

Focus Taiwan: Taiwan becomes a super-aged society
(<https://focustaiwan.tw/society/202601090009>)

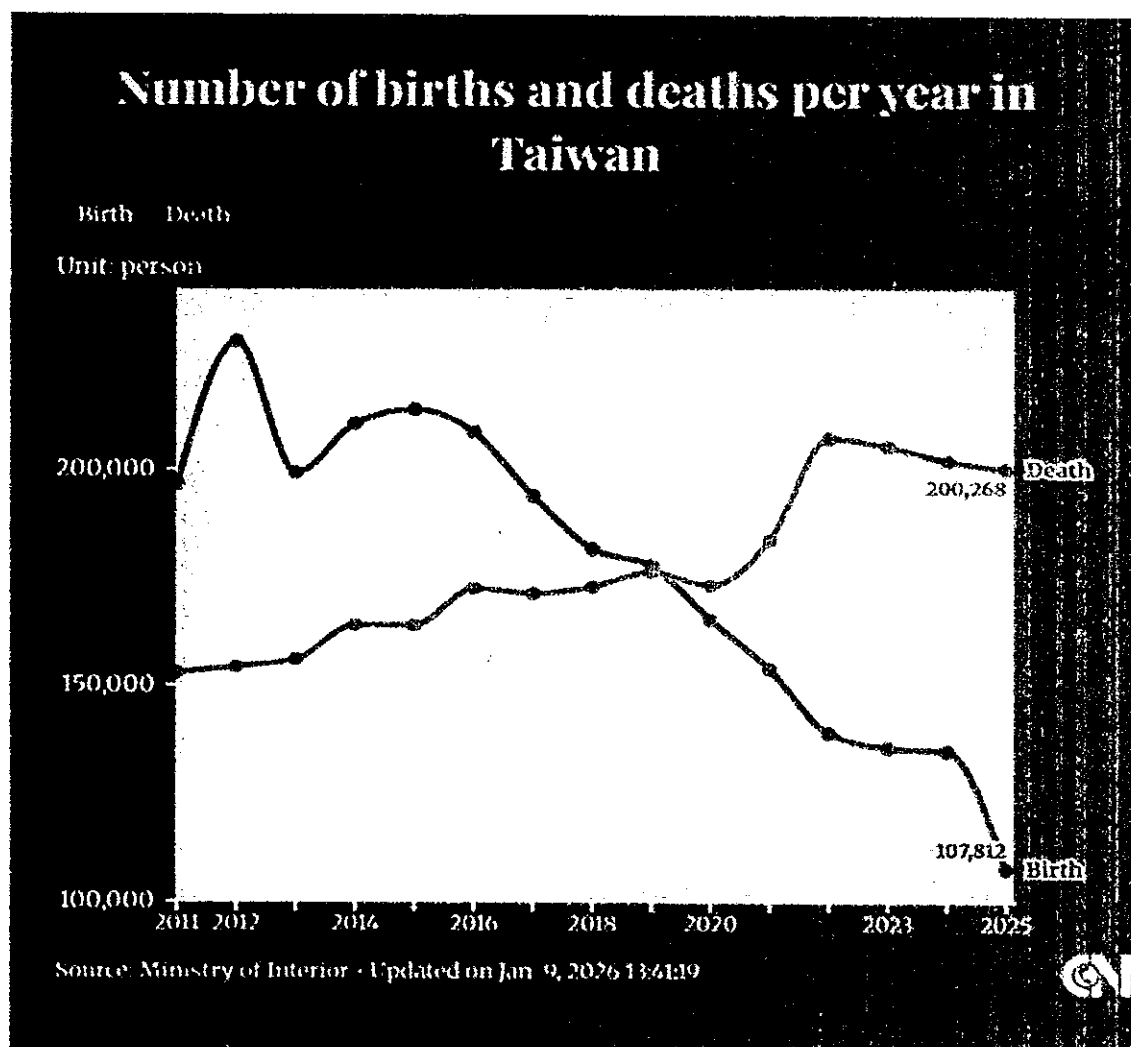
Taipei, Jan. 9 (CNA) Taiwan has officially become a "super-aged society" under United Nations criteria, with people aged 65 and older now accounting for more than 20 percent of the population, according to statistics released by the Ministry of the Interior (MOI) on Friday.

As of the end of December, Taiwan's population aged 65 and older totaled 4,673,155, or 20.06 percent of the total population, the MOI said.

MOI data showed that Taiwan's total population stood at 23,299,132 at the end of December, down 101,088 from the same period in 2024, marking the second consecutive year of population decline.

Births remained low, with a total of 9,027 babies born in December, up 1,081 from November but 3,469 fewer than in December 2024. For the full year, Taiwan recorded 107,812 newborns, extending the decline in births to a 10th consecutive year since 2016, the MOI said.

Meanwhile, 200,268 deaths were reported in December, 1,839 fewer than in December 2024.



