

3.3 Moving into later life

Why does this matter?

As you get older, there is an increased likelihood of having a long-term illness, health problem or disability which limits your daily activities or the work you can do. This is a result of the accumulation of positive and negative effects on health and wellbeing throughout the life course. There is a great variation among this growing proportion of the population and it is most useful to think about preparing for later life; active later life; vulnerable later life; and, dependent later life. Individual variations mean that these 'stages' are not necessarily sequential and cannot be associated with specific age bands.

Poor wellbeing and health affect more than the individual – family members may have to change their own lives, perhaps changing working patterns, to accommodate caring responsibilities.

3.3.1 Disability-free life expectancy



Note: Based on people's self-reporting of activity limiting illness, disability-free life expectancy (DFLE) is an important measure as it attempts to capture the quality of years lived. It is also a measure of functional health status, which has relevance for fitness for work and independent living.

DFLE is an estimate of the average number of years a person could expect to live without an illness or health problem that limits their daily activities. Sometimes, the measure is calculated from birth using Census data (and therefore equates to age) whereas in other instances it is calculated at age 16 using Annual Population Survey data. The latter is carried out more frequently and is therefore more up to date but is not available below Local Authority level.

3.3.1.1 Male disability-free life expectancy

Figure 3.3-1 and Figure 3.3-2 show the disability-free life expectancy in Newcastle for males at birth, between 2006/08 and 2009/11. Figure 3.3-1 shows DFLE in Newcastle compared to other core cities, and Figure 3.3-2 shows DFLE in Newcastle compared to England and the North East.

Figure 3.3-1 shows that, in 2009/11, DFLE for males at birth in Newcastle was 61.1 years which is almost 3 years below the England average (63.9 years), but the third highest among the core cities (right after Leeds and Bristol). It is noteworthy that this average is below the current state pension age of 65.

According to Figure 3.3-2, DFLE at birth for males in Newcastle is slightly higher than the North East average. In general, it increased steadily between 2006/08 and 2008/10, but decreased again more recently – between 2008/10 and 2009/11.

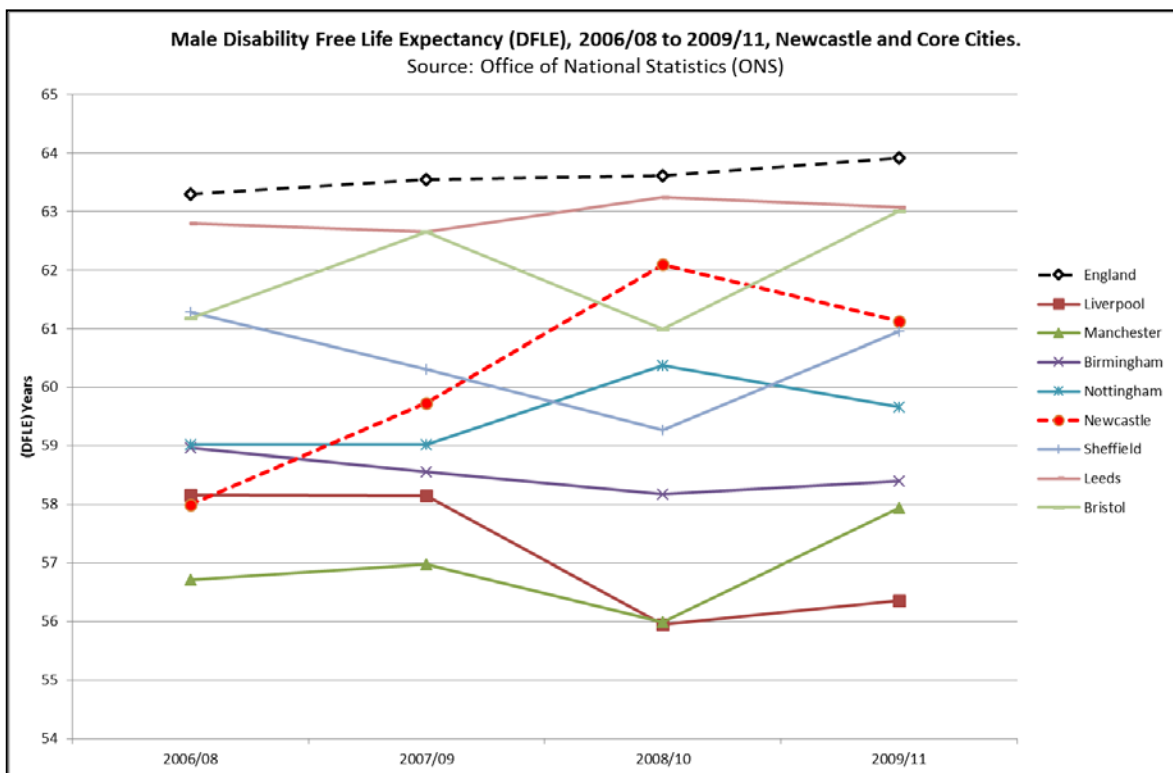


Figure 3.3-1: Disability free life expectancy for men at birth: Newcastle and core cities. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England: 2006-08, 2007-09, 2008-10 and 2009-11, Office for National Statistics, Crown Copyright 2014.

