

Life expectancy and healthy ageing

Living our values every day



Accountable



Integrity



Empower



Respect



Excellence



Life expectancy in Gloucestershire¹

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

In Gloucestershire male life expectancy at birth is **79.8 years** and female life expectancy at birth is **83.6 years**.

Life expectancy at age 65 years is a further **19.1 years** for males and a further **21.6 years** for females.

Life expectancy at birth – Gloucestershire (2020-2022)



Male



Female

Life expectancy at birth – England (2020-2022)



Male



Female

Life expectancy at 65 – Gloucestershire (2020-2022)



Male



Female

Life expectancy at 65 – England (2020-2022)



Male

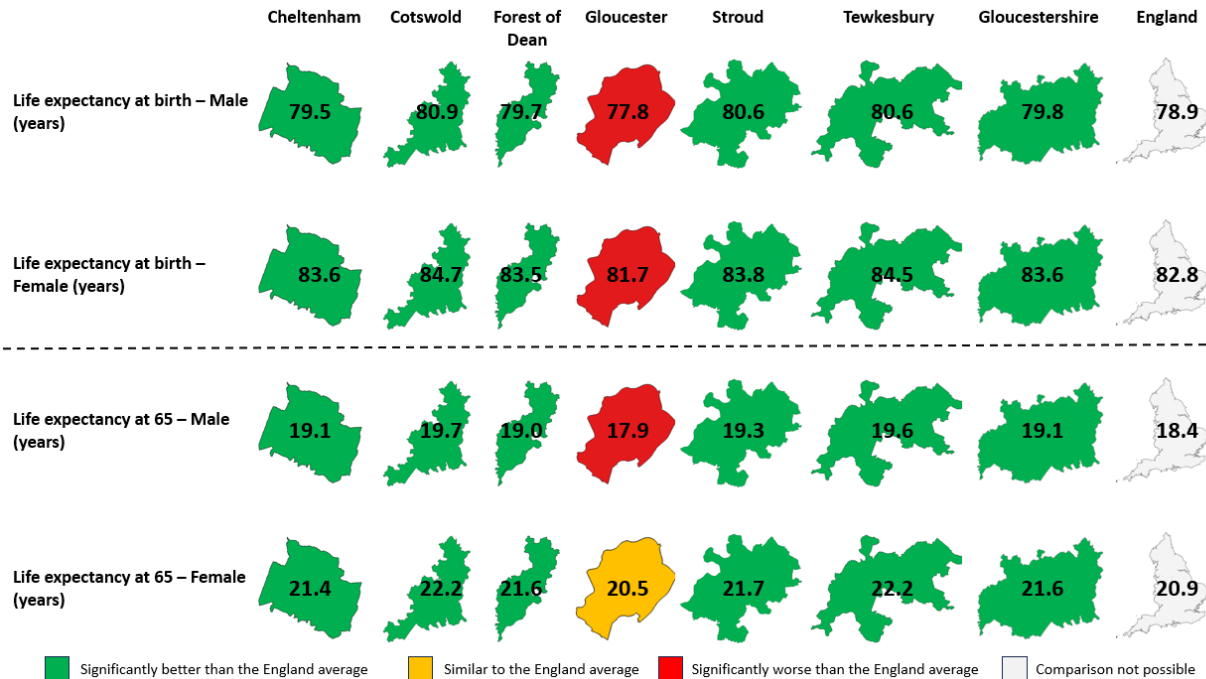


Female

Variation across Gloucestershire¹

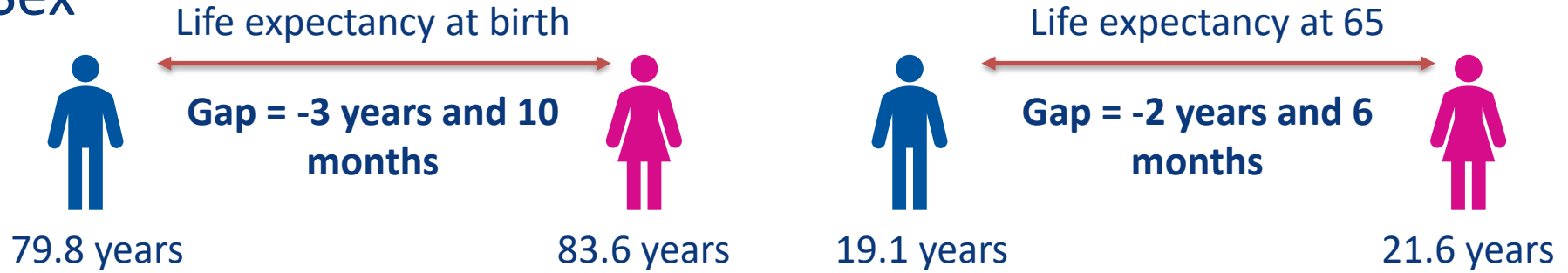
Male life expectancy at birth ranges from 77.8 years in Gloucester, to 80.9 years in Cotswold, a difference of **3.1 years**.

