Council of the Baltic Sea States Summit, Stralsund, 30-31 May 2012

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- Two hundred years ago, life expectancy was around 35 in the Scandinavian countries—and in Mecklenburg. In the rest of Germany and in the other Baltic Sea countries it was 25 or 30.
- Even a century ago, life expectancy was less than 60 in the Scandinavian countries and less than 50 in the rest of the Baltic Sea area.
- Today, however, female life expectancy in the Nordic countries and in Germany, Poland and Estonia is above 80 and in the other Baltic Sea countries above 75.
- Life expectancy for males is shorter than for females—about 4 years shorter in the Scandinavian countries and 10 to 12 years shorter in Russia, Estonia, Latvia and Lithuania. This is a major public health problem.
- In most of the Baltic Sea countries, current levels of life expectancy have been reached because of substantial increases in life expectancy over the past 50 years. Female life expectancy increased by 12 years in Poland and by 11 years in Finland and Germany. This is a pace of 2 years per decade, about 2 and a half months per year… about 5 hours per day!
- If the progress over the past 200 years continues—and there is no sign of a looming limit—then most children born in the Baltic Sea area in recent years will probably survive to celebrate their 100th birthdays.
- Very long lives are not the distant privilege of remote future generations—very long lives are the likely destiny of young people alive today.
- And older people may have lifespans a decade longer than their parents' generation and two decades longer than their grandparents'.
- Lives are getting longer and longer—this is one of the crowning achievements of modern civilization.
- The best news is that as life expectancy increases, the healthy span of life is increasing at about the same pace.
- Progress is due to the postponement of senescence to older and older ages. Many people will suffer a 5 or 10 year period of ill health and disability at the end of their lives, but this period is being pushed back to higher ages.
- Age is not what it used to be. Today's 70-year-olds are as healthy as 60-year-olds were in the 1960s. And by the middle of this century, 80-year-olds probably will be as healthy as today's 70-year-olds.

- Also ignored in discussions of retirement is the fact that we don't work very much.
- How many hours per week do Germans work? Take the total number of hours of work in Germany in a week and divide it by the total German population—that's weekly work effort per capita. For Germans today it is 12.5 hours per week!
- For the French it is also 12.5 hours per week. The Italians work a bit *more*: 13 hours per week.
- In the Scandinavian countries, average work effort is 14 or 15 hours per week. Even in hard-working Russia, average work per week per capita is a mere 18 hours. In every case, astonishingly little paid work.
- Why? Mainly because most people aren't in the labor market.
- If people retired later and more generally if more people worked, then the average work week could be cut to 25 hours. This would give people more time for their children, families and friends, more time for education and for leisure. Reducing pressures on younger adults so that they have more time to have children and to care for them would increase low levels of fertility—and increase happiness.
- The tradeoff would be—work more years of your life but work fewer hours per year. As people live longer and longer healthy lives, this option will become more and more attractive. It can be combined with policies that give people greater flexibility in deciding when to retire and how many hours to work per week at various ages over the life course.
- The 20th century was a century of the redistribution of income and wealth. The 21st century will be a century of the redistribution of work. A smaller and smaller fraction of populations are in the labor force—this trend will be reversed.
- More generally, policymakers will have to carefully consider the pervasive impact of the ongoing health and longevity revolution, a revolution that will radically alter society and the economy.
- For individuals, the revolution will fundamentally change the nature of life and the way we want to spend the time of our lives.

Thank you.

NOTE: For more information, see tables below and
www.population-europe.eu
www.mortality.org
www.demogr.mpg.de

TABLES

Female life expectancy

BALTIC SEA COUNTRIES		SELECTED OTHER COUNTRIES	
		Japan	86
Iceland	84	France	84
Sweden	84	Italy	84
Finland	83		
Norway	83		
Germany	82	UK	82
Denmark	81	USA	81
Estonia	80		
Poland	80		
Lithuania	79		
Latvia	78		
Russia	75		

Difference between female-male life expectancy

Russia	12		
Lithuania	11		
Estonia	10		
Latvia	10		
Poland	8		
Finland	7	Japan	7
		France	7
Germany	5	USA	5
		Italy	5
Norway	4	UK	4
Denmark	4		
Sweden	4		
Iceland	4		

Increase in female life expectancy over last half century

		Japan	17
		Italy	13
Poland	12		
Finland	11	France	11
Germany	11	Lithuania	6
Sweden	9	UK	9
Estonia	8	USA	8
Iceland	8		
Norway	7		
Denmark	7		
Lithuania	6		
Latvia	5		
Russia	2		

Number of hours worked per week per capita

Russia	18		
Latvia	18		
Lithuania	17		
Iceland	17		
Poland	16	USA	16
Estonia	15	UK	15
Sweden	15		
Denmark	15		
Finland	15		
Norway	14	Italy	13
Germany	12.5	France	12.5

Population Europe

Population Europe is a network of leading demographic research institutes and experts in the field of population studies.

The Secretariat is hosted by the Max Planck Institute for Demographic Research and situated in Berlin.

Population Europe developed an elaborate set of tools to efficiently disseminate research outcomes to policy audiences.

Currently, members from Baltic Sea countries include:

Denmark	Center for Biodemography, University of Southern Denmark (in process)
Estonia	Estonian Institute for Population Studies, Tallinn University
Finland	Juha Alho, University of Eastern Finland, Joensuu Pekka Martikainen, University of Helsinki
Germany	Federal Institute for Population Research, Wiesbaden Max Planck Institute for Demographic Research, Rostock Rostock University
Lithuania	Domantas Jasilionis, Max Planck Institute for Demographic Research
Norway	Nico Keilman, University of Oslo, Department of Economics
Poland	Warsaw School of Economics, Institute of Statistics and Demography
Russia	State University – Higher School of Economics, Institute of Demography, Moscow
Sweden	Lund University, Centre for Economic Demography Stockholm University Demography Unit