

# YOU GOT HEALTH?

HEALTHSPAN, NOT LIFESPAN.



Singaporeans are leading healthier lives. But how confident are they about enhancing their healthspan so they spend their golden years in good health?

The 'Healthspan barometer: evaluating public perspectives on healthy ageing in Singapore' report sponsored by Prudential Singapore and written by Economist Impact provides insights into Singapore residents' outlook on living a healthy, long life. Based on a survey of 1,014 residents aged 20 to 70, the healthspan barometer assesses the enablers of increasing healthspan in Singapore, including individual resilience, financial planning, and social structures.

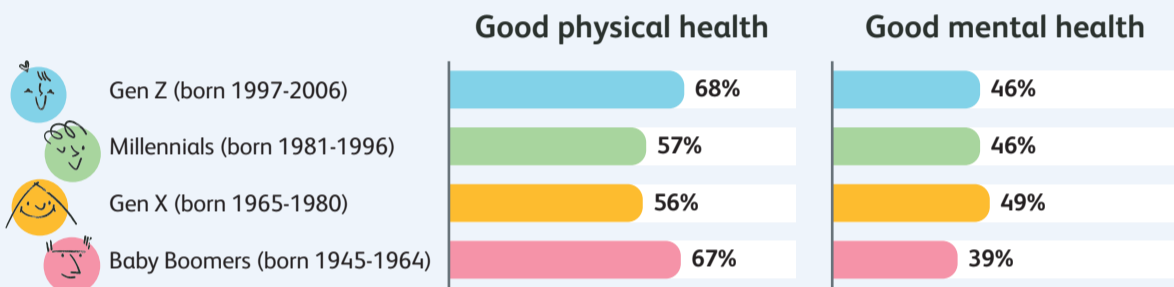
## Generational differences

Gen Z is more concerned about healthy ageing, particularly mental and emotional health decline. They are the least confident in maintaining their physical health over time, followed by Baby Boomers, Millennials, then Gen X. Almost half of Gen Z, Millennials and Gen X are not confident about mental health.



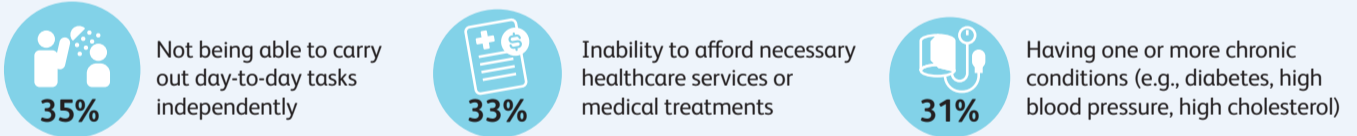
### Gen Z's distinctive concerns

*I am not confident in my ability to maintain good physical and mental health beyond the age of 75.*

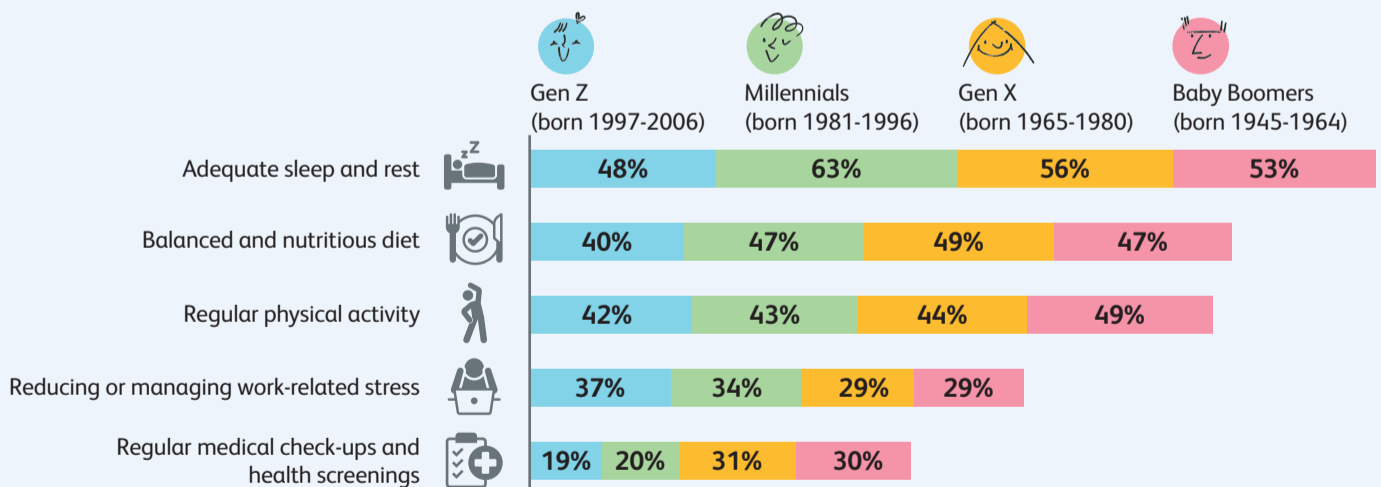


Many Gen Z anticipate that they will lose independence, becoming a burden to their loved ones. They also worry about the inability to afford necessary healthcare services; and having one or more chronic conditions.

