

# Life expectancy and healthy ageing

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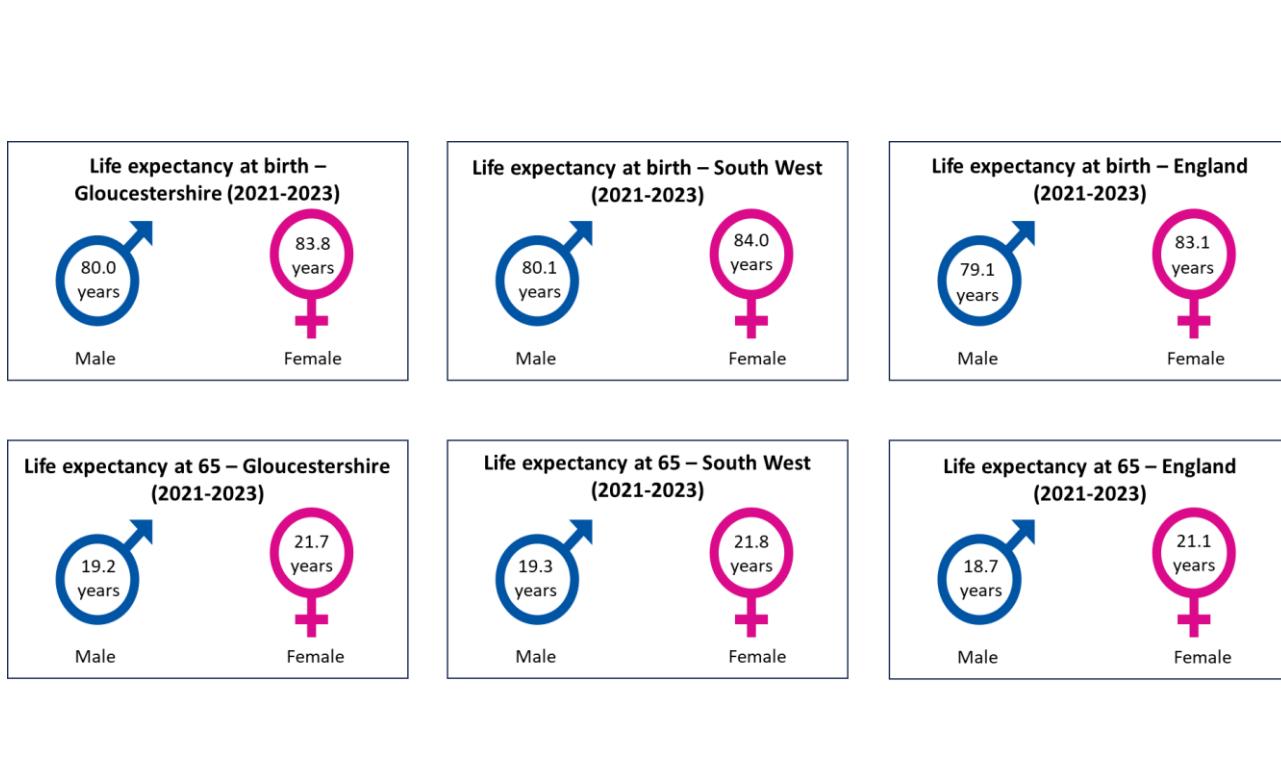


# Life expectancy in Gloucestershire<sup>1</sup>

“Life expectancy” is a measure of estimated length of life in a population.

In Gloucestershire male life expectancy at birth is **80.0 years** and female life expectancy at birth is **83.8 years**.

