Expert Group Meeting on Population, Technology And Research in the Context of Sustainable Development

Ageing populations: technological advances for lengthening healthy, independent and active lifespans

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Population Division
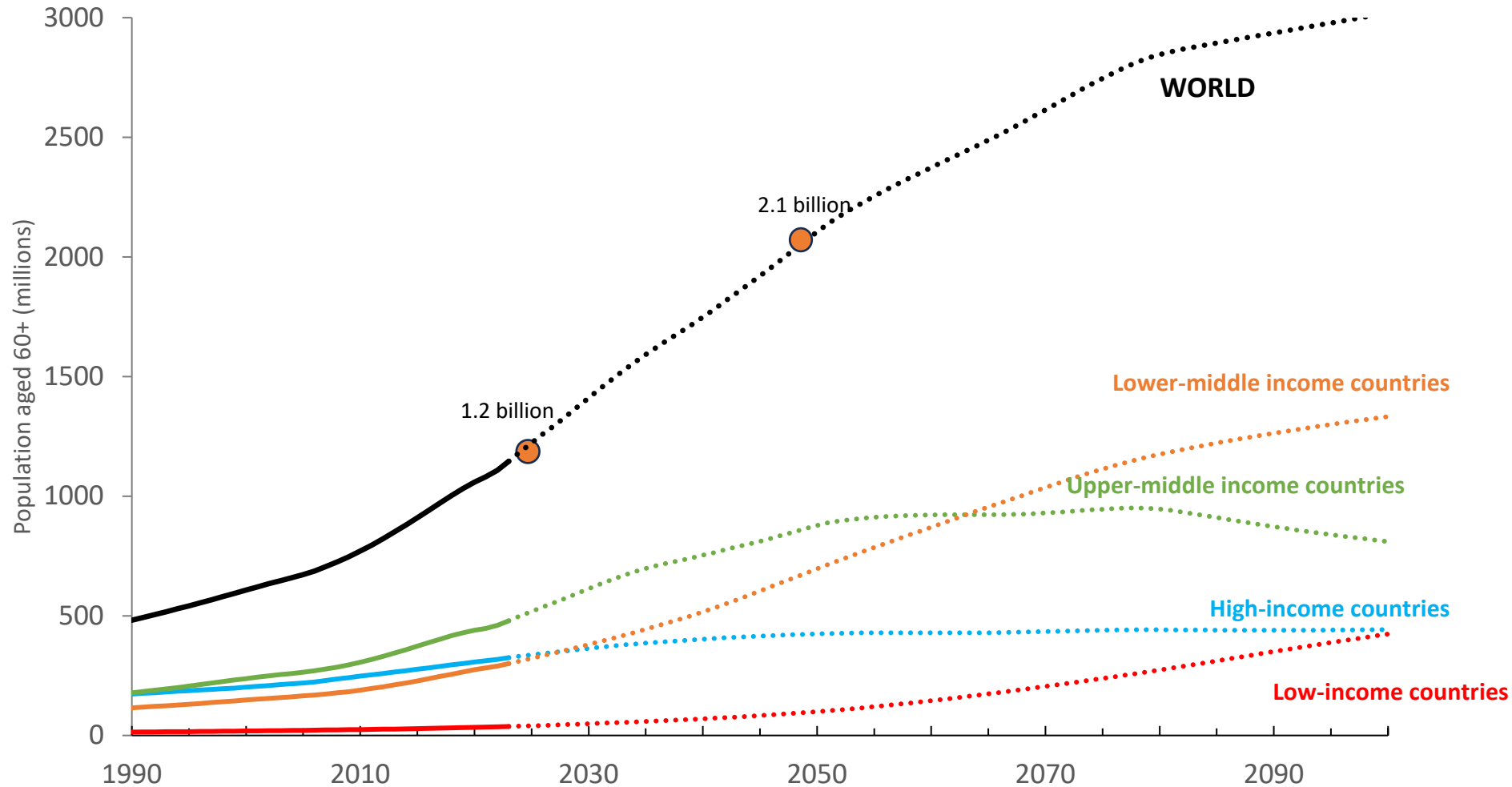
New York, 28 October 2025

Framing the context

- The world is experiencing an unprecedented demographic shift towards **longer lives and smaller families**— populations everywhere are ageing.

- Longer lives are one of the humanity's greatest achievements, yet they also call for rethinking on health and social care, and pensions and employment systems.

- The session explores how **technology and research** can help societies adapt to this longevity revolution to leave none behind.

