



Advancing Health and Well-Being Into Old Age

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Belize

About The NCA

- 2002 Adoption of the Belize National Policy for Older Persons
- 2003 Establishment of the National Council on Ageing NCA as a Statutory Board
- The board of directors is comprised of members from Government Ministries, Older Persons Organizations, the Church, and Civil Society.
- NCA's mandate is to implement policy and act as a coordinating body for agencies addressing ageing.



Quick Facts about Belize's Population

Total Population: 430,191

Older Persons 26,430

Older Men: 13,689

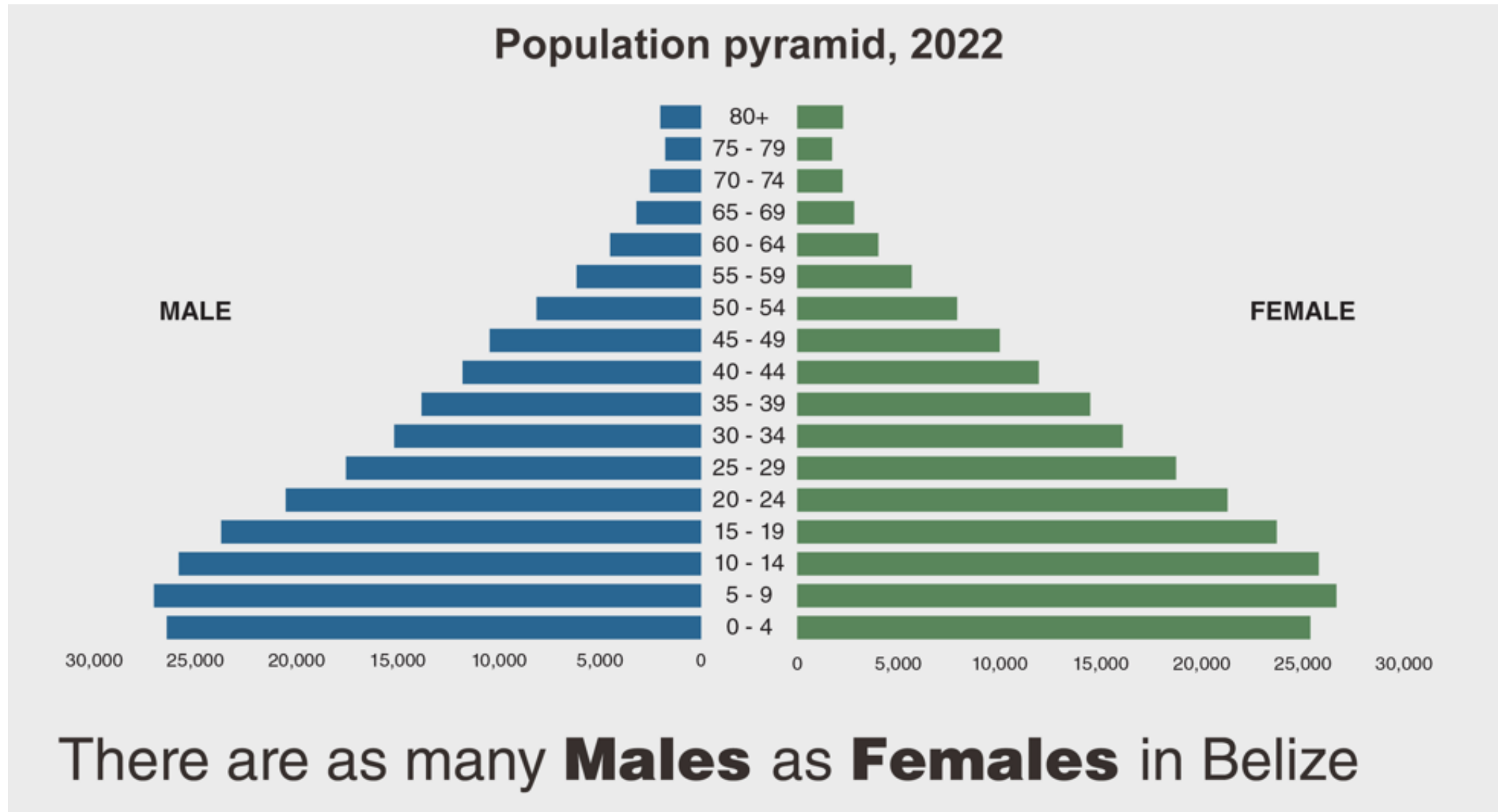
Older Women: 12,741

Social Security Pension: 8,282

Non-contributory Pension 1,575

Valid Card holders: 21,674(65+)

Belize Population Projection 2022



Overview of Older Persons in Belize



Older Women live longer than older men
Average: 79 Years vs 76 years
Older women have higher incidences of chronic health conditions.



