



## Office for Health Improvement & Disparities

On 19 February 2026, the Office for National Statistics (ONS) published 'Healthy life expectancy, UK: between 2011 to 2013 and 2022 to 2024' – the number of years people are expected to spend in good health in UK, its constituent countries and local authority areas. The full report and data tables can be accessed [here](#).

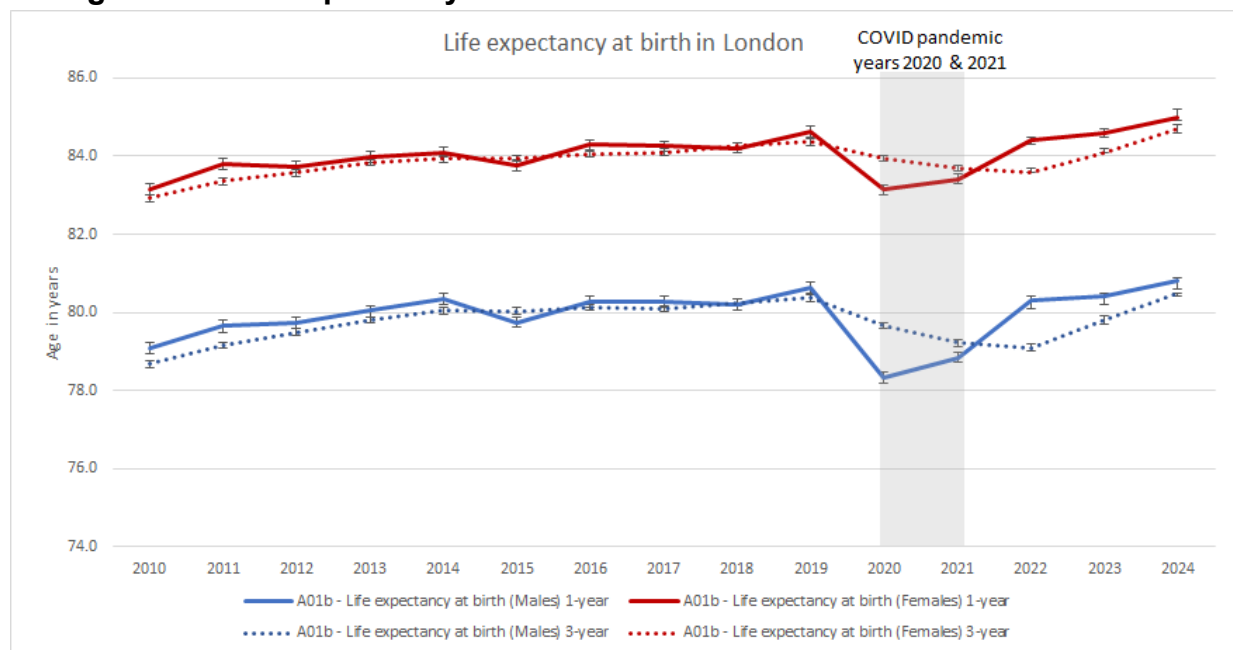
Life expectancy and health state life expectancies are important high-level measures of a population's health status.

Period life expectancy (LE) at a given age for a population is the average number of years people would live, if they experienced the population's age-specific mortality rates for that time period throughout their lives.

Health state life expectancies are summary measures of population health, adding a quality of life dimension to estimates of life expectancy (LE) by partitioning expected lifespan into time spent in different states of health.

Healthy life expectancy (HLE) estimates the average years lived in "very good" or "good" health, which is derived from a subjective assessment of a person's health status ranging from "very good" to "very bad". General health can be interpreted as measuring health-related well-being.

### Background – life expectancy at birth



To facilitate analysis of the effect of COVID-19 during 2020 and into 2021, both mortality and life expectancy indicators have been published by single year as well as 3-year grouped periods. This has not been done for healthy life expectancy which is only available for 3-year grouped periods.

