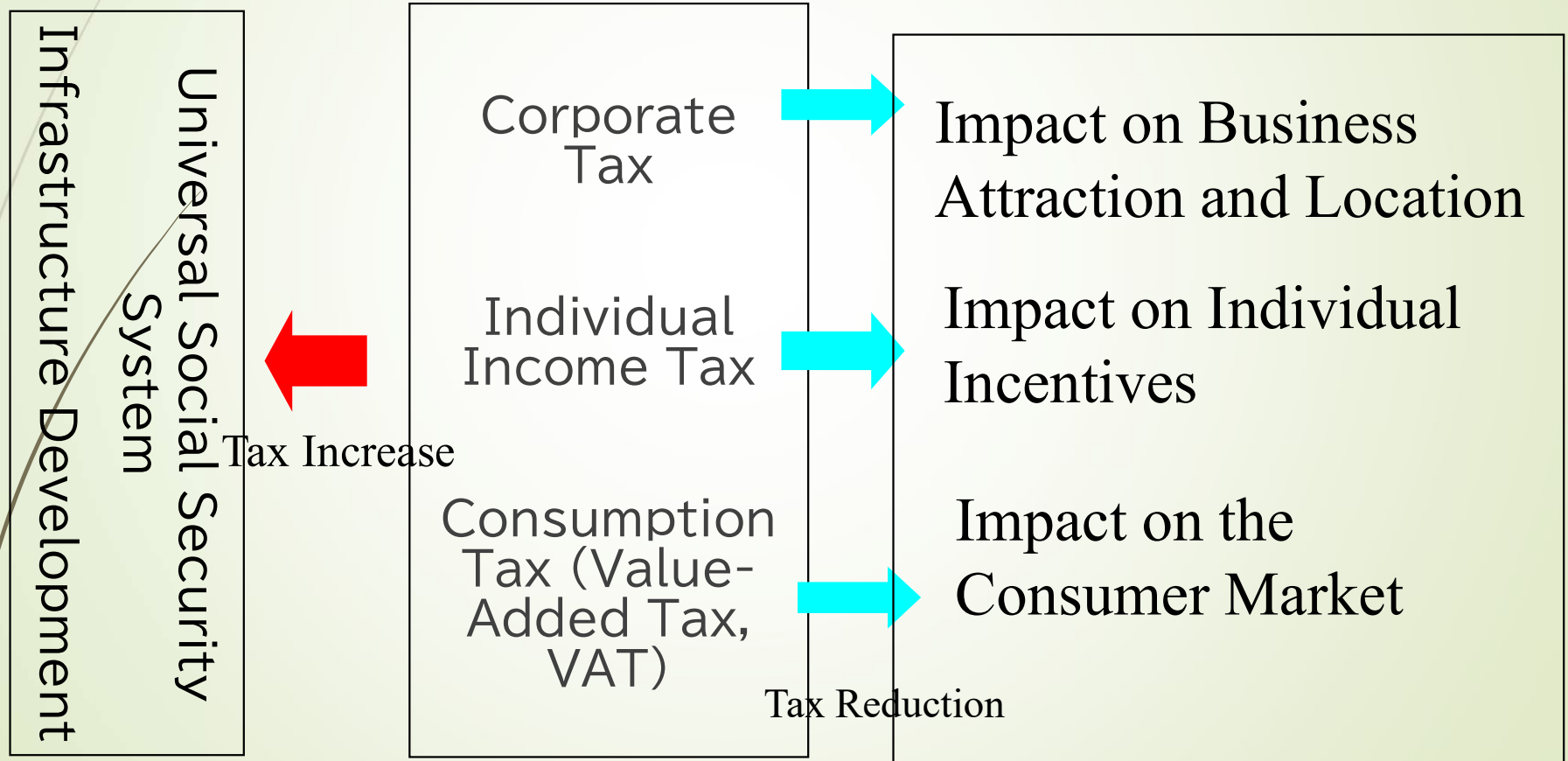


Ranking by population.
 Nighttime lights images from the National Oceanic and Atmospheric Administration (accessed 1 April 2017 and 10 August 2018)
 (Scan Data assets of the Oak Ridge National Laboratory (accessed 31 August 2017 and 31 August 2018)).

The Dilemma of Demographics and Economic Development

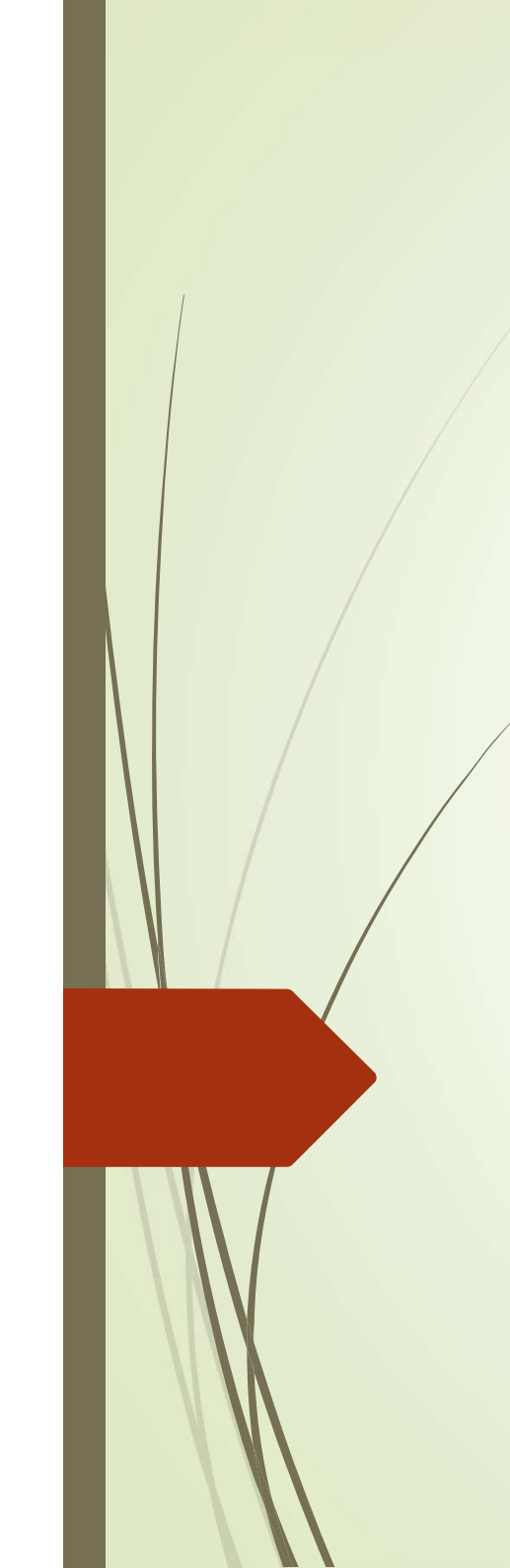
- Reducing Inequality
- Building a Welfare State

Strengthening Urban Competitiveness



Inclusive Society

Sustainable Economic Growth



Thank you for
your attention

oizumi_keiichiro@asia-u.ac.jp