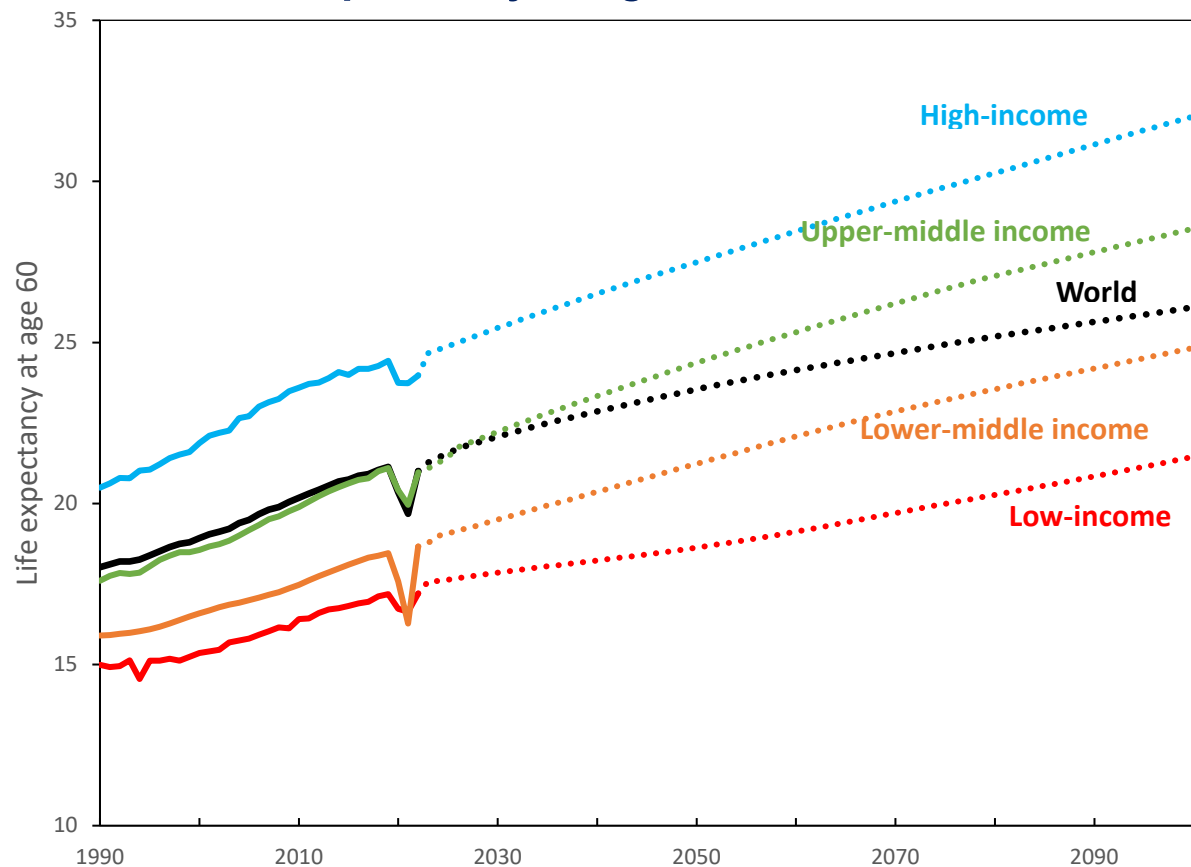# Population size aged 60 years or over
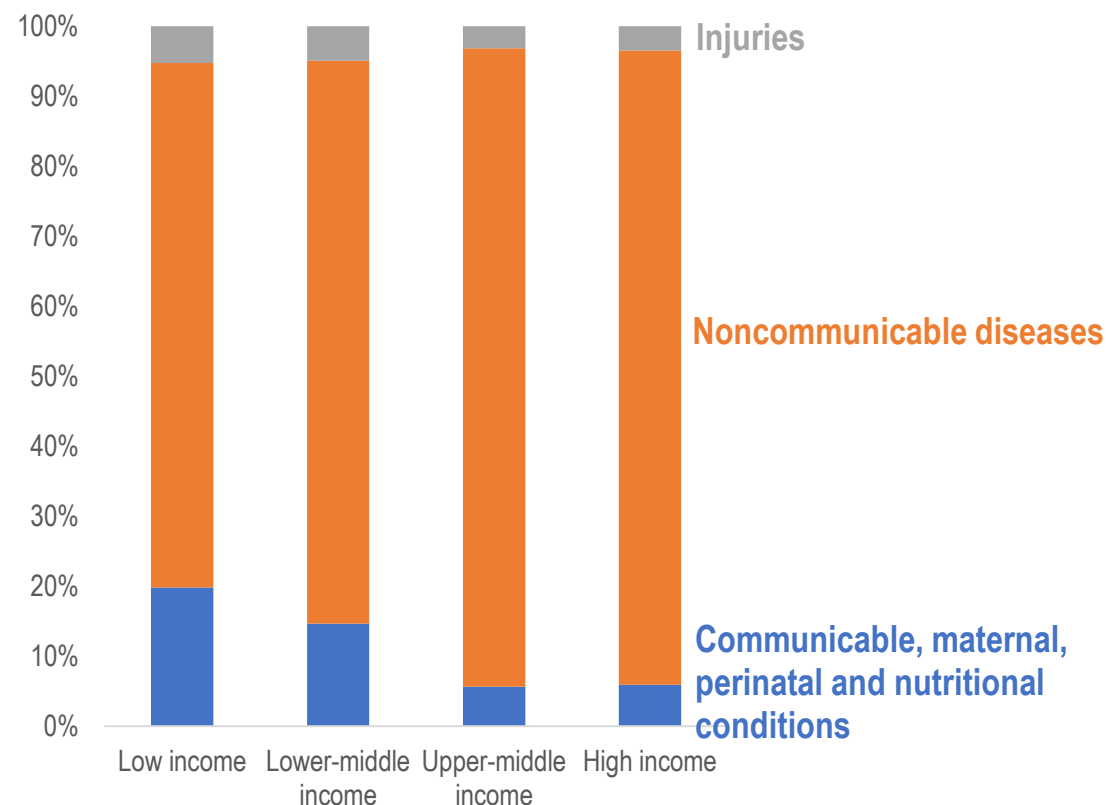## Different trajectories by income group

