Healthy Life Years in 2023

29.11.2024

⇧ 1.2 years

Increase in healthy life years for men compared to last year

In 2023, the healthy life years was 61.3 years for men and 64.6 years for women, which means an increase of 1.2 years for men and 0.9 years for women compared to 2022.

Increasing healthy life expectancy is one of the main goals of health policy in many countries. If healthy life expectancy increases faster than life expectancy, it means that people experience good health for an increasing part of their lives. Healthy Life Years, HLY (Disability Free Life Expectancy, DFLE) is a coefficient showing the health situation of the population, calculated on the basis of life tables and subjectively perceived disability.[1] The HLY_x value is interpreted as the predicted average number of years a person aged x will live without a disability, provided that the current conditions of mortality and loss of health of the population will remain at the current level.

The difference in healthy life expectancy at birth (HLY_0) between the sexes in 2023 was 3.3 years in favor of women. This value decreases with the years survived. For people aged 50, it was 2.1 years, and for people aged 65 years it was only 1 year. For comparison, the difference in life expectancy at birth (e_0) in the same year was 7.3 years.

The healthy life expectancy rate is higher for women than for men

In the analysis of healthy life expectancy (HLY_x) it is also important to take into account life expectancy (e_x) to determine what part of life is free from disability (Chart 1). This allows, among other things, to determine what part of life is free from disability. From 2009 to 2023, the HLY_0 level has changed proportionally to the average life expectancy (e_0), for men constituting from 79.9% to 82.3% of e_0, and for women from 76.2% to 79.2% of e_0.[2, 3] This means that although men are expected to live shorter, they will survive bigger part of their lives without a disability.

Males are expected to survive bigger share of their lives without a disability

The difference between the values of HLY_0 rate for urban and rural residents has changed dynamically since 2009. The highest was in the years 2009-2011 (at the level of approximately 1.5 years, with the highest being 1.8 in 2010 for men), later it decreased rapidly (in the years 2012-2015). In 2023, the HLY_0 for men in urban areas was 61.3 and in rural areas 61.1 years, while for women it was 64.6 and 64.4 years, respectively (Table 1). There was a noticeable increase in HLY_0 rate (approximately by 1 year) compared to 2022 for both people living in urban and rural areas.

In 2023, inhabitants living in rural areas had a shorter healthy life expectancy than urban inhabitants

[1] Disability rates are estimated on the basis of information on the degree of disability limitation obtained from the EU-Statistics on Income and Living Conditions Survey (EU-SILC).

[2] Góral-Radziszewska, K., Waśkiewicz, K., Potyra, M. and Kuczyńska, K. (2020). *Healthy Life Years in Poland in 2009–2019,* Warsaw, Statistics Poland, https://stat.gov.pl/en/topics/population/life-expectancy/healthy-life-years-in-poland-in-20092019,3,1.html

[3] Statistics Poland, *Healthy Life Years in 2022 (in polish)* [News releases], Warsaw 2023, https://stat.gov.pl/en/topics/population/life-expectancy/healthy-life-years-in-poland-in-2022,5,1.html

Chart 1. Life expectancy (e_0) and healthy life years (HLY_0) at birth in Poland in 2009-2023

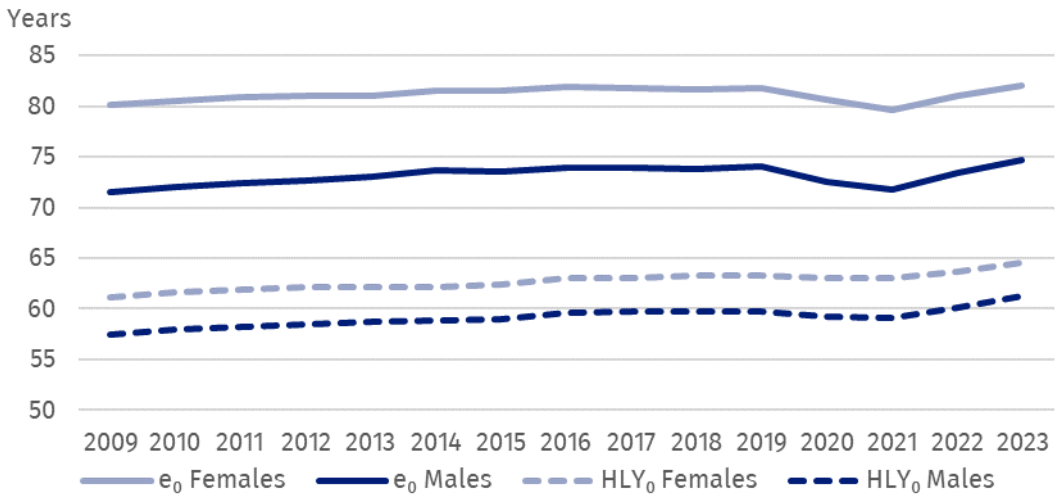


Table 1. Healthy life years (HLY_0) at birth and percentage of healthy life (HLY_0/e_0) in 2023