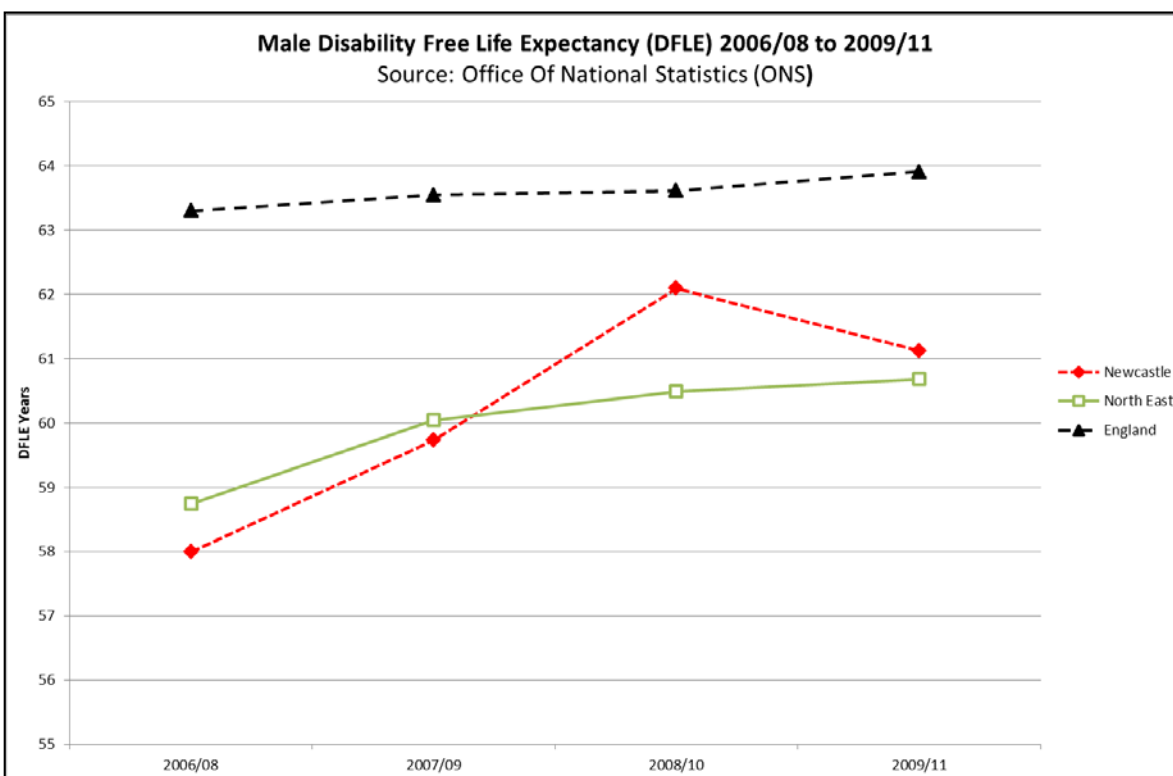


Figure 3.3-2: Disability free life expectancy for men at birth: Newcastle and North East. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England: 2006-08, 2007-09, 2008-10 and 2009-11, Office for National Statistics, Crown Copyright 2014.

Figure 3.3-3 demonstrates the relationship between male life expectancy (LE) and DFLE for Local Authorities in England. It shows that, across Local Authorities in England, in general, those who live longer lives also live a larger part of their life free of disability.