The average retirement benefit from Belize Social Security Board \$525.00BZD
Non- Contributory Pension Benefit remains at \$100.00BZD
BOOST Program benefits provide for \$60.00BZD



46% of People 60+ have a disability
Approximately 150 Older persons are living in residential facilities
Burden of care assumed by family members



Residential Care ranges in cost from \$ 400.00 - \$2,000.00BZD Monthly
Average cost per geriatric patient in the NHI System is 30X higher than average
There remains a shortage in trained caregivers and high cost private caregiving services



Demographics and life-expectancy



Aged 60 and above

8.2%



Aged 80 and above

1.1%



Life-expectancy at age 60

21.5 years



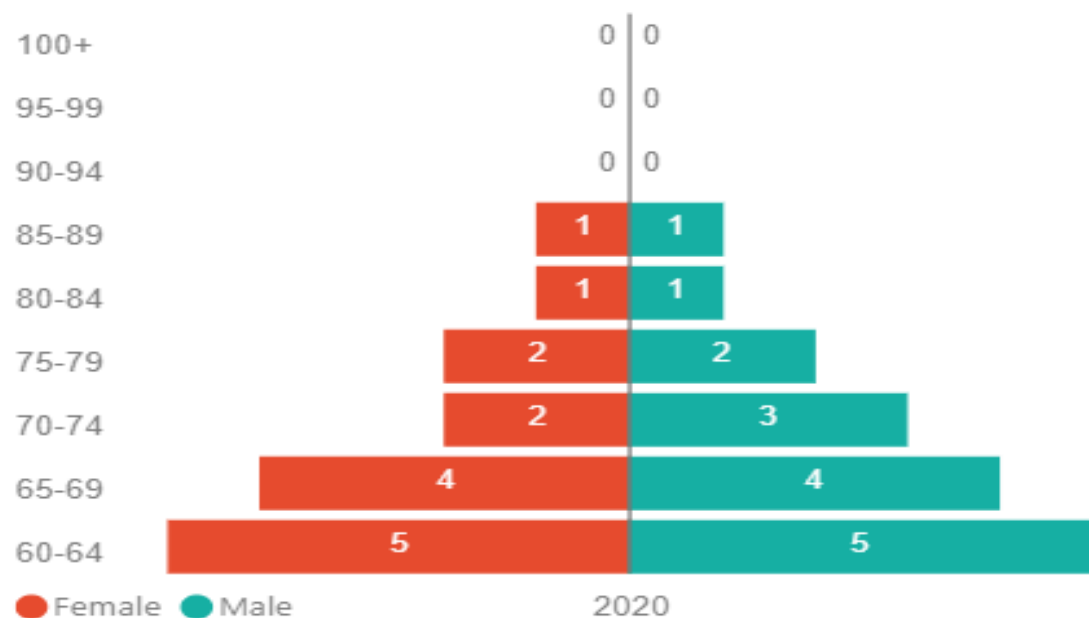
Healthy-life expectancy
at age 60

16.7 years

Data source: WHO - Global Health Estimates (GHE) (2019), UN Population Division (2022)