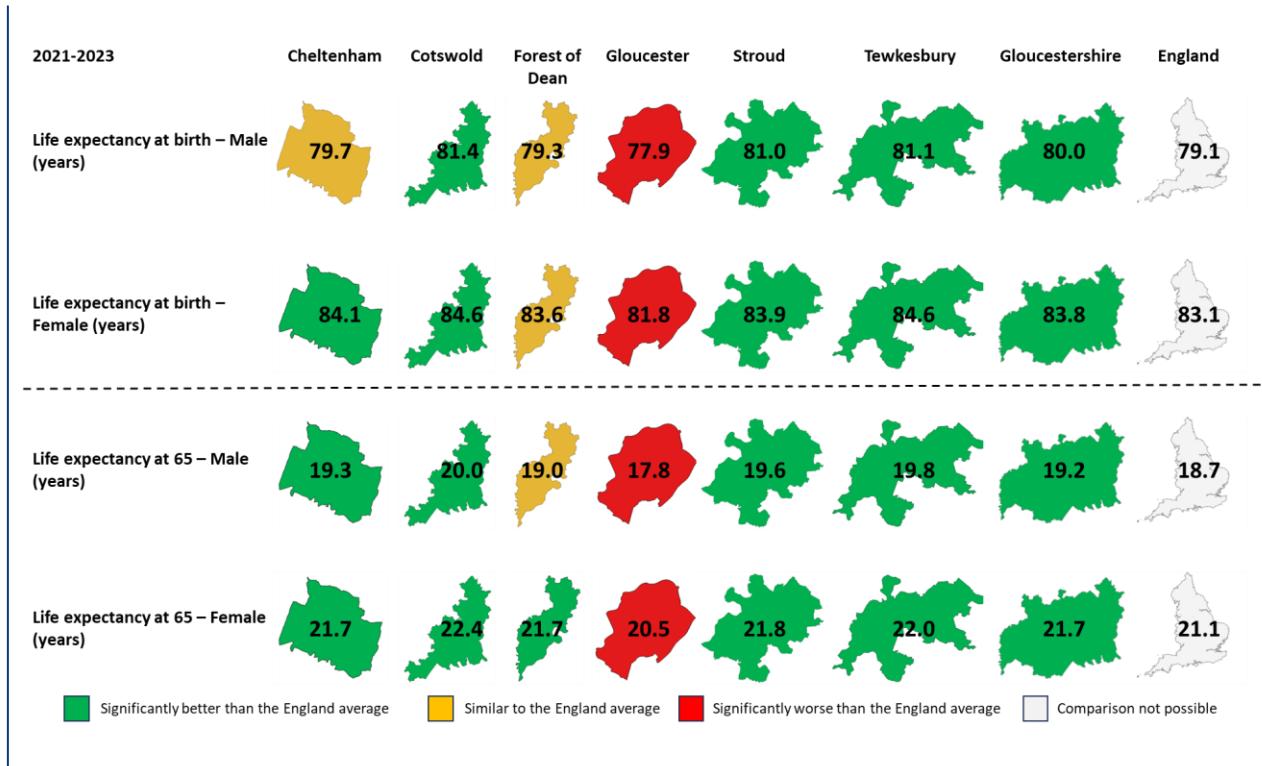
Life expectancy at age 65 years is a further **19.2 years** for males and a further **21.7 years** for females.



# Variation across Gloucestershire<sup>1</sup>

Male life expectancy at birth ranges from 77.9 years in Gloucester, to 81.4 years in Cotswold, a difference of **3.5 years**.

Female life expectancy at birth ranges from 81.8 years in Gloucester to 84.6 years in Cotswold, a difference of **2.8 years**.



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# Inequalities

## Sex<sup>1</sup>

Gender has a role to play in life expectancy: women live longer than men. In Gloucestershire, they can expect to live an average **3 years and 8 months longer**. The picture is similar for life expectancy at age 65. The gap between males and females for life expectancy at 65 is around **two years and six months**.



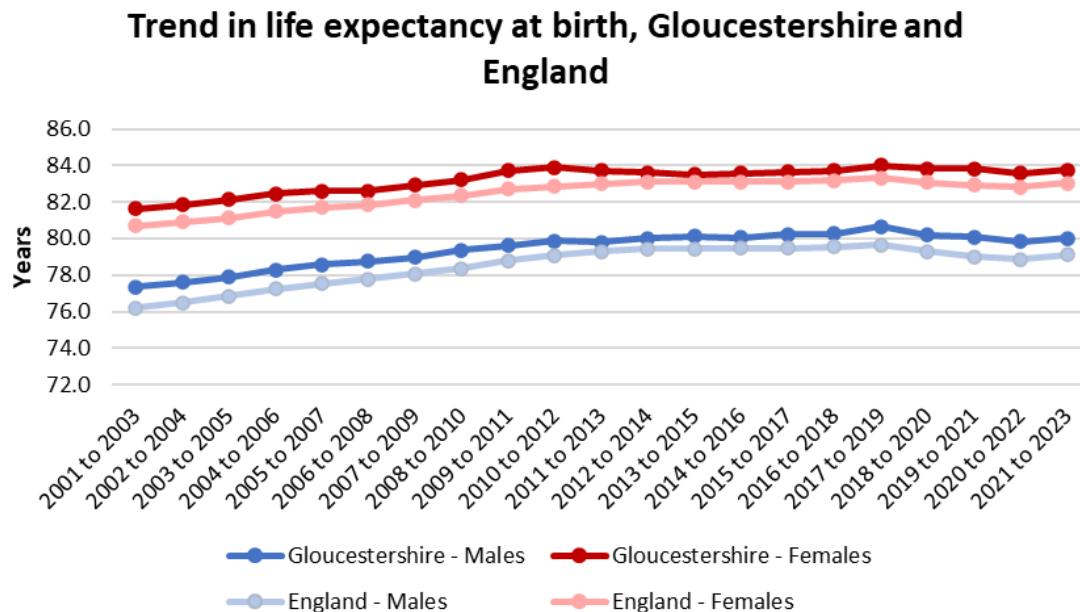
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# Change over time<sup>1</sup>

