

Life Expectancy in Canada

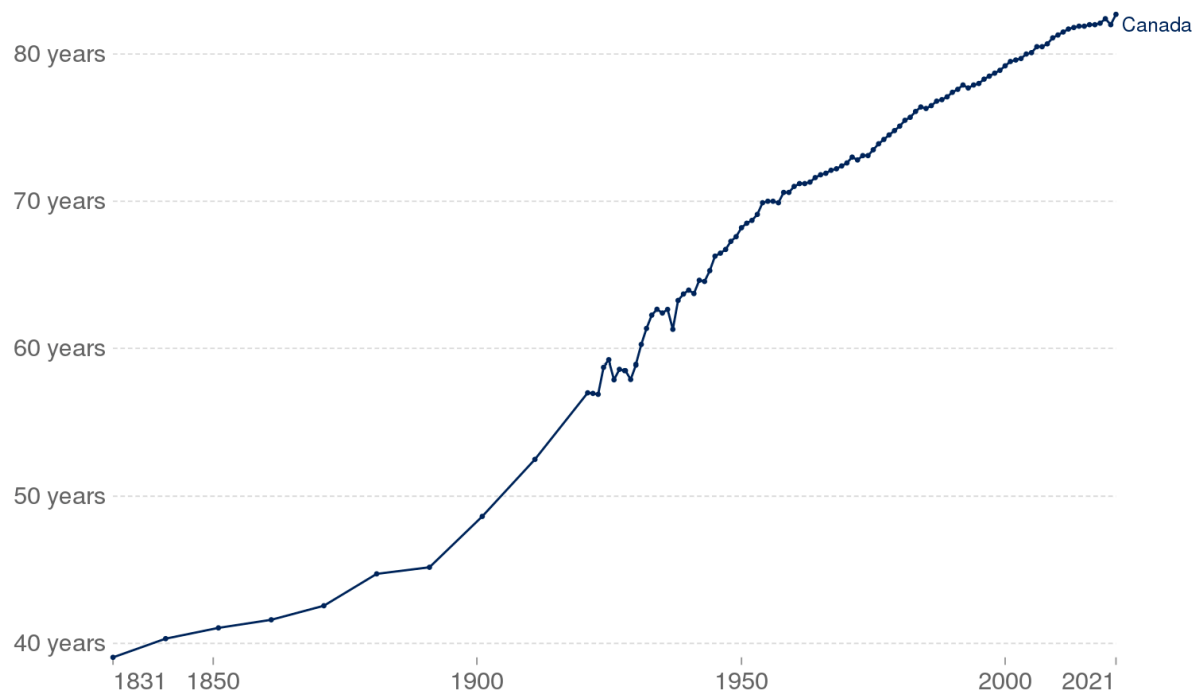
Life expectancy in Canada has more than doubled over the last 200 years, from under 40 to almost 82 years of age.

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Life expectancy in Canada increased steadily until 2019

Life expectancy, 1831 to 2021



Source: UN WPP (2022); Zijdeman et al. (2015); Riley (2005)

Note: Shown is the 'period life expectancy'. This is the average number of years a newborn would live if age-specific mortality rates in the current year were to stay the same throughout its life.

Source: <https://ourworldindata.org/grapher/life-expectancy?country=~CAN>

Life expectancy is a measure that estimates the average remaining years of life at birth or other specific ages.

Life expectancy in Canada has more than doubled over the last 200 years, from under 40 to almost 82 years of age. Nearly half of the gains in life expectancy occurred between 1921 and 1951, mainly due to reduced infant mortality from childhood immunization against infectious diseases and life-altering scientific discoveries such as penicillin and insulin. Reduced deaths from circulatory diseases account for most increases in life expectancy since 1951.

Life expectancy started to level off and decrease in 2020

According to Statistics Canada, life expectancy dropped three years in a row starting in 2020:

- 82.2 years in 2020
- 81.6 years in 2021
- 81.3 years in 2022

The decrease is partially due to the increased deaths from COVID.

