New at the CBS! Indicators of Optimal Ageing in Israel - Selected Data from the First Report, 2020

The Central Bureau of Statistics is publishing selected data for the first time from the National Indicators for Optimal Ageing Report. The report is produced as part of the implementation of the Israeli government's decision from July 2021 **"Map of national indicators for optimal ageing"** (Decision No. 127, Hebrew only). The first full report is expected to be published soon, and will focus on the population **aged 65 and over** in Israel.

One of the major socio-economic challenges facing the State of Israel is the ageing of the population. By 2035 (about a decade from now), the number of persons aged 65 and over is expected to increase substantially and reach more than 1.6 million, close to 14% of the total population. Because of this, the challenge of an ageing population has been designated as one of Israel's national challenges that requires the government to prepare today, in order to adapt and optimize public services for the needs of the elderly population while responding to the expected increase in required public spending.

The map of national indicators for optimal ageing was consolidated by a joint work team that included the following government ministries: the Prime Minister's Office, the Ministry of Health, the Ministry of Welfare and Social Affairs, the Ministry of Social Equality and the Ministry of Finance, in partnership with Joint-ESHEL, the Myers-JDC-Brookdale Institute, the Israel Gerontological Data Center and the Central Bureau of Statistics.

The purpose of the map of indicators is to assist the government in formulating a data-based policy that will lead to an efficient allocation of public resources and thereby reduce disparities and strengthen optimal ageing processes in Israel. The map of indicators is intended to serve all the relevant bodies for promoting optimal ageing, including local authorities, the business sector, civil society and more. The reliance of these bodies on a map of national indicators will contribute to

the advancement of research and knowledge and the achievement of the desired goals and objectives in the domain.

The first report focuses on data relating to the period of 2015–2020 and includes data for 40 indicators:

- 16 super-indicators for optimal ageing in the fields of **health, meaning and economic resilience**;
- 24 predictive indicators for optimal ageing in the fields of **health management, a healthy lifestyle and an active social lifestyle (in the future, the field of financial management will be developed)**.
- Also included in the map of indicators are **digital literacy indicators** that are considered very important due to their possible contribution in improving each of the measured fields.

Beyond the picture of the situation at the national level and depending on the availability of data, the analysis of the indicators and their presentation include international comparisons, segmentations by gender and population group, and a comparison between different age groups among those aged 65 and over.

In accordance with the government's decision, the report on indicators for optimal ageing will be published once every two years and will be updated according to new developments and a continuous examination of the indicators included in the map of indicators.

Subject Page on the CBS Website

Data File of the Indicators (Hebrew Only)

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The first report includes 40 indicators of optimal ageing, of which 16 are super-indicators and 24 are predictive indicators. For 31 indicators, data that allow a trend of change to be presented in the report's year range (2015–2020) are available (some of the indicators were split into sub-indicators, and a total of 57 indicators and sub-indicators are included in the report).

- Among the population aged 65 and over in Israel, **there was an improvement in 32 indicators and sub-indicators** in the various fields compared to the base year (2015, unless otherwise indicated).

- All indicators in the field of **health** have improved compared to the base year (20 indicators and sub-indicators), with the exception of the incidence rate of prostate cancer.

- In **seven indicators and sub-indicators there was a deterioration** compared to the base year, six of which were predictive indicators (four from the field of a healthy lifestyle).

- In **eight indicators and sub-indicators, the situation remains stable** compared to the base year, of these, five indicators were predictive indicators in the field of an active lifestyle.

- **Among men**, an improvement was recorded in 27 indicators and sub-indicators compared to the base year. There was a decrease in 11 indicators and sub-indicators, of these, six were from the field of health and four from the field of a healthy lifestyle. No change was recorded in five indicators.

- **Among women**, there was an improvement in 31 indicators and sub-indicators compared to the base year, and among other things, an improvement in all health indicators. In six indicators a deterioration was recorded, most of them from the field of a healthy lifestyle, and in six indicators no change was recorded.

- **Among Jews and Others**,[1] there was an improvement in 23 indicators and sub-indicators compared to the base year, of these, 15 were in the field of health. In five indicators there was a deterioration – two from the field of health and the rest from the field of an active lifestyle, and in five indicators no change was recorded.

- **Among Arabs**, an improvement was recorded in 22 indicators and sub-indicators, compared to the base year, of these, 10 indicators were from the field of health. A deterioration was recorded in eight indicators, seven of them from the field of health. No change was recorded in three indicators.

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[1] Others include: non-Arab Christians, members of other religions and persons without a religious classification in the Population Register.

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Super-Indicators Among Persons Aged 65 and Over (Health, Meaning and Economic Resilience)

Health

- The **life expectancy** of women is higher than that of men, however, the number of years of healthy life among men is higher than that of women.
- The **incidence rates of all types of cancer** have decreased compared to 2019.
- Among **men**, there was an increase in the incidence rates of prostate cancer (compared to 2015), in the percentage of diabetics and in the percentage of dialysis patients.
- Rates of **diabetes, stroke and dialysis treatments** among men are higher than those of women.
- The **percentages of women** who reported depression or reported disabilities in basic daily activities are higher than those of men.

Meaning

- Both among men and women there was a decrease in the **feeling of loneliness**. Women feel loneliness twice as much as men, Arabs feel loneliness more than Jews and Others.
- The percentage of men who expressed **satisfaction with life** is higher than that of women.
- The **quality of life score** among Arab women was the lowest.

Economic Resilience

- In households where at least one individual is aged 65 and over, there was a decrease in the percentage of those reporting that they are **not managing financially**. This percentage is particularly high in Arab households where at least one person is aged 65 and over.
- The **Gini index for inequality** is higher among households with at least one individual aged 65 and over, compared to all households in the population, and especially among households where there are individuals aged 65 and over living alone.
- In 2019, the **median net money income per standard person** among households in which at least one individual is aged 65 and over was similar to the income of all households in the population.
- The median net money income per standard person is the lowest among households where there are individuals aged 65 and over living alone.

Predictive Indicators Among Persons Aged 65 and Over

(Health Management, Healthy Lifestyle, Active Social Lifestyle, Digital Literacy)

Health Management

- There was an increase in the percentage of those who **assess that their health is very good or good.**
- Compared to the base year, there was a decrease in the percentage of recipients of the **flu vaccine**, and an increase in the percentage of recipients of the **pneumococcal vaccine**.

Healthy Lifestyle

- There was a decrease in the percentage of **those who observe at least two healthy behaviours**.
- There was a decrease in the percentage of persons who experienced substantial **weight loss, underweight or obesity**.
- Women tend to suffer more from an **abnormal weight**: from substantial involuntary weight loss, or a situation of being underweight or obese.

Active Social Lifestyle

- There was a high score in all population groups in terms of **satisfaction with the social network** (a group of people who maintain various relationships among themselves, such as family members or friends). Among Arabs the score was higher than the score among Jews and Others.
- Both among men and among women there was an increase in the **employment rate** compared to the base year. A two-fold gap was maintained in favour of the men. The rate among Jews and Others was three times higher than the rate among Arabs.
- The percentages of Arabs who feel **appreciation from family members and satisfaction with relations with neighbours** were higher than those of Jews and Others.
- The percentage of Jews and Others engaged in **individual leisure activities** is higher than the percentage of Arabs.

Digital Literacy

- The percentage of households that have **access to a personal computer (PC), a laptop or a tablet** is lower among households with at least one person over the age of 65 compared to all households.
- There was an increase in the **percentage of internet users**, including use via mobile phone.

- There was an increase in the percentage of users of **online government services (E-gov)**. The percentage of men using online government services was almost twice that of women. The percentage of Jews and Others was almost four times more than that of Arabs.

Notes to the Tables

The base year is 2015 and the last updated year is 2020, unless otherwise indicated.

The direction of the arrow shows a decrease or increase in the value of the indicator compared to the base year and compared to the previous year.

A red arrow indicates a negative trend (against the desired direction).

A green arrow indicates a positive trend (in the desired direction).

~ indicates a trend without change or cases in which the divergence is less than one percentage point (in data based on sample-based surveys, such as the Social Survey)

- : indicates a lack of cases.

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Super-Indicators of Optimal Ageing

Field of Health (Persons aged 65 and over)

A slight decrease in life expectancy at age 65 among men (from 19.7 in 2019 to 19.3 in 2020); the gap between the sexes in life expectancy is higher among Arabs compared to Jews and Others, and it increased from 2.3 in 2015 to 3.1 in 2020; an increase in years of healthy life[2] among men and women; a decrease in new cases of cancer among women and men, with the exception of prostate cancer (increase from 381 per 100,000 in 2015 to 396 per 100,000 in 2019); stability in the percentage of diabetic patients, a decrease in new cases of stroke and dialysis patients; stability in feeling depressed; an increase in the percentage of function without difficulty in the ADL and IADL function indicators,[3] a decrease in the percentage of people who have difficulty with daily activities and instrumental daily activities compared to 2015.

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[2] The average number of years a person is expected to live without a health problem that impairs their functioning. The calculation is based on mortality table data and age-specific prevalence rates of a health problem that interferes with functioning, calculated according to the CBS Social Survey.

[3] ADL (Activities of Daily Living) – a test to evaluate the functional status of an elderly person in performing daily activities: dressing, mobility at home, bathing, eating, getting out of bed and using the toilet.

IADL (Instrumental Activity of Daily Living) – a test to evaluate the functional status of an elderly person in performing everyday instrumental activities in household management: preparing a hot meal, shopping, using the telephone, taking medication, doing housework, financial management such as paying bills and tracking expenses, leaving the house and using transportation (private or public).

