



Report To:	Inverclyde Alliance Board	Date:	15 March 2021
Report By:	Corporate Policy, Performance and Partnership Manager	Report No:	
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Subject:	National Records of Scotland 'Life Expectancy in Scotland 2017-19' and 'Healthy Life Expectancy in Scotland 2017-19'		

1.0 PURPOSE

- 1.1 This report provides the Alliance Board with details of new statistics published by the National Records of Scotland (NRS) on 'Life Expectancy in Scotland 2017-19' and 'Healthy Life Expectancy in Scotland 2017-19', with a particular focus on the data relating to Inverclyde.

2.0 SUMMARY

- 2.1 Life expectancy at birth in Scotland was 77 years for males and 81 years for females, however healthy life expectancy decreases to 61.7 years for males and 62.9 years for females. There is considerable variation in life and healthy life expectancy across Scotland as shown in Appendix 1.
- 2.2 In Inverclyde, life expectancy at birth for males was 75 years, which was the third lowest in Scotland. Healthy life expectancy at birth was the fourth lowest in Scotland at 58.4 years.
- 2.3 Inverclyde females had the second lowest life expectancy at birth in Scotland at 79 years, while healthy life expectancy was 59.7 years, the seventh lowest in Scotland. As females have a longer life expectancy than males but a similar healthy life expectancy, this means that females spend a greater proportion of their life in poor health. Appendix 2 shows how life expectancy and healthy life expectancy at birth compares in Inverclyde.
- 2.4 Growth in life expectancy across Scotland as a whole has stalled in recent years and seven council areas, including Inverclyde, have had negative growth in both male and female life expectancy since 2012/14. Of the seven councils, Inverclyde experienced the largest rate of decline in female life expectancy and the third largest rate of decline in male life expectancy. Appendix 3 charts the changes in life expectancy in Inverclyde and Scotland over the longer term.
- 2.5 The national slowdown in life expectancy has affected both men and women in almost every age group and almost every cause of death. Previous life expectancy gains due to improvements in mortality from circulatory causes have more than halved since 2012-14. This is of particular relevance to Inverclyde since heart disease was the leading cause of death for males in 2018 and the third leading cause of death in females.
- 2.6 Deprivation is hugely detrimental to life expectancy and good healthy life expectancy. It is estimated that a male living in the least deprived decile in Scotland will live 13 years longer and have a healthy life expectancy 25 years greater than a male living in the most deprived decile, while for females the difference is 10 years and 21 years respectively. Appendix 4 shows how Scottish life

expectancy and healthy life expectancy compares across the SIMD deciles. There has been a delay in the publication of data at a council level as NRS is awaiting information from the Scottish Government.

- 2.7 Tackling inequalities is a strategic priority of the Inverclyde Alliance and while the work associated with this is led by the Inequalities Partnership, the Environment and Population Partnerships also make a vital contribution. Progress reports on the key projects / initiatives and investment being delivered by all Partnerships are considered at every meeting of the Alliance Board, as well as presentations on specific topics of interest, e.g. alcohol and drugs and child poverty.
- 2.8 It should be noted that this new data relates to the period prior to the Covid-19 and as such does not reflect the enormity of the challenge now facing the Alliance in striving to improve health outcomes. Covid-19 is expected to result in a decrease in life expectancy globally with a disproportionate effect on those affected by deprivation, consequently, there is a high risk that health inequalities in Inverclyde will be exacerbated for many years to come. In view of this, Partnership action plans need to be reviewed to identify whether any additional mitigating actions are now required.

3.0 RECOMMENDATIONS

- 3.1 It is recommended that the Alliance Board:
- a. Note the publication of NRS data on estimated life expectancy and estimated healthy life expectancy 2017-19;
 - b. Remit it to the LOIP partnership groups to consider the data and identify any further action that may be required, with an update to be provided to the Alliance Board via the quarterly progress report.

4.0 BACKGROUND

- 4.1 The National Records of Scotland (NRS) is the responsible agency of the Scottish Government that handles all matters relating to population and household statistics, including the Census and mid-year population estimates. On 24 September it published a report, 'Life Expectancy in Scotland 2017-19', detailing life expectancy estimates for Scotland and comparisons with estimates for the rest of the UK. It also includes life expectancy estimates for councils, health boards and other areas within Scotland.
- 4.2 NRS followed this up on 25 January 2021 with the publication of 'Healthy Life Expectancy 2017-19' detailing healthy life expectancy (HLE) estimates for areas within Scotland including council areas and NHS health boards. This data is drawn from the annual population survey (APS) where participants indicate their general health.

