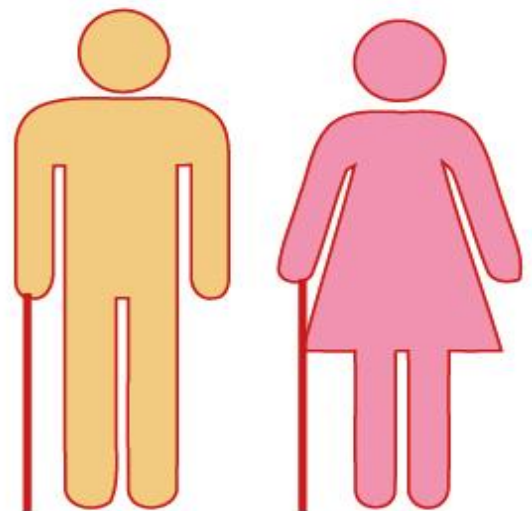


Life Expectancy

Gallup Pakistan Analysis of the Global Burden of Disease 2019



PRESS RELEASE

Gallup Pakistan Analysis of the Global Burden of Disease 2019

As of 2019, Islamabad had the highest life expectancy at 72.7 years, 7.3 years higher than the national average of 65.4. – **Life Expectancy – Global Burden of Disease 2019**

Islamabad, August 12th, 2024

Gallup Pakistan, as part of its Big Data Analysis initiative, is looking at Life Expectancy for Pakistan. This data is part of a study conducted using the ‘Global Burden of Disease 2019’.

The current edition looks at data from Global Burden of Release 2019, which can be found [HERE](#).

What is the Big Data Analysis Series by Gallup?

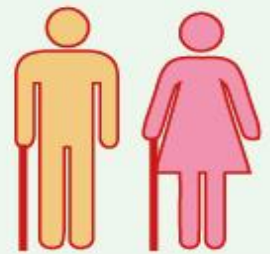
Gallup Pakistan’s Big Data series was started by Bilal I Gilani, Executive Director of Gallup Pakistan. Bilal explains the rationale of the series: “The usual complaint from academics and policy makers is that Pakistan does not have data availability. Our experience negates that. Pakistan has lots of data, but it is not available in a usable form and not widely accessible. At Gallup we plan to bridge this gap in terms of accessibility and use of data. The Gallup Big Data series has earlier worked with data sets such as [PSLM](#), [Labour Force Survey](#), and [Economic Survey reports](#) as well as [National Census Reports](#) and [Election Commission Data sets](#). The current series is using the [Global Burden of Disease 2019](#), which provides a variety of health statistics. We hope that these series are useful, and we welcome both feedback as well as possible collaborations as we create a public good in the form of useful data sets in Pakistan.”

What data points this current edition covers:

This series aims to present the important learnings from the Global Burden of Disease 2019, for policy makers, the public, as well as for marketers in an easy and understandable way. This edition looks at Life Expectancy statistics for Pakistan. The series’ main aim is to provide data. Implications of these data points for development sector as well as wider socio-political ramifications is something we would like to trigger in relevant circles.

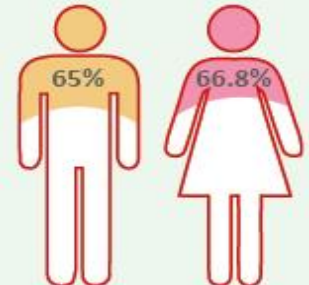
Life Expectancy

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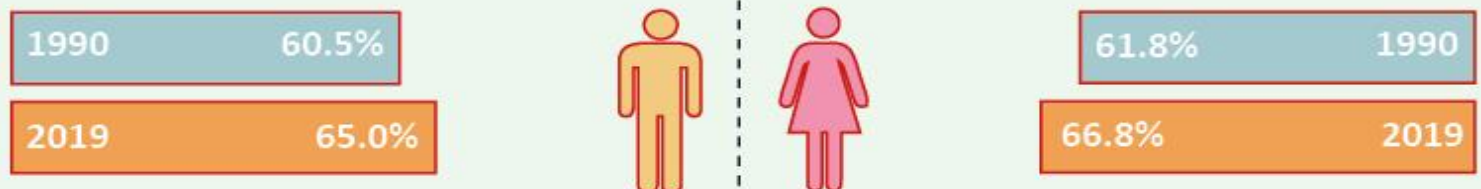
Life Expectancy:

