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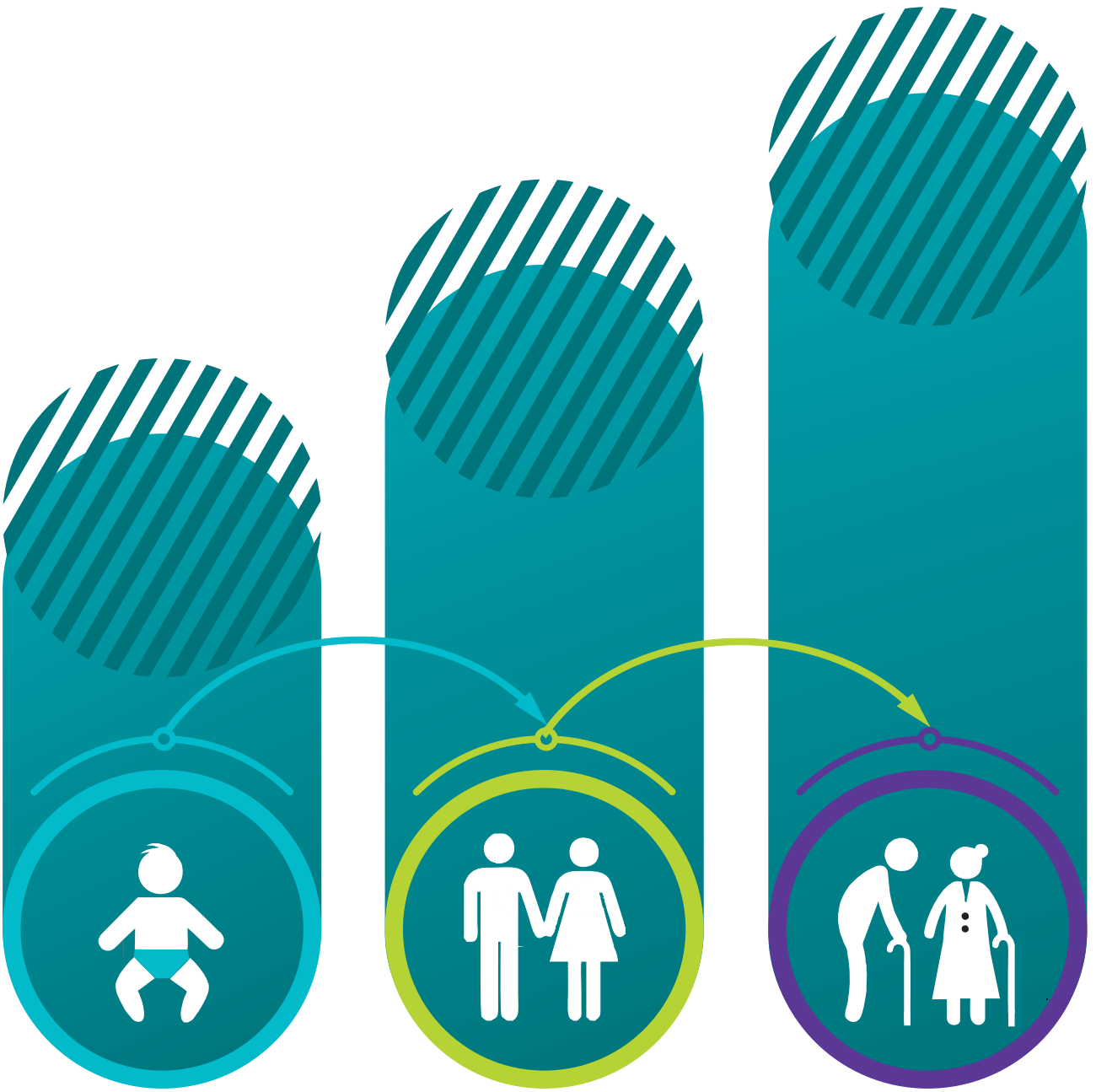

Life expectancy in Poland 2025

Warsaw 2026

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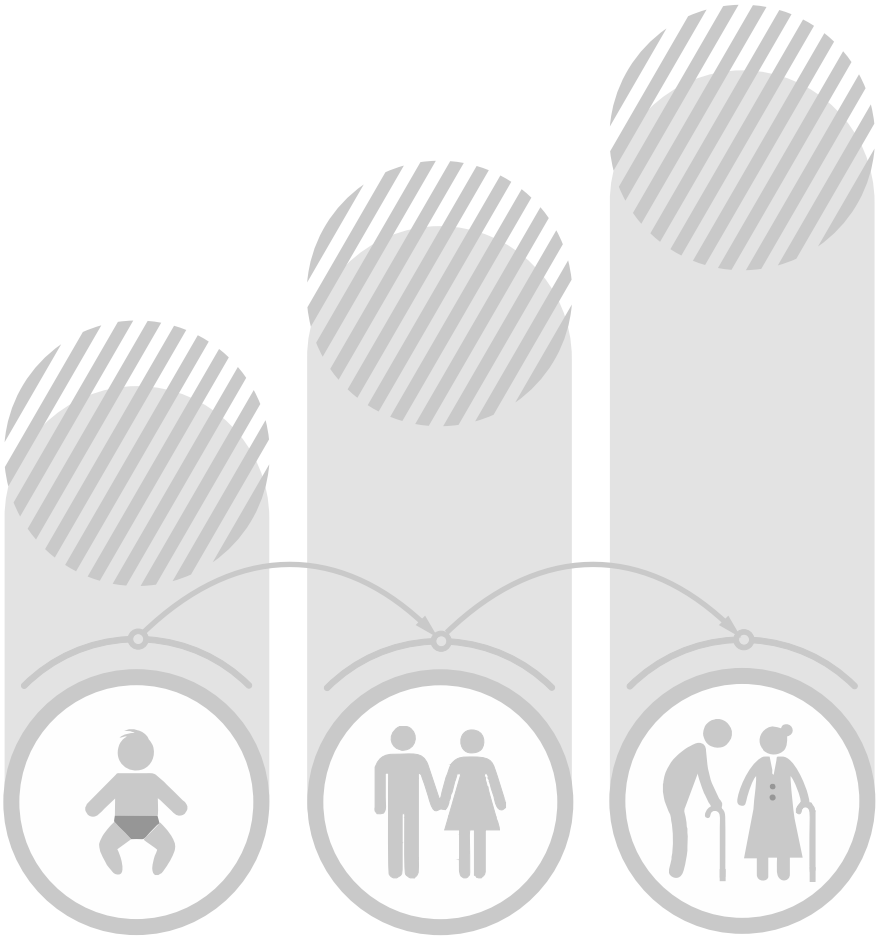

Life expectancy in Poland 2025

Główny Urząd Statystyczny Statistics Poland

Warsaw 2026

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Preface

We are pleased to present another edition of Statistics Poland's publication on life tables, one of the fundamental tools for analysing demographic processes.

The publication of life tables by Statistics Poland dates back to the 1950s. Initially, comprehensive studies in this field were released every five years. In the early 1970s, abridged life tables, compiled using a different statistical methodology, began to be published alongside the subsequent editions. Since 1995, complete life tables have been published annually. Between 2012 and 2021, the calculations were based on population size and structure estimates derived from the results of the 2011 National Population and Housing Census. Since 2022, they have been based on population estimates developed from the results of the 2021 National Population and Housing Census.

The publication is divided into three complementary parts. The first presents an analysis of mortality and life expectancy, together with an overview of changes observed between 1960 and 2025. The second provides methodological notes on the construction of life tables, supporting the proper interpretation of the results presented. The final part contains detailed statistical tables, including data broken down by voivodeships and subregions.

We warmly invite readers to share their comments and suggestions. Your feedback is invaluable in helping us further develop this area of research and enhance the content and presentation of future editions of the publication.

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Warsaw, July 2026

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Chapter 1. Introduction

Life expectancy is widely recognized as a measure used to determine pension entitlements. However, its application in the social sciences extends far beyond this purpose. Annual life expectancy enables the analysis of temporal trends as well as comparisons between countries and regions. It is a synthetic indicator of population health that is strongly associated with the living conditions prevailing in a given area. For example, life expectancy is substantially lower in less developed countries than in more developed ones. Consequently, it is used, among others, as a component of the Human Development Index (HDI), a composite measure that reflects the level of development of a country or region (UN, 2025).

In addition, in recent decades a development of various indicators derived from life expectancy has been observed. One example is Healthy Life Years (HLY), defined as life expectancy in good health – free from disease or disability, which has been systematically reported for many years (Góral-Radziszewska et al., 2020; Weber and Loichinger, 2022; Solomon and Others, 2013; Stiefel et al., 2010). Population ageing has also been analysed using alternative measures that incorporate life expectancy (Abramowska-Kmon, 2011; Kotowska et al., 2020; Lutz, Sanderson and Scherbov, 2008; Sanderson and Scherbov, 2010, 2020).

Life expectancy is a parameter of life tables which constitute a theoretical model illustrating the mortality process of a hypothetical cohort (Chiang, 1972; Denton and Spencer, 2011). This model is based on the concept of a stationary population, that is, a closed population (without migration) characterized by a constant number of births and a fixed age-specific pattern of mortality (Holzer, 2003). The age-specific mortality pattern is derived from the observed age-specific mortality rates for a given period, which are converted into probabilities of death. Consequently, the model describes the mortality process of a hypothetical cohort (typically consisting of 100,000 individuals), assuming that the age-specific probabilities of death remain constant throughout the lifetime of the cohort, until the death of its last member. In life tables, the age-specific probabilities of death and the hypothetical number of births (typically 100,000 individuals) serve as input variables. The remaining life table elements, including the number of survivors, the number of deaths, and life expectancy, are subsequently derived using established mathematical procedures. The best-known life table measure is the life expectancy at age x, denoted by e_x, which represents the average number of additional years a person aged x (completed years) is expected to live under the mortality conditions observed in a given year. In particular, e_0 i.e. life expectancy at birth indicates the average number of years that newborns in a given year would be expected to live if the age-specific mortality rates observed in that year remained unchanged throughout their lifetime.

These assumptions make it possible to eliminate the influence of the population's age structure in the analyzed year, thereby ensuring comparability across populations and over time. It should be emphasized that both life expectancy at birth and life expectancy at a given age (e.g. 65 years) are theoretical measures. In reality, the average duration of life of successive birth cohorts differs because mortality conditions change over time. In order to estimate the actual life expectancy of a given cohort, long-term observation and the collection of mortality data would be required until the cohort has become extinct.

Chapter 2. Life expectancy in Poland

2.1. Life expectancy at birth

In 2025, life expectancy at birth in Poland was 75.37 years for males and 82.48 years for females. Compared with 2024, it increased by 0.4 years for men and 0.2 years for women. Relative to 1990, life expectancy at birth increased by 9.2 years for males and 7.3 years for females (Table 1, Chart 1).

> In 2025, life expectancy at birth (e_0) for males in Poland was 75.37 years. This means that if the mortality conditions observed in 2025 were to remain unchanged throughout the lifetime of a boy born in that year, he would be expected to live, on average, to the age of 75.37 years. It should be emphasized that, according to the life table methodology, the values of e_x – representing the average remaining life expectancy at age x, are calculated using the probabilities of death for individuals aged x years and older.
>
> Accordingly, the 2025 life tables indicate that the remaining life expectancy of a 30-year-old man is 46.27 years. Thus, he would be expected to live, on average, to the age of 76.27 years, which is 0.9 years longer than a boy born in 2025. Similarly, the remaining life expectancy of a 60-year-old man is 20.04 years, implying an lifespan of 80.04 years. This difference arises because mortality experienced before the specified age is excluded from the calculation. In other words, the values of e_x represent the expected remaining years of life conditional on survival to age x.

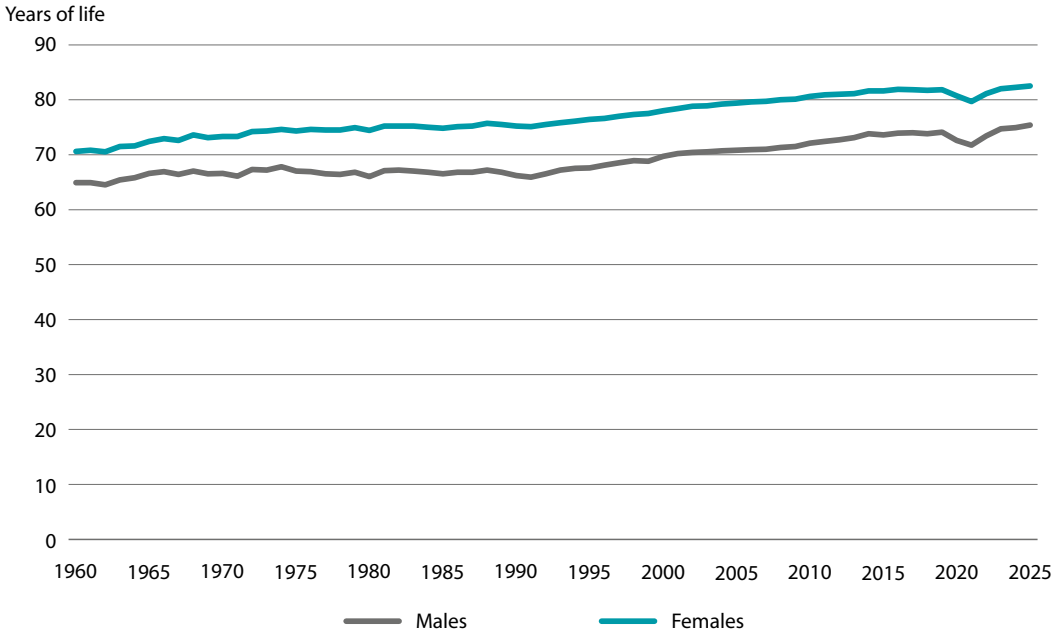
In 1960, life expectancy at birth was approximately 65 years for males and nearly 71 years for females. During the 1960s, mortality declined rapidly, resulting in a substantial increase in life expectancy. Over the following two decades, however, life expectancy among men remained largely unchanged and even declined slightly in some years, whereas among women it increased by approximately two years.

Between 1991 and 2019, life expectancy at birth increased by 8.2 years for males and 6.7 years for females (Table 1, Chart 1). This substantial improvement was initially largely driven by a marked decline in infant mortality, followed by a reduction in mortality among adults and older individuals. The infant mortality rate decreased from 19.4 deaths per 1,000 live births in 1990 to 3.9 in 2019. Consequently, by 2019, life expectancy was approximately 9 years higher for men and 11 years higher for women than in 1960.

The COVID-19 pandemic and the associated increase in mortality led to a sharp decline in life expectancy. Between 2019 and 2021, life expectancy decreased by 2.3 years for males and 2.1 years for females. The trend reversed in 2022, when life expectancy increased by 1.7 years for men and 1.4 years for women compared with 2021. Nevertheless, it remained 0.7 years below the 2019 level for both sexes. In 2023, life expectancy increased further, reaching 74.65 years for males and 81.99 years for females, thereby exceeding the pre-pandemic levels.

Life expectancy continued to improve in the following years, increasing by 0.3 years for both sexes in 2024 and by a further 0.4 years for men and 0.2 years for women in 2025. These increases indicate that the pace of improvement in life expectancy has returned to a level comparable to that observed before the COVID-19 pandemic.

Chart 1. Life expectancy at birth in the years 1960-2025 in Poland by sex



2.2. Life expectancy at age 60

In 2025, the remaining life expectancy at age 60 (e_{60}) in Poland was 20 years for males and 24.7 years for females. Compared with 2024, it increased by 0.2 years for both sexes. Relative to 1990, life expectancy at age 60 increased by 4.7 years for both males and females (Table 1, Chart 2).

It should be noted that changes in e_{60} between 1960 and 1990 were relatively small. Over this period, remaining life expectancy at age 60 increased by 1.3 years for females, while it decreased by 0.7 years for males. A substantial improvement has been observed only since 1991, reflecting declining age-specific mortality rates among individuals aged 60 years and older. As a result, the life expectancy at age 60 has increased markedly over the past three decades.