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Table A – Super-Indicators in the Field of Health
(Rates per 100,000, unless otherwise indicated)

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020[4]	2015[5]
Life expectancy at age 65 – years of life Men	↑	↓	↑	19.3	18.9
Women	↑	~	↑	22.0	21.5
Years of healthy life at age 65[3] Men	↑	↑	↑	11.6	10.3
Women	↑	↑	↑	10.5	9.8
Incidence rate[5] of all cases of cancer (malignant neoplasms) (2019)	↓	↓	↓	1,653	1,782
Incidence rate of prostate cancer – men	↓	↓	↑	396	381
Incidence rate of breast cancer – women	↓	↓	↓	387	439
The incidence rate of lung cancer	↓	↓	↓	177	186
The incidence rate of colon and rectal cancer	↓	↓	↓	174	225
Incidence rate of bladder cancer	↓	↓	↓	121	125
The incidence rate of lymphoma cancer – all types	↓	↓	↓	81	96
Prevalence rate of diabetes patients - percentages (2019)	↓	~	↓	29.7	30.3
Incidence rate of stroke (including TIA - transient stroke) rate per 1,000	↓	↓	↓	11.7	14.1
Incidence rate of stroke without TIA – rate per 1,000	↓	↓	↓	9.0	10.4
The incidence rate of dialysis patients	↓	↓	↓	102.2	103.7
Feeling depressed in the last 12 months[6] - percentage	↓	~	↓	25.0	32.2

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[4] In all tables the base year is 2015 and the last updated year is 2020, unless otherwise indicated.
[5] New cases of cancer in a given year (crude rates)
[6] "Often" or "Occasionally"

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	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020[4]	2015[5]
Feeling depressed or sad in the last month[7] - percentages (2015)	↓	-	-	-	30.8
ADL functioning – percentages (2017)	↑	-	↑	83.2	82.3
Without disability					
Limited in 1-3 daily activities	↓	-	↓	8.5	9.6
Limited in 4-6 daily activities	↓	-	↓	6.6	8.1
IADL functioning – percentages (2017)					
Without difficulty	↑	-	↑	68.6	67.8
Limited in 1-4 daily instrumental activities	↓	-	↓	15.6	18.0
Limited in 5-9 daily instrumental activities	↓	-	↓	14.2	14.3

Life expectancy and years of healthy life

Life expectancy at age 65 in Israel is one of the highest in the OECD countries: 19.3 years for men (9th place) and 22.0 years for women (13th place) in 2020. The highest life expectancy for men is in Australia (20.3 years) and the highest life expectancy for women is in Japan (24.9 years).

The gender gap among Jews and Others was 2.6 years in 2020, and was lower than the gender gap among Arabs – 3.1 years. In 2015, the trend was the opposite: the gap between the sexes among Jews and Others was higher than the gap among Arabs: 2.5 years versus 2.3 years, respectively.

The number of years that women live with a health problem that impairs functioning is more than the number of years for men – 11.5 years compared to 7.7 years, respectively, in 2020.

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[7] "Always" or "Often"

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Diagram 1 - Life expectancy, years of healthy life and years of life with disability, at birth and at age 65, by sex, 2020

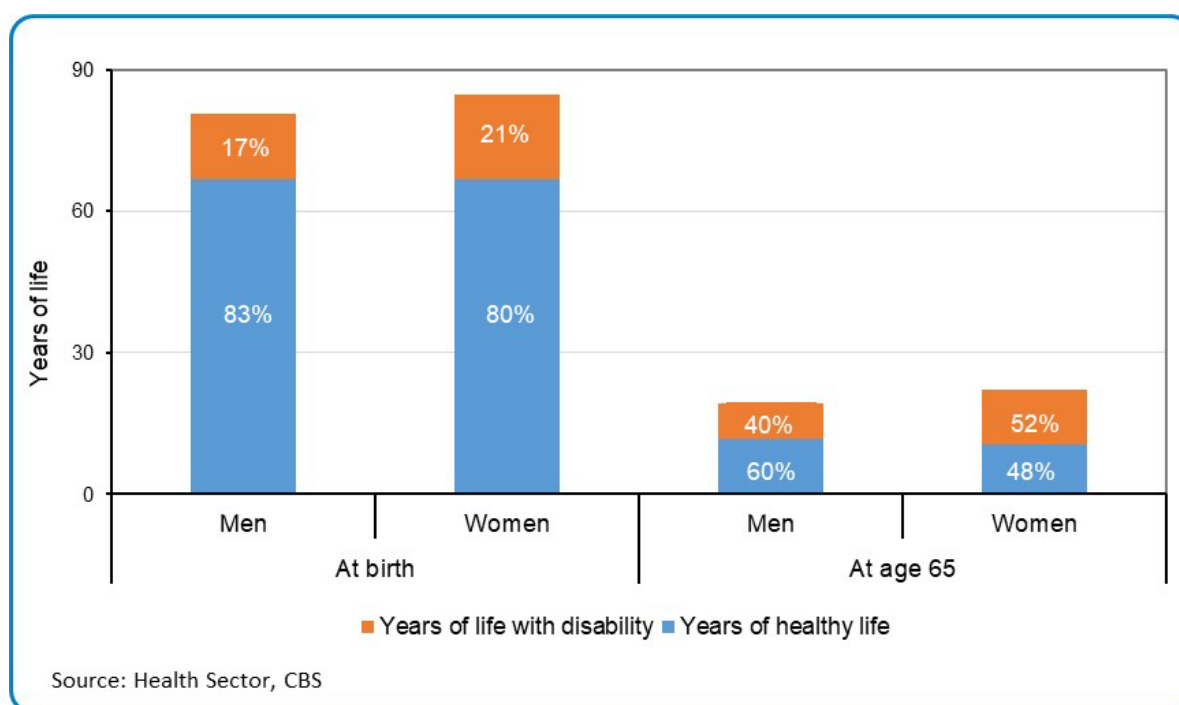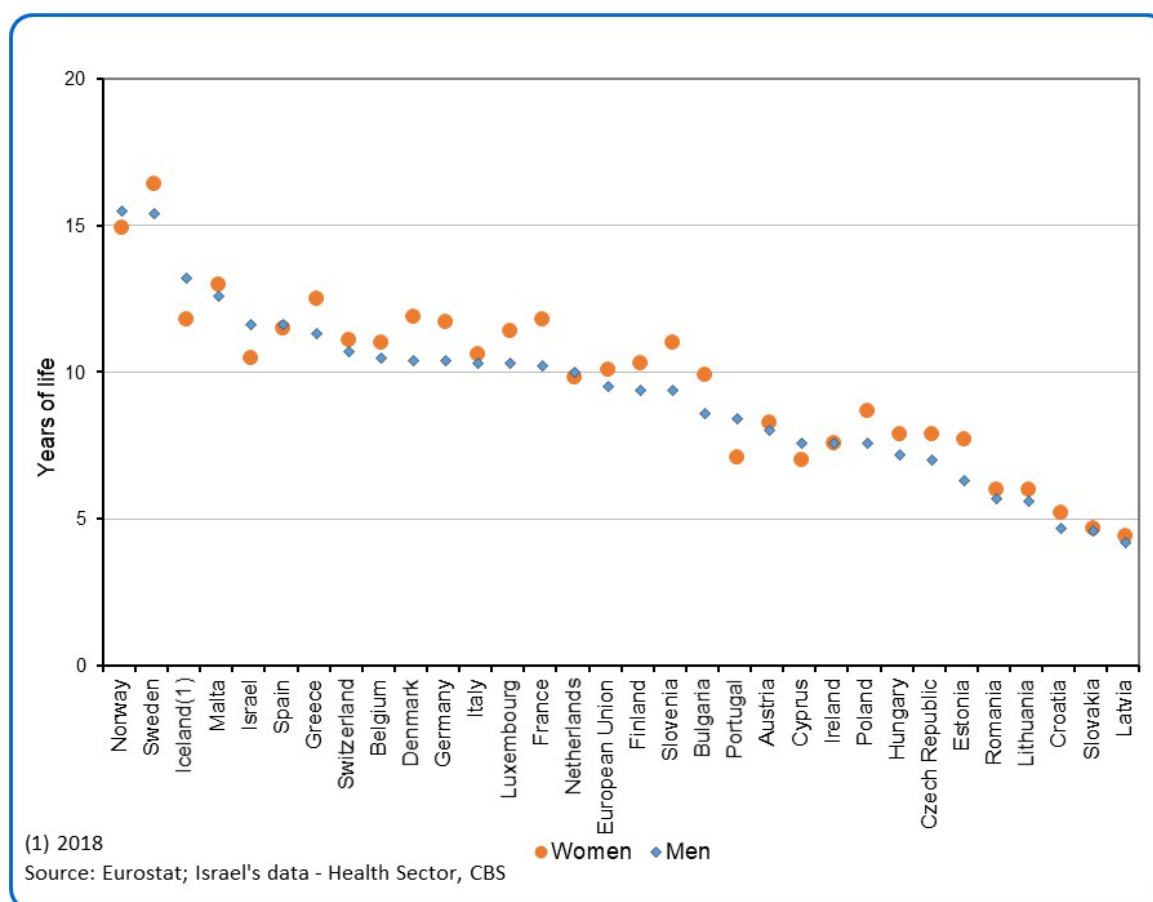Source: Health Sector, CBS

Diagram 2 -Years of healthy life at age 65, by sex, international comparison, 2020

(1) 2018

Source: Eurostat; Israel's data - Health Sector, CBS

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Cancer morbidity

In 2019, 117,440 people in Israel were diagnosed with cancer in the last five years and were alive at the end of 2019, more than half of them were ag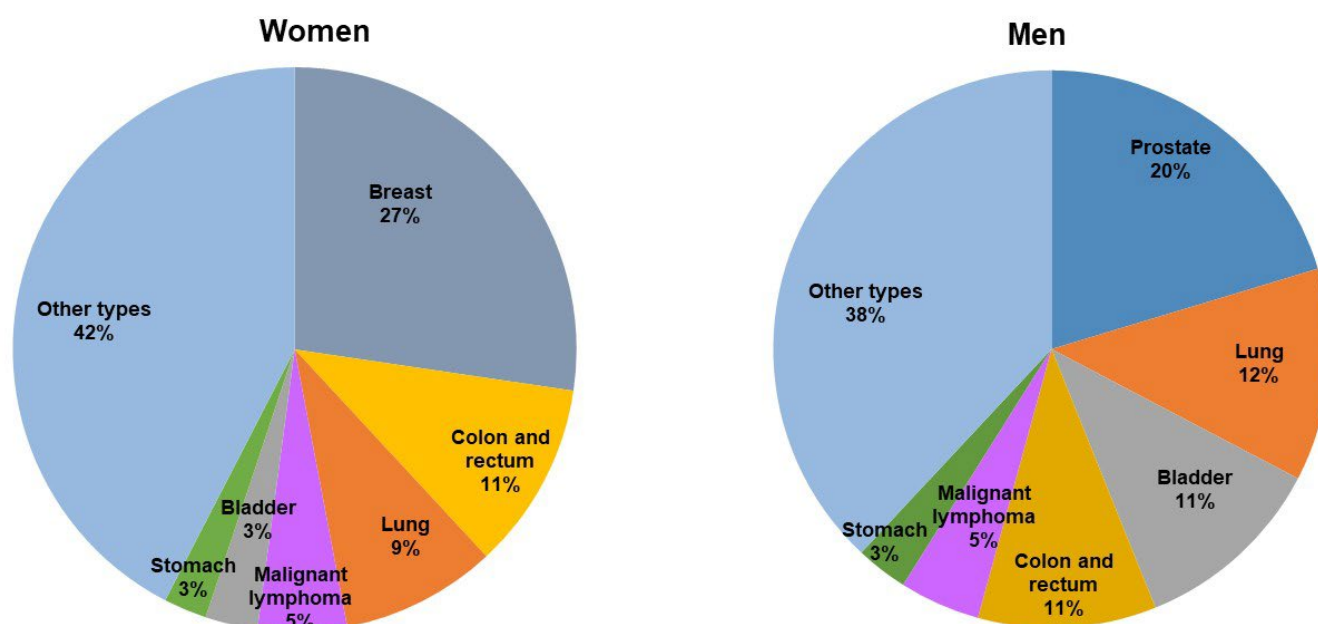ed 65 and over (63,178 cancer patients). Among those aged 65 and over, 17,773 new cases of cancer were discovered in 2019. The incidence rate of cancer among those aged 65 and over is almost 5 times higher than this rate among the general population – 1,653 compared to 351 per 100,000, respectively, in 2019. Between 2015 and 2019, there was a decrease in the incidence rate at all ages.

