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30 October 2026
LIFE TABLES – NUTS 2
LIFE EXPECTANCIES – NUTS 3
2023-2025

Rectified version 30-10-2026, at 3.30 pm

Pages 9 and 10, in tables A and B, the reference periods for the headings have been changed, where it was "2021-2022, 2022-2023, 2023-2024", now it is "2021-2023, 2022-2024, 2023-2025".

NORTE REGION WITH THE HIGHEST LIFE EXPECTANCY

Life expectancy at birth in Portugal, in the 2023-2025 triennium, was estimated at 81.85 years, 79.22 years for men and 84.26 years for women, which corresponds, vis-à-vis 2022-2024, to an increase of 0.28 years (3.4 months) for men and 0.26 years (3.1 months) for women.

By region NUTS 2, in the 2023-2025 triennium, the highest life expectancy at birth was in the Norte region, for the total population (82.31 years), for men (79.83 years) and for women (84.57 years).

By region NUTS 3, the highest life expectancy at birth was registered in Cávado (83.06 years).

Life expectancy at age 65 in Portugal, in the 2023-2025 period, was estimated at 20.19 years for the total population. At the age of 65, men could expect to live 18.49 years and women 21.55 years, which corresponds to an increase of 0.13 years for men and 0.19 years for women compared to 2022-2024.

By region NUTS 2, in the 2023-2025 triennium, the highest life expectancy at age 65 was registered in the Norte region for the total population (20.49 years), for men (18.93 years) and for women (21.75 years).

By region NUTS 3, Cávado and Região de Coimbra recorded the highest values for life expectancy at 65: 21.28 and 20.99 years, respectively.

Statistics Portugal releases, on the website – www.ine.pt – the Complete Life Tables 2023-2025 for regions NUTS 2 (NUTS 2024), for the total population and by sex, and life expectancy at birth and at age 65 for NUTS 3 (NUTS 2024) regions for the total population.

On this date, Statistics Portugal (INE) also releases the revised series of Complete Life Tables for Portugal for the periods from 2020-2022 to 2023-2025 and for the NUTS 2 regions (NUTS 2024) for the three-year trienniums from 2020-2022 to 2022-2024, as well as the revised life expectancy at birth and at age 65 for the NUTS 3 regions (NUTS 2024).

Following the release of the new Resident Population Estimates for 2021-2025, on June 22nd, 2026, the estimates of the population exposed to the risk of death were recalculated, leading to the reconstruction of the life tables and, consequently, to the revision of the indicators from them derived, namely life expectancy at birth and at age 65.

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

1. LIFE EXPECTANCY AT BIRTH AND AT AGE 65 IN PORTUGAL

In the 2023-2025 triennium, life expectancy at birth, for Portugal, was estimated at 81.85 years, which corresponds to an increase of 0.28 years (3.4 months) compared to the previous triennium (81.57 years).

At birth, men could expect to live 79.22 years and women 84.26 years, representing an increase of 0.28 (3.4 months) and 0.26 years (3.1 months), respectively, compared to the values estimated for 2022-2024.

Life expectancy at age 65 was estimated at 20.19 years, in the 2023-2025 triennium, which corresponds to an increase of 0.17 years (2.0 months) compared to the previous triennium. Men aged 65 can expect to live on average, 18.49 years longer and women 21.55 years longer, which corresponds to an increase of 0.13 years (1.6 months) for men and 0.19 (2.3 months) for women. The difference between male and female longevity at age 65, in 2023-2025, was 3.06 years.

2. LIFE EXPECTANCY AT BIRTH IN REGIONS NUTS 2

In the 2023-2025 triennium, the Norte region registered the highest life expectancy at birth for the total population (82.31 years), for men (79.83 years) and for women (84.57 years). In contrast, the Regiões Autónomas da Madeira e dos Açores had the lowest values, both for the total population (80.06 and 78.69 years, respectively) and for men and women.

