



# 80 at Eighty

An ILC-UK Factpack

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# 80 at Eighty



*None of us know whether we have already had the best years of our lives, or whether the best are yet to come.”*

Robert Butler, founder of the International Longevity Centre Global Alliance

The International Longevity Centre – UK’s 80 at Eighty Factpack has been inspired by our Chief Executive and founder, Baroness Sally Greengross who turned 80 on the 29<sup>th</sup> of June this year.

Born in 1935, after the Silver Jubilee celebrations for King George V, Baroness Greengross shares her birth year with Julie Andrews, Jack Charlton, Prince Edward (Duke of Kent), the UK driving test and Rowntree’s KitKat!

Sally’s early career was varied as a linguist, industry executive, researcher and lecturer before she joined Age Concern (which merged with Help the Aged in 2009 to form Age UK) in 1977 as their Deputy Director. Sally’s well regarded time at Age Concern spanned 23 years with thirteen of them as Director General.

During her tenure, and in her life since departing Age Concern, she has been at the forefront of profiling the rights of older people. In recognition of her work in this area, Sally was raised to the peerage as Baroness Greengross of Notting Hill in 2000 and she formed the International Longevity Centre – UK (ILC-UK) think tank, one of the founding centres making up the ILC Global Alliance (of which Sally sits as Co-President).

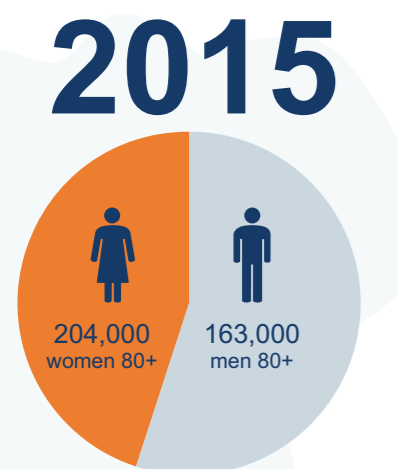
Sally established the ILC-UK to explore and address the new longevity revolution and its impact on life-course and society. The ILC-UK is now the leading think tank on longevity and demographic change. Recognised both nationally and internationally, our policy and research remit is broad, and covers everything from pensions and financial planning, to health and social care, housing design, and age discrimination.

80 at Eighty, kindly supported by many ILC-UK’s sponsors, celebrates Baroness Greengross’ birthday with eighty facts about reaching 80. It brings together the ILC-UK’s expertise in highlighting the opportunities and challenges of demographic change and commemorates all of Sally’s dedication to improving the lives of older people both today and in the future.

# Living to 80



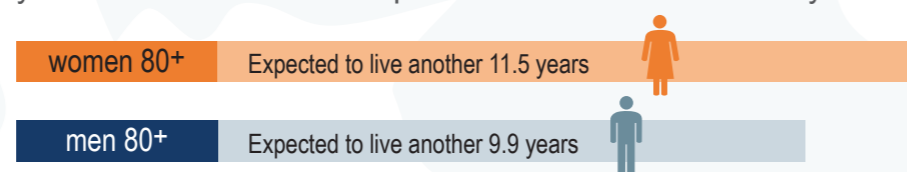
In 2013 (latest available population estimates) there were 347,425 people aged 80 in the UK.<sup>1</sup>



In 2015 it is expected that there will be 367,000 people aged 80 of which 204,000 will be women and 163,000 will be men.<sup>2</sup>

It is projected that by 2027, there will be 633,000 80 year olds, numbers then fall to 532,000 by 2035 as the babyboomers pass into their nineties.<sup>[1]</sup>

Women in the UK aged 80 are expected to live for another 11.5 years whereas men are expected to live for another 9.9 years.<sup>3</sup>



The rate of increase in life expectancy for men and women at the age of 80 has been astonishing. Female life expectancy at 80 has risen by 2.6 years or 29.2% since the year 2000, while male life expectancy has also risen by 2.6 years or 35.6% over this period.<sup>4</sup>



**Over 12 million** people in the UK have turned 80 since the early 1970s.<sup>5</sup>

For those born in the UK today, the chances of reaching 80 are expected to be better than at any time in history. While men born in 2015 are expected, on average, to reach the age of 90, women are expected to live to 94.<sup>6</sup>

Men born in 2015 are expected, on average, to reach the age of 90 and women 94.



Mortality rates at 80 have fallen over the past 15 years. At the turn of the millennium, just over 2 per 100 men and 1.5 per 100 women aged 80 were expected to die over the coming year. That has now fallen to 1.7 men per 100 and 1.2 per 100 women.

When looking across UK local authorities, Christchurch, East Dorset and North Norfolk have the highest proportion of people aged 80 – 1 in 100 are aged 80 – by comparison to Newham, Tower Hamlets and Hackney where approximately 1 in 400 people are aged 80 (see table).



## Proportions and numbers over the age of 80 by local authority (top and bottom 5)

Local authority	Numbers aged 80	Total population	80 as % of population	
Christchurch	509	48,368	1.05%	TOP 5
East Dorset	886	87,899	1.01%	
North Norfolk	1,001	102,043	0.98%	
West Dorset	924	100,026	0.92%	
Rother	829	91,054	0.91%	
Lambeth	755	314,242	0.24%	BOTTOM 5
Southwark	686	298,464	0.23%	
Hackney	563	257,379	0.22%	
Tower Hamlets	550	272,890	0.20%	
Newham	641	318,227	0.20%	

Source: ONS 2013 Population Estimates and Author's calculations

More than half (55%) of men aged 80+ are married (or in a civil partnership) vs. 21% of women.<sup>7</sup>

**“The advantage of being eighty years old is that one has had many people to love.”**

Jean Renoir





# Wealth to 80

Nearly 95% of those aged 80+ are debt-free, compared to only 60% of those 50–64.<sup>8</sup>



Less than 2% of those aged 80+ have mortgage debt, compared to over a third (36.3%) of those 50–64.<sup>9</sup>

Yet, despite having less debt, those 80+ have less wealth than those aged 50–79; while around 10% of those aged 50–64 or 65–79 have net non-pension wealth in the top 10%, just under 5% of those aged over 80 do.



