WHAT IS

Life Expectancy?

(hint: not what you think)

Glasgow Centre for Population Health

01

Life expectancy is an important

measure of the overall health of a nation. It reflects the average age people die at each year, providing a vital gauge of societal health and wellbeing, but it is not personal, and it doesn't predict your future.

02

Contrary to common belief,

life expectancy isn't about predicting how long a baby born today will live. It's derived from population data, showing the current average age of death. If it stalls or drops, it's a red flag for societal health right now.

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03

Historically, life expectancy has steadily risen, reflecting societal progress. High-income countries see life expectancy climb due to better living conditions, healthcare, and public health measures like vaccinations.

04

Since 2012, the UK has seen a

plateau in life expectancy, a phenomenon usually only seen during major crises like wars or pandemics. This stagnation signals underlying societal issues.

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05

This flat lining is very concerning

and for the most exposed and vulnerable communities, life expectancy is actually falling. We are moving backwards.

:)

Thanks for reading

Find more information on our website which is linked in the comments below.

Our next explainer will be:

Excess Mortality

react and share