



September 27<sup>th</sup> 2024

LIFE TABLES – NUTS 2

LIFE EXPECTANCIES – NUTS 3

2021-2023

## NORTE AND CENTRO REGIONS WITH THE HIGHEST LIFE EXPECTANCY

**Life expectancy at birth** in Portugal, in 2021-2023, was estimated at 81.17 years, 78.37 years for men and 83.67 years for women, which corresponds, vis-à-vis 2020-2022, to an increase of 0.32 years for men and 0.15 years for women.

By region NUTS 2, in the triennium 2021-2023, the highest life expectancy at birth was in the Norte region, for the total population (81.82 years), for men (79.16 years) and for women (84.16 years).

By region NUTS 3, the highest life expectancy at birth was registered in Cávado, the only region where it exceeded 82 years (82.62 years).

**Life expectancy at age 65** in Portugal, in 2021-2023, was estimated at 19.75 years for the total population. At the age of 65, men could expect to live 18.00 years and women 21.11 years, which corresponds to an increase of 0.24 years for men and 0.13 years for women compared to 2020-2022.

By region NUTS 2, in the triennium 2021-2023, the highest life expectancy at age 65 was registered in the Centro region for the total population (20.15 years) and for women (21.48 years), and the same as in the Norte region for men (18.46 years).

By region NUTS 3, Cávado and Ave recorded the highest values for life expectancy at 65: 20.72 and 20.45 years, respectively.

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Following the release, in May 2024, of the 2021-2023 Complete Life Table for Portugal, Statistics Portugal releases, on the website – [www.ine.pt](http://www.ine.pt) – the Complete Life Tables 2021-2023 for regions NUTS 2, for the total population and by sex, and life expectancy at birth and at age 65 for NUTS 3 regions for the total population.

With this release for the 2021-2023 triennium starts the publication of regional life tables and indicators according to the 2024 version of the Nomenclature of Territorial Units for Statistical Purposes (NUTS 2024). Regional life tables and indicators for the previous triennium, 2020-2022, are also released according to the new NUTS 2024 version.

The indicators published and analyzed in this Press Release are available on the Official Statistics Portal and the respective links can be found in the Excel file published together with this Press Release.



## Life expectancy at birth and at 65 in Portugal

In the 2021-2023 triennium, life expectancy at birth, for Portugal, was estimated at 81.17 years, which corresponds to an increase of 0.21 years (2,52 months) compared to the previous triennium (80.96 years).

At birth, men could expect to live 78.37 years and women 83.67 years, which represents an increase of 0.32 and 0.15 years, respectively, compared to the values estimated for 2020-2022.

Life expectancy at age 65 was estimated at 19.75 years, in the 2021-2023 triennium, which corresponds to an increase of 0.14 years (1.7 months) compared to the previous triennium. Men aged 65 could expect to live an average of 18.00 years longer and women 21.11 years longer, that corresponds to an increase of 0.24 years (2.9 months) for men, and 0.13 (1.6 months) for women. The gap between male and female longevity at age 65, in 2021-2023, was 3.11 years.

## Life expectancy at birth in regions NUTS 2

### The Norte region registered the highest life expectancy at birth

In the 2021-2023 triennium, the Norte region registered the highest life expectancy at birth for the total population (81.82 years), for men (79.16 years) and for women (84.16 years). In contrast, the Autonomous Regions of Madeira and Açores had the lowest values, both for the total population (79.07 and 78.19 years respectively) and for men and women.

The greatest differences in longevity between men and women, in 2021-2023, were recorded in the Autonomous Regions of Açores and Madeira, where women could expect to live, on average, 6.85 and 6.48 years longer than men, respectively. The Oeste e Vale do Tejo e Norte regions showed the smallest differences in longevity between the two sexes (4.89 and 5.00 years, respectively).



