

How the life expectancy has changed in Moravian-Silesian Region since 2001?

Life expectancy, or life expectancy at birth, refers to the number of life expectancy of a newborn baby, assuming that the mortality situation from the period of its calculation is maintained. Life expectancy can also be calculated for different ages (eg 45, 65, 80 years).

According to data issued by the Czech Statistical Office, life expectancy at birth in districts of the Moravian-Silesian Region between 2001 and 2018 increased in men by 2.9 years (in the Bruntál District) to 4.2 years (in the Nový Jičín District). For women, it is 2.3 years (in the district of Bruntál and Karviná) to 3.6 years (in the district of Nový Jičín).

Life expectancy of males at birth calculated for the five-year period 2014 - 2018 ranges from 73.5 years (in the district Karviná) to 75.2 years (in the districts Frýdek-Místek and Nový Jičín).

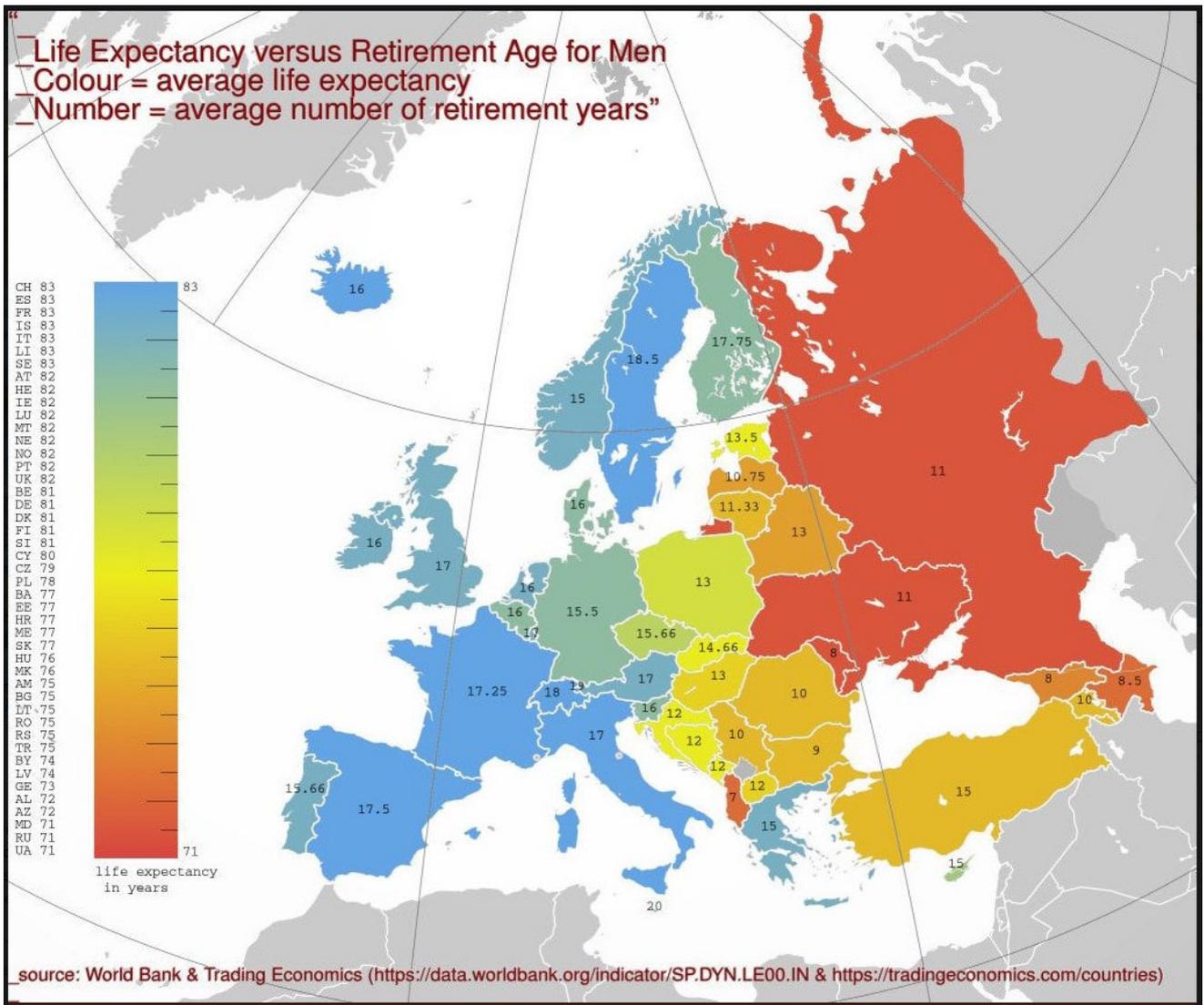
The life expectancy of women at birth is longer than that of men, but the gap is narrowing. While in the years 2001 - 2005 it was up to 7.6 years, in the period 2014 - 2018 it is already 6.5 - 6.9 years.

Life expectancy of women at birth calculated for the five-year period 2014 - 2018 ranges from 80.2 years (in the Karviná district) to 82.0 years (in the Nový Jičín district).



Pic. nr. 1: <https://www.crystalrunhealthcare.com/try-these-heart-healthy-superfoods>

The trend is very positive and we believe that will continue in the following years. We can maintain this trend, among other things, by our own efforts, such as healthy exercise, a healthy varied diet and generally healthy lifestyle.



Pic. nr. 2: Life expectancy versus retirement age for men, 2018, Europe.

Sources:

World Bank And Trading Economics + OnlMaps: <https://twitter.com/onlmaps/status/1056845859722354688>

<https://www.crystalrunhealthcare.com/try-these-heart-healthy-superfoods>