5.0 LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY AT BIRTH, SCOTLAND 2017-19

- 5.1 Scotland has the lowest life expectancy at birth in Western Europe and of all UK countries. In Scotland in 2017-2019, life expectancy at birth was 77.1 years for males and 81.1 years for females, however there was considerable variation across council areas as shown in Appendix 1. Average life expectancy in the UK was 79.4 years for males and 83.1 years for females.
- 5.2 Life expectancy in Scotland has remained virtually unchanged since 2012-2014 with the majority of Scotland's council areas experiencing a slow-down or a stall in life expectancy growth. In some parts of Scotland, including Inverclyde, there is now decreasing life expectancy. Scottish life expectancy is however projected to grow in the longer term rising to 80.6 years for males and 83.8 years for females by 2043.
- 5.3 The average healthy life expectancy at birth in Scotland was 61.7 years for males and 61.9 years for females. Healthy life expectancy has increased for males and decreased for females in the last decade. Both males and females have however experienced a decrease in healthy life expectancy from the previous NRS reporting year (2016-18). Moreover, since females have a greater life expectancy but a similar HLE as males, the proportion of life in good health for females is lower i.e. females spend a greater proportion of life in poor health.

6.0 LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY AT BIRTH, INVERCLYDE 2017-19

- 6.1 In Inverclyde, life expectancy at birth for males was 75 years, which was the third lowest in Scotland. Healthy life expectancy at birth was the fourth lowest in Scotland at 58.4 years.
- 6.2 Life expectancy at birth for females in Inverclyde was 79 years, this was the second lowest in Scotland. Healthy life expectancy at birth for females was 59.7 years, the seventh lowest in Scotland. Appendix 2 shows how life expectancy and healthy life expectancy at birth compare for males and females in Inverclyde.
- 6.3 Whilst a stall in life expectancy has occurred across Scotland as a whole, Inverclyde was one of seven councils in Scotland to experience negative growth in both male and female life expectancy between 2012/14 and 2017/19. Inverclyde had the largest rate of decline in female life expectancy and the third largest rate of decline in male life expectancy in Scotland over this period.
- 6.4 Appendix 3 shows how life expectancy in Inverclyde for both males and females compares with that of Scotland over the longer term period 1991-93 to 2017-19. Female life expectancy in Inverclyde has come close to the Scottish average at several points over the period, however the gap between Inverclyde and Scotland appears to be widening again in recent years. Similarly, following a significant improvement in male life expectancy over the period, the gap here is also beginning to increase.

7.0 INFLUENCES ON LIFE EXPECTANCY AND HEALTHY LIFE EXPECTANCY

- 7.1 ScotPHO state that a wide range of causes are responsible for the changes in life expectancy growth nationally. The slowdown has affected both sexes and almost every age group and cause of death. Additionally, previous life expectancy gains due to improvements in mortality from circulatory causes have more than halved since 2012-14, this is of particular relevance to Inverclyde as heart disease was the leading cause of male death and the third leading cause of female death in 2018.
- 7.2 The national increase in drug related deaths is of particular importance in explaining increasing mortality amongst those aged 35-54 years and the generational effect such that people who were young adults in the 1980s are at much higher risk now of such deaths. Over the period 2015-2019, Inverclyde had the third highest rate of drug death in Scotland.
- 7.3 Deprivation is hugely detrimental to life expectancy and good healthy life expectancy. The new data shows that a male living in the least deprived decile in Scotland has an estimated life expectancy 13 years more and a healthy life expectancy of 25 years more than a male living in the most deprived decile, while for females the difference is 10 years and 21 years respectively. Appendix 4 shows how Scottish HLE compares with LE across each SIMD 2020 decile.
- 7.4 Whilst data at a council level is not yet published, the SIMD decile analysis at Scotland level provides an indicator of the health inequalities that are likely to be prevalent locally. According to SIMD 2020, 45% of Inverclyde's data zones fall into deciles 1 and 2, which means that a significant proportion of Inverclyde's population is estimated to have a healthy life expectancy at birth lower than 55 years of age. This clearly has significant implications for the demand for services and health and social care in particular.