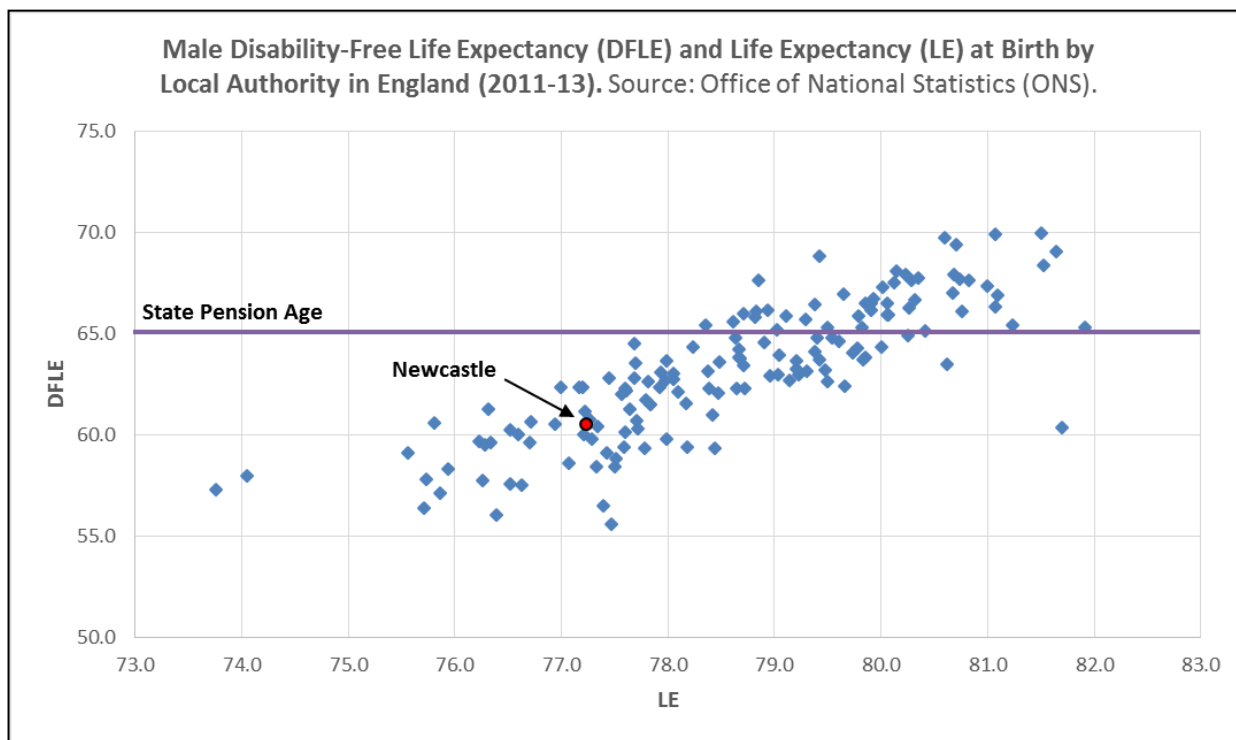


Figure 3.3-3: Relationship between Life Expectancy and Disability-Free Life Expectancy for males for Local Authorities (LA) 2011-13. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England, 2009-11, Office for National Statistics, Crown Copyright 2014.

3.3.1.2 Female disability-free life expectancy

Figure 3.3-4 and Figure 3.3-5 show the disability-free life expectancy in Newcastle for females at birth, between 2006/08 and 2009/11. Figure 3.3-4 shows female DFLE in Newcastle compared to other core cities, and Figure 3.3-5 shows DFLE in Newcastle compared to England and the North East.

Figure 3.3-4 shows that, in 2009/11, DFLE for females at birth in Newcastle was 60.9 years which is 3.7 years below the England average (64.4 years). It is the fourth highest among the core cities, after Manchester, Leeds, and Nottingham. It is noteworthy that this average is below the current state pension age of 65.

According to Figure 3.3-5, DFLE at birth for females in Newcastle is similar to the North East average. In general, it has remained fairly steady – between 64 and 65 – between 2006/08 and 2009/11, and consistently similar to the North East average.

Compared to the male DFLE in Newcastle at birth, for females, DFLE in 2009/11 was slightly (0.2 years) less: 61.1 years (males) versus 60.9 years (females).

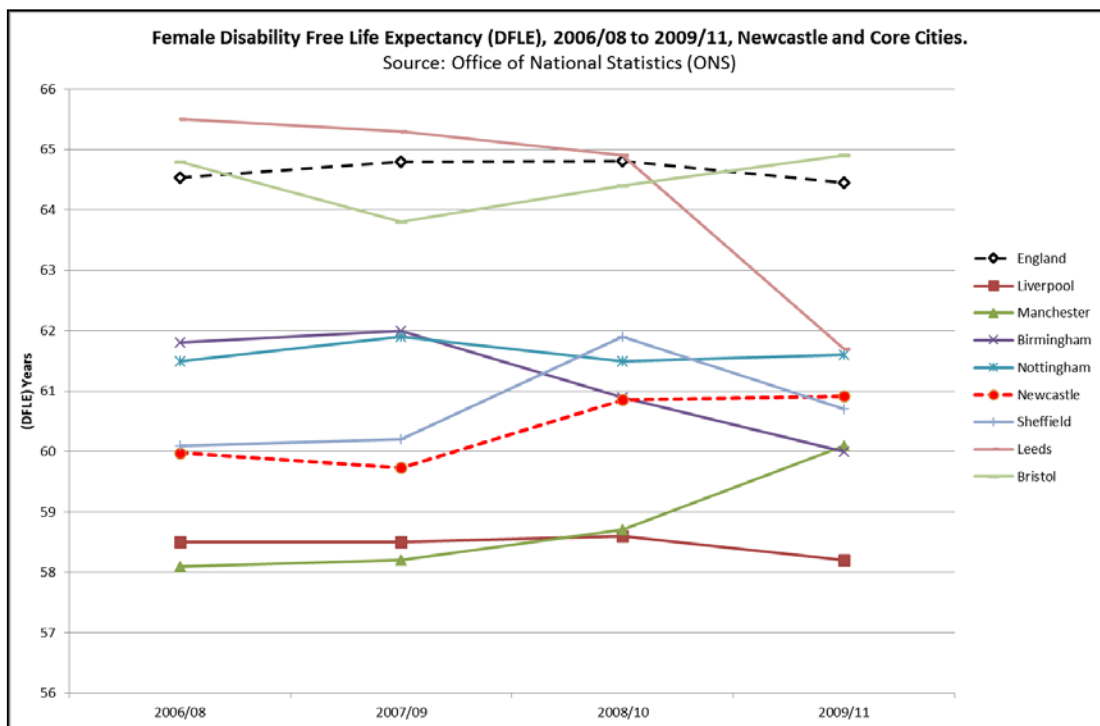


Figure 3.3-4: Disability free life expectancy for females at birth: Newcastle and core cities. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England: 2006-08, 2007-09, 2008-10 and 2009-11, Office for National Statistics, Crown Copyright 2014.