Female life expectancy at birth ranges from 81.7 years in Gloucester to 84.7 years in Cotswold, a difference of **3 years**.



Inequalities

Sex¹



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 10 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**,

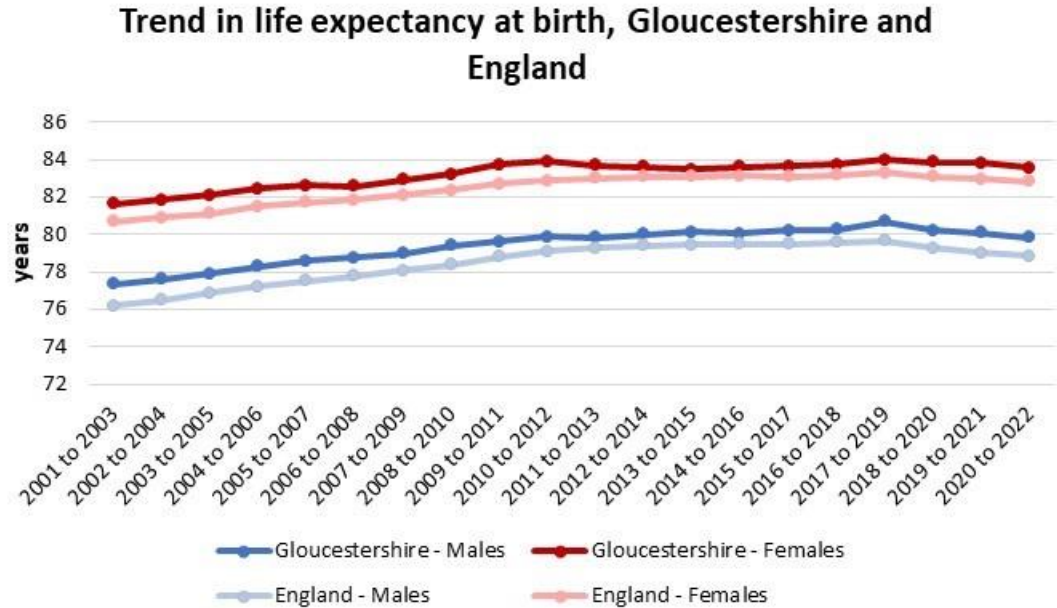
Deprivation²

In 2018-2020, males born in the most deprived deciles of Gloucestershire could expect to live **7 years and 7 months** less than those born in the most affluent areas. Females born in the most deprived areas could expect to live **7 years and 10 months** less than those born in the most affluent areas.

Change over time¹

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. In the most recent years (since 2018-2020) there has been a decline in life expectancy nationally and locally for both males and females.



Healthy Life expectancy³

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 **regional** and **national** level.

In the South West male healthy life expectancy at birth is **64.6 years** and female healthy life expectancy at birth is **64.2 years**..

