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Importance of physical exercise in an ageing society

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Importance of physical exercise in an ageing society

Professor Dr. Hafiz T.A. Khan, *Chartered Statistician*

Professor of Public Health Statistics
University of West London, UK

&

Oxford Institute of Population Ageing
University of Oxford, UK

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Budapest, Hungary*

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Outline

Understanding global ageing populations



Healthy ageing

Burden of disease in old age

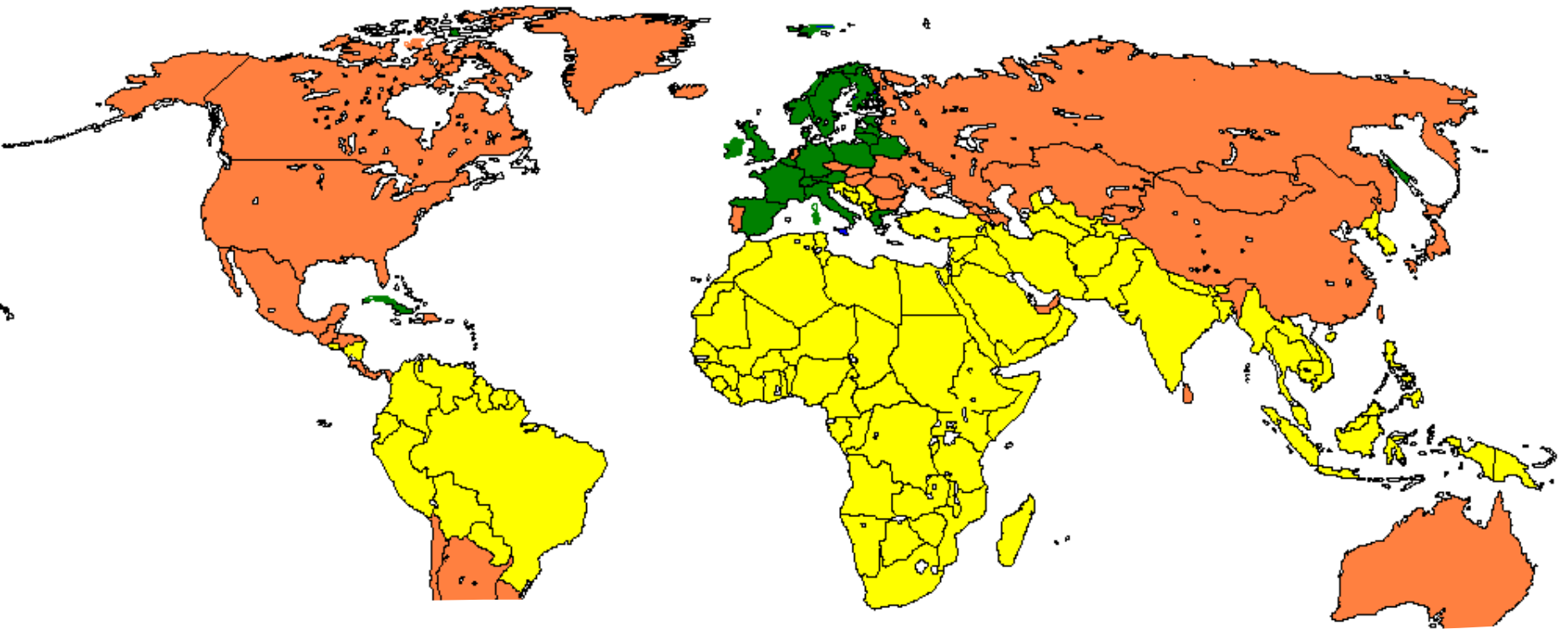


Sports and physical exercise

World population

Year	Population (billions)
1950	2.5
2000	6.1
2050	9.7
2100	11.2

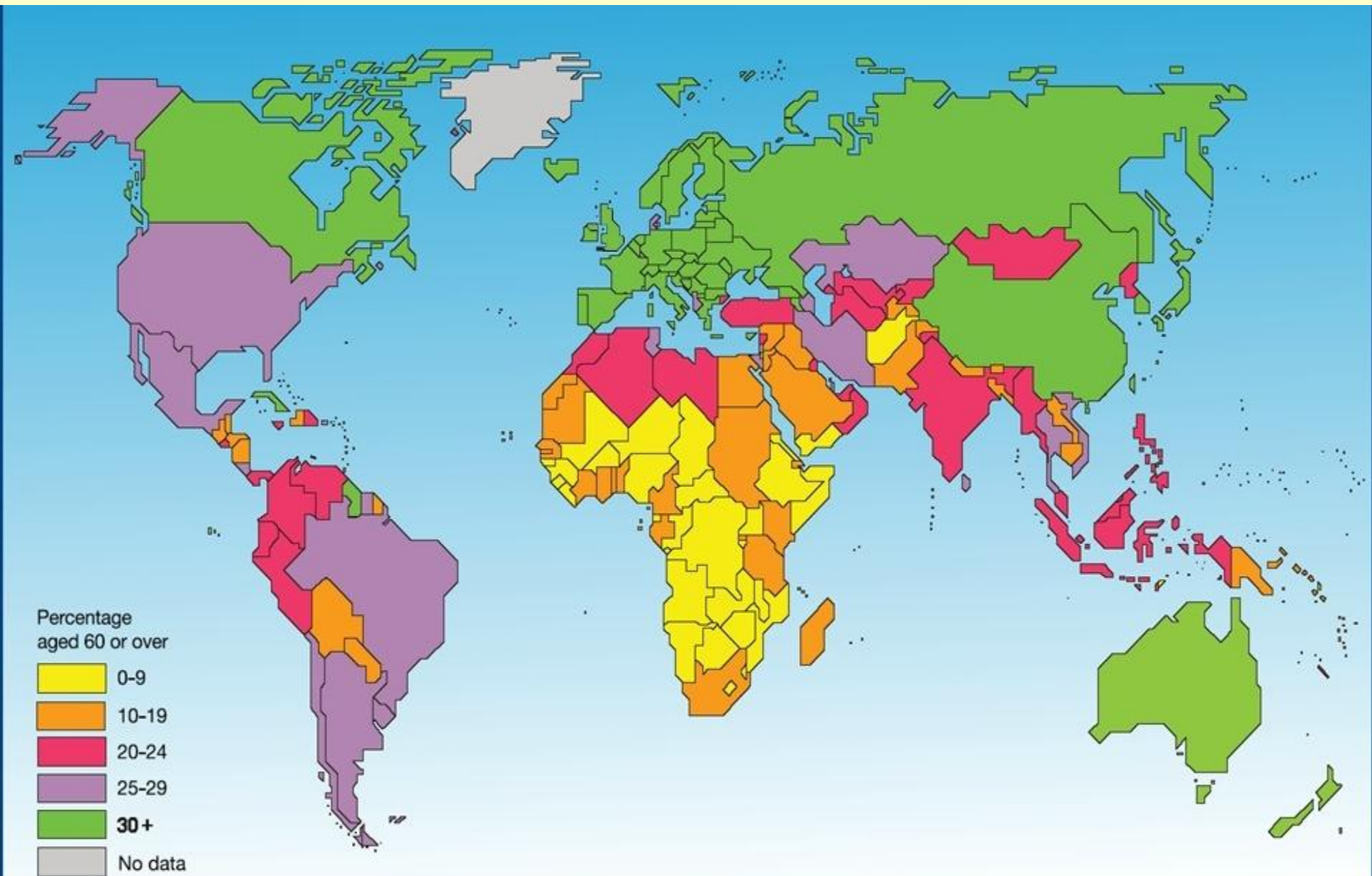
World population has reached 8 billion on November 15, 2022, according to the United Nations.