50–79 y.o.  
wealth



80+ y.o.  
wealth



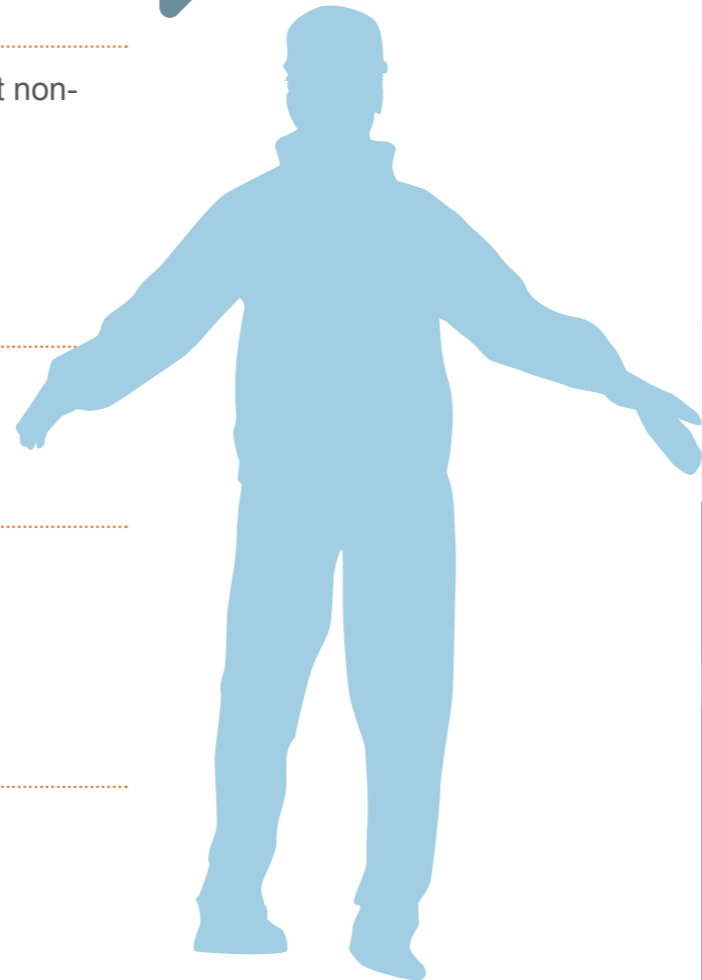
Those aged 80+ have on average £120,000 less in net non-pension wealth than those 50–64 or 65–79.<sup>10</sup>



£120,000 less in net non-pension wealth

Around two-thirds of those aged over 80 expect to leave an inheritance, while only around half of those aged 50–64 or 65–79 expect to do so.<sup>11</sup>

A larger proportion of people aged over 80 own their home outright with no mortgage compared to those aged 50–64 (71.4% versus 42.7%), but they were also more likely to rent — 23% of those 80+ rent their home compared to 18% of those 50–64.<sup>12</sup>

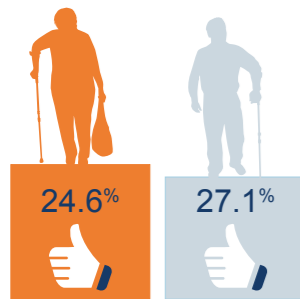


*Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”*

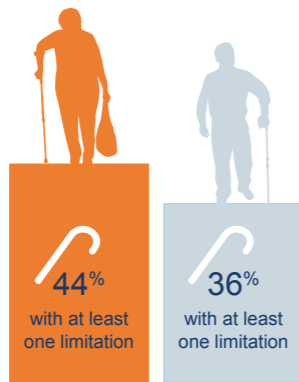
John Ford



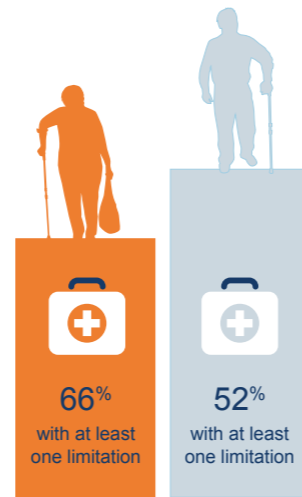
# Health to 80



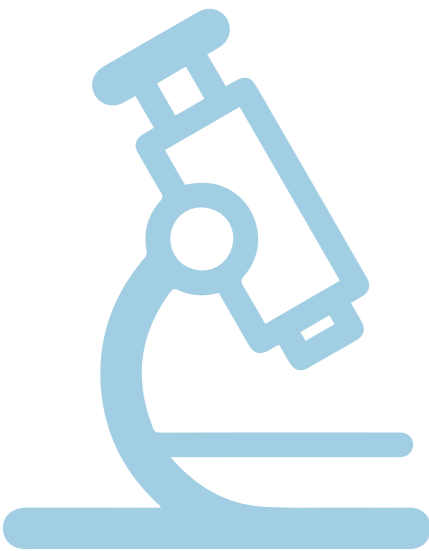
27.1% of men and 24.6% of women aged 80 and over self-report very good or excellent health.<sup>13</sup>



44% of women and 36% of men aged 80+ have at least one limitation with Activities of Daily Living (walking across the room, bathing or showering, eating, getting in and out of bed, and using the toilet).<sup>14</sup>



Among those with mobility, Activities of Daily Living or Instrumental Activities of Daily Living problems, 52% of men and 66% of women receive help.<sup>15</sup>



Around 5.5% of people over 80 smoke.<sup>16</sup>



25.9% of men and 15.7% of women aged 80 and over consume alcohol on a daily basis, in comparison to 12.5% of men and 16.2% of women aged 52–54.<sup>17</sup>

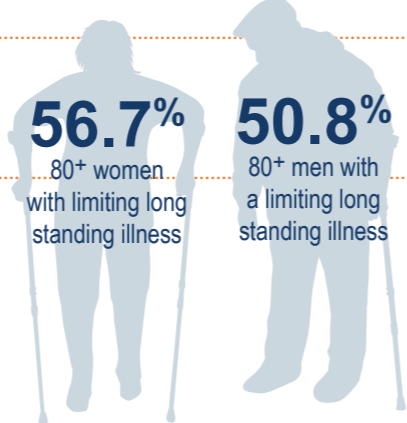
For women over 80, dementia and Alzheimer's disease is the leading cause of death<sup>18</sup>, while for men it is heart disease.<sup>19</sup>

In 2014, it was estimated that 14.7% of people in their 80s had some form of dementia.<sup>20</sup>



Hospital screening in winter 2010 found that people aged 80 and over had a 44% risk of malnutrition.<sup>20</sup>

