

# *Sancti Spiritus remains one of the oldest provinces in Cuba*

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**Sancti Spiritus remains one of the oldest provinces in Cuba**

Havana, Aug. 17 (RHC) Ruben Calante, advisor to the Senior Citizens Attention Program in the central Cuban city of Sancti Spiritus, said Friday that the province continues to be the third oldest in the country, after Villa Clara and Havana.

The health director told the press that in light of the increase in life expectancy at birth and the consequent aging of the population, the health system is strengthening interdisciplinary care for the elderly.

"In Sancti Spiritus, 23.3 percent of the total population is over 60, with a tendency to increase the number of people over 80, especially in the municipalities of Fomento and Cabaiguán," he added.

Calante explained that in this province, different health areas offer their services to the elderly, which has 17 social institutions, including nursing homes.

One of these centers is the San José Municipal Home for the Elderly, located in the capital, with a capacity for 140 people - currently 123 elderly people live there - and which has three doctors and the same number of dieticians and rehabilitators.

The residents receive specialized care from podiatrists, nurses, pharmacists and assistants. The staff also includes cleaning assistants, cooks, bakers and kitchen helpers.

The provincial health authorities affirm that this is one of the Cuban provinces with the highest life expectancy at birth, reporting an index of 79.2 years, a result above the national average.

Other experts affirm that the aging is accompanied by a low birth rate, along with other factors such as migratory flows. (Source: Prensa Latina)

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