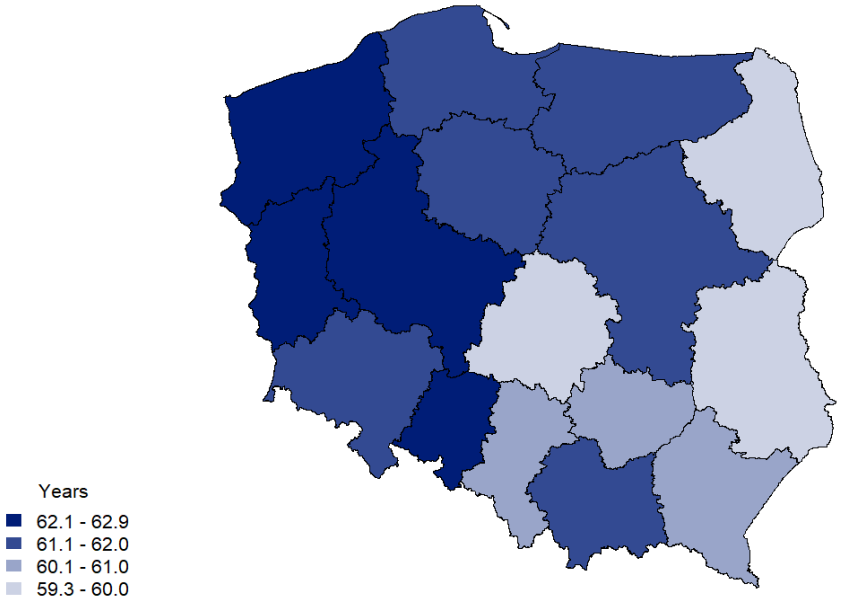
	Males		Females	
	Healthy life expectancy	Healthy life proportion [%]	Healthy life expectancy	Healthy life proportion [%]
Poland total	**61.3**	**82.1**	**64.6**	**78.8**
Urban areas	61.3	81.7	64.6	78.9
Rural areas	61.1	82.3	64.4	78.4
Dolnośląskie	61.6	82.9	65.7	80.3
Kujawsko-pomorskie	61.1	82.4	64.3	79.1
Lubelskie	59.3	79.8	62.9	76.1
Lubuskie	62.5	84.4	66.2	81.2
Łódzkie	60.0	82.0	63.0	77.5
Małopolskie	61.8	81.1	65.0	78.3
Mazowieckie	61.7	82.5	65.1	79.2
Opolskie	62.3	82.7	66.0	80.2
Podkarpackie	60.1	79.0	63.2	75.6
Podlaskie	59.4	79.4	63.0	75.6
Pomorskie	61.6	81.9	64.6	78.8
Śląskie	60.8	81.9	64.1	79.1

	Males		Females	
	Healthy life expectancy	Healthy life proportion [%]	Healthy life expectancy	Healthy life proportion [%]
Świętokrzyskie	60.4	81.7	63.4	76.9
Warmińsko-mazurskie	61.0	82.5	64.5	78.9
Wielkopolskie	62.9	84.1	66.3	81.2
Zachodniopomorskie	62.5	84.3	66.1	81.2