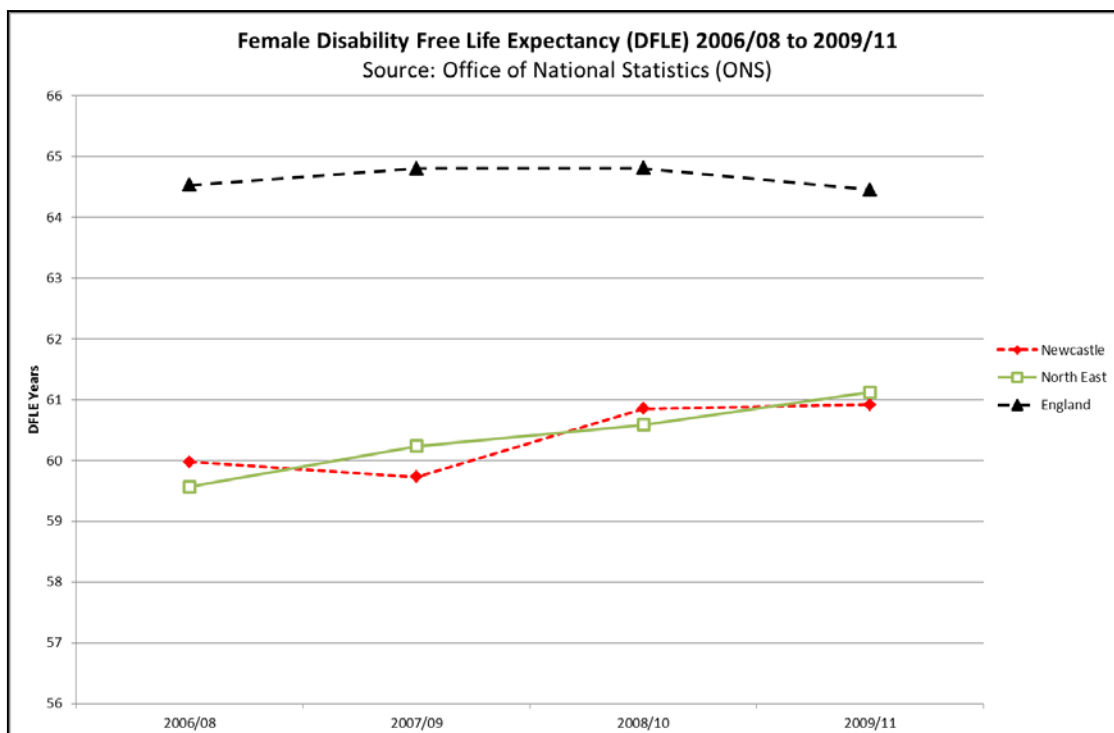


Figure 3.3-5: Disability free life expectancy for females at birth, Newcastle and North East. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England: 2006-08, 2007-09, 2008-10 and 2009-11, Office for National Statistics, Crown Copyright 2014.

Figure 3.3-6 demonstrates the relationship between female life expectancy (LE) and DFLE for Local Authorities in England. It shows that, across Local Authorities in England, in general, females who live longer lives also live a larger part of their life free of disability.

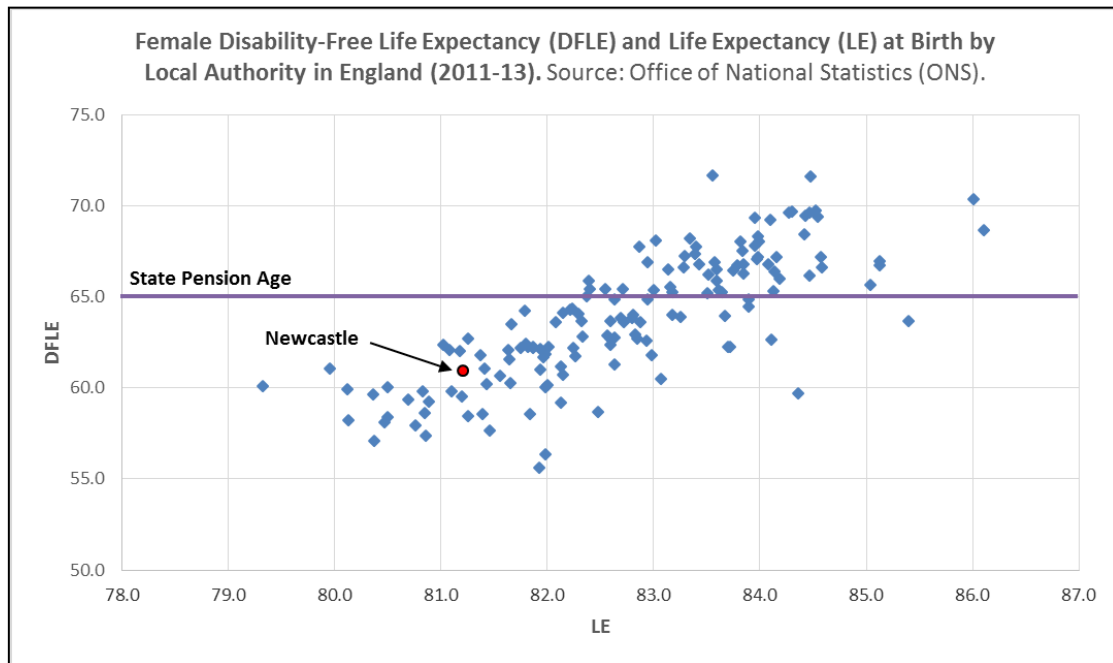


Figure 3.3-6: Relationship between Life Expectancy and Disability-Free Life Expectancy for females for Local Authorities (LA) 2011-13. Source: Disability-Free Life Expectancy (DFLE) and Life Expectancy (LE) at birth by Upper Tier Local Authority at birth, England, 2009-11, Office for National Statistics, Crown Copyright 2014.