### Which of the following are you most concerned about with regard to maintaining good physical health beyond the age of 75?



### Which of the following are most important for managing your overall health?



For mental health, about one in three Gen Z expect to feel lonely, anticipate cognitive decline and depression. Gen Z place an emphasis on managing work-related stress.

### Which of the following are you most concerned about with regard to maintaining good mental health beyond the age of 75?



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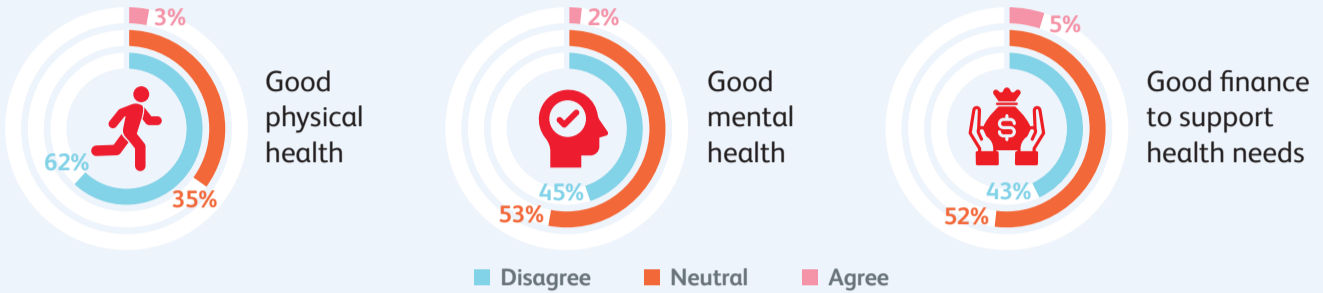
## Healthspan barometer: evaluating public perspectives on healthy ageing in Singapore

In addition to the insights on Gen Z, here are the other key findings of the report.

### Anxious ageing

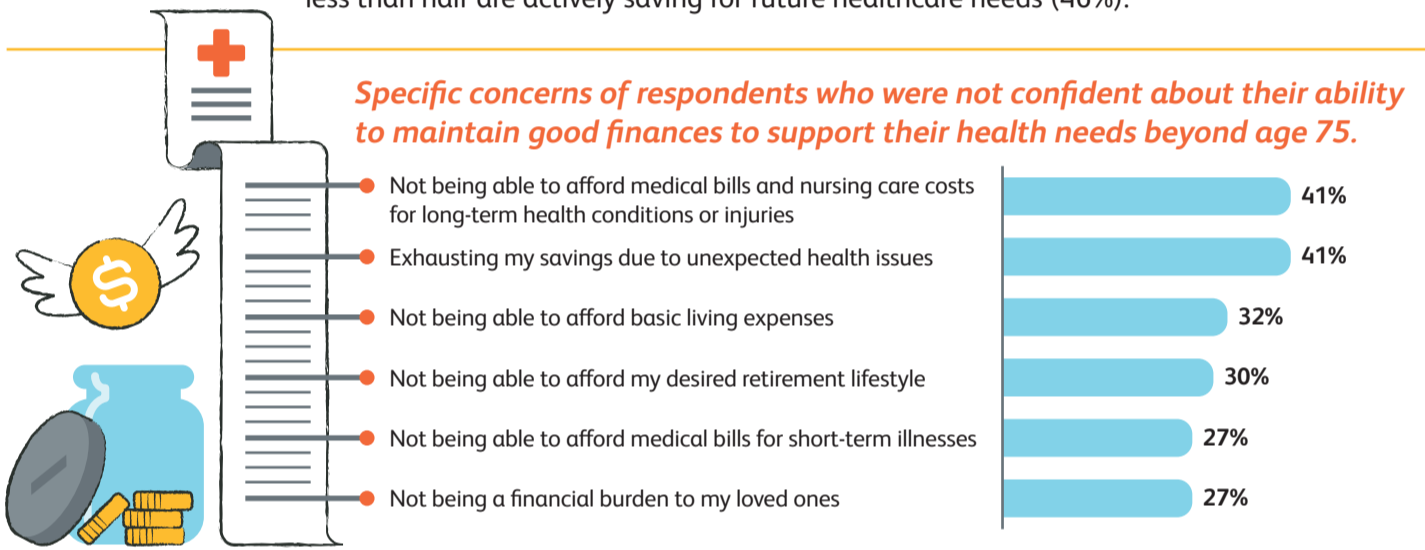
While respondents are in good physical and mental/emotional health today (64%), they feel anxious about the future. Many lack confidence in maintaining physical and mental independence and financing healthcare needs as they age.