According to the Global Burden of Disease 2019, the overall life expectancy in Pakistan was 65.9 years – 66.8 years for females and 65.0 years for males



Trend by Gender:

The overall life expectancy for men increased from 60.5 in 1990 to 65.0 in 2019 (an increase of 7.4%), while that of women went from 61.8 in 1990 to 66.8 in 2019 (an increase of 8.2%).

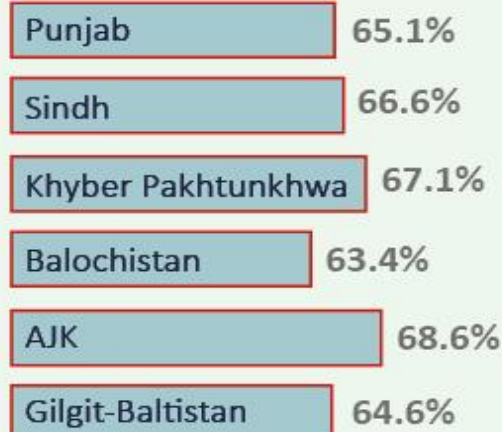


Sub-National Breakdown

As of 2019, Islamabad had the highest life expectancy at 72.7 years, 7.3 years higher than the national average of 65.4.



72.7%



Source: GBD 2019 Pakistan Collaborators, 2023. Analysis by Gallup Pakistan.

Today's topic is “Life Expectancy in Pakistan” from the Global Burden of Disease 2019

Key Findings:

Life Expectancy: According to the Global Burden of Disease 2019, the overall life expectancy in Pakistan was 65.9 years – 66.8 years for females and 65.0 years for males.

Trend by Gender: The overall life expectancy for men increased from 60.5 in 1990 to 65.0 in 2019 (an increase of 7.4%), while that of women went from 61.8 in 1990 to 66.8 in 2019 (an increase of 8.2%).

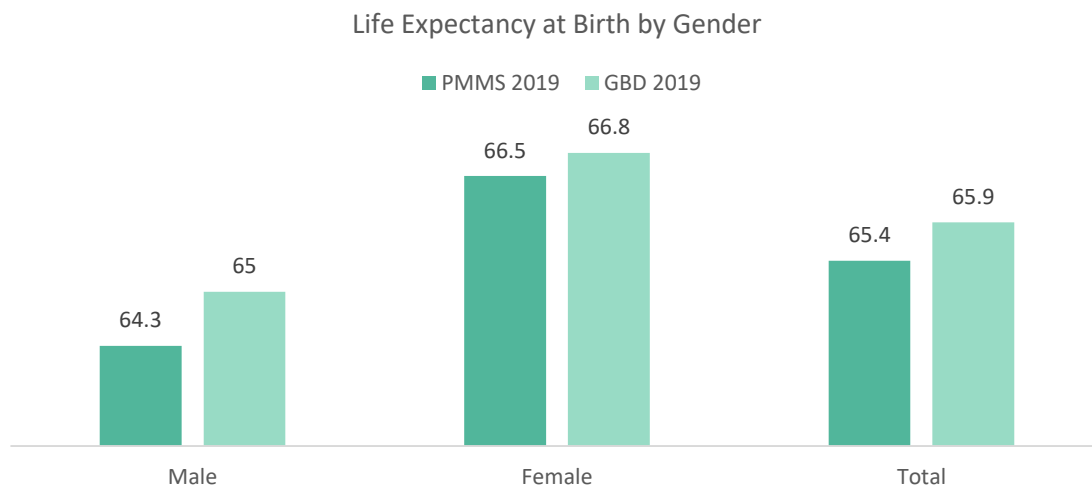
Sub-National Breakdown: As of 2019, Islamabad had the highest life expectancy at 72.7 years, 7.3 years higher than the national average of 65.4.

