

Life Expectancy 2015-2017

Introduction

National Records of Scotland (NRS) publish Life Expectancy for Areas within Scotland on an annual basis. The publication includes life expectancy estimates for council areas, NHS Board areas and Scottish Parliamentary constituencies.

Life expectancy refers to the number of years that a person could expect to survive if the current mortality rates for each age group, sex and geographic area remain constant throughout their life. This is referred to as 'period life expectancy' and does not usually reflect the actual number of years a person will survive. This is because it does not take into account changes in health care and other social factors that may occur through someone's lifetime. However, life expectancy is a useful statistic as it provides a snapshot of the health of a population and allows the identification of inequalities between populations.

Methodology

Life expectancy figures are produced by aggregating deaths and population data for a three year period, usually the three years prior to publication. Three years of data are needed to provide large enough numbers to ensure that the figures published are sufficiently robust. It is important to note that life expectancy is an estimate which is subject to a margin of error. Further information on the methodology can be found on the National Records of Scotland website <https://www.nrscotland.gov.uk/statistics-and-data/statistics/statistics-by-theme/life-expectancy/life-expectancy-in-scottish-areas>.

Life Expectancy in Scotland

In 2015 to 2017 Scottish life expectancy at birth was 77.0 years for males and 81.1 years for females. Since 1980 to 1982 male life expectancy has increased by 7.9 years and female life expectancy has increased by 5.8 years. In recent years, however, increases in life expectancy have stalled. Since 2012 to 2014, Scottish life expectancy has remained virtually unchanged and between 2014 to 2016 and 2015 to 2017, both males and females have seen a decrease of around 0.1 years.

Scotland's life expectancy has been consistently lower than the other UK constituent countries and also lower than all of the countries in the 'EU 15' group since 1999 to 2001. This is especially pronounced for females. In 2015-2017, the country with the highest male life expectancy at birth was Italy (81.0 years) and the country with the highest female life expectancy was Spain (86.3 years). These figures were higher than Scottish life expectancy by 4.0 years for males and 5.2 years for females. Several other European countries have also experienced a recent slowdown in life expectancy, although many others have not.

Life Expectancy in Council Areas

Life expectancy at birth varies widely across local areas in Scotland. East Dunbartonshire has the second highest life expectancy for both males (80.1 years) and females (83.3years). For both males and females, the highest average life expectancy was in East Renfrewshire and the lowest was in Glasgow City. Life expectancy in East Renfrewshire was 80.5 years for males and 83.7 years for females. In Glasgow City, life expectancy was 73.3 years for males and 78.7 years for females.

In all council areas, female life expectancy was greater than that of males, apart from in Orkney Islands. The council area with the largest difference between males and females was Na h-Eileanan Siar where female life expectancy was 6 years higher than for males.

Change in Life Expectancy Over Time

Female and male life expectancy at birth has increased over the last ten years in all of Scotland's Council areas. In East Dunbartonshire male life expectancy has increased by 2.1 years and by 1.1 years for females over the last ten years. The increase over ten years was greater for males than for females in all council areas other than Argyll and Bute and Highland where it was greater for females and Midlothian where both males and female life expectancy increased by 1.9 years.

The table below shows life expectancy for males and females in East Dunbartonshire and Scotland over the past few years. The 2015-17 figures show that life expectancy for males in East Dunbartonshire was 80.1 years, 3.1 years longer than Scotland, and female life expectancy was 83.3 years, 2.2 years longer than Scotland as a whole. Male life expectancy in East Dunbartonshire remained unchanged between 2014-16 and 2015-17. Between 2014-16 and 2015-17 female life expectancy decreased slightly.

| Life Expectancy | | | | | | |
|---------------------|------------|------------|------------|------------|------------|------------|
| | Males | | | Females | | |
| | 2013-2015 | 2014-2016 | 2015-2017 | 2013-2015 | 2014-2016 | 2015-2017 |
| Scotland | 77.1 years | 77.1 years | 77.0 years | 81.1 years | 81.1 years | 81.1 years |
| East Dunbartonshire | 80.5 years | 80.1 years | 80.1 years | 83.5 years | 83.5 years | 83.3 years |

Life Expectancy at Birth by Deprivation

The Scottish Index of Multiple Deprivation (SIMD) ranks data zones using 38 indicators of deprivation from most deprived to least deprived across Scotland. SIMD 2016, the most recent version of SIMD, is used when analysing life expectancy by deprivation. In order to calculate figures for council areas, NRS pool five years of data and use SIMD quintiles rather than deciles. In spite of this, caution should be exercised in interpreting this data especially for smaller council areas, as the confidence intervals are very large.

There is a strong relationship between deprivation and life expectancy with people living in more deprived areas expected to have shorter lives. Life expectancy for males born in 2015 to 2017 in decile one (10% most deprived) was 69.7 years, 13 years lower than decile ten (10% least deprived) where males could expect to live on average 82.7 years. Life expectancy for females born in decile

one was 75.7 years, 9.6 years lower than females born in decile ten where females had an average life expectancy of 85.3 years.

In East Dunbartonshire life expectancy for males in quintile 1 (20% most deprived) was 75.5 years, 7.8 years lower than males born in quintile 5 (20% least deprived) where males had a life expectancy of 83.3 years. Females in quintile 1 had a life expectancy of 79.0 years compared to 86.1 years for females in quintile 5.

Further Information

Further information, along with the full publication of Life Expectancy for Areas within Scotland can be found by visiting the National Records of Scotland website (www.nrscotland.gov.uk).