3.3.2 Healthy life expectancy



NOTE: Healthy life expectancy (HLE) gives an indication of the average number of years a person would live in ‘very good’ or ‘good health’ if they experienced the particular current mortality rates and health status of their area, throughout the rest of his or her life. HLE is therefore not the number of years that a person will actually expect to live in good health because factors that impact on health vary over time and people move in and out of areas.

Note that self-reported health status is obtained from the Annual Population Survey (APS) and is therefore only available at local authority level.

3.3.2.1 Healthy life expectancy for men

The most recent data, for 2011-13 (presented in Figure 3.3-7), show that:

- HLE for Newcastle men in 2011-13 was 57.8 years, which was 5.5 years below the England average (63.3 years). This means that men in Newcastle have 5.5 fewer years of healthy life expectancy than the England average.
- While the difference in male life expectancy between Newcastle and the England average is 1.2 years (Newcastle 78.2 years, England 79.4 years), the difference in HLE of 5.5 years means that men in Newcastle do not only die younger but also spend less of their shorter lives in good health.

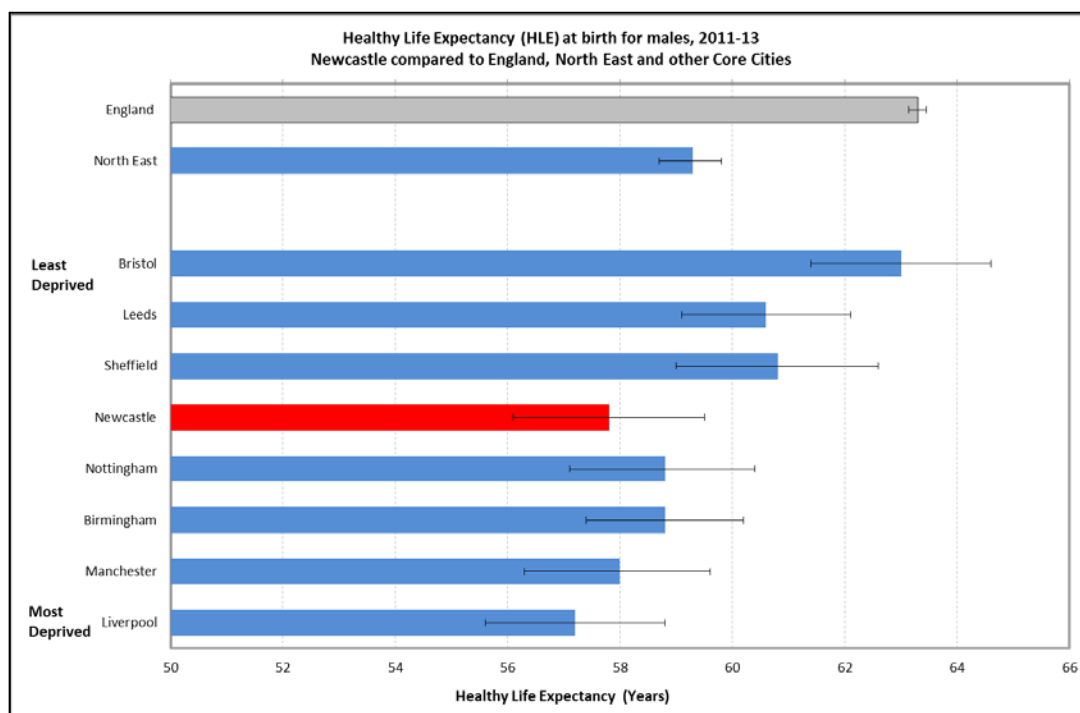


Figure 3.3-7: Healthy Life Expectancy at birth for men in Newcastle compared to England, the North East and other Core Cities. Source: Healthy Life Expectancy (HLE) at birth for Upper Tier Local Authorities: England 2011-13, Office for National Statistics, Crown Copyright 2015.

Figure 3.3-8 demonstrates the relationship between male life expectancy (LE) and HLE for all Local Authorities in England. It shows that, across Local Authorities in England, in general, those who live longer lives also live a larger part of their life in a favourable health state. Newcastle is significantly lower than the England level HLE in 2011-13.