50.8% of men and 56.7% of women aged 80 and over report having a limiting long standing illness.<sup>21</sup>

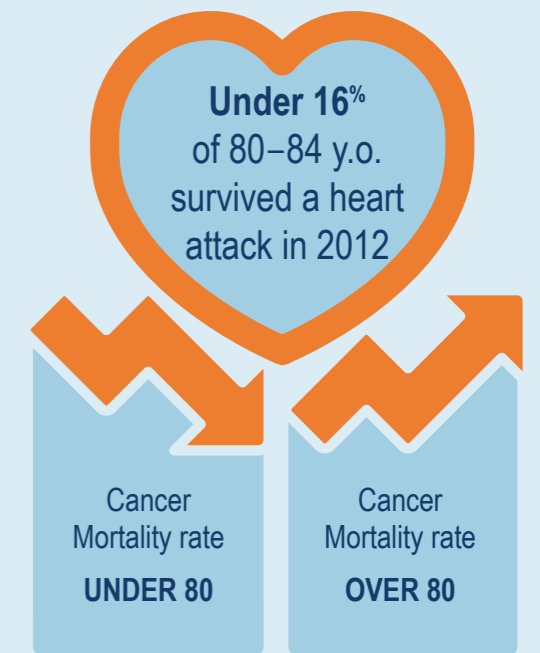


57.5% of women and 38.1% of men aged 80 and over have diagnosed arthritis.<sup>22</sup>

34.2% of men and 25.7% of women aged 80 and over have chronic heart disease.<sup>23</sup>

In 2012, just under 16% of 80–84 year olds had survived a heart attack, compared to 8% in 2002.<sup>24</sup>

Mortality rates for all cancers combined has decreased for all age groups in the UK since the early 1970s, except for those aged 80+.<sup>25 & 26</sup>



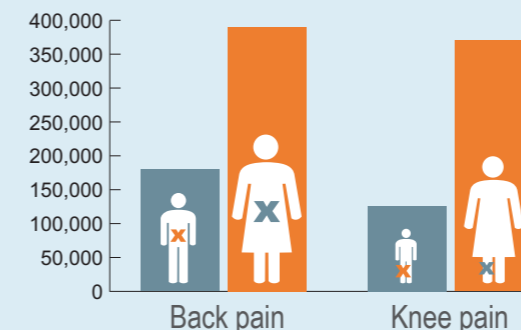
# Dealing with pain at 80

49% of women and 38% of men aged 80+ are often troubled with physical pain. This amounts to approximately 675,000 women and 360,000 men in England alone.<sup>27</sup>

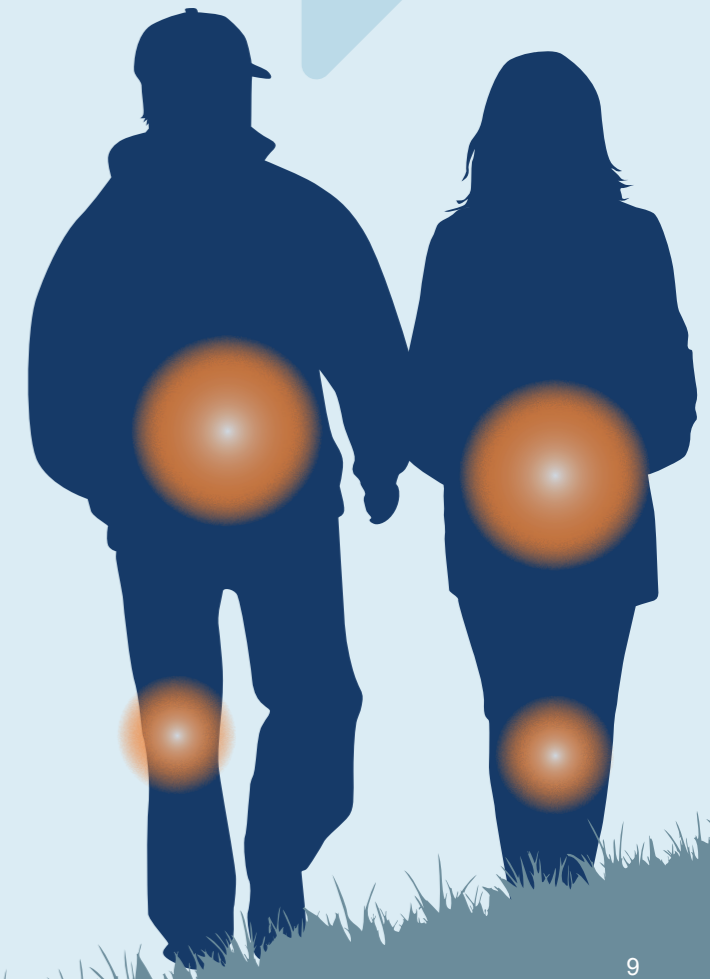
Among those who are troubled with physical pain, 1 in 4 reports severe suffering.<sup>28</sup>

Back pain is the most common type of physical pain, affecting 180,000 men and 390,000 women aged 80+.<sup>29</sup>

Knees are the second most commonly hit body part, with over 370,000 women and 126,000 men aged 80+ suffering from knee pain.<sup>30</sup>



Back and knee pain are the most common type of physical pain



# Active at 80

29% of women and 44% of men aged 80+ go for walks or do regular exercise.<sup>31</sup>



In this year's London marathon, there were 17 runners over 80 years of age running the course.