In 2019, the incidence rate of cancer among those aged 65 and over was 1,948 per 100,000 for men and 1,417 per 100,000 for women; about 1,686 per 100,000 for Jews and Others and 1,310 per 100,000 for Arabs.

Among men aged 65 and over, the most common type of cancer is prostate cancer (396 per 100,000 in 2019) and among women aged 65 and over, the most common type of cancer is breast cancer (387 per 100,000 in 2019).

Diagram 3 – New cases of cancer among persons aged 65 and over, by type and by sex, 2019

Women

- Breast 27%
- Other types 42%
- Colon and rectum 11%
- Lung 9%
- Malignant lymphoma 5%
- Bladder 3%
- Stomach 3%

Men

- Prostate 20%
- Other types 38%
- Lung 12%
- Bladder 11%
- Colon and rectum 11%
- Malignant lymphoma 5%
- Stomach 3%

Source: Israel Center for Disease Control

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Diagram 4 – Incidence rate of cancer among those aged 65 and over,
by cancer type and population group, 2019

Source: Israel Center for Disease Control
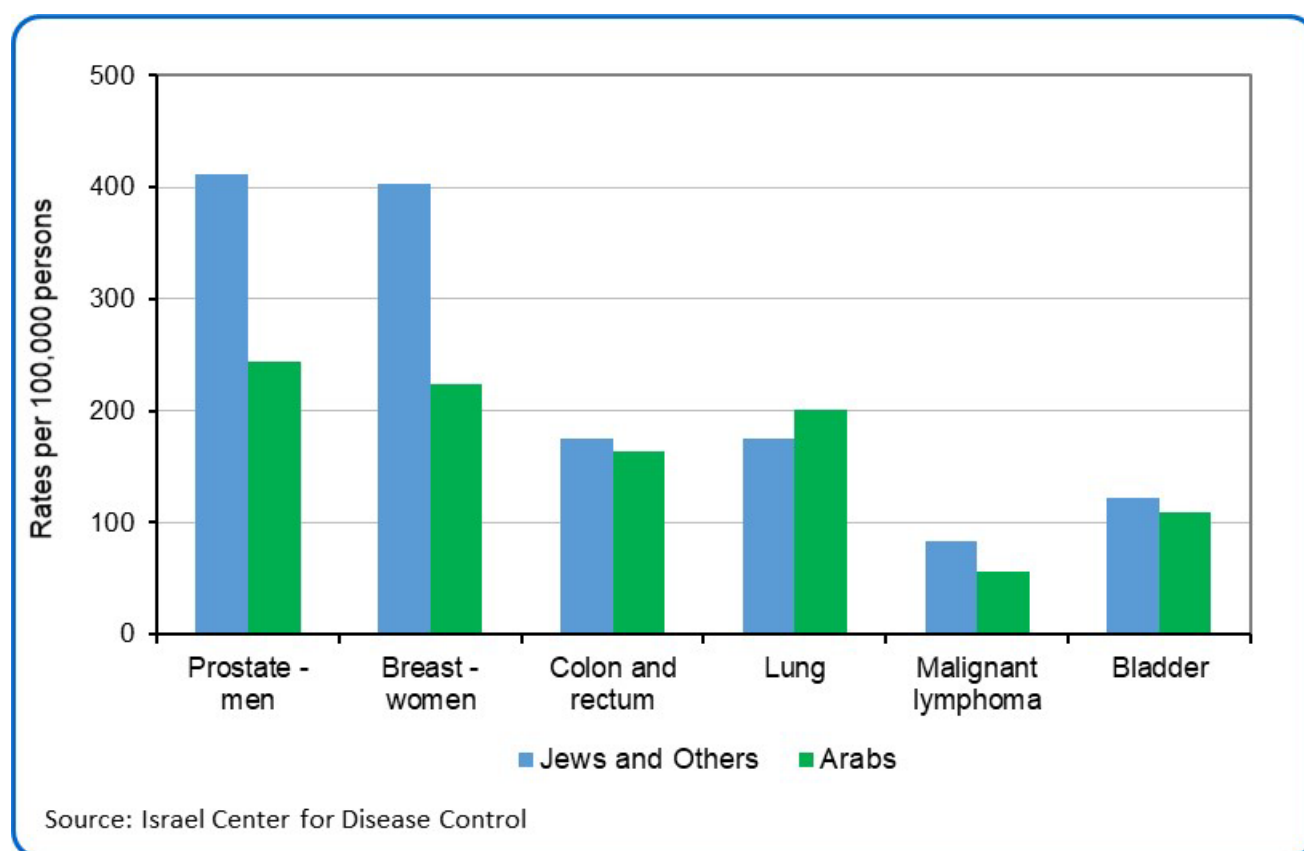
Diabetes

The prevalence rate of diabetes patients among those aged 65 and over was stable over the years, and stood at 29.7% in 2019. This rate was almost five times higher than the rate in the general population[8] (6.3%). The prevalence rate of diabetic patients is particularly high among the 75-84 age group – 33.6%.

The prevalence rate of diabetes patients among men aged 65 and over is higher than that among women – 32.4% versus 27.6%, respectively.

Stroke

In 2020, a total of 75,023 people who had a stroke[9] (including TIA – transient ischemic attack) were recorded, of which 71% were aged 65 and over.

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[8] Among persons aged two and over.
[9] All cases in the population aged 20 and over registered in The National Stroke Registry from the beginning of 2014 to the end of 2020, after subtracting the deceased.

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In 2020, 13,047 new cases of stroke (including TIA) were registered among those aged 65 and over – an incidence rate of 11.7 per 1,000, almost four times higher than the rate among the general population aged 20 and over (3.1 per 1,000).

In all age groups, a downward trend was observed in the incidence rate of stroke, especially among those aged 85 and over (who have the highest rate) – from 28.0 per 1,000 persons in 2015 to 23.3 per 1,000 persons in 2020.
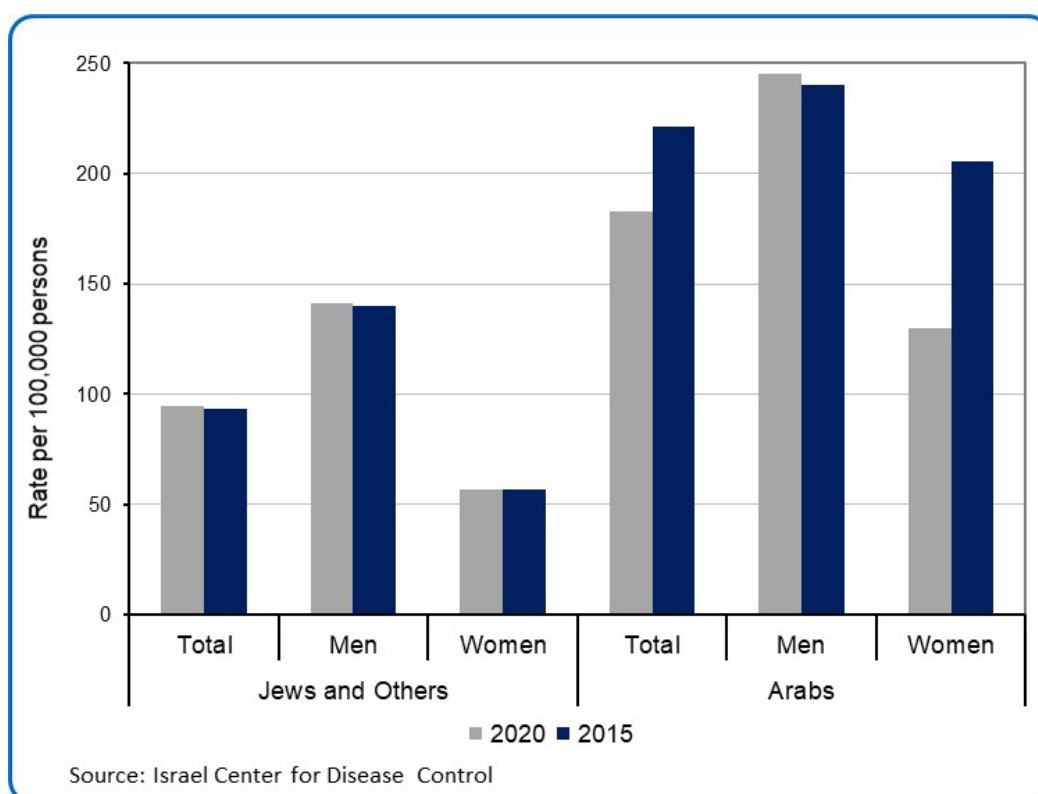
Dialysis patients

In 2020, there were 6,916 dialysis patients registered in Israel, of whom 63% were aged 65 and over (4,344).

In 2020, 1,135 new cases of dialysis patients aged 65 and over were added – an incidence rate of 102.2 per 100,000 persons.

In the same year, the rate of dialysis patients among men was 150.8 per 100,000, and among women – 63.0 per 100,000.

The rate of dialysis patients among Arabs was 182.8 per 100,000 and among Jews and Others – 94.4 per 100,000.