The leading causes of death in Canada

Cancer and heart disease remained the two leading causes of death in Canada, accounting for 41.8% of deaths in 2022. The next eight leading causes of death in 2022 were:

1. COVID-19.
2. Accidents.
3. Strokes.
4. Chronic lower respiratory diseases.
5. Diabetes.
6. Influenza and pneumonia.
7. Alzheimer's disease.
8. Chronic liver disease and cirrhosis.

Life expectancy is higher for older adults

If you reach 65, your life expectancy is higher than a newborn's. According to Statistics Canada, a newborn in 2022 had a life expectancy of approximately 82 years, while a 65-year-old could expect another 20 years.

Sex	Both sexes							
Age group	At birth				At age 65			
Characteristics ^{7, 8, 9, 10}	Life expectancy				Life expectancy			
Geography ^{11, 12}	2000 to 2002	2005 to 2007	2006 to 2008	2007 to 2009	2000 to 2002	2005 to 2007	2006 to 2008	2007 to 2009
	Years							
Canada	79.6	80.7	80.9	81.1	18.9	19.8	20.0	20.2

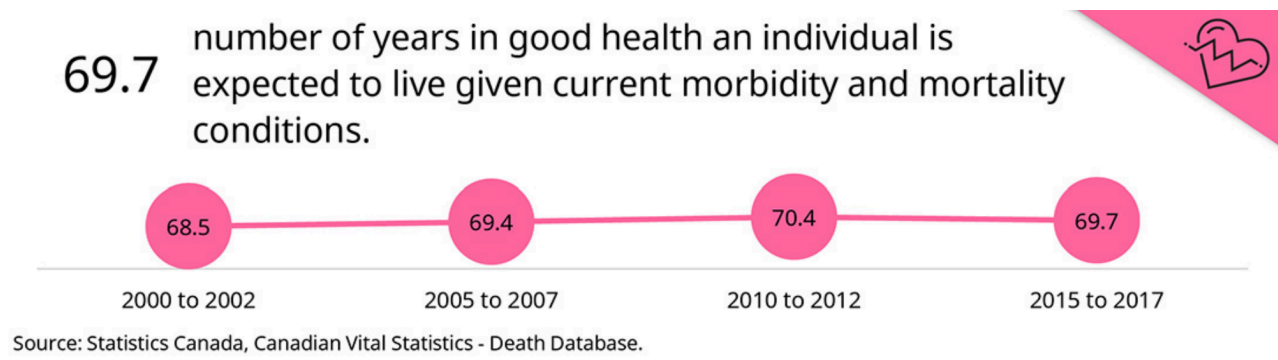
CHART Source: <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310011401>

Women live longer than men

Historically, life expectancy has been lower for men than women. Although the gap between the sexes was smaller in 1921 (1.8 years), it reached a high of 7.4 years in 1975-1977 and narrowed to 4.3 years in 2010-2012.

Quality of Life for Older Adults.

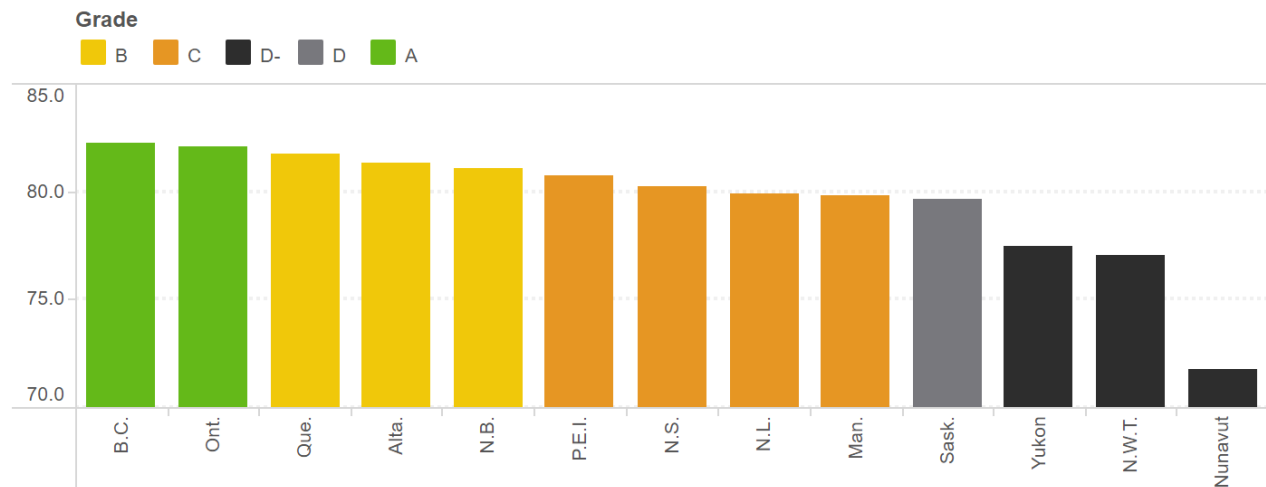
According to Statistics Canada, while we might live to be 80 years old, we can only expect to live 70 years in good health given current morbidity and mortality conditions.