In the late 1990's and early 2000's, local and national life expectancy at birth rose steadily.

However, over the last ten years this improvement had levelled off and begun to decline (up until 2020-2022). In the most recent period (2021-2023) there has been an increase in life expectancy nationally and locally for both males and females.



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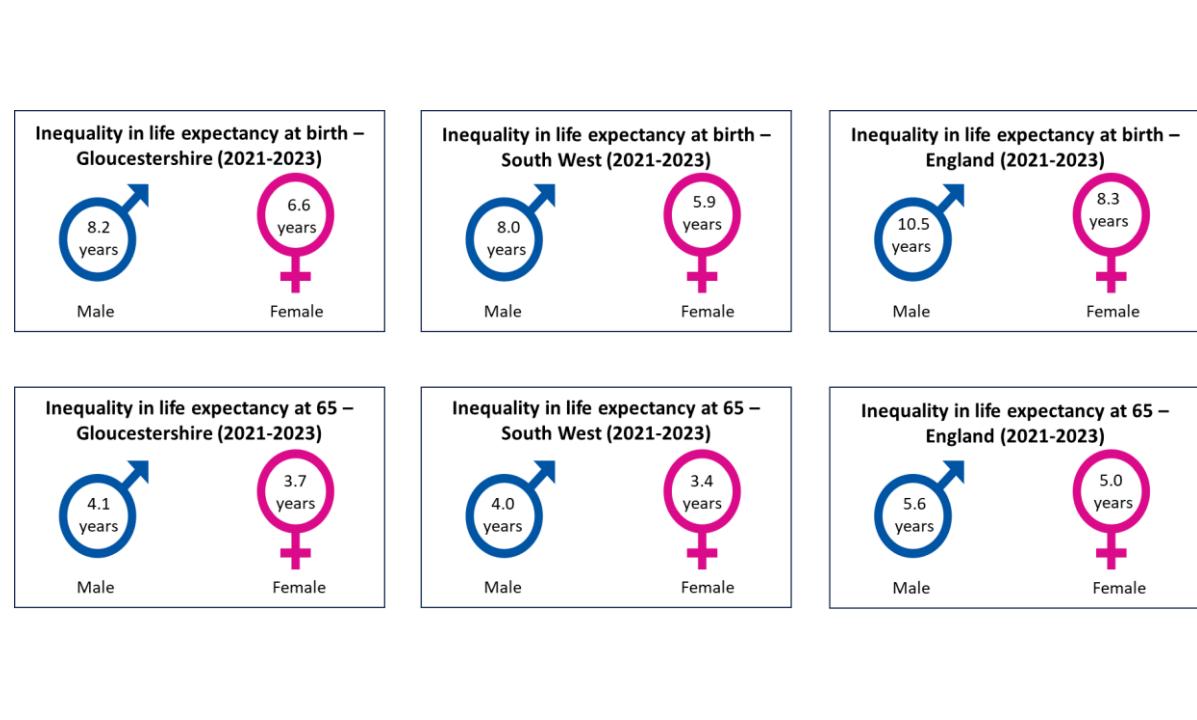
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# Inequality in life expectancy<sup>2</sup>

- “Inequality in life expectancy” is a measure of the difference in number of years of life expectancy between people living in the most deprived areas compared to people living in the least deprived areas.
- In Gloucestershire, males born in the most deprived areas of the county could expect to live **8 years and 2 months less** than those born in the most affluent areas.
- Females born in the most deprived areas could expect to live **6 years and 7 months less** than those born in the most affluent areas.