Older persons (60+)
Need to prepare now for continuing and accelerated population ageing

Life expectancy at age 60+

Cause of death at age 60+ in 2019

Gender disparities in ageing and health
Women live longer than men, but in more years of poor heath

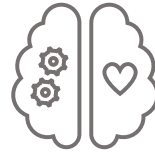**Life expectancy at age 65 years**

19.2 years   17.8 years
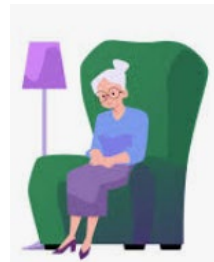
Dementia at age 65 years

8.1 %   5.4 %

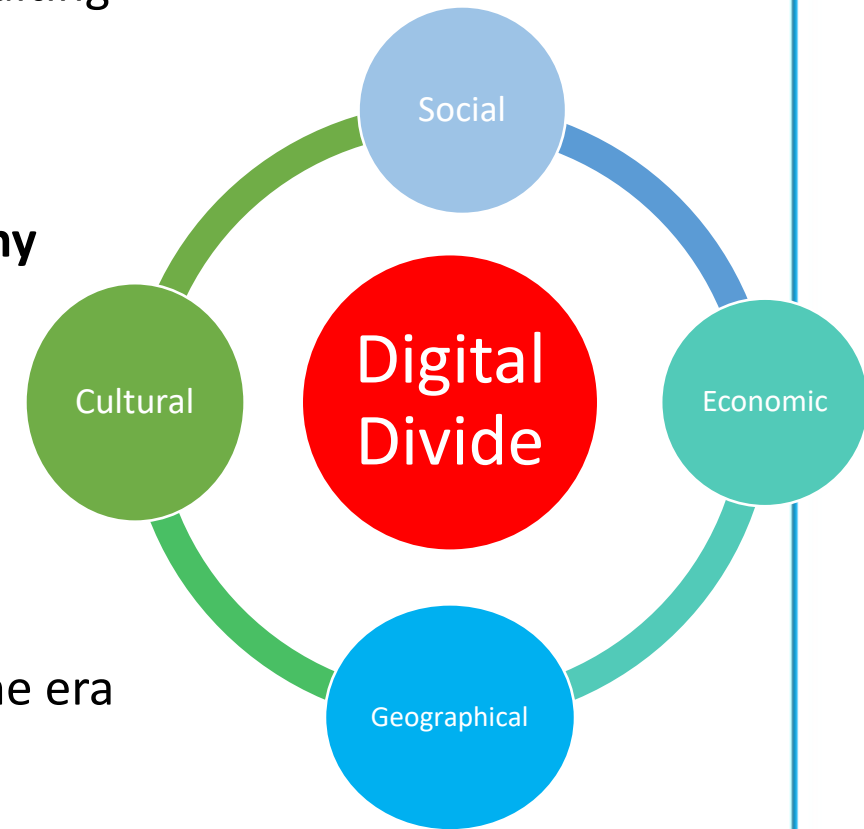**Older women are more likely than men to live alone and be widowed**

Globally, **1 in 5** women aged 65 or over lives alone, vs. **to 1 in 10** men.
In Northern America and Europe, the share rises to 4 in 10 vs 2 in 10 men

Many older women are informal caregivers-often without adequate support-leading to heightened mental health risk

Technology and Health Ageing in the Digital Era

- The digital revolution — from AI, IoT, robotics, and big data, gene editing and renewable energy— is transforming how people work, learn, connect, and access services.

- These *"frontier technologies"* can **boost productivity**, **extend healthy lifespans**, and **promote independent living** and **foster social connectiveness**.

- We still face deep digital divides — by age, gender , income, and geography.

- Bridging digital divides is critical to ensure *no one is left behind* in the era of rapid technological change.

- Promoting digital inclusion must also go hand in hand with **protecting digital rights** and **data privacy**, to ensure trust and safety for older users.

Social

Cultural

Digital Divide

Economic

Geographical

Thank you !!