



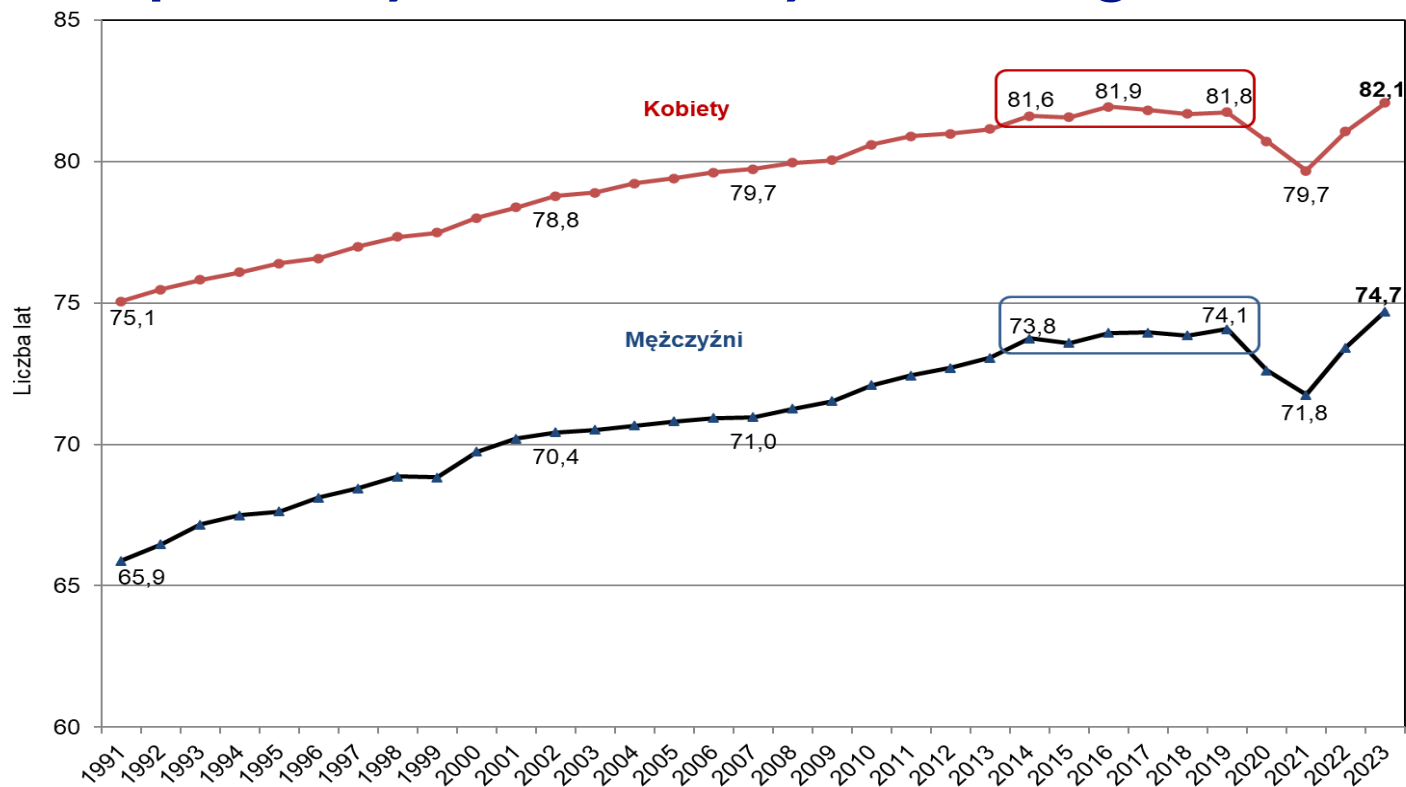
NATIONAL
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Health inequalities in Poland – where are the true challenges? Do we address them?

**In-depth case study on how to address social
inequalities in health:
Parallel breakout session**

Poland enjoyed a long term growth of the average life expectancy. But recently it has stagnated.