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# Healthy Life expectancy<sup>3</sup>

Healthy life expectancy measures the average number of years a person would expect to live in good health rather than with a disability or in poor health. Healthy life expectancy information is currently only available at **county, regional and national** level.

In Gloucestershire male healthy life expectancy at birth is **63.7 years** and female healthy life expectancy at birth is **63.6 years**.

Healthy life expectancy at age 65 is a further **11.2 years** for males and **12.4 years** for females.

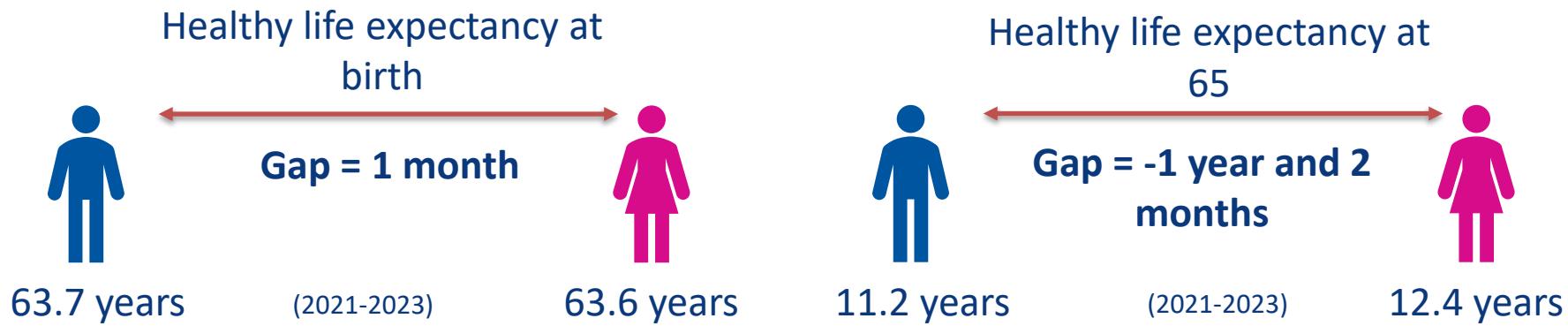


# Inequalities<sup>3</sup>

## Sex

Life expectancy data showed a significant gap in life expectancy between males and females.

Interestingly when looking at healthy life expectancy the gap is much narrower, and in Gloucestershire, males have a slightly higher healthy life expectancy at birth than females. However, looking at the healthy life expectancy data for people aged 65 in 2021-2023 females can expect to live 1 year and 2 months longer than males in good health.



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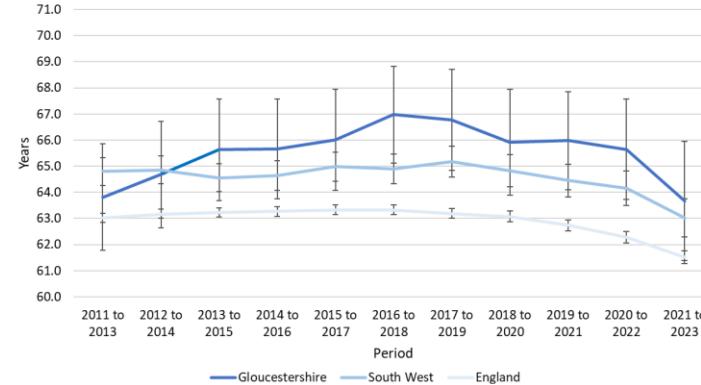


# Change over time<sup>3</sup>

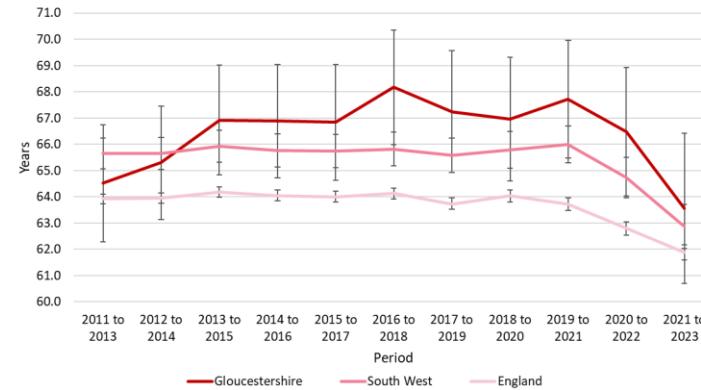
Healthy life expectancy in Gloucestershire showed an increasing trend between the periods 2011-2013 and 2016-2018, although not statistically significant.