Percentage Change: Gilgit Baltistan had the highest percentage increase of 11% in life expectancy from 58.2 years in 1990 to 64.6 years in 2019, followed by Azad Jammu and Kashmir with an increase of 9.5%.

Life Expectancy at Birth by Gender

The Life Expectancy at birth is a summary measure Index that shows the average number of years that persons can expect to live from the time of birth if they experience currently prevailing age specific death rates throughout their life¹. It is important to understand life expectancy before delving into the more complex life tables.

The Pakistan Maternal Mortality Survey 2019² and the Global Burden of Disease 2019 contain figures for life expectancy at birth in Pakistan, along with breakdowns by gender. According to the Global Burden of Disease 2019, the overall life expectancy in Pakistan was 65.9 years – 66.8 years for females and 65 years for males. The PMMS 2019 had similar figures, with the total life expectancy at 65.4 years, and the life expectancy for females and males being 66.5 and 64.3 years, respectively.



(Fig 1) Source: Global Burden of Disease, 2019

Life Expectancy at the Sub-National Level

In their paper, “The state of health in Pakistan and its provinces and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019”, GBD 2019 Pakistan Collaborators used data from the Global Burden of Disease 2019, along with national publications like the Pakistan Demographic and Health Survey and Pakistan Social and Living Standards Measurement Surveys, to statistically estimate various indices for Pakistan, including region and province-wise life expectancy³.

Sub-national life expectancy (LE) statistics reveal interesting details. As of 2019, Islamabad Capital Territory had the highest LE at 72.7 years, which is 7.3 years higher than the national

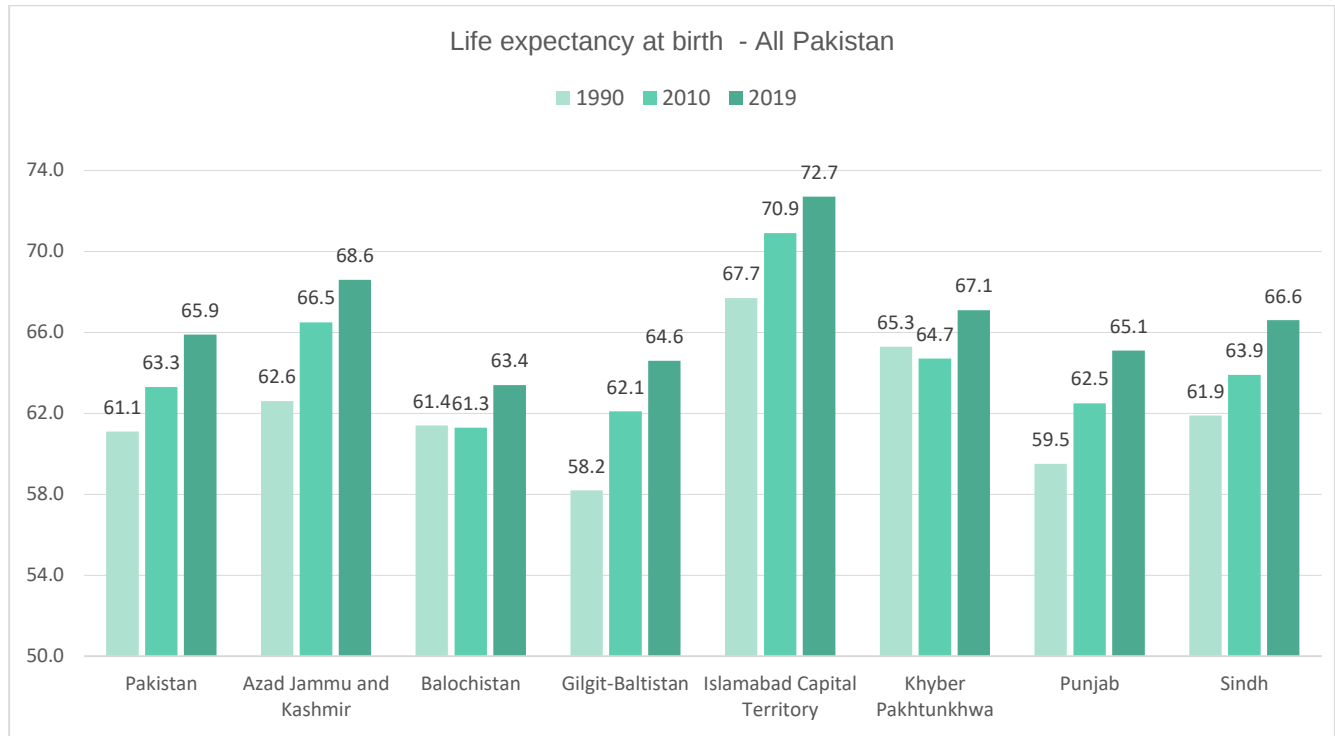
¹https://www.pbs.gov.pk/sites/default/files/population/publications/pds2020/Pakistan_Demographic_Survey-2020.pdf