Healthy life expectancy at birth – South West (2020-2022)



Male



Female

Healthy life expectancy at birth – England (2020-2022)



Male



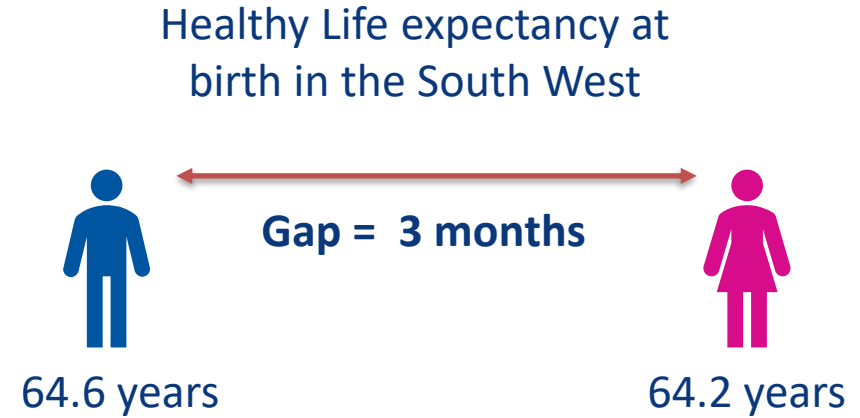
Female

Inequalities³

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 the South West males have a higher healthy life expectancy than females.

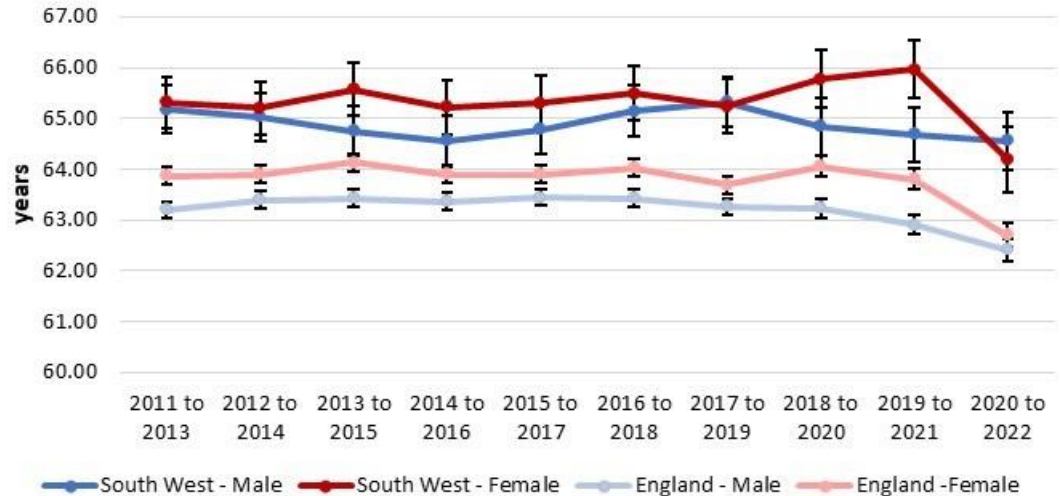


Change over time³

Healthy life expectancy at a regional and national level remained largely unchanged between 2011-2013 and 2017-2019.

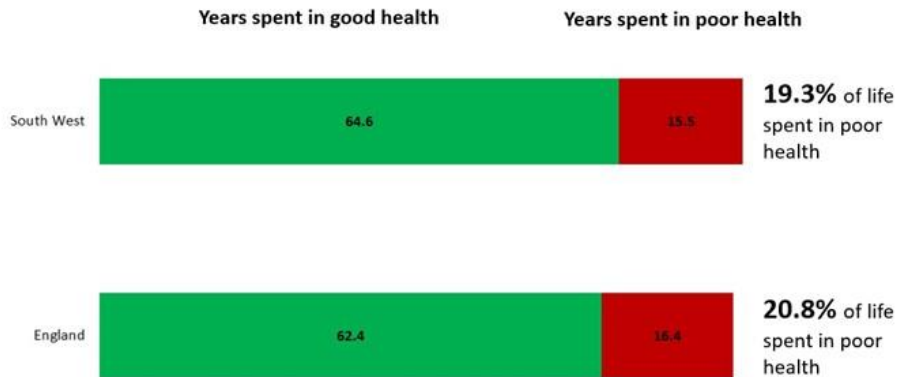
Between 2017-2019 and 2020-2022 healthy life expectancy fell, reflecting the trend observed in overall life expectancy.

