Healthy Life Years in 2025

26.11.2026

62 years for men
65.2 years for women

Healthy life years in 2025

In 2025, healthy life years at birth was 62.04 years for men and 65.18 years for women, representing an increase of 0.4 years for men and decrease of 0.1 years for women compared with 2024.

One of the major objectives of health policy in many countries is to increase healthy life expectancy. If gains in healthy life expectancy exceed gains in life expectancy, the additional years lived are spent in better health.

Healthy Life Years (HLY) is a summary measure of population health that combines information on mortality and health status. It is estimated using period life tables together with age-specific prevalence rates of good and poor health derived from representative surveys, including health surveys and other regular surveys collecting information on individuals' health status. In particular, the Statistics Poland uses age-specific disability rates, based on data on activity limitations obtained from the EU-Statistics on Income and Living Conditions Survey (EU-SILC), which has been conducted annually since 2005 (Eurostat).

The value of HLY_x is interpreted as the average number of years a person aged x would live without disability, assuming that the current age-specific mortality and disability prevalence rates remain unchanged.

Healthy life years is higher for women than for men

The difference in healthy life years at birth (HLY_0) between the sexes in 2025 was 3.1 years in favor of women. HLY_x gap between sexes decreases with age. For people aged 50 it was 2 years, while for those aged 65 it was less than one year. For reference, the difference in life expectancy at birth (e_0) in the same year was 7.1 years in favour of women.

In analyses of healthy life years, it is useful to assess the proportion of life expectancy at birth that is expected to be spent in good health (i.e. without disability). In 2025, this proportion was estimated at 82.3% for men and 79.0% for women.

Males are expected to live a greater share of their lives without a disability

Between 2009 and 2025, excluding the COVID-19 pandemic period, both HLY_0 and life expectancy at birth (e_0) showed a steady upward trend (Chart 1) [1, 2]. During this period, HLY_0 accounted for between 79.9% and 82.3% of e_0 for men and between 76.2% and 79.3% for women. This indicates that men, despite having a shorter life expectancy, statistically spend a greater proportion of their lives without disability than women.

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

[2] Statistics Poland, *Healthy Life Years in 2023 (in Polish)* [News releases], Warsaw 2024, https://stat.gov.pl/en/topics/population/life-expectancy/healthy-life-years-in-poland-in-2023,5,2.html

Chart 1. Life expectancy (e_0) and Healthy Life Years (HLY_0) at birth in Poland in 2009-2025

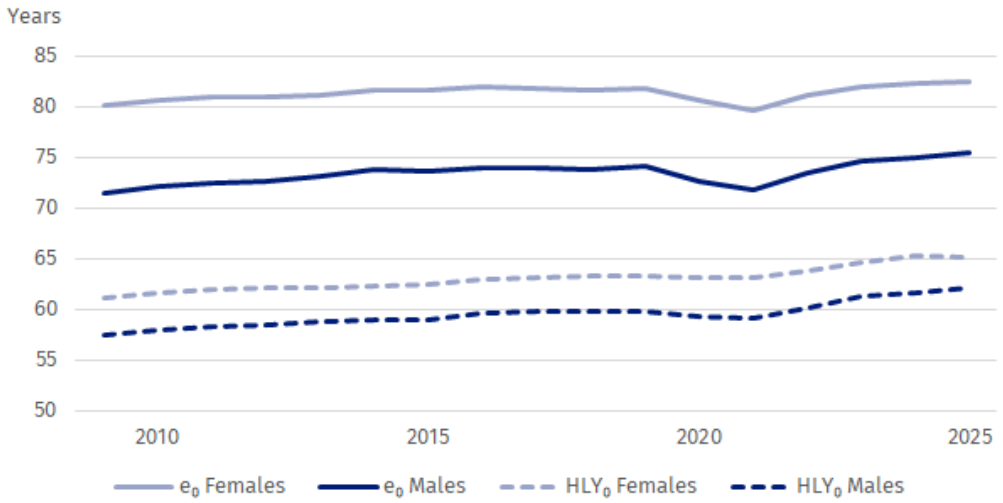


Table 1. Healthy life years (HLY_0) at birth and percentage of healthy life (HLY_0/e_0) in 2025