51% of women and 40% of men aged 80+ have taken a holiday in the UK or abroad in the past 12 months.<sup>32</sup>

The 80+ watch as many hours of TV per week, approximately 15, as their younger counterparts aged 52–79.<sup>33</sup>



Only 1 in 10 women aged 80+ use internet or emails compared to 28% of men.<sup>34</sup>



# Working at 80

2012  
16,000  
people aged 80+  
still working in the UK

Based on data in the latest wave of ELSA, there were over 16,000 people aged 80+ who were still working (as employees or self-employed) in England in 2012.<sup>35</sup>

In the general population women are more likely than men to provide unpaid care. However among the 80+ the situation is reversed with roughly 9% of men and 5% of women caring for someone.<sup>36 & 37</sup>

5.4% of people aged 80+ provide informal care, in contrast to 16.1% of people aged 50–64.<sup>38</sup>



Over 1 in 10 men and women aged 80+ do volunteer work at least once a month.<sup>39</sup>



36% of women and 26% of men aged 80+ do work around the house or garden.<sup>40</sup>





# Sexual activity at 80

Sexual activity declines with age, but 21% of people aged 80+ report sexual activity in the previous year.<sup>41</sup>

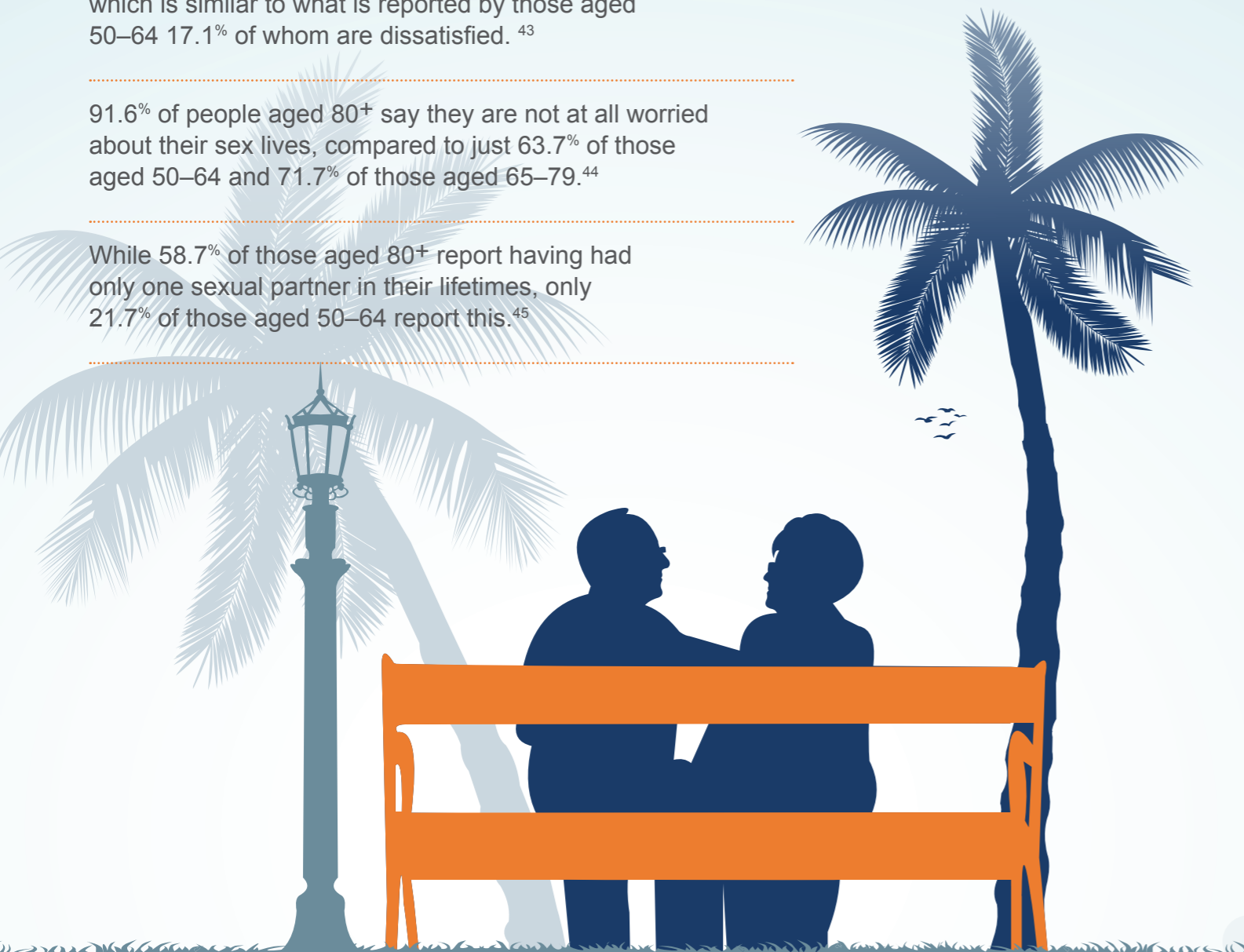
People aged 80+ may be more satisfied with their sex lives, as 67.9% report the frequency to be about right, in contrast to 54.5% of those aged 50–64.<sup>42</sup>

16.5% of people aged 80+ state they are moderately or very dissatisfied with their overall sex life, which is similar to what is reported by those aged 50–64 17.1% of whom are dissatisfied.<sup>43</sup>

91.6% of people aged 80+ say they are not at all worried about their sex lives, compared to just 63.7% of those aged 50–64 and 71.7% of those aged 65–79.<sup>44</sup>

While 58.7% of those aged 80+ report having had only one sexual partner in their lifetimes, only 21.7% of those aged 50–64 report this.<sup>45</sup>

People aged 80+ may be more satisfied with their sex lives than those aged 50–69.



# Achievements at 80

Fauja Singh from the Punjab in India ran his first marathon at age 89 and decided he'd run his last at the age of 101.

At 80 years old, English marathon runner Ed Whitlock held 13 world records in long-distance running. He ran the Toronto Waterfront Marathon at 80 in 3 hours 15 minutes.

The world record for the oldest person ever to take part in a cave dive is held by John Buxton, who marked his 80<sup>th</sup> birthday by swimming 2,000 metres underground and underwater at Wookey Hole, Somerset.