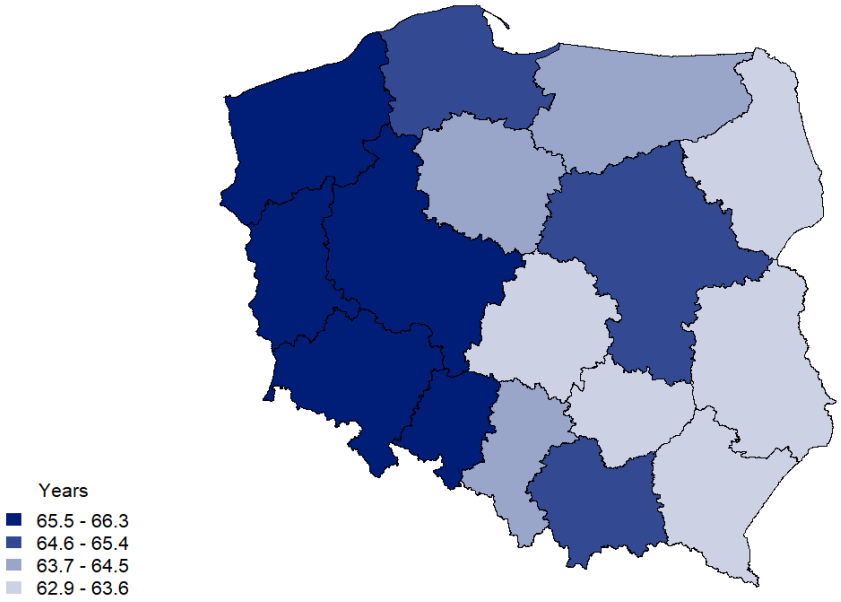
In 2023, the HLY_0 increased the most (an increase of over 1 year compared to 2022 for men in the voivodships: Opolskie (by 1.8 years), Mazowieckie (by 1.6 years), Dolnośląskie (by 1.5 years), Śląskie (by 1.3 years), Pomorskie (by 1.2 years), Warmińsko-mazurskie (by 1.2 years), Małopolskie (by 1.2 years) and Lubuskie (by 1.1 years), and for women in the Dolnośląskie (by 1.4 years), Opolskie (by 1.3 years), Warmińsko-mazurskie (by 1.2 years), Mazowieckie (by 1.2 years), Kujawsko-pomorskie (by 1.2 years), Lubuskie (by 1.1 years) and Pomorskie (by 1.1 years). It is worth noting that healthy life expectancy has increased for both women and men in all voivodships.

In Poland, there is a large spatial variability between voivodships in the healthy life expectancy rate. In 2023, the range between the extreme values of this indicator for men was 3.6 years. The longest healthy life expectancy for men (Table 1, Map 1) was recorded in the voivodships: Wielkopolskie (62.9 years), Lubuskie (62.5 years) and Zachodniopomorskie (62.5 years), while the shortest in: Lubelskie (59.3 years), Podlaskie (59.4 years) and Łódzkie (60 years). Among women, there is also a large spatial variability in HLY_0 rate and the range between the extreme values was 3.4 years. In this case (Table 1, Map 2), the longest healthy life expectancy was noted in the voivodships: Wielkopolskie (66.3 years), Lubuskie (66.2 years), Zachodniopomorskie (66.1 years) and Opolskie (66 years), in turn, the shortest in the voivodships: Lubelskie (62.9 years), Podlaskie (63 years), Łódzkie (63 years) and Podkarpackie (63.2 years).

Map 1. Healthy life years (HLY_0) for males at birth in 2023 by voivodships



Map 2. Healthy life years (HLY_0) for females at birth in 2023 by voivodships



In the voivodships of western Poland, and especially in the north-west, the proportion of healthy life expectancy at birth (HLY_0) to the average life expectancy (e_0) is higher than in the voivodships located in the east of the country.

The inhabitants of western Poland spend most of their lives without disabilities compared to inhabitants of eastern Poland

In case of men, the voivodships characterized by both low life expectancy and low healthy life expectancy are: Łódzkie, Świętokrzyskie and Warmińsko-mazurskie. In the Mazowieckie and Dolnośląskie voivodships, the values of both indicators were close to the national level. The Wielkopolskie and Opolskie voivodships were the only voivodships in the case of men where both indicators reached a high level. Also noteworthy are the Zachodniopomorskie and Lubuskie voivodships, where, despite low life expectancy, relatively high healthy life expectancy was recorded.

In case of women, the following voivodships were characterized by low levels of both pa-rameters: Łódzkie, Kujawsko-pomorskie and Śląskie. In the Pomrskie voivodeship, these parameters were the same as for the national level. The voivodships in which both life expectancy and healthy life expectancy exceeded the national level were Opolskie, Ma-zowieckie and Małopolskie. Wielkopolskie, Lubuskie and Zachodniopomorskie voivodeships are worthy of attention, because, despite the low life expectancy, there was a high healthy life expectancy rate, clearly exceeding the national level.

Additional tables are included in the Excel files attached to this study.

When quoting Statistics Poland data, please provide the information: “Source of data: Statis-tics Poland”, and when publishing calculations made on data published by Statistics Poland, please include the following disclaimer: “Own study based on figures from Statistics Poland”.

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Related information

Healthy Life Years in Poland in 2009–2019

Healthy Life Years in 2022

Life expectancy of Poland in 2023

Data available in databases

Local Data Bank (BDL)

Knowledge Databases (DBW)

Terms used in official statistics

Healthy life expectancy for people aged x years (HLY_x)

Percentage of healthy life expectancy [%]

Life expectancy at age x