

## **Markets**

We've been through quarter one of 2023 and we saw an excellent start to the year with market confidence up on the back of China lessening Covid restrictions and inflation starting to come under control. However, this was cut back as we returned to market volatility on the back of falling confidence in the banking sector following the bail out of Silicon Valley bank and then Swiss Bank. Banking and Technology sectors were hit first and most significantly as a result, but markets have started to stabilise. We saw banks continue to raise interest rates despite the problems, as inflation control is still their main goal, but it looks like rate increases have slowed and are hopefully nearing their peak. Overall, balance is key with some good signals but also still potential headwinds around.

What we ensure is that your investments are risk appropriate, and professionally managed in highly regulated jurisdictions. If you would like further information, please contact us.

## **Life Assurance and medical insurance**

A global mortality report published in 2019 shows some startling changes in causes of death since a previous report in 2000. We are now living longer than ever and the over 80's are predicted to triple in the next 30 years. Yet, gains in life expectancy are slowing as relentless global increases in risk factors for premature death make further gains in the fight against Non-Communicable Diseases (NCD's) harder to achieve, to the extent that gains in life expectancy could eventually start to be reversed.

The results did not include the global Covid-19 pandemic, but what is clear is that deaths since the outbreak have been significantly higher than previous years.



## The report included the following key statistics:



NCD account for 74% of all deaths globally



77% of all NCD deaths are in low- and middle-income countries



17 million people die each year from NCD before the age of 70



86% of these premature deaths occur in low- and middle-income countries

NCD's as one of 3 main categories for cause of death account for 74%.

- Injury, 8%
- Communicable Diseases (CD) such as HIV, Malaria and Tuberculosis, together with maternal deaths, neonatal deaths and deaths from malnutrition, 18%
- NCD's are often chronic, long-term illnesses, including cardiovascular diseases, cancers, diabetes, and chronic respiratory disease. 74%

CD's are reducing in many areas with deaths by Malaria down 27%, TB 31%, AIDS/HIV 45%, Maternal 32%, Neonatal 31% and Malnutrition 57%.

NCD's were up 36% in 19 years with Cardiovascular up 33%, Cancer 44%, Chronic Respiratory disease 15% and Diabetes up 71%.

Similarly leading risk factors were all up, High blood pressure 37%, Smoking 15%, Air pollution 2%, High blood sugar 70%, Obesity 70%.

1.3 billion (22%) people use tobacco and over 80% of smokers are men. Smoking causes 14% of annual deaths. Air pollution causes 12%, Obesity 9% and alcohol 4%. Combinations of these compound risks.

There are things that we can do as individuals to immediately reduce the financial risks our families face from the premature death of a breadwinner, at the same time as doing things which reduce our individual risk factors for premature death. By a combination of protection and lifestyle changes, we can protect ourselves and our loved ones.



## Protect your family – buy life insurance

Life insurance can protect your family from financial catastrophe should the unthinkable happen to you. As the need for life insurance would seem to have never been more important, the use of life insurance for family financial protection is reducing.

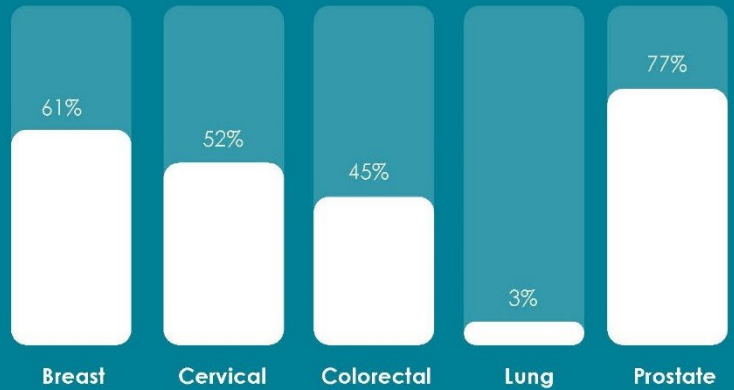
According to the 2022 Insurance Barometer Study (Insurance Information Institute / Life Happens) conducted in the US insurance market by LIMRA (Life Insurance Marketing and Research Association) and Life Happens (a non-profit organisation)

– 106 million adults, or **half the adult population, either lack life insurance or have inadequate life cover**. The need gap – what people have versus what they said they need – is higher than ever and more than double what it was 12 years ago. Over two in five parents say it would take less than six months for financial hardship to set in. According to LIMRA, while 70% of Americans said they needed life insurance, only 54% actually had life cover in 2020; one quarter of these were covered by a group policy purchased by their employer.



## Protect yourself and your family – buy health insurance

Regular health screenings play a crucial role in the early detection of many NCD. For example, the University of Chicago reports the following percentage of cancers detected by screening in the United States:



## Protect yourself through long-term lifestyle changes

**In a world filled with uncertainty, a silver lining for NCD is that we know both how to prevent them and how to manage them.**

- WHO NCD Monitor 2022



Ask us for details of Life and Medical cover.

## UK Pensions

For those who are UK Nationals or have worked in the UK, you should carefully consider your UK National Insurance contribution position. Whilst you need 35 years contributions to receive the full UK State pension, you need at least 10 years to receive anything. So, if you have under 10 years, it could be very beneficial to make up missed contributions. The pension has risen to £10,600 this year with high inflation making it more attractive. You could also save significantly if you are eligible for Class 2 contributions rather than Class 3. There is also a small window this year for making back contributions as the Government has extended the deadline to the end of July. Ask us for more details.

## Referrals


We work on referrals, so if you would like more details or feel this information would be interesting to someone else, please do introduce us.

[www.aimspi.com](http://www.aimspi.com)



Managing Director  
[paul.wyatt@aimspi.com](mailto:paul.wyatt@aimspi.com)

[Tel +66\(0\)847376036](tel:+66(0)847376036)



Consultant  
[charles.burchhardt@aimspi.com](mailto:charles.burchhardt@aimspi.com)

[Tel +44\(0\)7956411603](tel:+44(0)7956411603)



Pensions and  
Investments