How do the Provinces compare?

BC and Ontario have the highest life expectancy, in the mid-80s, while Nunavut, Yukon, and the Northwest Territories have the lowest, in the low to mid-70s.

Life Expectancy, 2011
(years at birth)



Sources: Statistics Canada; The Conference Board of Canada.

Source: <https://www.conferenceboard.ca/hcp/life-asp/>

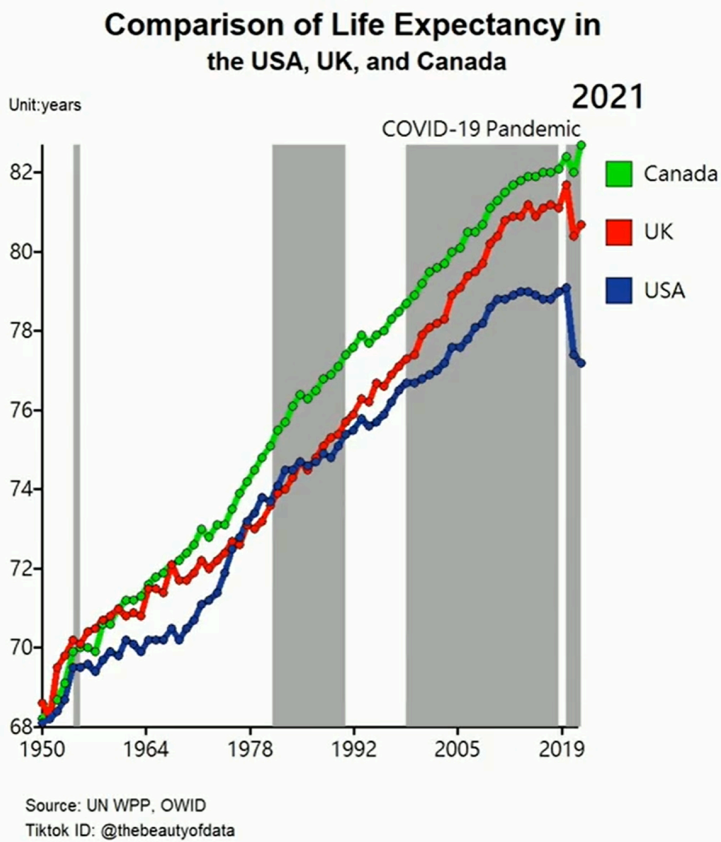
How does Canada compare to other Countries?

According to the World Health Organization, Canada is ranked 20th in life expectancy, with an average of 81.57 years.

The top countries are:

1. Japan at 84.46 years
2. Singapore at 83.86 years
3. Korea at 83.80 years
4. Switzerland at 83.33 years

Click on the image below to see an animated timeline comparing life expectancy in the US, UK, and Canada from 1950 to 202.