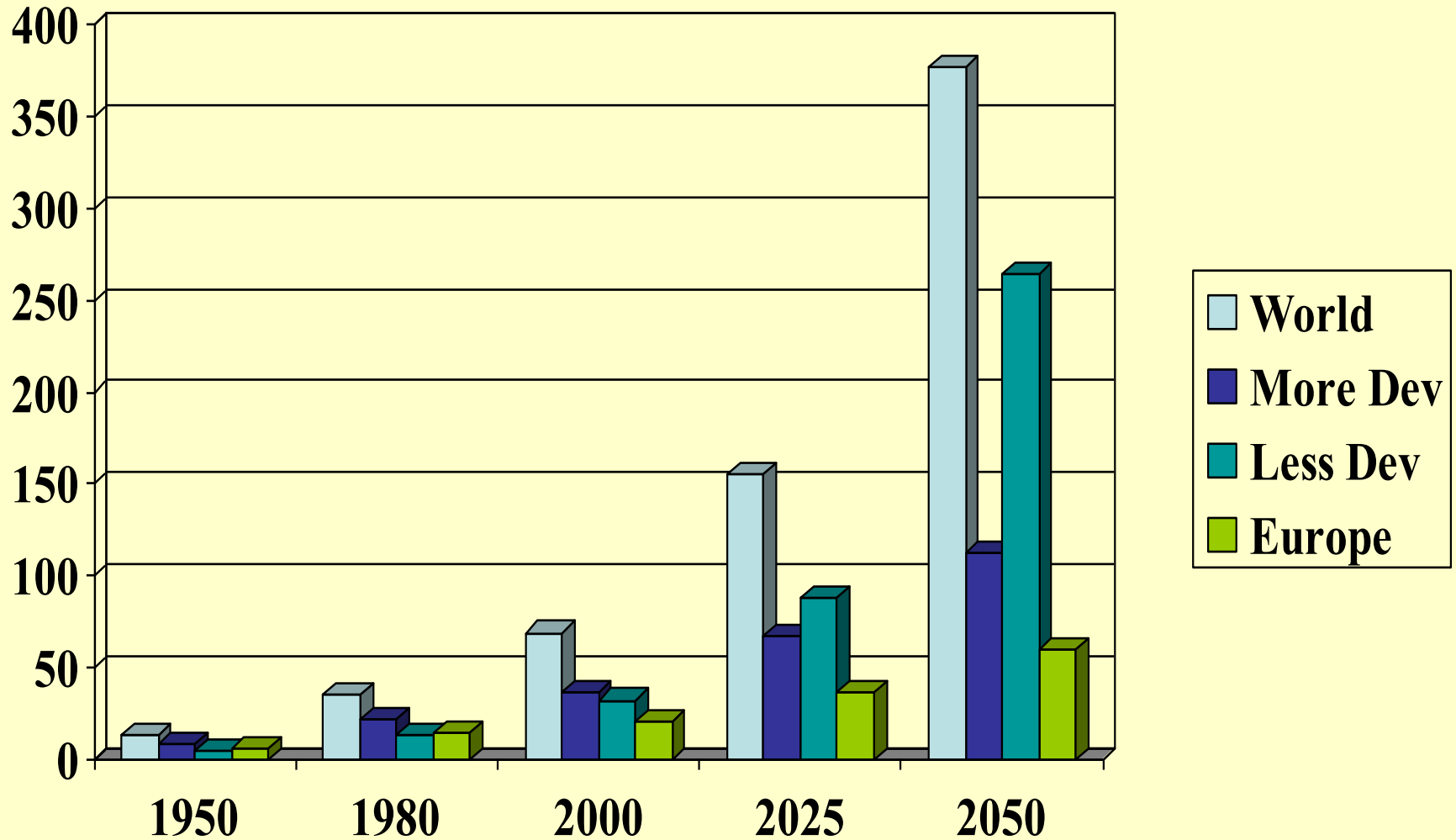
**% of population aged
60+ years, 1996**