8.0 CONCLUSIONS

- 8.1 Tackling inequalities is a strategic priority of the Inverclyde Alliance and the work associated with this is led by the Inequalities Partnership. Progress in this area has however been severely hampered by the Covid-19 pandemic. Moreover, it is anticipated that the pandemic will result in a decrease in life expectancy globally, with a disproportionate effect on those affected by deprivation. Consequently, there is a risk that health inequalities in Inverclyde will be exacerbated for many years to come, presenting the Alliance with an unprecedented challenge.
- 8.2 The Inequalities Partnership has committed to reviewing its action plan in Spring to identify what additional action is needed to tackle health inequalities in light of Covid-19. There are many influencing factors on health and wellbeing however and there is a need for all Alliance partners and other strategic partnerships to strengthen their efforts in this area to identify what more can be done to deliver better health outcomes for the residents of Inverclyde.

9.0 IMPLICATIONS

9.1 Legal: None

Finance: None

Human Resources: None

Equality and Diversity: None

Repopulation: The new statistics show a reversal in the growth in life expectancy with the result that Inverclyde has experienced a decrease in life expectancy for both males and females over the period 2017-19. This is a cause for concern as previous reports on population have highlighted that negative natural change due to deaths out-numbering births is a major drive in population decline in Inverclyde, therefore increasing life and healthy life expectancy is an important strand of the work to stem population decline.

Inequalities: The new data shows that those living in areas of higher deprivation have a much lower life expectancy than in those living in areas where deprivation is lower. Some parts of Inverclyde have amongst the highest levels of deprivation in Scotland and as such inequalities in life expectancy and healthy life expectancy across our communities continues to be a significant issue for the Alliance. It is likely that the inequalities that were already prevalent will be exacerbated by Covid-19.

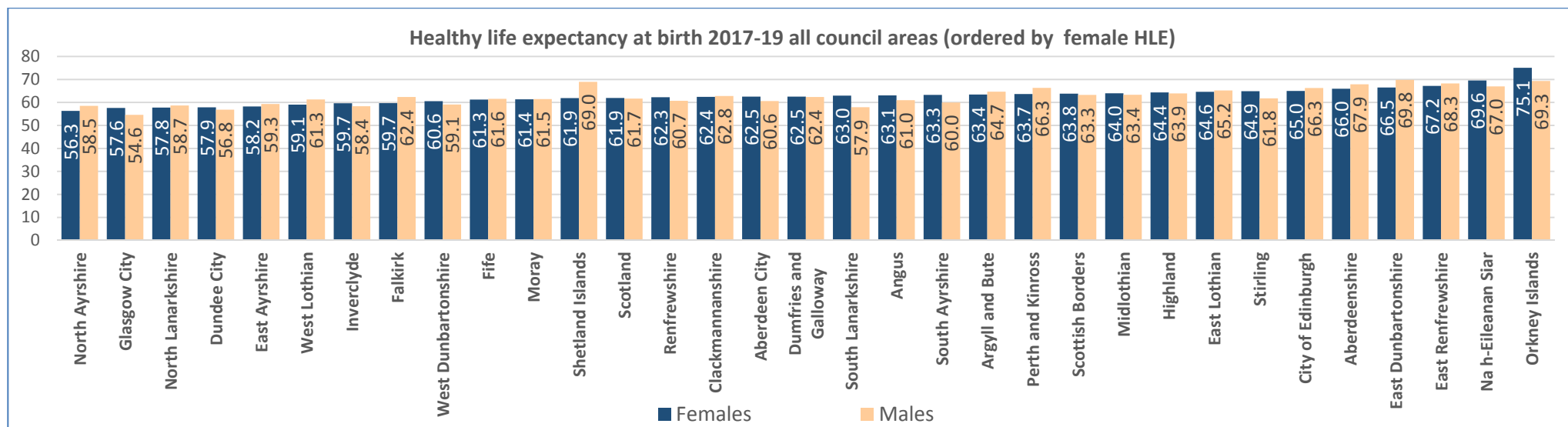
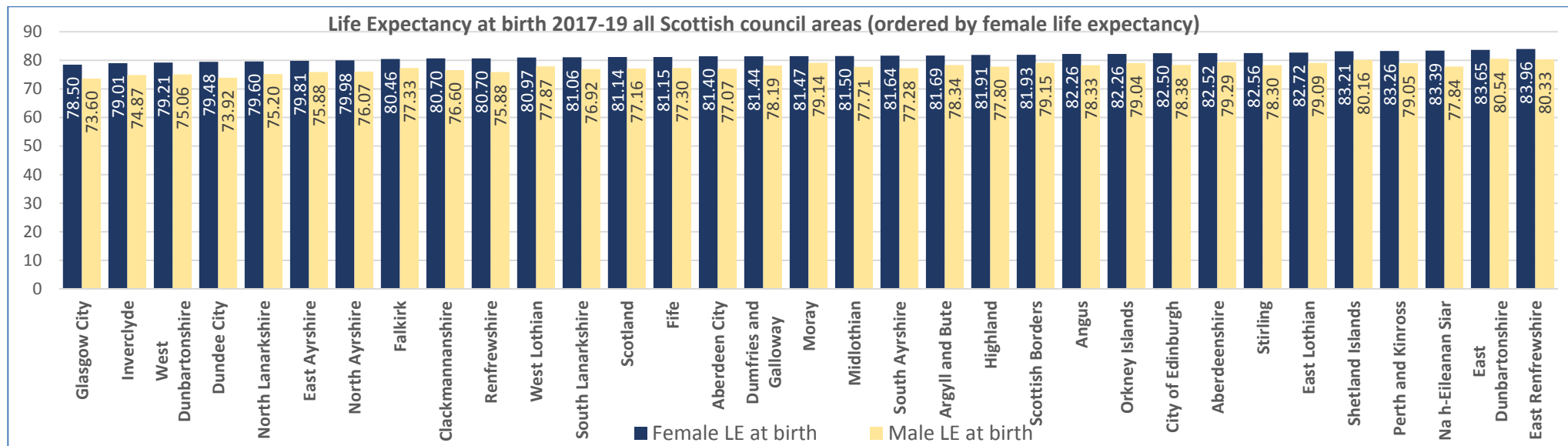
10.0 CONSULTATIONS

