

Life Expectancy

Why Is This Important?

Life expectancy at birth is one of the most widely used public health indicators to assess population health. Increases in life expectancy are often associated with improvements in health. It measures the expected length of life, not necessarily the quality of those years. In developed countries with health care systems, life expectancy is related to socio-economic factors such as poverty. Life expectancy has been increasing in Canada since early 20th century. Health regions with lower than average life expectancies in Canada tend to have high levels of unemployment, lower education levels and be located in more remote locations. Life expectancy is also related to smoking, obesity and heavy drinking.

What Is Being Done?

[Saskatoon Poverty Reduction Partnership](#)

The [Canadian Public Health Association](#) has listed 12 achievements that have increased life expectancy over the years.

To Learn More:

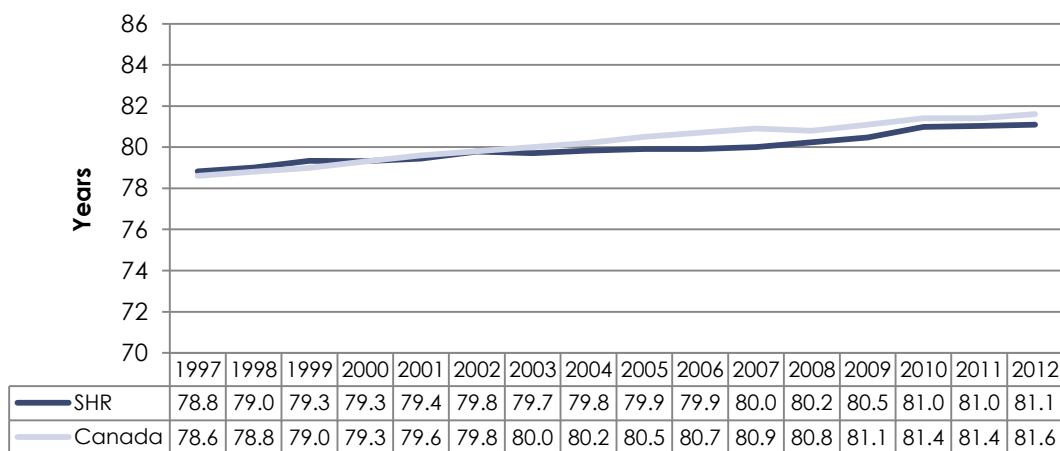
Chief Medical Health Officer's [Call to Action](#)

Highlights

Life expectancy is increasing in the Region, though disparities exist.

- Life expectancy at birth for a Regional resident has been increasing over time and was 81.1 years in 2012. This is slightly below the Canadian average for this time period (*Figure 1*).
- The gap in life expectancy between those living in areas of most advantage and those in areas of least advantage has been increasing (*Figure 2*). The gap was 6 years in 1997 and increased to 8.4 years in 2012.
- Life expectancy by sex, and Saskatoon and rural areas is shown [here](#).

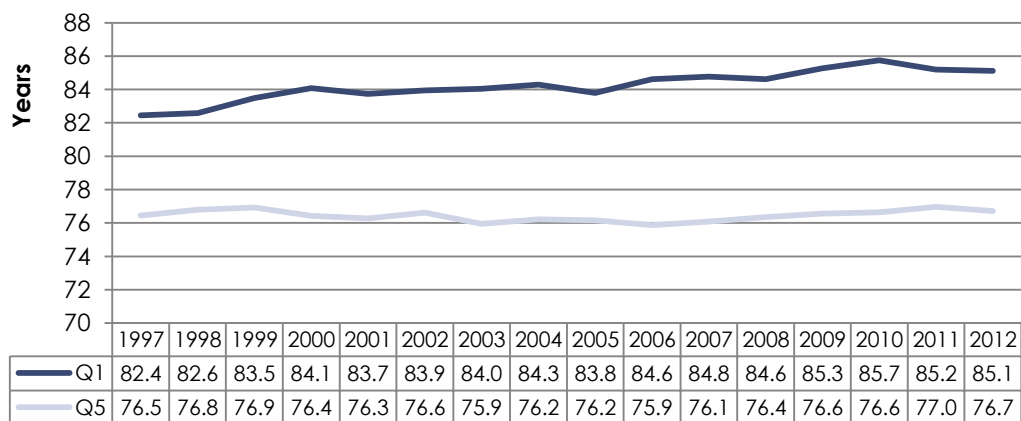
Figure 1: Life Expectancy at Birth, Saskatoon Health Region and Canada*, 1995 to 2012



* Canada values based on three year average death values. SHR values based on five year average death values.

Source: [Vital Statistics](#) and [Statistics Canada](#)

Figure 2: Life Expectancy at Birth, Areas of Advantage, Saskatoon, 1995 to 2012



Q1: Residents living in the highest areas of advantage.
Q5: Residents living in the lowest areas of advantage.
Life expectancy based on five year average death values.

Source: [Vital Statistics](#)