Chart 2. Life expectancy at age 60 in the years 1960-2025 in Poland

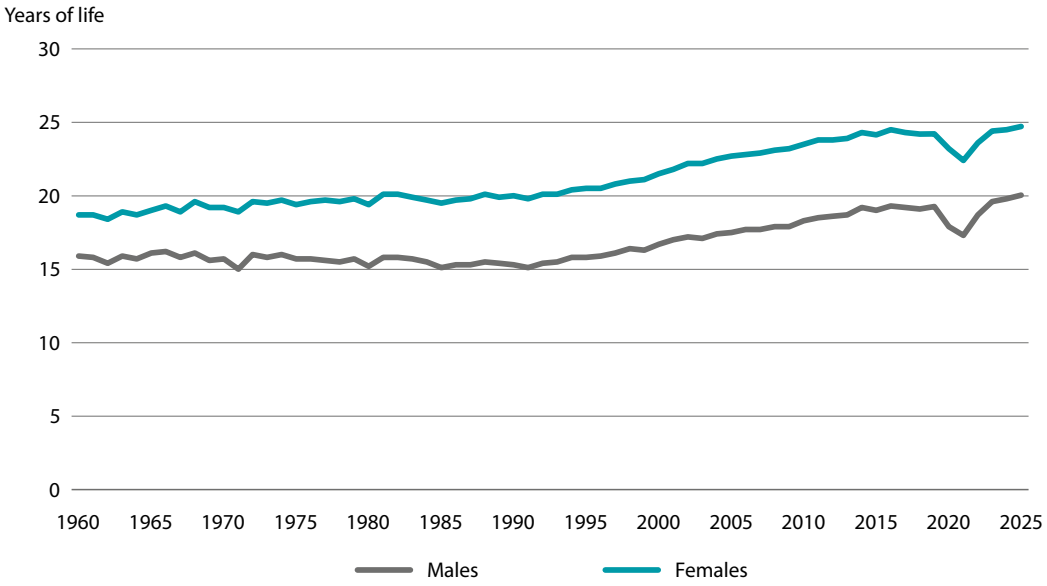


Table 1. Life expectancy in Poland in 1960-2025

Years	Males						Females					
	by age											
	0	15	30	45	60	75	0	15	30	45	60	75
1960	64.9	55.0	41.1	27.7	15.9	7.5	70.6	59.9	45.5	31.6	18.7	8.6
1961	64.9	54.8	41.0	27.6	15.8	7.7	70.8	60.0	45.6	31.6	18.7	8.7
1962	64.5	54.4	40.6	27.3	15.4	7.3	70.5	59.7	45.3	31.3	18.4	8.4
1963	65.4	55.0	41.2	27.8	15.9	7.5	71.5	60.3	45.8	31.9	18.9	8.8
1964	65.8	55.1	41.2	27.7	15.7	7.4	71.6	60.3	45.8	31.7	18.7	8.6
1965	66.6	55.5	41.5	28.1	16.1	7.7	72.4	60.6	46.1	32.1	19.0	8.8
1966	66.9	55.6	41.6	28.2	16.2	7.8	72.9	60.9	46.4	32.3	19.3	8.9
1967	66.4	55.1	41.1	27.7	15.8	7.4	72.6	60.6	46.0	31.9	18.9	8.5
1968	67.0	55.3	41.4	27.9	16.1	7.9	73.6	61.3	46.7	32.6	19.6	9.4
1969	66.5	54.8	40.8	27.4	15.6	7.6	73.1	60.8	46.3	32.1	19.2	8.9
1970	66.6	54.8	40.9	27.5	15.7	7.6	73.3	61.0	46.5	32.3	19.2	8.9
1971	66.1	54.0	40.1	26.8	15.0	6.8	73.3	60.6	46.1	31.9	18.9	8.5
1972	67.3	55.1	41.2	27.8	16.0	7.6	74.2	61.5	46.9	32.7	19.6	9.0
1973	67.2	54.8	40.8	27.5	15.8	7.3	74.3	61.4	46.8	32.6	19.5	8.9
1974	67.8	55.2	41.1	27.7	16.0	7.5	74.6	61.6	47.0	32.8	19.7	9.0
1975	67.0	54.5	40.6	27.3	15.7	7.2	74.3	61.3	46.7	32.5	19.4	8.7
1976	66.9	54.3	40.3	27.1	15.7	7.3	74.6	61.5	46.9	32.7	19.6	9.0
1977	66.5	53.9	40.1	26.9	15.6	7.2	74.5	61.5	46.9	32.7	19.7	9.0
1978	66.4	53.7	39.8	26.7	15.5	7.1	74.5	61.4	46.8	32.6	19.6	8.8
1979	66.8	54.0	40.1	26.9	15.7	7.3	74.9	61.6	47.1	32.8	19.8	9.1
1980	66.0	53.1	39.2	26.2	15.2	6.9	74.4	61.2	46.5	32.4	19.4	8.8
1981	67.1	54.2	40.3	27.0	15.8	7.5	75.2	61.9	47.3	33.1	20.1	9.4

Table 1. Life expectancy in Poland in 1960-2025 (cont.)

Years	Males						Females					
	by age											
	0	15	30	45	60	75	0	15	30	45	60	75
1982	67.2	54.3	40.3	27.1	15.8	7.5	75.2	61.9	47.3	33.1	20.1	9.4
1983	67.0	54.0	40.0	26.8	15.7	7.4	75.2	61.8	47.2	32.9	19.9	9.3
1984	66.8	53.7	39.7	26.5	15.5	7.3	75.0	61.5	46.9	32.7	19.7	9.1
1985	66.5	53.3	39.2	26.0	15.1	7.0	74.8	61.3	46.7	32.5	19.5	9.0
1986	66.8	53.4	39.4	26.1	15.3	7.3	75.1	61.5	46.9	32.7	19.7	9.2
1987	66.8	53.5	39.4	26.1	15.3	7.3	75.2	61.6	46.9	32.7	19.8	9.3
1988	67.2	53.7	39.6	26.4	15.5	7.5	75.7	61.9	47.2	33.0	20.1	9.5
1989	66.8	53.3	39.3	26.2	15.4	7.6	75.5	61.8	47.1	32.9	19.9	9.5
1990	66.2	53.1	39.1	26.1	15.3	7.5	75.2	61.8	47.2	33.0	20.0	9.5
1991	65.9	52.6	38.6	25.7	15.1	7.4	75.1	61.6	46.9	32.7	19.8	9.3
1992	66.5	53.1	39.1	26.1	15.4	7.7	75.5	61.9	47.3	33.1	20.1	9.5
1993	67.2	53.7	39.6	26.4	15.5	7.7	75.8	62.2	47.5	33.2	20.1	9.4
1994	67.5	53.9	39.9	26.7	15.8	7.8	76.1	62.4	47.7	33.5	20.4	9.6
1995	67.6	53.9	39.8	26.7	15.8	7.9	76.4	62.6	47.9	33.6	20.5	9.7
1996	68.1	54.3	40.2	26.9	15.9	7.9	76.6	62.7	48.0	33.7	20.5	9.7
1997	68.5	54.5	40.4	27.1	16.1	8.2	77.0	62.9	48.2	33.9	20.8	9.9
1998	68.9	54.8	40.7	27.4	16.4	8.4	77.3	63.2	48.5	34.2	21.0	10.0
1999	68.8	54.8	40.6	27.3	16.3	8.3	77.5	63.3	48.6	34.3	21.1	10.1
2000	69.7	55.6	41.4	27.9	16.7	8.6	78.0	63.8	49.0	34.7	21.5	10.4
2001	70.2	56.0	41.8	28.3	17.0	8.8	78.4	64.1	49.4	35.0	21.8	10.6
2002	70.4	56.2	42.0	28.5	17.2	8.8	78.8	64.5	49.8	35.4	22.2	10.8
2003	70.5	56.3	42.0	28.5	17.1	8.7	78.9	64.6	49.8	35.4	22.2	10.8
2004	70.7	56.4	42.1	28.6	17.4	8.9	79.2	64.9	50.1	35.7	22.5	11.0
2005	70.8	56.5	42.2	28.7	17.5	9.0	79.4	65.0	50.3	35.8	22.7	11.2
2006	70.9	56.6	42.3	28.8	17.7	9.1	79.6	65.2	50.5	36.0	22.8	11.3
2007	71.0	56.6	42.4	28.8	17.7	9.1	79.7	65.3	50.6	36.1	22.9	11.4
2008	71.3	56.9	42.6	29.1	17.9	9.2	80.0	65.5	50.8	36.3	23.1	11.5
2009	71.5	57.1	42.9	29.3	17.9	9.2	80.1	65.6	50.9	36.4	23.2	11.6
2010	72.1	57.6	43.3	29.7	18.3	9.5	80.6	66.1	51.3	36.8	23.5	11.9
2011	72.4	58.0	43.7	30.0	18.5	9.7	80.9	66.4	51.6	37.1	23.8	12.1
2012	72.7	58.2	43.9	30.2	18.6	9.7	81.0	66.5	51.7	37.1	23.8	12.2
2013	73.1	58.6	44.3	30.5	18.7	9.8	81.1	66.6	51.8	37.3	23.9	12.3
2014	73.8	59.2	44.9	31.0	19.2	10.1	81.6	67.1	52.3	37.7	24.3	12.6
2015	73.6	59.0	44.7	30.8	19.0	10.0	81.6	67.0	52.2	37.6	24.1	12.5
2016	73.9	59.4	45.0	31.2	19.3	10.3	81.9	67.3	52.5	38.0	24.5	12.8
2017	74.0	59.4	45.0	31.2	19.2	10.2	81.8	67.2	52.4	37.9	24.3	12.8
2018	73.8	59.3	44.9	31.1	19.1	10.2	81.7	67.1	52.3	37.7	24.2	12.7
2019	74.1	59.5	45.1	31.3	19.3	10.2	81.8	67.2	52.4	37.8	24.2	12.6
2020	72.6	58.0	43.6	29.9	17.9	9.2	80.7	66.1	51.3	36.8	23.2	11.9
2021	71.8	57.2	42.8	29.1	17.3	8.8	79.7	65.1	50.3	35.8	22.4	11.3

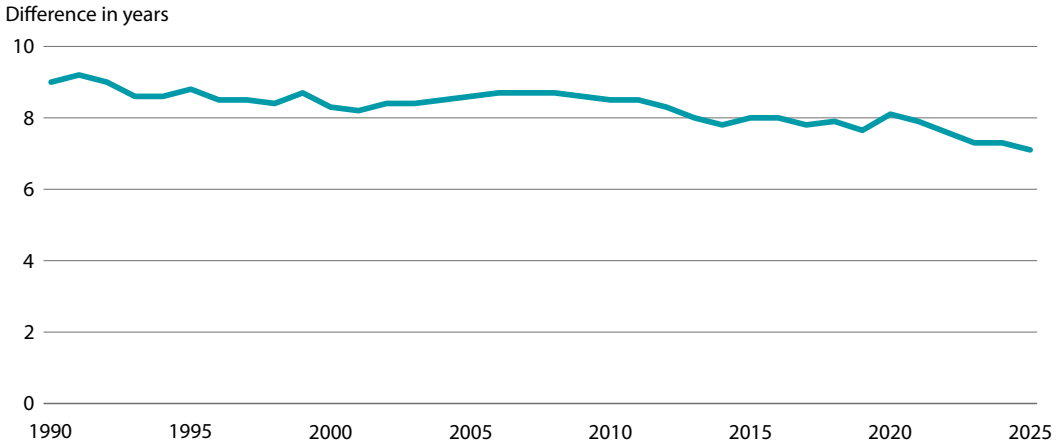
Table 1. Life expectancy in Poland in 1960-2025 (cont.)

Years	Males						Females					
	by age											
	0	15	30	45	60	75	0	15	30	45	60	75
2022	73.4	58.9	44.5	30.7	18.7	9.7	81.1	66.5	51.7	37.2	23.6	12.0
2023	74.7	60.1	45.7	31.9	19.6	10.3	82.0	67.4	52.6	38.1	24.4	12.6
2024	74.9	60.4	45.9	32.1	19.8	10.4	82.3	67.6	52.8	38.3	24.5	12.7
2025	**75.4**	**60.8**	**46.3**	**32.5**	**20.0**	**10.5**	**82.5**	**67.8**	**53.1**	**38.5**	**24.7**	**12.8**

2.3. Sex differences in life expectancy

As in other countries, life expectancy in Poland, , is lower for men than for women. However, it should be emphasized that this gender difference is much larger than in most other European countries. Between 1990 and 2025, the gap in life expectancy at birth narrowed from approximately 9 years to nearly 7 years (Chart 3).

Chart 3. Difference (in years) in life expectancy between women and men 1990-2025



Higher mortality among males than females is observed across almost all age groups. If the mortality conditions observed in 2025 were to remain unchanged throughout their lifetime, 0.6% of males born in that year (compared with 3.0% in 1990) and 0.5% of females (2.2% in 1990) would not survive to age 18. The sex difference becomes more pronounced with increasing age. According to the 2025 life tables, 4.6% of males and 1.8% of females would not survive to age 45 (compared with 10.7% and 4.7%, respectively, in 1990), while 41.6% of males and 21.4% of females would not survive to age 75 (compared with 63.9% and 37.5%, respectively, in 1990).

Chapter 3. Spatial variation in life expectancy

3.1. Differences between urban and rural areas

Men living in urban areas have a higher life expectancy than those living in rural areas, whereas the differences among women are negligible. In 2025, life expectancy at birth for males living in urban areas was 75.67 years, which was 0.8 years higher than that of males living in rural areas (Table 2). Between 1995 and 2025, this urban–rural difference ranged from 0.4 to 1.2 years.

Among females, life expectancy at birth in 2025 was also slightly higher in urban than in rural areas (82.50 and 82.39 years, respectively). However, the differences have been minimal for many years. In the early 1990s, life expectancy at birth was even slightly higher among women living in rural areas than among those in urban areas. This gap gradually narrowed and had disappeared by around 2010. Since then, life expectancy at birth has remained virtually identical in urban and rural areas.

Table 2. Life expectancy by urban and rural areas in selected years

Year	Male		Female	
	Urban	Rural	Urban	Rural
1990	66.2	66.2	74.9	75.8
1995	67.8	67.3	76.1	76.8
2000	70.0	69.4	77.8	78.4
2005	71.2	70.3	79.3	79.6
2010	72.6	71.4	80.6	80.7
2015	74.0	73.0	81.5	81.7
2019	74.5	73.4	81.7	81.8
2020	72.9	72.1	80.8	80.6
2024	75.1	74.7	82.3	82.2
2025	75.7	74.9	82.5	82.4

3.2. Life expectancy differences by voivodships

Between 1990 and 2019, life expectancy increased steadily in all voivodships. The largest gains among males were recorded in the Pomorskie, Zachodniopomorskie, Śląskie, Kujawsko-Pomorskie, Opolskie, and Warmińsko-Mazurskie voivodships, where life expectancy increased by at least 8 years over this period (Table 3). The smallest increase was observed in the Lubelskie and Świętokrzyskie voivodships (7.1 years). Among females, the greatest improvements were recorded in the Opolskie and Pomorskie voivodships (7.1 years), while the smallest increases occurred in the Warmińsko-Mazurskie and Lubelskie voivodships (6.0 years).

In 2020 and 2021, the COVID-19 pandemic resulted in a substantial decline in life expectancy across all voivodships for both males and females. Among males, the largest decrease relative to 2019 was recorded in the Warmińsko-Mazurskie voivodship (3.0 years), while the smallest decline occurred in the Wielkopolskie voivodship (0.9 years). Among females, the largest decrease was observed in the Lubelskie voivodship (2.9 years), and the smallest in the Opolskie voivodship (1.6 years).

In the subsequent two years, 2022 and 2023, life expectancy increased both nationwide and in every voivodship. In 2023, compared with the previous year, the largest increase among males was recorded in the Opolskie voivodship (1.7 years), while the smallest was observed in the Kujawsko-Pomorskie voivodship (0.8 years). Among females, the greatest increases occurred in the Lubuskie and Łódzkie voivodships (1.2 years), whereas the smallest were recorded in the Mazowieckie, Wielkopolskie, and Zachodniopomorskie

voivodships (0.7 years). Notably, by 2023, life expectancy for both males and females had exceeded the pre-pandemic (2019) level in almost all voivodships. The only exception was the Zachodniopomorskie voivodship, where life expectancy among males remained 0.2 years below the 2019 level, while among females it was 0.2 years higher.

In 2025, the difference between the voivodships with the highest and lowest life expectancy at birth was 3.2 years for males. The lowest life expectancy was recorded in the Łódzkie voivodship (73.89 years), whereas the highest was observed in the Podkarpackie voivodship (77.06 years). Among females, the corresponding regional difference was smaller, amounting to approximately 2.8 years. The shortest life expectancy was recorded in the Łódzkie voivodship (81.36 years), while the longest was observed in the Podkarpackie voivodship (84.17 years) (Table 3, Map 1).

Compared with 2024, life expectancy among males increased in all voivodships except Lubuskie (–0.05 years) and Opolskie (–0.02 years). The largest increases were observed in the Podkarpackie (1.1 years), Dolnośląskie (0.8 years), and Świętokrzyskie (0.7 years) voivodships. Among females, life expectancy increased in nearly all voivodships, with the exception of Kujawsko-Pomorskie (–0.32 years) and Łódzkie (–0.06 years). The greatest improvements were recorded in the Opolskie (0.7 years), Świętokrzyskie (0.6 years), and Warmińsko-Mazurskie (0.5 years) voivodships.

Lower life expectancy among males than among females was observed in every voivodship. In 2025, the largest sex difference was recorded in the Świętokrzyskie and Lubelskie voivodships (8.0 years), while the smallest difference was observed in the Pomorskie voivodship (6.3 years).