10.1 None

11.0 LIST OF BACKGROUND PAPERS

11.1 None

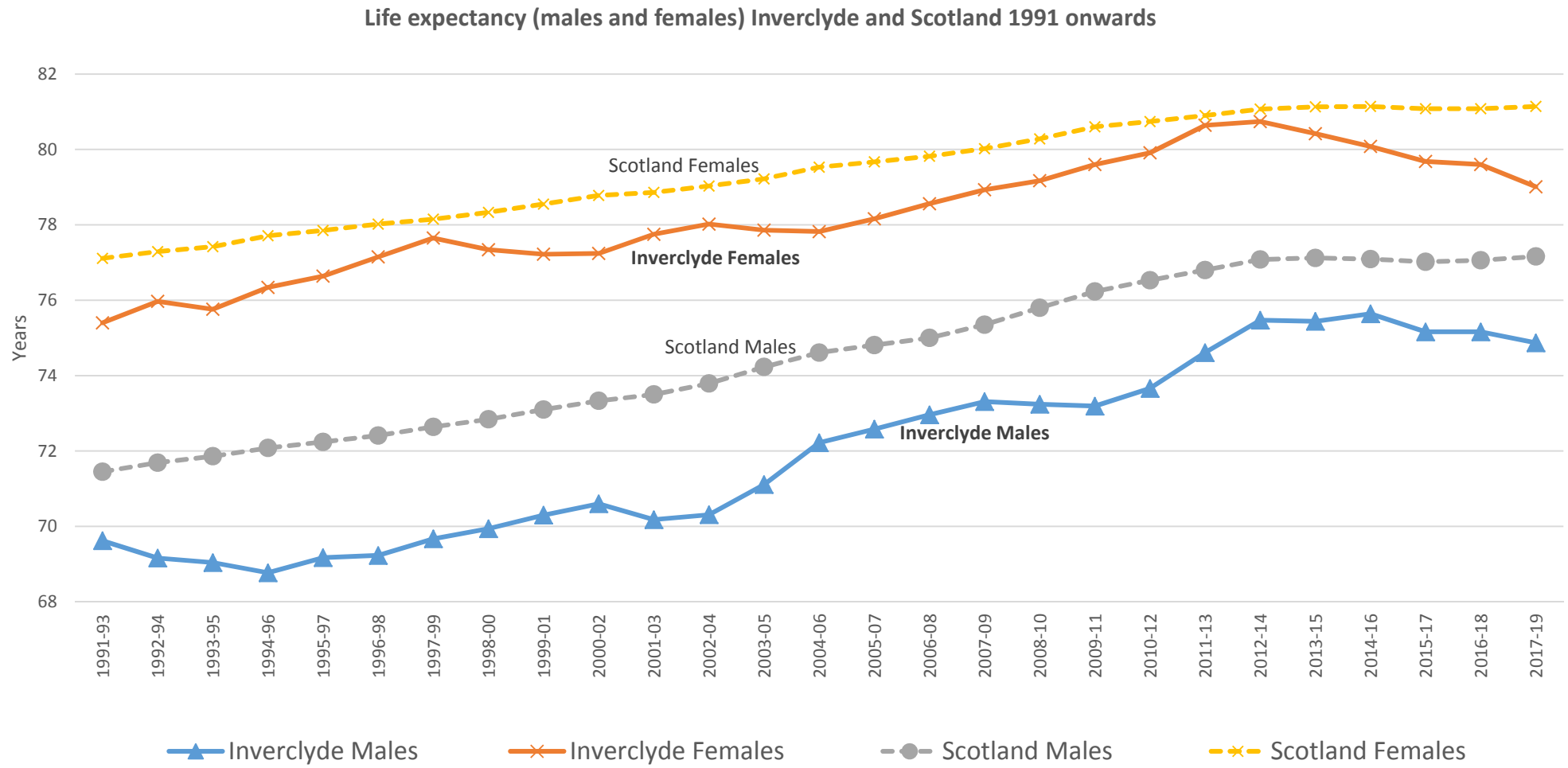
Appendix 1: Life expectancy at birth for males and females all council areas in Scotland