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

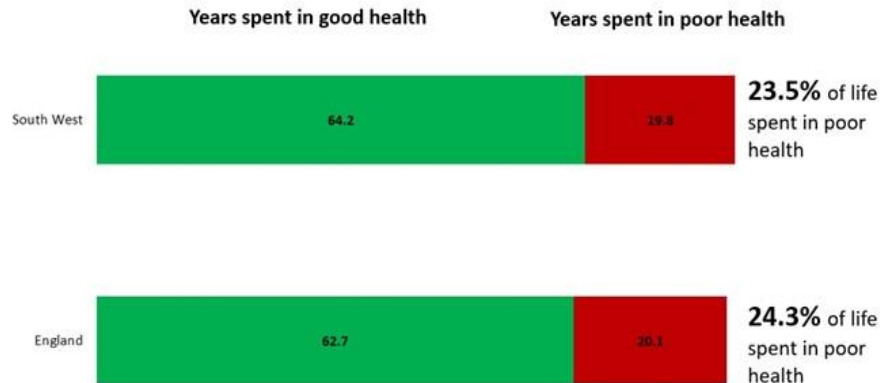


Time spent in poor health^{1,3}

Time spent in good/poor health – Males, South West and England (2020-2022)



Time spent in good/poor health – Females, South West and England (2020-2022)



A South West male could expect to live around **15.5 years** or **19.3%** of their life in poor health.

A South West female could expect to live around **19.8 years** or **23.5%** of their life in poor health.

Inequalities^{1,3}

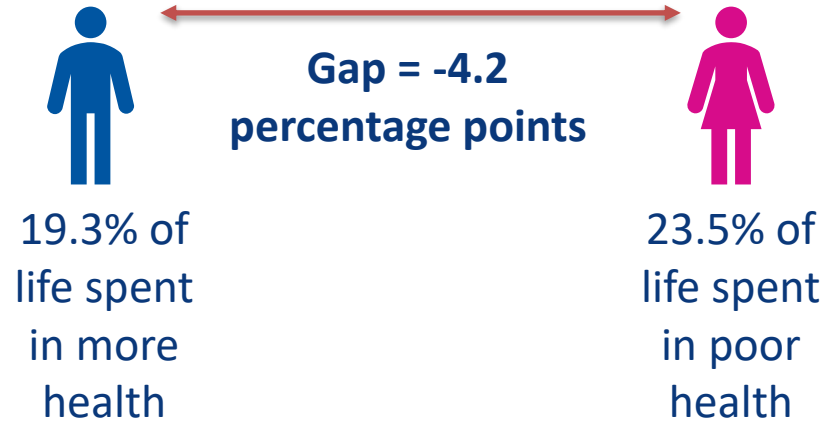
Sex

A female in the South West is estimated to spend **19.8 years** or **23.5%** of their life living in poor health.

A male in the South West is estimated to spend **15.5 years** or **19.3%** 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
– South West



Diagnosed conditions⁴

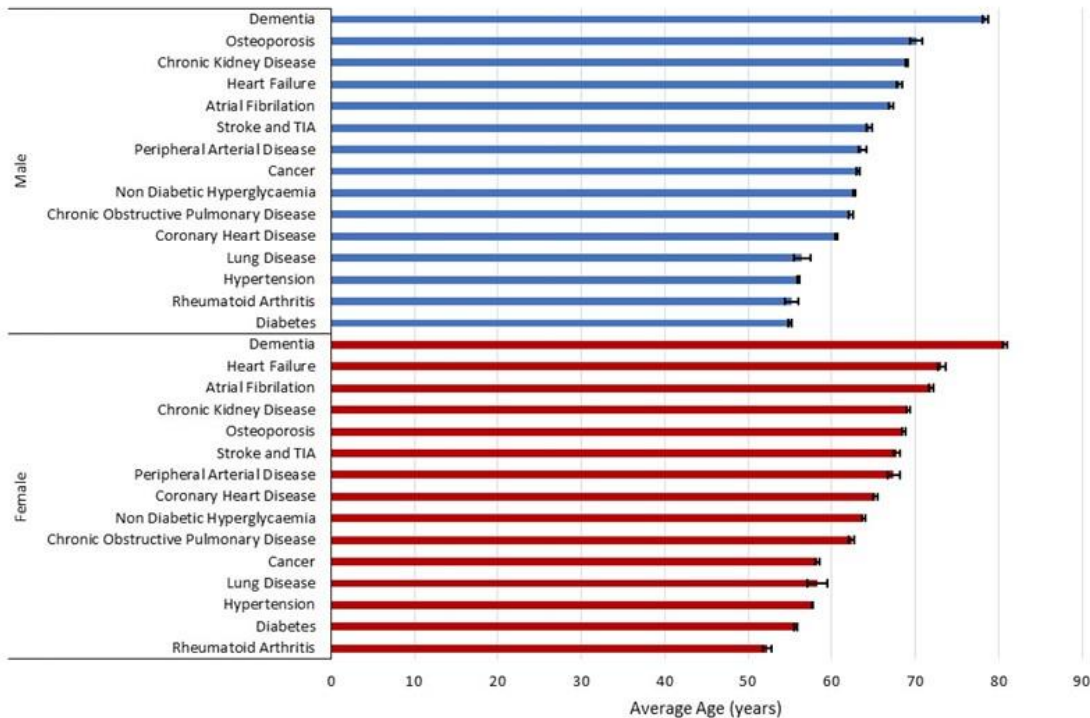
Diagnosed conditions are those that carry a high risk of mortality or negatively impacts a person's daily function or quality of life.