Figure 1: Life expectancy at birth by sex, Portugal, NUTS 1 and 2, 2020-2022 and 2021-2023

Region (NUTS 2024)	2020-2022			2021-2023		
	Total	Males	Females	Total	Males	Females
<b>Portugal</b>	<b>80.96</b>	<b>78.05</b>	<b>83.52</b>	<b>81.17</b>	<b>78.37</b>	<b>83.67</b>
<b>Continente</b>	<b>81.07</b>	<b>78.21</b>	<b>83.71</b>	<b>81.31</b>	<b>78.55</b>	<b>83.79</b>
Norte	81.53	78.74	84.02	81.82	79.16	84.16
Centro	81.44	78.58	84.07	81.57	78.81	84.12
Oeste e Vale do Tejo	80.56	77.93	82.93	80.77	78.22	83.11
Grande Lisboa	80.85	77.81	83.50	81.15	78.24	83.67
Península de Setúbal	80.25	77.52	82.63	80.54	77.81	82.90
Alentejo	79.88	76.94	82.74	80.12	76.96	83.06
Algarve	79.99	76.56	82.86	80.21	77.01	83.06
<b>Região Autónoma dos Açores</b>	<b>78.04</b>	<b>74.43</b>	<b>81.37</b>	<b>78.19</b>	<b>74.59</b>	<b>81.44</b>
<b>Região Autónoma da Madeira</b>	<b>78.77</b>	<b>75.05</b>	<b>81.63</b>	<b>79.07</b>	<b>75.44</b>	<b>81.92</b>

Source: Statistics Portugal, Life Tables.

### Life expectancy at age 65 in regions NUTS 2

The Centro region registered the highest value for life expectancy at 65 for women, sharing with the Norte region the highest value for men

In the 2021-2023 triennium, the highest values for life expectancy at 65 were observed in the Centro region for the total population (20.15 years), for women (21.48 years) and, together with the Norte region, for men (18.46 years).

The greatest differences in longevity at 65 between men and women in 2021-2023 were in the Autonomous Regions of Açores and Madeira, where women could expect to live on average 4.03 and 3.97 years longer than men, respectively. The Oeste e Vale do Tejo region registered the smallest difference between the two sexes (2.86 years).



Figure 2: Life expectancy at age 65 by sex, Portugal, NUTS 1 and 2, 2020-2022 and 2021-2023

Region (NUTS 2024)	2020-2022			2021-2023		
	Total	Males	Females	Total	Males	Females
<b>Portugal</b>	<b>19.61</b>	<b>17.76</b>	<b>20.98</b>	<b>19.75</b>	<b>18.00</b>	<b>21.11</b>
<b>Continente</b>	<b>19.67</b>	<b>17.88</b>	<b>21.16</b>	<b>19.85</b>	<b>18.13</b>	<b>21.19</b>
Norte	19.88	18.17	21.19	20.11	18.46	21.41
Centro	19.95	18.15	21.40	20.15	18.46	21.48
Oeste e Vale do Tejo	19.33	17.87	20.53	19.41	17.84	20.70
Grande Lisboa	19.70	17.68	21.25	19.80	17.84	21.29
Península de Setúbal	19.16	17.43	20.50	19.28	17.55	20.61
Alentejo	19.19	17.35	20.49	19.48	17.66	20.78
Algarve	19.16	17.14	21.02	19.44	17.47	21.11
<b>Região Autónoma dos Açores</b>	<b>17.65</b>	<b>15.10</b>	<b>19.40</b>	<b>17.70</b>	<b>15.36</b>	<b>19.39</b>
<b>Região Autónoma da Madeira</b>	<b>17.95</b>	<b>15.38</b>	<b>19.71</b>	<b>18.37</b>	<b>16.00</b>	<b>19.97</b>

Source: Statistics Portugal, Life Tables.

### Life expectancy at birth in regions NUTS 3

#### Highest life expectancy at birth was recorded in the NUTS 3 region Cávado

In the 2021-2023 triennium, life expectancy at birth estimates showed that eight out of the 26 NUTS 3 regions (Cávado, Ave, Área Metropolitana do Porto, Região de Leiria, Região de Coimbra, Região de Aveiro, Alto Minho and Viseu Dão Lafões) exceeded the national figure (81.17 years). The highest life expectancy was registered in NUTS 3 region Cávado, the only region to exceed 82 years (82.62 years).

By contrast, the lowest life expectancies at birth occurred in Região Autónoma dos Açores and Baixo Alentejo, where life expectancy did not reach 79 years.