Average life expectancy of men and women in the years 1991–2023 (data from the Central Statistical Office)

The subjective assessment of the health status of adults decreases 2018-2025



WOMEN

very well and well: 69.0% → 66.0%
Neither good nor bad: 24.1% → 23.4%
Bad or very bad: 6.9% → 10.6%



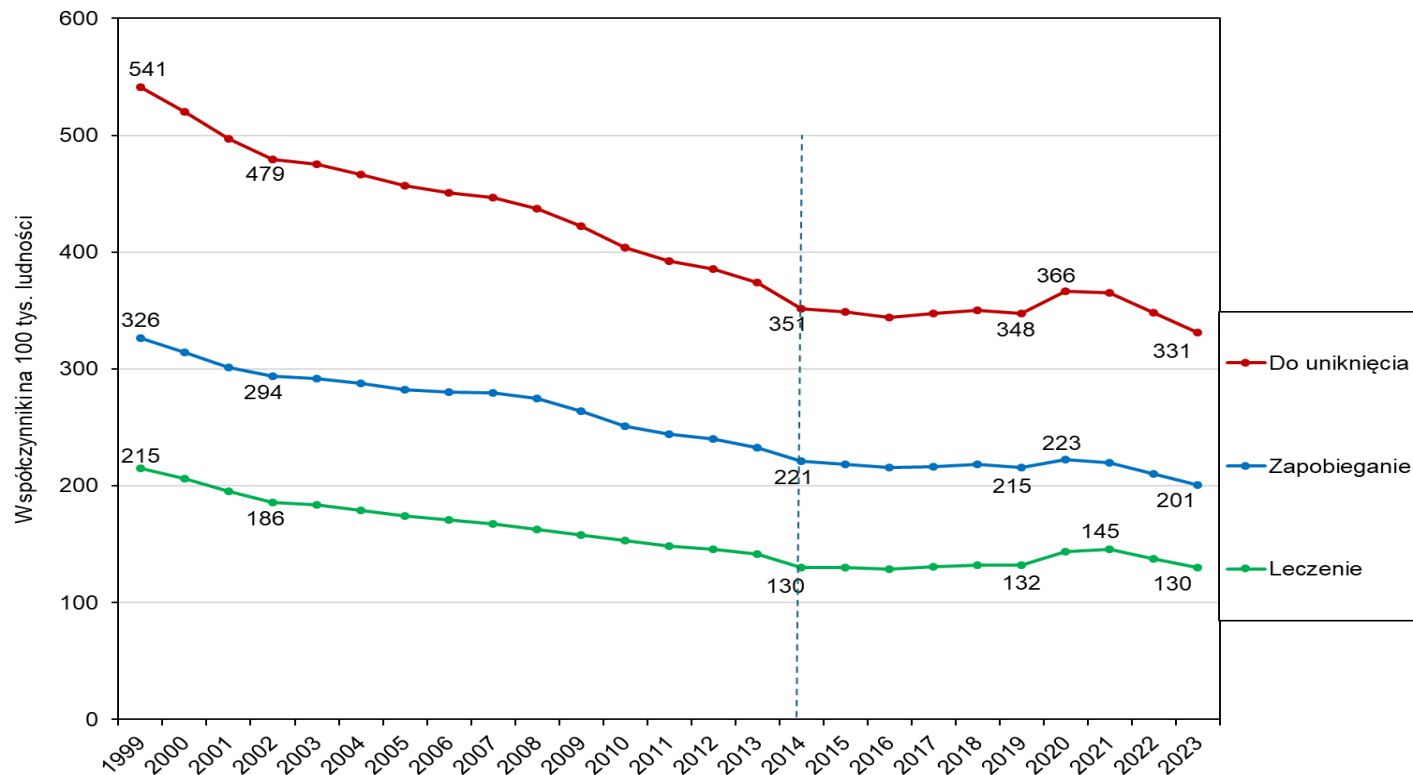
MEN

very good and good: 75.2% → 69.6%
Neither good nor bad: 19.4% → 20.4%
Bad or very bad 5.4% → 10.0%

It is clear that we are dealing with a worrying trend.