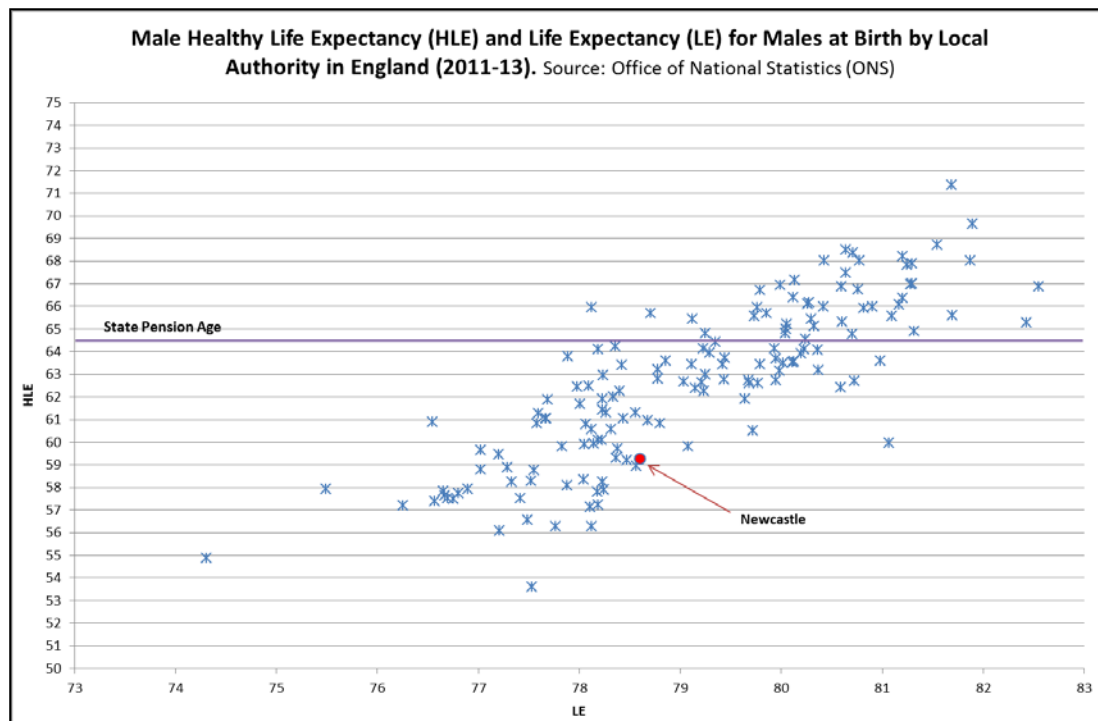


Figure 3.3-8: Relationship between Life Expectancy and Healthy Life Expectancy for males for Local Authorities (LA) 2011-13. Source: Healthy Life Expectancy (HLE) at birth for Local Authorities: 2011-13, Office for National Statistics, Crown Copyright 2015.



NOTE: Proportion of life Spent in ‘Good’ Health is the proportion of life expectancy spent in a favourable health state, i.e. ‘Good’ general health.

In terms of the proportion of life spent in ‘good’ health, men in Newcastle can expect to spend 74.0% of their lives in good health, a proportion which is below the English average of 79.7%, below the North East average of 76.0%, and below the other core cities which range from 75.1% (Liverpool) to 80.5% (Bristol – see Figure 3.3-9).

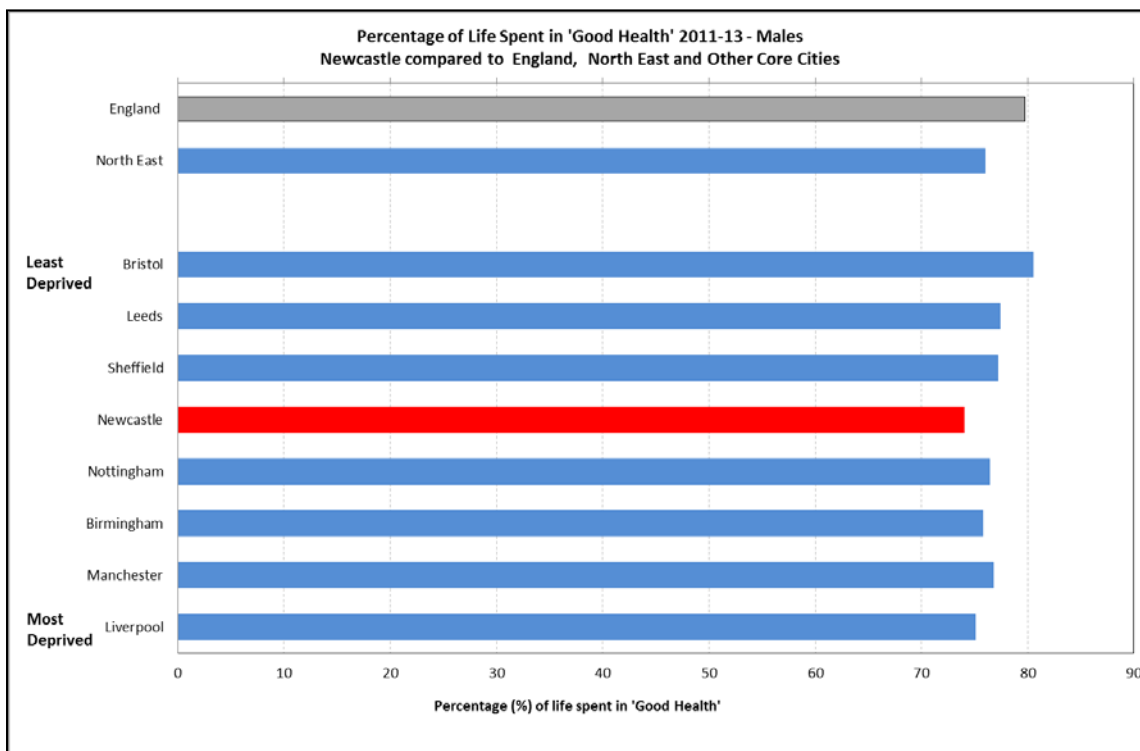


Figure 3.3-9: Percentage of life spent in 'good health' by men in Newcastle compared to England, North East and other Core Cities. Source: Healthy Life Expectancy (HLE) at birth for Upper Tier Local Authorities: England 2011-13, Office for National Statistics, Crown Copyright 2015.