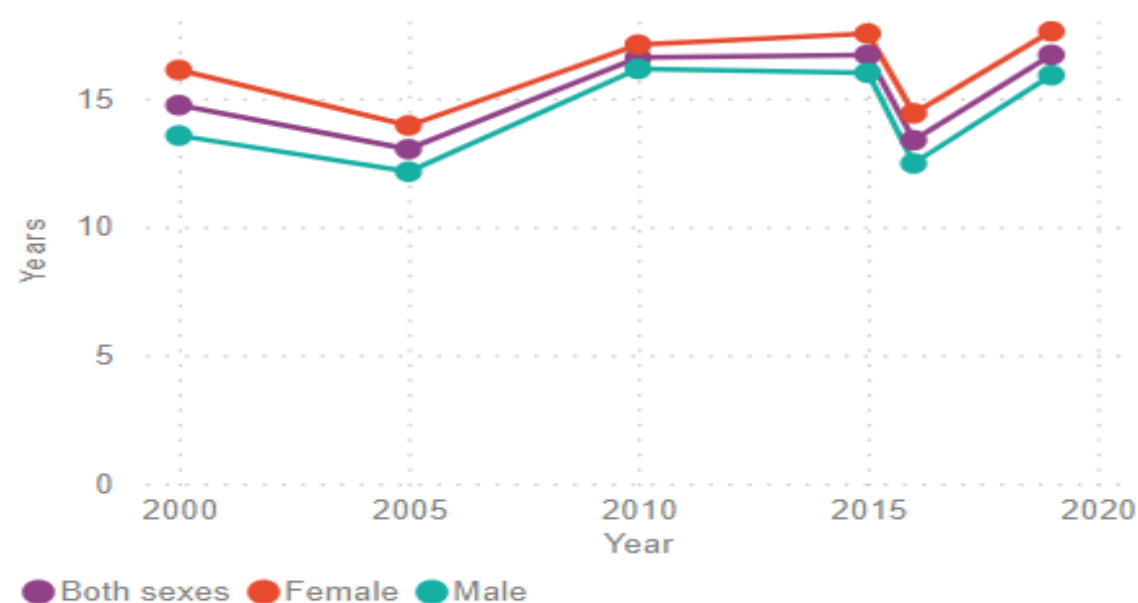
Number of persons aged 60 years or over (thousands)



Data source: UN Population Division



Healthy life-expectancy at age 60



Data source: WHO - Global Health Estimates (GHE)