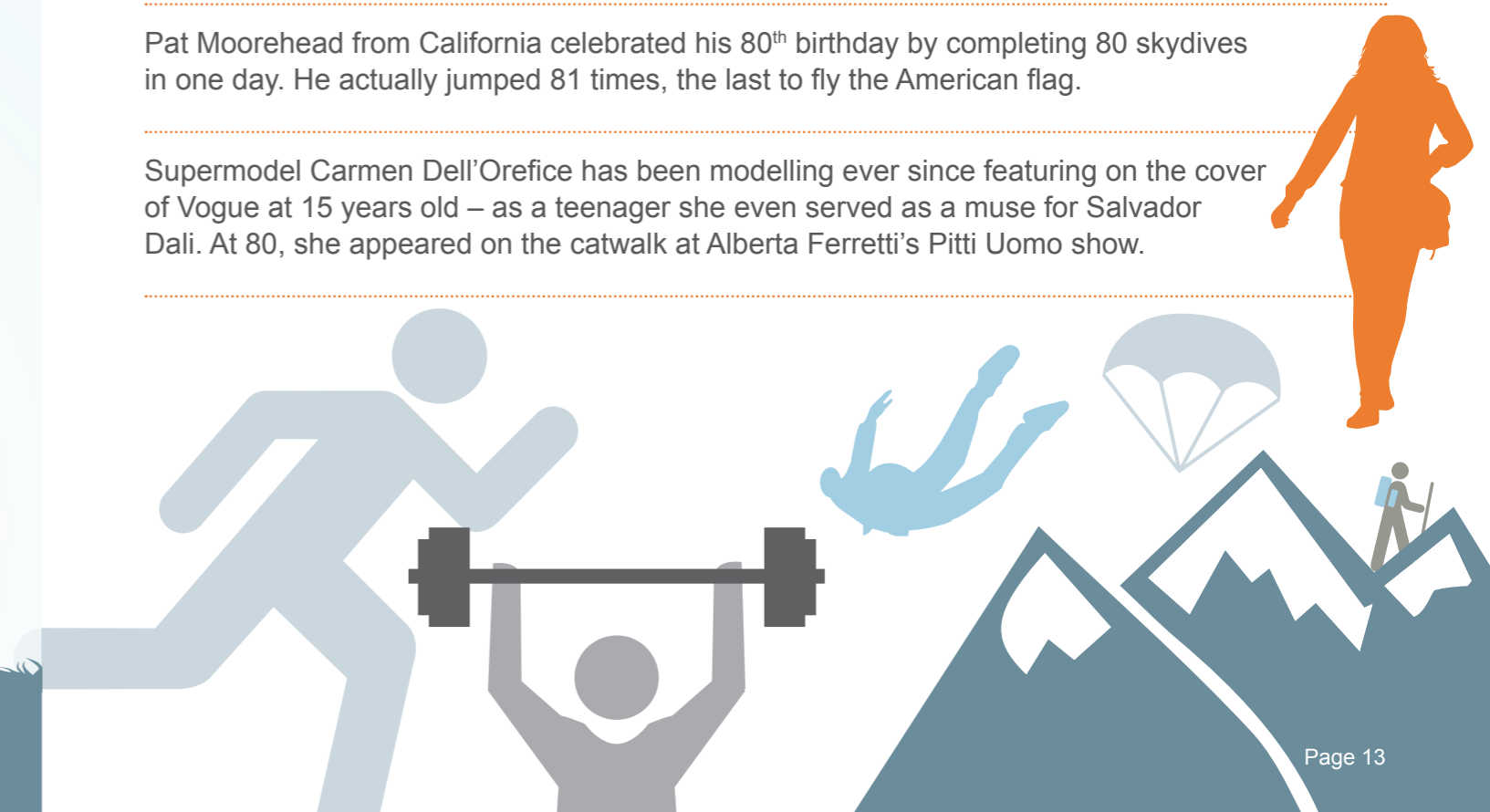
Anne Graves has been playing regularly for Stevenage hockey club since 1951. Her record as the world's oldest hockey player was briefly snatched from her by Australian Marie Larsen, aged 79 years and 311 days... but Anne retained her title by playing for Stevenage aged 80.

Despite four heart surgery operations over the last 10 years, 80-year-old Yuichiro Miura, from Japan, has become the oldest person to reach the summit of Mount Everest in 2013. Although his record didn't last long – a week later 81-year-old Min Bahadur Sherchan from Nepal reached the summit.

80-year-old weightlifter Don Ramos' bid for a world record was thwarted at the Pan American Weightlifting Championships after failing a drugs test. He was banned from the sport for 2 years.

Pat Moorehead from California celebrated his 80<sup>th</sup> birthday by completing 80 skydives in one day. He actually jumped 81 times, the last to fly the American flag.

Supermodel Carmen Dell'Orefice has been modelling ever since featuring on the cover of Vogue at 15 years old – as a teenager she even served as a muse for Salvador Dali. At 80, she appeared on the catwalk at Alberta Ferretti's Pitti Uomo show.

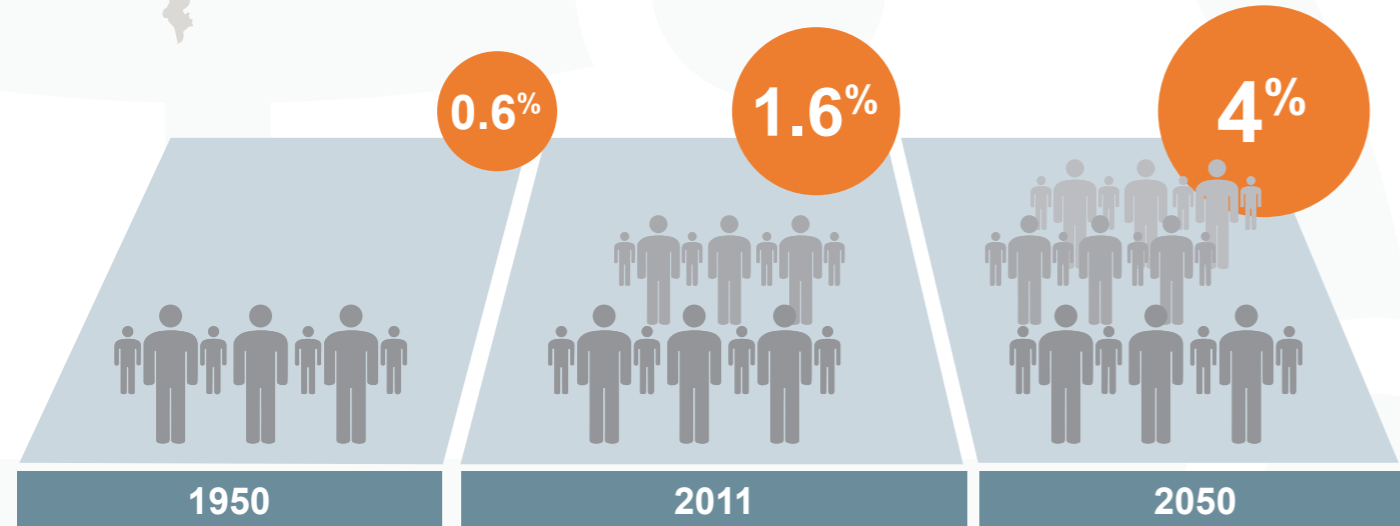


# 80 across the world

**2014**  
**3.1m**  
 people aged 80 in Europe

At a European level, there were 3.1 million people aged 80 in 2014 (latest available estimate).<sup>46</sup>