In terms of gender inequality, the 2011-13 data show that, in Newcastle, life expectancy for men is 3.6 years lower than that for women (78.2 years versus 81.8 years). The proportion of life spent in good health is similar between the sexes (74.0% for men, 73.2% for women), and women in Newcastle have 2.1 years more HLE than men (57.8 years for men, 59.9 years for women).

3.3.2.2 Healthy life expectancy for women

The 2011-13 data (presented in Figure 3.3-10) show that:

- Healthy Life Expectancy (HLE) for Newcastle women was 59.9 years in 2011-13, which was 4 years below the England average (63.9 years). This means that females in Newcastle have 4 years less healthy life expectancy than the England average.
- While the difference in female life expectancy between Newcastle and the England average is 1.3 years (Newcastle 81.8 years, England 83.1 years), the difference in HLE of 4 years means that not only do women in Newcastle die younger, they also spend less of their shorter lives in good health.

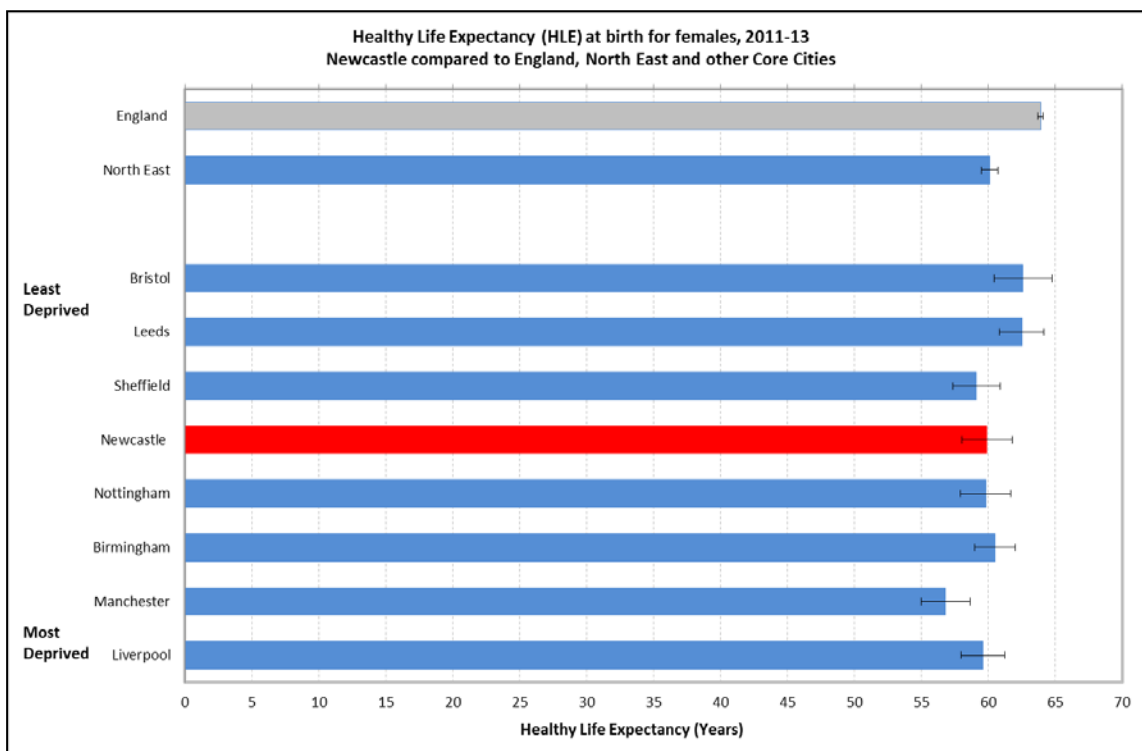


Figure 3.3-10: Healthy Life Expectancy at birth for women in Newcastle compared to England, the North East and other Core Cities. Source: Healthy Life Expectancy (HLE) at birth for Upper Tier Local Authorities: England 2011-13, Office for National Statistics, Crown Copyright 2015.

Figure 3.3-11 demonstrates the relationship between female life expectancy (LE) and HLE for all Local Authorities in England. It shows that, across Local Authorities, in general those who live longer lives also live a larger part of their life in a favourable health state, a pattern that is also seen in relation to men.

