

Healthy Life Expectancy at Age 60: 2000 to 2016



People Are Living Longer, But Are They Living Healthier?

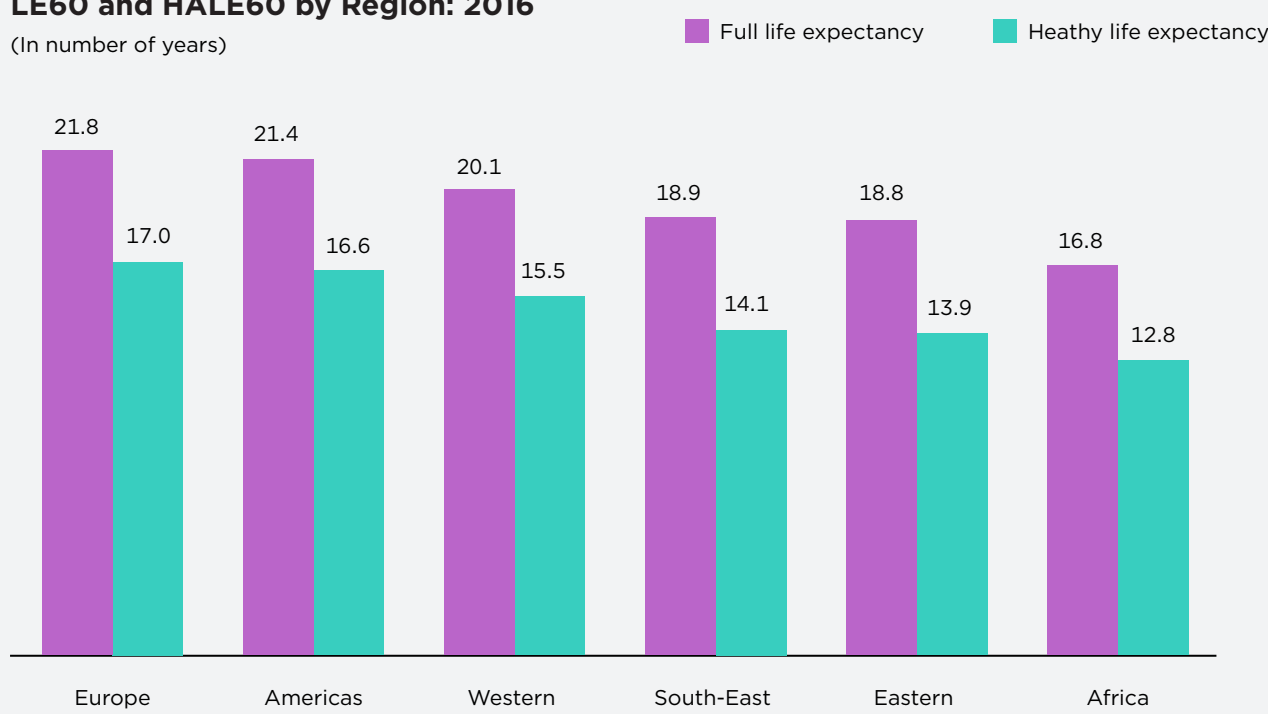
While population aging is marked by increasing average life expectancy (LE) at older ages, this may not necessarily translate into corresponding increases in years living in good health. The recent debate focuses on whether the extra years are lived in full health. Healthy life expectancy (HALE) is the average number of years that a person may expect to live in full health, i.e., free of diseases, disabilities, or injuries.

1 World Regions (Defined by the World Health Organization)

In all world regions, HALE at age 60 (HALE60) is between 4 and 5 years shorter than LE at 60 (LE60), equivalent to one-quarter of LE60 expected to be spent in poor health due to illness and/or injury.

There is a clear pattern among regions. Europe and the Americas have the longest LE60 and HALE60, and Africa has the shortest in both measures, followed by Eastern Mediterranean and South-East Asia. The gap between Africa and Europe is slightly larger in HALE60 than in LE60.