Let's look at examples of striking differences in health and its determinants in different population groups.

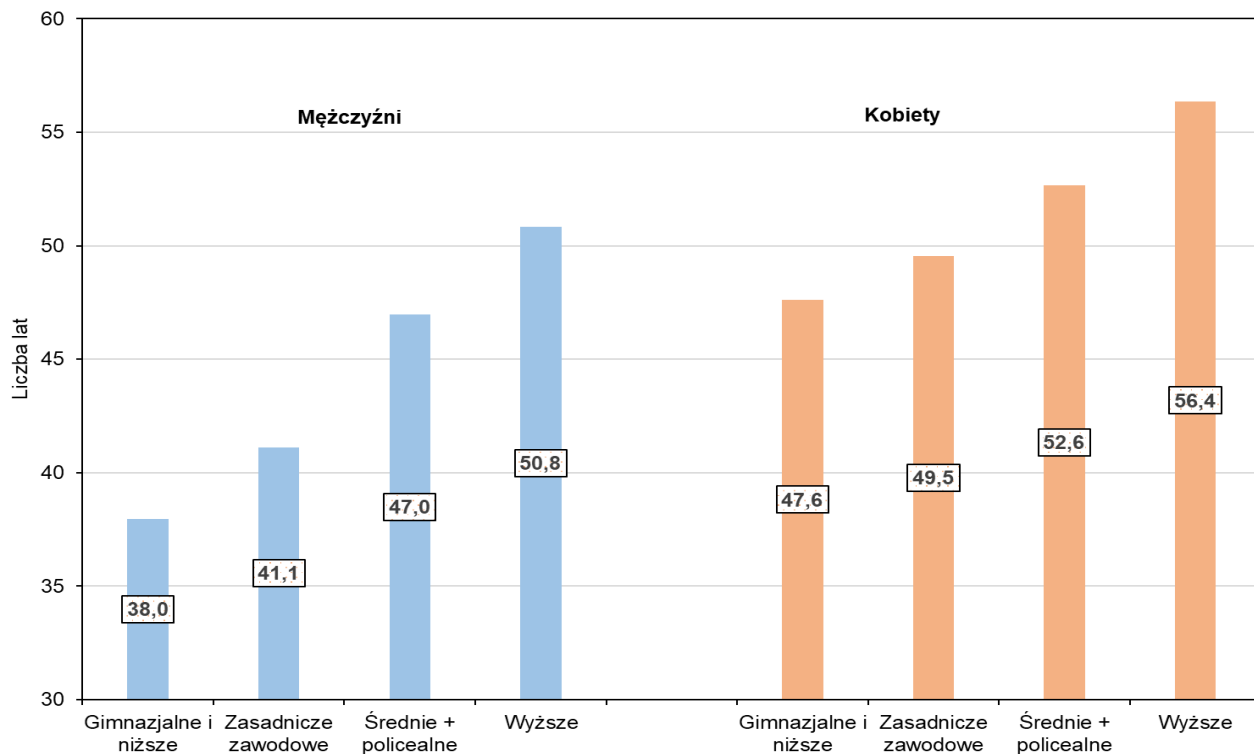
Prevention is the predominant way to avoid deaths from avoidable causes



Standardized mortality rates for people under 75 years of age due to avoidable causes (preventive and curable) between 1999 and 2023 (own study based on data from the Central Statistical Office)