Map 1. Life expectancy at birth by voivodships in 2025

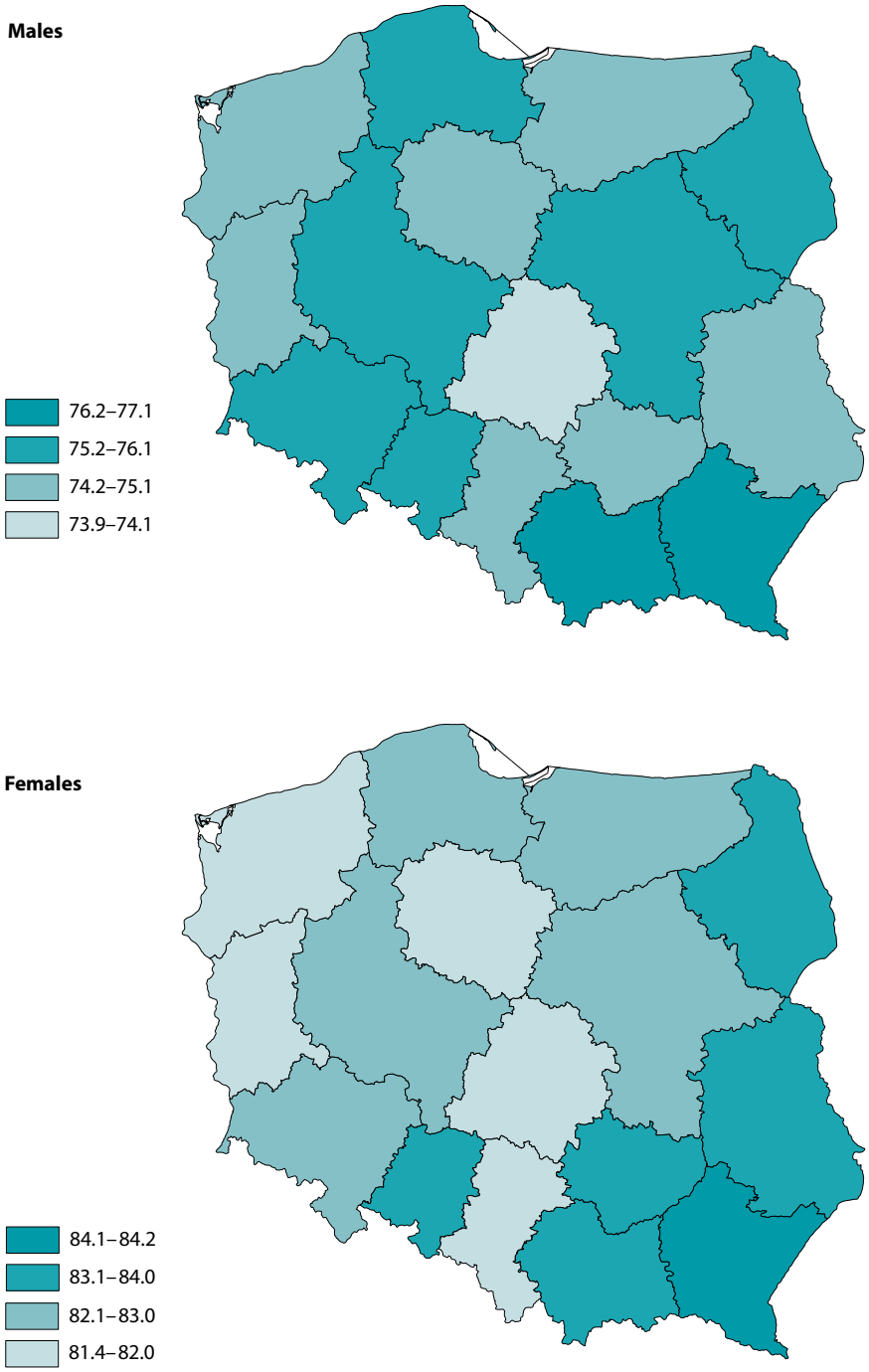


Table 3. Life expectancy at birth by voivodship in selected years

Voivodships	Males							Females						
	1990	2000	2010	2019	2020	2024	**2025**	1990	2000	2010	2019	2020	2024	**2025**
Total	**66.2**	**69.7**	**72.1**	**74.1**	**72.6**	**74.9**	**75.4**	**75.2**	**78.0**	**80.6**	**81.8**	**80.7**	**82.3**	**82.5**
Dolnośląskie	65.7	68.8	71.7	73.5	72.1	74.4	**75.2**	74.7	77.6	80.2	81.3	80.6	81.9	**82.1**
Kujawsko-pomorskie	65.7	69.6	71.4	73.7	72.4	74.5	**74.7**	74.6	77.5	79.8	81.0	80.4	82.0	**81.7**
Lubelskie	66.8	69.1	71.2	73.9	72.3	74.7	**75.1**	76.4	78.5	81.0	82.4	81.1	82.9	**83.1**
Lubuskie	65.2	69.2	71.5	72.9	71.8	74.3	**74.3**	74.6	77.4	80.1	81.0	80.0	81.8	**82.0**
Łódzkie	65.3	67.9	70.1	72.5	71.1	73.6	**73.9**	74.5	77.2	79.4	81.0	79.6	81.4	**81.4**
Małopolskie	68.0	71.3	73.7	75.3	73.8	76.3	**76.8**	76.3	78.8	81.4	82.7	81.6	83.3	**83.6**
Mazowieckie	66.6	69.8	72.6	74.3	72.8	75.3	**75.7**	75.9	78.6	81.0	82.1	80.9	82.5	**82.8**
Opolskie	66.5	70.7	73.0	74.5	73.0	75.2	**75.2**	74.9	78.2	80.4	82.0	81.0	82.4	**83.1**
Podkarpackie	68.0	71.2	73.7	75.4	73.7	75.9	**77.1**	76.4	79.0	81.8	83.2	81.8	83.7	**84.2**
Podlaskie	67.1	70.5	72.5	74.3	73.1	75.4	**75.9**	76.8	79.1	81.9	83.1	81.9	83.7	**83.7**
Pomorskie	66.0	70.6	73.0	74.8	73.3	75.4	**75.9**	74.7	78.1	80.8	81.8	81.2	82.2	**82.2**
Śląskie	65.8	69.6	71.6	73.8	72.3	74.7	**74.9**	74.2	77.2	79.7	80.8	80.0	81.4	**81.8**
Świętokrzyskie	66.7	70.5	71.8	73.8	72.0	74.4	**75.1**	76.0	78.6	80.9	82.2	80.9	82.5	**83.1**
Warmińsko-mazurskie	65.4	69.2	71.3	73.0	72.0	74.3	**74.6**	75.2	78.6	80.4	81.2	80.6	81.8	**82.4**
Wielkopolskie	65.8	69.7	72.5	74.3	72.8	74.9	**75.5**	74.9	77.5	80.5	81.5	80.5	82.0	**82.2**
Zachodniopomorskie	65.1	69.0	71.3	73.6	72.1	74.3	**74.6**	74.5	77.5	80.1	81.2	80.6	81.8	**82.0**
Urban areas	**66.2**	**70.0**	**72.6**	**74.5**	**72.9**	**75.1**	**75.7**	**74.9**	**77.8**	**80.6**	**81.7**	**80.8**	**82.3**	**82.5**
Dolnośląskie	65.9	69.2	72.1	73.7	72.3	74.4	**75.3**	74.5	77.5	80.2	81.4	80.9	82.0	**82.2**
Kujawsko-pomorskie	65.9	70.0	71.7	74.0	72.2	74.4	**74.6**	74.6	77.5	79.9	80.9	80.1	82.0	**81.8**
Lubelskie	67.1	70.0	72.7	75.1	73.5	75.7	**76.3**	76.4	78.5	80.8	82.6	81.1	82.9	**83.5**
Lubuskie	65.8	69.7	72.3	73.6	72.2	74.2	**74.5**	74.6	77.2	80.3	81.3	80.3	81.8	**82.5**
Łódzkie	64.9	67.8	70.3	73.0	71.3	73.4	**74.0**	74.0	76.7	79.2	80.7	79.6	81.0	**81.1**
Małopolskie	67.7	71.6	74.2	75.9	74.5	76.6	**77.3**	75.9	78.6	81.4	82.7	81.7	83.4	**83.6**
Mazowieckie	66.8	70.5	73.6	75.3	73.6	76.1	**76.6**	75.7	78.5	81.2	82.3	81.1	82.9	**83.2**
Opolskie	67.0	70.7	73.0	75.2	73.5	75.0	**75.4**	74.8	78.3	80.4	81.9	81.2	82.2	**83.2**
Podkarpackie	68.3	71.8	74.5	76.3	74.5	76.3	**77.4**	76.5	78.7	82.1	83.5	82.2	83.6	**84.3**
Podlaskie	66.5	70.9	73.5	75.3	73.5	76.3	**76.8**	76.4	78.8	82.2	83.3	82.0	83.9	**84.2**
Pomorskie	66.2	71.1	73.4	75.5	73.9	75.7	**76.6**	74.8	78.0	81.0	82.1	81.6	82.7	**82.6**
Śląskie	65.4	69.4	71.5	73.6	72.1	74.4	**74.7**	73.9	77.0	79.5	80.6	79.8	81.2	**81.6**
Świętokrzyskie	67.2	70.6	72.9	74.7	72.5	74.6	**75.5**	76.1	78.5	81.0	82.3	80.6	82.5	**83.1**
Warmińsko-mazurskie	66.0	70.3	72.2	73.7	72.4	74.3	**75.2**	75.3	78.6	80.4	81.6	81.0	82.0	**82.4**
Wielkopolskie	66.0	70.0	73.1	74.7	73.3	74.8	**75.7**	74.8	77.5	80.4	81.8	80.7	82.3	**82.2**
Zachodniopomorskie	65.9	69.5	72.1	73.9	72.6	74.8	**75.0**	74.4	77.4	80.3	81.5	80.7	82.2	**82.1**

Table 3. Life expectancy at birth by voivodship in selected years (cont.)

Voivodships	Males							Females						
	1990	2000	2010	2019	2020	2024	**2025**	1990	2000	2010	2019	2020	2024	**2025**
Rural areas	**66.2**	**69.4**	**71.4**	**73.4**	**72.1**	**74.7**	**74.9**	**75.8**	**78.4**	**80.7**	**81.8**	**80.6**	**82.2**	**82.4**
Dolnośląskie	65.3	67.9	70.7	72.7	71.7	74.4	**74.8**	75.0	77.8	80.2	81.0	79.8	81.6	**81.7**
Kujawsko-pomorskie	65.3	69.0	70.9	73.3	72.7	74.7	**74.8**	74.6	77.6	79.6	81.1	80.8	81.8	**81.4**
Lubelskie	66.4	68.4	70.1	72.9	71.3	73.8	**74.2**	76.5	78.5	81.2	82.3	81.2	83.0	**82.8**
Lubuskie	64.0	68.3	70.4	71.6	71.2	74.4	**73.7**	74.6	77.8	79.6	80.3	79.4	81.6	**81.0**
Łódzkie	65.9	68.2	70.0	71.8	70.7	73.9	**73.7**	75.3	78.2	80.0	81.7	79.8	82.1	**81.9**
Małopolskie	68.2	71.0	73.3	74.8	73.2	75.9	**76.3**	76.7	79.1	81.4	82.7	81.5	83.1	**83.5**
Mazowieckie	66.2	68.8	70.8	72.6	71.4	73.9	**74.1**	76.2	78.9	80.8	81.7	80.4	81.8	**82.0**
Opolskie	65.9	70.8	72.9	73.8	72.3	75.5	**75.0**	74.9	78.0	80.4	82.2	80.6	82.5	**82.8**
Podkarpackie	67.8	70.8	73.2	74.7	73.1	75.6	**76.8**	76.4	79.2	81.5	82.9	81.5	83.8	**84.0**
Podlaskie	67.3	69.9	71.3	72.9	72.5	74.2	**74.7**	77.1	79.4	81.4	83.0	81.7	83.5	**83.1**
Pomorskie	65.5	69.3	71.9	73.5	72.3	74.6	**74.7**	74.7	78.3	80.0	80.9	80.2	80.9	**81.1**
Śląskie	67.0	70.1	72.0	74.3	73.1	75.4	**75.4**	75.7	77.9	80.5	81.6	80.3	82.1	**82.5**
Świętokrzyskie	66.2	70.3	70.8	73.0	71.5	74.1	**74.7**	75.9	78.7	80.8	82.2	81.0	82.5	**83.0**
Warmińsko-mazurskie	64.5	67.9	70.0	72.0	71.4	74.2	**73.6**	75.2	78.6	80.3	80.5	79.8	81.5	**82.2**
Wielkopolskie	65.6	69.3	71.8	73.8	72.2	74.9	**75.1**	75.1	77.6	80.5	81.2	80.2	81.5	**81.9**
Zachodniopomorskie	63.4	67.9	69.6	72.9	71.1	73.2	**73.7**	74.8	77.4	79.4	80.2	80.2	80.7	**81.5**

3.3. Life expectancy by subregions, including major cities

In 2025, the difference between the highest and lowest values of life expectancy among Polish subregions was 5.7 years for males and 3.9 years for females (Map 2). The highest life expectancy at birth among males was recorded in Warsaw (78.54 years), while the lowest was observed in the Skierniewicki subregion (72.86 years). Among females, the longest life expectancy was recorded in the Tarnobrzeski subregion (84.45 years), whereas the shortest was observed in the Włocławski subregion (80.58 years).

Particular attention should be paid to subregions comprising the largest cities in Poland, which together account for 6.4 million inhabitants, representing 17% of the country's total population. These include the cities of Cracow, Łódź, Poznań, Szczecin, Warsaw, and Wrocław, as well as the Katowicki subregion (comprising the cities of Chorzów, Katowice, Mysłowice, Ruda Śląska, Siemianowice Śląskie, and Świętochłowice) and the Trójmiejski subregion (Gdańsk, Gdynia, and Sopot). In five of these subregions, life expectancy for both males and females exceeded the national average.

In 2025, the highest life expectancy among both males and females was recorded in Warsaw (78.54 and 84.17 years, respectively), whereas the lowest among the analyzed large-city subregions was observed in Łódź (74.09 and 80.80 years, respectively). The largest difference in life expectancy between males and females was recorded in Szczecin, amounting to 6.9 years. Compared with other large-city subregions, the Katowicki and Łódź show less favorable patterns, with life expectancy remaining considerably below the national average (Chart 4).

Map 2. Life expectancy at birth by subregions in 2025

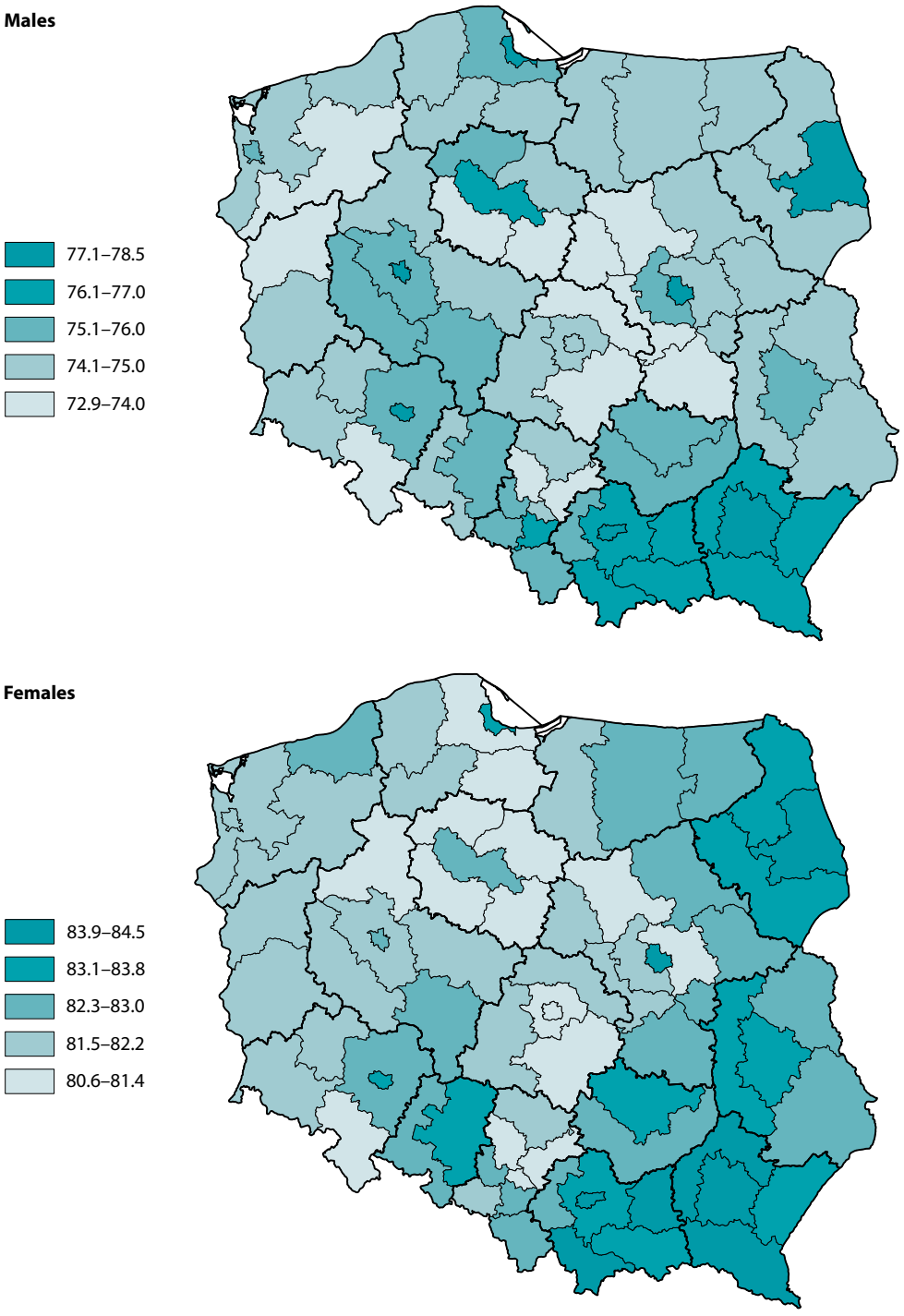
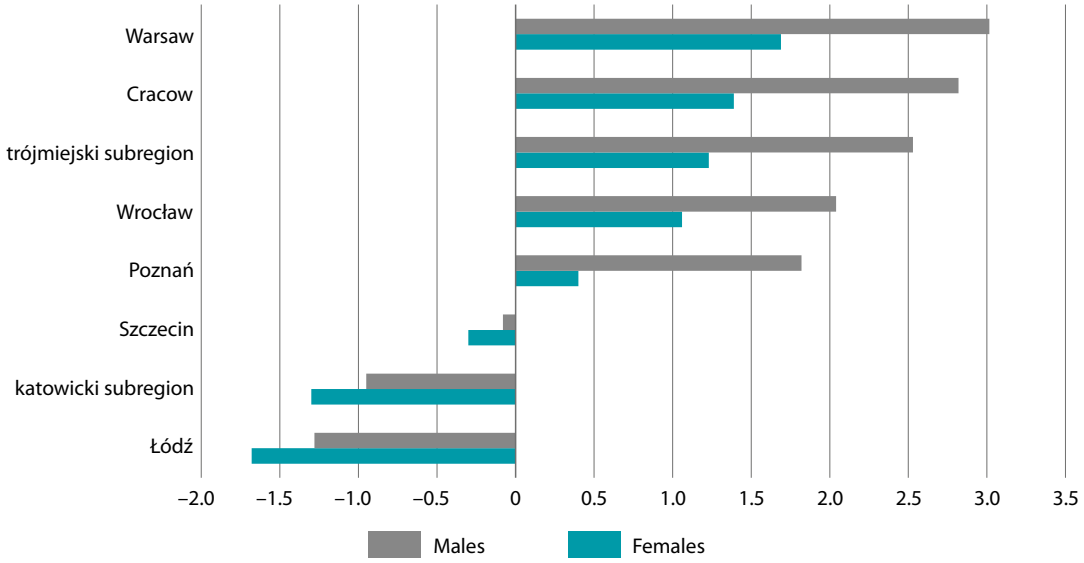


Chart 4. The difference compared to the national level of life expectancy at birth in selected subregions in 2025



Chapter 4. International comparison

This chapter presents the results of a comparative analysis of life expectancy at birth (e_0) and remaining life expectancy at age 65 (e_{65}) in selected European countries in 2024 – based on data published by Eurostat on April 1st 2026. It should be noted that the data for Poland used in this chapter were also obtained from the Eurostat database, ensuring comparability of results – all estimates were derived using the same approach to calculating mortality rates and the same methodology for constructing life tables.

Life expectancy varies considerably among European countries. (Map 3). The highest life expectancy at birth for males was recorded in Switzerland (82.4 years), while the lowest was observed in Latvia (71.4 years). Among females, the highest value was recorded in Spain (86.5 years), whereas the lowest was observed in Serbia (78.5 years).

In terms of life expectancy at birth for males, Poland (74.8 years) ranked 28th among the 34 European countries included in the analysis (Table 4). Poland was ahead of the Balkan countries (Bulgaria and Serbia), the Carpathian countries (Romania and Hungary), and the Baltic countries (Lithuania and Latvia). Among females, Poland (82.2 years) ranked 25th, ahead of the Balkan countries (Bulgaria, Croatia, and Serbia), the Carpathian countries (Romania, Slovakia, and Hungary), the Baltic countries (Lithuania and Latvia), and Türkiye.