LE60 and HALE60 by Region: 2016
(In number of years)



PROFILES



Japan and Singapore

The two countries with the longest LE60 and HALE60 are in the Western Pacific region. Japan has the longest LE60, while Singapore is first in HALE60, indicating that even though older Singaporeans may not live the longest life after the age of 60, they are the healthiest older adults in the world.



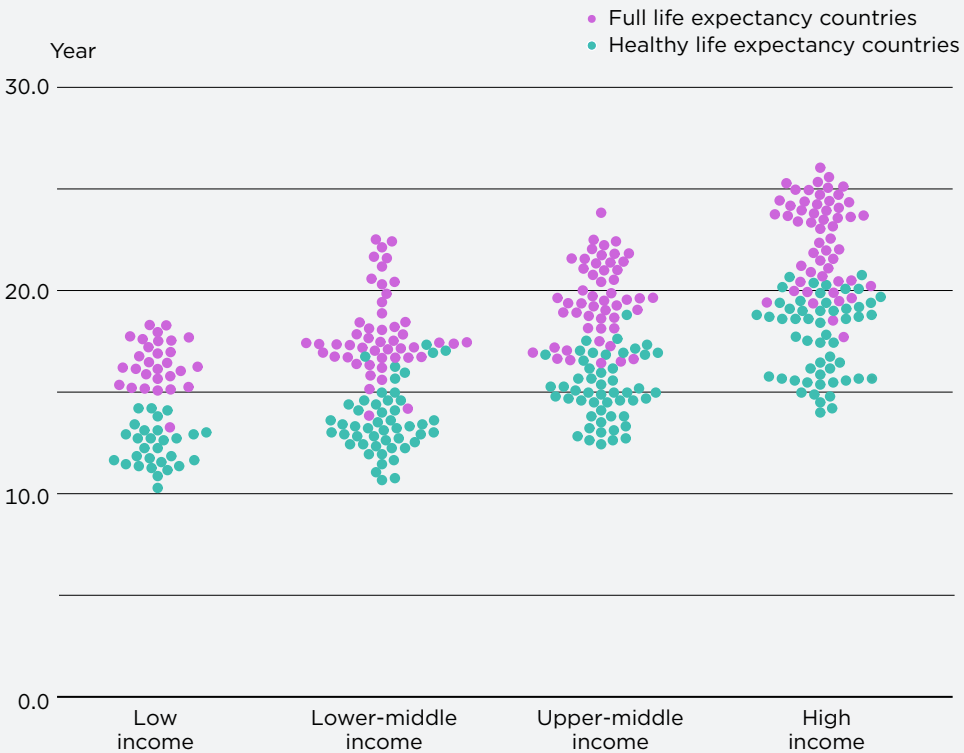
2 National Income (Levels defined by the World Bank)

The geographic variations might be partially explained by national income level—high income (HI), upper-middle income (UMI), lower-middle income (LMI), or low income (LI). HI countries have the longest LE60, as well as having the longest HALE60.

