The Countries With the Highest Inflation Rates

Countries with the highest annual increases in consumer prices in 2022 and 2023

Legend: 2022, 2023*

Country	2022	2023*
Venezuela	187	360
Zimbabwe	193	315
Sudan	139	256
Argentina	72	122
Turkey	72	51
Suriname	52	53
Iran	46	47

* Annual forecast as of October 2023
Source: IMF

statista

Inflation and Health

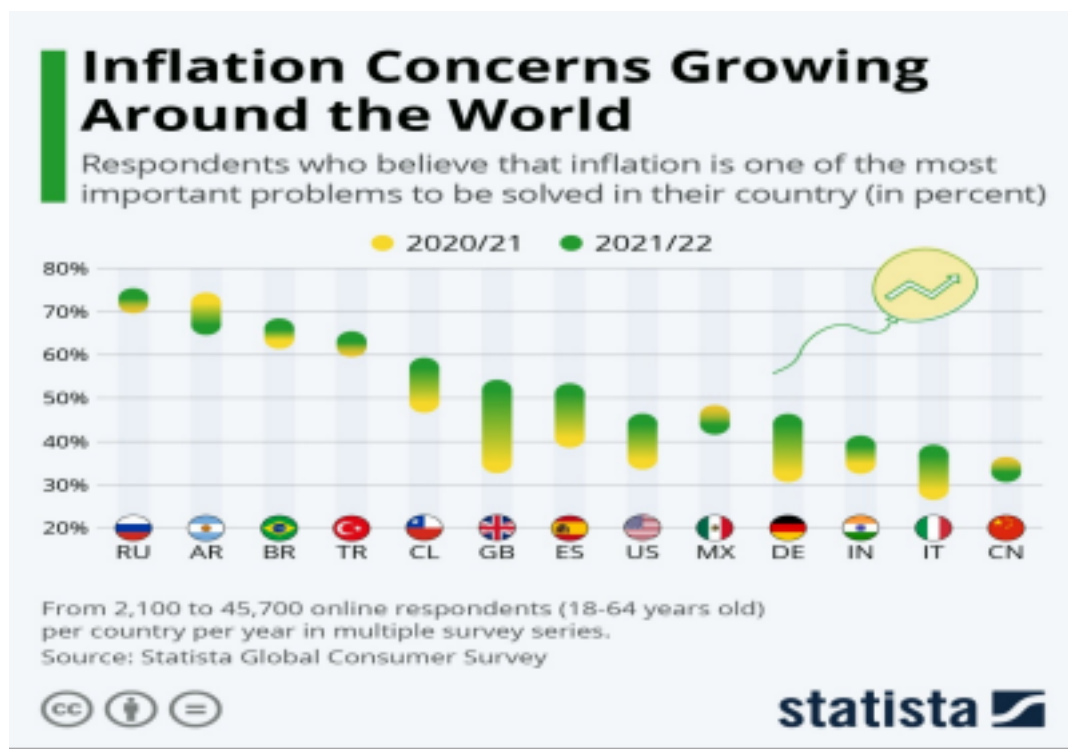*Exploring whether high inflation countries also see lower life expectancy*

By Akshyata Bhooshan

Inflation has returned to the global stage with a vengeance. From 2020 to 2023 countries across the world face soaring costs of food, fuel and medicine. While economists debated policy moves, ordinary families made daily sacrifices. This story examines a vital question. Do high inflation countries also see lower life expectancy

