

## **Travel and health in older people A Guide for Health Professionals**

Older people make up an increasing proportion of the UK European and North American populations. Many lead active and healthy lives for many years over the age of 65 years. With increasing life expectancy there will be many more of them, motivated to expand personal horizons and fit to embark on travel. Living longer, they can anticipate years of international travel after retirement from work. In Britain the number of elderly people and pensioners is increasing steadily each year. Soon twenty percent of the United Kingdom population will be 65 years of age, with a considerable increase in those over 75 years anticipated in coming years. By the year 2010, 7.2% of the population will be over that age.<sup>1</sup>