	Males		Females	
	Healthy Life Years (HLY_0)	Healthy life proportion [%] (HLY_0/e_0)	Healthy Life Years (HLY_0)	Healthy life proportion [%] (HLY_0/e_0)
Poland total	**62.04**	**82.3**	**65.18**	**79.0**
Dolnośląskie	62.36	82.9	65.70	80.0
Kujawsko-pomorskie	61.76	82.6	65.34	80.0
Lubelskie	60.28	80.2	63.41	76.3
Lubuskie	62.70	84.4	66.44	81.0
Łódzkie	60.98	82.5	64.00	78.7
Małopolskie	62.45	81.3	65.22	78.0
Mazowieckie	62.58	82.7	66.00	79.7
Opolskie	62.35	82.9	66.28	79.8
Podkarpackie	61.34	79.6	63.80	75.8
Podlaskie	60.65	79.9	63.57	75.9
Pomorskie	62.45	82.2	65.53	79.7
Śląskie	61.47	82.1	64.45	78.8
Świętokrzyskie	61.58	82.0	64.70	77.9
Warmińsko-mazurskie	61.69	82.7	65.57	79.6
Wielkopolskie	63.47	84.1	66.53	81.0
Zachodniopomorskie	62.93	84.3	66.39	81.0

In Poland, a significant spatial variability between voivodeships in the healthy life years was observed. In the western voivodeships of Poland, particularly in the north-western part of the country, healthy life years at birth (HLY_0) was higher than in the eastern voivodeships (Maps 1 and 2).

In western part of Poland, healthy life years at birth was higher than in the eastern part

In 2025, the difference between the highest and lowest values of this indicator among men was 3.2 years. The greatest healthy life years for men was recorded in the Wielkopolskie (63.47 years), Zachodniopomorskie (62.93 years) and Lubuskie (62.70 years) voivodeships, while the lowest in Lubelskie (60.28 years), Podlaskie (60.65 years) and Łódzkie (60.98 years) voivodeships (Table 1, Map 1).

Across voivodeships, the range of this indicator among women was 3.1 years. The highest healthy life years at birth was noted in the Wielkopolskie (66.53 years), Lubuskie (66.44 years), Zachodniopomorskie (66.39 years), Opolskie (66.28 years) and Mazowieckie (66 years) voivodeships. In contrast, the lowest was observed in the Lubelskie (63.41 years), Podlaskie (63.57 years), Podkarpackie (63.80 years) and Łódzkie (64 years) voivodeships (Table 1, Map 2).

The range between the extreme values of healthy life years in voivodeships was 3.2 years for men and 3.1 years for women

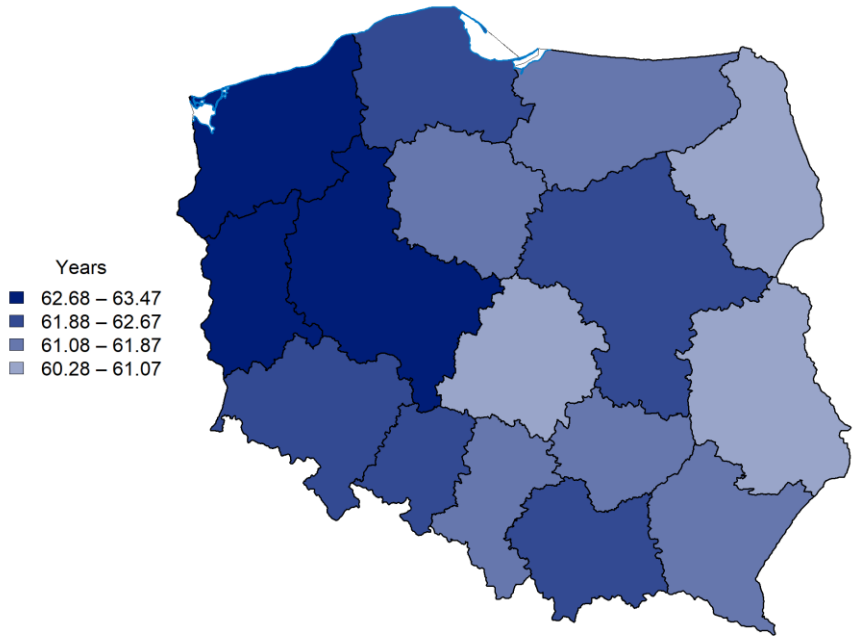
In 2025, the HLY_0 for men increased in majority of voivodeships (with exception of Lubuskie, Zachodniopomorskie, Opolskie and Wielkopolskie). The greatest increase was noted in the Świętokrzyskie (by 0.7 years) and Podkarpackie (by 0.6 years) voivodeships. Among women, the highest growth was noted in the Świętokrzyskie (by 0.7 years) and Warmińsko-Mazurskie (by 0.5 years) voivodeships. A decrease in HLY_0 was observed in five voivodeships – the highest in the Podlaskie voivodeship (by 0.4 years).

Among men, significant regional variation in HLY_0 was observed (Chart 2). In the Łódzkie, Warmińsko-Mazurskie, Kujawsko-Pomorskie, Śląskie, Świętokrzyskie and Lubelskie voivodeships situation was less favourable than in the rest of the country, with both life expectancy and healthy life years falling below the national level. The opposite pattern was observed in the Małopolskie, Pomorskie, Mazowieckie and Wielkopolskie voivodeships, where both indicators exceeded the national level. Of particular interest were the regions where the two indicators exhibited contrasting patterns relative to the national level. In the Zachodniopomorskie and Lubuskie voivodeships, healthy life years was relatively high despite comparatively low life expectancy. The opposite pattern was observed in the Podlaskie and Podkarpackie voivodeships, where life expectancy was high, whereas healthy life years remained below the national level.