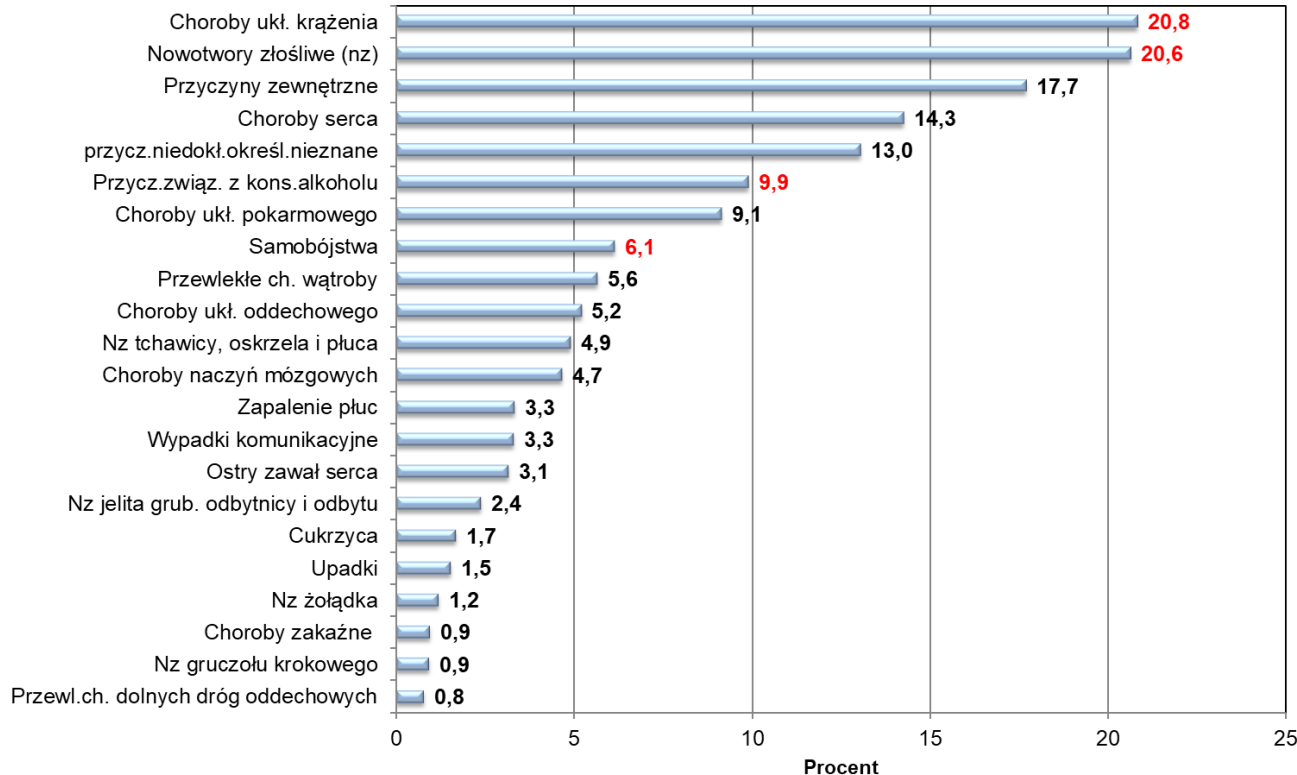
Example 1

People with lower education live significantly shorter lives than people with higher education



Life expectancy after the age of 30 depending on education – women and men in the years 2020–2022 (authors' own study based on data from the Central Statistical Office)