The greatest differences in longevity between men and women, in 2023-2025, were recorded in the Região Autónoma dos Açores and Alentejo, where women could expect to live, on average, respectively, 6.21 and 5.97 years longer than men. The Norte and Oeste e Vale do Tejo regions presented the smallest differences in longevity between the two sexes (4.74 and 4.75 years, respectively).

Table 1

LIFE EXPECTANCY AT BIRH BY SEX, PORTUGAL, NUTS 1 AND 2 (NUTS 2024), 2022-2024 AND 2023-2025

Region (NUTS 2024)	2022-2024			2023-2025		
	Total	Males	Females	Total	Males	Females
Portugal	**81.57**	**78.94**	**84.00**	**81.85**	**79.22**	**84.26**
Continente	**81.65**	**79.06**	**84.07**	**81.90**	**79.39**	**84.26**
Norte	82.20	79.55	84.54	82.31	79.83	84.57
Centro	81.88	79.17	84.29	82.11	79.58	84.36
Oeste e Vale do Tejo	81.04	78.58	83.30	81.44	79.04	83.79
Grande Lisboa	81.70	79.09	84.07	81.91	79.39	84.19
Península de Setúbal	80.83	78.18	83.21	81.03	78.47	83.34
Alentejo	80.47	77.48	83.29	80.67	77.63	83.60
Algarve	80.99	78.21	83.81	81.39	78.84	83.90
Região Autónoma dos Açores	**78.67**	**75.49**	**81.34**	**78.69**	**75.65**	**81.86**
Região Autónoma da Madeira	**79.57**	**76.23**	**82.38**	**80.06**	**76.83**	**82.68**

3. LIFE EXPECTANCY AT AGE 65 IN REGIONS NUTS 2

In the 2023-2025 triennium, the highest values for life expectancy at age 65 were recorded in the Norte region for the total population (20.49 years), for men (18.93 years) and for women (21.75 years).

The largest differences in longevity at age 65 between men and women, in 2023-2025, were registered in Península de Setúbal and Região Autónoma da Madeira, where women could expect to live on average, respectively, 3.27 and 3.30 years longer than men. The Oeste e Vale do Tejo region registered the smallest difference between the two sexes (2.65 years).

Table 2

LIFE EXPECTANCY AT AGE 65 BY SEX, PORTUGAL, NUTS 1 AND 2 (NUTS 2024), 2022-2024 AND 2023-2025

Region (NUTS 2024)	2022-2024			2023-2025		
	Total	Males	Females	Total	Males	Females
Portugal	**20.02**	**18.36**	**21.36**	**20.19**	**18.49**	**21.55**
Continente	**20.09**	**18.48**	**21.42**	**20.26**	**18.70**	**21.58**
Norte	20.49	18.86	21.75	20.49	18.93	21.75
Centro	20.34	18.74	21.65	20.41	18.72	21.74
Oeste e Vale do Tejo	19.50	17.89	20.81	19.74	18.42	21.07
Grande Lisboa	20.00	18.25	21.51	20.22	18.49	21.63
Península de Setúbal	19.61	17.85	21.04	19.71	17.93	21.20
Alentejo	19.54	17.97	20.86	19.67	17.82	21.03
Algarve	19.82	18.17	21.33	19.92	18.30	21.38
Região Autónoma dos Açores	**18.08**	**16.24**	**19.72**	**18.47**	**16.76**	**20.01**
Região Autónoma da Madeira	**18.58**	**16.73**	**19.98**	**18.78**	**16.90**	**20.20**

4. LIFE EXPECTANCY AT BIRTH IN REGIONS NUTS 3

In the 2023-2025 triennium, life expectancy at birth exceeded the national figure (81.85 years) in eight NUTS 3 regions (Cávado, Região de Coimbra, Região de Leiria, Ave, Área Metropolitana do Porto, Região de Aveiro, Alto Minho and Grande Lisboa). The highest life expectancy was registered in Cávado (83.06 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.