The joint analysis of life expectancy and healthy life years among women also revealed substantial regional disparities across Poland (Chart 3). The least favourable situation was observed in the Łódzkie and Śląskie voivodeships, where both indicators were among the lowest in the country. In contrast, the Opolskie and Mazowieckie voivodeships performed considerably better, with both indicators exceeding the national level.

In the Wielkopolskie, Lubuskie, Zachodniopomorskie and Dolnośląskie voivodeships, women had lower life expectancy at birth than the national level, while healthy life years was substantially higher. The opposite pattern was found in the Lubelskie, Podkarpackie and Podlaskie voivodeships, where life expectancy exceeded the national level, whereas healthy life years fell below it.

Map 1. Healthy Life Years (HLY_0) for males at birth in 2025 by voivodeships



Map 2. Healthy Life Years (HLY_0) for females at birth in 2025 by voivodeships

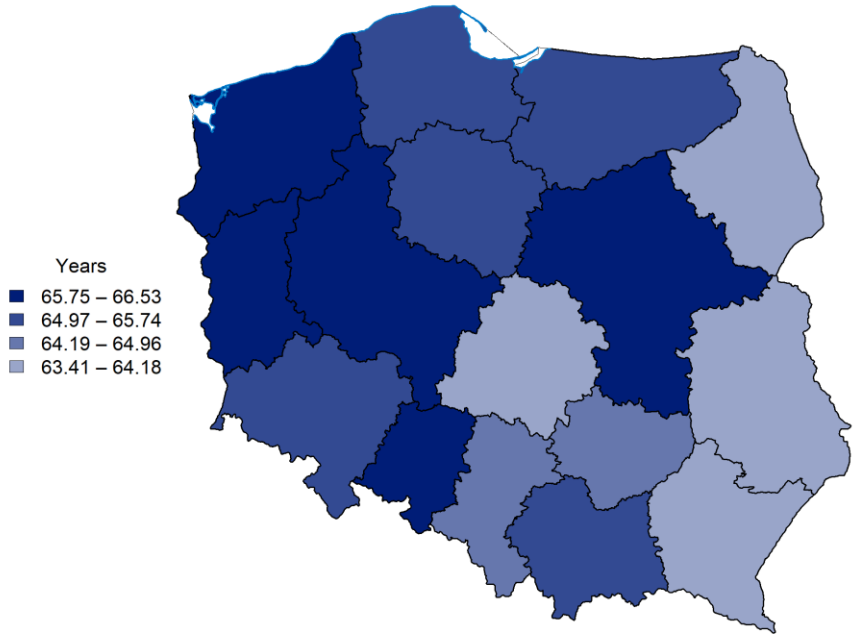


Chart 2. Life expectancy and Healthy Life Years for male newborn in comparison to the national level in 2025

