Elderly people living in certain parts of the UK die earlier than those in most of Europe

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Poverty, high fat diets, smoking, drinking and unhealthy lifestyle all take their toll in pushing pensioners to an early grave

Britain's elderly living in the North West, the central Scotland and London die earlier than many parts of Europe, a new study warned.

[Poverty](http://www.mirror.co.uk/all-about/poverty), high fat diets, [smoking](http://www.mirror.co.uk/all-about/smoking), drinking and unhealthy lifestyle all take their toll in pushing pensioners to an early grave.

The UK has one of the highest proportions of the population living in areas of low old age survival and these are clustered around Glasgow, Manchester, Liverpool and London.

Nearly a fifth of British women (18 per cent) and almost a twelfth (seven per cent) of British men were living in these areas in 2011.

The study published in the British Medical Journal's Journal of Epidemiology & Community Health compared how long the elderly lived to across Europe over two decades.

For Britain's pensioners, the chances of living to a ripe old age remained stubbornly low.

Yet those in northern Spain, north eastern Italy, and in southern and western France could expect to live longer than their British counterparts thanks mainly to their Mediterranean diet.

The study added many different factors influence old age survival, including socioeconomic circumstances, genes, lifestyle, pollution, and access to healthcare.

Dr Ana Isabel Ribeiro of the University of Porto said: "Old-age survival is strongly determined by mortality after 85 years of age, which is mainly caused by [cardiovascular disease](http://www.mirror.co.uk/all-about/heart-disease) (CVD), which accounts for 42 per cent of the deaths in Europe.

"Indeed, the current pattern of CVD mortality to some extent matches our pattern of survival - lower rates are found in northern Spain and all over France.

"Individual risk factors such as smoking, [blood pressure](http://www.mirror.co.uk/all-about/blood-pressure), diet, physical activity, alcohol intake and socioeconomic status are established risk factors for CVD at the individual level.

"Post-industrial regions such as West Central Scotland, the France-Belgium border or Merseyside have been characterised by high poverty levels and an erosion of social cohesion

"In summary, it is most likely that the observed patterns arise from a combination of two kinds of health determinants: poverty, which explains the low longevity found in areas like Portugal, southern Spain, southern Italy and post-industrial areas; and unhealthy lifestyles (eg tobacco, diet), which might explain the presence of areas of low survival in affluent areas of Scandinavia or the Netherlands."

The study looked at survival rates of over between 1991 to 2001 and 2001 to 2011 and found the chances of living to a ripe old age remained stubbornly low.

The study looked at the 10 year survival rate among those aged 75 to 84 to see if they reached 85 to 94 years of age in 4,404 small areas from 18 countries in Europe between 1991 to 2001 and 2001 to 2011.