Between 2017-2019 and 2021-2023 healthy life expectancy fell for all three areas, reflecting the trend observed in overall life expectancy. Although life expectancy did increase between 2021-2023 whereas, healthy life expectancy did not.

Trend in male healthy life expectancy at birth, Gloucestershire, South West and England



Trend in female healthy life expectancy at birth, Gloucestershire, South West and England



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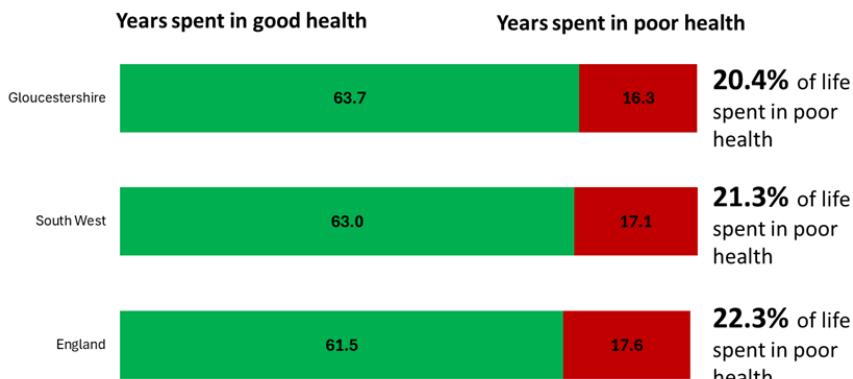


# Time spent in poor health<sup>1,3</sup>

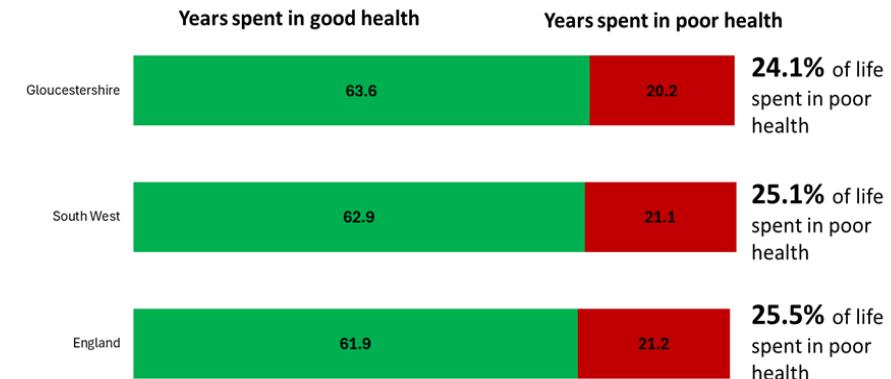
A Gloucestershire male could expect to live around **16.3 years** or **20.4%** of their life in poor health.

A Gloucestershire female could expect to live around **20.2 years** or **24.1%** of their life in poor health.

Time spent in good/poor health – Males, Gloucestershire, South West and England (2021-2023)



Time spent in good/poor health – Females, Gloucestershire, South West and England (2021-2023)



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# Inequalities<sup>1,3</sup>

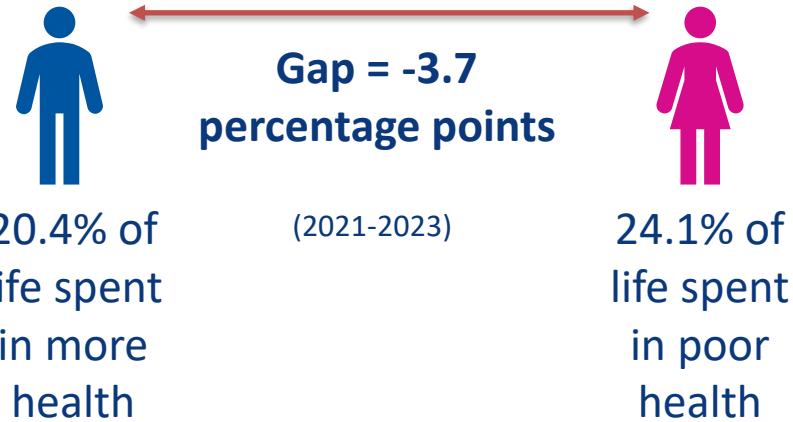
## Sex

A male in the Gloucestershire is estimated to spend **16.3 years or 20.4%** of their life living in poor health.