Diagram 5 - Rate of incidence of dialysis patients among persons aged 65 and over, by population group and sex, 2020 compared with 2015


Source: Israel Center for Disease Control

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Feeling depressed

In 2020, about a quarter of persons aged 65 and over in Israel reported feeling depressed in the past year,[10] compared to 21.6% of the entire population aged 20 and over. Women aged 65 and over reported feeling depressed twice as much as men – 31.0% versus 17.8%, respectively.

According to the data from the SHARE survey,[11] the percentage of those reporting a feeling of depression or sadness in Israel is lower than the percentages in most of the countries participating in the survey.

Diagram 6 – Persons aged 65 and over who felt depressed or sad(1) in the past month, international comparison, 2015

Source: SHARE
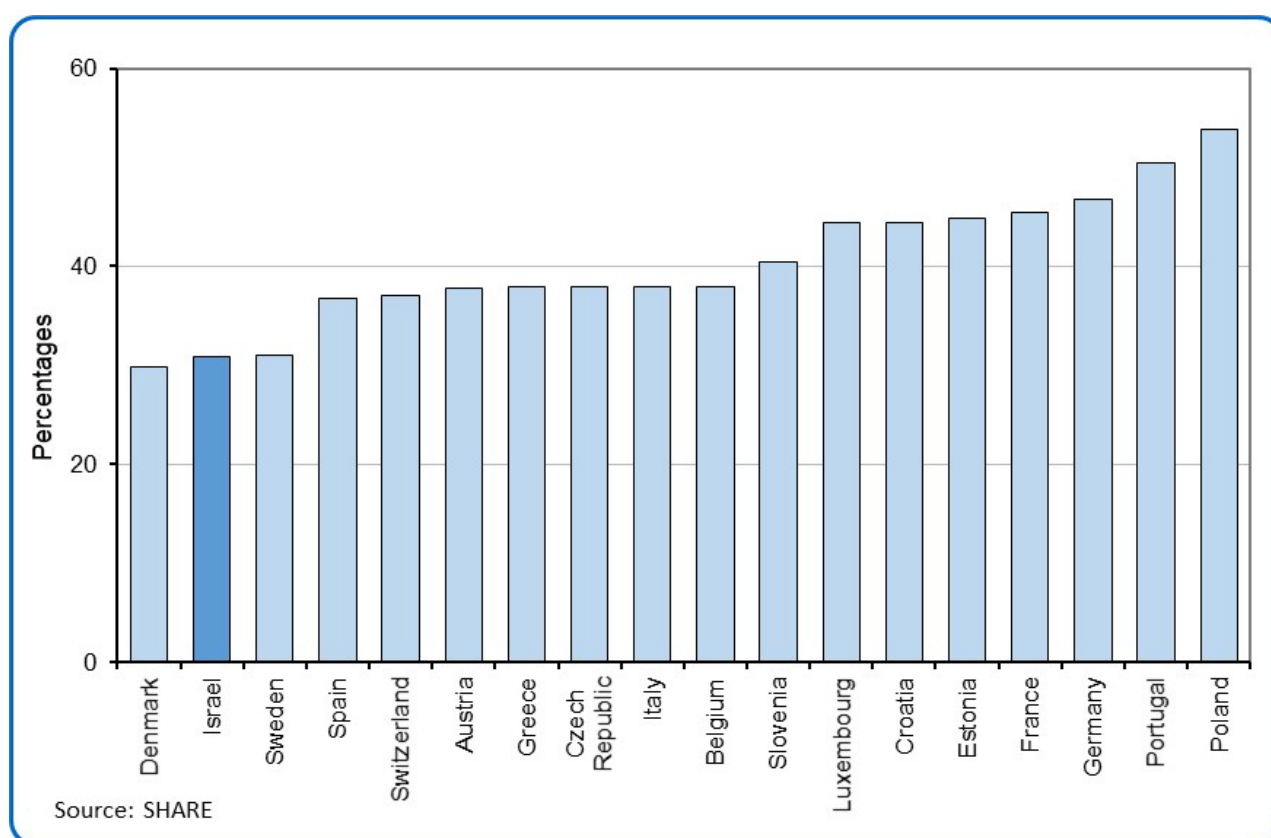
(1) Always or frequently.

[10] Reported feeling depressed often or occasionally in the past year.

[11] The SHARE survey (Survey of Health, Ageing and Retirement in Europe) is a longitudinal survey that examines the health, socio-economic and emotional status of adults aged 50 and over in European countries. In Israel, the survey has been conducted since 2004, once every two years, by the Israel Gerontological Data Center at the Hebrew University of Jerusalem.

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Functional status - ADL and IADL indicators

As of 2017, 83.2% of those aged 65 and over had no difficulty performing any daily basic activity (according to the ADL index) and 68.6% had no difficulty performing any daily instrumental activity (according to the IADL index).

Among those aged 75 and over, 12.3% were unable to perform more than four daily activities and 27.7% had difficulty performing more than five daily instrumental activities.

Diagram 7 - Persons aged 65 and over who had no difficulty performing any basic daily activity (ADL and IADL functional measures), 2017 versus 2015

Source: SHARE

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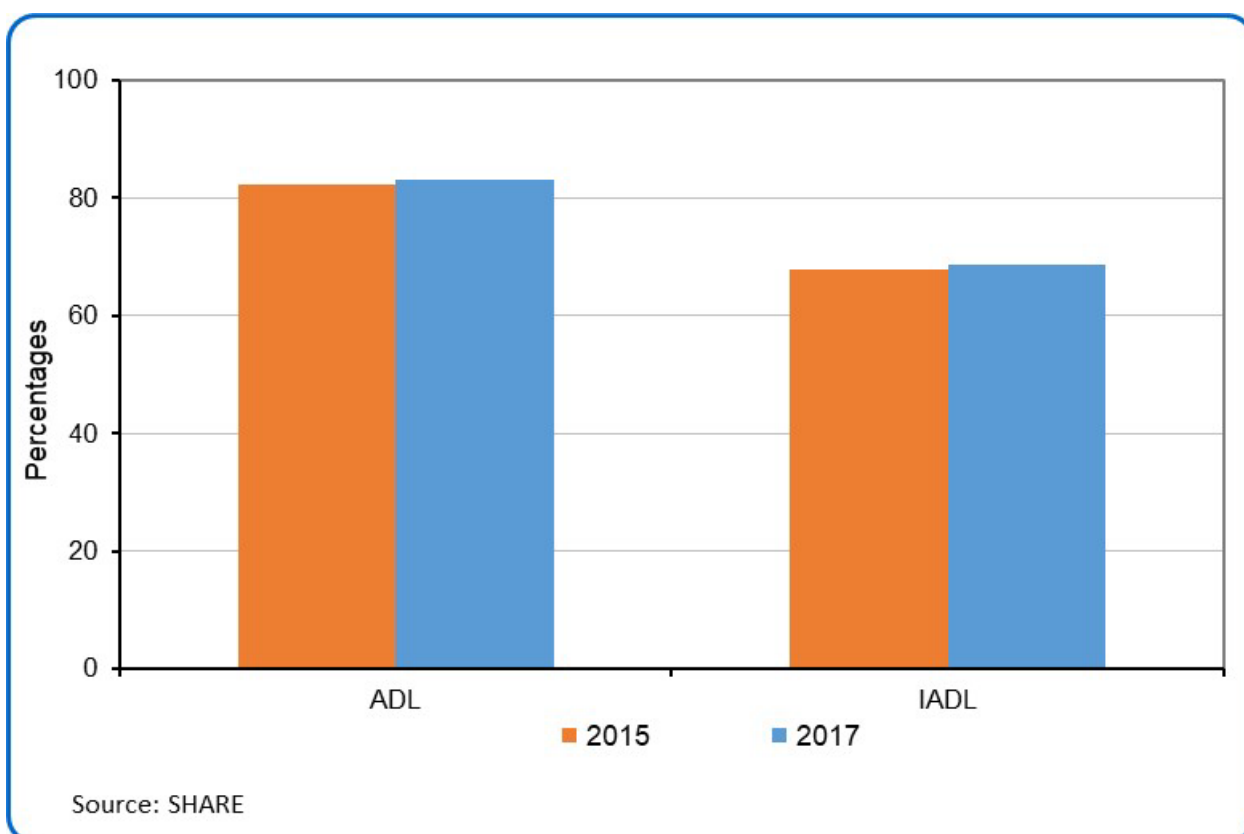
Meaning and Loneliness (Persons Aged 65 and Over)

A decrease in the percentage of persons aged 65 and over who report feeling lonely from 33.1% in 2015 to 26.3% in 2020. The percentage of those who report satisfaction with life among those aged 65 and over is high, similar to the general population aged 20 and over.

Table B - Super-Indicators in the Field of Meaning and Loneliness

(Percentages, unless otherwise indicated)

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Feeling of loneliness[12]	↓	~	↓	26.3	33.1
Satisfaction from life[13]	↑	~	~	88.9	85.0
Quality of life in old age[14] – CASP-12, score (2017)	↑	-	-	36.1	34.7

Feeling of loneliness

In 2020, 26.3% of those aged 65 and over felt lonely often or occasionally, compared with 19.1% of those aged 20 and over.

Women aged 65 and over felt lonely almost twice as much as men – 33.1% versus 18.2%, respectively. Arabs felt lonely more than Jews and Others – 38.6% versus 25.1%, respectively.

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[12] "Often" or "occasionally".

[13] "Satisfied" or "Very satisfied".

[14] The indicator is based on 12 questions, including three questions on the subject of meaning, and examines the perception of the quality of life in old age according to four components: control, autonomy, self-fulfillment, and pleasure. The indicator scores range from 12 to 48. A high result means a high quality of life.