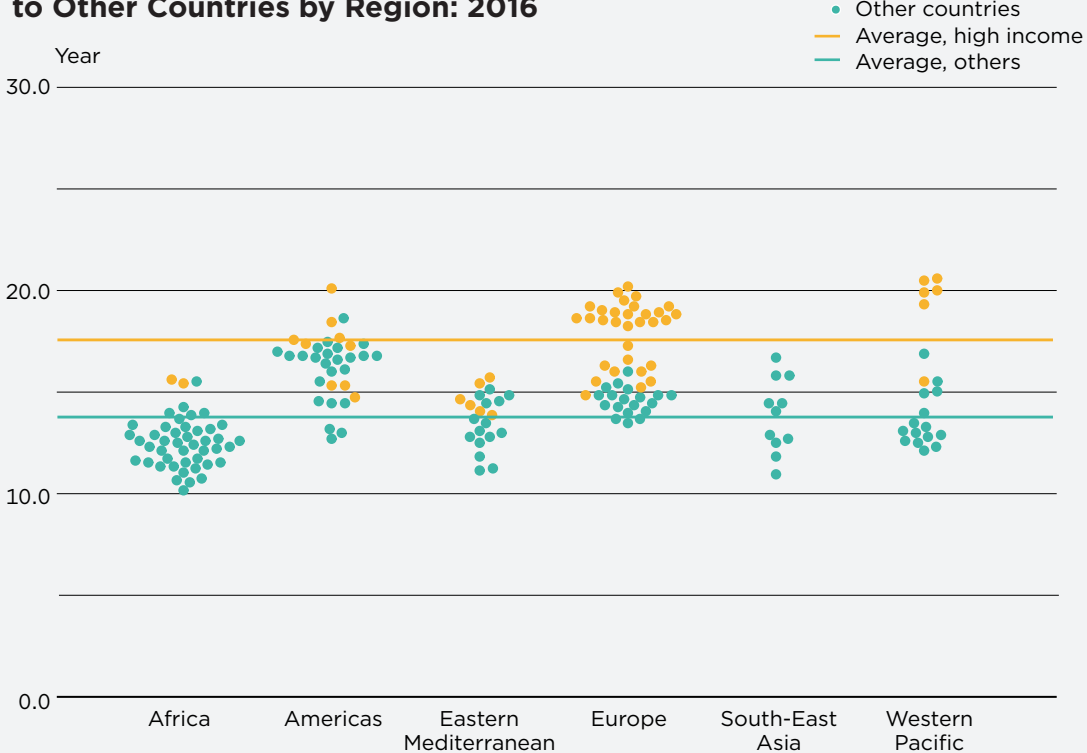
The initial regional differences in HALE become closer when HI countries are not included, although Africa still lags.

With the clear differences between HI and other countries, in all further sections, HI countries from each region are aggregated into a separate category of global HI countries.

HALE60 by National Income Level: 2016



HALE60 for High Income Countries Compared to Other Countries by Region: 2016



PROFILES



Nicaragua and Saudi Arabia

There are exceptions. Nicaragua (LMI) has achieved similar LE60 and HALE60 as HI countries, while Saudi Arabia (HI) had relatively low scores for both indicators.