The number of people aged 80+ globally has increased from 0.6% of the total population in 1950 (15million), to 1.6% (110million) in 2011, and is estimated to reach 4% (400million) by the year 2050.<sup>47</sup>



Proportion of people aged 80+ of total population

**2012** 5m  
**2050**  
**22.5m**  
 people aged 80 in Africa

At current trends, the global population of people aged 80+ is projected to increase by a factor of 26 from 1950 to 2050, as compared with a factor of 3.7 for the total population and a factor of nearly 10 for people aged 60+.<sup>48</sup>

In 2012, 5 million people in Africa were aged 80 or over. This will increase to 22.5 million by 2050.<sup>49</sup>

Statistics show that women outlive men in most developed countries especially within their oldest old populations where women comprise over 60% of the population over 80.<sup>50</sup>

# Famous at 80

Alongside Baroness Greengross, Julie Andrews, Prince Edward (Duke of Kent), the Dalai Lama, Woody Allen and Norman Foster turn 80 this year.



Lord Palmerston, Winston Churchill and William Gladston all remained Prime Minister beyond their 80<sup>th</sup> birthday.

According to Exodus 7:7, Moses was 80 years old when he initially spoke to Pharaoh on behalf of his people.



In 1582 Pope Gregory XIII established the gregorian calendar, still used today, in his 80<sup>th</sup> year.

Lord Lovat was beheaded at the age of 80 in 1748.

Elvis would have been 80 this year.

Baroness Greengross

Julie Andrews

Prince Edward  
(Duke of Kent)

The Dalai Lama

Woody Allen

Norman Foster





# 80 years ago in 1935

Cats eyes were introduced on the roads.

Nylon tights were invented.

The UK introduced the compulsory driving test.



First driving test introduced

King George V celebrated his Silver Jubilee.



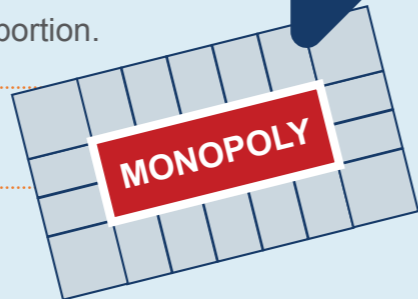
Stanley Baldwin won the General Election.



Current version of Monopoly Invented in 1935

Iceland became first western country to legalise abortion.

The current version of Monopoly was introduced.



“ My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle. ”

Henny Youngman

# 1935

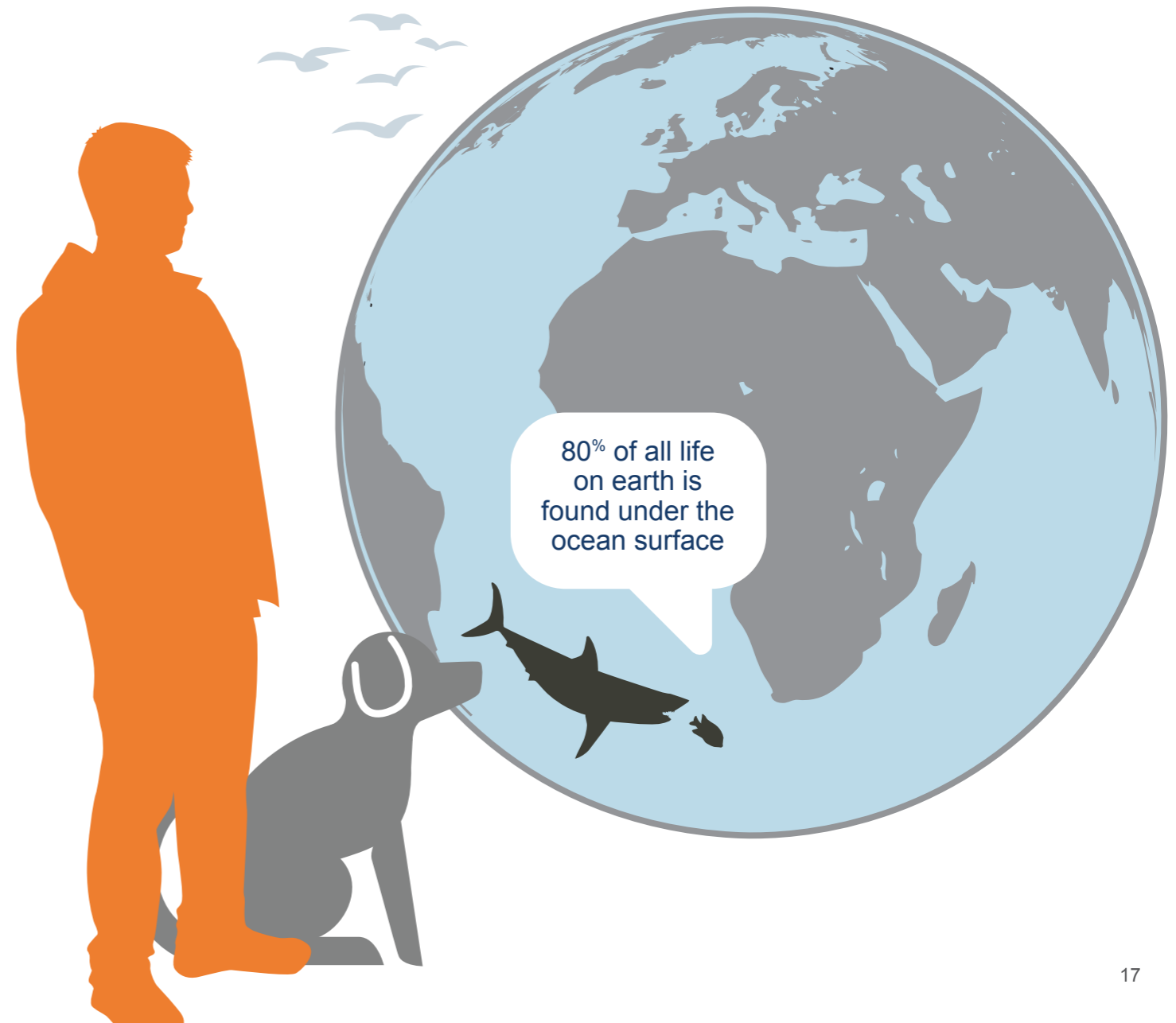
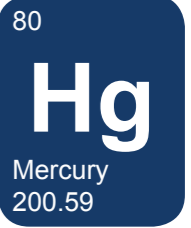
# The number 80

80 is the atomic number of Mercury, the only metallic element that is liquid at standard conditions for temperature and pressure.