5. LIFE EXPECTANCY AT AGE 65 IN REGIONS NUTS 3

In the 2023-2025 triennium, life expectancy at 65 exceeded the national figure (20.19 years) in 15 NUTS 3 regions. The Cávado and Região de Coimbra regions recorded the highest values for life expectancy at 65: 21.28 and 20.99 years, respectively.

The lowest figure, below19 years, was recorded in Região Autónoma dos Açores (18.47 years).

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Figure 1

LIFE EXPECTANCY AT BIRTH, NUTS 3 (NUTS 2024), 2023-2025

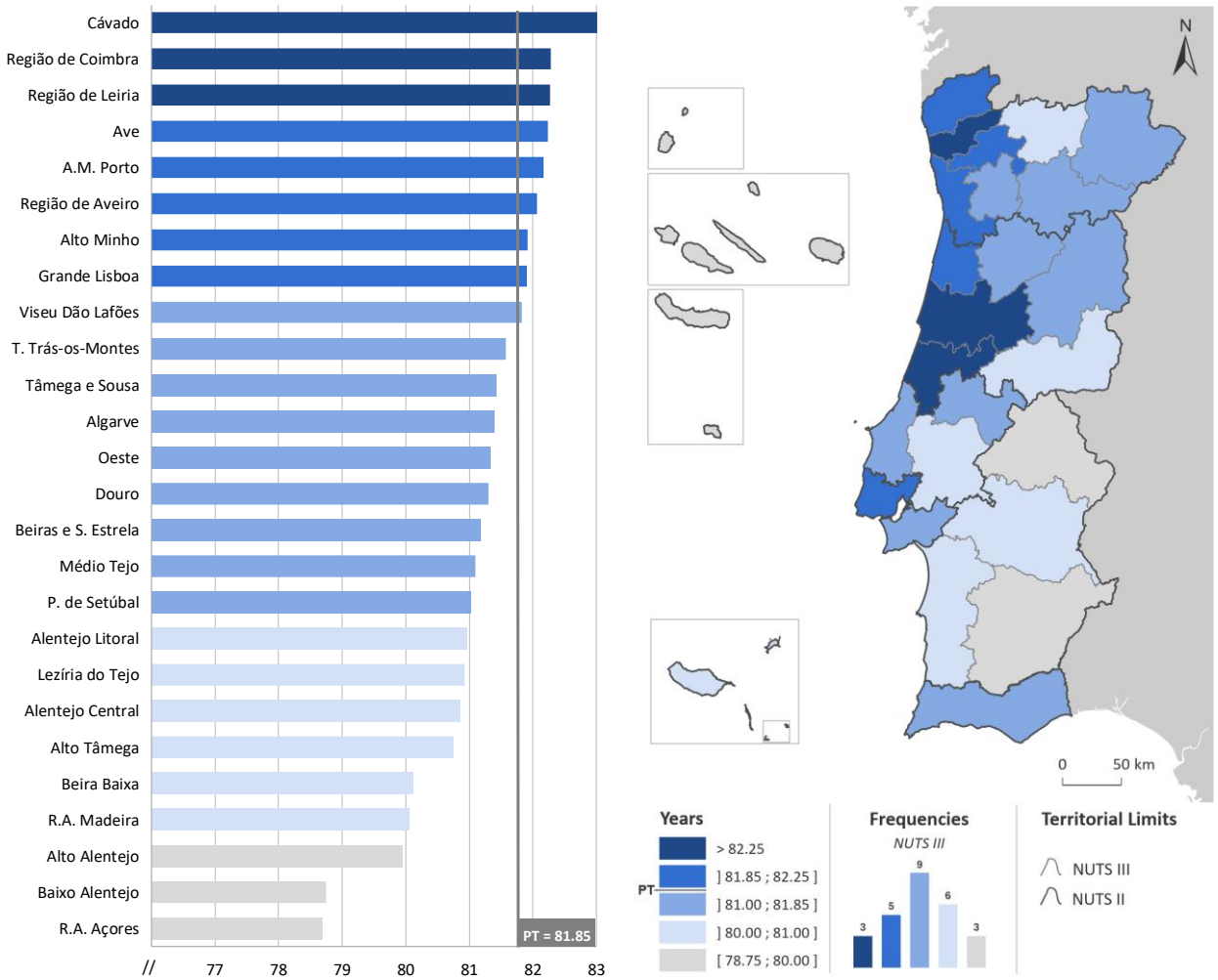

Figure 2

LIFE EXPECTANCY AT AGE 65, NUTS 3 (NUTS 2024), 2023-2025

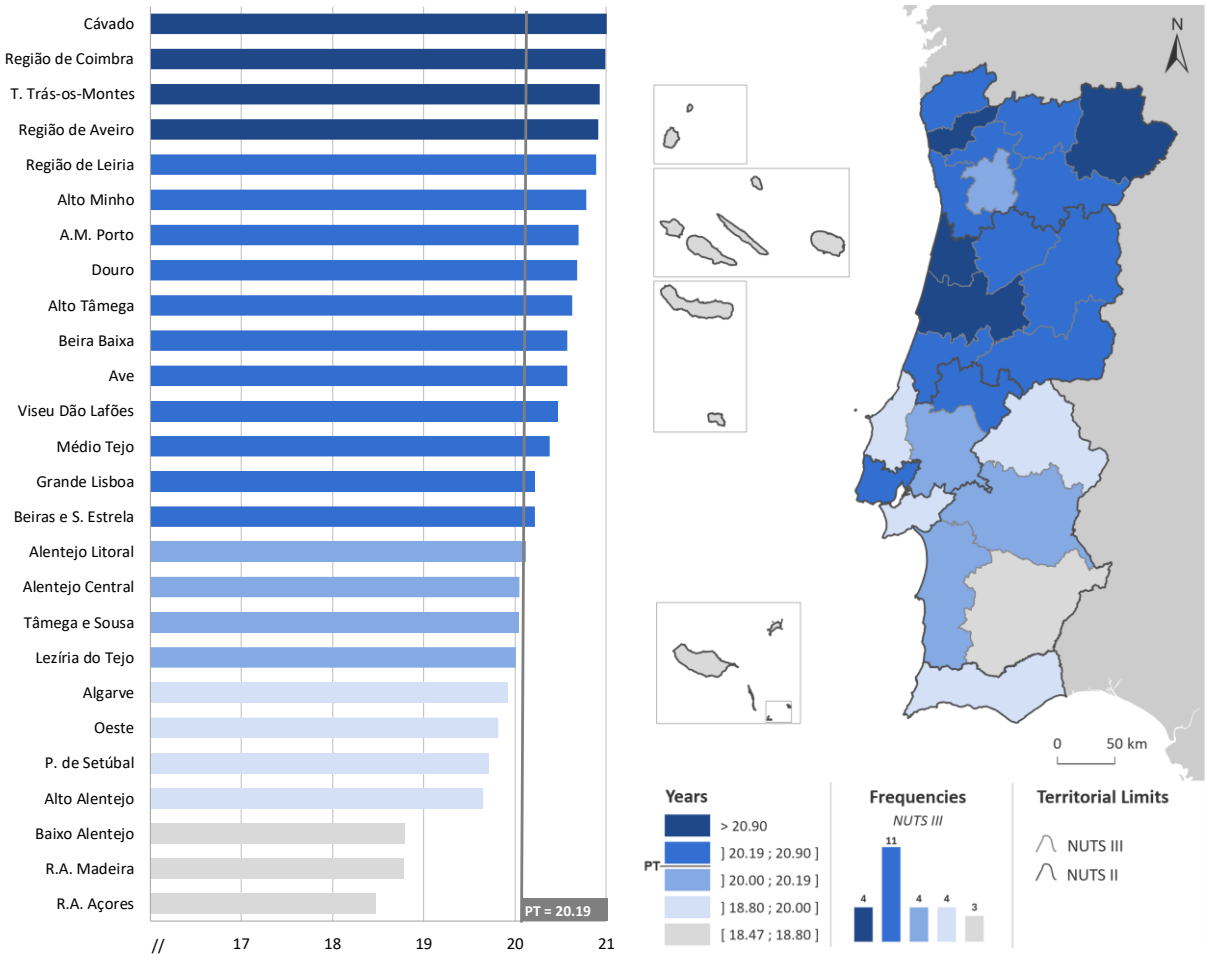

Table 3

LIFE EXPECTANCY AT BIRTH AND AT AGE 65, PORTUGAL, NUTS 1, NUTS 2 AND NUTS 3 (NUTS 2024), 2023-2025

Region (NUTS 2024)		Life expectancy at birth (years)	Life expectancy at age 65 (years)
		2023 - 2025	2023 - 2025
PT	**Portugal**	**81.85**	**20.19**
1	**Continente**	**81.90**	**20.26**
11	**Norte**	**82.31**	**20.49**
111	Alto Minho	81.92	20.78
112	Cávado	83.06	21.28
119	Ave	82.23	20.57