A female in Gloucestershire is estimated to spend **20.2 years or 24.1%** of their life living in poor health.

This suggests while females live longer, they spend longer in poor health than males.

Time spent in poor health  
– Gloucestershire



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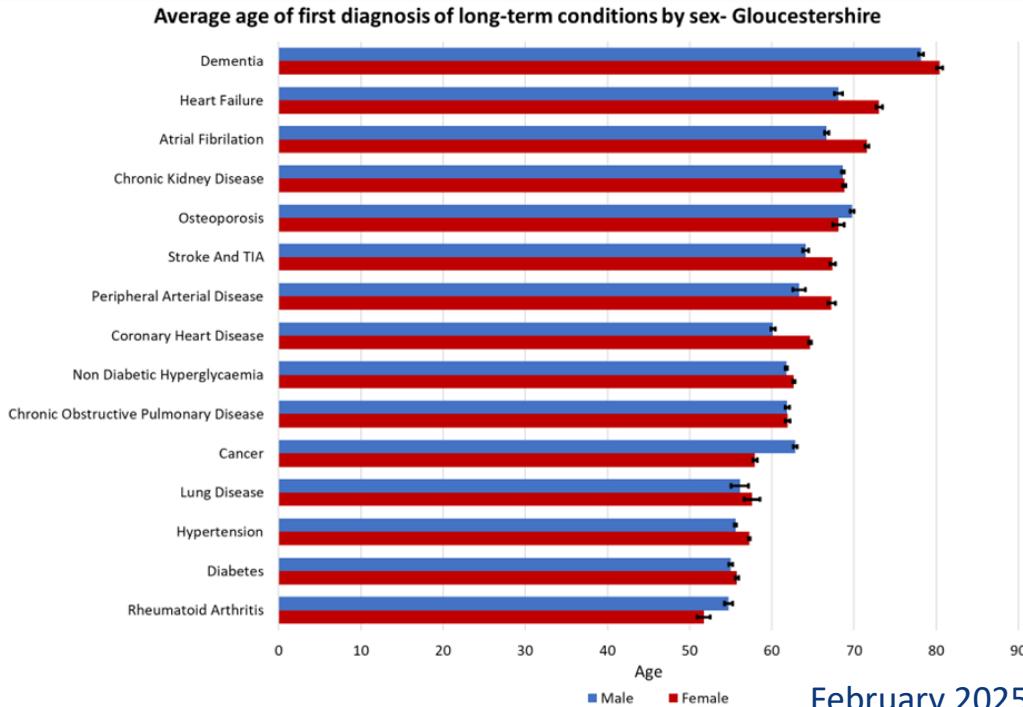
# Diagnosed conditions<sup>4</sup>

Diagnosed condition are those that carry a high risk of mortality or negatively impacts a person's daily function or quality of life.

Most diagnosed conditions are diagnosed in the late 50's or 60's.

On average rheumatoid arthritis and diabetes were diagnosed at the earliest age.

Dementia was diagnosed later than all other conditions.