There are an estimated  $10^{80}$  atoms in the known observable universe.

Research in neuroscience has found evidence that there is an 80-millisecond lag between when things happen and when our conscious mind recognises and experiences them.

It is estimated that up to 80% of all life on earth is found under the ocean surface.



# Bibliography

<sup>1</sup> <http://www.ons.gov.uk/ons/rel/pop-estimate/population-estimates-for-uk--england-and-wales--scotland-and-northern-ireland/2013/rft--mid-2013-uk-population-estimates.zip>

<sup>2</sup> <http://www.ons.gov.uk/ons/rel/npp/national-population-projections/2012-based-projections/rft-table-a3-1-principal-projection---uk-population-single-year-of-age.xls>

<sup>3</sup> ONS population projections 2012 based principal

<sup>4</sup> Based on ONS cohort life expectancy rates for women and men aged 80 <http://www.ons.gov.uk/ons/rel/lifetables/historic-and-projected-data-from-the-period-and-cohort-life-tables/2012-based-revised/rft-a1-1.xls>

<sup>5</sup> Ibid

<sup>6</sup> Author's calculation based on ONS historic population estimates for the UK

<sup>7</sup> Based on ONS cohort life expectancy rates for women and men at birth: <http://www.ons.gov.uk/ons/rel/lifetables/historic-and-projected-data-from-the-period-and-cohort-life-tables/2012-based-revised/rft-a1-1.xls>

<sup>8</sup> ELSA, ILC-UK analysis

<sup>9</sup> ELSA, ILC-UK analysis

<sup>10</sup> ELSA, ILC-UK analysis

<sup>11</sup> ELSA, ILC-UK analysis

<sup>12</sup> ELSA, ILC-UK analysis

<sup>13</sup> ELSA, ILC-UK analysis

<sup>14</sup> [www.elsa-project.ac.uk/uploads/elsa/data/Health/t1.xlsx](http://www.elsa-project.ac.uk/uploads/elsa/data/Health/t1.xlsx)

<sup>15</sup> ELSA, ILC-UK analysis

<sup>16</sup> ELSA, ILC-UK analysis

<sup>17</sup> [www.elsa-project.ac.uk/uploads/elsa/data/Health/t7.xlsx](http://www.elsa-project.ac.uk/uploads/elsa/data/Health/t7.xlsx)

<sup>18</sup> <http://www.ons.gov.uk/ons/rel/vsob1/mortality-statistics--deaths-registered-in-england-and-wales--series-dr-/2012/sty-causes-of-death.html>

<sup>19</sup> <http://visual.ons.gov.uk/what-are-the-top-causes-of-death-by-age-and-gender/>

<sup>20</sup> Nutrition Screening Week Survey 2010: Hospital Survey UK, BAPEN, 2011

<sup>21</sup> [www.elsa-project.ac.uk/uploads/elsa/data/Health/t2.xlsx](http://www.elsa-project.ac.uk/uploads/elsa/data/Health/t2.xlsx)

<sup>22</sup> [www.elsa-project.ac.uk/uploads/elsa/data/Health/t3.xlsx](http://www.elsa-project.ac.uk/uploads/elsa/data/Health/t3.xlsx)

<sup>23</sup> [www.elsa-project.ac.uk/uploads/elsa/data/Health/t3.xlsx](http://www.elsa-project.ac.uk/uploads/elsa/data/Health/t3.xlsx)

<sup>24</sup> [http://www.ilsuk.org.uk/index.php/publications/publication\\_details/serious\\_illness\\_in\\_the\\_over\\_50s](http://www.ilsuk.org.uk/index.php/publications/publication_details/serious_illness_in_the_over_50s)

<sup>25</sup> <http://www.cancerresearchuk.org/cancer-info/cancerstats/mortality/age/uk-cancer-mortality-statistics-by-age#Elderly> Data were provided by the Office for National Statistics on request, January 2014.

<sup>26</sup> ELSA, ILC-UK analysis

<sup>27</sup> ELSA, ILC-UK analysis

<sup>28</sup> ELSA, ILC-UK analysis

<sup>29</sup> ELSA, ILC-UK analysis

<sup>30</sup> ELSA, ILC-UK analysis

<sup>31</sup> ELSA, ILC-UK analysis

<sup>32</sup> ELSA, ILC-UK analysis

<sup>33</sup> ELSA, ILC-UK analysis

<sup>34</sup> ELSA, ILC-UK analysis

<sup>35</sup> ELSA, ILC-UK analysis

<sup>36</sup> ELSA, ILC-UK analysis

<sup>37</sup> ELSA, ILC-UK analysis

<sup>38</sup> ELSA, ILC-UK analysis

<sup>39</sup> ELSA, ILC-UK analysis

<sup>40</sup> ELSA, ILC-UK analysis

<sup>41</sup> ELSA, ILC-UK analysis

<sup>42</sup> ELSA, ILC-UK analysis

<sup>43</sup> ELSA, ILC-UK analysis

<sup>44</sup> ELSA, ILC-UK analysis

<sup>45</sup> ELSA, ILC-UK analysis

<sup>46</sup> Eurostat database based on EU 28 countries.