11A	Área Metropolitana do Porto	82.17	20.70
11B	Alto Tâmega	80.75	20.63
11C	Tâmega e Sousa	81.42	20.04
11D	Douro	81.30	20.68
11E	Terras de Trás-os-Montes	81.57	20.93
19	**Centro**	**82.11**	**20.41**
191	Região de Aveiro	82.06	20.91
192	Região de Coimbra	82.28	20.99
193	Região de Leiria	82.27	20.89
194	Viseu Dão Lafões	81.83	20.47
195	Beira Baixa	80.12	20.57
196	Beiras e Serra da Estrela	81.18	20.22
1D	**Oeste e Vale do Tejo**	**81.44**	**19.74**
1D1	Oeste	81.32	19.82
1D2	Médio Tejo	81.09	20.38
1D3	Lezíria do Tejo	80.92	20.01
1A	**Grande Lisboa**	**81.91**	**20.22**
1A0	Grande Lisboa	81.91	20.22
1B	**Península de Setúbal**	**81.03**	**19.71**
1B0	Península de Setúbal	81.03	19.71
1C	**Alentejo**	**80.67**	**19.67**
1C1	Alentejo Litoral	80.96	20.12
1C2	Baixo Alentejo	78.75	18.80
1C3	Alto Alentejo	79.94	19.65
1C4	Alentejo Central	80.85	20.05
15	**Algarve**	**81.39**	**19.92**
150	Algarve	81.39	19.92
2	**Região Autónoma dos Açores**	**78.69**	**18.47**
20	**Região Autónoma dos Açores**	**78.69**	**18.47**
200	Região Autónoma dos Açores	78.69	18.47
3	**Região Autónoma da Madeira**	**80.06**	**18.78**
30	**Região Autónoma da Madeira**	**80.06**	**18.78**
300	Região Autónoma da Madeira	80.06	18.78

TECHNICAL NOTE

The life table is the result of a mathematical model of demographic analysis composed of 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.

In the construction of complete life table for Portugal and Continente 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.

Following the release of the new administrative-based Resident Population Estimates for 2021-2025 on June 22nd 2026, the estimates of the population exposed to the risk of death were recalculated, leading to the reconstruction of the mortality tables and, consequently, to the revision of the indicators from them derived, namely life expectancy at birth and at age 65. The methodology used to calculate the revised mortality table series remained unchanged, corresponding to the methodology adopted by Statistics Portugal (INE) in 2007, as described in the methodological document available on the INE website and summarised above.

