

Life Expectancy 2018-2020

Summary Statistics

Life Expectancy	Males 2015-2017	Males 2016-2018	Males 2018-2020	Females 2015-2017	Females 2016-2018	Females 2018-2020
Scotland	77.0 years	77.0 years	76.8 years	81.1 years	81.1 years	81.0 years
East Dunbartonshire	80.1 years	80.4 years	80.2 years	83.3 years	83.4 years	83.4 years

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

Period life expectancy is not an accurate prediction of how long a person born today will actually live, but it is a useful measure of population health at a point in time and is most useful for comparing trends over time, between areas of a country and with other countries.

Life expectancy in Scotland is calculated as a three year average, produced by combining deaths and population data for the three year period. Three years of data are needed to provide large enough numbers to make these figures accurate and to lessen the effect of very 'good' or 'bad' years. Further information on the methodology can be found on the [National Records of Scotland](http://www.nrscotland.gov.uk) website.

Life Expectancy in Scotland

In Scotland in 2018-20, life expectancy at birth was 76.8 years for males and 81.0 years for females. This is a decrease of around 0.3 years for males and 0.1 years for females since the 2017-19 estimates and represents the biggest annual decrease since the series began.

Life expectancy in Scotland has increased since the early 1980's but then remained virtually unchanged between 2012-14 and 2017-19. In the most recent year it has not dropped below the 2012-14 figure.

COVID-19 deaths accounted for the vast majority of the drop in life expectancy for both males and females. Drug-related deaths also had a negative impact on life expectancy for males.

Scotland has the lowest life expectancy at birth for all UK countries. Average life expectancy in the UK was 79.0 years for males and 82.9 years for females. Over the latest year, life expectancy has fallen in all UK countries.

Life Expectancy in Council Areas

The majority of Scotland's council areas have experienced a slow down or a stall in life expectancy growth since 2012-14 and many areas now have decreasing life expectancy with Inverclyde, Dundee City and South Ayrshire experiencing some of the biggest decreases.

East Dunbartonshire has the second highest life expectancy at birth in mainland Scotland for females, 83.4 years, and the highest life expectancy in mainland Scotland for males, 80.2 years. In contrast, life expectancy was lowest in Glasgow City, where females could expect to live for 78.3 years and males for 73.1 years. This represents 5.1 fewer years for females and 7.1 fewer years for males compared to East Dunbartonshire.

Change in Life Expectancy Over Time

For Scotland as a whole, between the estimate in 2000-02 and 2012-14, life expectancy increased on average 9.9 weeks a year for females and 16.3 weeks a year for males. In recent years however, the increase in life expectancy has slowed. Between 2012-14 and 2017-19, it increased by less than one week per year for both females and males. Between the 2017-19 and 2018-20 estimates, life expectancy has fallen by 17.6 weeks for males and 6.1 weeks for females.

Over the period between 2001-03 and 2018-20, female life expectancy at birth in East Dunbartonshire has risen by 3.7%. This is the 2nd highest percentage change out of all 32 council areas in Scotland and this is higher than the percentage change for Scotland overall (+2.7%). Over the same period, male life expectancy at birth in East Dunbartonshire has risen by 3.9%. This is the 19th highest percentage change out of all 32 council areas in Scotland and this is lower than the percentage change for Scotland overall (+4.5%).

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).