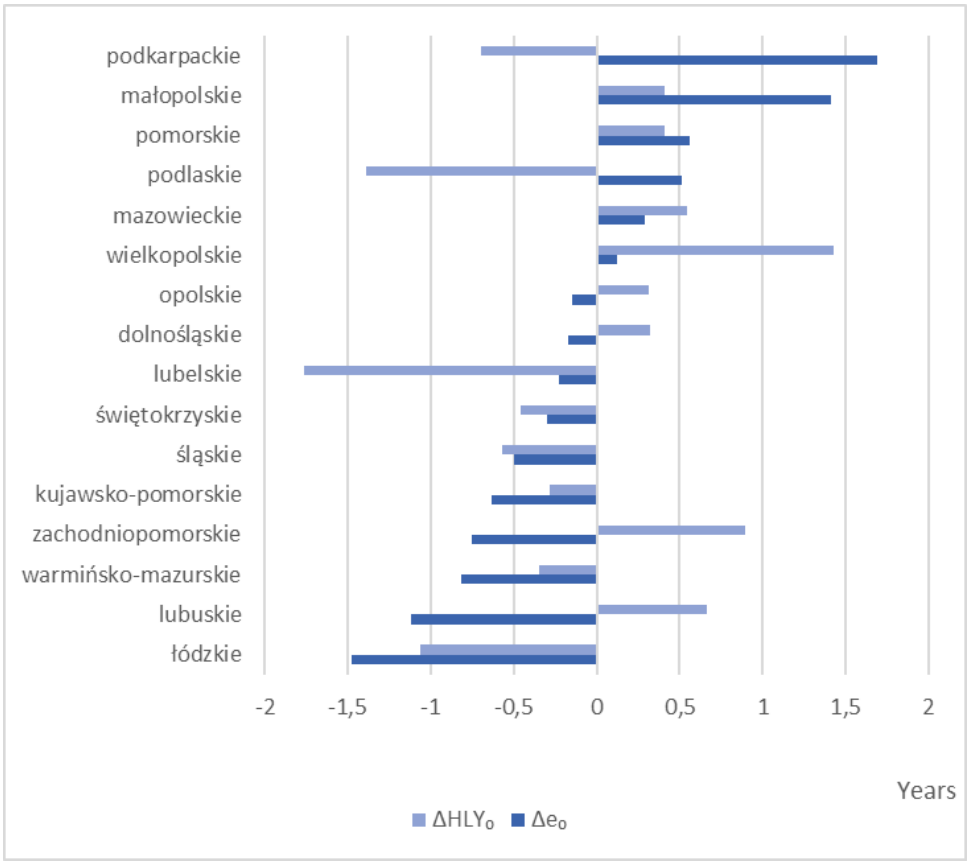
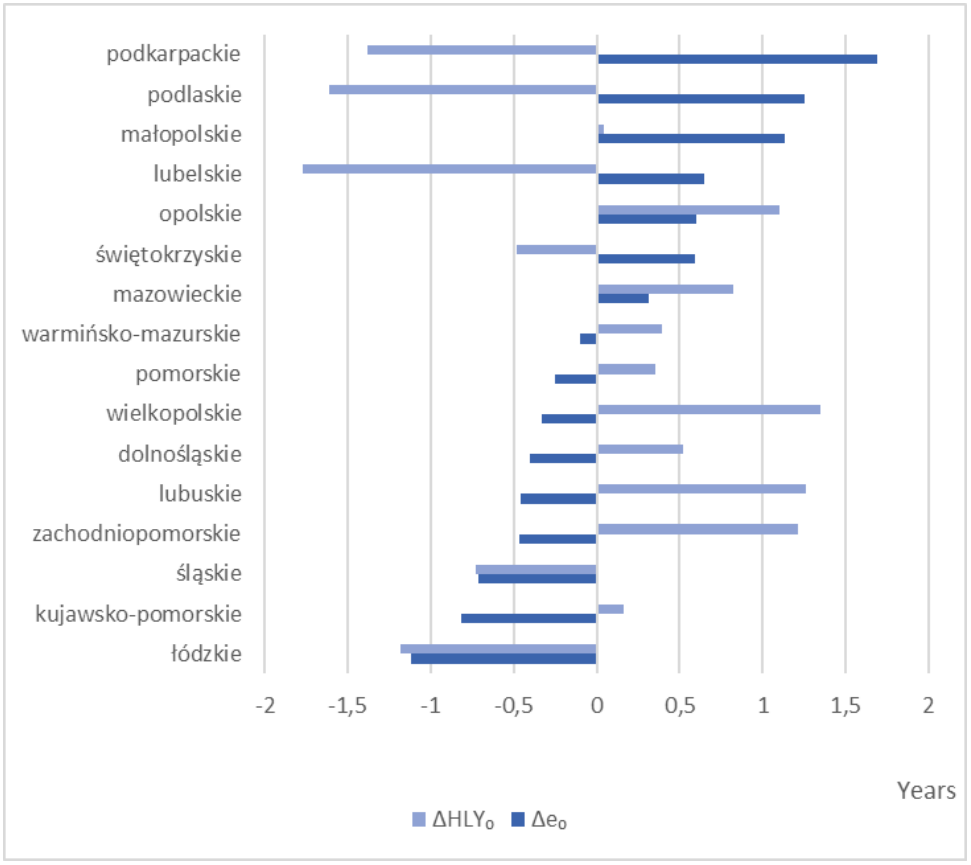


Chart 3. Life expectancy and Healthy Life Years for female newborn in comparison to the national level in 2025



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

When quoting this publication, please provide its title and indicate Statistics Poland as the author. When publishing your own calculations based on data from this publication, please include the following statement: Author's work based on data from Statistics Poland's publication entitled 'Healthy life years in 2025'.

Prepared by:
Demographic Research Department

Director Anita Abramowska-Kmon
Phone: (+48 22) 608 33 01

Issued by:
Press Office

Mobile: (+48) 695 255 032

Phone: (+48 22) 608 38 04, (+48 22) 449 41 45,
(+48 22) 608 30 09

e-mail: **obslugaprasowa@stat.gov.pl**

stat.gov.pl/en/

@StatPoland

@GlownyUrzadStatystyczny

gus_stat

glownyurzadstatystycznygus

glownyurzadstatystyczny

Related information

Healthy Life Years in Poland in 2009–2019

Healthy Life Years in 2024

Life expectancy in Poland 2025

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