- up to 10%
- 10 to 19%
- 20 to 24%
- 25 to 30%

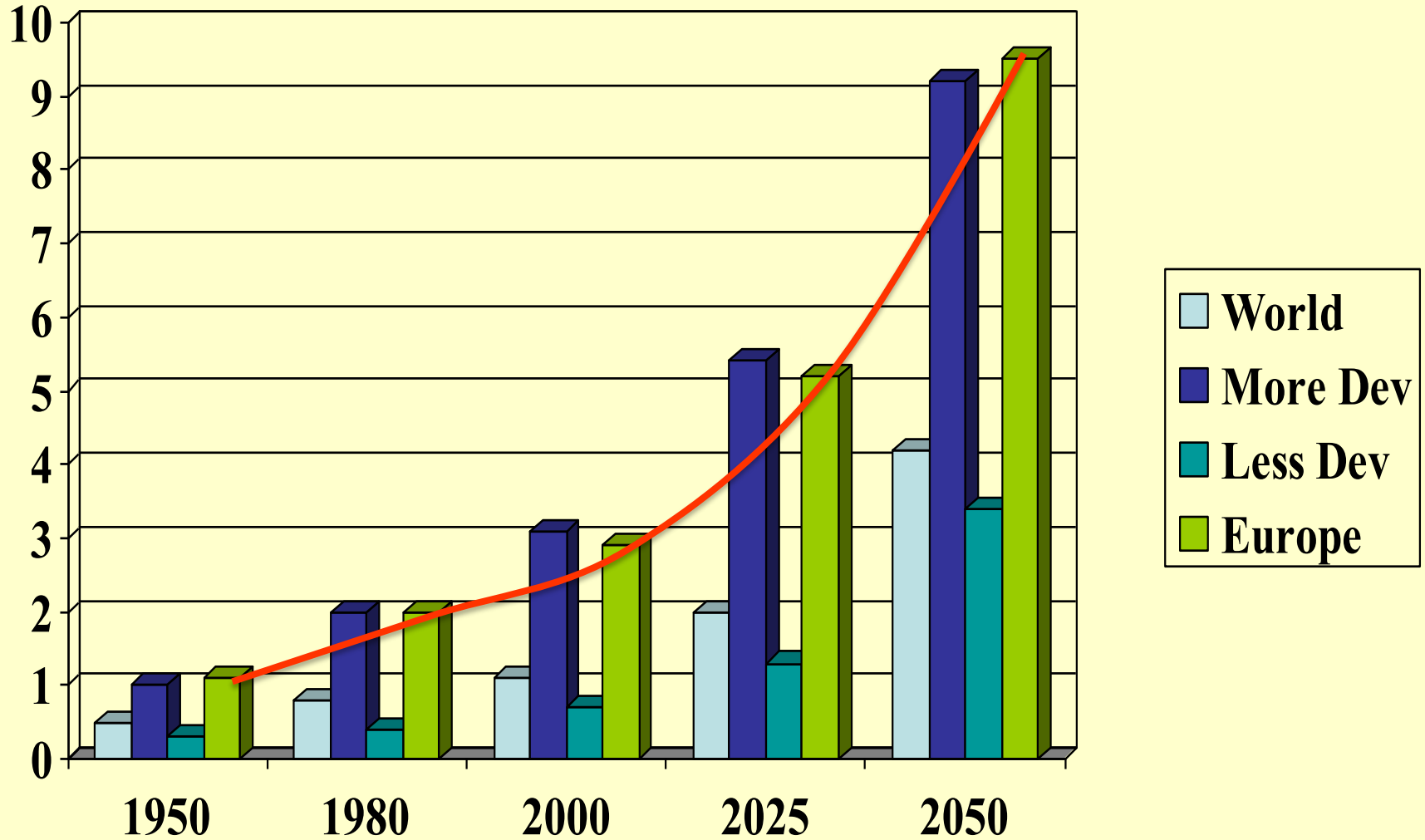
% of population aged 60+ years, 2050



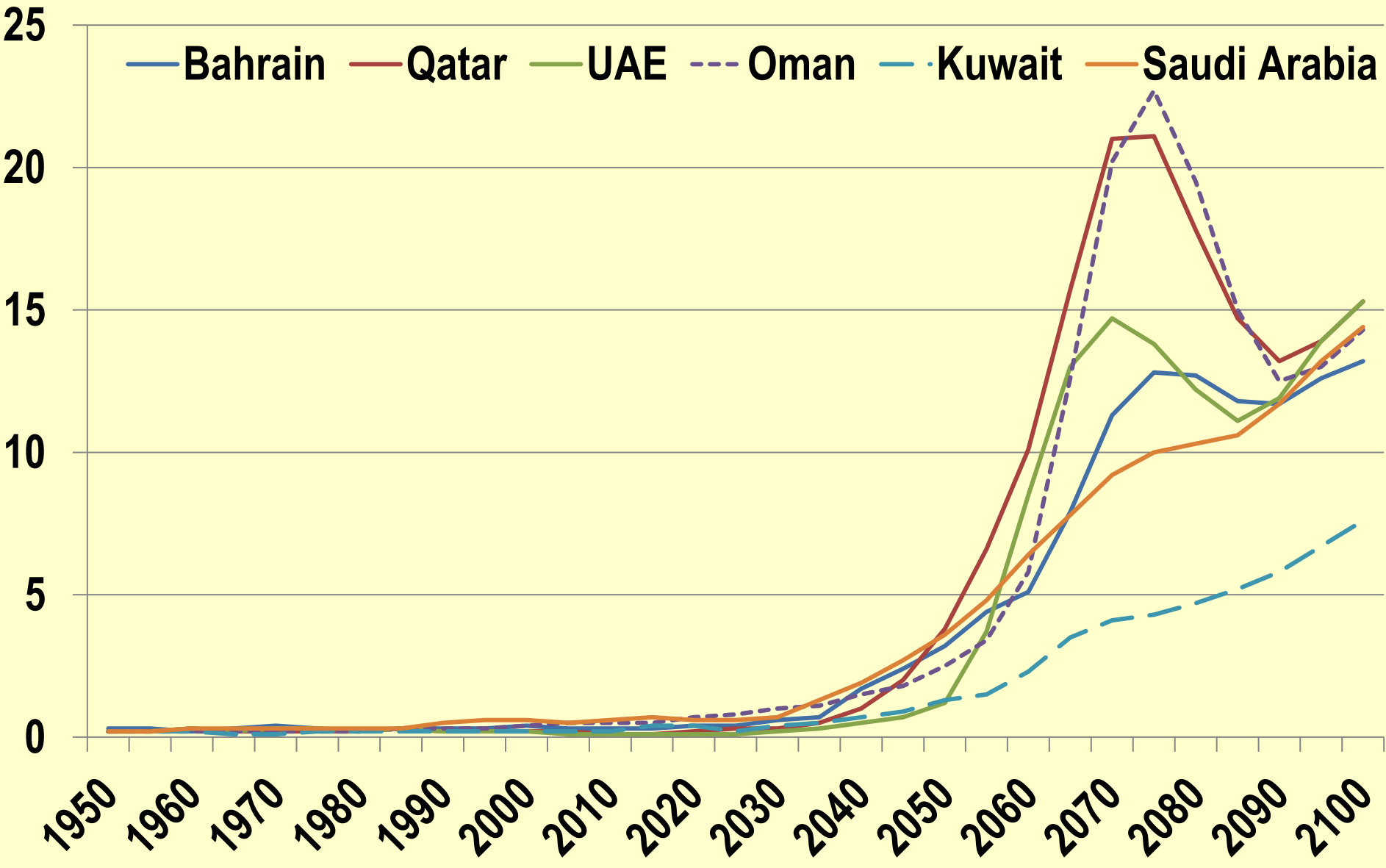
1950-2050 population 80+ (millions)