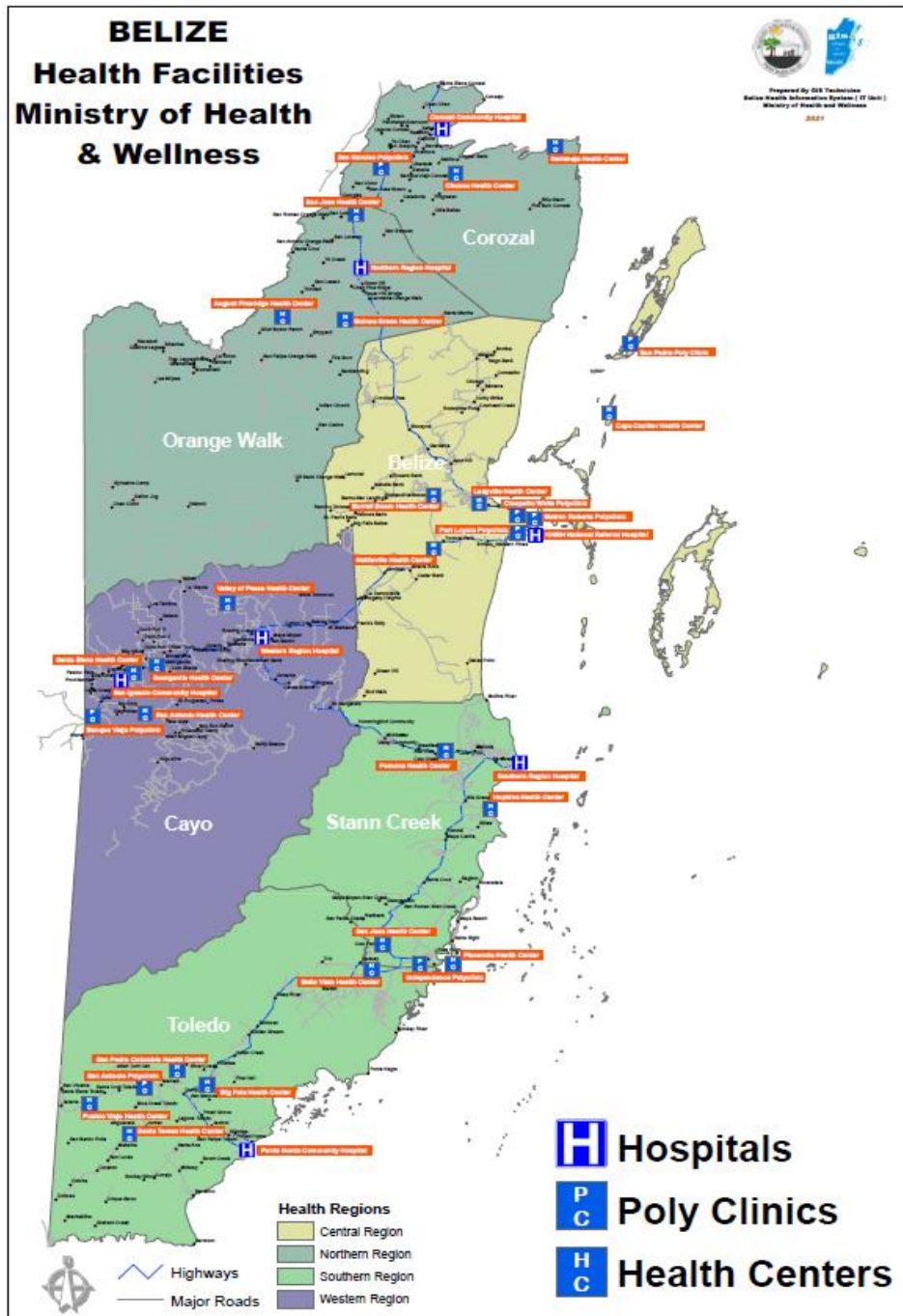
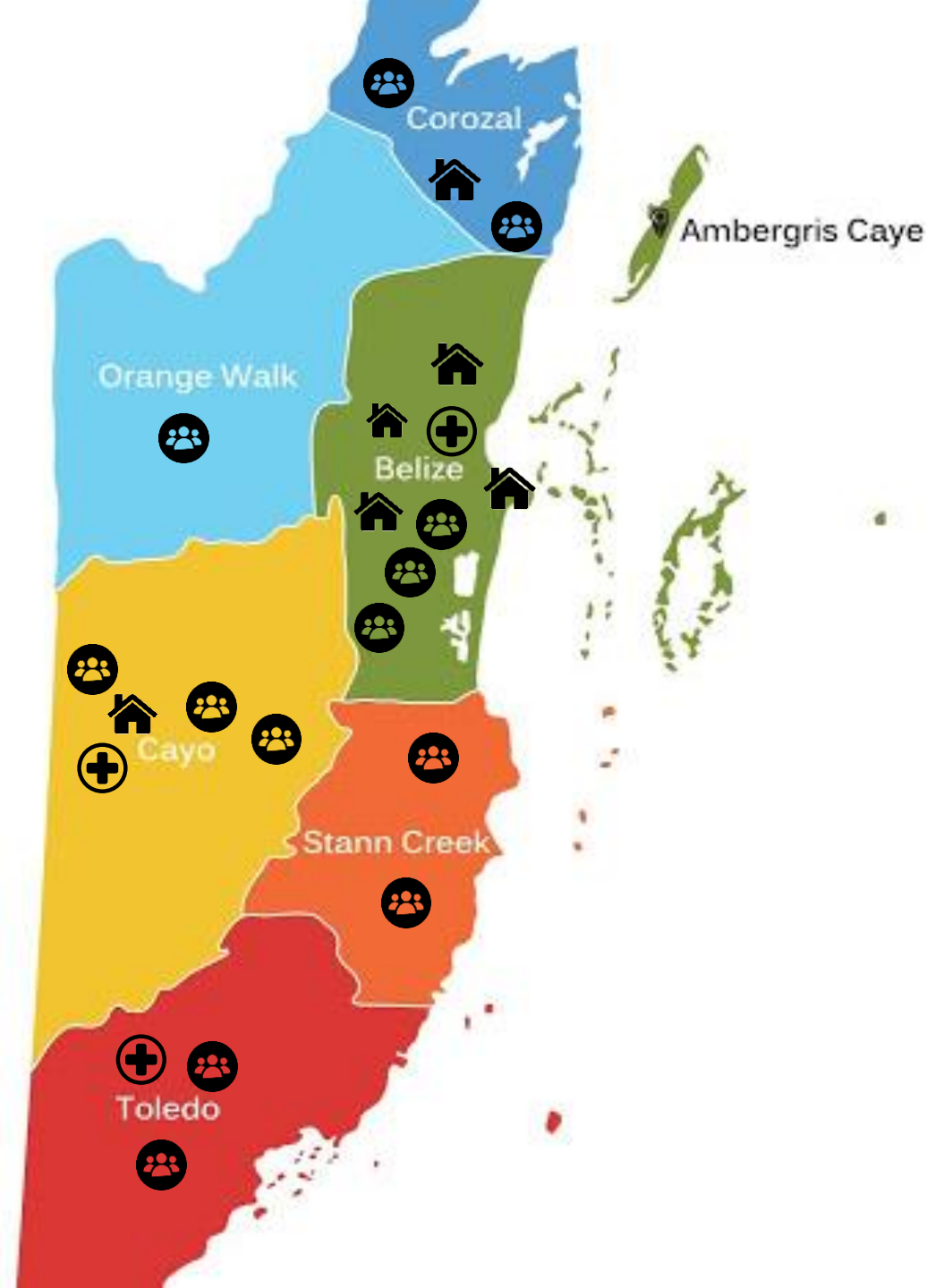


