

Life Expectancy in Norfolk and Waveney

Key definitions

- Life Expectancy: a person's estimated length of life based on age, gender, and where they live.
- Healthy Life Expectancy: average years somebody is expected to live in good health.

What is the situation

- In Norfolk and Waveney, a male can expect to live 79.9 years, for females this is 83.8 years.
- For both males and females this is higher than the national average life expectancy.
- Life expectancy is lower for males with females expected to live longer by an average 3 years and 11 months.
- Over the past 10 years improvements in life expectancy have stalled, and the most recent data (2018-20) shows a local and national decline.
- Future data will help understand the impacts of COVID-19.

Healthy life expectancy

- Males spend on average 21% of their life (or over 17 years) in poor health.
- Females spend on average 24% of their life (or over 20 years) in poor health.
- Although they live longer, the proportion of life spent in poor health is higher for females.
- Healthy life expectancy in Norfolk and Waveney is in line with the national average.

How does this vary across Norfolk and Waveney?

- There is geographical variation across Norfolk and Waveney; deprived areas have lower life expectancy.
- On average, males in most deprived areas live over 9 years less than those in most affluent areas. This is over 7 years for females.
- Biggest contributors to gaps between most and least deprived:
 - Circulatory diseases – around 25% for males and females
 - Cancer – around 20% for males and females
 - Respiratory conditions - around 17% for males and 20% for females
 - Other factors include mental health, digestive health and smoking