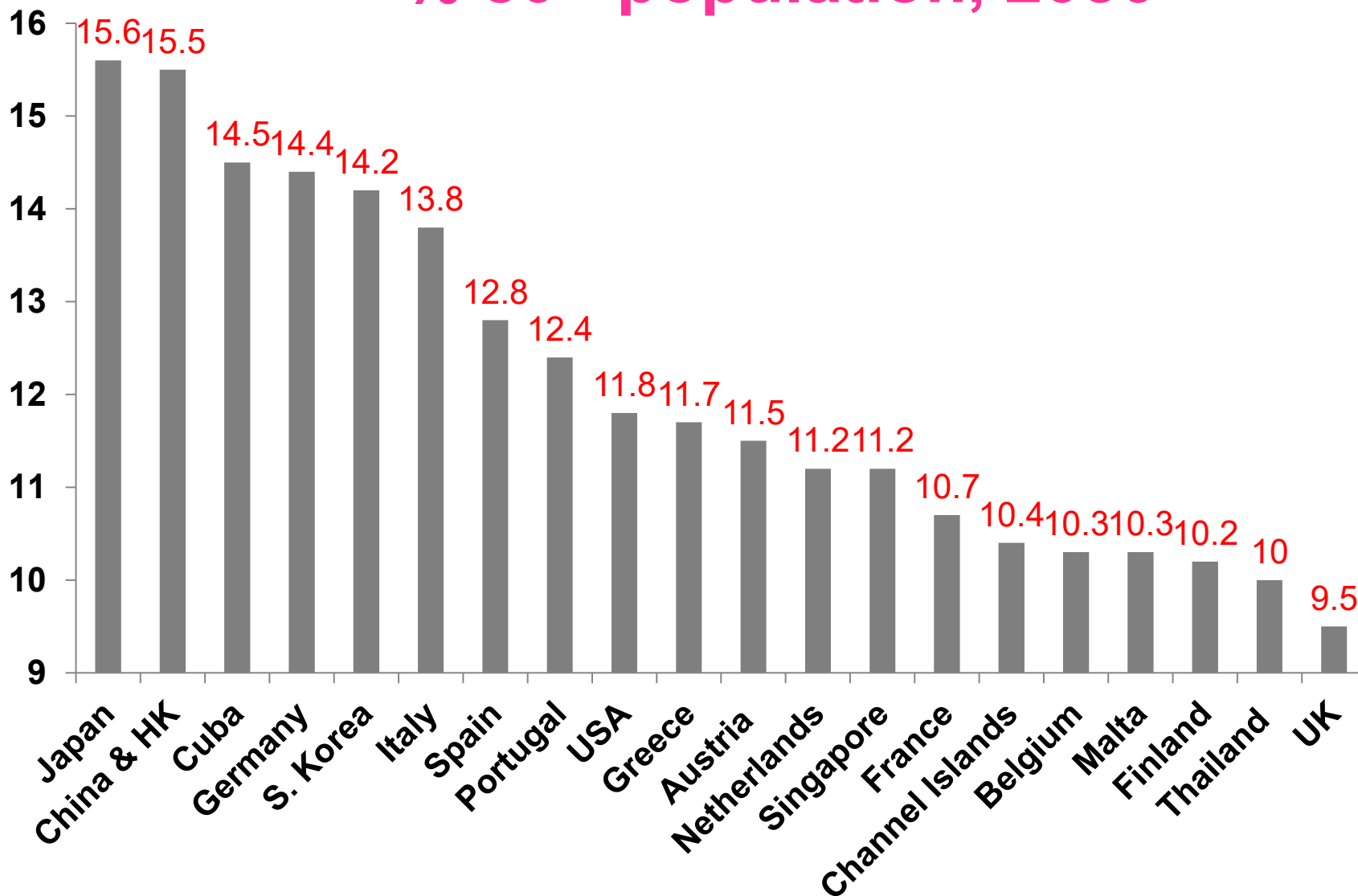
1950-2050 population 80+ %



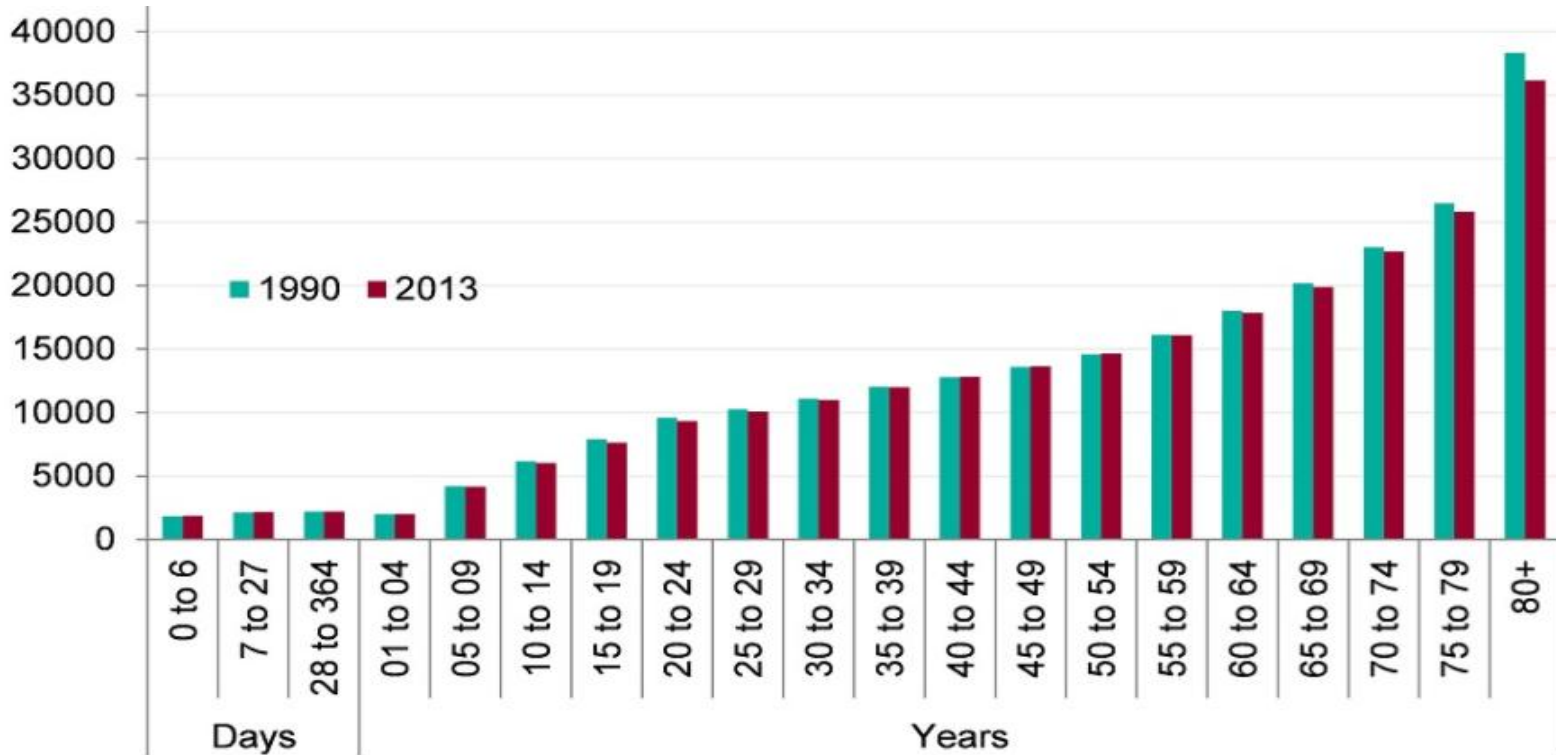
% Population Aged 80+ Years



% 80+ population, 2050