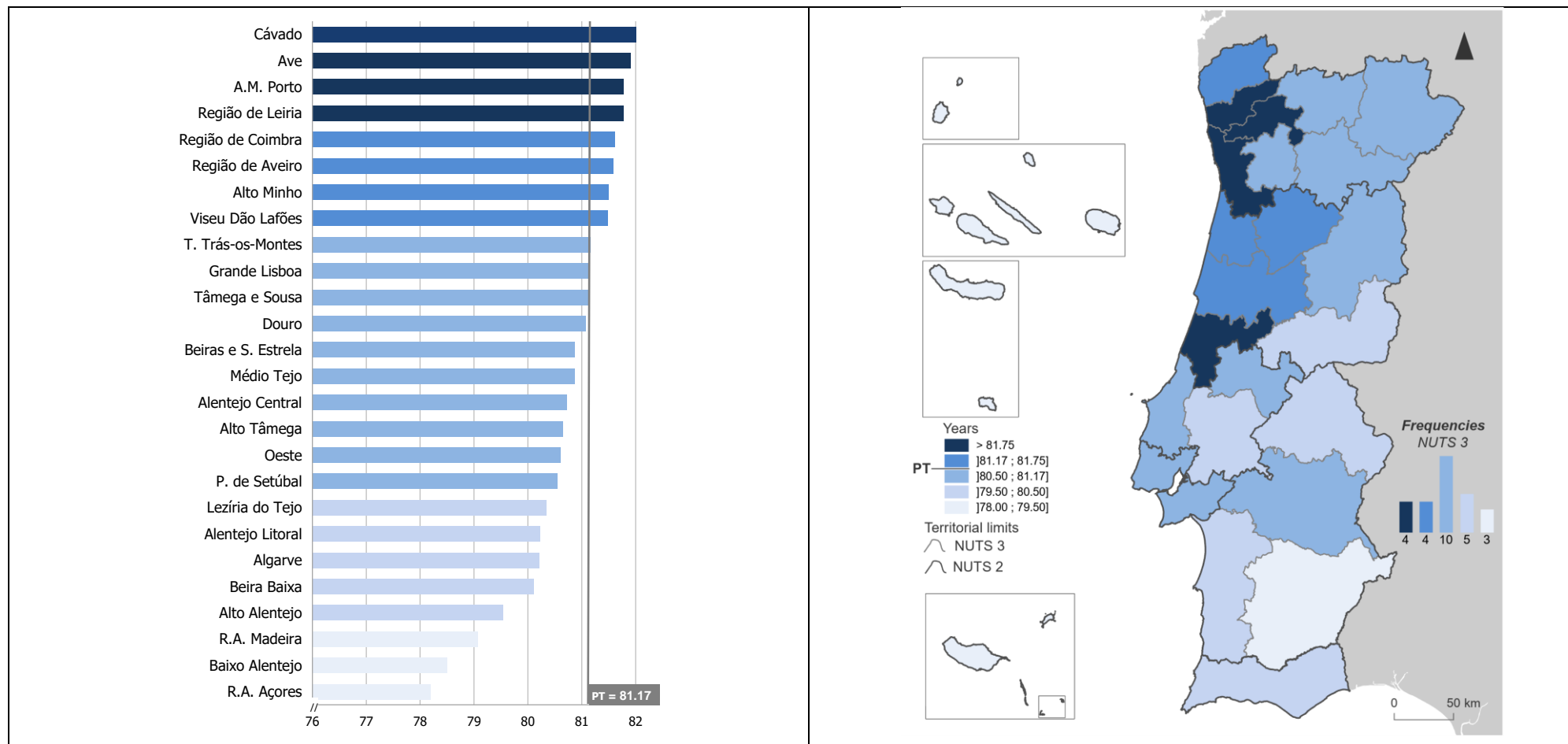
### Life expectancy at age 65 in regions NUTS 3

#### The highest life expectancy at age 65 occurred in Cávado and Ave regions

In the 2021-2023 triennium, life expectancy at 65 exceeded the national figure (19.75 years) in sixteen NUTS 3 regions. The Cávado and Ave regions recorded the highest values for life expectancy at 65: 20.72 and 20.45 years, respectively.

The lowest life expectancies at age 65, below eighteen years, were recorded in Região Autónoma dos Açores (17.70 years).