In countries with relatively low life expectancy at birth, the difference between male and female life expectancy was generally larger, although there were some exceptions. The largest sex differences were observed in Latvia (9.8 years), Lithuania (8.6 years), and Estonia (8.3 years), while the smallest were recorded in the Netherlands (2.8 years) and Sweden (3.0 years).

Europe is also characterized by substantial variation in remaining life expectancy at age 65. Among males, the highest value was recorded in Switzerland (20.4 years), while the lowest was observed in Bulgaria and Hungary (14.7 years each). Among females, the longest remaining life expectancy at age 65 was recorded in Spain (23.7 years), and the shortest in Serbia (17.3 years).

In the ranking of remaining life expectancy at age 65 among males, Poland (16.3 years) ranked 25th among the analyzed countries (Table 4), ahead of the Balkan countries (Bulgaria, Croatia, and Serbia), the Carpathian countries (Romania and Hungary), and the Baltic countries (Lithuania and Latvia). Among females, with an e_{65} value of 20.3 years, Poland ranked 24th, ahead of the Balkan countries (Albania, Bulgaria, Croatia, and Serbia), the Carpathian countries (Romania, Slovakia, and Hungary), and Latvia.

Differences in remaining life expectancy at age 65 between males and females range from 1.7 years in Albania to 5.0 years in Estonia, consistently favoring females. In Poland, this difference amounts to 4.0 years, placing it among the highest values observed in Europe. Only four countries recorded larger differences: Estonia, Lithuania, Latvia, and Bulgaria.

Table 4. Life expectancy in selected European countries in 2024

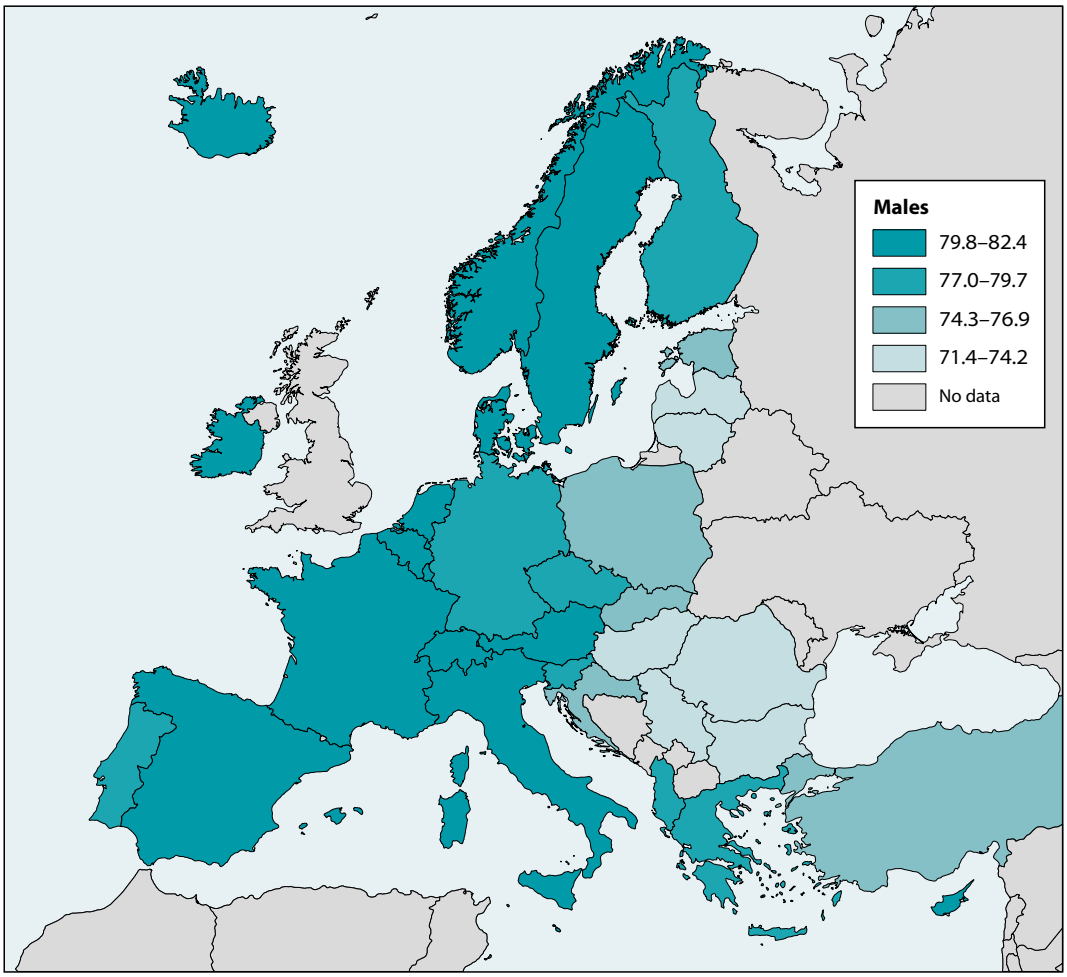
Country	Life expectancy					
	at birth (e_0)			at age 65 (e_{65})		
	Males	Females	Difference	Males	Females	Difference
Albania	78.4	82.4	4.0	18.3	20.0	1.7
Austria	79.8	84.3	4.5	18.8	21.7	2.9
Belgium	80.3	84.4	4.1	19.1	22.0	2.9
Bulgaria	72.2	79.5	7.3	14.7	18.8	4.1

Table 4. Life expectancy in selected European countries in 2024 (cont.)

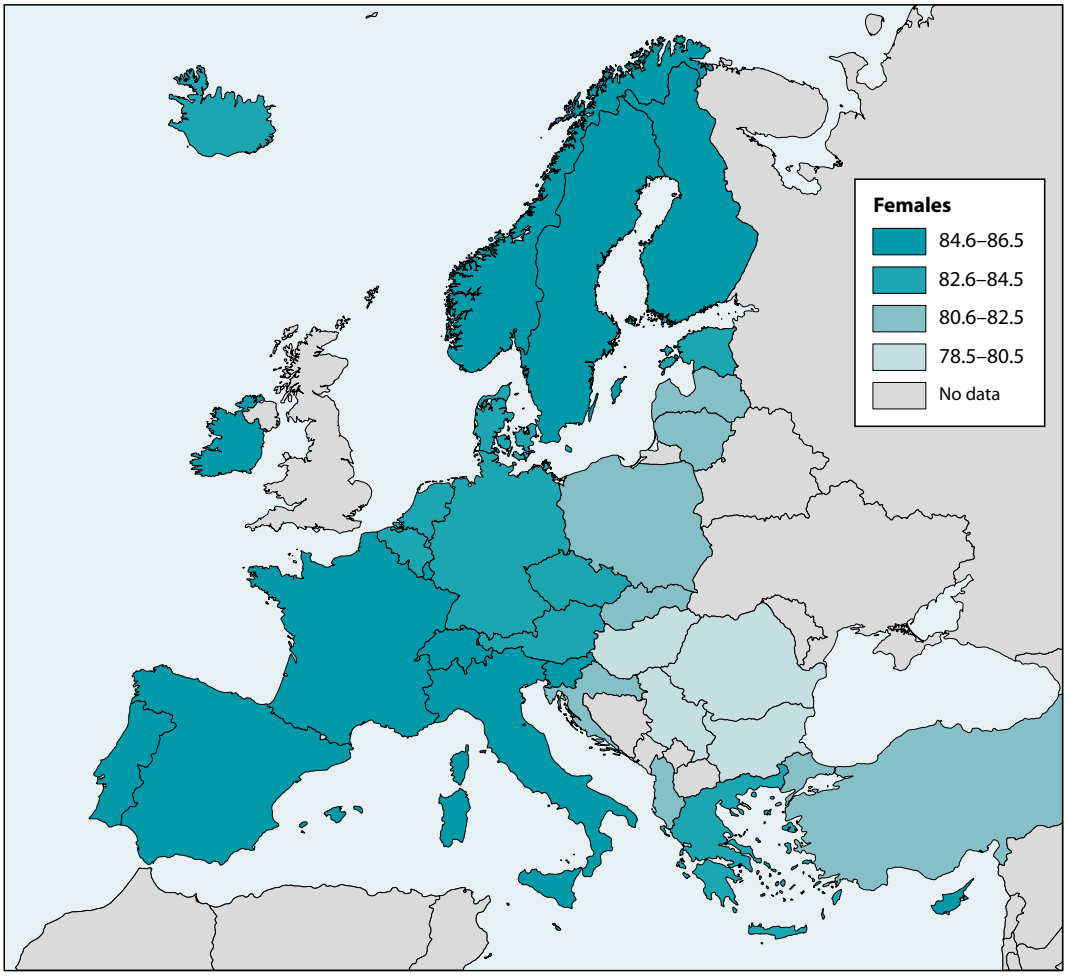
Country	Life expectancy					
	at birth (e_0)			at age 65 (e_{65})		
	Males	Females	Difference	Males	Females	Difference
Croatia	76.0	81.8	5.8	16.1	19.6	3.5
Cyprus	81.5	85.6	4.1	19.8	22.5	2.7
Czechia	77.1	83.0	5.9	16.9	20.6	3.7
Denmark	80.2	83.9	3.7	18.7	21.3	2.6
Estonia	75.1	83.4	8.3	16.3	21.3	5.0
Finland	79.6	84.8	5.2	18.7	22.2	3.5
France	80.2	85.8	5.6	19.9	23.6	3.7
Greece	79.4	84.4	5.0	18.7	21.8	3.1
Spain	81.4	86.5	5.1	19.8	23.7	3.9
Netherlands	80.5	83.3	2.8	18.9	20.9	2.0
Ireland	81.4	84.7	3.3	19.8	22.2	2.4
Iceland	81.1	84.5	3.4	19.7	21.6	1.9
Lichtenstein	82.2	86.3	4.1	19.9	23.1	3.2
Lithuania	73.0	81.6	8.6	15.4	20.3	4.9
Luxembourg	81.0	85.5	4.5	19.5	22.5	3.0
Latvia	71.4	81.2	9.8	14.9	19.8	4.9
Malta	81.2	84.8	3.6	19.4	22.1	2.7
Germany	78.9	83.5	4.6	18.0	21.2	3.2
Norway	81.6	84.8	3.2	19.8	21.9	2.1
Poland	**74.8**	**82.2**	**7.4**	**16.3**	**20.3**	**4.0**
Portugal	79.7	85.2	5.5	19.3	22.6	3.3
Romania	72.8	80.3	7.5	15.1	19.1	4.0
Serbia	73.9	78.5	4.6	15.1	17.3	2.2
Slovakia	75.2	81.7	6.5	16.3	19.9	3.6
Slovenia	79.5	84.7	5.2	18.3	21.9	3.6
Switzerland	82.4	85.9	3.5	20.4	23.0	2.6
Sweden	82.3	85.3	3.0	20.2	22.4	2.2
Türkiye	76.4	81.7	5.3	16.7	20.0	3.3
Hungary	73.7	79.9	6.2	14.7	18.6	3.9
Italy	81.6	85.7	4.1	19.9	22.7	2.8

Source: Eurostat (01.04.2026)

Map 3. Life expectancy at birth in European countries in 2024



Map 3. Life expectancy at birth in European countries in 2024 (cont.)



Source: Eurostat (01.04.2026)

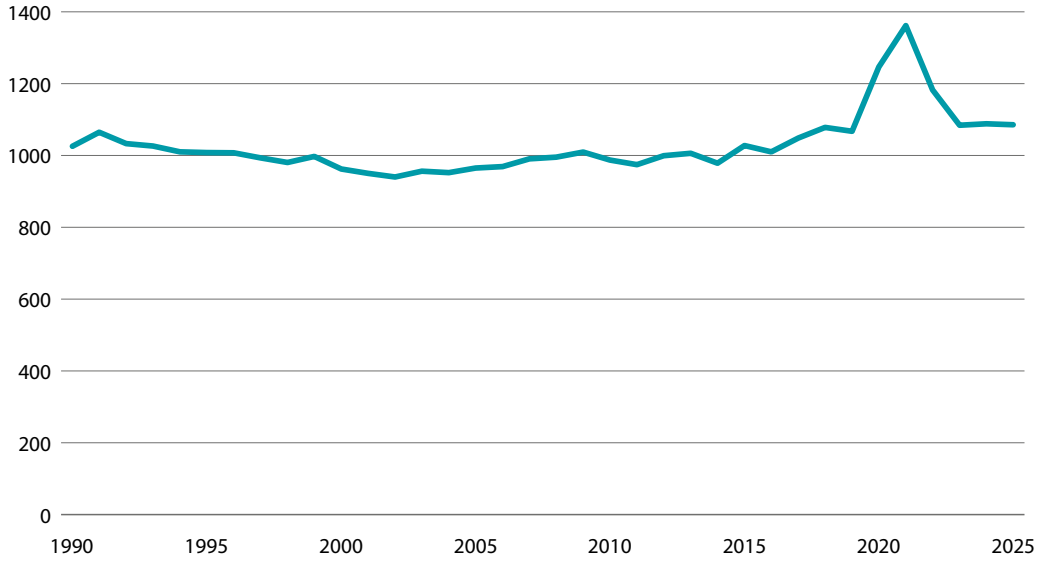
Chapter 5. Changes in mortality in Poland

This chapter presents the results of an analysis of mortality in Poland. It covers both overall mortality as well as mortality from the five leading groups of causes of death: cardiovascular diseases, neoplasms, external causes, respiratory diseases, and digestive diseases. The preparation of cause-of-death statistics is a lengthy and complex process. Therefore, the final data is only available at the end of the following year (Cierniak-Piotrowska et al., 2025). Consequently, the analysis of overall mortality is presented for 2025, while the analysis by cause of death covers 2024.

The crude mortality rate in Poland has remained at approximately 1,000 deaths per 100,000 people for many years. A slight increase has been observed since 2015, followed by a substantial rise during the COVID-19 pandemic. In 2025, the crude mortality rate reached 1,085 deaths per 100,000 people (Chart 5).

However, it should be emphasized that the crude mortality rate is not adequate reflection of changes in population mortality, since its value is influenced by population's age structure. Consequently, crude rates should not be compared directly over time or between countries. To ensure comparability, a standardized population age structure for both sexes from 2023 was applied. The results presented in the rest of this chapter, including analyses of trends over time, are therefore based on mortality rates standardized using this population structure.

Chart 5. Crude mortality rates per 100,000 people in Poland 1990-2025



To analyze changes mortality over time, the **age structure of Poland's total population in 2023 (not differentiated by sex)** was adopted as the standard.

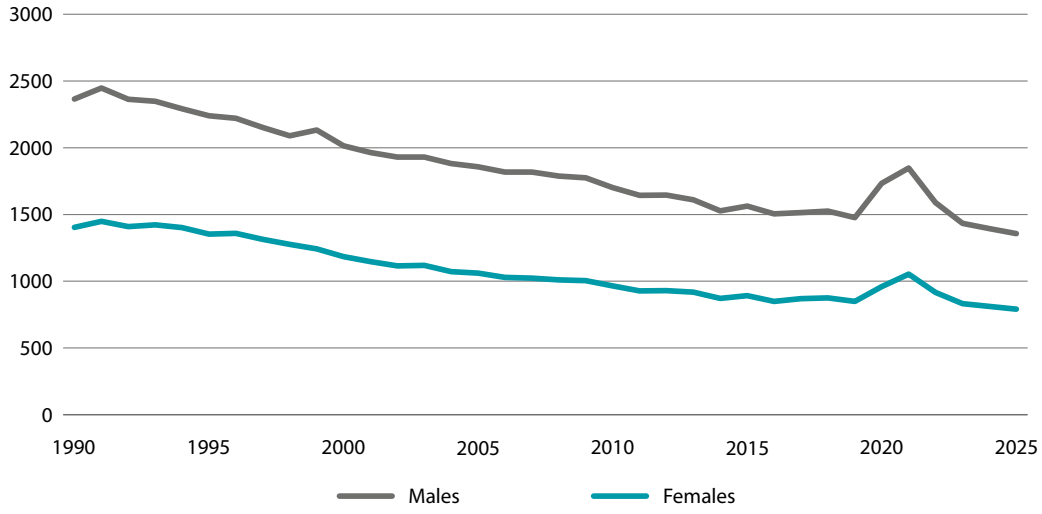
In 2025, the standardized mortality rate was 1,031 deaths per 100,000 people, with a significant difference between males and females. Specifically, the rate was 1,357 deaths per 100,000 males and 791 deaths per 100,000 females. Assuming the age structure of the population was identical for both sexes and same as in 2023, this would equate to 1,357 and 791 deaths per 100,000 males and females, respectively.

Between 1990 and 2025, the standardized mortality rate decreased by 42.6% and 43.6% respectively among both males and females. However, this downward trend was clearly interrupted between 2014 and 2025

(Chart 6). During the COVID-19 pandemic the number and intensity of deaths increased. In the following years, however, there was a gradual return to pre-pandemic mortality trends.

Over time, the mortality gap between males and females has narrowed. Between 1990 and 2025, for example, the male-to-female standardized mortality rate ratio decreased by 41.1%.

Chart 6. Standardized mortality rates for males and females 1990-2025



5.1. Mortality by age

In 2025, the standardized mortality rates per 100,000 people were 83 for those aged 0–44, 454 for those aged 45–59, and 3,440 for those aged 60 and over (Table 5). The mortality rate in the oldest age group was more than 40 times higher than in the youngest. Similarly, the mortality rate among 45–59-year-olds was almost 5.5 times higher than among 0–44-year-olds.

Between 1990 and 2015, mortality rates in Poland decreased significantly across all age groups. Thereafter, however, the rate of decline slowed, and mortality increased during the COVID-19 pandemic, particularly among individuals aged 60 years and older. Since 2022, standardized mortality rates have resumed their downward trend.

Throughout the entire study period, mortality rates were consistently higher among men than among women in all age groups. However, the relative differences between the sexes were smaller among individuals aged 60 years and over. Relative reductions in mortality rates between 1990 and 2025 were similar for both sexes within each age group. Mortality rates decreased by approximately 55% among individuals aged 0–44 and 45–59 years. By contrast, a 41% reduction was observed among individuals aged 60 years and over.