It matters because inflation is not felt evenly. For the affluent inflation is an irritation. For the poor it is devastating. A household forced to skip meals or delay
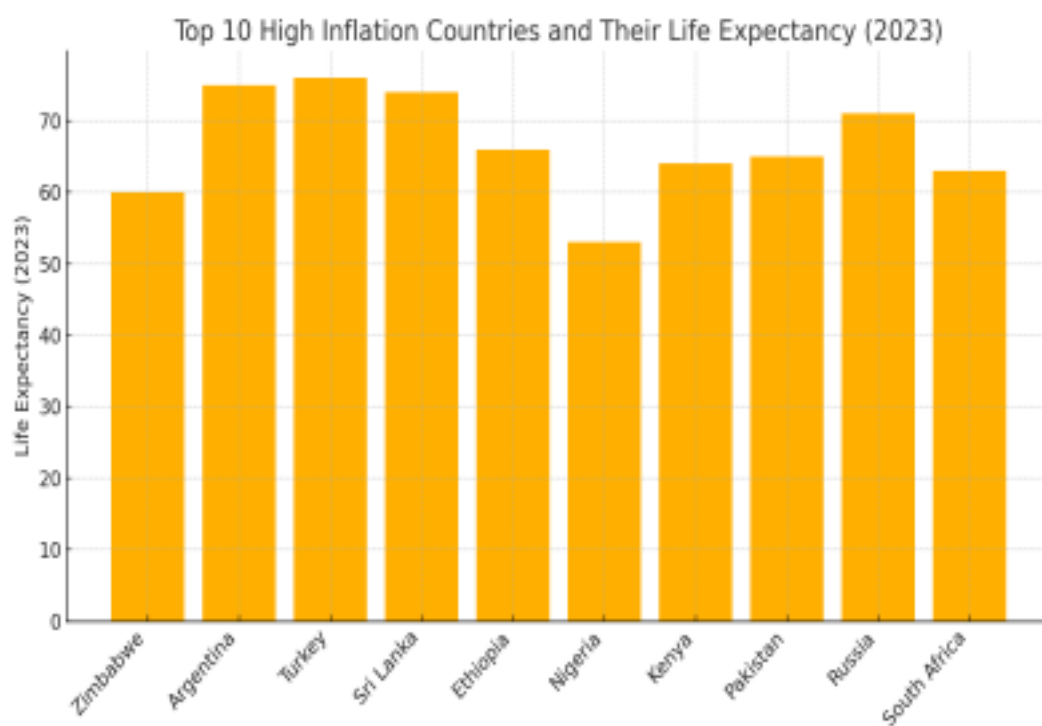
treatment is paying with health, not just money. In fragile health systems especially across the Global South inflation can directly translate into fewer years of life. The story is therefore not just about economics but about human survival.

The numbers reveal the divide starkly. Zimbabwe, Argentina and Turkey with runaway inflation recorded life expectancies far below stable economies such as Switzerland and Japan. Nigeria, South Africa and Ethiopia all suffered both high prices and fragile public health. Meanwhile rich countries cushioned their citizens with safety nets and subsidies. The contrast is plain. When inflation climbs, longevity declines.
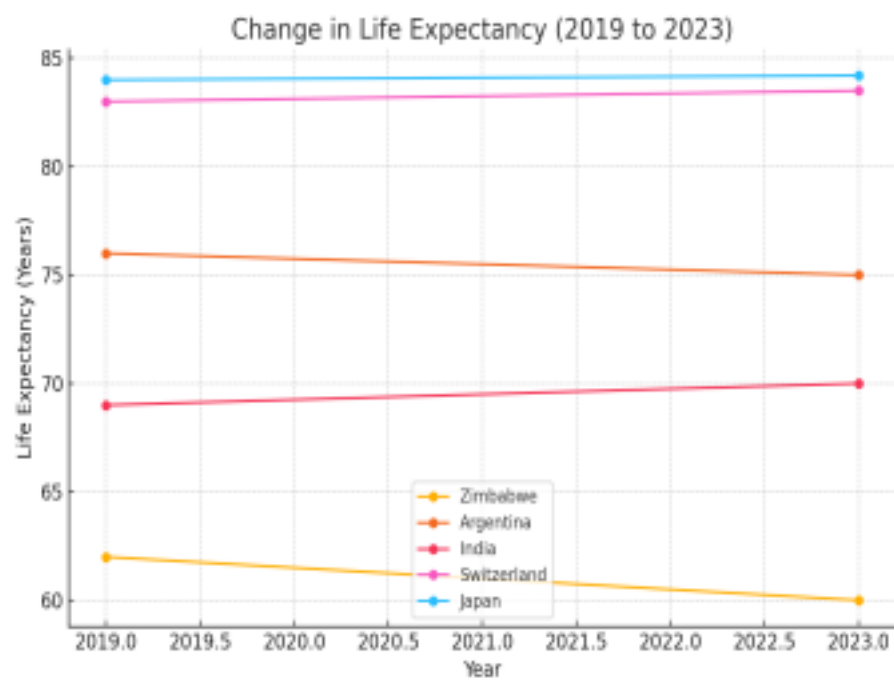

Infographic. Inflation concerns growing around the world. Source: Statista

The lesson is clear. Inflation is not just an economic index. It is a public health issue. Countries that treat it as a matter of survival are better positioned to protect their citizens. Governments must ensure food and medicine remain accessible during inflation shocks and expand public healthcare to shield the vulnerable. Otherwise price rises will continue to rob people not only of their savings but of their years. When prices rise years fall.

Top 10 high inflation countries and their life expectancy in 2023. Source: World Bank

Change in life expectancy between 2019 and 2023 for selected countries.
Source: World Bank