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Diagram 8 - Feeling of loneliness(1), by sex and age, 2020
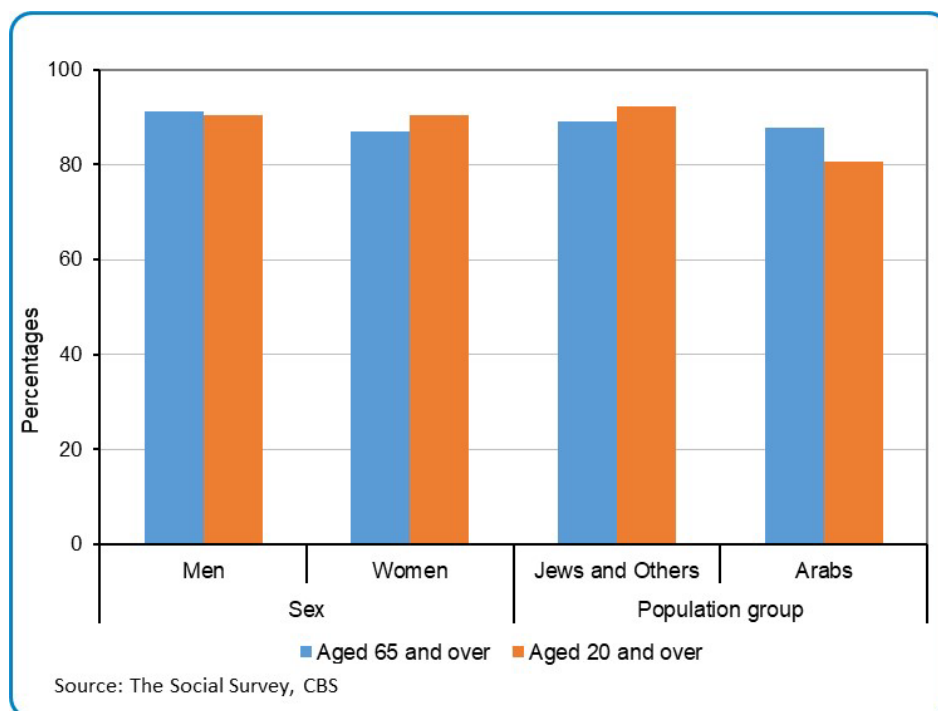

Source: The Social Survey, CBS
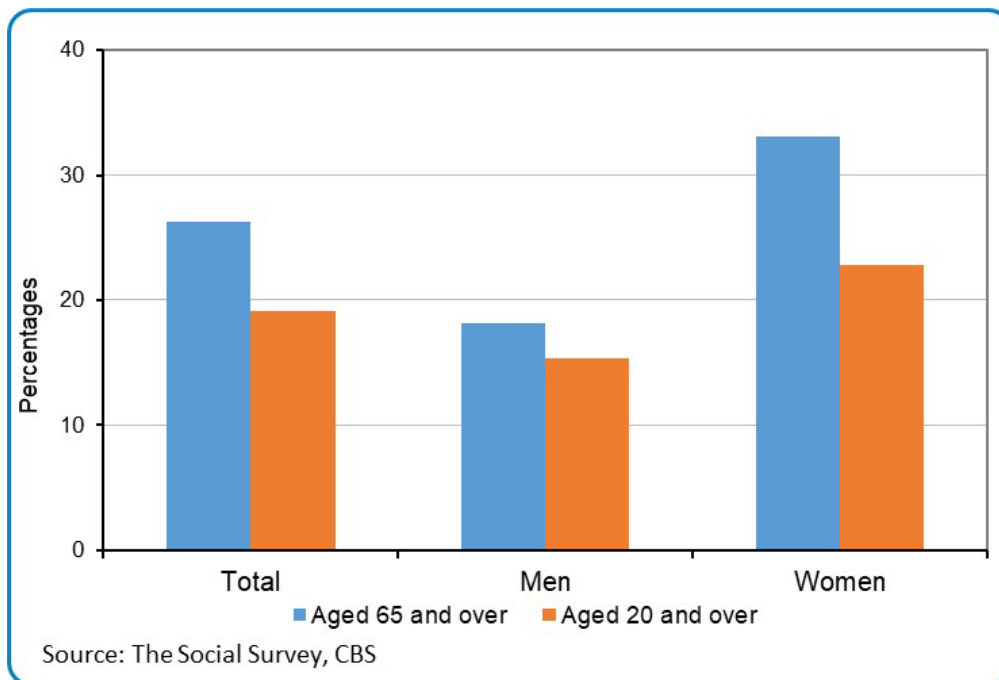
(1) Often or occasionally

Satisfaction with life

About 88.9% of those aged 65 and over were satisfied or very satisfied with their lives in 2020 (86.0% in 2015); 91.2% of men and 86.9% of women.

Diagram 9 - Satisfaction with life(1), by sex, age and population group, 2020

Source: The Social Survey, CBS

(1) Satisfied or very satisfied

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Quality of life in old age - CASP-12 index

The values of the CASP-12 index range from 12 (low quality of life) to 48 (high quality of life). The CASP score for those aged 65 and over in Israel in 2017 was 36.1, similar to the estimate for those aged 50 and over.

The CASP score of women aged 65 and over was lower than the score of men aged 65 and over – 35.8 versus 36.5, respectively.

The CASP score of Arabs aged 65 and over was lower than the score of Jews and Others aged 65 and over – 33.9 versus 36.3, respectively. The score of Arab women aged 65 and over was the lowest – 32.4.

The CASP score of those aged 75 and over was lower than the score of those aged 65–74 – 34.2 versus 36.8, respectively.

Israel placed 12th out of the 26 countries ranked in the SHARE survey. Denmark had the highest score – 41; Bulgaria and Greece had the lowest score – 31.

Diagram 10 - Quality of life in old age (CASP-12) among persons aged 65 and over, international comparison, 2017

Source: SHARE

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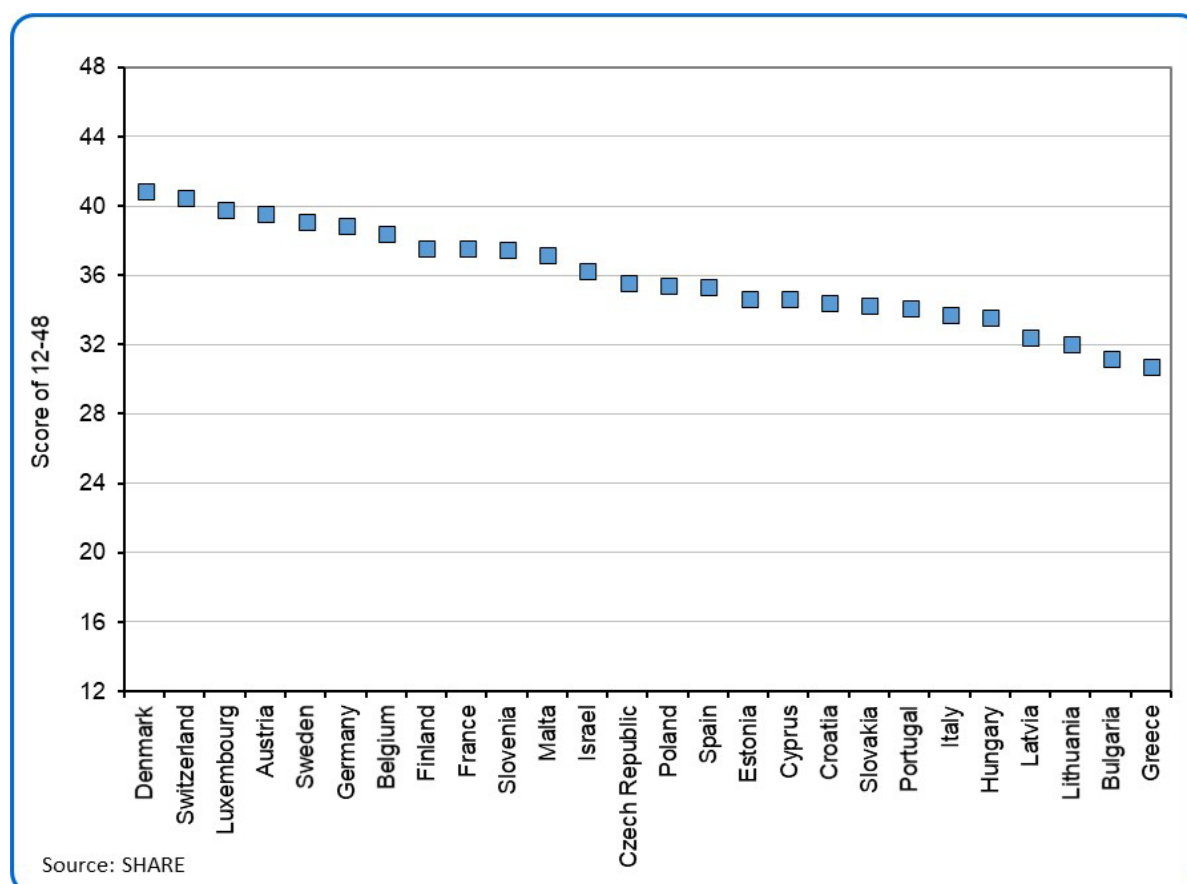
Economic Resilience

(Households in which at least one person is aged 65 years and over, unless otherwise indicated)

A decrease in the percentage reporting financial difficulty (from 43.9% in 2015 to 36.4% in 2017); the Gini index[15] for income inequality was higher in households with an individual aged 65 and over living alone or couples with at least one aged 65 and over compared with all households in the population. Among households of an individual aged 65 and over living alone, the Gini index was the highest (0.387), while at the same time the median net monetary income was the lowest (NIS 4,163).

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[15] The Gini index is a common index for measuring inequality in the distribution of income between households, and its values range from 0 for complete equality to 1 for complete inequality.

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Table C – Super-Indicators of Economic Resilience

(Percentages, unless otherwise indicated)

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Difficulty managing financially (2017)[16]	↓	-	↓	36.4	43.9
Gini index for inequality in net income per standardized person[17] for households of an individual aged 65 and over or couple with at least one individual aged 65 and over, score (2019)[18]	↓	~	~	0.379	0.411
Median net money income per standard person,[19] NIS thousands (2019)[19]	↑	~	~	5,512	4,932

Financial difficulty

In 2017, 36.4% of households in which at least one person was aged 65 and over reported difficulty managing financially, an improvement compared with 2015 (43.9%). For comparison, 41.5% of households of persons aged 50 and over reported difficulty managing financially in 2017, compared with 45.6% in 2015.

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[16] Responded "difficulty" or "much difficulty".

[17] The size of a household affects the level of living that can be maintained on a given income. In order to provide a basis for comparing the level of living of households with varying numbers of members, they are usually classified by income per person. It is also assumed that the number of household members does not have a uniform impact on the potential level of living that can be attained from a given income. Accordingly, there are advantages to a large household. Therefore the number of household members was weighted into a uniform scale. The scale establishes the two-person household as a base unit. The larger the number of household members, the smaller the marginal influence of each additional person. Based on this scale, the number of persons in a household is expressed in terms of standard persons per household.

[18] Following the change in the estimation method of the population in the Household Expenditure Survey, in 2019 there was a break in the series and it is not possible to compare with previous years.

[19] Income per standard person: the total income of the household divided by the number of standard persons in the household. This calculation is carried out to neutralize the size advantage in large families, and to compare all households according to the same basis.