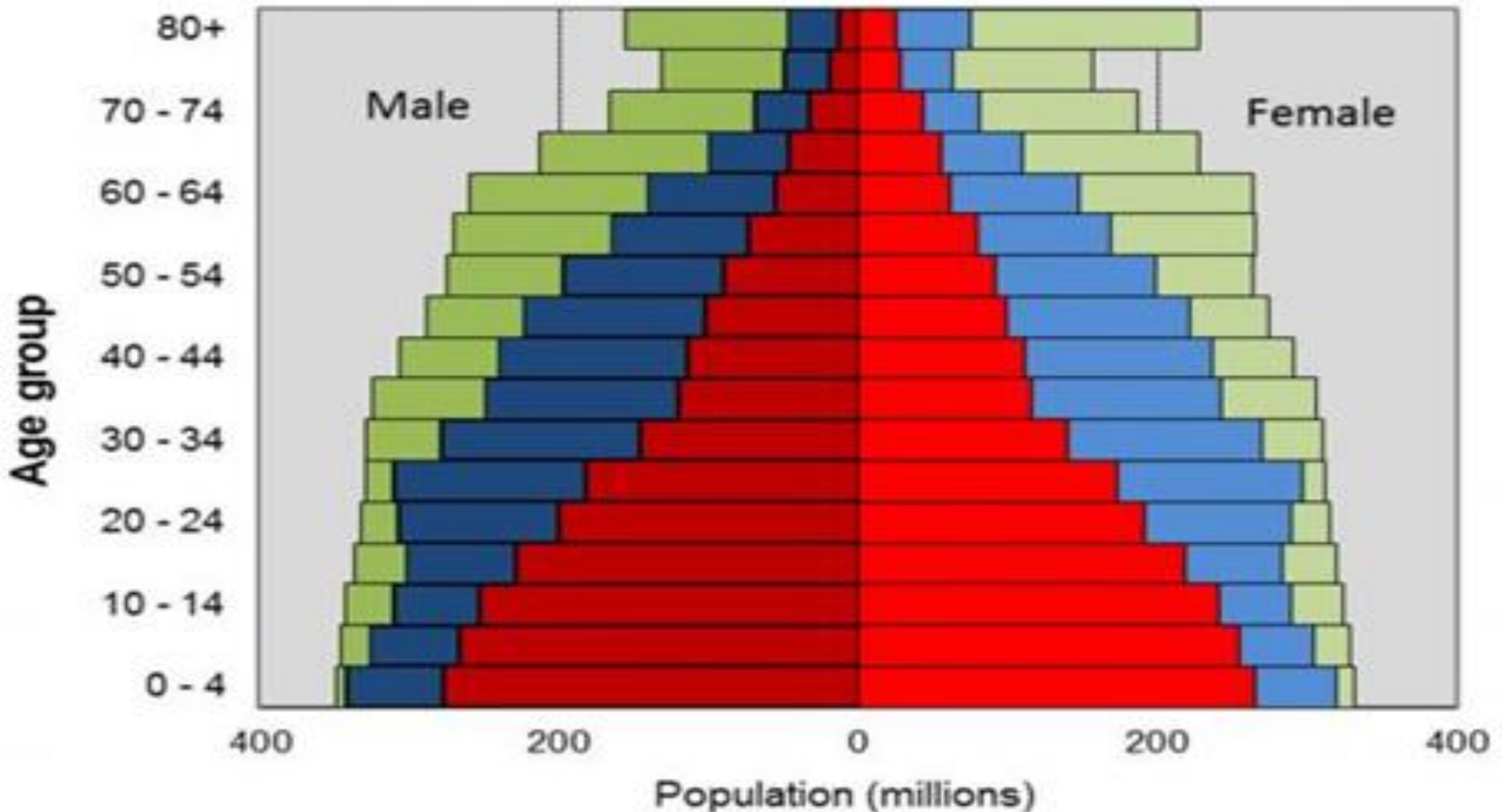


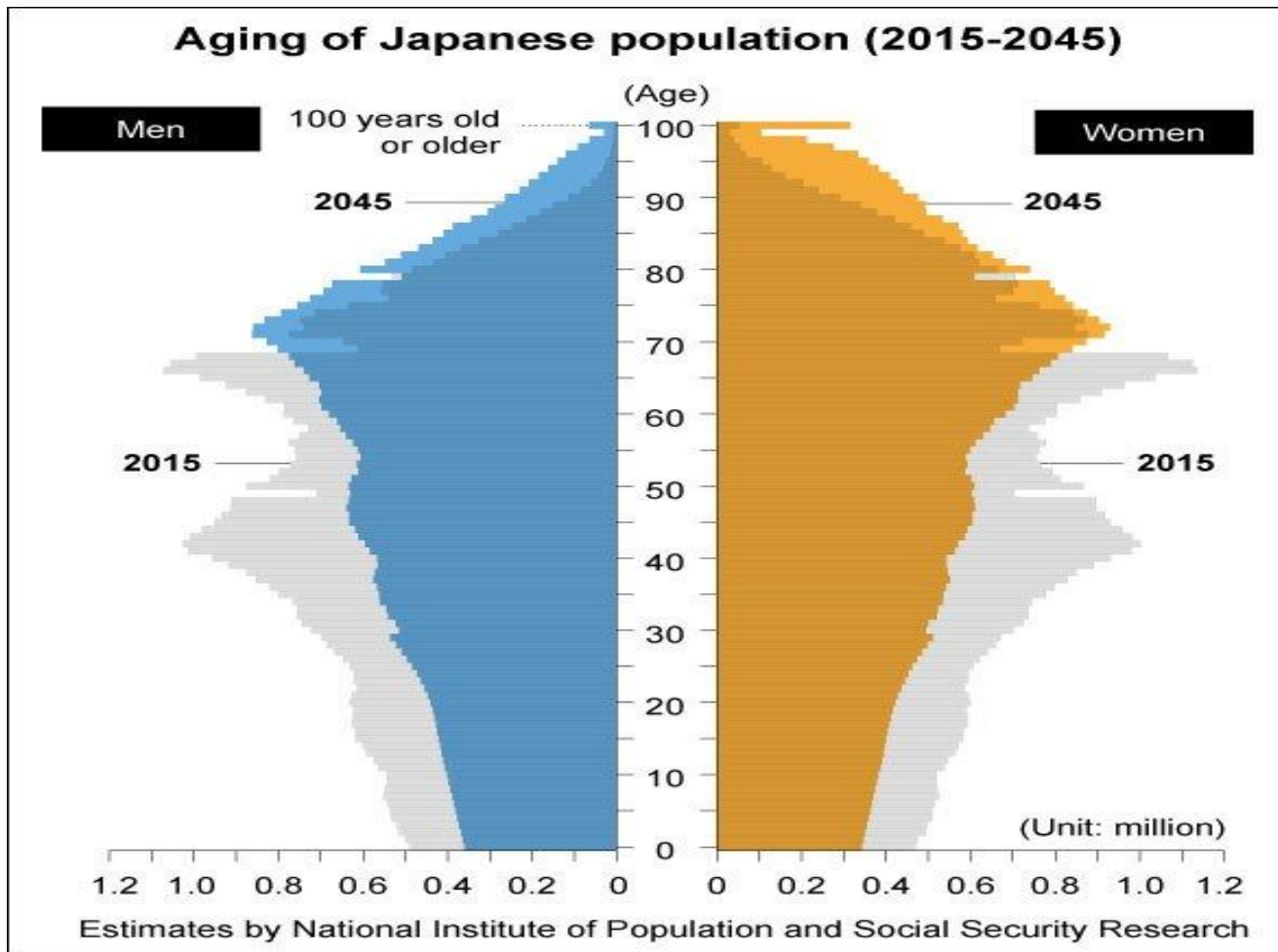
Years lived with disability per 100,000 population (Public Health England, 2017)



Global ageing (1980-2050)

