

Healthy Life Years in 2022

16.10.2023


1 year

Increase in healthy life years for men compared to last year

In 2022, the healthy life years was 60.1 years for men and 63.7 years for women, which means an increase compared to the previous year.

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

The difference in healthy life expectancy at birth (HLY_0) between the sexes in 2022 was 3.6 years in favor of women. This value decreases with the years survived. For people aged 50, it was 2.1 years, and for people aged 65 years it was only 1 year. For comparison, the difference in life expectancy at birth in the same year was 7.7 years.

In the analysis of healthy life expectancy (HLY_x) it is also important to take into account life expectancy (e_x) to determine what part of life is free from disability (Chart 1). Until 2022, the HLY_0 level has changed proportionally to the average life expectancy (e_0). For men it was approximately 80% of e_0 and for women approximately 77%.^{2, 3} This means that although men are expected to live shorter, they will survive bigger part of their lives without a disability.

The difference between the values of HLY_0 rate for urban and rural residents has changed dynamically since 2009. The highest was in the years 2009-2011 (at the level of approximately 1.5 years, with the highest being 1.8 in 2010 for men), later it decreased rapidly (in the years 2012-2015). In 2022, the HLY_0 for men in urban areas was 60.1 and in rural areas 60.2 years, while for women it was 63.8 and 63.5 years, respectively (Table 1). There was a noticeable increase in HLY compared to 2021 for both people living in urban and rural areas.

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

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

In 2022, for the first time, men living in rural areas had a longer healthy life expectancy (by 0.1 year) than men living in urban areas

¹ Disability is estimated on the basis of variables obtained from the EU-Statistics on Income and Living Conditions Survey (EU-SILC).

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

³ Statistics Poland, *Healthy Life Years in 2020 (in polish)* [News releases], Warsaw 2021, <https://stat.gov.pl/obszary-tematyczne/ludnosc/trwanie-zycia/trwanie-zycia-w-zdrowiu-w-2020-r-,5,1.html>

Chart 1. Life expectancy (e_0) and healthy life years (HLY₀) at birth in Poland in 2009-2022

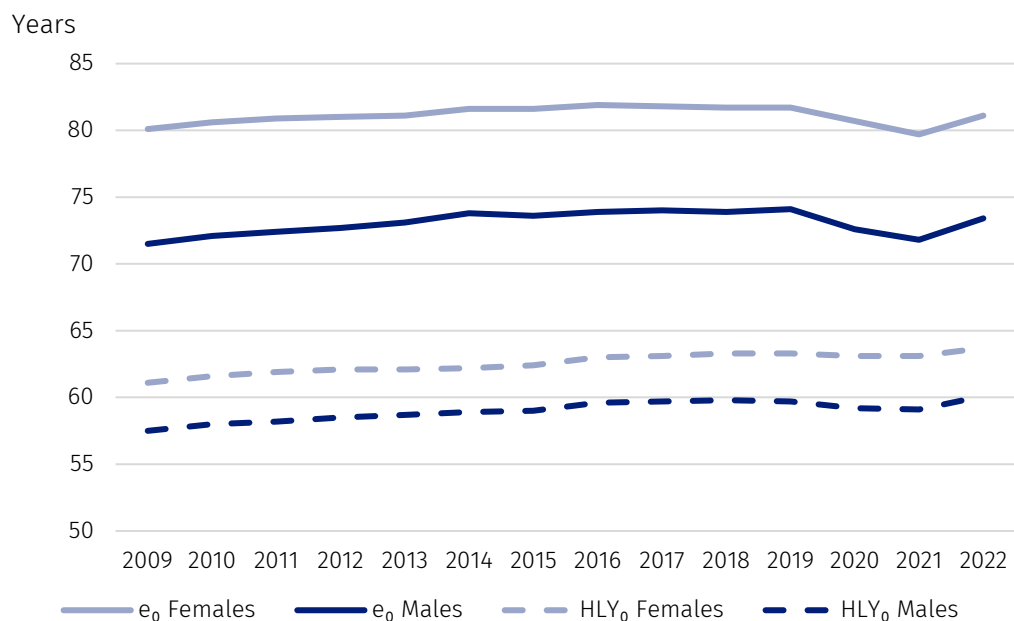


Table 1. Healthy life years (HLY₀) at birth and percentage of healthy life (HLY₀/ e_0) in 2022