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In Arab households where at least one member is 65 and over, the percentage reporting difficulty managing financially is much higher than the percentage in Jewish and Other households – 59.7% versus 33.4%, respectively.

Israel placed 11th out of the 27 countries ranked in the SHARE survey. Luxembourg had the lowest percentage of households of adults who reported difficulty managing financially (8%), while Greece had the highest percentage – 88%.

Diagram 11 - Households in which at least one person is aged 65 years and over who reported difficulty managing financially, international comparison, 2017
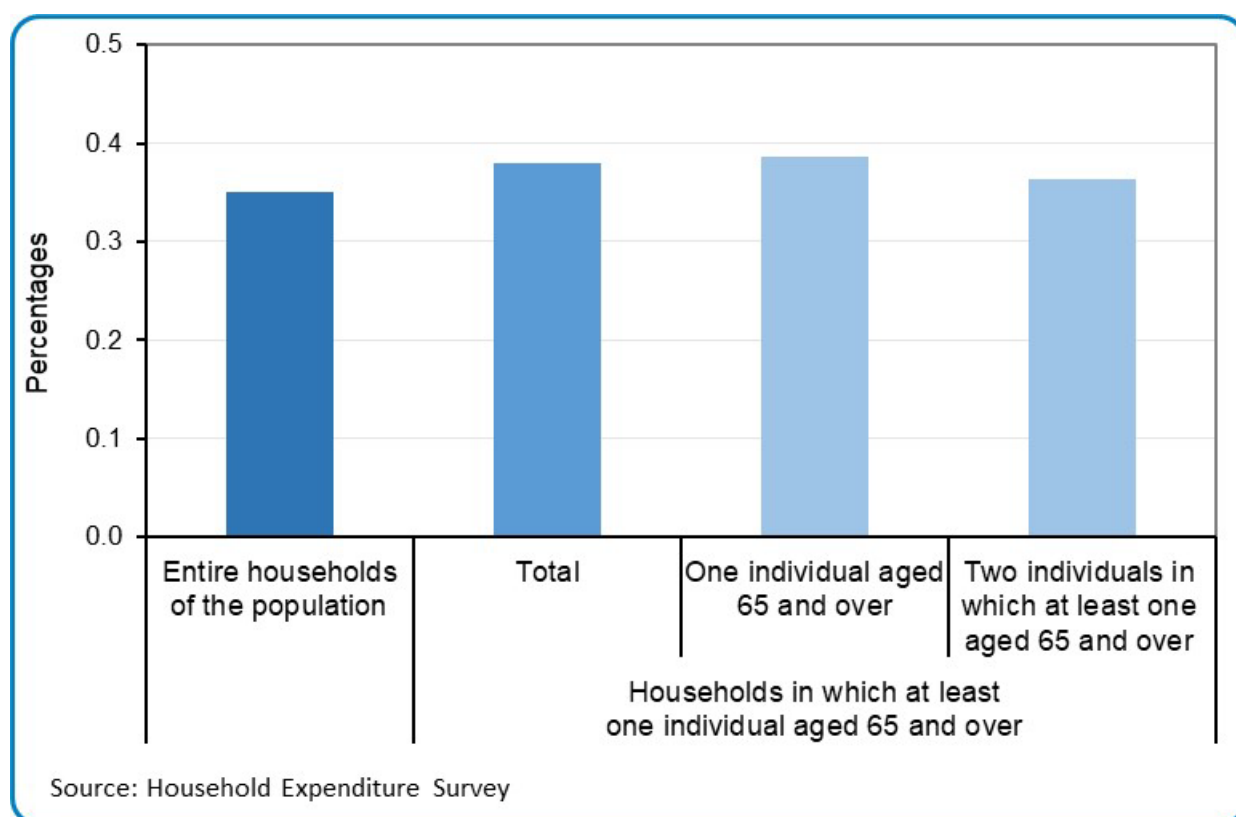

Source: SHARE
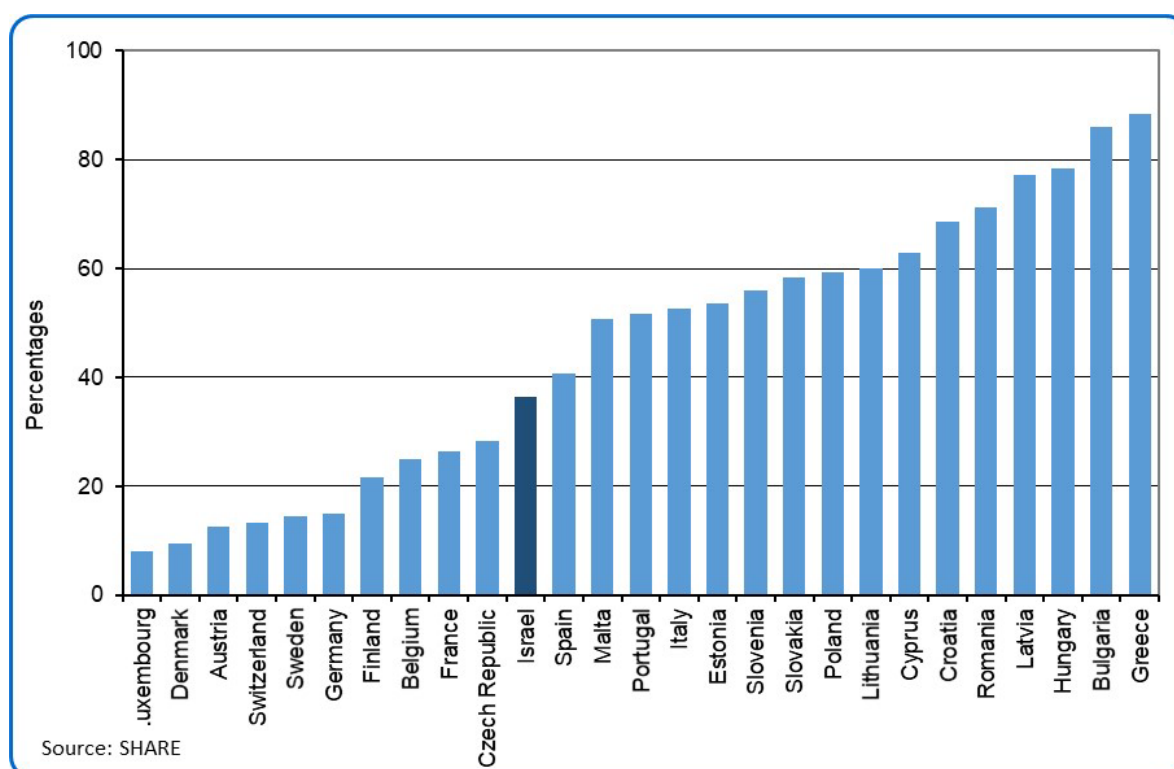
Gini index for inequality in standard net income per standard person

The Gini index among households of an individual aged 65 and over living alone and couples in which at least one individual was aged 65 and over was 0.379 in 2019, compared to 0.351 for all households in the population.

The Gini index among households of an individual aged 65 and over living alone (0.387) was higher than the index among households of couples with at least one individual aged 65 and over (0.364).

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Diagram 12 - Gini index for inequality in standard net income per person by type of household, 2019

Source: Household Expenditure Survey

Median net money income per standard person

In 2019, the median net money income per standard person among households with at least one person aged 65 and over was NIS 5,512, similar to that of all households – 5,570 NIS.

The median net money income per standardized person among households of couples with one person aged 65 and over was the highest (NIS 7,546 in 2019), while among households of an individual aged 65 and over living alone it was the lowest, compared with the other types of households (NIS 4,163 in 2019).

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Predictive Indicators of Optimal Ageing

Health Management (Persons aged 65 and over, unless otherwise indicated)

An increase in self-assessment of health (from 55.7% in 2015 to 62.4% in 2020); increase in the percentage of flu and pneumococcal vaccine recipients in 2019 compared to 2018. Decrease in the percentage of flu vaccine recipients from 64.3% in 2015 to 61.9% in 2019. Men report being in good health and getting vaccinated more than women.

Table D – Predictive Indicators in Health Management (Percentages)

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Self-assessment of health[20]	↑	↑	↑	62.4	55.7
Recipient of flu vaccination (2019)	↑	↑	↓	61.9	64.3
Recipient of pneumococcal vaccine among persons aged 65-74 (2019)	↑	↑	↑	78.3	78.1

Self-assessment of health

In 2020, 62.4% of persons aged 65 and over assess that their health is very good or good, compared with 86% of those aged 20 and over. About 28% of those aged 65 and over assess that their health is not so good (10.5% of those aged 20 and over), and 8.8% assess that their health is not good at all (3.1% of those aged 20 and over).

Receiving a flu and pneumococcal vaccine

About 62% of persons aged 65 and over received a flu vaccine in 2019.

Of persons aged 65–74, 58.7% received a flu vaccine and 78.3% received a pneumococcal vaccine.

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[20] "Very good" and "good".

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Healthy Lifestyle (Persons aged 65 and over, unless otherwise indicated)

The percentage of persons aged 65 and over who followed a healthy lifestyle that included at least two healthy behaviours decreased from 64.7% in 2016 to about 59% in 2019; in 2015, 64.2% of those aged 65 and over engaged in light exercise and 47.3% engaged in strenuous exercise at least once a week; the indicators of significant weight loss, underweight, or obesity are more common among women aged 65 and over than among men aged 65 and over.