Animated Chart TikTok Viideo

<https://www.tiktok.com/@thebeautyofdata/video/7287909922073742625>

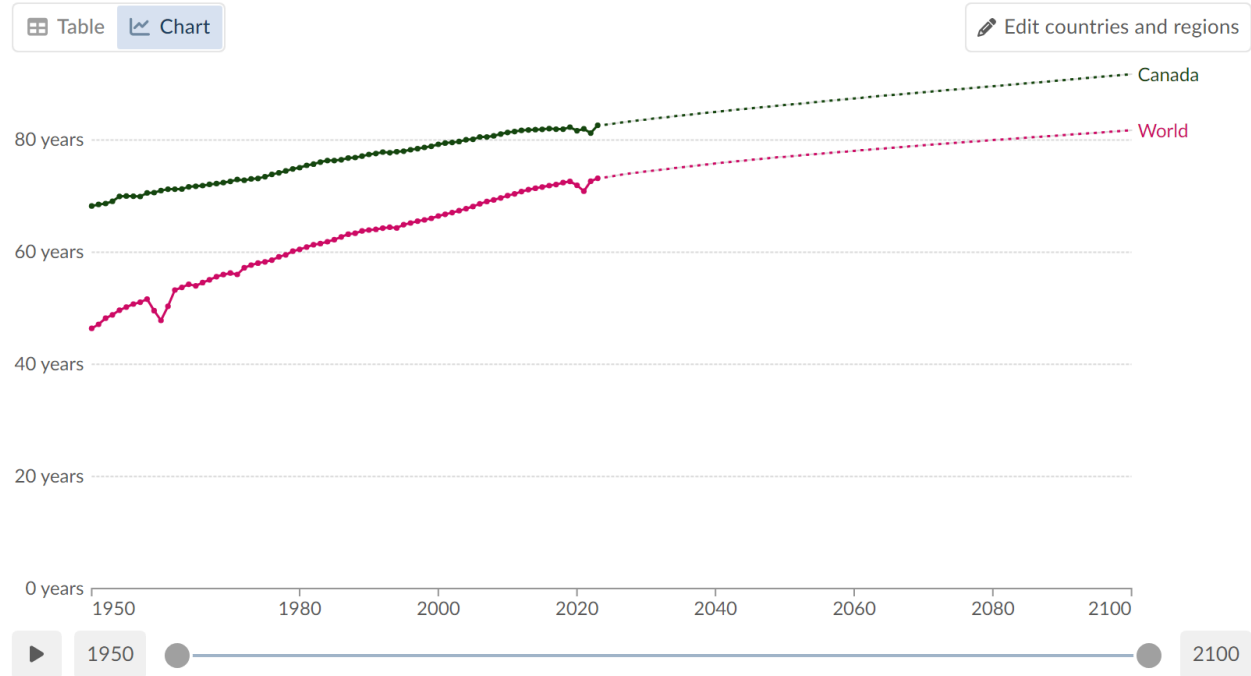
What is the projected life expectancy going forward?

The United Nations is projecting that Canadian life expectancy will rise after a short decline to 85 by 2030 and 90 by 2084.

Life expectancy, including the UN projections

Our World
in Data

The period life expectancy at birth. This includes the observed life expectancy since 1950, and the medium-variant projections for the future, based on estimates by the UN Population Division.



Data source: UN, World Population Prospects (2024) - [Learn more about this data](#)
OurWorldinData.org/population-growth | CC BY



https://ourworldindata.org/grapher/life-expectancy-at-birth-including-the-un-projections?country=OWID_WRL~CAN

Sources:

Ninety years of change in life expectancy

<https://www150.statcan.gc.ca/n1/pub/82-624-x/2014001/article/14009-eng.htm>

Life expectancy decreases for a third year in a row

<https://www150.statcan.gc.ca/n1/daily-quotidien/231127/dq231127b-eng.htm>

Life expectancy at birth - World Health Organization

[https://www.who.int/data/gho/data/indicators/indicator-details/GHO/life-expectancy-at-birth-\(years\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/life-expectancy-at-birth-(years))

Life expectancy, including the UN projections

<https://ourworldindata.org/grapher/life-expectancy-at-birth-including-the-un-projections>

projections?country=OWID_WRL~CAN

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NICE - National Initiative for Care of the Elderly
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