Table 5. Standardized mortality rates by sex and age groups in selected years (per 100,000 people)

Year	0-44 years			45-59 years			60 years and over		
	total	males	females	total	males	females	total	males	females
1990	189	269	108	979	1437	520	6095	7424	4765
1995	168	245	92	910	1344	477	5856	7070	4642
2000	136	199	74	797	1151	444	5246	6442	4051
2005	120	176	64	768	1120	417	4766	5914	3618
2010	103	153	53	692	1009	375	4378	5449	3308
2015	87	129	45	597	862	333	4077	5076	3078
2020	93	137	48	603	877	330	4516	5701	3332
2024	84	124	45	482	702	261	3690	4559	2821
2025	**83**	**121**	**44**	**454**	**661**	**252**	**3440**	**4457**	**2754**

5.2. Mortality by voivodships in 2025

To analyze regional mortality patterns in 2025, standardized mortality rates were calculated using **the nationwide population structure by age in 2025** as the standard.

In 2025, the highest standardized mortality rates were recorded in the Łódzkie and Lubuskie voivodships, whereas the lowest rates were observed in the Podkarpackie and Małopolskie voivodships (Table 6, Map 4). The same voivodships consistently exhibited the highest and the lowest standardized mortality rates across all analyzed age groups.

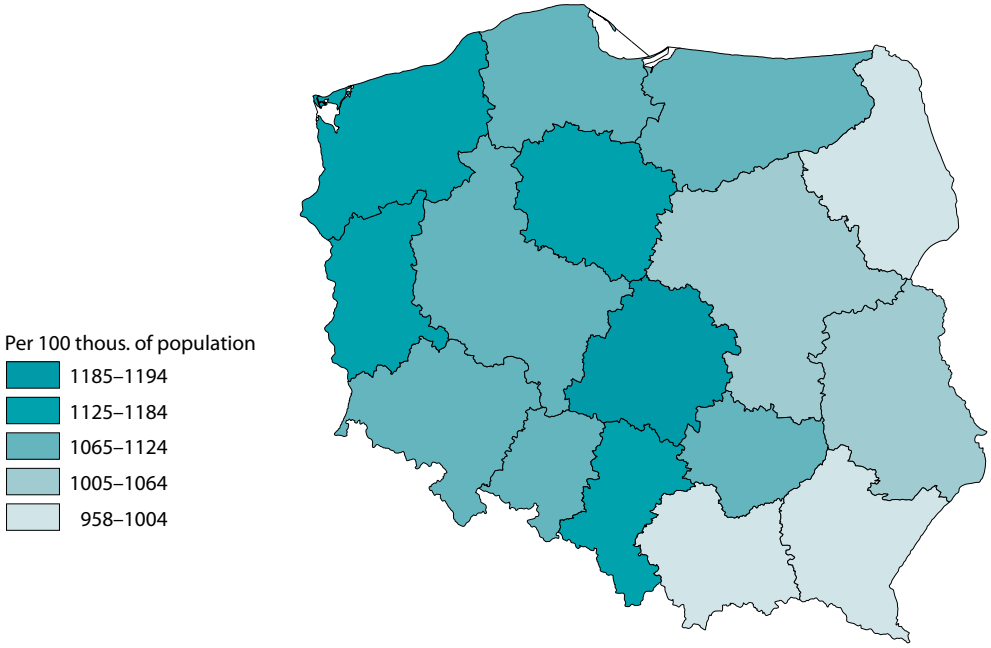
Table 6. Standardized mortality rates in total and by three age groups by voivodship in 2025 (per 100,000 people)

	Total	0-44 years	45-59 years	60 years and over
Poland	**1085**	**44**	**94**	**948**
Dolnośląskie	1099	44	96	958
Kujawsko-pomorskie	1150	46	97	1007
Lubelskie	1062	47	96	918
Lubuskie	1160	52	107	1001
Łódzkie	1194	57	110	1027
Małopolskie	989	35	79	874
Mazowieckie	1055	41	92	922
Opolskie	1068	41	87	940
Podkarpackie	958	35	79	843
Podlaskie	1000	45	90	865
Pomorskie	1073	40	88	945

Table 6. Standardized mortality rates in total and by three age groups by voivodship in 2025 (per 100,000 people) (cont.)

	Total	0-44 years	45-59 years	60 years and over
Śląskie	1137	45	101	991
Świętokrzyskie	1072	46	100	927
Warmińsko-mazurskie	1120	48	98	974
Wielkopolskie	1107	43	89	974
Zachodniopomorskie	1132	49	99	984

Map 4. Standardized mortality rates by voivodship in 2025

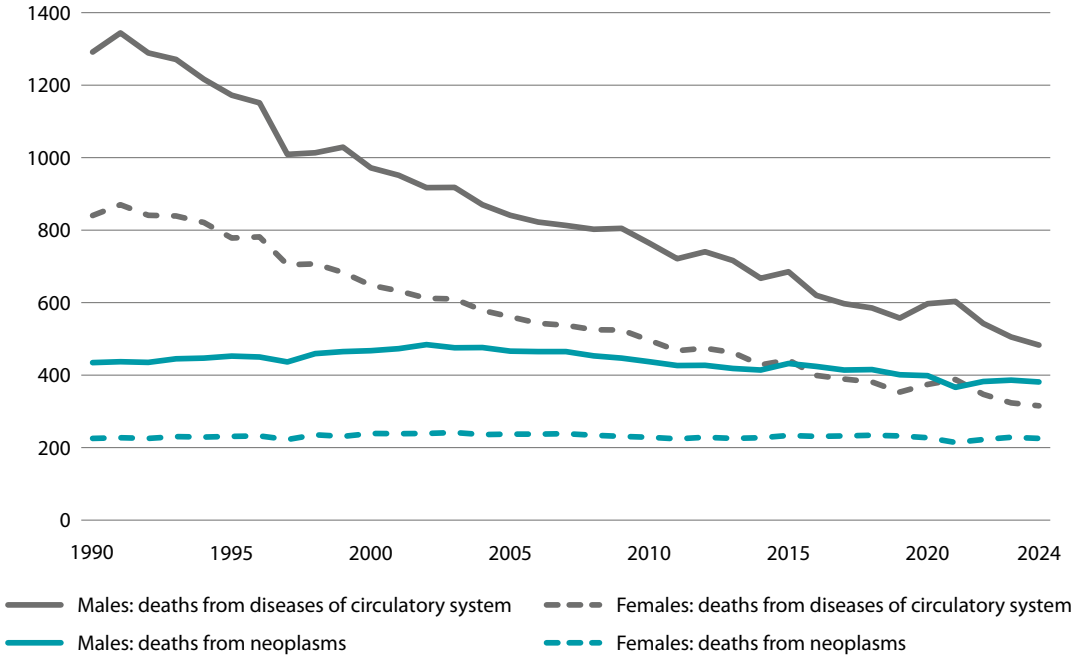


5.3. Mortality by selected groups of causes of death and age groups 1990-2024

The leading causes of death in Poland are cardiovascular diseases, neoplasms, external causes and diseases of the respiratory and digestive systems. Together, these causes accounted for almost 81% of all deaths in 2024. Cardiovascular diseases were responsible for 37% of all deaths, while neoplasms accounted for 27%.

Standardized mortality rates for the two leading causes of death – cardiovascular diseases and neoplasms – are presented in Chart 7. Between 1990 and 2024, the mortality rates for these two causes gradually converged. There was a marked decline in standardized mortality rates from cardiovascular diseases for both women (decreasing from 840 to 315 deaths per 100,000 people) and men (falling from 1,291 to 483 deaths per 100,000 people). In contrast, cancer mortality remained relatively stable throughout the study period. Among men, the standardized mortality rate fluctuated around 430 deaths per 100,000 population between 1990 and 2024, whereas among women it remained stable at around 230 deaths per 100,000 people during the same period.

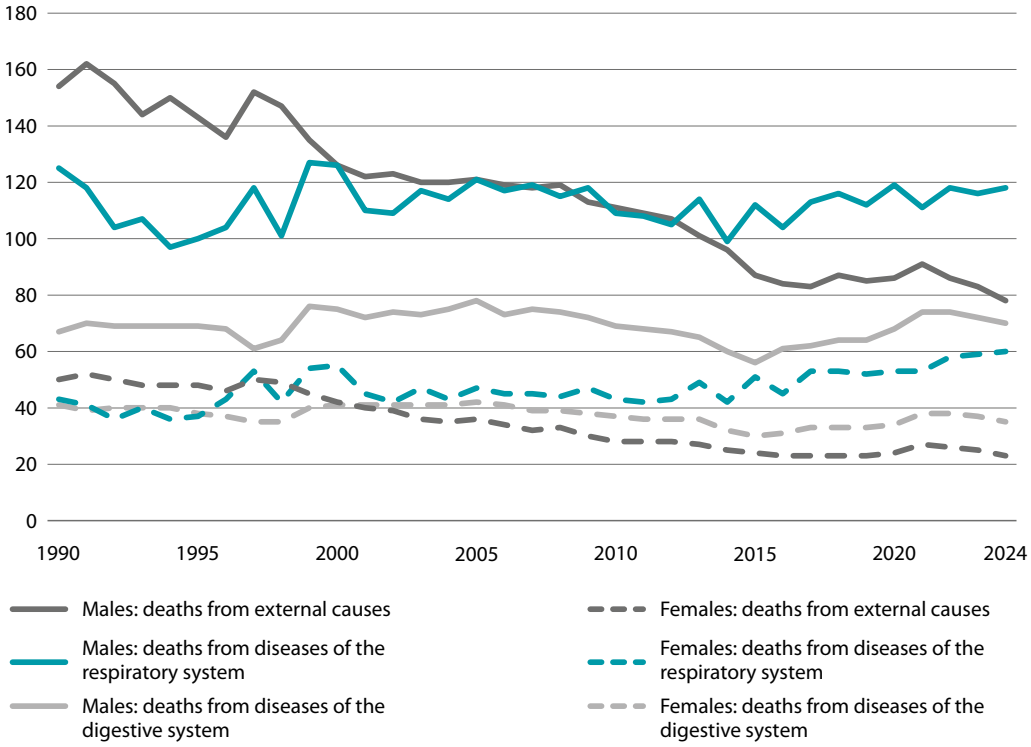
Chart 7. Standardized mortality rates from cardiovascular diseases and neoplasms for males and females between 1990 and 2024 (per 100,000 people)



Between 1990 and 2024, mortality rates from external causes declined substantially (Chart 8), with a reduction of around 50% observed for both sexes. However, a pronounced sex difference persisted throughout the study period, with mortality rates from external causes being more than three times higher among men than among women.

Standardized mortality rates for respiratory diseases increased markedly among women, whereas a slight decrease was observed among men. Meanwhile, mortality rates from digestive diseases remained relatively stable over the study period, with a slight increase among men and a slight decrease among women.

Chart 8. Standardized mortality rates from external causes, respiratory and digestive diseases for males and females between 1990 and 2024 (per 100,000 people)



Analysis of the leading causes of death reveals significant differences between the sexes (Table 7). The greatest disparity was observed in terms of external causes of death, with mortality from these causes being three times higher among men than among women in 2024. In absolute terms, the largest difference in standardized mortality rates was observed for cardiovascular diseases, with a rate that was 168 deaths per 100,000 people higher among men than among women.

Table 7. Standardized mortality rates by selected groups of causes and sex in selected years (per 100,000 people)

Year	Total	Cardiovascular diseases	Neoplasms	External causes	Respiratory diseases	Diseases of the digestive system
			males			
1990	2363	1291	434	154	125	67
1995	2239	1172	452	143	100	69
2000	2013	972	467	126	126	75
2005	1857	841	466	121	121	78
2010	1701	764	437	111	109	69
2015	1562	685	432	87	112	56
2020	1732	597	398	86	119	68
2024	**1393**	**483**	**381**	**78**	**118**	**70**

Table 7. Standardized mortality rates by selected groups of causes and sex in selected years (per 100,000 people) (cont.)

Year	Total	Cardiovascular diseases	Neoplasms	External causes	Respiratory diseases	Diseases of the digestive system
			females			
1990	1402	840	225	50	43	41
1995	1353	778	231	48	37	38
2000	1183	648	239	42	55	41
2005	1059	561	237	36	47	42
2010	964	496	228	28	43	37
2015	892	442	233	24	51	30
2020	959	374	227	24	53	34
2024	**810**	**315**	**225**	**23**	**60**	**35**

Among men aged 0–44 years, external causes were the leading cause of death, among women in the same age group, however, neoplasms were predominant. Among women aged 45–59 years, mortality from neoplasms considerably exceeded that from cardiovascular diseases. By contrast, among women aged 60 years and over, cardiovascular diseases were the leading cause of death, surpassing neoplasms. Among men aged 45–59 years, mortality from cardiovascular diseases and neoplasms was at a comparable level (Table 8). Among men aged 60 years and over, cardiovascular diseases were the leading cause of death.

Table 8. Standardized mortality rates by selected groups of causes based on age and sex in selected years (per 100,000 people)

Rok	Cardiovascular diseases		Neoplasms		External causes		Respiratory diseases		Diseases of the digestive system	
	males	females	males	females	males	females	males	females	males	females
					0-44 years					
1990	54	17	26	26	106	19	5	4	8	3
1995	42	12	24	25	98	18	5	3	12	3
2000	31	10	21	21	80	15	4	2	14	3
2005	25	7	18	18	71	14	4	2	13	3
2010	24	7	14	15	62	10	4	2	12	4
2015	21	6	13	14	48	8	4	2	10	3
2020	13	4	12	12	51	9	5	2	15	4
2024	**12**	**4**	**11**	**12**	**43**	**8**	**6**	**2**	**14**	**5**
					45-59 years					
1990	584	182	387	206	189	32	44	13	55	22
1995	497	149	364	208	186	31	30	10	67	22
2000	398	118	322	208	154	29	30	13	78	24
2005	345	97	300	204	167	28	31	11	86	27
2010	310	79	263	188	155	25	34	12	79	26
2015	266	73	223	163	113	19	33	12	69	24
2020	196	51	187	144	108	16	35	13	83	29
2024	**164**	**41**	**163**	**124**	**86**	**14**	**36**	**11**	**79**	**27**

Table 8. Standardized mortality rates by selected groups of causes based on age and sex in selected years (per 100,000 people) (cont.)

Rok	Cardiovascular diseases		Neoplasms		External causes		Respiratory diseases		Diseases of the digestive system	
	males	females	males	females	males	females	males	females	males	females
					60 years and over					
1990	4402	3053	1318	653	226	128	437	147	199	134
1995	4036	2850	1410	678	206	124	350	128	190	124
2000	3366	2381	1504	714	200	107	451	196	201	131
2005	2917	2065	1525	718	190	87	432	169	209	132
2010	2650	1832	1450	702	178	69	382	150	179	114
2015	2385	1630	1465	742	149	60	397	181	144	89
2020	2115	1388	1364	738	144	58	419	188	168	100
2024	**1707**	**1172**	**1315**	**745**	**146**	**59**	**413**	**216**	**181**	**105**

5.4. Mortality by selected groups of causes of death and voivodships in 2024

The regional analysis of mortality by selected causes of death was based on data for 2024. Accordingly, standardized mortality rates were calculated using the **2024 nationwide population structure by age** as the standard.

In 2024, the highest standardized mortality rate from cardiovascular diseases was recorded in the Dolnośląskie voivodship (Table 9). Mortality rates substantially exceeding the national average were also observed in the Lubelskie, Podkarpackie, and Lubuskie voivodships. The lowest mortality rate from cardiovascular diseases was recorded in the Łódzkie voivodship.

The highest standardized mortality rate from neoplasms was observed in the Kujawsko-Pomorskie voivodship, whereas the lowest rate was recorded in the Podkarpackie voivodship. In the Łódzkie, Kujawsko-Pomorskie, and Wielkopolskie voivodships, mortality rates from neoplasms were very similar to those from cardiovascular diseases.

Considerable regional variation was also observed in mortality from external causes. The highest standardized mortality rate was recorded in the Łódzkie voivodship, at 64 deaths per 100,000 people, which was more than twice the rate observed in the Małopolskie voivodship, where mortality from external causes was the lowest, at 31 deaths per 100,000 people.

The highest mortality rate from diseases of the respiratory system was recorded in the Łódzkie voivodship, whereas the highest mortality rate from diseases of the digestive system was observed in the Śląskie voivodship. The Małopolskie voivodship had the lowest mortality rates for both causes.

Table 9. Standardized mortality rates by selected groups of causes and voivodships in 2024 (per 100,000 people)

Voivodships	Total	Cardiovascular diseases	Cancer	External Causes of Injury and Poisoning	Respiratory diseases	Diseases of the digestive system
Poland	**1088**	**400**	**294**	**49**	**85**	**52**
Dolnośląskie	1108	501	294	44	105	60
Kujawsko-pomorskie	1111	345	326	48	82	54

Table 9. Standardized mortality rates by selected groups of causes and voivodships in 2024 (per 100,000 people) (cont.)

Voivodships	Total	Cardiovascular diseases	Cancer	External Causes of Injury and Poisoning	Respiratory diseases	Diseases of the digestive system
Lubelskie	1059	457	268	53	68	46
Lubuskie	1133	443	291	58	66	51
Łódzkie	1173	320	305	64	106	63
Małopolskie	1002	423	288	31	61	40
Mazowieckie	1061	354	285	54	94	45
Opolskie	1082	421	283	44	86	47
Podkarpackie	997	447	246	40	76	53
Podlaskie	1004	392	271	39	77	44
Pomorskie	1076	389	306	63	102	57
Śląskie	1139	427	310	48	76	64
Świętokrzyskie	1097	413	296	47	74	49
Warmińsko-mazurskie	1113	400	288	49	94	50
Wielkopolskie	1109	337	309	53	90	48
Zachodniopomorskie	1135	409	296	56	75	59

Chapter 6. Summary

Life expectancy is a key indicator of population health. Based on current trends, life expectancy is projected to increase in most countries worldwide, including Poland. This trend is consistently reflected in the population projections published by Eurostat, the United Nations, and Statistics Poland. These projections are based on the sustained decline in mortality observed across almost all age groups in many countries, which has resulted in substantial gains in life expectancy. Initially, the increase in life expectancy at birth was driven by reductions in infant, child and young adult mortality followed by declines in adult older people. One of the key causes of this phenomenon is the significant progress achieved in preventive and general healthcare.

