

# Health Status of the Filipinos

## *Life Expectancy at Birth*

The Filipino's average life expectancy at birth rose from 61.6 years in 1980 to 64.6 years in 1990. Further increase was noted during recent years to an average life expectancy of 69 years in 2000 and projected at 70.5 years in 2005. Life expectancy of females has always been higher than males in the Philippines (72.8 years for females compared to 67.5 years for males in 2004).

The increase in years in the lives of the Filipinos may be attributed to the improving health status of the people and other socioeconomic factors.

Large variations in the average life expectancy at birth occur among the different regions of the country. Central Luzon has the highest life expectancy at 71.7 years followed by the NCR at 71.6 years, Central Visayas at 71.2 years, and Ilocos at 70.6 years in 2004. ARMM has the lowest life expectancy at 59.3 years, followed by Eastern Visayas at 67.3 years and CAR at 67.8 years in 2004.

The rising life expectancy implies that more people will reach old age. This means a higher proportion of older persons in the general population is expected in the future. With this trend comes the increase in the occurrence of degenerative diseases and disabilities associated with an aging population. The large differences in life expectancy among the different regions mean that there is a need to prioritize health and other socioeconomic inputs in some regions, particularly those below the national average.