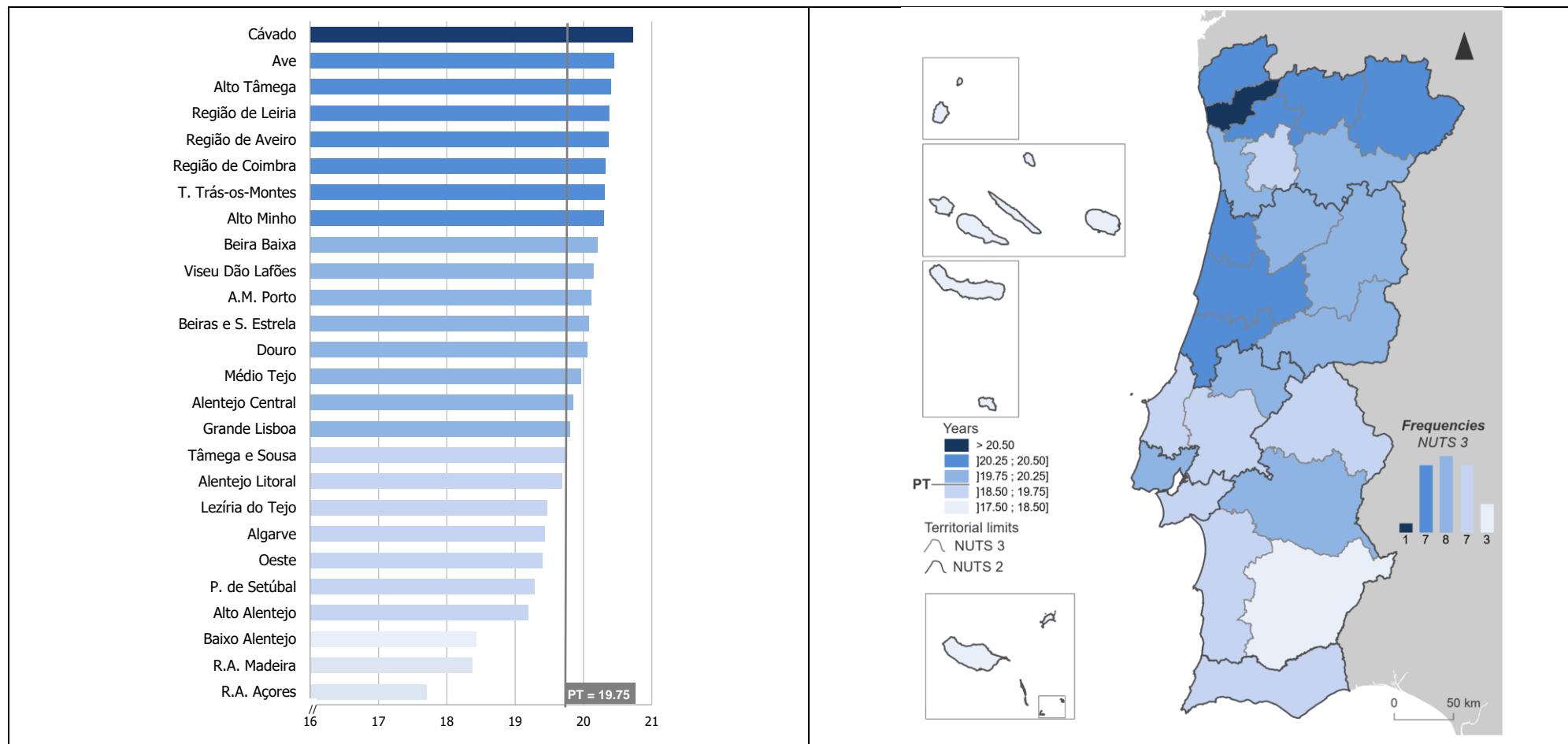
Figure 3: Life expectancy at birth, NUTS 3, 2021-2023



Source: Statistics Portugal, Life Tables.



Figure 4: Life expectancy at age 65, NUTS 3, 2021-2023



Source: Statistics Portugal, Life Tables.



Figure 5: Life expectancy at birth and at age 65, Portugal, NUTS 1, NUTS 2 and NUTS 3, 2021-2023