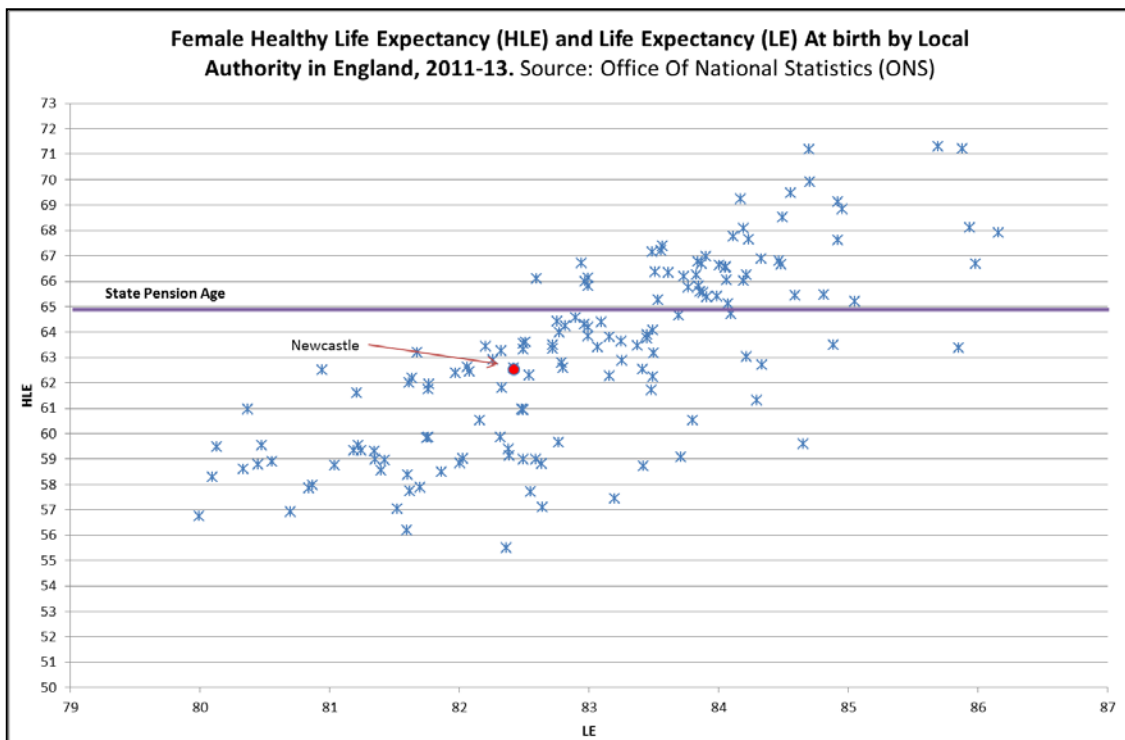


Figure 3.3-11: Relationship between Life Expectancy and Healthy Life Expectancy for Females for Local Authorities (LA) 2011-13. Source: Healthy Life Expectancy (HLE) at birth for Local Authorities: 2011-13, Office for National Statistics, Crown Copyright 2015.

In terms of the proportion of life spent in ‘good’ health, women in Newcastle can expect to spend 73.2% of their lives in good health, a proportion which is below the English average of 76.9% and slightly below the North East average of 73.6% (Figure 3.3-12). It is the 3rd lowest among the core cities (after Sheffield and Manchester).

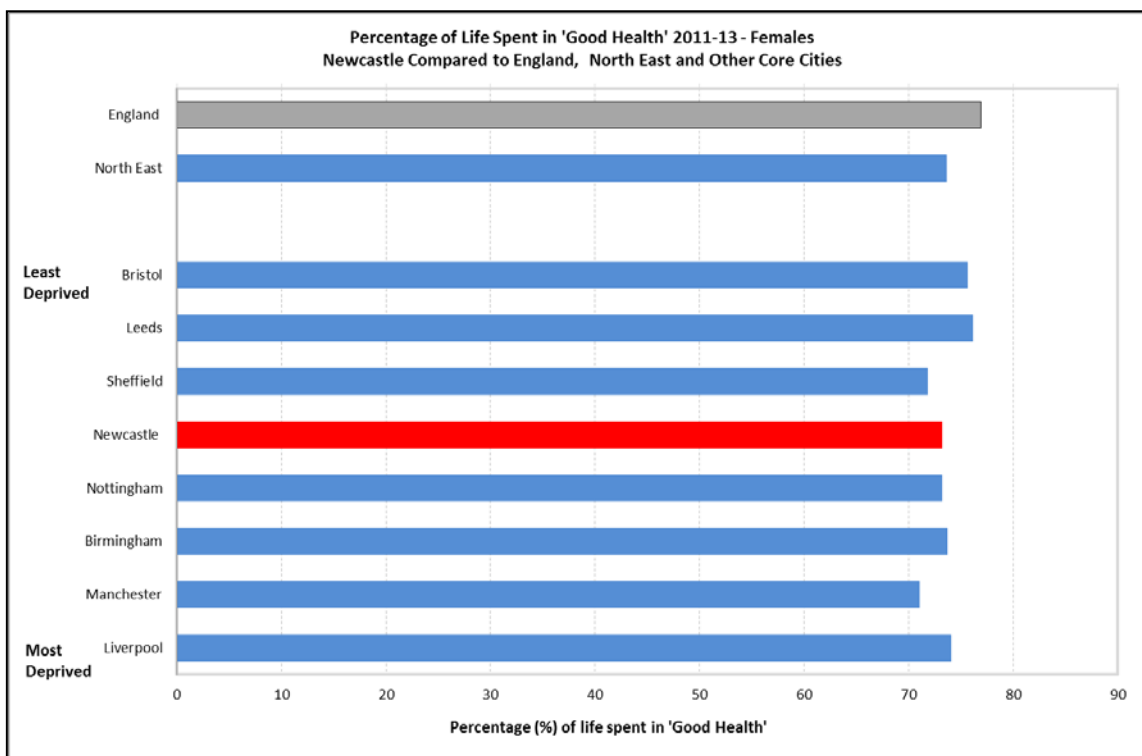


Figure 3.3-12: Percentage of life spent in ‘good health’ by women in Newcastle compared to England, North East and other Core Cities. Source: Healthy Life Expectancy (HLE) at birth for Upper Tier Local Authorities: England 2011-13, Office for National Statistics, Crown Copyright 2015.