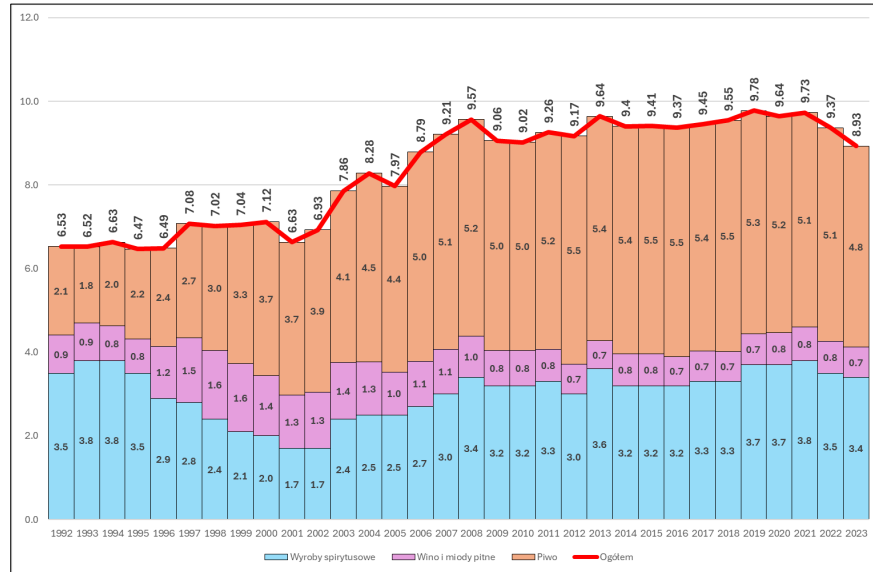
PYLL among MEN lost due to alcohol consumption and suicides is very high



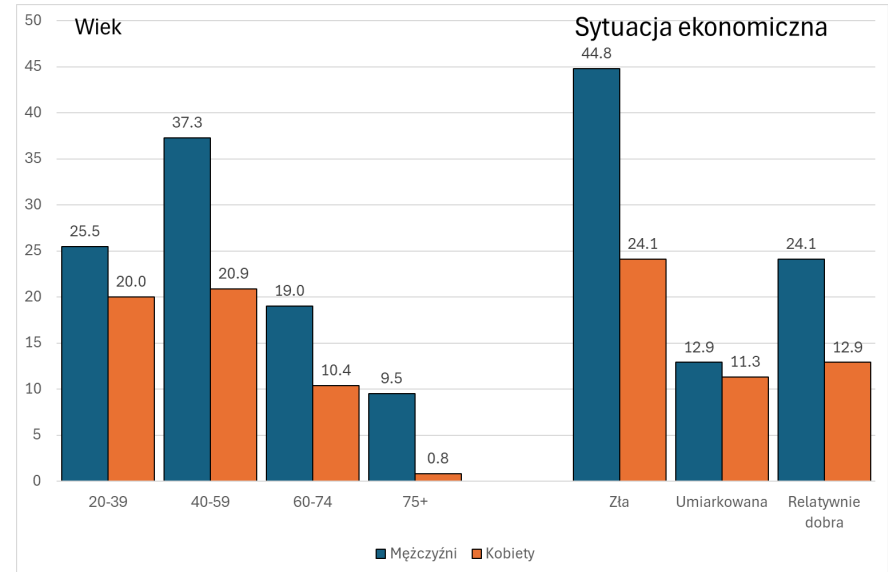
The most common causes of death responsible for the lost potential years of life of MEN in 2023 (own calculations based on GUS data)

There has been an overall decline in alcohol consumption, but people with a worse economic situation are more likely to drink riskily

