

2 0 1 5

# LIFE EXPECTANCY IN OC



ORANGE COUNTY HEALTH CARE AGENCY  
HEALTH POLICY  
RESEARCH & PLANNING

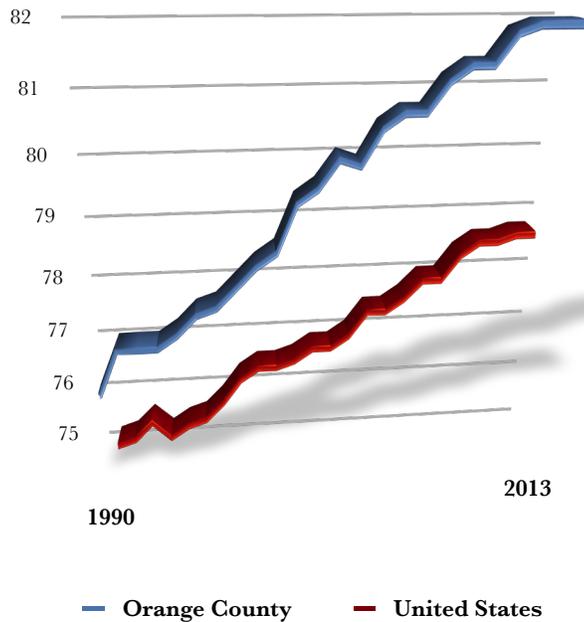


Average life expectancy at birth is one of the most fundamental measures of the overall health of a community. With advances in medical care and efforts to improve public health, life expectancy has increased by as much as 30 years over the past century in the United States. Nationally, the average life expectancy for someone born in 2013 was 78.8 years, while in Orange County it was 82.0 years.

## IMPROVEMENT IN ORANGE COUNTY’S LIFE EXPECTANCY HAS LEVELED OFF

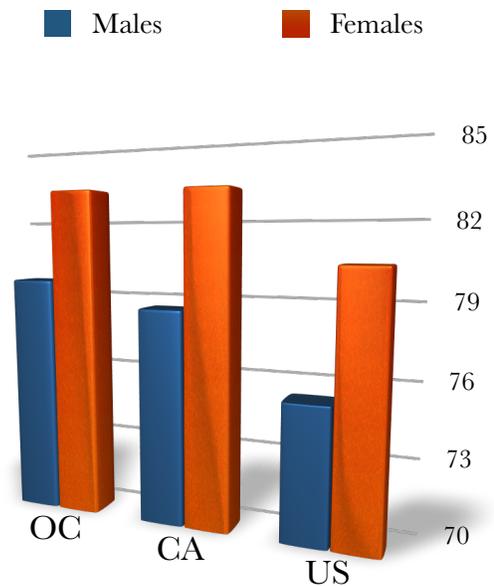
The average life expectancy at birth in Orange County has systematically improved over the past 20 years. In 2013, average life expectancy was 82 years, up over five years from 1990. Nationally, life expectancy has risen 3.4 years during the same time period to 78.8 years.

Between 2010 and 2013, Orange County’s age-adjusted mortality rate increased 2.2% - the first increases in several years. Indeed, six of the ten leading causes of death have increased (e.g., heart disease, accidents), while decreasing for others like cancer - the net effect being no change in life expectancy over the past four years.



## FEMALES OUTLIVE MALES

Differences in life expectancy exist between genders with females typically outliving males at the county, state, and national levels on average by about three to four years.

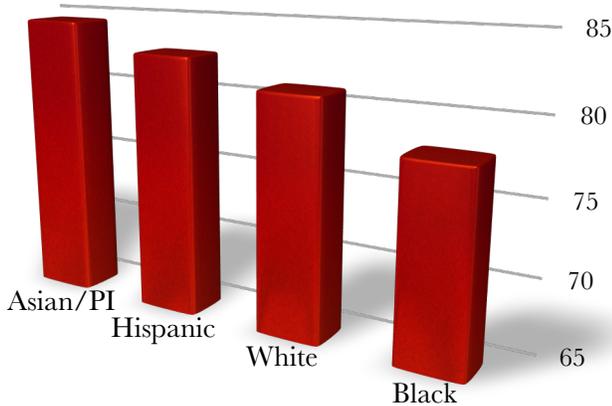


However, for the past four years, since 2010, average life expectancy in Orange County has peaked and stalled at 82 years. Similarly, life expectancy in the United States has remained level the past couple of years. It remains to be seen if this trend will continue or reverse course and return to steadily improving year by year.