²https://www.rhscpublications.org/uploads/tx_rhscpublications/Pakistan_Maternal_Mortality_Survey_2019.pdf

³GBD 2019 Pakistan Collaborators (2023). The state of health in Pakistan and its provinces and territories, 1990–2019: a systematic analysis for the Global Burden of Disease Study 2019. The Lancet. Global health, 11(2), e229–e243. [https://doi.org/10.1016/S2214-109X\(22\)00497-1](https://doi.org/10.1016/S2214-109X(22)00497-1)

average of 65.4. On the other hand, Balochistan (63.4), Gilgit Baltistan (64.6) and Punjab (65.1) had estimated life expectancies lower than the average for Pakistan.

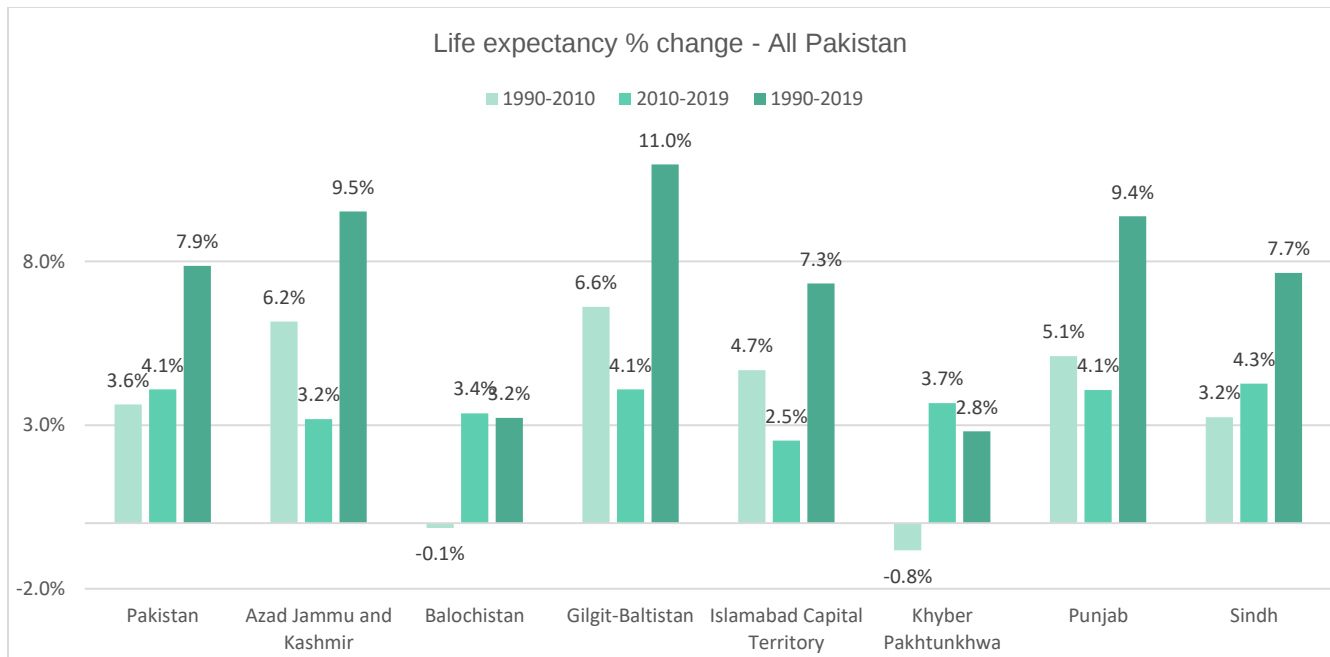
These lower life expectancies can be attributed to causes such as limited access to healthcare, a varied spread of the disease burden across income and social segments, and large rural populations living at high distances from urban centers.



