Figures for the MPIDR press release

The downside of marriage for women: the greater a wife’s age gap from her husband, the lower her life expectancy.

Figure 1: Age Gap to Spouse

A woman’s life expectancy is shorter the greater the age difference from her husband, irrespective of whether she is younger or older than him. However, the younger his wife, the longer a man lives. Women marrying a partner seven to nine years younger increase their mortality risk by 20 percent compared to couples where both partners are the same age. But the mortality risk of a husband who is seven to nine years older than his wife is reduced by eleven percent. (Source: Sven Drefahl)
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Figure 2: Age at Marriage in the USA

Young wives wanted: in the United States a groom is 2.3 years older than his bride (average from 1947 to 2009). The mean age of marriage fell until World War II and has been rising ever since. In 2009 it was 28.1 years for men and 25.9 years for women. (Source: U.S. Census Bureau)