Trends in alcohol consumption in Poland 1992-2023

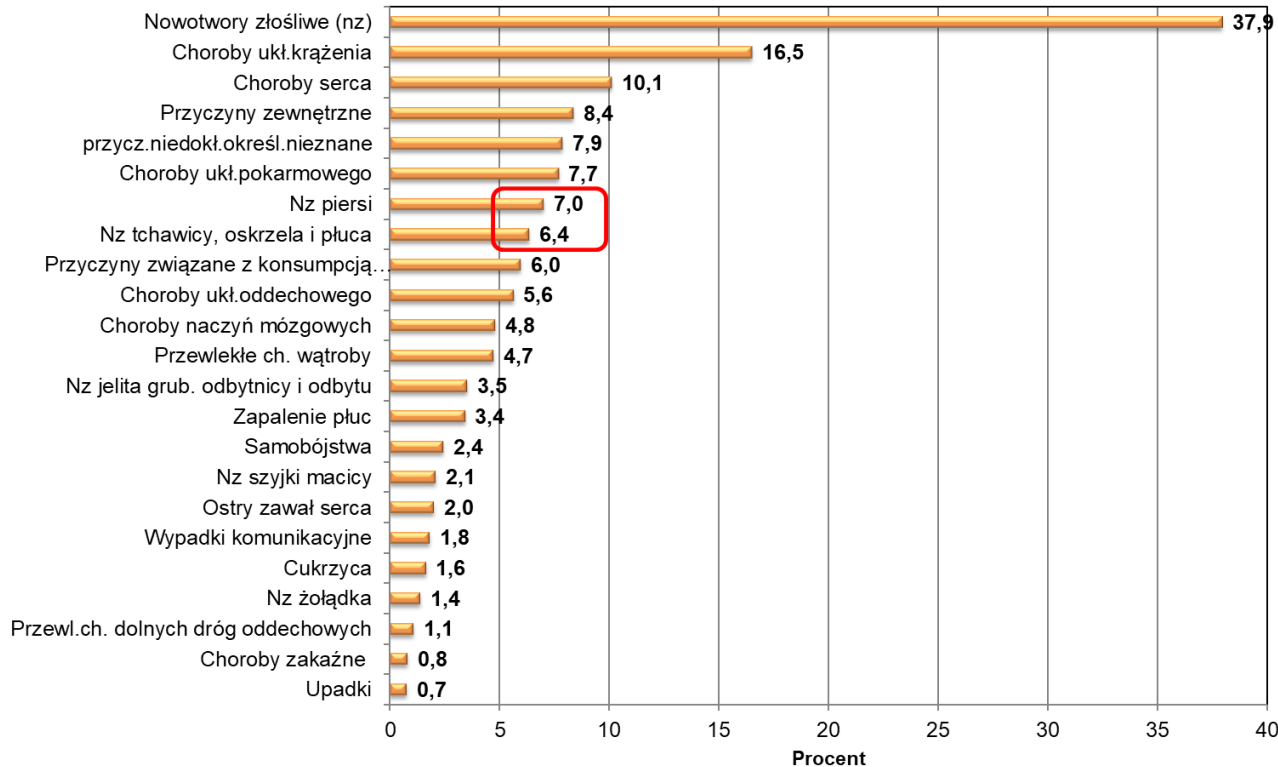


Proportion of risky drinkers, by gender, age and economic situation



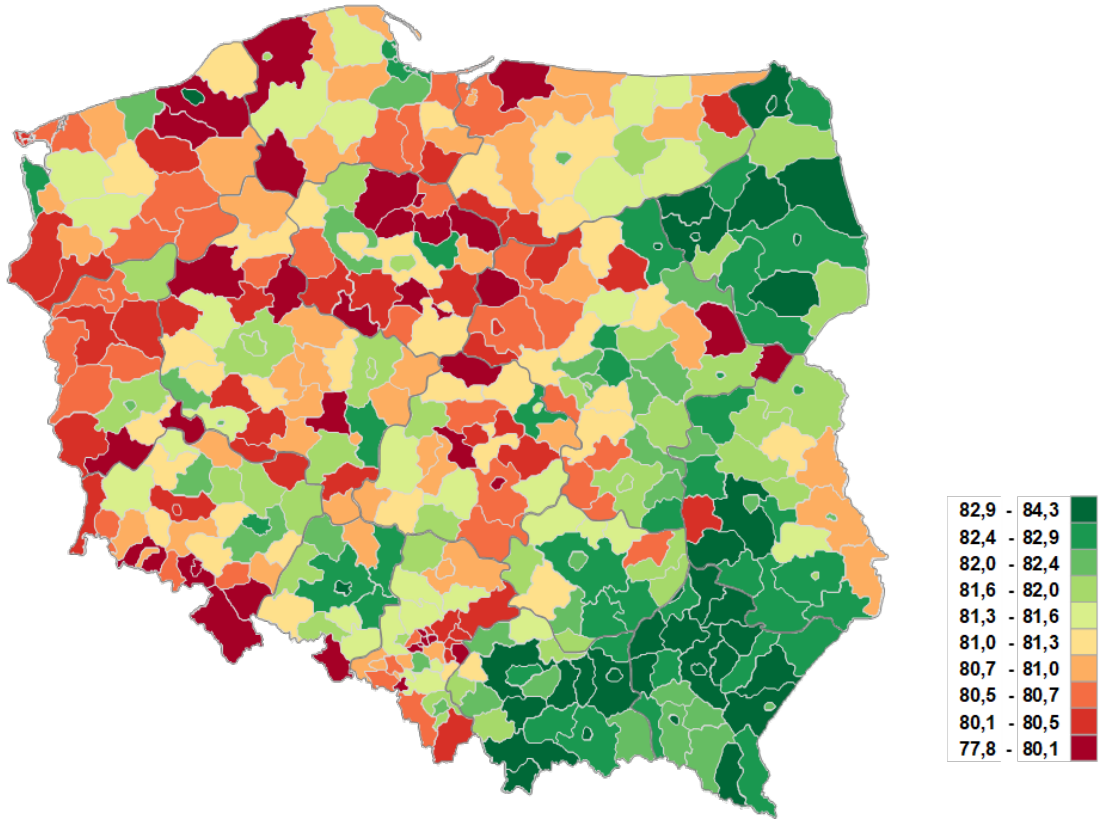
Example 2

PYLL among WOMEN lost due to selected cancers is higher than in EU



The most common causes of death responsible for the lost potential years of WOMEN's lives in 2023 (own calculations based on GUS data)

The spatial variation in the life expectancy of **WOMEN** is significant with a maximum of 6.5 years of difference between counties



Life expectancy of
WOMEN in 2022-
2023 by county of
residence (own
calculations based
on GUS data)

WOMEN in a difficult economic situation are much more likely to be overweight or obese

		Wsp. standaryzowany	
		Otyłość	Nadwaga
Mężczyźni	Trudności	11,9%	55,7%