From pyramid 1980 to bell 2015 to barrel 2050





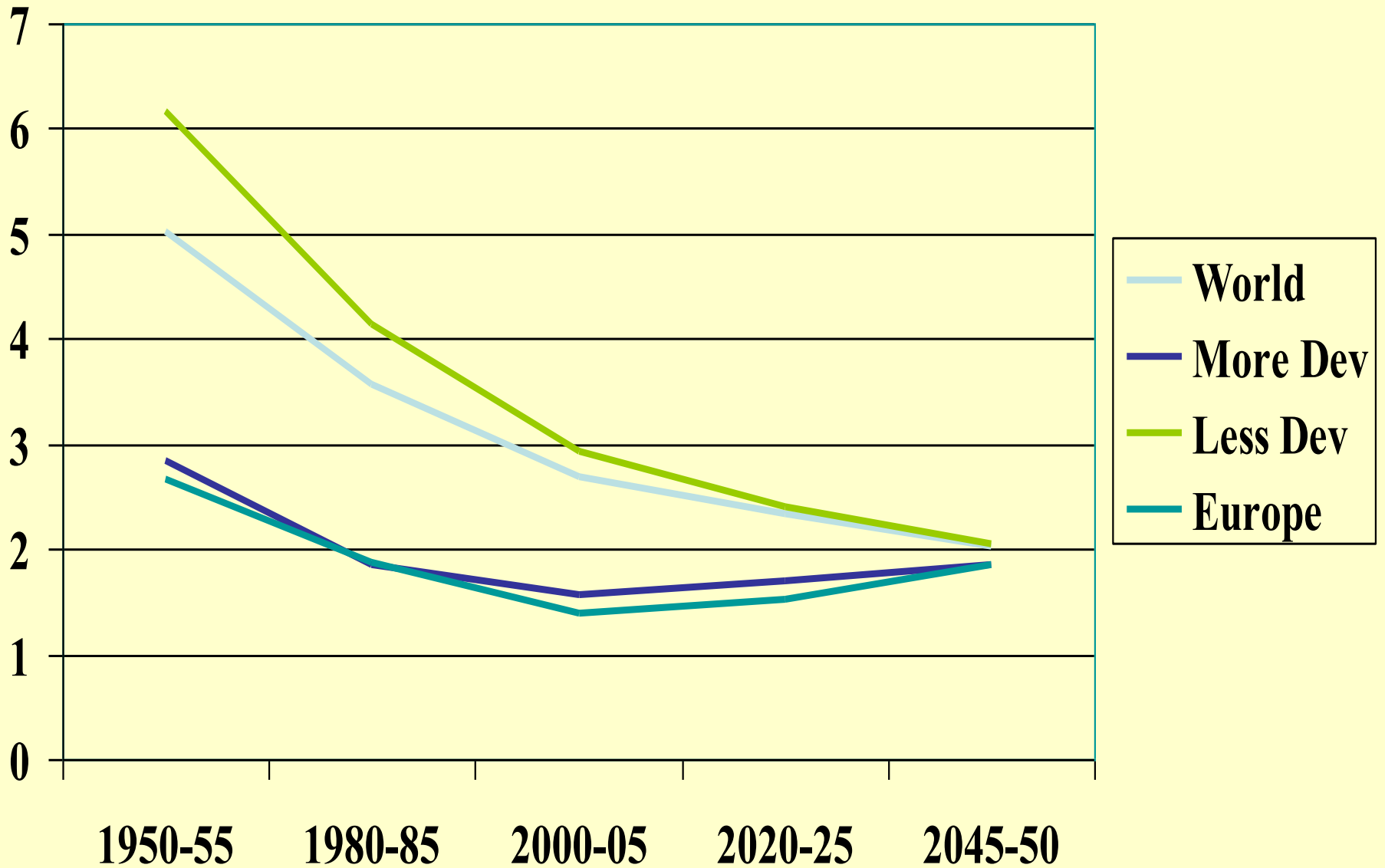
Japan - The super ageing society

Drivers of population ageing

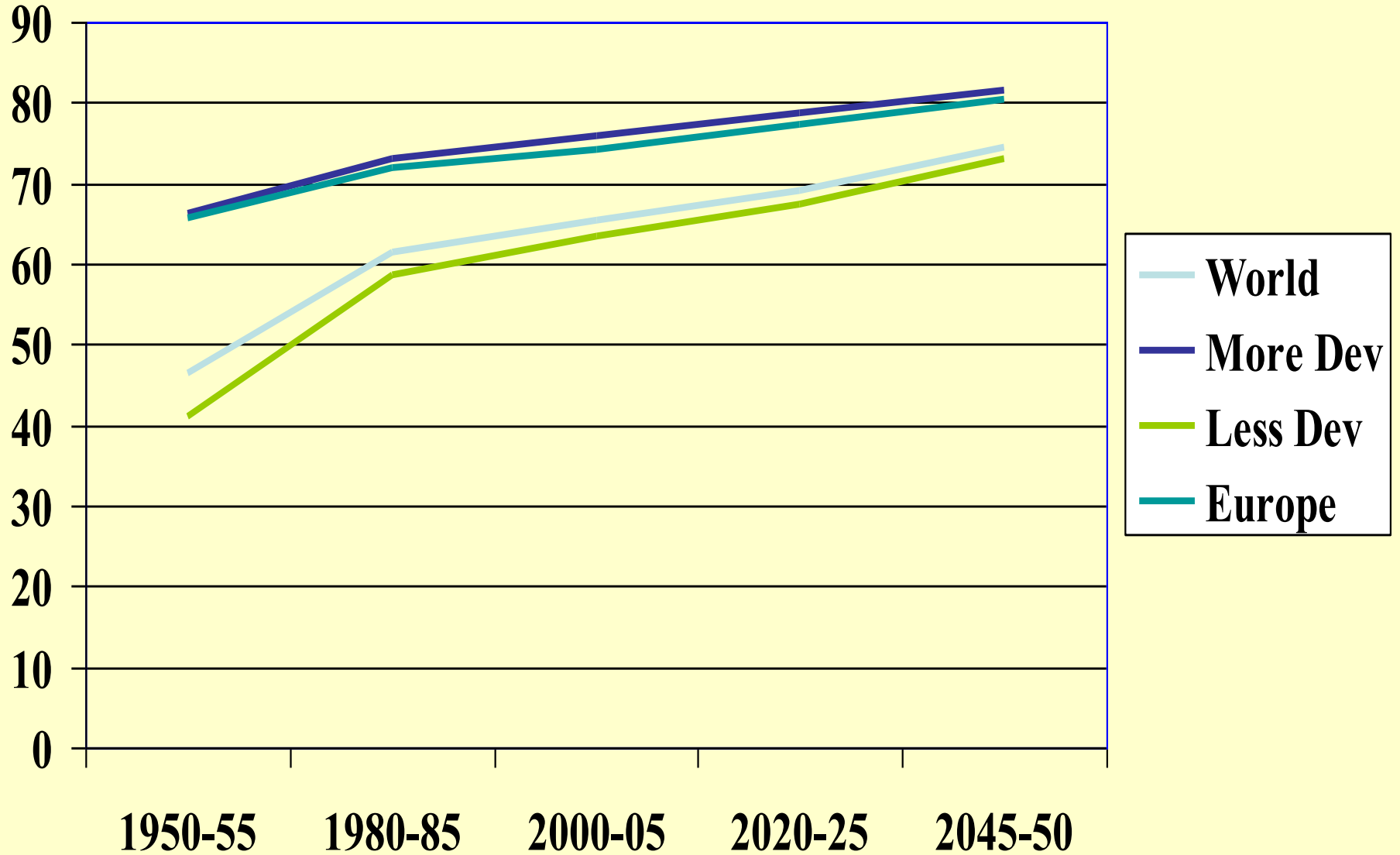
-
- Fertility
 - Mortality
 - Migration

