

CONCEPT
EXPLAINER

WHAT IS

Healthy Life Expectancy

**(why is there over 20
years difference
between rich & poor?)**

swipe



01

We talk a lot about life

expectancy, or how long we live, but it's not just about living long – it's about living well! 'Healthy life expectancy' (HLE) is a measure of this, defined as 'the average number of years a person can expect to live in good health'.



02

HLE is measured through mortality

rates and self-reported good health across the population. Just like life expectancy, there are big disparities in HLE across the population, it has declined in recent years, and the gap between the least and most deprived has widened.

swipe



03

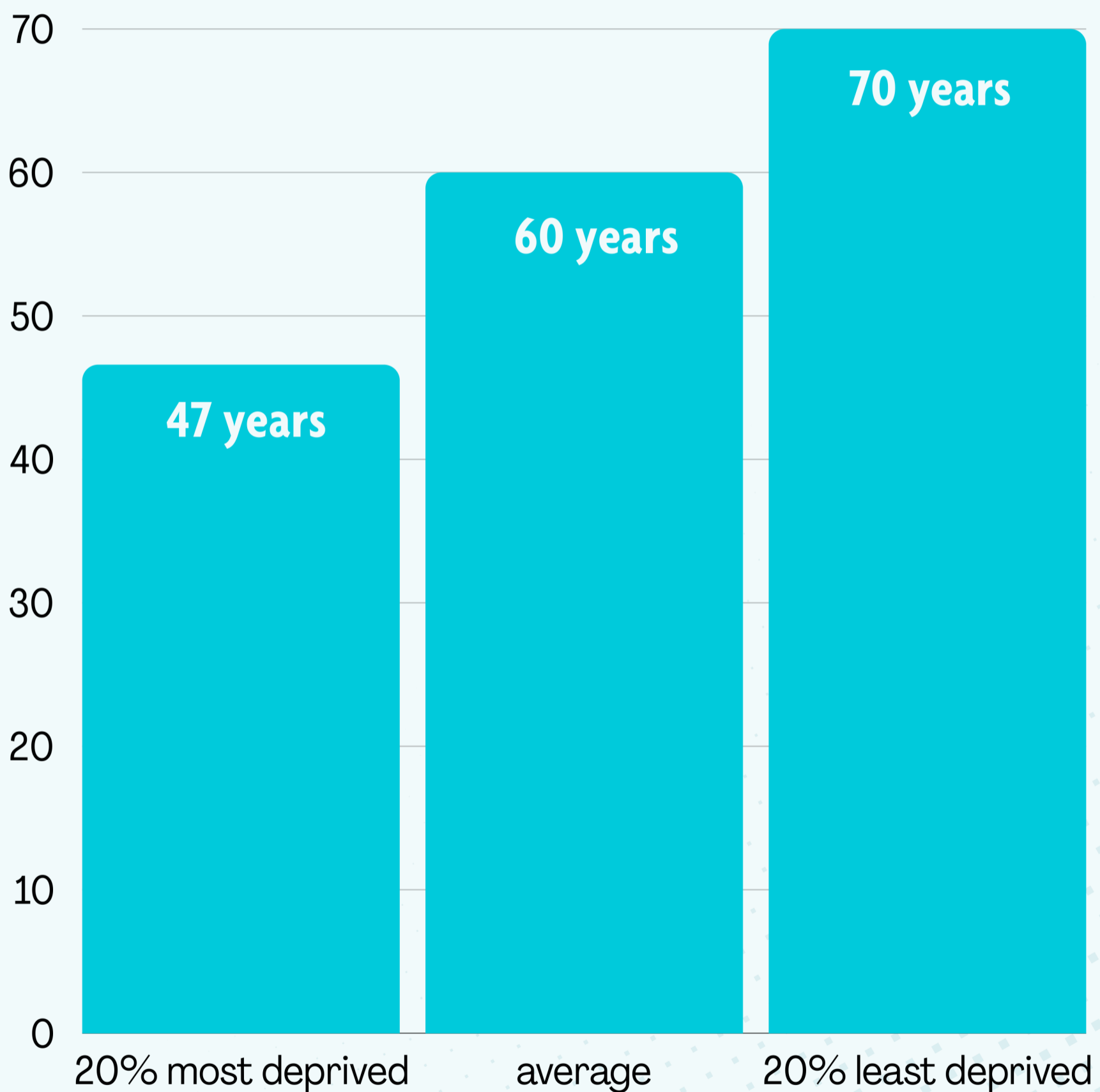
For those living in the 20%

most deprived areas, HLE was just 46.6 years pre-pandemic – this was 5 years lower than it had been in 2009, and 23 years lower than those living in the 20% least deprived areas!



04

Healthy Life Expectancy in Scotland of 20% most and least deprived populations (2019)



swipe



05

That's why policy must focus on

factors that will enable healthier and longer lives for everyone, for example equitable access to nutritious food, health, and care; good quality housing; healthy environments; and crucially, fair and good work and a just and adequate social security system.

swipe



CONCEPT
EXPLAINER



Thanks for reading

react and share

