



## Women in CAR will outlive men until 2020

As projected by the National Statistics Office (NSO), women in the Cordillera Administrative Region (CAR) will live longer than men by an average of 5.5 years. The life expectancy of women is 75 years while men are estimated to live until the age of 69. Life expectancy is an estimate of the average number of additional years a person can expect to live, based on the age-specific death rates for a given year. The projected life expectancies are from 1990 up to 2020.

The NSO estimates also revealed that life expectancy for the provinces of Abra, Kalinga-Apayao, Ifugao and Mt. Province is lower than the regional life expectancy for both women and men.

The women of Benguet province can outlive all other women in other parts of the region and even all the men in the region. While a woman in Benguet could celebrate her birthday until the age of 76, a woman in Kalinga-Apayao could live 3 years shorter at 73 years. Incidentally, the women in this area have the lowest life expectancy among all the women in the region.

Moreover, the men in Benguet can also live the longest among all other men in CAR with a life expectancy of 71 years while the men in Ifugao can live the shortest with a life expectancy of 67 years.

Also, Ifugao Province has the widest gap of life expectancy of women and men. The gap is more than 6 1/2 years.

No exact reasons were given why on the disparity of living long or less. But experts say that this could be due to diet, lifestyle, government healthcare plan to its employees, stress, the environment and even technology!

**Projected Life Expectancy at Birth by Sex,  
By Five-Year Interval  
1990-2020**

Province / Sex	1990-1995	1996-2000	2001-2005	2006-2010	2011-2015	2016-2020
<b>CAR</b>						
Women	65.58	67.88	69.88	71.88	73.68	74.58
Men	59.67	62.17	64.47	66.47	67.97	69.17
<b>Abra</b>						
Women	65.22	67.52	69.52	71.52	73.02	74.22
Men	59.63	62.13	64.43	66.43	67.93	69.13
<b>Benguet</b>						
Women	68.50	70.50	72.00	73.50	74.70	75.90
Men	62.70	64.70	66.70	68.20	69.40	70.60
<b>Kalinga-Apayao</b>						
Women	63.37	65.87	68.17	70.17	71.67	73.17
Men	57.19	59.69	62.19	64.49	66.49	67.99
<b>Ifugao</b>						
Women	62.67	65.17	67.47	69.77	71.77	73.27
Men	55.95	58.45	60.95	63.25	62.25	66.75
<b>Mt. Province</b>						
Women	63.74	66.24	68.54	70.54	72.04	73.54
Men	56.60	59.10	61.60	63.90	65.90	67.40

Note: Benguet includes Baguio City  
No disaggregation for Apayao and Kalinga  
Source: National Statistics Office

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