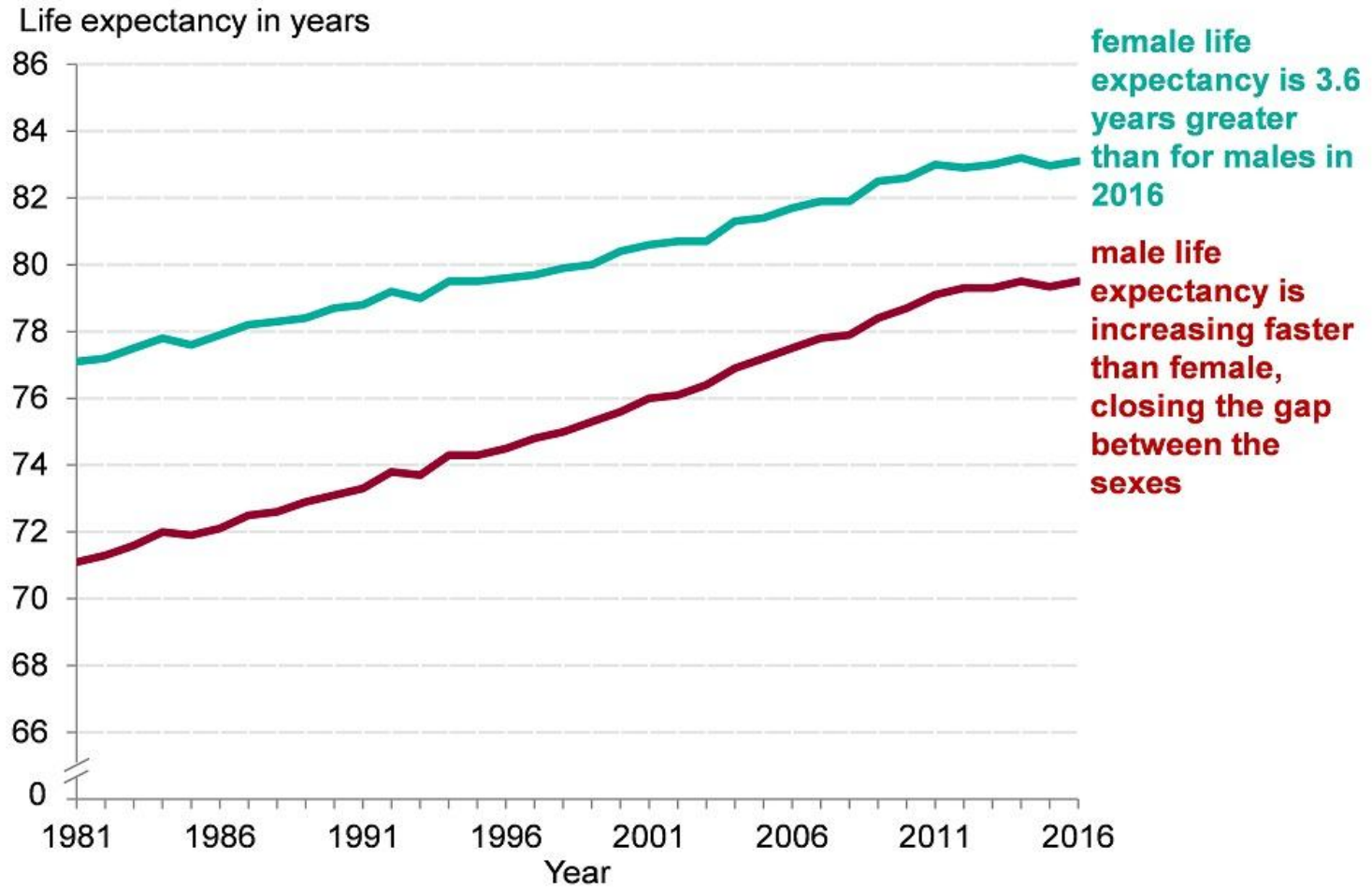


Fertility 1950-2050



Life expectancy 1950-2050





Expectation of life at birth, UK

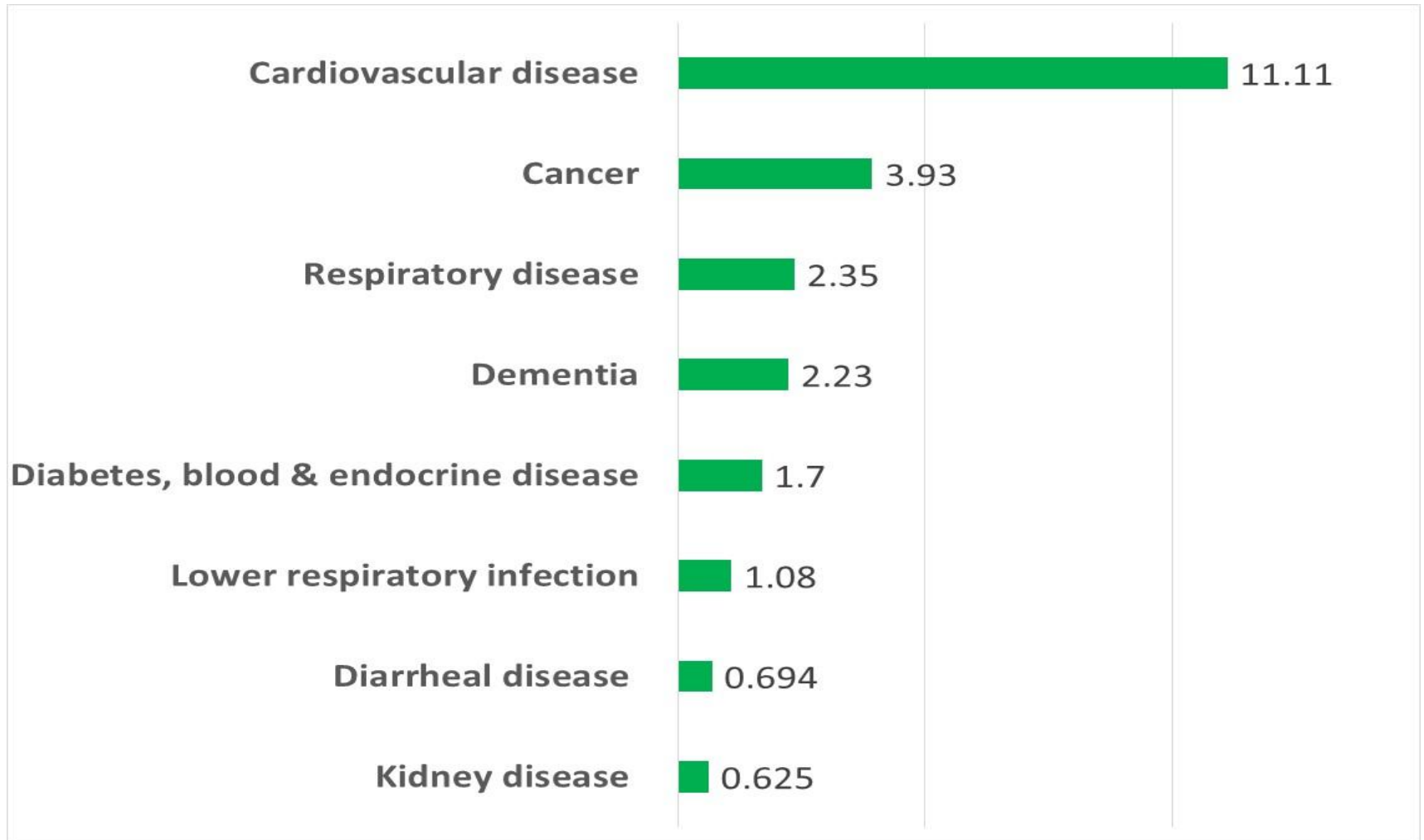
Proportion of life spent in poor health at age 65, England (2013 - 2015)

