

SEX DIFFERENCES IN THE EVOLUTION OF HEALTH EXPECTANCY AT 65 YEARS OLD IN SPAIN 1993-2009. A NEW TREND FOR THE NEW CENTURY?

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INTRODUCTION/OBJECTIVES

From the beginning of the XX century the overmortality of men is decreasing. In this context, the objective is to describe the differential healthy life expectancy evolution by sex in people aged 65 years in Spain from 1993 to 2009: 1) to address whether Spain is facing either a compression, expansion or equilibrium of morbidity perceived (healthy life expectancy) in relation with the life span achieved and the differences by sex, and 2) to address if healthy life expectancy by sex is following a trend towards convergence or divergence.

METHODS

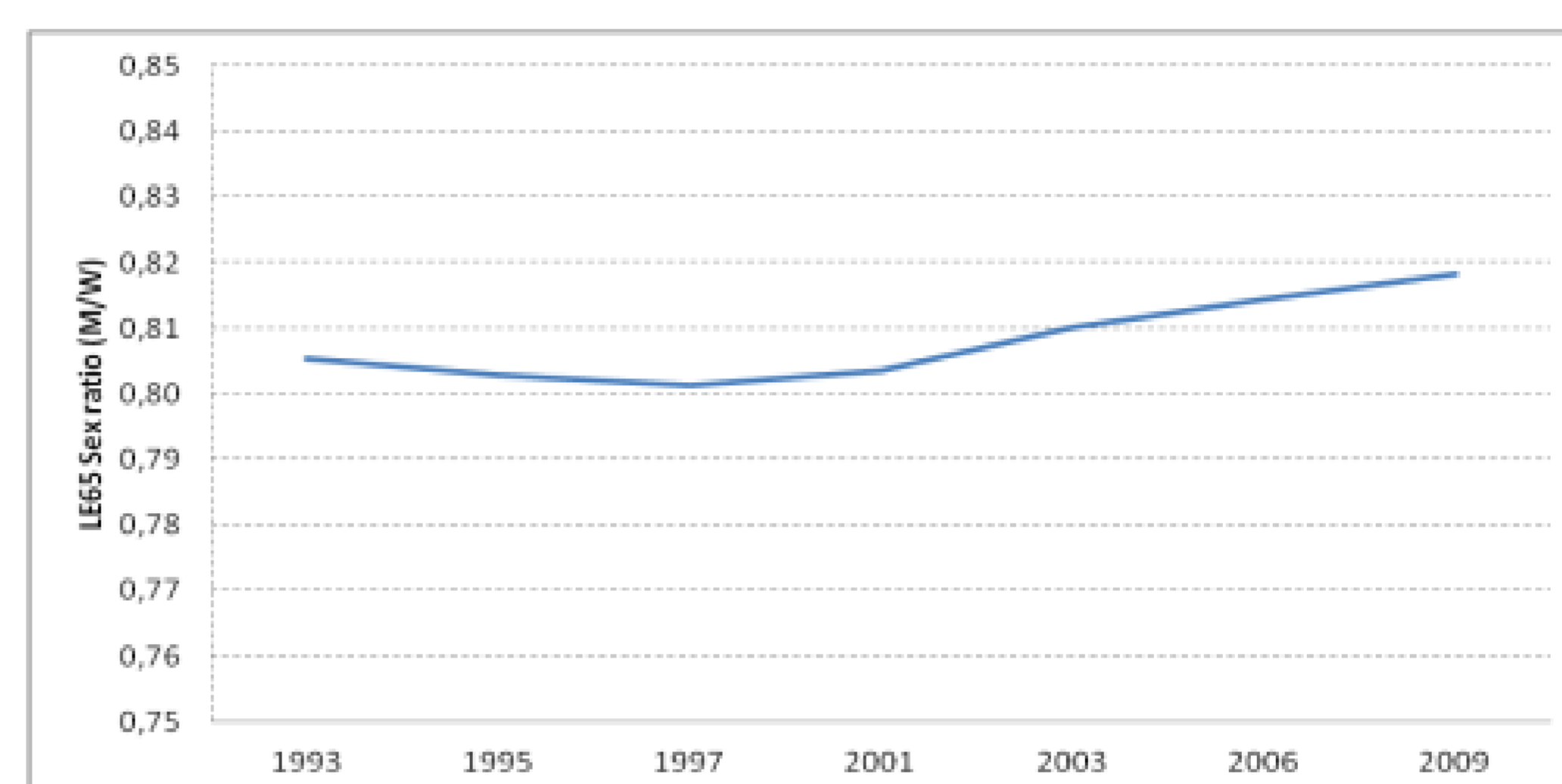
The life expectancy (Chiang abridged life table) and Healthy Life Expectancy (Sullivan method) were calculated for the different subperiods (1993-95-97-2001-03-06-09) combining data about 1) mortality, obtained from the Spanish National Institute of Statistics (INE) for the different subperiods (2.536.779 total deaths), 2) population data, obtained from estimations calculated by INE, and 3) health data, from six Spanish National Health Surveys and the sample for Spain in the European Health Survey of 2009. Good health for the calculation of Health Expectancy was calculated based on the self-reported health.