At the same time, several factors may hinder future improvements in life expectancy in Poland (Global Burden of Disease, 2023). One of the most concerning factors is the increasing prevalence of being overweight and obese. According to Eurostat, 56.8% of the Polish population had a body mass index (BMI) above the recommended range in 2019 (Eurostat, 2019). Furthermore, a pooled analysis of representative studies on global trends in underweight and obesity between 1990 and 2023 revealed that the prevalence of obesity among Polish women aged 20 years and over reached 24.6% in 2023, marking a 7.4 percentage points increase since 1990. Among men, the corresponding prevalence was 32.2%, an increase of 20.8 percentage points over the same period (Non-Communicable Disease Risk Factor Collaboration, 2024).

Another important factor that may reduce life expectancy is air pollution, which increases the incidence of respiratory diseases, neoplasms, and cardiovascular diseases (Jędrak et al., 2017). Previous studies have also shown that long-term exposure to dust particles measuring no more than 2.5 μm in diameter ($PM_{2.5}$) can reduce life expectancy (Pope et al., 2009).

Studies conducted in various countries have revealed that life expectancy is closely linked to factors such as educational attainment and socioeconomic status, in addition to gender and place of residence. There is therefore a clear need for continued systematic research into life expectancy and mortality in order to monitor future trends. To provide a more comprehensive understanding of the factors contributing to disparities in mortality and life expectancy, such analyses should incorporate additional variables and indicators (Luy et al., 2019; Singh et al., 2020).

Chapter 7. List of Statistics Poland publications in English on life expectancy

1. Potyra M., Góral-Radziszewska K., Waśkiewicz K., Kuczyńska K. [2021]; Life expectancy tables of Poland 2020, Statistical Analyses, Statistics Poland, Warsaw
2. Potyra M., Góral-Radziszewska K., Waśkiewicz K., Kuczyńska K. [2022]; Life expectancy tables of Poland 2021, Statistical Analyses, Statistics Poland, Warsaw
3. Potyra M., Góral-Radziszewska K., Waśkiewicz K., Gawińska-Drużba E. [2023]; Life expectancy tables of Poland 2022, Statistical Analyses, Statistics Poland, Warsaw
4. Potyra M., Góral-Radziszewska K., Waśkiewicz K., Gawińska-Drużba E. [2024]; Life expectancy tables of Poland 2023, Statistical Analyses, Statistics Poland, Warsaw
5. Potyra M., Góral-Radziszewska K., Waśkiewicz K., Gawińska-Drużba E. [2025]; Life expectancy tables of Poland 2024, Statistical Analyses, Statistics Poland, Warsaw
6. Góral-Radziszewska K., Waśkiewicz K., Potyra M., Kuczyńska K. [2020]; Healthy Life Years in Poland in 2009-2019, Statistical Analyses, Statistics Poland, Warsaw
7. Healthy Life Years in Poland in 2022 [2023], News releases, Statistics Poland, Warsaw
8. Healthy Life Years in Poland in 2023 [2024], News releases, Statistics Poland, Warsaw
9. Healthy Life Years in Poland in 2024 [2025], News releases, Statistics Poland, Warsaw

Chapter 8. Methodology for calculating life tables

Life tables illustrate the extinction process of a hypothetical population subject to constant, age-specific mortality probabilities over time. One of the most widely used parameters derived from life tables is life expectancy at age x. This represents the average number of additional years that a person of age x would be expected to live if the observed mortality conditions remained unchanged throughout their lifetime.

The most commonly used life table measure is life expectancy at birth (denoted as e_0) a theoretical indicator. It is used to assess changes in mortality over time and is an important measure of population health status. As it is independent of the age structure of the analyzed population, comparisons can be made at both the national (e.g., between voivodships) and international levels.

The construction of complete life tables requires the following data:

- the number of deaths in a given year by age (in completed years);
- the population by age group as of 30 June in the analyzed year.

The basic coefficients required for constructing life tables are the age-specific mortality rates (m_x), which are calculated up to the age 99.

$$m_x = \frac{D_x}{E_x} \tag{1}$$

where:

D_x – numer of deaths at age x,

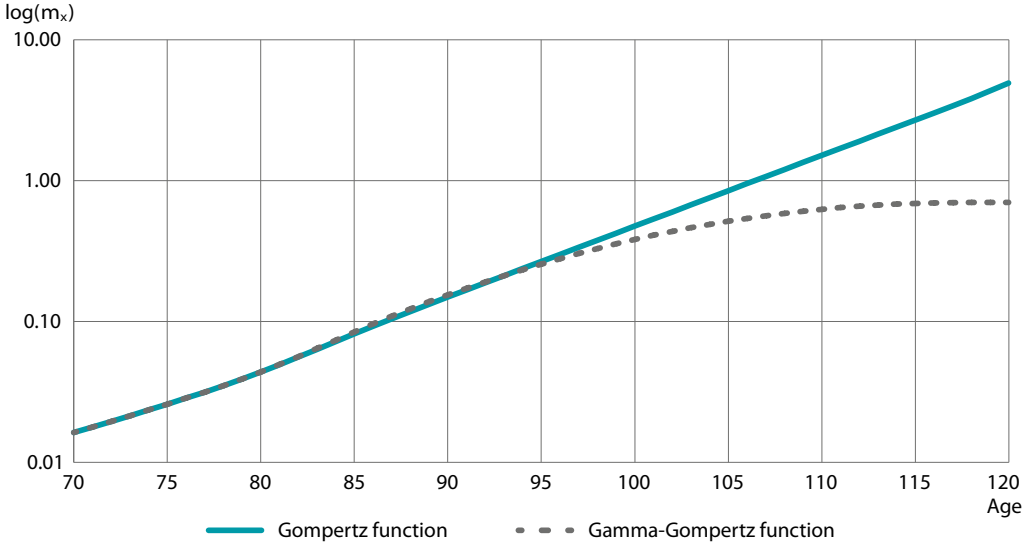
E_x – population on 30th June at age x.

Substantial fluctuations in mortality rates at the youngest and oldest ages mean modelling procedures are required. This allows random deviations of mortality rates from their long-term patterns to be eliminated, which may result from the small number of deaths observed at these ages. At the oldest ages, considerable fluctuations are also caused by the small size of the population at risk of death, since only a relatively small proportion of individuals survive to such advanced ages.

The Gamma-Gompertz model was used to smooth out the mortality rates for people aged 85–99 as well as to extrapolate mortality the rates beyond age of 100. The model parameters were estimated using mortality rates for the 70–99 age group. This age range was chosen because, the rate of increase in mortality accelerates substantially after the age of 70.

The Gamma-Gompertz function is a modification of the standard Gompertz model, in which an exponential increase in mortality rates is not assumed to be constant. Instead, it predicts a deceleration and eventual stabilization of mortality growth at the oldest ages is predicted (Chart 12). According to many demographers, such a deceleration in mortality occurs at very advanced ages (Gampe, 2010; Vaupel, 2010; Rau et al., 2017; Barbi et al., 2018).

Chart 9. Example of the Gompertz and Gamma-Gompertz functions for ages 70 to 120



The applied function for the death rates is expressed by the formula (Lenart, 2012):

$$\hat{m}(x) = \frac{be^{b(x-M)}}{1+\Gamma e^{(-bM)}(e^{bx}-1)} \quad (2)$$

where:

b – parameter defining the rate of increase of mortality,

Γ – parameter defining the degree of slowdown of mortality in the oldest age groups,

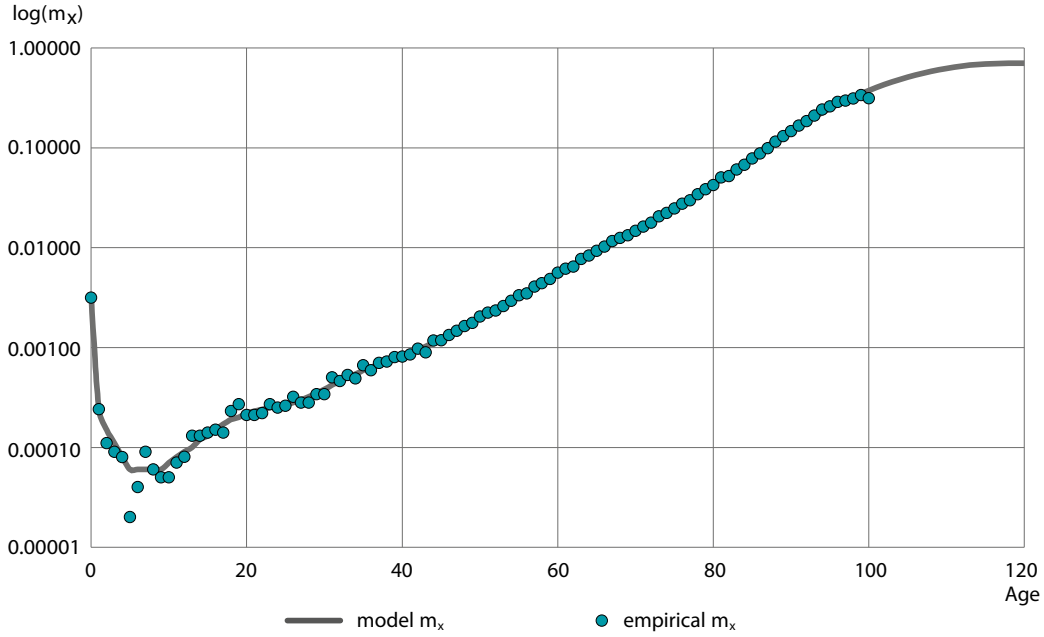
M – the age at which the number of deaths is the highest (modal).

The model parameters (b, Γ, and M) were estimated using the maximum likelihood method, under the assumption that the number of deaths in each age group follows a random process described by a Poisson distribution. The L-BFGS-B (limited-memory BFGS for bound-constrained optimisation) algorithm (Byrd et al., 1994), was used for parameter estimation, with the additional assumption that the maximum attainable value of mortality rates is 0.7. (Gampe, 2010).

The model-based estimates were used to replace the mortality rates for ages above 85 years, while the empirical values were retained for younger age groups at this stage. Centred five-year moving averages were then applied to smooth the mortality rates. For age 2 s, a three-year moving average was applied, for ages 0 and 1, the empirical values were retained unchanged. Before smoothing, the coefficients were log-transformed. This averaging procedure was repeated three times.

Chart 10 illustrates the effect of the proposed mortality modelling approach for women in 2025 . Applying moving averages enabled the smoothed m_x coefficients, particularly at the youngest ages, where fluctuations are especially pronounced. By contrast, the Gamma-Gompertz function was instrumental in smoothing mortality rates at the oldest ages, especially particularly for those aged 95 years and over.

Chart 10. Empirical and modelled mortality rates for women in Poland in 2025 (logarithmic scale)



In the next step, the probabilities of deaths for individual age groups (q_x) were calculated, using the following formula (Hinde,1998):

$$q_x = \frac{\hat{m}_x}{1+(1-a_x)\hat{m}_x} \tag{3}$$

where:

a_x – part of the year that deceased persons aged x years have lived, on average, since their last birthday. Assuming that deaths are evenly distributed throughout the year for most ages, the value of this parameter is 0.5. For year 0 it is 0.1, because infants die much more frequently closer to birth than to their first birthday.

The remaining parameters are calculated according to the rules for creating life tables. The following formulas were used:

l_x – number of persons living up to the age of *x* completed years

$$\begin{aligned} l_x &= l_{x-1}(1 - q_{x-1}) \\ l_0 &= 100\,000 \end{aligned} \tag{4}$$

d_x – number of people who died during the year at the age of x completed years

$$d_x = l_x q_x \tag{5}$$

L_x – stationary population - average number of people living at the age of *x* years

$$L_x = \begin{cases} l_1 + 0{,}1d_0 & for\ x = 0 \\ \dfrac{l_x + l_{x+1}}{2} & for\ x > 0 \end{cases} \tag{6}$$

T_x – stationary cumulative population – the total number of years that remain to be lived – until the end of this generation – all people aged x

$$T_x = \sum_{i=x}^{120} L_i \tag{7}$$

e_x – life expectancy of a person at the age of x completed years

$$e_x = \frac{T_x}{l_x} \tag{8}$$

The above formulas (4-8) are presented together with exemples of results in Table 10.

Table 10. Algorithm for calculation of values in life tables for men in 2025

age	Probability of death	Number of survivors	Number of deceased	Stationary population	Cumulated stationary population	Life expectancy
x	q_x	l_x	d_x	L_x	T_x	e_x
0	0.00333	100000	333 $l_0 \times q_0$	99700 $l_1+0.1 \times d_0$	7537479 sum from L_0 to L_{120}	75.37 T_0/l_0
1	0.00032	99667 $l_0 \times (1-q_0)$	32 $l_1 \times q_1$	99651 $(l_1+l_2)/2$	7437779 sum from L_1 to L_{120}	74.63 T_1/l_1
2	0.00021	99635 $l_1 \times (1-q_1)$	21 $l_2 \times q_2$	99625 $(l_2+l_3)/2$	7338128 sum from L_2 to L_{120}	73.65 T_2/l_2
3	0.00016	99614 $l_2 \times (1-q_2)$	16 $l_3 \times q_3$	99606 $(l_3+l_4)/2$	7238503 sum from L_3 to L_{120}	72.67 T_3/l_3
…	…	…	…	…	…	…

The joint life table (Table D) is calculated by adding together the number of survivors (l_x) for both sexes, based on an assumed sex ratio at birth of 0.485 for females and 0.515 for males.

Construction of life tables at lower territorial levels

The TOPALS methodology (de Beer, 2011) was applied to construct life tables at the regional level. This approach uses linear splines to model age-specific mortality rates enabling life expectancy to be estimated for small areas where substantial year-to-year fluctuations in mortality rates and zero death counts at certain ages (particularly among younger age groups) may occur (Chart 11). To ensure the comparability of the results, the TOPALS model was applied consistently across all administrative levels.

The TOPALS approach begins with a model distribution of mortality rates calculated at the national level, known as the $m_{x\_standard}$. The differences between the empirical mortality rates observed at a given administrative level and the national standard are modelled using spline regression:

$$\hat{m}_x = m_{x\ \text{standard}} + B \times v, \tag{9}$$

where:

B – b-spline basis,

v – regression parameter vector.

In the Statistics Poland model, quadratic splines are used to provide a better fit to the data than linear splines. The knots, i.e., the points that define the intervals over which the regression is estimated, were set at the following ages 0, 1, 10, 20, 30, 45, 70, 85, and 99. This selection was intended to capture the ages at which substantial changes in mortality patterns occur.

Due to the pronounced fluctuations observed at the youngest and oldest ages, a penalization procedure must also be introduced. This procedure uses a penalty function calculated according to the method proposed by Eilers and Marx (1996). The purpose of this function is to limit the differences between regression parameters in adjacent intervals, thereby preventing an unrealistic shape of the fitted curve. The penalty is calculated using the following formula:

$$Kara = \lambda \sum_{i=1}^{n-1} (v_{i+1} - v_i)^2 \tag{10}$$

where:

λ – parameter on penalization (in Statistics Poland model λ=5),

n – numer of knots (in Statistics Poland model n=9),

i – order of knot $i \in \{1, 2, \ldots, 9\}$,

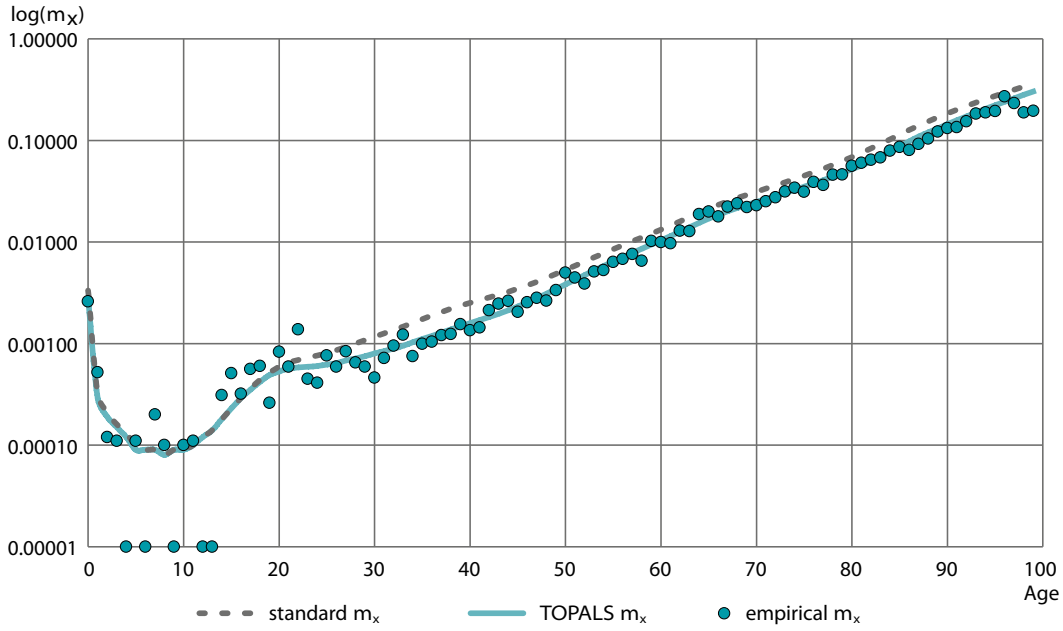
v_i – regression parameter in the interval [i-1, i].

The penalty term is subtracted from the maximum likelihood function value used to estimate the model parameters.

Chart 11 presents the results of modelling mortality rates for men in Warsaw in 2025 using the TOPALS technique. This city's male mortality rates are substantially lower than the national level, particularly among individuals aged 30–70 years.

The methodology used enabled a smooth distribution of m_x values, to be estimated while maintaining a pattern similar in shape to the national mortality distribution. This approach is particularly important for the youngest age groups, where empirical mortality data are highly irregular due to substantial random fluctuations.

Chart 11. Comparison of empirical mortality rates (m_x empiricial) with the national standard (m_x standard) and TOPALS-modelled rates (m_x topals) for men in Warsaw in 2025 (logarithmic scale)



m_x is equal to 0, i.e. no deaths are shown as 0.00001

Subsequently, the mortality rates for ages above 85 years were replaced with estimates obtained using the Gamma-Gompertz function (using the same approach as at the national level), enabling extrapolation beyond the age of 100. For ages 75 years and over, the coefficients were smoothed using a five-period centred moving average after being logarithmized. This procedure ensures a smooth transition between the coefficients derived from the TOPALS model and those estimated using the Gamma-Gompertz function.