<sup>47</sup> World Economic Forum. (2012). Global Population Ageing: Peril or Promise? Retrieved from: <http://www.weforum.org/reports/global-population-ageing-peril-or-promise>

<sup>48</sup> World Economic Forum. (2012). Global Population Ageing: Peril or Promise? Retrieved from: <http://www.weforum.org/reports/global-population-ageing-peril-or-promise>

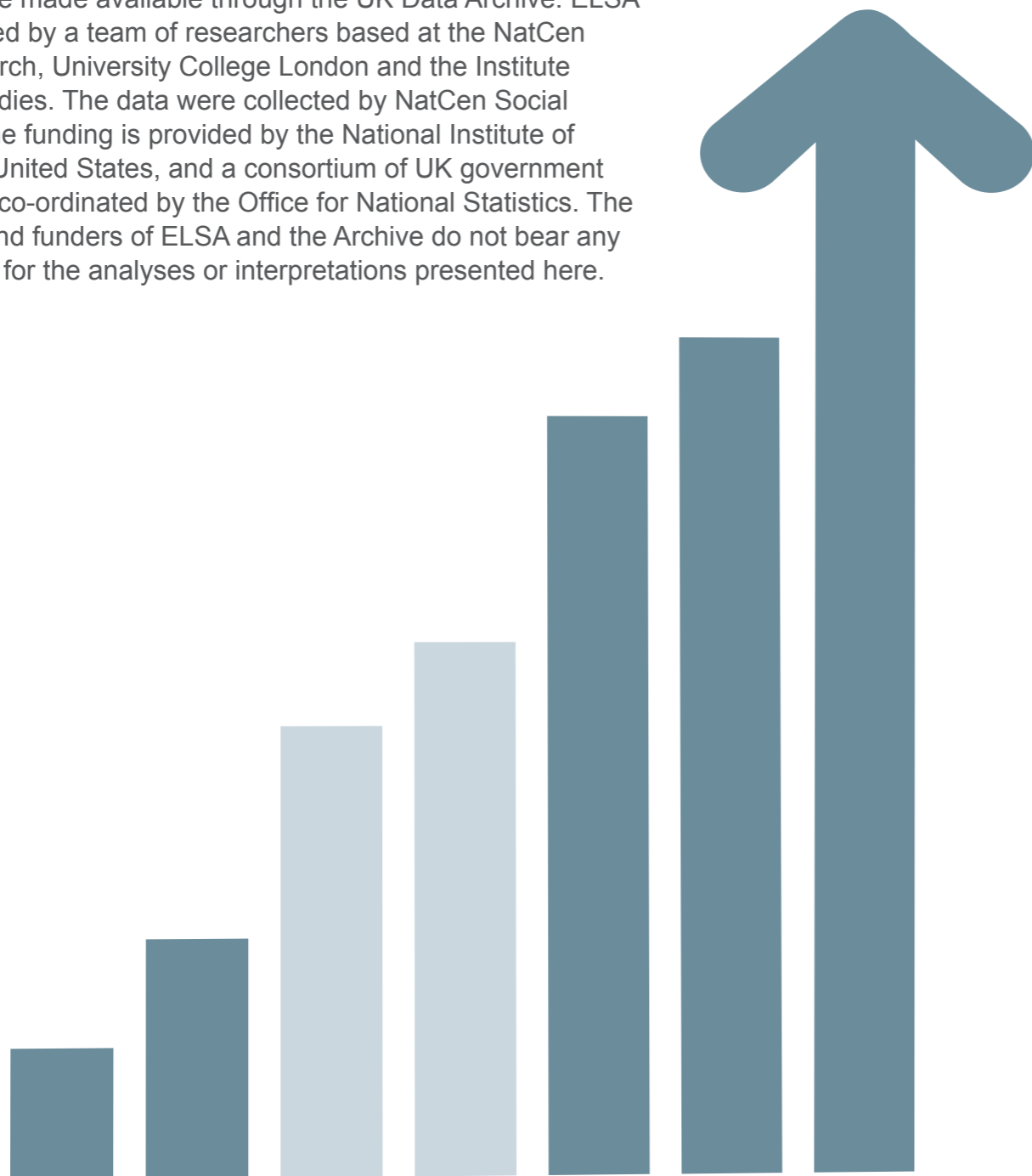
<sup>49</sup> United Nations Population Fund (2012) Ageing in the Twenty-First Century

<sup>50</sup> Vera-Sanso, P., Sweetman, C. (2009). Editorial. Gender and Development, Vol. 17(3), pp 365-376. Retrieved from: <http://www.tandfonline.com/loi/cgde20#.VWXO3NLbwk>

# Data acknowledgement

Data referenced as ELSA, ILC-UK analysis, has been drawn from the English Longitudinal Study of Ageing (ELSA), a survey of people aged 50+ living in private households in England. Beginning with interviews in 2002 on a nationally-representative sample derived from the Health Survey of England, ELSA has since gathered an extensive range of health and socioeconomic information from respondents every two years, with data collected in 2012 released in August 2014, representing the most recent available data.

The data were made available through the UK Data Archive. ELSA was developed by a team of researchers based at the NatCen Social Research, University College London and the Institute for Fiscal Studies. The data were collected by NatCen Social Research. The funding is provided by the National Institute of Aging in the United States, and a consortium of UK government departments co-ordinated by the Office for National Statistics. The developers and funders of ELSA and the Archive do not bear any responsibility for the analyses or interpretations presented here.



# About ILC-UK

The International Longevity Centre-UK is the leading think tank on longevity and demographic change. It is an independent, non-partisan think tank dedicated to addressing issues of longevity, ageing and population change. We develop ideas, undertake research and create a forum for debate.

Much of our work is directed at the highest levels of government and the civil service, both in London and Brussels. We have a reputation as a respected think tank which works, often with key partner organisations, to inform important decision-making processes. We are aided in this work by our Chief Executive, Baroness Sally Greengross, former director-general of Age Concern and now a cross-bench peer.

Our policy remit is broad, and covers everything from pensions and financial planning, to health and social care, housing design, and age discrimination. We work primarily with central government, but also actively build relationships with local government, the private sector and relevant professional and academic associations.

## ILC-UK Partners Programme

ILC-UK's work is supported by a Partners Programme. We are very grateful to the following organisations for supporting our work throughout the year. If you would like more information about the ILC-UK Partners Programme, contact David Sinclair at ILC-UK on 02073 400 440.



## Current Staff

Current ILC-UK Staff are Baroness Sally Greengross OBE, Sally-Marie Bamford, Brian Beach, Cesira Urzi Brancati, Helen Creighton, Ben Franklin, George Holley-Moore, Rhiannon Lavin, Lyndsey Mitchell, Jonathan Scrutton, David Sinclair.

## Trustees

Professor Martin Green OBE (Chair), Kevin Bounds, Lawrence Churchill, Trevor Llanwarne, Professor Graham Mulley, Glyn Ryland, Deborah Sturdy, Nigel Waterson and John Wybrew



# Thank you

We are very grateful to the following organisations for making a donation to make this factpack possible.



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We are very grateful to Age UK for organising a party to launch this report and celebrate Baroness Greengross' birthday



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**Special thanks also to Les Mayhew for his donation.**

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