Appendix 2: Comparison of Life Expectancy and Healthy Life Expectancy for males and females in Inverclyde

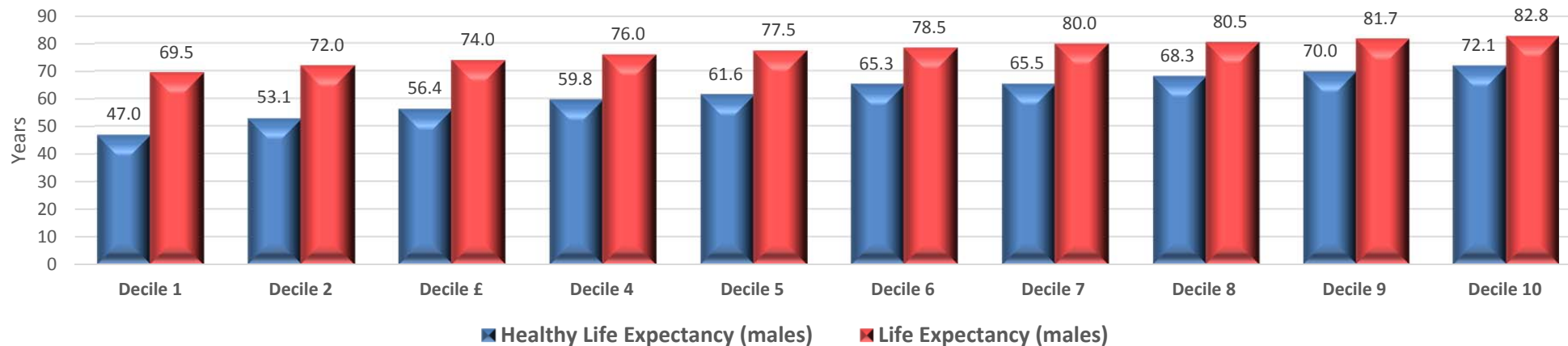


Appendix 3: Life Expectancy at birth 1991 onwards (Inverclyde and Scotland)



Appendix 4: Comparison of Life Expectancy and Healthy Life Expectancy by SIMD decile 2017-19

Healthy Life Expectancy compared to Life Expectancy by SIMD decile, Scotland (males), 2017-2019



Healthy Life Expectancy compared to Life Expectancy by SIMD decile, Scotland (females), 2017-2019