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

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

Dementia was diagnosed later than all other conditions.

Average age of first diagnosis of long-term conditions by sex - Gloucestershire



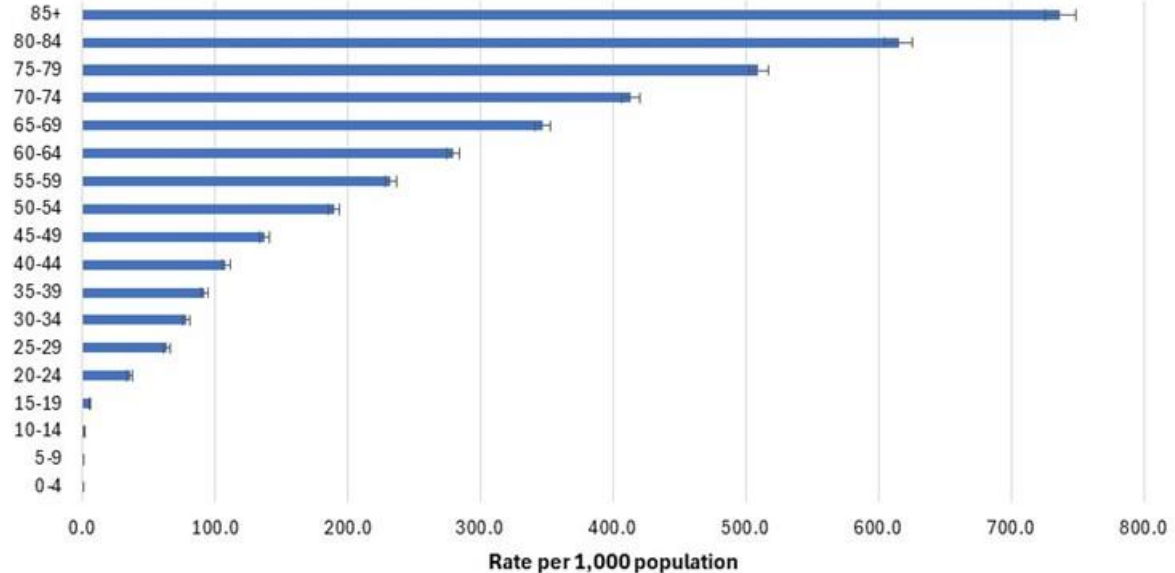
Multi-morbidity⁵

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

There are around 129,188 people in the county with multi-morbidities. This equates to a rate of 186.8 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 736.7 per 1,000 population.

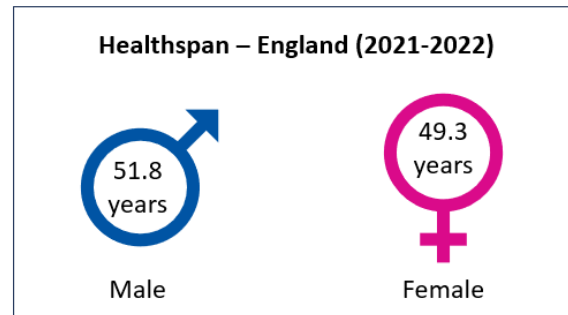
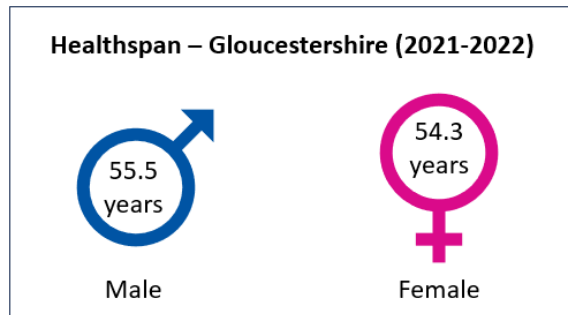
Rate of multi-morbidities by 5 year age band, Gloucestershire