Table 1: Public Health Facilities in Belize:
Number of Institutions by Health Regions

Region	Regional Hospital	Community Hospital	Poly Clinic	Health Centre	Health Posts	Mental Health Facility
Southern Health Region	1	1	4	12	25	0
Western Health Region	1	1	3	3	9	1
Northern Health Region	1	1	1	11	14	0
Central Health Region	0	0	3	10	4	0



Location of Services



Residential Facilities

- 1 Corozal District
- 4 Belize District
- 1 Cayo District



Social Support Groups

- 2 Corozal District
- 1 Orange Walk
- 6 Belize groups (5 Urban, 1 Rural)
- 3 Cayo District
- 2 Stan Creek District
- 2 Toledo District



Geriatric Services

- 2 Belize City
- 1 San Ignacio
- 1 Punta Gorda

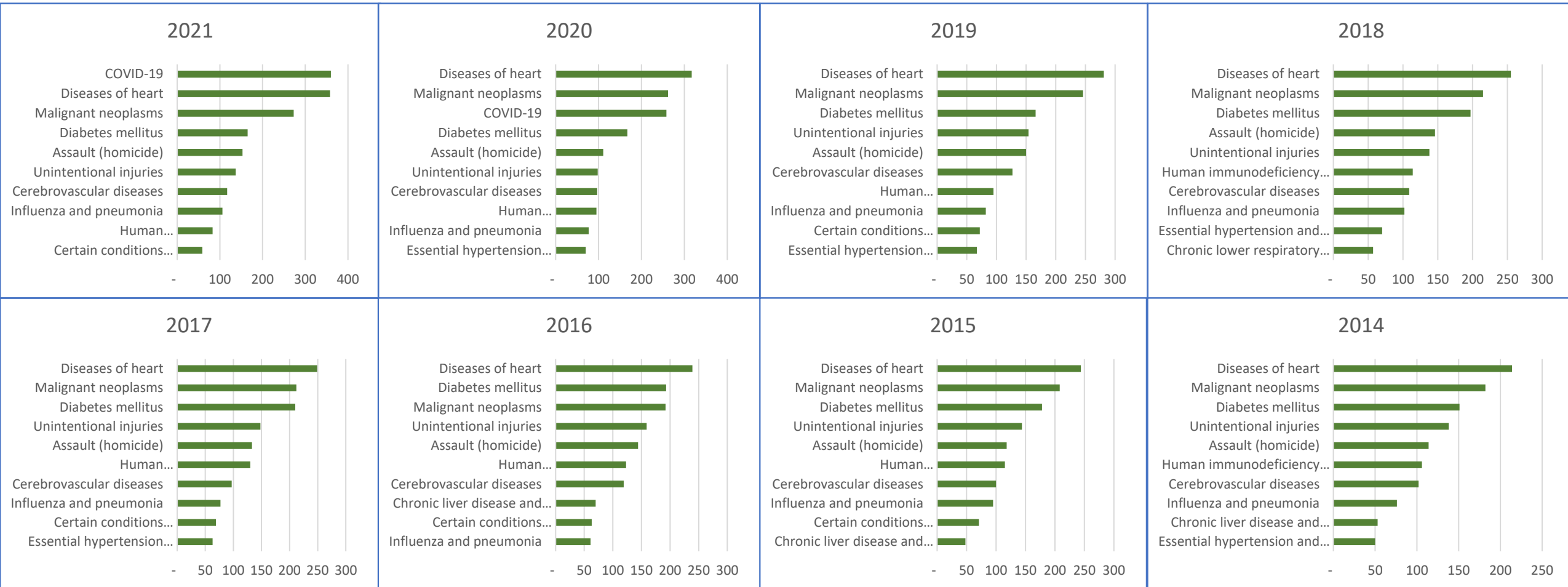
Human Resource for Health Density: X 1000 population Belize Population 2020 (419,199) 430,191