The crude death rate for the month stood at 8.58 per 1,000 people, the MOI data showed. Population figures showed that by the end of 2025, those aged 14 or younger totaled 2,681,890, or 11.51 percent of the population, while people aged 15 to 64 numbered 15,944,087, or 68.43 percent.

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國立臺灣大學 115 學年度碩士班招生考試試題

科目： 全球生技與醫療策略

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The United Nations defines a "super-aged society" as one in which people aged 65 and older make up at least 20 percent of the population. An "aged society" is defined as having 14 percent or more, while an "aging society" refers to 7 percent or more.

Among local governments, Taipei had the highest proportion of residents aged 65 and older, at 24.18 percent, while Hsinchu County had the lowest, at 15.08 percent, according to the MOI statistics.

Three of Taiwan's six special municipalities -- Taipei, Kaohsiung and Tainan -- reported elderly populations exceeding 20 percent, at 24.18 percent, 20.79 percent and 20.48 percent, respectively.

New Taipei's figure stood at 19.95 percent, while Taichung and Taoyuan recorded 17.4 percent and 16.72 percent, respectively.

Other counties and cities across Taiwan with elderly populations above 20 percent include Chiayi County (24.11 percent), Nantou County (22.66 percent), Keelung City (22.28 percent), Pingtung County (21.84 percent), Yunlin County (21.76 percent) and Hualien County (21.52 percent).

Also reporting elderly populations above 20 percent were Penghu County (21.03 percent), Taitung County (20.93 percent), Yilan County (20.77 percent), Changhua County (20.37 percent) and Miaoli County (20.23 percent).

Only five counties and cities recorded elderly populations below 20 percent: Chiayi City (19.9 percent), Kinmen County (19.69 percent), Lienchiang County (17.14 percent), Hsinchu City (16.16 percent) and Hsinchu County (15.08 percent), the data showed.

As for marriages, 104,376 couples tied the knot in 2025, down 18,685 from 2024. Meanwhile, 52,101 couples divorced in 2025, 1,368 fewer than a year earlier, the MOI statistics showed.

(By Lai Yu-chen and Lee Chieh-yu)

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Based on the demographic transition to a super-aged society in Taiwan (65+ population now 20.06 %), chose 3 topics from the following list, elaborate your critical opinion, with consideration on the feasibility and potential impact in Taiwan and worldwide.

1. Epidemiological Impact of Aging

Taiwan has officially become a super-aged society with over 20 % of the population aged 65 or older. Describe three major clinical challenges this demographic transition poses for chronic disease management (e.g., cardiovascular disease, diabetes, dementia). Provide evidence-based medical strategies to mitigate each challenge.

Points to consider: multimorbidity, polypharmacy risks, care coordination.

2. Healthcare Resource Allocation

Assuming the prevalence of age-associated conditions increases, how should Taiwan's health system reorganize its workforce (e.g., geriatricians, nurse practitioners, allied health professionals) to maintain quality care? Justify your proposal with reference to population needs and cost-effectiveness.

3. Preventive Screening

Identify at least four preventive screenings that are recommended for adults aged 65+. For each, propose an age-specific screening interval and discuss the evidence supporting its effectiveness in reducing morbidity and mortality.

4. Nutrition and Sarcopenia Prevention

Sarcopenia (age-related muscle loss) is a common concern in elderly populations. Propose a diet plan that optimizes muscle protein synthesis for individuals aged 65+, including macronutrient distribution and key micronutrients. Support your plan with current nutritional research.

5. Malnutrition Screening and Intervention

Design a clinical nutrition screening tool for elderly patients that can be used at primary care visits. Include key indicators and explain how early diet interventions can impact health outcomes such as fall risk, immune function, and recovery from illness.

6. Cultural Dietary Patterns

Considering Taiwan's traditional dietary patterns and the trend toward Westernized diets, discuss how cultural eating habits can be modified to improve cardiometabolic health among older adults. Provide at least three specific dietary recommendations with scientific rationale.

7. Population Health Policy

In light of Taiwan's demographic shift to a super-aged society, critique the current public health infrastructure's capacity to support healthy aging. Recommend three policy interventions that address preventive care, long-term care, and community support. Explain how each intervention could reduce health disparities.

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8. Health Promotion & Disease Prevention

Question: Design a community-based public health campaign that promotes healthy aging for people over 65. Include goals, target behaviors (e.g., physical activity, vaccination), key performance indicators (KPIs), and methods for evaluating effectiveness.

9. Economic Implications of Aging

Question: Analyze how aging affects healthcare expenditures, labor force participation, and social welfare systems. Propose an integrated public health approach that balances economic sustainability with quality of care for the elderly.

10. Ethics and Health Prioritization

Question: With limited healthcare resources, discuss the ethical considerations in prioritizing interventions for an aging population. Formulate a framework for resource allocation that balances equity, need, and efficiency.

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