Regional life tables were then constructed using the mortality rates calculated according to the described procedure, applying the same formulas as those used at the national level.

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Basic tables

Table A. LIFE TABLE FOR POLAND IN 2025

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
			Males			
0	0.00333	100 000	333	99 700	7 537 479	75.37
1	0.00032	99 667	32	99 651	7 437 779	74.63
2	0.00021	99 635	21	99 625	7 338 128	73.65
3	0.00016	99 614	16	99 606	7 238 503	72.67
4	0.00013	99 598	13	99 592	7 138 897	71.68
5	0.00010	99 585	10	99 580	7 039 305	70.69
6	0.00009	99 575	9	99 571	6 939 725	69.69
7	0.00009	99 566	9	99 562	6 840 154	68.70
8	0.00008	99 557	8	99 553	6 740 592	67.71
9	0.00009	99 549	9	99 545	6 641 039	66.71
10	0.00009	99 540	9	99 536	6 541 494	65.72
11	0.00010	99 531	10	99 526	6 441 958	64.72
12	0.00012	99 521	12	99 515	6 342 432	63.73
13	0.00014	99 509	14	99 502	6 242 917	62.74
14	0.00018	99 495	18	99 486	6 143 415	61.75
15	0.00023	99 477	23	99 466	6 043 929	60.76
16	0.00029	99 454	28	99 440	5 944 463	59.77
17	0.00036	99 426	36	99 408	5 845 023	58.79
18	0.00044	99 390	44	99 368	5 745 615	57.81
19	0.00052	99 346	52	99 320	5 646 247	56.83
20	0.00059	99 294	58	99 265	5 546 927	55.86
21	0.00065	99 236	65	99 204	5 447 662	54.90
22	0.00069	99 171	68	99 137	5 348 458	53.93
23	0.00073	99 103	72	99 067	5 249 321	52.97
24	0.00076	99 031	76	98 993	5 150 254	52.01
25	0.00081	98 955	80	98 915	5 051 261	51.05
26	0.00086	98 875	85	98 833	4 952 346	50.09
27	0.00093	98 790	92	98 744	4 853 513	49.13
28	0.00100	98 698	98	98 649	4 754 769	48.17
29	0.00108	98 600	107	98 547	4 656 120	47.22
30	0.00117	98 493	115	98 436	4 557 573	46.27
31	0.00126	98 378	124	98 316	4 459 137	45.33
32	0.00136	98 254	134	98 187	4 360 821	44.38
33	0.00147	98 120	144	98 048	4 262 634	43.44
34	0.00160	97 976	157	97 898	4 164 586	42.51
35	0.00174	97 819	170	97 734	4 066 688	41.57
36	0.00189	97 649	185	97 557	3 968 954	40.65

Table A. LIFE TABLE FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
			Males (cont.)			
37	0.00204	97 464	198	97 365	3 871 397	39.72
38	0.00220	97 266	214	97 159	3 774 032	38.80
39	0.00236	97 052	229	96 938	3 676 873	37.89
40	0.00252	96 823	244	96 701	3 579 935	36.97
41	0.00268	96 579	259	96 450	3 483 234	36.07
42	0.00285	96 320	275	96 183	3 386 784	35.16
43	0.00303	96 045	291	95 900	3 290 601	34.26
44	0.00322	95 754	308	95 600	3 194 701	33.36
45	0.00346	95 446	330	95 281	3 099 101	32.47
46	0.00373	95 116	355	94 939	3 003 820	31.58
47	0.00405	94 761	384	94 569	2 908 881	30.70
48	0.00442	94 377	417	94 169	2 814 312	29.82
49	0.00484	93 960	455	93 733	2 720 143	28.95
50	0.00531	93 505	496	93 257	2 626 410	28.09
51	0.00582	93 009	542	92 738	2 533 153	27.24
52	0.00640	92 467	591	92 172	2 440 415	26.39
53	0.00703	91 876	646	91 553	2 348 243	25.56
54	0.00771	91 230	704	90 878	2 256 690	24.74
55	0.00845	90 526	765	90 144	2 165 812	23.92
56	0.00925	89 761	830	89 346	2 075 668	23.12
57	0.01010	88 931	898	88 482	1 986 322	22.34
58	0.01101	88 033	969	87 549	1 897 840	21.56
59	0.01201	87 064	1 046	86 541	1 810 291	20.79
60	0.01313	86 018	1 130	85 453	1 723 750	20.04
61	0.01441	84 888	1 223	84 277	1 638 297	19.30
62	0.01583	83 665	1 324	83 003	1 554 020	18.57
63	0.01744	82 341	1 436	81 623	1 471 017	17.86
64	0.01919	80 905	1 553	80 129	1 389 394	17.17
65	0.02104	79 352	1 669	78 518	1 309 265	16.50
66	0.02293	77 683	1 782	76 792	1 230 747	15.84
67	0.02486	75 901	1 887	74 958	1 153 955	15.20
68	0.02678	74 014	1 982	73 023	1 078 997	14.58
69	0.02873	72 032	2 069	70 998	1 005 974	13.97
70	0.03077	69 963	2 153	68 887	934 976	13.36
71	0.03296	67 810	2 235	66 693	866 089	12.77
72	0.03532	65 575	2 316	64 417	799 396	12.19
73	0.03792	63 259	2 399	62 060	734 979	11.62

Table A. LIFE TABLE FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
Males (cont.)						
74	0.04078	60 860	2 482	59 619	672 919	11.06
75	0.04393	58 378	2 564	57 096	613 300	10.51
76	0.04743	55 814	2 648	54 490	556 204	9.97
77	0.05133	53 166	2 729	51 802	501 714	9.44
78	0.05569	50 437	2 809	49 033	449 912	8.92
79	0.06063	47 628	2 887	46 185	400 879	8.42
80	0.06625	44 741	2 964	43 259	354 694	7.93
81	0.07263	41 777	3 035	40 260	311 435	7.45
82	0.07991	38 742	3 096	37 194	271 175	7.00
83	0.08826	35 646	3 146	34 073	233 981	6.56
84	0.09759	32 500	3 172	30 914	199 908	6.15
85	0.10791	29 328	3 164	27 746	168 994	5.76
86	0.11909	26 164	3 116	24 606	141 248	5.40
87	0.13095	23 048	3 018	21 539	116 642	5.06
88	0.14321	20 030	2 869	18 596	95 103	4.75
89	0.15590	17 161	2 675	15 824	76 507	4.46
90	0.16898	14 486	2 448	13 262	60 683	4.19
91	0.18246	12 038	2 197	10 940	47 421	3.94
92	0.19641	9 841	1 933	8875	36 481	3.71
93	0.21090	7 908	1 668	7074	27 606	3.49
94	0.22586	6 240	1 409	5536	20 532	3.29
95	0.24123	4 831	1 166	4248	14 996	3.10
96	0.25695	3 665	942	3194	10 748	2.93
97	0.27293	2 723	743	2352	7 554	2.77
98	0.28908	1 980	573	1 694	5 202	2.63
99	0.30532	1 407	429	1 193	3 508	2.49
100	0.32156	978	315	821	2 315	2.37

Table A. LIFE TABLE FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
			Females			
0	0.00316	100 000	316	99 716	8 248 131	82.48
1	0.00024	99 684	24	99 672	8 148 415	81.74
2	0.00015	99 660	15	99 653	8 048 743	80.76
3	0.00011	99 645	11	99 640	7 949 090	79.77
4	0.00008	99 634	8	99 630	7 849 450	78.78
5	0.00006	99 626	6	99 623	7 749 820	77.79
6	0.00006	99 620	6	99 617	7 650 197	76.79
7	0.00006	99 614	6	99 611	7 550 580	75.80
8	0.00006	99 608	6	99 605	7 450 969	74.80
9	0.00006	99 602	6	99 599	7 351 364	73.81
10	0.00007	99 596	7	99 593	7 251 765	72.81
11	0.00008	99 589	8	99 585	7 152 172	71.82
12	0.00009	99 581	9	99 577	7 052 587	70.82
13	0.00010	99 572	10	99 567	6 953 010	69.83
14	0.00012	99 562	12	99 556	6 853 443	68.84
15	0.00013	99 550	13	99 544	6 753 887	67.84
16	0.00015	99 537	15	99 530	6 654 343	66.85
17	0.00017	99 522	17	99 514	6 554 813	65.86
18	0.00019	99 505	19	99 496	6 455 299	64.87
19	0.00020	99 486	20	99 476	6 355 803	63.89
20	0.00022	99 466	21	99 456	6 256 327	62.90
21	0.00023	99 445	23	99 434	6 156 871	61.91
22	0.00024	99 422	24	99 410	6 057 437	60.93
23	0.00025	99 398	25	99 386	5 958 027	59.94
24	0.00026	99 373	26	99 360	5 858 641	58.96
25	0.00027	99 347	27	99 334	5 759 281	57.97
26	0.00028	99 320	28	99 306	5 659 947	56.99
27	0.00030	99 292	29	99 278	5 560 641	56.00
28	0.00032	99 263	32	99 247	5 461 363	55.02
29	0.00035	99 231	35	99 214	5 362 116	54.04
30	0.00038	99 196	38	99 177	5 262 902	53.06
31	0.00042	99 158	41	99 138	5 163 725	52.08
32	0.00046	99 117	46	99 094	5 064 587	51.10
33	0.00050	99 071	49	99 047	4 965 493	50.12
34	0.00054	99 022	54	98 995	4 866 446	49.15
35	0.00059	98 968	58	98 939	4 767 451	48.17
36	0.00063	98 910	62	98 879	4 668 512	47.20

Table A. LIFE TABLE FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
			Females (cont.)			
37	0.00068	98 848	68	98 814	4 569 633	46.23
38	0.00072	98 780	71	98 745	4 470 819	45.26
39	0.00077	98 709	76	98 671	4 372 074	44.29
40	0.00082	98 633	81	98 593	4 273 403	43.33
41	0.00088	98 552	86	98 509	4 174 810	42.36
42	0.00094	98 466	93	98 420	4 076 301	41.40
43	0.00102	98 373	100	98 323	3 977 881	40.44
44	0.00111	98 273	109	98 219	3 879 558	39.48
45	0.00121	98 164	119	98 105	3 781 339	38.52
46	0.00133	98 045	131	97 980	3 683 234	37.57
47	0.00147	97 914	144	97 842	3 585 254	36.62
48	0.00162	97 770	158	97 691	3 487 412	35.67
49	0.00179	97 612	175	97 525	3 389 721	34.73
50	0.00198	97 437	193	97 341	3 292 196	33.79
51	0.00218	97 244	212	97 138	3 194 855	32.85
52	0.00241	97 032	233	96 916	3 097 717	31.92
53	0.00266	96 799	258	96 670	3 000 801	31.00
54	0.00293	96 541	283	96 400	2 904 131	30.08
55	0.00324	96 258	312	96 102	2 807 731	29.17
56	0.00359	95 946	344	95 774	2 711 629	28.26
57	0.00398	95 602	381	95 412	2 615 855	27.36
58	0.00442	95 221	420	95 011	2 520 443	26.47
59	0.00491	94 801	466	94 568	2 425 432	25.58
60	0.00545	94 335	514	94 078	2 330 864	24.71
61	0.00604	93 821	567	93 538	2 236 786	23.84
62	0.00672	93 254	626	92 941	2 143 248	22.98
63	0.00745	92 628	690	92 283	2 050 307	22.13
64	0.00827	91 938	761	91 558	1 958 024	21.30
65	0.00916	91 177	835	90 760	1 866 466	20.47
66	0.01011	90 342	913	89 886	1 775 706	19.66
67	0.01113	89 429	996	88 931	1 685 820	18.85
68	0.01223	88 433	1 081	87 893	1 596 889	18.06
69	0.01344	87 352	1 174	86 765	1 508 996	17.27
70	0.01477	86 178	1 273	85 542	1 422 231	16.50
71	0.01627	84 905	1 382	84 214	1 336 689	15.74
72	0.01796	83 523	1 500	82 773	1 252 475	15.00
73	0.01986	82 023	1 629	81 209	1 169 702	14.26

Table A. LIFE TABLE FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
Females (cont.)						
74	0.02200	80 394	1 768	79 510	1 088 493	13.54
75	0.02442	78 626	1 920	77 666	1 008 983	12.83
76	0.02713	76 706	2 081	75 666	931 317	12.14
77	0.03019	74 625	2 253	73 499	855 651	11.47
78	0.03363	72 372	2 434	71 155	782 152	10.81
79	0.03756	69 938	2 627	68 625	710 997	10.17
80	0.04203	67 311	2 829	65 897	642 372	9.54
81	0.04718	64 482	3 042	62 961	576 475	8.94
82	0.05314	61 440	3 265	59 808	513 514	8.36
83	0.06011	58 175	3 497	56 427	453 706	7.80
84	0.06814	54 678	3 726	52 815	397 279	7.27
85	0.07734	50 952	3 941	48 982	344 464	6.76
86	0.08767	47 011	4 121	44 951	295 482	6.29
87	0.09905	42 890	4 249	40 766	250 531	5.84
88	0.11127	38 641	4 299	36 492	209 765	5.43
89	0.12432	34 342	4 270	32 207	173 273	5.05
90	0.13817	30 072	4 155	27 995	141 066	4.69
91	0.15283	25 917	3 961	23 937	113 071	4.36
92	0.16831	21 956	3 695	20 109	89 134	4.06
93	0.18469	18 261	3 373	16 575	69 025	3.78
94	0.20186	14 888	3 005	13 386	52 450	3.52
95	0.21973	11 883	2 611	10 578	39 064	3.29
96	0.23817	9 272	2 209	8 168	28 486	3.07
97	0.25704	7 063	1 815	6 156	20 318	2.88
98	0.27620	5 248	1 450	4 523	14 162	2.70
99	0.29546	3 798	1 122	3 237	9 639	2.54
100	0.31467	2 676	842	2 255	6 402	2.39

Table B. LIFE EXPECTANCY IN POLAND BY VOIVODSHIPS IN 2025

	Males					Females				
	at age					at age				
	0	15	30	45	60	0	15	30	45	60
Total	**75.37**	**60.76**	**46.27**	**32.47**	**20.04**	**82.48**	**67.84**	**53.06**	**38.52**	**24.71**
02 Dolnośląskie	75.20	60.55	46.13	32.29	19.90	82.08	67.45	52.70	38.18	24.46
04 Kujawsko-pomorskie	74.74	60.29	45.85	32.06	19.68	81.66	67.06	52.27	37.72	24.00
06 Lubelskie	75.14	60.57	46.08	32.42	20.16	83.13	68.53	53.73	39.19	25.26
08 Lubuskie	74.25	59.61	45.24	31.69	19.55	82.02	67.34	52.57	38.07	24.39
10 Łódzkie	73.89	59.20	44.82	31.34	19.27	81.36	66.80	52.04	37.64	24.01
12 Małopolskie	76.78	62.20	47.63	33.59	20.85	83.61	68.92	54.11	39.50	25.51
14 Mazowieckie	75.66	61.00	46.53	32.66	20.22	82.79	68.09	53.31	38.77	24.95
16 Opolskie	75.22	60.75	46.31	32.45	19.97	83.08	68.25	53.40	38.76	24.84
18 Podkarpackie	77.06	62.31	47.67	33.71	21.03	84.17	69.47	54.65	40.03	25.98
20 Podlaskie	75.88	61.23	46.80	33.06	20.57	83.73	69.08	54.27	39.75	25.86
22 Pomorskie	75.93	61.33	46.86	32.92	20.29	82.23	67.67	52.90	38.34	24.53
24 Śląskie	74.87	60.23	45.74	31.96	19.65	81.77	67.13	52.35	37.85	24.16
26 Świętokrzyskie	75.07	60.34	45.82	32.17	20.00	83.07	68.46	53.67	39.10	25.20
28 Warmińsko-mazurskie	74.55	59.98	45.61	31.93	19.55	82.38	67.82	53.06	38.53	24.70
30 Wielkopolskie	75.49	60.89	46.42	32.55	20.01	82.15	67.53	52.75	38.21	24.39
32 Zachodniopomorskie	74.62	59.97	45.64	31.92	19.60	82.01	67.41	52.59	38.09	24.41
Urban areas	**75.67**	**61.04**	**46.59**	**32.75**	**20.33**	**82.50**	**67.87**	**53.11**	**38.62**	**24.89**
02 Dolnośląskie	75.30	60.63	46.19	32.37	20.07	82.16	67.56	52.82	38.35	24.70
04 Kujawsko-pomorskie	74.63	60.31	45.91	32.18	19.93	81.77	67.13	52.37	37.88	24.22
06 Lubelskie	76.30	61.63	47.12	33.40	20.93	83.45	68.81	54.03	39.50	25.58
08 Lubuskie	74.51	59.91	45.64	32.14	19.99	82.46	67.77	53.00	38.52	24.83
10 Łódzkie	73.97	59.24	44.86	31.34	19.28	81.05	66.58	51.83	37.47	23.97
12 Małopolskie	77.27	62.65	48.10	34.04	21.25	83.61	68.95	54.19	39.64	25.76
14 Mazowieckie	76.60	61.93	47.43	33.47	20.88	83.18	68.49	53.73	39.20	25.40
16 Opolskie	75.42	60.89	46.48	32.65	20.18	83.16	68.40	53.59	39.04	25.24
18 Podkarpackie	77.37	62.72	48.19	34.24	21.45	84.31	69.56	54.74	40.18	26.19
20 Podlaskie	76.81	62.12	47.72	33.97	21.37	84.17	69.51	54.70	40.18	26.28
22 Pomorskie	76.56	61.92	47.39	33.41	20.74	82.62	68.07	53.33	38.80	25.04
24 Śląskie	74.69	60.07	45.59	31.83	19.63	81.55	66.95	52.17	37.71	24.10
26 Świętokrzyskie	75.50	60.81	46.28	32.61	20.46	83.14	68.47	53.67	39.14	25.32
28 Warmińsko-mazurskie	75.20	60.71	46.29	32.51	20.02	82.44	67.87	53.13	38.66	24.90
30 Wielkopolskie	75.73	61.12	46.65	32.81	20.34	82.21	67.62	52.88	38.39	24.66
32 Zachodniopomorskie	74.99	60.36	46.02	32.26	19.90	82.10	67.59	52.81	38.36	24.72

Table B. LIFE EXPECTANCY IN POLAND BY VOIVODSHIPS IN 2025 (cont.)

