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Relative Risk Estimates of Multimorbidity among Pre-elderly and Elderly: Evidence from India

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ABSTRACT

More than 12% of pre-elderly and elderly in India have two chronic health anomalies, and nearly five percent have three or more chronic health problems. The problems of comorbidities have been in the centre stage of discussion especially during the Covid19 period. The study utilizes the Longitudinal Aging Study in India (LASI, 2017-19) – a cross-sectional populationbased data of Harvard, IIPS, and the University of Southern California on health conditions of people aged 45 years and above to study the patterns and prevalence of multimorbidity. The analysis is made using cross tabulation and multinomial logit regression models. The findings with the Relative Risk Ratios (RRR) show that respondents with obesity, residing in rural areas, from the performer and front-runner states are more prone to multimorbidity. The aging population visiting both private and public healthcare centers are at highest risk of getting trapped by comorbidity and multimorbidity. Further, males who have completed higher secondary or more level of education and are overweight depict a higher relative risk ratio of suffering from morbidities. Pre-elderly and elderly whose parents hold the medical history of multimorbidity, are at higher odds of experiencing the same at the later stage of their life span.. The paper discusses these findings along some policy suggestions.

KEYWORDS Multimorbidity; NCDs; Pre-elderly; Elderly; LASI