*I am confident in my ability to maintain the following beyond age 75.*



### Financing friction

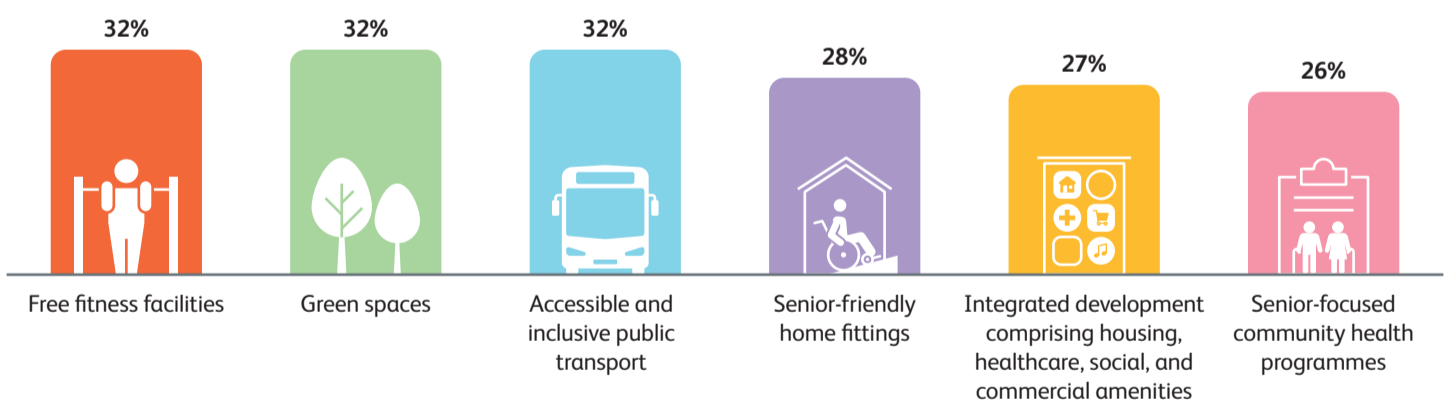
More than half of the respondents worry about depleting their savings due to unexpected health issues (59%) but less than half are actively saving for future healthcare needs (46%).



### Growing relevance of social structures

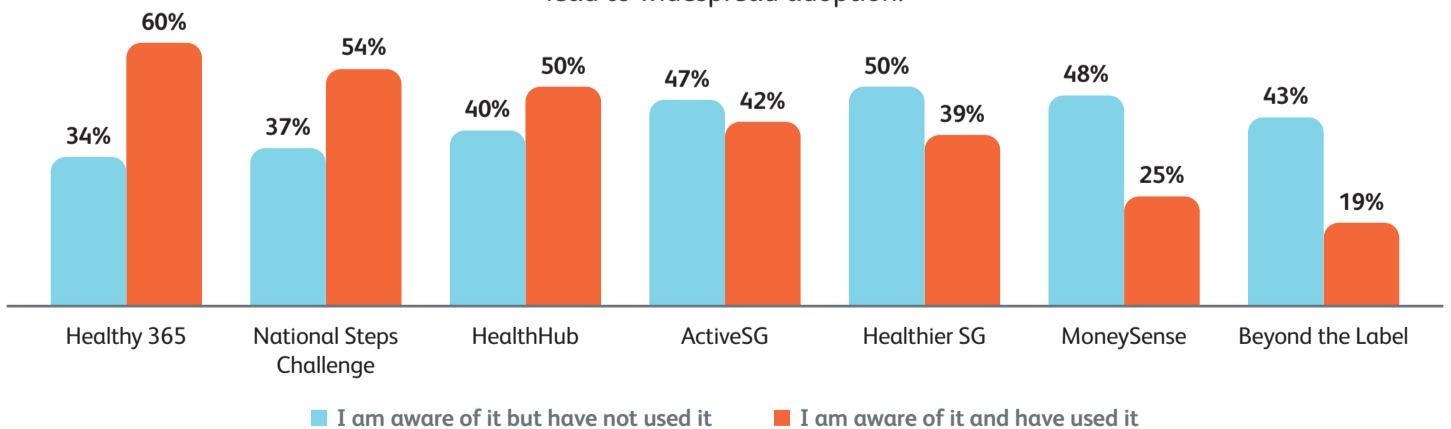
Personal health and financial security are the main factors shaping respondents' perception of healthy ageing. While the impact of social structures is less influential on health, respondents appreciate the benefits of a well-designed built environment.

*Aspects of the built environment that respondents find the most beneficial in helping them maintain a healthy lifestyle as they age.*



### Gaps between awareness and adoption

Respondents are aware of the government's health initiatives, but this awareness doesn't always lead to widespread adoption.



To enhance your healthspan, explore health resources from both government and private institutions to support your journey to age well.