(Fig 2) Source: GBD 2019 Pakistan Collaborators, 2023. Analysis by Gallup Pakistan.

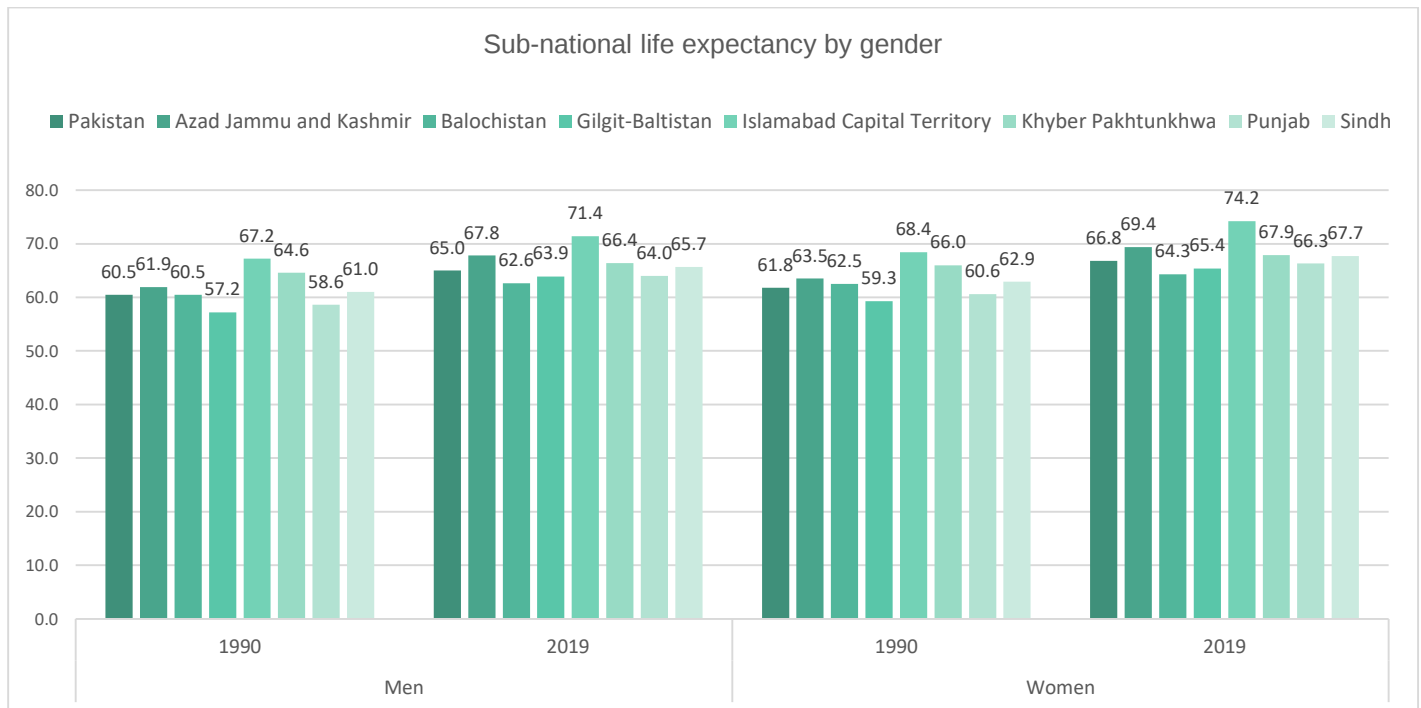
While life expectancy figures are an intuitive starting point, delving deeper into percentage changes in the sub-national figures additionally highlights regions where the LE has improved significantly over the past two decades.