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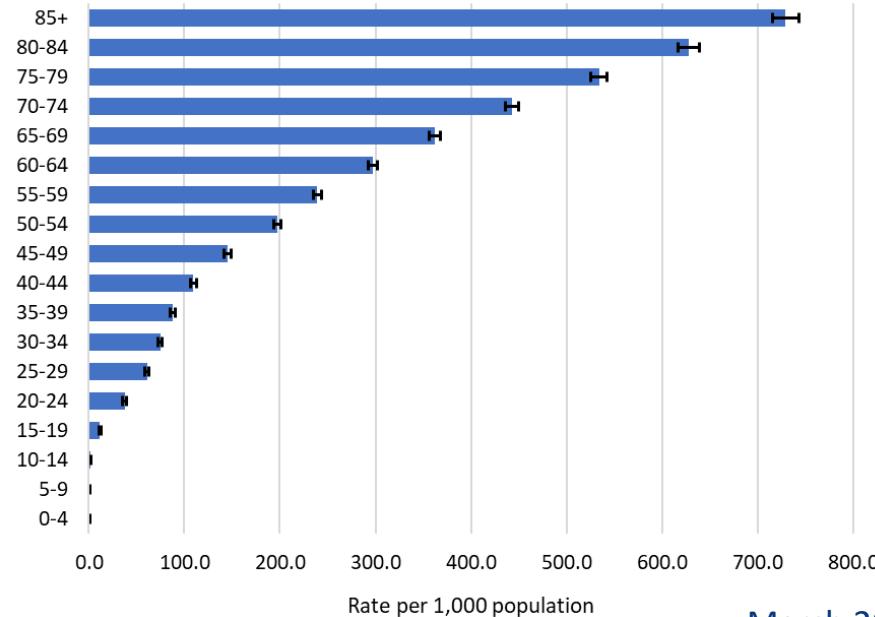
# Multi-morbidity<sup>5</sup>

Multimorbidity is the presence of 2 or more long-term health conditions in a single individual.

There are around 126,955 people in the county with multi-morbidities. This equates to a rate of 176.6 per 1,000 population.

The prevalence of multi-morbidities increases with age. The rate of multi-morbidity is highest amongst those aged 85+, where it stands at 729.4 per 1,000 population.

Rate of multi-morbidities by 5-year age band, Gloucestershire



March 2025

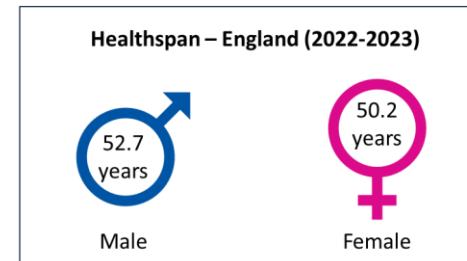
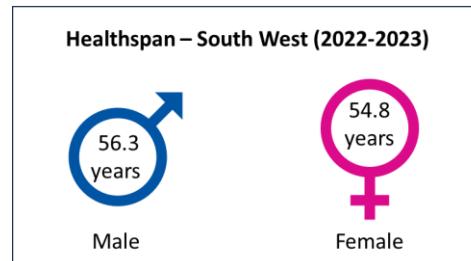
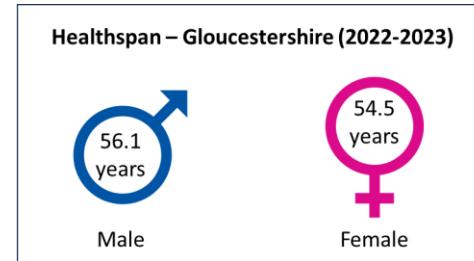
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# Healthspan<sup>6</sup>

Healthspan aims to provide an objective measure of the amount of time individuals spend in 'good health'. It bases this on the age at which people develop their first significant long term health condition

In Gloucestershire, the average estimated age at which a male develops their first significant condition is **56.1 years** and for females it is **54.5 years** (2022-23).



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# Inequalities<sup>6</sup>

## Sex

On average females develop their first significant condition at a slightly younger age to males (**54.5 years** for females compared to **56.1 years** for males).

This picture was also reflected at a regional and national level.

Time spent in poor health  
- Gloucestershire



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# Time spent with a significant condition<sup>6</sup>

A Gloucestershire male could expect to live **24.5 years** or **30.4%** of their life with a significant condition.

A Gloucestershire female could expect to live **31.3 years** or **36.5%** of their life with a significant condition

Time spent with/without a significant condition – Males,  
Gloucestershire, South West and England (2022-2023)



Time spent with/without a significant condition – Females,  
Gloucestershire, South West and England (2022-2023)



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# Sources

1. Life expectancy for local areas between 2001 to 2003 and 2021 to 2023, ONS
2. PHOF, OHID.
3. Health state life expectancies in England, Northern Ireland and Wales: between 2011 to 2013 and 2021 to 2023, ONS
4. Gloucestershire ICB
5. Gloucestershire ICB
6. Healthspan, Outcomes Based Healthcare

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