	Total	HRH per 1000 pop
Doctors	449	1.07 (1.04)
Nurses	897	2.14 (2.08)
Midwives	59	0.14
TOTAL	1,405	3.35 (3.26)

Source: State of the World's Nursing Report - 2020

Top 10 Leading Cause of Death, Belize, 2014 – 2021



Source: BHIS, Epidemiology Unit, MoHW





Leading Causes of Death: 2021			
		Total	%
	Total	2,519	100.0
1	COVID-19	360	14.3
2	Diseases of heart	358	14.2
3	Malignant neoplasms	273	10.8
4	Diabetes mellitus	165	6.6
5	Assault (homicide)	153	6.1
6	Unintentional injuries	137	5.4
7	Cerebrovascular diseases	117	4.6
8	Influenza and pneumonia	106	4.2
9	Human immunodeficiency virus (HIV) disease	83	3.3
10	Certain conditions originating in the perinatal period	59	2.3
	Top 10 Total	1,811	71.9
	Signs, symptoms, and ill-defined causes	35	1.4
	All other diseases (residual)	265	10.5
	Total Other Causes	408	16.2

Source: BHIS, Epidemiology Unit, MoHW

COVID-19 Deaths by Age Group and Comorbidity, 2020-2022, Belize

Ad. Age Group	HTN	DM	CRF	Cancer	Obesity	HIV	Asthma	AFIB	None	Deaths
<20	0	0	1	0	0	0	0	0	5	6
20-29	2	1	0	0	1	0	0	0	7	11
30-39	10	12	8	0	0	1	1	0	20	38
40-49	30	25	21	3	1	7	0	0	35	79
50-59	51	55	27	2	3	2	0	0	29	111
60-69	79	83	50	1	0	0	0	0	54	161
70-79	71	61	39	4	1	0	1	0	58	152
80+	65	40	44	3	1	1	0	1	47	130
Total	308	277	190	13	7	11	2	1	255	688