	At birth Males	At birth Females	At age 65 Males	At age 65 Females
Life expectancy	79.5	83.1	18.7	21.1
Healthy Life expectancy	63.4	64.1	10.5	11.2
Number of years in poor health	16.1	19.0	8.2	9.9
% of life in poor health	20.3	22.9	43.9	46.9

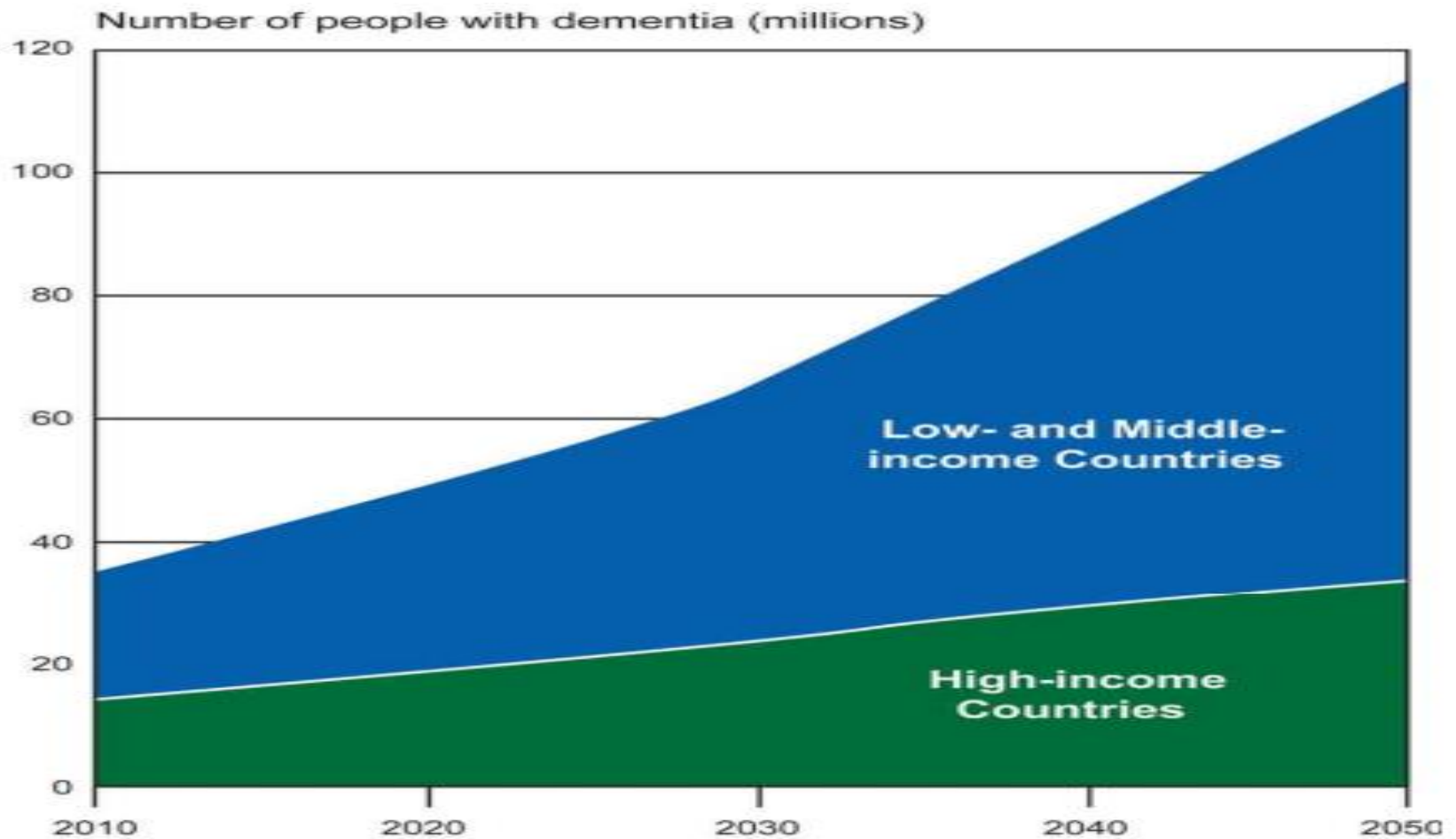
Burden of disease

- Epidemiological transition – changes in leading causes of deaths from acute and infectious diseases to chronic and non-communicable ones.
- Non-communicable diseases are big threats such as Heart disease, Stroke, Cancer, Diabetes and Dementia.
- These are also linked with disability, dependency & long-term care needs.
- Highly likely to suffer from multi-morbidities.

Causes of deaths in adults 70+ years, World 2016 (millions)



Global scenario of dementia



Increasing demand for care

- Rapid growth in the number of the oldest old
- More and more experience of multimorbidity, disability and dependencies
- Obesity and complex health in old age
- An estimated 35.6 million people lived with dementia (2010) – this is projected to double every 20 years, reaching 115.4 million in 2050
- Increase in labour force participation by women & growing migration

Burden of disease

Ageing + Complex multi-morbidities = Double burden for carers

- Think of how this becomes a big challenge for global public health
 - pressure on global financing of care under austerities
 - reduced quality of life for the elderly
 - diversion of resources from other health improving investments

Example: Cost of care in Japan

- The increase in the number of elderly people will put a strain on costs for medical and nursing care services.
- Medical service costs for people aged 75+ run to average of £6,090 per year.
- Nursing care service costs for people aged 75+ works out an average of £3,572 a year.
- Total annual cost per person aged 75+ is £10,000.

Benefits of Physical Exercise in Ageing

- **Improves Physical Health:** Regular exercise helps maintain muscle strength, flexibility, and balance, which are crucial for preventing falls and injuries. It also supports cardiovascular health, reducing the risk of heart disease and stroke.
- **Enhances Mental Health:** Physical activity can improve mood and reduce symptoms of depression and anxiety. It also supports cognitive function, potentially delaying the onset of dementia and other cognitive impairments.
- **Increases Longevity:** Studies have shown that regular physical activity can extend life expectancy by reducing the risk of chronic diseases such as diabetes, cancer, and osteoporosis.
- **Maintains Independence:** By improving strength and balance, exercise helps older adults maintain their independence and perform daily activities more easily.

Types of Exercises Recommended

- **Endurance Activities:** Such as walking, swimming, or cycling, which improve cardiovascular health.
- **Strength Training:** Using weights or resistance bands to maintain muscle mass and strength.
- **Flexibility Exercises:** Such as stretching or yoga to enhance flexibility and reduce stiffness.
- **Balance Exercises:** Activities like tai chi or balance drills to prevent falls.
- **Pickleball** games for elderly.

Fun Ways to Stay Active

- **Join a Sports Club:** Many communities offer sports clubs for older adults, such as walking groups, swimming clubs, or tennis leagues.
- **Group Classes:** Participating in group exercise classes can be a fun way to stay motivated and meet new people.
- **Outdoor Activities:** Gardening, hiking, or even playing with grandchildren can be enjoyable ways to stay active.

Concluding remarks

- The ageing population is obvious globally due to population changes.
- Health risks will dominate the later part of life.
- There will be a demand for healthcare facilities and its cost of care issues for older people.
- There should be an urgent need of geriatric care system in every country in the world.
- Regular physical exercise is an effective way to maintain good health in later life.

Question & Answer

Professor Hafiz Khan

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