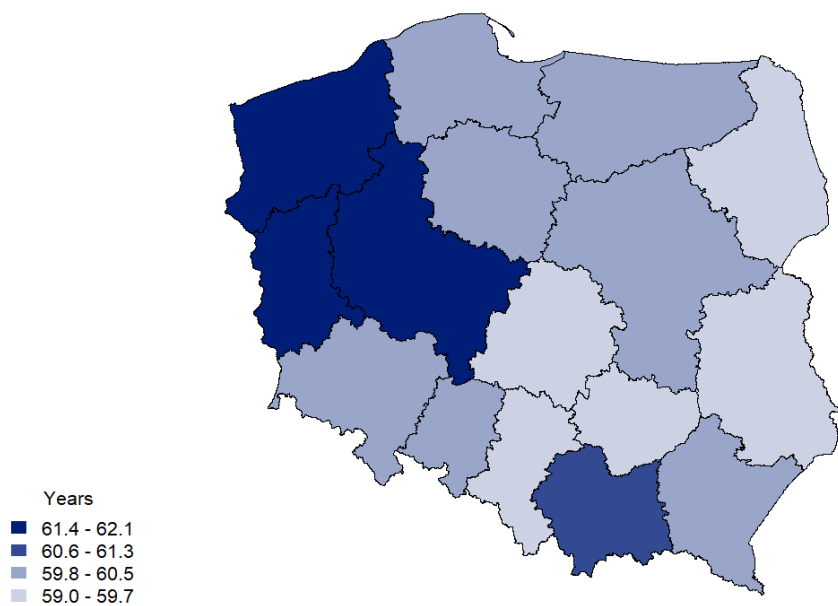
	Males		Females	
	Healthy life expectancy	Healthy life proportion [%]	Healthy life expectancy	Healthy life proportion [%]
Poland total	60.1	81.9	63.7	78.6
Urban areas	60.1	81.6	63.8	78.8
Rural areas	60.2	82.4	63.5	78.3
Dolnośląskie	60.1	82.4	64.3	79.7
Kujawsko-pomorskie	60.2	82.1	63.1	78.6
Lubelskie	59.0	80.6	62.3	76.3
Lubuskie	61.4	84.6	65.1	81.0
Łódzkie	59.1	82.0	62.4	78.0
Małopolskie	60.6	80.9	64.2	78.1
Mazowieckie	60.1	81.5	63.9	78.4
Opolskie	60.5	82.3	64.7	79.4
Podkarpackie	59.8	80.0	62.7	76.0
Podlaskie	59.2	80.4	62.7	75.9

	Males		Females	
	Healthy life expectancy	Healthy life proportion [%]	Healthy life expectancy	Healthy life proportion [%]
Pomorskie	60.4	81.9	63.5	78.5
Śląskie	59.5	81.7	63.3	78.9
Świętokrzyskie	59.5	81.6	63.0	77.3
Warmińsko-mazurskie	59.8	82.5	63.3	78.5
Wielkopolskie	62.1	84.4	65.5	80.9
Zachodniopomorskie	61.6	84.7	65.3	81.0