Source: BHIS, Epidemiology Unit, MoHW

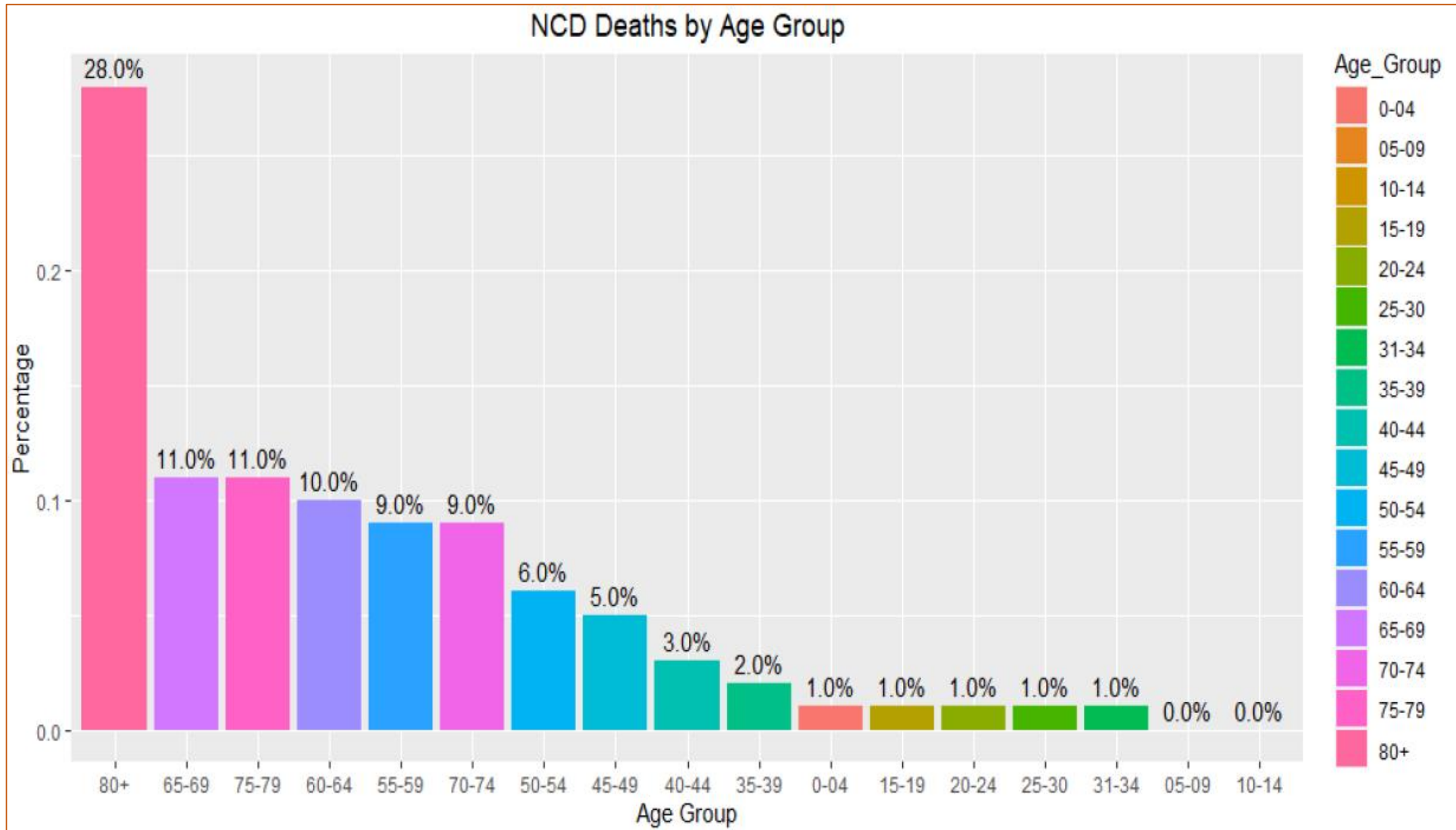
UNAIDS HIV and AIDS Spectrum Estimate

Belize PLHIV Estimate: 3515 (3500)

Based on:

- 1.The Epidemiology Unit updating historical HIV deaths and ANC data.
- 2.The increasing number of persons retained on ART and achieving viral suppression.
- 3.Continuous data validation
4. Improvement to the CSAVR Model

UNAIDS Spectrum Estimate of Persons Alive and Living with HIV, 2021			
Age Group	Female	Male	Total
0-4	14	15	29
5-9	12	12	25
10-14	15	15	31
15-19	47	37	84
20-24	102	80	181
25-29	140	129	269
30-34	204	201	405
35-39	270	272	542
40-44	268	292	560
45-49	214	263	477
50-54	158	215	373
55-59	107	160	267
60-64	63	102	165
65-69	27	47	74
70-74	9	17	26
75-79	2	5	7
80+	1	1	2
Total	1651	1863	3515
Source: UNAIDS Spectrum Belize_2022May13_ek			



Mercy Clinic – NHI Provider



Overview

- Established by Sisters of Mercy in 1954
- Primary Health Care Provider
- Registered National Health Insurance (NHI) Provider

Services

- NHI Registration
- Primary Health Care
- Pharmaceuticals
- Meals on wheels program
- Social worker evaluation
- Referrals for secondary and tertiary care

HelpAge Belize



Overview

- Largest network for older persons
- Social/Day Centers in all Districts (9)
- Two Residential Facilities
- 127 volunteers
- 1,000+ Older Persons attached

Services

- Meals on wheels
- Social/recreational programs
- Geriatric Health Care – 3 locations
- Physical Therapy Services – 3 locations
- Home visits
- Home care services (\$10.00 per service)

HOPE – Helping Older Persons Equally

Overview

- Located in Punta Gorda
- Homegrown Organization
- Voluntary Organization
- Supported by Belize Red Cross
- Urban & Rural Based

Services

- Meals on Wheels
- Recreational Services
- Transportation
- Twice yearly Geriatric Clinics
- Emergency support
- Home modification

Creating Resilient Families



The Sandwich Generation

The Sandwich generation describes working aged adults who are providing care for young children and older persons simultaneously. This burden of care results in high demands for financial resources and caregiving skills. In addition to being full employed.



Financial
Security



Home
Ownership



Health



Life Long
Learning



Thank YOU