



# HEALTH



## Life expectancy



In 2020-22, life expectancy for men in Glasgow was **72.9** years old.

➡ That is **3.6 years less** than in Scotland as a whole.

➡ In 2017-19, men in the 10% least deprived areas lived **15.4 years longer** than men in the 10% most deprived areas.



In 2020-22, life expectancy for women in Glasgow was **78.2** years old.

➡ That is **2.5 years less** than in Scotland as a whole.

➡ In 2017-19, women in the 10% least deprived areas lived **11.6 years longer** than women in the 10% most deprived areas.



In 2018-20, **healthy life expectancy** was **56** years for men and **57.4** years for women.

Comparatively, Glasgow has one of the poorest health profiles of any Scottish or UK cities.

## Alcohol

In 2016-19:



**21%** of adults in Glasgow drank more than the recommended 14 units of alcohol per week.

Men were more likely to exceed the recommended limit (**30%**) than women (**14%**).

## Smoking & drugs

Just over **1/5** of adults in Glasgow were smokers in 2018.

In 2015/16, Glasgow had the highest rate (**2.8%**) of estimated problem drug users aged 15-64 out of all Scottish cities.



## Suicide



The suicide rate in Glasgow in 2016 was the **second highest** in Scotland after Dundee.

Both male and female suicide rates have **declined consistently** over the last two decades, and more rapidly than in other Scottish cities.



## Mental well-being



Glasgow had the **lowest** mean mental well-being score in the period between 2008-2011, and was **consistently lower than the Scottish average**.

## Physical activity



**62%** of adults in Glasgow achieved the recommended weekly levels of moderate/vigorous physical activity between 2016-19.