Table E – Predictive Indicators of a Healthy Lifestyle (Percentages)

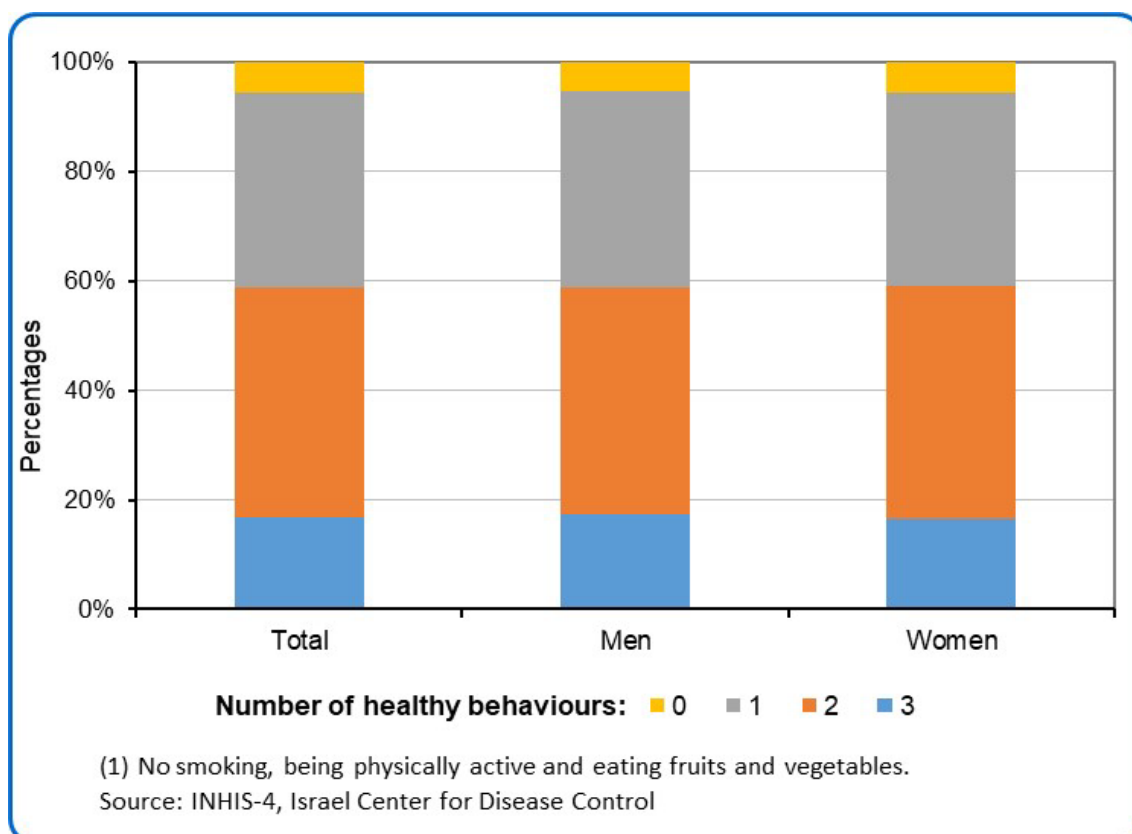|	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Healthy behaviours[21] (2019) Three healthy behaviours	↑	-	↓	16.8	19.2
Two healthy behaviours	↑	-	↓	42.1	45.5
One healthy behaviour	↑	-	↑	35.6	29.8
No healthy behaviours	↓	-	~	5.5	5.5
Engaging in light exercise at least once a week (2015)	↑	-	-	-	64.2
Engaging in strenuous exercise at least once a week (2015)	↑	-	-	-	47.3
Percentage experiencing significant weight loss[22] (2019)	↓	↓	↓	6.0	6.3
Underweight among persons aged 75 and over (2019)	↓	↑	↑	15.4	14.9
Obesity among persons aged 65-84 (2019)	↓	~	~	33.2	33.1

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[21] Out of three central and important behaviours for promoting health and improving the quality of life: not smoking, being physically active and eating fruits and vegetables. Base year 2016.

[22] The indicator refers to an involuntary loss of body weight among adults – a decrease of 10% or more compared to the highest weight recorded in the last two years. Losing body weight abruptly and unintentionally can usually indicate a health problem of various kinds.

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Healthy behaviours

Of persons aged 65 and over in 2019, 59% followed a healthy lifestyle that included at least two healthy behaviours, about 17% of them followed all three; 5.5% did not follow a healthy lifestyle at all. Among those aged 21 and over, 52.5% observed at least two healthy behaviours, of which approximately 15% observed all three.

Diagram 13 - Persons aged 65 and over, by number of healthy behaviours(1) and sex, 2019

(1) No smoking, being physically active and eating fruits and vegetables.
Source: INHIS-4, Israel Center for Disease Control

Substantial weight loss, underweight and obesity

Of persons aged 65 and over, 6.0% experienced substantial weight loss in 2019 – 5.6% of men and 6.4% of women. This percentage increases with age: 5.0% among those aged 65–74, 6.8% among those aged 75–84, and 9.2% among those aged 85 and over.

In 2019, 15.4% of those aged 75 and over were underweight (14.7% of men and 15.9% of women), and 33.2% of those aged 65–84 were obese (28.1% of men and 37.5% of women). These percentages have been stable over the years.

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Active Social Lifestyle (Persons aged 65 and over)

Women feel closer to a social network[23] than men, Jews and Others feel closer to a social network than Arabs; the percentage of those reporting satisfaction with their social network among those aged 65 and over in Israel is high – the average score was 9 out of 10 in 2015; an increase in the percentage of persons aged 65 and over who have friends with whom they are in contact (from 82.2% in 2019 to 88.1% in 2020); stability in the indicators of satisfaction with the relationship with family members and neighbours, with the feeling that there is someone to rely on in times of crisis and engaging in voluntary activity; a decrease in the employment rate[24] (from 21.7% in 2019 to 21.0% in 2020), at the same time, an increase in the rate of involuntary part-time employment (from 0.4% in 2019 to 0.6% in 2020); stability in the gaps between men and women in the employment rate in favour of men, and between Jews and Others compared with Arabs in favour of Jews and Others.

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[23] A social network is a group of people who maintain various relationships among themselves, such as family members or friends. Communication in the social network allows sharing different content and information with others and creating different groups and communities.

[24] The employment rate is the percentage of employed persons out of the total population aged 65 and over.

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**Table F – Predictive Indicators in the Field of an Active Social Lifestyle
(Percentages, unless otherwise indicated)**

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Closeness to members of their social network,[25] score (2015)	↑	-	-	-	1.9
Social network size,[26] average number of persons (2015)	↑	-	-	-	2.6
Satisfaction with the social network,[27] score (2015)		-	-	-	9.0
Relationships with friends	↑	↑	↑	88.1	82.4
A feeling of having someone to turn to in times of crisis or trouble	↑	~	~	91.8	89.8
A sense of appreciation from family members[28]	↑	~	~	83.3	82.1
Satisfaction with the relationship with family members[29]	↑	~	~	95.2	94.0
Satisfaction with the relationship with neighbors[30]	↑	~	~	85.1	85.4
Employment rate[31]	↑	↓	↑	21.0	18.5
Rate of persons employed part-time[32]	↑	↓	↓	38.5	40.4
Rate of persons employed part-time involuntarily[33]	↓	↑	~	0.6	0.6

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[25] The indicator combines five parameters to determine the level of closeness: the size of the network, physical closeness, frequency of contact, emotional closeness, and the diversity of the network. The indicator is represented on a scale of 1–4. The higher the value, the greater the closeness.

[26] The social network size indicator is one of the five parameters that make up the social network closeness indicator. The indicator shows the number of people in the average social network of the survey respondent.

[27] The indicator shows an average score of satisfaction with the social network on a scale of 1–10. The higher the value, the higher the satisfaction.

[28] "To a great extent"; base year 2018

[29] "Satisfied" or "very satisfied".

[30] "Satisfied" or "very satisfied".

[31] The employment rate is the percentage of employed persons out of the total population aged 65 and over.

[32] Up to 30 weekly hours; base year 2018

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	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Engaged in voluntary activity in the past year[33]	↑	~	~	16.4	15.5
Engaging in an individual leisure activity at least once a week in the past year (2017)	↑	-	↑	57.9	42.0

The social network and relationships with family, friends and neighbours

The score for feeling close to members of their social network among persons aged 65 and over in 2015 was 1.9 on a scale from 1 to 4. This indicator combines five parameters to determine the level of closeness: the size of the network, physical closeness, frequency of contact, emotional closeness, and the diversity of the network.

Women feel closer to a social network than men – a score of 2.0 versus 1.8, respectively.

Jews and Others evaluate that they have more closeness to a social network than Arabs – a score of 2.0 compared with 1.5, respectively.

Satisfaction with the social network among those aged 65 and over in 2015 was 9 on a scale from 1 to 10.

In 2020, 91.8% of those aged 65 and over felt that they had someone to turn to in times of crisis or trouble. The percentage of women who felt this way was slightly higher than the percentage of men – 93.7% versus 89.5%, respectively.

Of those aged 65 and over, 95.2% were satisfied with the relationship with family members and 83.3% felt appreciated by family members.

The percentage of women who felt appreciated by family members was higher than the percentage of men – 85.3% versus 80.8%, respectively, and the percentage among Arabs was higher than the percentage among Jews and Others – 88.9% versus 82.7%, respectively.

About 88% of those aged 65 and over have relationships with their friends and about 85% are satisfied with their relations with their neighbours, especially Arabs – 92.6%.
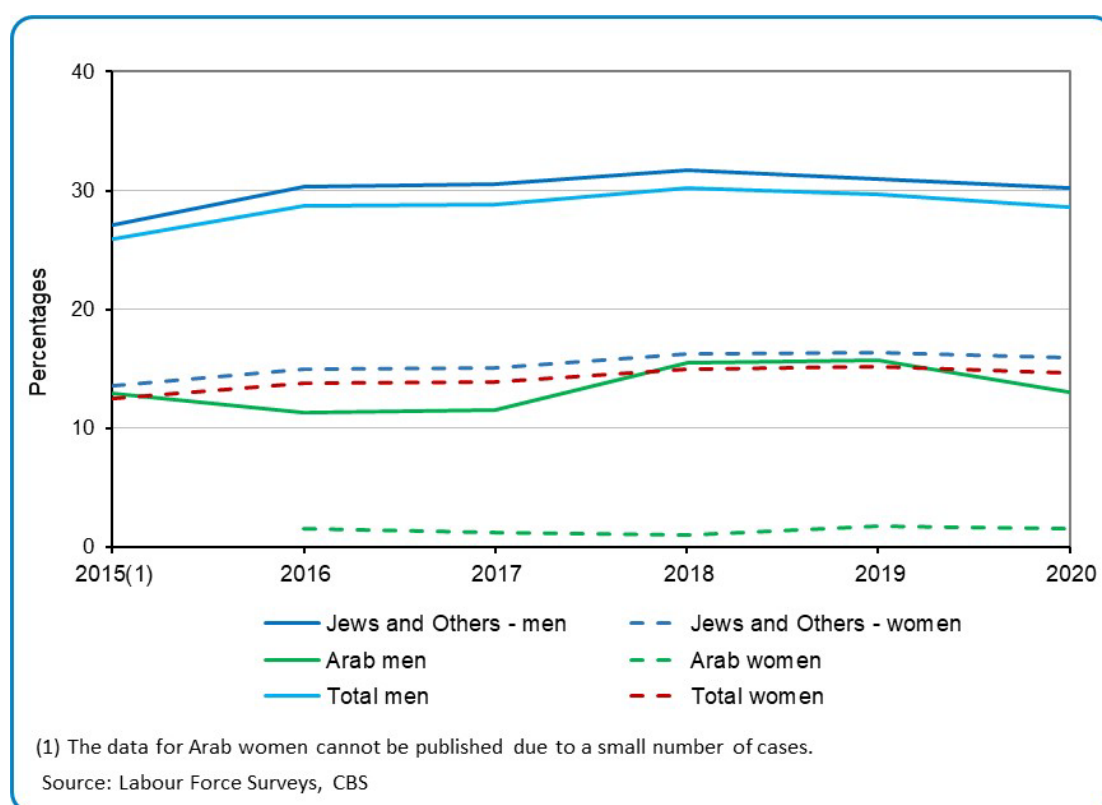
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[33] "Often".