Gilgit Baltistan had the highest percentage increase of 11% in life expectancy from 58.2 years in 1990 to 64.6 years in 2019, followed by Azad Jammu and Kashmir with an increase of 9.5%. In comparison, the percentage change on the national level was 7.9%. Regions where life expectancy did not improve a lot between 1990 and 2019 were Khyber Pakhtunkhwa at 2.8%, Balochistan at 3.2% and Islamabad at 7.3%. This is also an interesting result that once again reflects the inequitable spread of, and access to, resources in KP and Balochistan. The low percentage increase for Islamabad indicates that while life expectancy in the territory is higher than the rest of Pakistan, it has not improved much over the past few decades.



(Fig 3) Source: GBD 2019 Pakistan Collaborators, 2023. Analysis by Gallup Pakistan

Sub-national life expectancy by gender



(Fig 4) Source: GBD 2019 Pakistan Collaborators, 2023. Analysis by Gallup Pakistan

The overall life expectancy for men increased from 60.5 in 1990 to 65.0 in 2019 (an increase of 7.4%), while that of women went from 61.8 in 1990 to 66.8 in 2019 (an increase of 8.2%).

For women, the largest percentage change in life expectancy between 1990 and 2019 came in Gilgit Baltistan, with an increase of 10.3% from 59.3 to 65.4, followed by Punjab (a 9.5% increase from 60.6 to 66.3). Reflective of the national averages in 2019, the highest life expectancy for both the genders was recorded in Islamabad – 71.4 for men and 74.2 for women – while Balochistan saw the lowest life expectancy for men and women, at 62.6 and 64.3, respectively.

These life expectancy figures, while intriguing on their own, need to be explored alongside socio-economic and demographic factors at a sub-national level in order to develop and implement equitable healthcare policies. While geographic features like terrain are difficult to overcome in provinces like Balochistan and Khyber Pakhtunkhwa, it is essential for a prosperous Pakistan that healthcare is made more accessible across the country.

Wish to Contribute to Gallup Big Data Analysis?

Gallup Pakistan is looking for collaboration with researchers to expand both the Big Data Analysis project as well as this study of Public Health in Pakistan. If you have any ideas, please write to Bilal I Gilani, Project Director, Big Data Analysis at Gallup Pakistan.

Wish to know more about the GBD 2019 Pakistan Collaborators?

The Global Burden of Disease Study is a comprehensive regional and global research program of disease burden that assesses mortality and disability from major diseases, injuries, and risk factors. GBD is a collaboration of over 3600 researchers from 145 countries. The GBD 2019 Pakistan Collaborators are a group of researchers who have published several papers and conducted extensive research utilizing data from the GBD.

You can find more information on Life Expectancy, and complete tables, on <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10009760/>

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