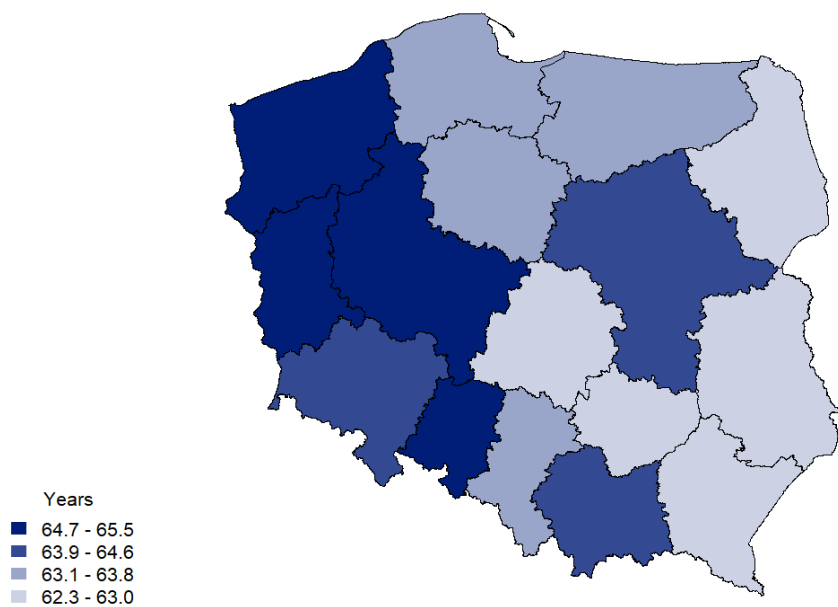
In 2022, the HLY₀ increased the most (an increase of over 1 year compared to 2021) for men in the voivodeships: Dolnośląskie (by 1.4 years), Lubuskie (by 1.3 years), Opolskie (by 1.2 year) and also Małopolskie, Mazowieckie and Śląskie voivodeships (by 1.1 years each), and for women in the Dolnośląskie (by 1.3 years) and Opolskie (by 1.2 years) voivodeships. It is worth noting that healthy life expectancy decreased only in the case of women living in the Łódzkie voivodeship (a decrease of 0.2 years).

In Poland, there is a large spatial variability between voivodeships in the healthy life expectancy rate. In 2022, the range between the extreme values of this indicator for men was 3.1 years. The longest healthy life expectancy for men (Table 1, Map 1) was recorded in the voivodeships: Wielkopolskie (62.1 years), Zachodniopomorskie (61.6 years) and Lubuskie (61.4 years), while the shortest in Lubelskie (59 years), Łódzkie (59.1 years), Śląskie and Świętokrzyskie voivodeships (59.5 years each). Among women, the difference was at a similar level and amounts to 3.2 years. In this case (Table 1, Map 2), the longest healthy life expectancy was noted in the voivodeships: Wielkopolskie (65.5 years), Zachodniopomorskie (65.3 years), Lubuskie (65.1 years) and Opolskie (64.7 years), in turn, the shortest in the voivodeships: Lubelskie (62.3 years), Łódzkie (62.4 years), Podkarpackie and Podlaskie (62.7 years each).

Map 1. Healthy life years (HLY₀) for males at birth in 2022 by voivodships



Map 2. Healthy life years (HLY₀) for females at birth in 2020 by voivodships



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

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

In case of women, the following voivodeships were characterized by low levels of both parameters: Łódzkie, Kujawsko-pomorskie and Śląskie. In the Pomorskie voivodeship, these parameters were close to the national level. The voivodeships in which both life expectancy and healthy life expectancy clearly exceeded the national level was Małopolskie and the Opolskie voivodeships. Lubuskie and Zachodniopomorskie voivodeships are worthy of attention, because, despite the low life expectancy, there was a high healthy life expectancy rate, clearly exceeding the national level.

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

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

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Related information

[Healthy Life Years in Poland in 2009–2019](#)

[Healthy Life Years in 2020 \(in polish\)](#)

[Healthy Life Years in 2021 \(in polish\)](#)

[Life expectancy tables of Poland 2021](#)

[Life expectancy tables of Poland 2022](#)

Data available in databases

[Local Data Bank \(BDL\)](#)

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](#)