Healthspan⁶

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 **55.6 years** and for females it is **54.3 years** (2021-22).



Inequalities⁶

Sex

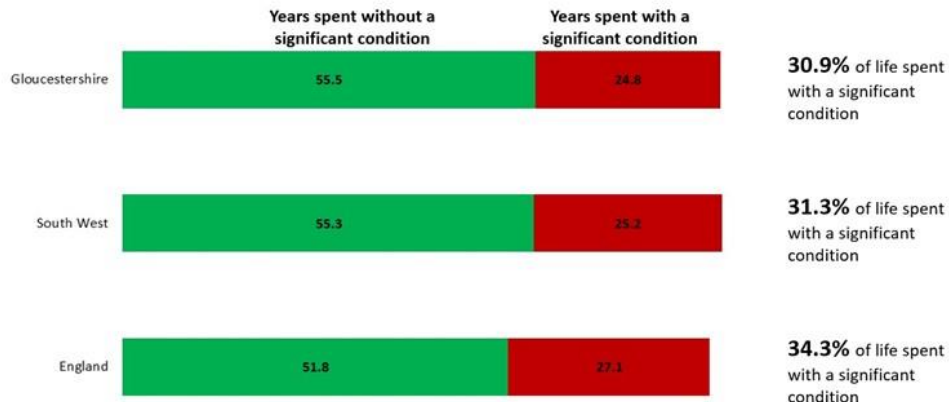
On average females develop their first significant condition at a slightly younger age to males (**54.3 years** for females compared to **55.5 years** for males).

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

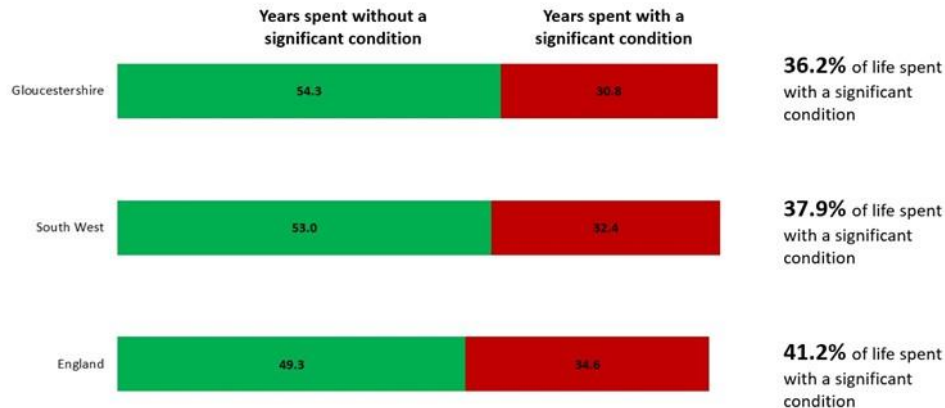


Time spent with a significant condition⁶

Time spent with/without a significant condition – Males, Gloucestershire, South West and England (2021-2022)



Time spent with/without a significant condition – Females, Gloucestershire, South West and England (2021-2022)



A Gloucestershire male could expect to live **24.8 years** or **30.9%** of their life with a significant condition.

A Gloucestershire female could expect to live **30.8 years** or **36.2%** of their life with a significant condition

Sources

1. Life expectancy for local areas between 2001 to 2003 and 2020 to 2022, ONS
2. PHOF, OHID.
3. Health state life expectancies in England, Northern Ireland and Wales: between 2011 to 2013 and 2020 to 2022, ONS
4. Gloucestershire ICB
5. Gloucestershire ICB
6. Healthspan, Outcomes Based Healthcare