Please go to <http://ohealthinfo.com/about/admin/pubs/life> to download a copy of the full report or this fact sheet.

## LIFE EXPECTANCY VARIES BY RACE/ETHNICITY

While life expectancy has improved in Orange County, notable disparities persist for different racial/ethnic groups. Asian/Pacific Islanders have the highest life expectancy of 84.4 years. Hispanics have the second highest average life expectancy at 82.6 years. Non-Hispanic whites have the third highest life expectancy at 80.9, while Blacks had the lowest at 77.9 years.



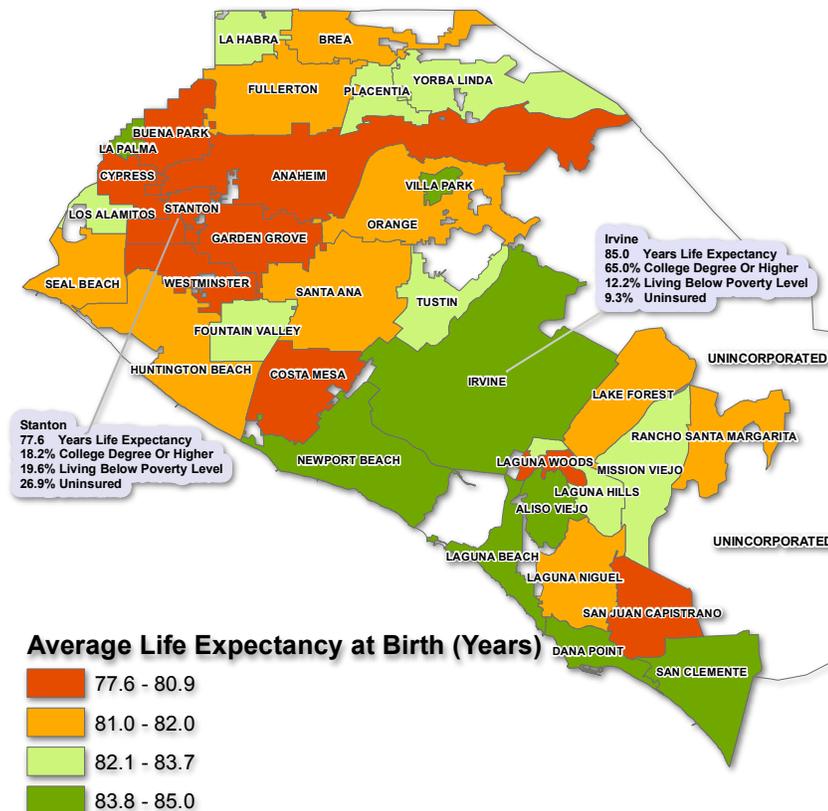
## LIFE EXPECTANCY IS RELATED TO SOCIAL AND ENVIRONMENTAL CONDITIONS

Socio-economic and geographic conditions can influence County residents' life expectancy by as much as six years:

- Higher educational attainment is correlated with longer life expectancy.
- Life expectancy increases with median income.
- Life expectancy is shorter in cities where there is more poverty and fewer people have health insurance.

Increased access to health care and reduced premature mortality due to preventable causes would help reduce disparities and increase life expectancy for all residents in Orange County.

## Life Expectancy at Birth by City of Residence



## WHERE YOU LIVE PREDICTS HOW LONG

Life expectancy varies widely depending on where you live in the county, ranging from a low of 77.6 years in Stanton in north/central county, to a high of 85 years in Irvine.

Notably, cities with the highest life expectancies of 83.8 or more years tend to be clustered in the southern region of Orange County (e.g., Dana Point, Laguna Beach, Aliso Viejo, Newport Beach). Cities with the shortest life expectancies (i.e., <81 years) tend to be in the northern (e.g., Buena Park, Anaheim, Cypress) and central (e.g., Garden Grove, Westminster, Costa Mesa) regions of the county.