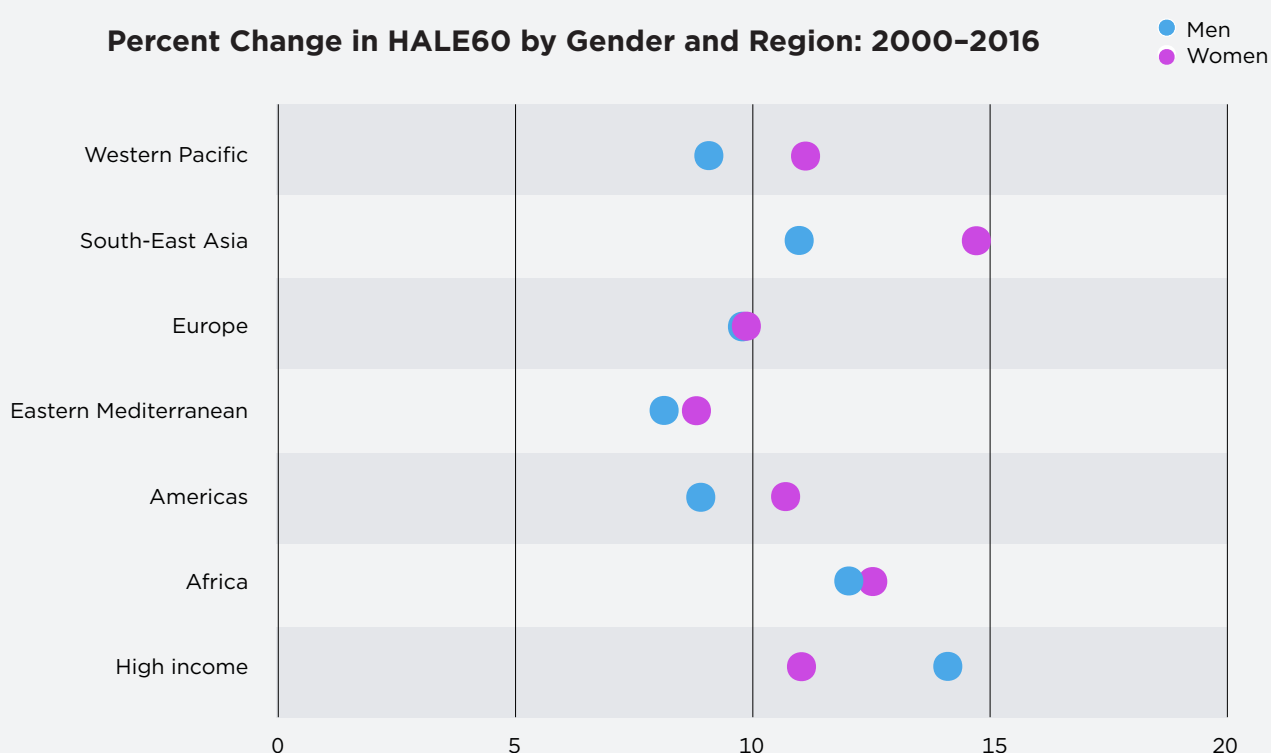


3 Gender

Regional gains in HALE60 varied by gender, although gains for women typically exceeded gains for men, with South-East Asia leading the improvement for women and Europe leading for men.

Once HI countries in each region were separated out, older women improved more strongly than men in every region, and South-East Asia remained the leader. In contrast, older men in HI countries had greater gains than older women.

Percent Change in HALE60 by Gender and Region: 2000–2016



PROFILES



Zimbabwe and Rwanda

Zimbabwe (LMI) and Rwanda (LI), both in Africa, were among the countries that made the greatest strides at HALE60 gain during the 2000 to 2016 period. Zimbabwean men and Rwandan women were the leaders for each gender.