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Employment rate

The employment rate of those aged 65 and over was 21.0% in 2020, an increase compared with 2015 (18.5%).

The employment rate of men is two times higher than the employment rate of women, this gap has been maintained over the years. The employment rate of Jews and Others is three times higher than that of Arabs.

**Diagram 14 – Employment rate of persons aged 65 and over,
by sex and population group, 2015–2020**

(1) The data for Arab women cannot be published due to a small number of cases.
Source: Labour Force Surveys, CBS

Voluntary activity and individual leisure activity

According to the Social Survey, in 2020, 16.4% of those aged 65 and over reported participating in a voluntary activity in the year preceding the interview.

According to the SHARE survey, in 2017, 13.6% of those aged 65 and over reported participating in a voluntary activity and 58% reported on an individual leisure activity.[34] Jews and Others volunteered and engaged in individual leisure activities more than Arabs – 14.7% of Jews and

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[34] Examples of individual leisure activities: reading books, newspapers, magazines; solving crossword puzzles, Sudoku.

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Others volunteered compared with 1.1% of Arabs; 61.4% of the Jews and Others engaged in individual leisure activities compared to 19.8% of Arabs.

Digital Literacy

Among households where at least one person is aged 65 and over, the percentage of access to a personal computer, laptop or tablet was lower than the percentage of all households in the population. In households of individuals aged 65 and over living alone, this percentage was particularly low compared with the other types of households. There was an increase in the percentage of Internet users (from 66.7% in 2019 to 73.0% in 2020), among other things, in the use of the Internet via mobile phones (from 60.8% in 2019 to 66.9% in 2020); stability in the use of online government services compared to 2019, a significant increase compared to 2015.

Table G – Predictive Indicators in the Field of Digital Literacy (Percentages)

	Desired direction	Direction of change compared to previous year	Direction of change compared to base year	2020	2015
Access to a personal computer (2019)[35]	↑	↓	~	61.3	63.8
Access to a laptop or tablet (2019)[36]	↑	↓	~	25.6	25.5
Internet use, aged 65 and over	↑	↑	↑	73.0	48.9
Internet use via mobile phone, aged 65 and over	↑	↑	↑	66.9	31.6
Use of online government services (e-Gov), aged 65 and over	↑	~	↑	26.1	14.5

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[35] Following the change in the estimation method of the population in the Household Expenditure Survey, in 2019 there was a break in the series and it is not possible to compare with previous years.

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Access to a personal computer, laptop or tablet

In 2019, 61.3% of households in which at least one individual was aged 65 or over had a personal computer (PC) and 25.6% had a laptop or tablet; 75.8% of all households in the population had a PC and 33.6% – a laptop or tablet.

The lowest percentage of access was among households of individuals aged 65 and over living alone – 41.7% had a PC and 14.5% had a laptop or tablet.

Among households of a couple in which one is 65 or over, the percentage of access to computers was higher – 74.6% had a PC and 34.5% had a laptop or tablet.

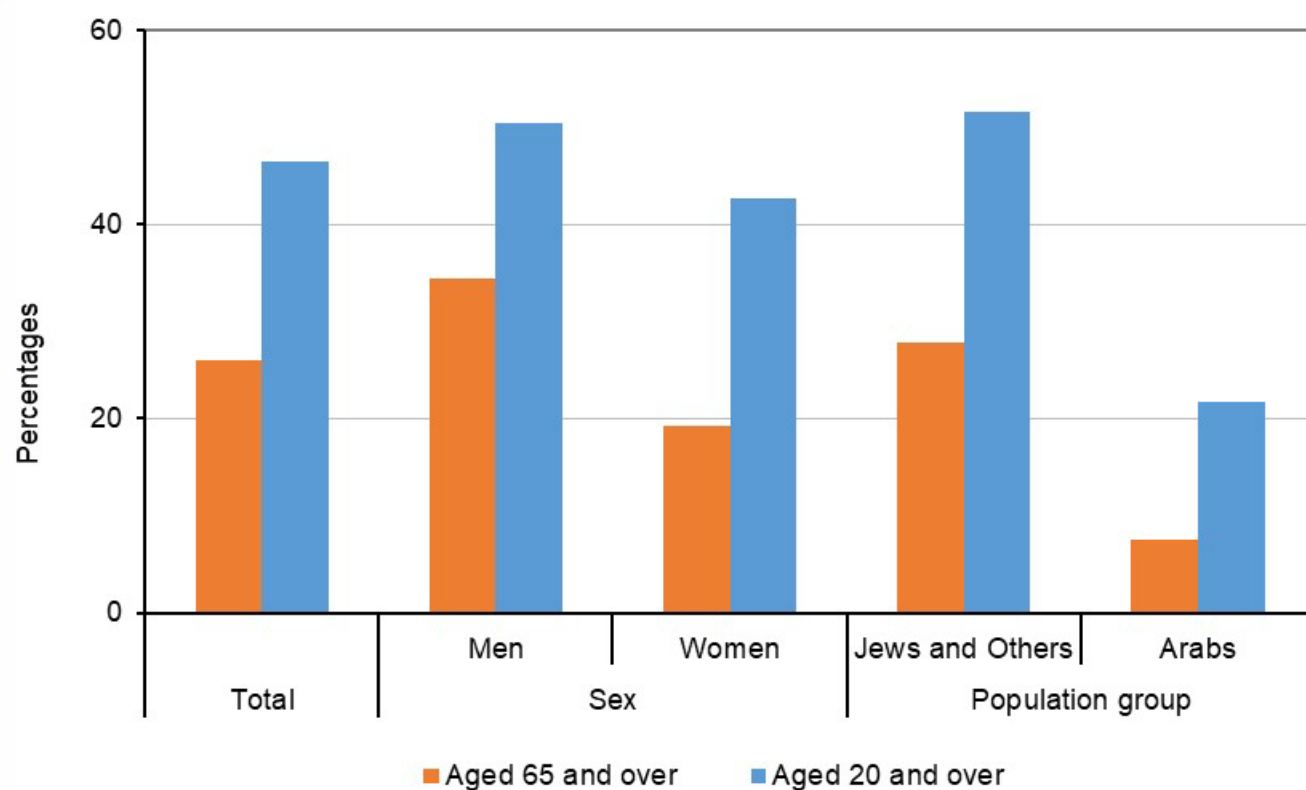## Internet use and use of online government services

Among persons aged 65 and over, 73.0% used the Internet in 2020, of those, approximately 67% used the Internet via a mobile phone. A considerable increase has been recorded in the use of the Internet over the years in general and through mobile phones in particular.

In 2020, 26.1% of those aged 65 and over used online government services (e-Gov), a significant increase compared to 2015 (14.5%).

Diagram 15 - Internet use by age and means of use, 2015-2020

Source: The Social Survey, CBS

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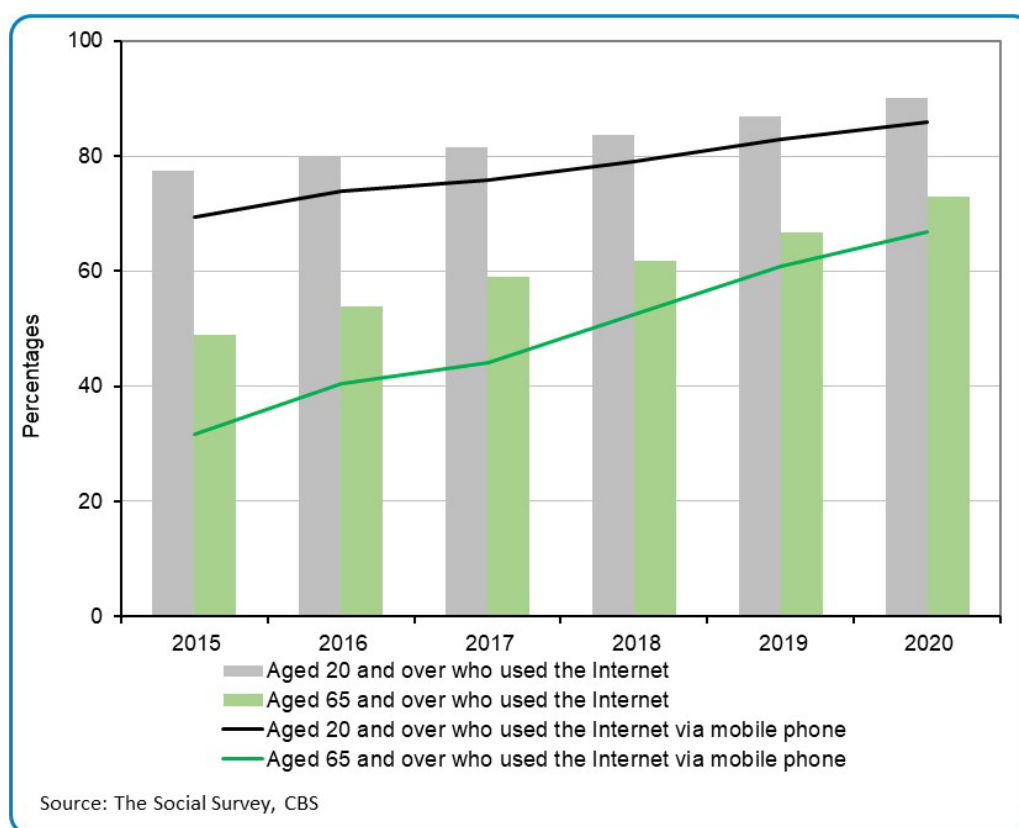
**Diagram 16 – Use of online government services (e-Gov),
by sex, age and population group, 2020**

Sourec: The Social Survey, CBS

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