RESULTS

Sex difference in mortality

The divergence trend in mortality between men and women during the last decades is following a new trend to the convergence in the last years (figure 1).

Figure 1. Sex ratio. Life expectancy (M/W) at 65 years old. Spain 1993-2009



Relative Compression, expansion or equilibrium?

Table 1. Change (1993-2009) in life expectancy (LE), Healthy life expectancy (HLEP), Unhealthy Life Expectancy (ULEP) and proportion of HLEP/LE at 65 years by sex

Sex	LE	HLEP	ULEP	%HLEP/LE	TREND perceived healthy life expectancy (HLEP/LE)
Men	2.33	+ 0.83	1.50	-1.57	Relative equilibrium of morbidity perceived
Women	2.53	- 0.74	3.27	- 7.96	Expansion of morbidity perceived

Sex difference in healthy life expectancy

Men's absolute healthy life expectancy improves along the 2000's in relation to female's which decrease (figure 2)

Figure 2. Evolution of absolute HLEP by sex, and sex ratio (M/W) in HLEP and ULEP at 65 years old. Spain 1993-2009.

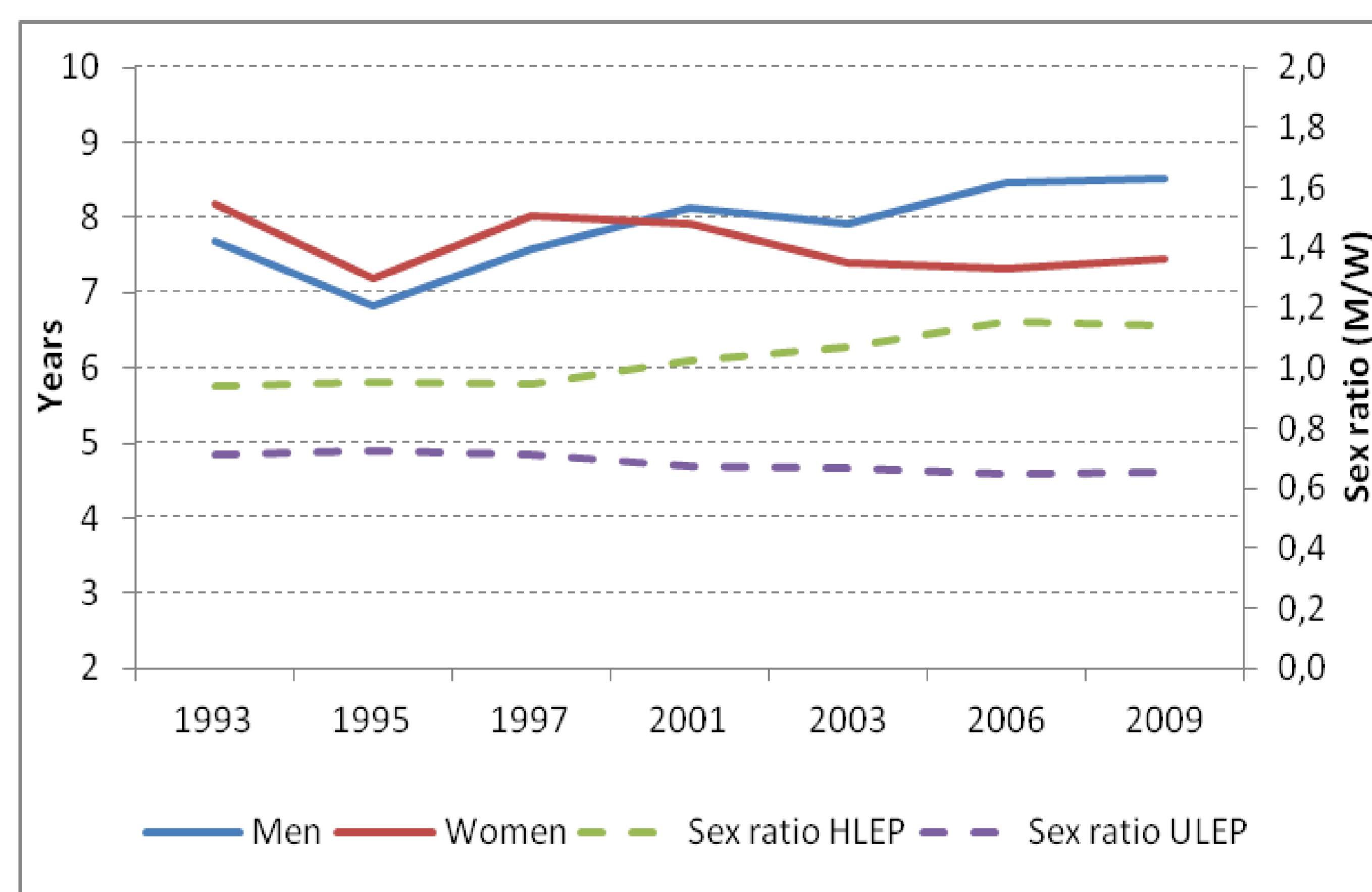
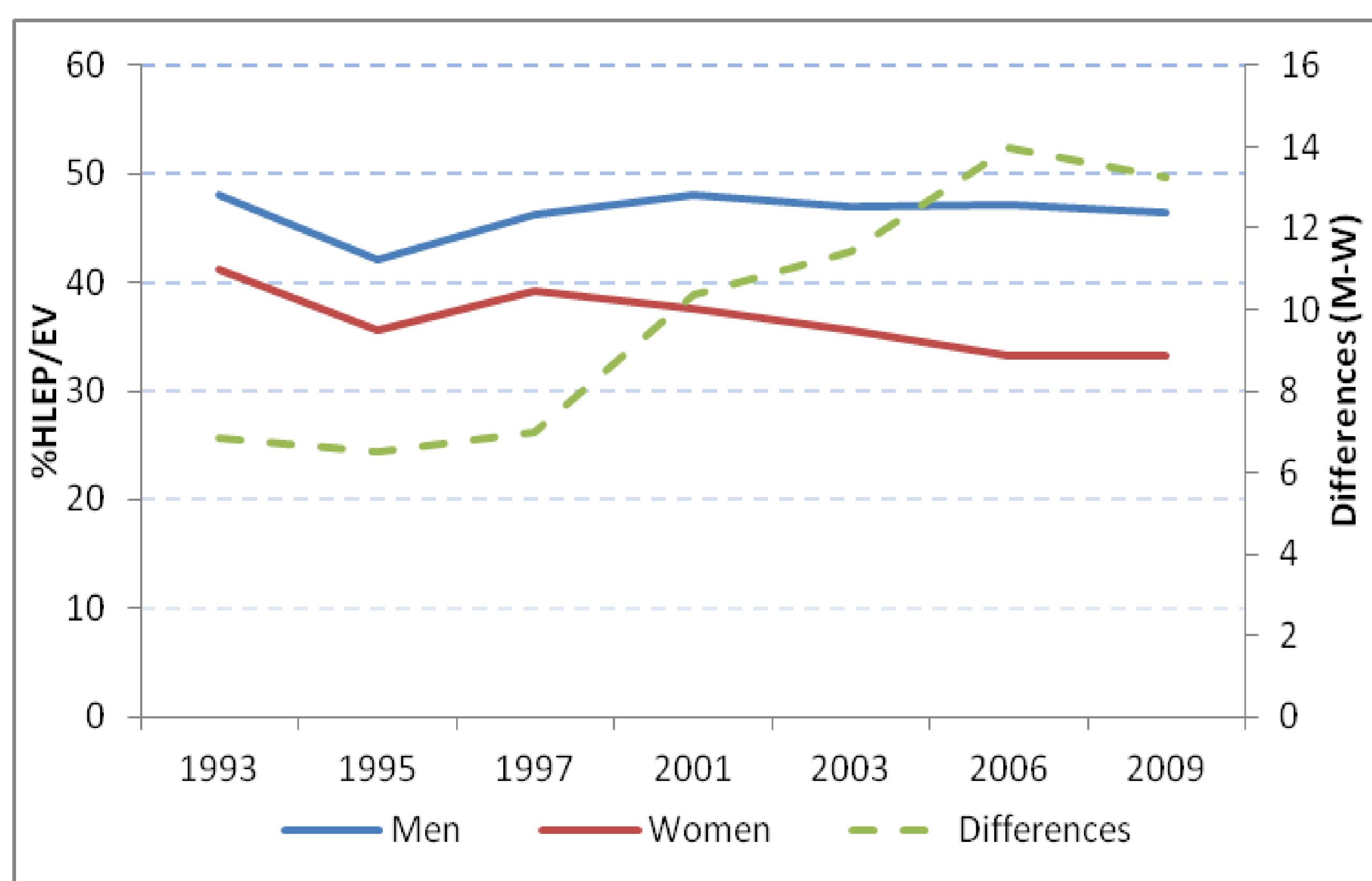


Figure 3. Evolution of relative HLEP (%HLEP/LE) by sex and sex differences (M-W) at 65 years old. Spain 1993-2009.



The difference between male's and female's proportions of HLEP on the total life expectancy increases, reaching 13 points of difference in 2009 (figure 3)

CONCLUSIONS

A new divergent trend by sex in healthy life expectancy perceived on Spaniards older than 65 years old is emerging during the 2000's. Both, the absolute changes (figure 2) as well as the relative ones (figure 3) have shown different trends for men and for woman. The difference by sex is increased since the end of the XXth Century. Considering the whole period under study this relative change is mainly caused by two components:

- Relative equilibrium of morbidity perceived in men, with signs of potential expansion (proportion of HLEP/LE)
- Expansion of morbidity perceived in women (proportion of HLEP/LE).