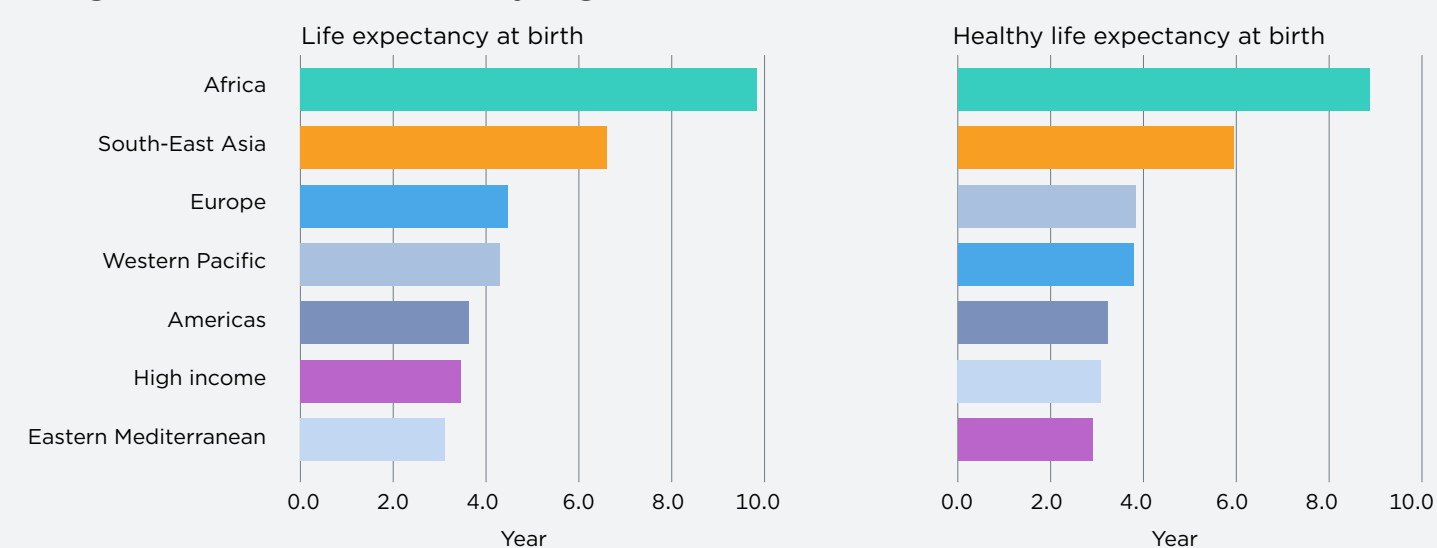


4 Change Over Time

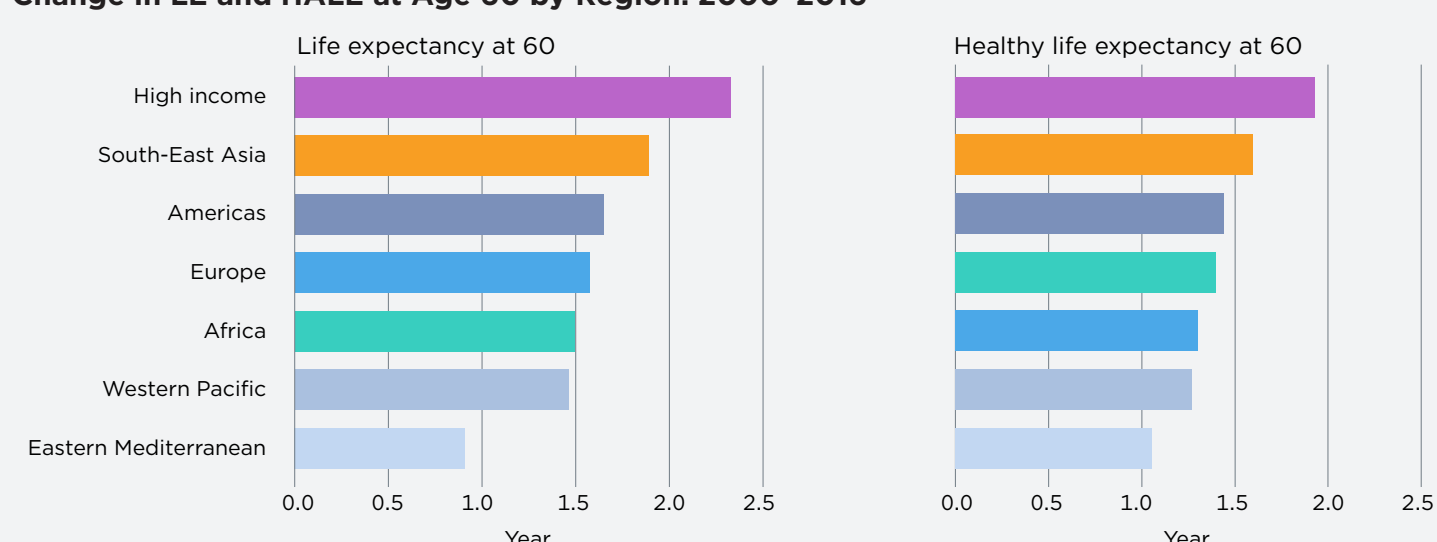
From 2000 to 2016, all regions have made improvements in LE and HALE at birth (LE0 and HALE0) and at age 60.

While Africa grew at the fastest rates and HI countries slowest in LE0 and HALE0, the HI countries were the clear leader in gains of LE60 and HALE60. South-East Asia consistently ranked among the top regions across all four indicators, and Eastern Mediterranean at or near the bottom.

Change in LE and HALE at Birth by Region: 2000–2016



Change in LE and HALE at Age 60 by Region: 2000–2016



PROFILES



United States and Ethiopia

For the United States (HI), all indicators are relatively strong but they only achieved a small percentage from 2000 to 2016. Ethiopia (LI) has achieved large gains and has one of the longest LE60 and HALE60 among African countries.