Therefore, when interpreting developments between the 2019-2021 and 2020-2022 triennium, it is important to take into account the methodological change in the Resident Population Estimates, which are used as the basis for calculating the population exposed to the risk of death in the construction of the complete mortality tables for these periods.

Following the revision of the population at risk of death, particularly in those under 65 years, and with the registered number of deaths remaining constant, the revised life expectancy at birth figures are slightly higher than

those previously published for Portugal and most NUTS 2 and NUTS 3 regions. The estimate of the population at risk of death aged 65 and over remained relatively stable, therefore life expectancy at age 65 did not change overall.

The following figures present the revised and the previously published values of life expectancy at birth and at age 65.

Table A

LIFE EXPECTANCY AT BIRTH – REVISED AND PREVIOUS SERIES, PORTUGAL, NUTS 1 AND 2 (NUTS 2024),

2020-2022 TO 2023-2025

Region (NUTS 2024)	2020-2022		2021-2023		2022-2024		2023-2025	
	Revised Series	Previous Series	Revised Series	Previous Series	Revised Series	Previous Series	Revised Series	Previous Series
Portugal	**80.97**	**80.96**	**81.22**	**81.17**	**81.57**	**81.49**	**81.85**	**81.85**
Continente	**81.08**	**81.07**	**81.37**	**81.31**	**81.65**	**81.55**	**81.90**	-
Norte	81.54	81.53	81.85	81.82	82.20	82.13	82.31	-
Centro	81.42	81.44	81.60	81.57	81.88	81.82	82.11	-
Oeste e Vale do Tejo	80.57	80.56	80.81	80.77	81.04	80.93	81.44	-
Grande Lisboa	80.92	80.85	81.31	81.15	81.70	81.49	81.91	-
Península de Setúbal	80.25	80.25	80.61	80.54	80.83	80.76	81.03	-
Alentejo	80.10	79.88	80.23	80.12	80.47	80.38	80.67	-
Algarve	80.33	79.99	80.59	80.21	80.99	80.46	81.39	-
Região Autónoma dos Açores	**78.08**	**78.04**	**78.25**	**78.19**	**78.67**	**78.33**	**78.69**	-
Região Autónoma da Madeira	**78.95**	**78.77**	**79.05**	**79.07**	**79.57**	**79.26**	**80.06**	-

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Table B

LIFE EXPECTANCY AT AGE 65 – REVISED AND PREVIOUS SERIES, PORTUGAL, NUTS 1 AND 2 (NUTS 2024),

2020-2022 TO 2023-2025

Region (NUTS 2024)	2020-2022		2021-2023		2022-2024		2023-2025	
	Revised Series	Previous Series	Revised Series	Previous Series	Revised Series	Previous Series	Revised Series	Previous Series
Portugal	**19.61**	**19.61**	**19.75**	**19.75**	**20.02**	**20.02**	**20.19**	**20.19**
Continente	**19.68**	**19.67**	**19.86**	**19.85**	**20.09**	**19.26**	**20.26**	-
Norte	19.97	19.88	20.18	20.11	20.49	20.42	20.49	-
Centro	19.92	19.95	20.16	20.15	20.34	20.39	20.41	-
Oeste e Vale do Tejo	19.37	19.33	19.45	19.41	19.50	19.53	19.74	-
Grande Lisboa	19.68	19.70	19.82	19.80	20.00	20.11	20.22	-
Península de Setúbal	19.16	19.16	19.28	19.28	19.61	19.45	19.71	-
Alentejo	19.24	19.19	19.46	19.48	19.54	19.74	19.67	-
Algarve	19.30	19.16	19.45	19.44	19.82	19.66	19.92	-
Região Autónoma dos Açores	**17.75**	**17.65**	**17.76**	**17.70**	**18.08**	**17.83**	**18.47**	-
Região Autónoma da Madeira	**18.23**	**17.95**	**18.37**	**18.37**	**18.58**	**18.56**	**18.78**	-

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

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CONCEPTS

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.

Next Press Release - September 2027.