Region (NUTS 2024)	Life expectancy at birth (years)	Life expectancy at age 65 (years)
	2021 - 2023	2021 - 2023
<b>Portugal</b>	<b>81.17</b>	<b>19.75</b>
<b>Continente</b>	<b>81.31</b>	<b>19.85</b>
<b>Norte</b>	<b>81.82</b>	<b>20.11</b>
Alto Minho	81.50	20.30
Cávado	82.62	20.72
Ave	81.91	20.45
Área Metropolitana do Porto	81.78	20.11
Alto Tâmega	80.65	20.40
Tâmega e Sousa	81.14	19.73
Douro	81.08	20.06
Terras de Trás-os-Montes	81.17	20.31
<b>Centro</b>	<b>81.57</b>	<b>20.15</b>
Região de Aveiro	81.58	20.37
Região de Coimbra	81.61	20.32
Região de Leiria	81.77	20.38
Viseu Dão Lafões	81.49	20.15
Beira Baixa	80.11	20.20
Beiras e Serra da Estrela	80.87	20.08
<b>Oeste e Vale do Tejo</b>	<b>80.77</b>	<b>19.41</b>
Oeste	80.61	19.40
Médio Tejo	80.87	19.96
Lezíria do Tejo	80.35	19.47
<b>Grande Lisboa</b>	<b>81.15</b>	<b>19.80</b>
Grande Lisboa	81.15	19.80
<b>Península de Setúbal</b>	<b>80.54</b>	<b>19.28</b>
Península de Setúbal	80.54	19.28
<b>Alentejo</b>	<b>80.12</b>	<b>19.48</b>
Alentejo Litoral	80.23	19.69
Baixo Alentejo	78.50	18.43
Alto Alentejo	79.54	19.19
Alentejo Central	80.73	19.85
<b>Algarve</b>	<b>80.21</b>	<b>19.44</b>
Algarve	80.21	19.44
<b>Região Autónoma dos Açores</b>	<b>78.19</b>	<b>17.70</b>
<b>Região Autónoma dos Açores</b>	<b>78.19</b>	<b>17.70</b>
Região Autónoma dos Açores	78.19	17.70
<b>Região Autónoma da Madeira</b>	<b>79.07</b>	<b>18.37</b>
<b>Região Autónoma da Madeira</b>	<b>79.07</b>	<b>18.37</b>
Região Autónoma da Madeira	79.07	18.37

Source: Statistics Portugal, Life Tables.



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## TECHNICAL NOTE

The life table is the result of a mathematical model of demographic analysis composed by a set of basic functions which provide a basis for measuring longevity in a given population. Statistics Portugal calculates complete life tables, that is, by single years of age, for Portugal, NUTS 1, 2 and 3 regions with a reference period of three consecutive years. Regarding NUTS 3 regions from the mainland ('Continente'), only life expectancy at birth and at age 65 are released.

With this release for the 2021-2023 triennium starts the publication of regional mortality tables and indicators according to the 2024 version of the Nomenclature of Territorial Units for Statistical Purposes (NUTS 2024). Regional life tables and indicators for the previous triennium, 2020-2022, are also released according to the new NUTS 2024 version.

In the construction of complete life table for Portugal and NUTS 1 the probabilities of dying are estimated based on the observed number of deaths for a period of three consecutive years and on the respective estimates for the population exposed-to-the risk of death. The calculation of the population exposed to risk is based on information from estimates of resident population.

Due to the variability in the probabilities of dying at advanced ages (over 85 years) the method proposed by Denuit and Goderniaux (2005) is applied for smoothing and extrapolation to the last applicable age (closing age of the life table).

Given the rarity of mortality at some ages in small regions, the complete life tables for NUTS 2 regions are calculated by applying graduation and smoothing methods to mortality rates. For the 'Continente' NUTS 3 sub-regions the Brass relational model (1971, 1974) is applied for obtaining these rates. In both cases, the same method of closing and extrapolating old age mortality rates is applied.

Values for life expectancy and other life table functions correspond to estimates calculated from statistical data and models and should not be interpreted as deterministic indicators. However, assuming the empirical mortality conditions observed in the reference period for the life table remain constant, it is possible, in a given population, to make probabilistic judgments on the evolution of mortality.

## REFERENCES:

Brass, W. (1971). On the scale of mortality. In: *Biological Aspects of Demography*, London Taylor and Francis.

Brass, W. (1974). Mortality models and their uses in demography. *Transactions of the Faculty of Actuaries*, 33, 123-132.

Denuit, M. and Goderniaux, A. (2005). Closing and projecting life tables using log-linear models. *Bulletin de l'Association Suisse des Actuaries*, 1, 29-49.

## DEFINITIONS

**Life expectancy at birth:** The mean number of years that a newborn child can expect to live if subjected throughout his life to the current mortality conditions (age specific probabilities of dying).





**Life expectancy at age 65:** The mean number of years still to be lived by a person who has reached the exact age 65, if subjected throughout the rest of his life to the current age specific probabilities of dying.

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Detailed methodological information available at: [www.ine.pt](http://www.ine.pt), option Products, Metadata system.

Detailed statistical information available at: [www.ine.pt](http://www.ine.pt), option Products, Statistical data, database, theme Population, subtheme Mortality and life expectancy.

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#### **Next press release**

September 2025: “Life Tables NUTS 2 and Life Expectancies NUTS 3, 2022-2024”.

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