	Males					Females				
	at age									
	0	15	30	45	60	0	15	30	45	60
Rural areas	**74.88**	**60.29**	**45.77**	**32.01**	**19.55**	**82.39**	**67.74**	**52.91**	**38.30**	**24.37**
02 Dolnośląskie	74.84	60.25	45.83	31.97	19.41	81.68	67.00	52.20	37.59	23.71
04 Kujawsko-pomorskie	74.76	60.14	45.65	31.78	19.22	81.37	66.81	51.99	37.37	23.57
06 Lubelskie	74.18	59.70	45.22	31.62	19.50	82.84	68.27	53.45	38.88	24.95
08 Lubuskie	73.69	59.01	44.51	30.86	18.70	81.02	66.39	51.60	37.08	23.38
10 Łódzkie	73.73	59.14	44.75	31.32	19.24	81.91	67.21	52.44	37.95	24.11
12 Małopolskie	76.29	61.74	47.16	33.14	20.43	83.54	68.82	53.96	39.29	25.19
14 Mazowieckie	74.09	59.45	45.01	31.32	19.11	81.97	67.25	52.45	37.88	24.02
16 Opolskie	75.00	60.56	46.07	32.20	19.71	82.83	67.97	53.08	38.36	24.31
18 Podkarpackie	76.79	61.98	47.29	33.32	20.71	84.04	69.39	54.56	39.90	25.80
20 Podlaskie	74.65	60.07	45.61	31.87	19.54	83.09	68.45	53.64	39.11	25.22
22 Pomorskie	74.72	60.17	45.76	31.91	19.30	81.11	66.52	51.71	37.11	23.19
24 Śląskie	75.35	60.67	46.15	32.28	19.66	82.47	67.75	52.94	38.32	24.40
26 Świętokrzyskie	74.67	59.93	45.43	31.78	19.57	83.01	68.44	53.65	39.05	25.08
28 Warmińsko-mazurskie	73.63	58.97	44.63	31.07	18.80	82.21	67.66	52.86	38.24	24.34
30 Wielkopolskie	75.12	60.53	46.05	32.15	19.52	81.93	67.27	52.46	37.86	23.92
32 Zachodniopomorskie	73.74	59.09	44.73	31.09	18.81	81.54	66.76	51.90	37.30	23.50

Table C. LIFE EXPECTANCY IN POLAND BY SUBREGIONS IN 2025

	Males					Females				
	at age					at age				
	0	15	30	45	60	0	15	30	45	60
1 Jeleniogórski	74.08	59.38	44.99	31.45	19.36	81.87	67.14	52.36	37.85	24.10
2 Legnicko-Głogowski	74.43	59.91	45.55	31.81	19.56	81.62	67.20	52.48	38.03	24.43
3 Wałbrzyski	73.90	59.27	44.92	31.34	19.24	80.65	66.17	51.45	37.07	23.57
4 Wrocławski	75.88	61.30	46.79	32.78	20.03	82.52	67.81	52.99	38.37	24.44
5 Miasto Wrocław	77.41	62.71	48.14	34.05	21.37	83.54	68.88	54.11	39.56	25.77
6 Bydgosko-Toruński	76.16	61.62	47.09	33.09	20.56	82.64	67.97	53.17	38.61	24.73
7 Grudziądzki	74.10	59.66	45.27	31.64	19.48	81.41	66.99	52.23	37.73	24.09
8 Włocławski	73.15	58.68	44.37	30.94	18.96	80.58	65.93	51.14	36.70	23.19
9 Bialski	74.61	60.01	45.59	32.13	20.02	82.94	68.35	53.53	38.94	24.99
10 Chełmsko-Zamojski	74.99	60.44	45.95	32.18	19.87	82.73	68.29	53.51	38.95	25.05
11 Lubelski	75.64	61.03	46.58	32.91	20.58	83.30	68.70	53.92	39.36	25.46
12 Puławski	74.98	60.43	45.92	32.23	20.01	83.52	68.72	53.90	39.35	25.39
13 Gorzowski	73.39	58.92	44.66	31.19	19.10	81.65	66.95	52.19	37.71	24.10
14 Zielonogórski	74.77	60.05	45.61	32.00	19.83	82.22	67.59	52.80	38.30	24.56
15 Łódzki	74.34	59.80	45.32	31.56	19.33	81.20	66.79	52.01	37.49	23.77
16 Miasto Łódź	74.09	59.41	45.01	31.39	19.31	80.80	66.34	51.61	37.29	23.90
17 Piotrkowski	73.70	59.03	44.59	31.12	19.07	81.44	66.81	52.08	37.72	24.06
18 Sieradzki	74.10	59.43	45.07	31.66	19.58	82.14	67.45	52.69	38.21	24.42
19 Skierniewicki	72.86	58.19	44.00	30.83	18.96	81.52	66.88	52.10	37.59	23.86
20 Krakowski	76.58	61.97	47.40	33.35	20.42	83.40	68.64	53.76	39.05	24.91
21 Miasto Kraków	78.19	63.52	48.98	34.86	21.94	83.87	69.24	54.45	39.87	26.00
22 Nowosądecki	76.62	62.11	47.56	33.61	20.92	83.67	69.05	54.26	39.69	25.62
23 Oświęcimski	75.68	61.02	46.40	32.42	19.89	82.58	67.91	53.12	38.57	24.74
24 Tarnowski	76.97	62.29	47.70	33.71	21.10	84.29	69.48	54.64	40.00	25.93
25 Ciechanowski	73.23	58.52	44.12	30.58	18.57	81.38	66.72	51.94	37.44	23.84
26 Ostrołęcki	74.15	59.41	45.02	31.47	19.49	82.75	68.12	53.34	38.80	25.01
27 Radomski	73.92	59.29	44.84	31.37	19.31	82.69	68.06	53.29	38.80	24.98
28 Miasto Warszawa	78.54	63.88	49.33	35.16	22.24	84.17	69.55	54.78	40.19	26.32
29 Warszawski Wschodni	74.76	60.02	45.53	31.61	19.08	81.34	66.60	51.80	37.25	23.38
30 Warszawski Zachodni	75.93	61.44	46.88	32.93	20.23	81.71	67.01	52.22	37.67	23.74
31 Nyski	74.43	59.81	45.36	31.55	19.24	82.82	67.96	53.09	38.44	24.54
32 Opolski	75.74	61.35	46.90	33.03	20.45	83.20	68.43	53.59	38.97	25.05
33 Krośnieński	77.03	62.21	47.60	33.72	21.08	84.32	69.57	54.71	40.04	25.94
34 Przemyski	76.23	61.56	46.94	33.00	20.40	83.59	68.89	54.04	39.43	25.46
35 Rzeszowski	77.55	62.82	48.20	34.03	21.15	84.13	69.40	54.59	39.98	25.94
36 Tarnobrzeski	77.01	62.27	47.66	33.82	21.27	84.45	69.84	55.04	40.45	26.37
37 Białostocki	77.12	62.34	47.77	33.75	21.05	84.13	69.41	54.58	40.00	26.08
38 Łomżyński	75.03	60.53	46.14	32.55	20.30	83.43	69.04	54.29	39.79	25.89

Table C. LIFE EXPECTANCY IN POLAND BY SUBREGIONS IN 2025 (cont.)

	Males					Females				
	at age					at age				
	0	15	30	45	60	0	15	30	45	60
39 Suwalski	74.81	60.26	45.99	32.53	20.13	83.28	68.48	53.67	39.15	25.29
40 Gdański	75.72	61.08	46.56	32.60	19.78	81.27	66.52	51.70	37.11	23.14
41 Słupski	74.59	59.94	45.63	31.95	19.61	81.48	67.28	52.57	38.08	24.33
42 Starogardzki	74.46	59.85	45.44	31.70	19.20	81.06	66.54	51.84	37.37	23.70
43 Trójmiejski	77.90	63.23	48.63	34.51	21.65	83.71	69.11	54.33	39.75	25.90
44 Bielski	75.45	60.75	46.31	32.55	20.05	82.56	67.84	52.99	38.38	24.51
45 Bytomski	73.70	59.21	44.76	31.05	19.05	80.82	66.49	51.72	37.28	23.64
46 Częstochowski	74.83	60.28	45.70	31.87	19.49	82.06	67.32	52.58	38.15	24.42
47 Gliwicki	75.84	61.06	46.46	32.55	20.19	82.26	67.46	52.64	38.14	24.53
48 Katowicki	74.42	59.86	45.48	31.87	19.78	81.18	66.62	51.84	37.38	23.91
49 Rybnicki	75.48	60.85	46.43	32.59	20.06	82.04	67.50	52.78	38.28	24.49
50 Sosnowiecki	73.54	58.93	44.45	30.85	18.84	81.07	66.46	51.70	37.28	23.71
51 Tyski	76.26	61.51	46.87	32.74	19.94	82.31	67.60	52.78	38.15	24.24
52 Kielecki	75.06	60.30	45.75	32.10	20.00	83.23	68.62	53.81	39.27	25.41
53 Sandomiersko-Jędrzejowski	75.06	60.42	45.95	32.28	20.00	82.82	68.19	53.41	38.81	24.85
54 Elbląski	74.48	59.83	45.40	31.69	19.26	81.78	67.33	52.56	38.02	24.23
55 Ełcki	74.36	59.92	45.56	31.86	19.48	82.60	68.11	53.35	38.83	25.01
56 Olsztyński	74.73	60.18	45.82	32.16	19.84	82.83	68.12	53.36	38.83	24.99
57 Kaliski	75.32	60.70	46.23	32.51	20.05	82.37	67.62	52.83	38.28	24.43
58 Koniński	74.67	60.18	45.77	32.16	19.87	82.07	67.55	52.78	38.25	24.39
59 Leszczyński	75.06	60.41	45.93	32.11	19.50	81.65	67.03	52.29	37.83	24.11
60 Pilski	74.34	59.91	45.52	31.68	19.18	80.98	66.48	51.66	37.10	23.33
61 Poznański	76.03	61.44	46.94	32.86	20.05	82.24	67.53	52.71	38.10	24.14
62 Miasto Poznań	77.19	62.41	47.78	33.70	21.19	82.88	68.33	53.61	39.11	25.41
63 Koszaliński	74.86	60.20	45.82	32.15	19.74	82.46	67.82	53.04	38.52	24.76
64 Szczecinecko-Pyrzycki	73.80	59.20	44.89	31.29	19.08	81.81	67.11	52.32	37.84	24.23
65 Miasto Szczecin	75.29	60.73	46.36	32.48	20.12	82.18	67.69	52.91	38.45	24.87
66 Szczeciński	74.58	59.92	45.50	31.80	19.50	81.65	67.01	52.20	37.65	23.87
67 Inowrocławski	74.01	59.68	45.26	31.46	18.98	81.08	66.41	51.60	37.04	23.41
68 Świecki	75.06	60.50	46.03	32.15	19.37	81.35	66.76	51.99	37.45	23.71
69 Nowotarski	76.08	61.72	47.22	33.24	20.61	84.03	69.38	54.57	40.00	26.01
70 Płocki	73.18	58.58	44.27	30.83	18.83	81.79	66.99	52.17	37.63	23.92
71 Siedlecki	74.58	59.99	45.57	31.89	19.80	82.93	68.17	53.42	39.00	25.22
72 Chojnicki	74.47	60.21	45.79	32.01	19.71	81.84	67.30	52.50	37.98	24.29
73 Żyrardowski	73.87	59.24	44.77	31.20	19.17	82.03	67.30	52.51	38.04	24.40

Table D. LIFE TABLE FOR BOTH SEXES COMBINED FOR POLAND IN 2025

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
0	0.00324	100 000	324	99 708	7 882 157	78.82
1	0.00029	99 676	29	99 662	7 782 449	78.08
2	0.00018	99 647	18	99 638	7 682 787	77.10
3	0.00014	99 629	14	99 622	7 583 149	76.11
4	0.00010	99 615	10	99 610	7 483 527	75.12
5	0.00008	99 605	8	99 601	7 383 917	74.13
6	0.00008	99 597	8	99 593	7 284 316	73.14
7	0.00007	99 589	7	99 586	7 184 723	72.14
8	0.00007	99 582	7	99 579	7 085 137	71.15
9	0.00008	99 575	8	99 571	6 985 558	70.15
10	0.00008	99 567	8	99 563	6 885 987	69.16
11	0.00009	99 559	9	99 555	6 786 424	68.16
12	0.00011	99 550	11	99 545	6 686 869	67.17
13	0.00011	99 539	11	99 534	6 587 324	66.18
14	0.00015	99 528	15	99 521	6 487 790	65.19
15	0.00019	99 513	19	99 504	6 388 269	64.20
16	0.00022	99 494	22	99 483	6 288 765	63.21
17	0.00026	99 472	26	99 459	6 189 282	62.22
18	0.00032	99 446	32	99 430	6 089 823	61.24
19	0.00037	99 414	37	99 396	5 990 393	60.26
20	0.00039	99 377	39	99 358	5 890 997	59.28
21	0.00045	99 338	45	99 316	5 791 639	58.30
22	0.00047	99 293	47	99 270	5 692 323	57.33
23	0.00049	99 246	49	99 222	5 593 053	56.36
24	0.00052	99 197	52	99 171	5 493 831	55.38
25	0.00054	99 145	54	99 118	5 394 660	54.41
26	0.00058	99 091	57	99 063	5 295 542	53.44
27	0.00063	99 034	62	99 003	5 196 479	52.47
28	0.00067	98 972	66	98 939	5 097 476	51.50
29	0.00073	98 906	72	98 870	4 998 537	50.54
30	0.00078	98 834	77	98 796	4 899 667	49.57
31	0.00085	98 757	84	98 715	4 800 871	48.61
32	0.00093	98 673	92	98 627	4 702 156	47.65
33	0.00098	98 581	97	98 533	4 603 529	46.70
34	0.00110	98 484	108	98 430	4 504 996	45.74
35	0.00118	98 376	116	98 318	4 406 566	44.79
36	0.00127	98 260	125	98 198	4 308 248	43.85
37	0.00138	98 135	135	98 068	4 210 050	42.90

Table D. LIFE TABLE FOR BOTH SEXES COMBINED FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
38	0.00147	98 000	144	97 928	4 111 982	41.96
39	0.00158	97 856	155	97 779	4 014 054	41.02
40	0.00169	97 701	165	97 619	3 916 275	40.08
41	0.00179	97 536	175	97 449	3 818 656	39.15
42	0.00192	97 361	187	97 268	3 721 207	38.22
43	0.00205	97 174	199	97 075	3 623 939	37.29
44	0.00217	96 975	210	96 870	3 526 864	36.37
45	0.00236	96 765	228	96 651	3 429 994	35.45
46	0.00256	96 537	247	96 414	3 333 343	34.53
47	0.00278	96 290	268	96 156	3 236 929	33.62
48	0.00333	95 731	319	95 572	3 044 896	31.81
49	0.00366	95 412	349	95 238	2 949 324	30.91
50	0.00383	95 248	365	95 066	2 919 146	30.65
51	0.00401	95 063	381	94 873	2 854 086	30.02
52	0.00441	94 682	418	94 473	2 759 213	29.14
53	0.00487	94 264	459	94 035	2 664 740	28.27
54	0.00532	93 805	499	93 556	2 570 705	27.40
55	0.00584	93 306	545	93 034	2 477 149	26.55
56	0.00641	92 761	595	92 464	2 384 115	25.70
57	0.00702	92 166	647	91 843	2 291 651	24.86
58	0.00768	91 519	703	91 168	2 199 808	24.04
59	0.00842	90 816	765	90 434	2 108 640	23.22
60	0.00923	90 051	831	89 636	2 018 206	22.41
61	0.01014	89 220	905	88 768	1 928 570	21.62
62	0.01114	88 315	984	87 823	1 839 802	20.83
63	0.01231	87 331	1075	86 794	1 751 979	20.06
64	0.01355	86 256	1169	85 672	1 665 185	19.31
65	0.01486	85 087	1264	84 455	1 579 513	18.56
66	0.01624	83 823	1361	83 143	1 495 058	17.84
67	0.01764	82 462	1455	81 735	1 411 915	17.12
68	0.01907	81 007	1545	80 235	1 330 180	16.42
69	0.02058	79 462	1635	78 645	1 249 945	15.73
70	0.02218	77 827	1726	76 964	1 171 300	15.05
71	0.02393	76 101	1821	75 191	1 094 336	14.38
72	0.02586	74 280	1921	73 320	1 019 145	13.72
73	0.02799	72 359	2025	71 347	945 825	13.07
74	0.03036	70 334	2135	69 267	874 478	12.43
75	0.03304	68 199	2253	67 073	805 211	11.81

Table D. LIFE TABLE FOR BOTH SEXES COMBINED FOR POLAND IN 2025 (cont.)

Age	Probability of dying	Number of survivors	Number of deceased	Stationary population		Life expectancy
				at age *x*	cumulated	
x	q_x	l_x	d_x	L_x	T_x	e_x
76	0.03598	65 946	2373	64 760	738 138	11.19
77	0.03929	63 573	2498	62 324	673 378	10.59
78	0.04301	61 075	2627	59 762	611 054	10.00
79	0.04722	58 448	2760	57 068	551 292	9.43
80	0.05206	55 688	2899	54 239	494 224	8.87
81	0.05757	52 789	3039	51 270	439 985	8.33
82	0.06386	49 750	3177	48 162	388 715	7.81
83	0.07120	46 573	3316	44 915	340 553	7.31
84	0.07955	43 257	3441	41 537	295 638	6.83
85	0.08896	39 816	3542	38 045	254 101	6.38
86	0.09930	36 274	3602	34 473	216 056	5.96
87	0.11068	32 672	3616	30 864	181 583	5.56
88	0.12259	29 056	3562	27 275	150 719	5.19
89	0.13529	25 494	3449	23 770	123 444	4.84
90	0.14856	22 045	3275	20 408	99 674	4.52
91	0.16265	18 770	3053	17 244	79 266	4.22
92	0.17732	15 717	2787	14 324	62 022	3.95
93	0.19296	12 930	2495	11 683	47 698	3.69
94	0.20930	10 435	2184	9 343	36 015	3.45
95	0.22628	8 251	1867	7 318	26 672	3.23
96	0.24373	6 384	1556	5 606	19 354	3.03
97	0.26160	4 828	1263	4 197	13 748	2.85
98	0.27994	3 565	998	3 066	9 551	2.68
99	0.29801	2 567	765	2 185	6 485	2.53
100	0.31743	1 802	572	1 516	4 300	2.39