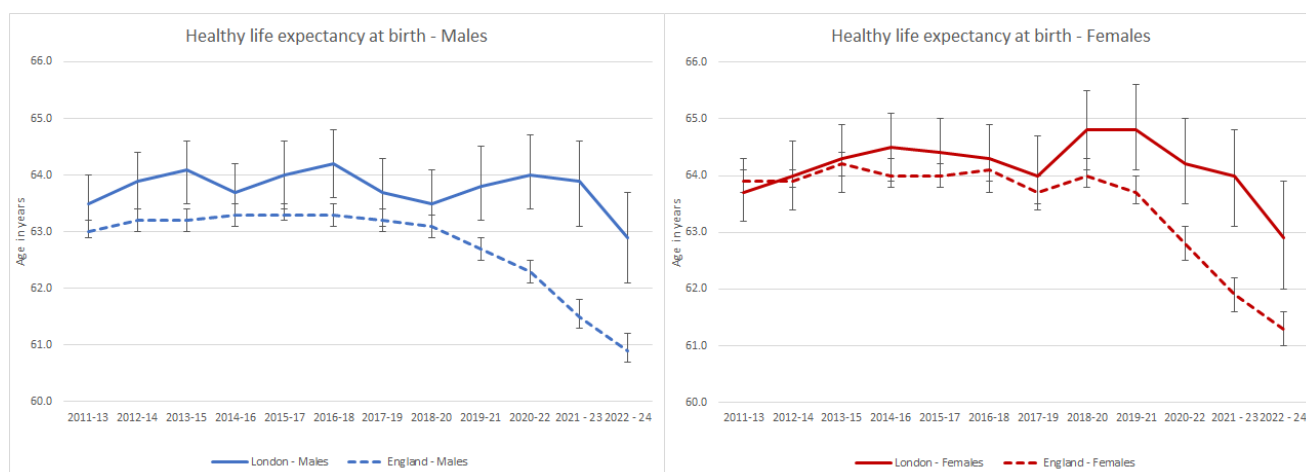
[Mortality rates increased during 2020](#) and were still high across 2021. As mortality rates are a key part of calculating all life expectancy indicators the figures for these indicators fell nationally as well as regionally across these years.

The 3-year rolling life expectancy rate in the chart above (dashed lines) includes the higher mortality years of 2020 & 2021 up to the latest period for 2022-24 and therefore decreased for both sexes in London and nationally up to 2021-23. Individual year life expectancy fell dramatically in 2020 but has increased since then.

### Key points for London:

- Healthy life expectancy continued to decline in London in 2022-24 for males and females but was significantly higher/better than the England male and female averages.
- Healthy life expectancy was the same for both males and females in 2022-24 (62.9 years) and although had decreased for both sexes, the fall was not as dramatic as seen nationally.
- London had the second highest regional healthy life expectancy for males and females in 2022-24 in England after South East region.
- In 2022 to 2024, compared with 2019 to 2021, healthy life expectancy among females decreased by over two years in every region of England except for London.
- Nationally, Richmond upon Thames had the highest HLE for both males (69.3 years) and females (70.3 years), while Sutton had the second highest for males (68.3 years).
- Croydon had the largest increases in England in HLE (4.2 years for both sexes).

### Healthy life expectancy (HLE) at birth



- Males born in London in 2022–24 had a HLE of 62.9 years, which was significantly higher than England (60.9 years). This equates to 78.1% of life spent in 'good' health, based on a life expectancy of 80.5 years for the same period.
- For London females, HLE was the same as London males at 62.9 years, also significantly higher than England (61.3 years). This equates to 74.3% of life spent in 'good' health, based on life expectancy of 84.7 years.

- Compared to the previous year (2021–23), HLE in London males decreased by 1 year, from 63.9 to 62.9 years, but this was not statistically significant (confidence intervals overlap).
- HLE in London females also decreased compared to the previous year (2021-23) by more than 1 year, from 64.0 to 62.9 years, although this was also not statistically significant.
- For males, the London HLE is the second highest of England’s nine regions after South East (HLE of 63.0 years), and is significantly better than the region with the lowest HLE, the North East (HLE of 57.0 years) and 4 other regions.
- For females, London HLE is also ranked second highest of England’s nine regions after South East (HLE of 64.4 years), and is significantly higher than the region with the lowest HLE, the North East (HLE of 56.9 years) and 4 other regions.
- Males and females residing in Richmond upon Thames continued to have the highest HLE within London in 2022-24 - 69.3 and 70.3 years, respectively. Whereas males residing in Lewisham and females residing in Greenwich had the lowest HLE – 58.3 and 57.5 years, respectively.

### Healthy life expectancy in London, 2022-24