	Bez trudności	16,5%	66,9%
Kobiety	Trudności	21,8%	53,6%
	Bez trudności	9,8%	46,2%

Prevalence of overweight (BMI $\geq$ 25) and obesity (BMI $\geq$ 30) among adult Poles, according to the occurrence of financial difficulties

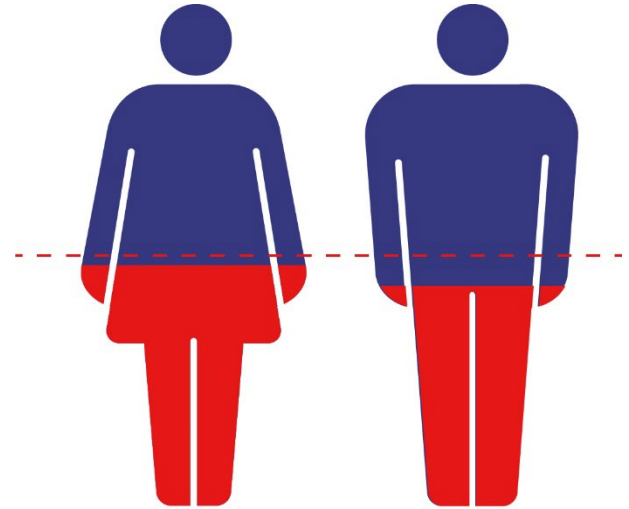
Example 3

The subjective assessment of the health status of adults decreases 2018-2025

46.5% of women and **39.8%** of men

declares a long-term burden
health problems.

This is an increase of about 50% compared to
2018.



Almost 1/5 of the population feels symptoms of depression and/or generalized anxiety

19.9% of women and **16.2%** of men report symptoms of moderate or severe depression.

20.7% of women and **17.8%** of men declare symptoms of generalized anxiety.



Pain sensation is a common ailment

82.2% of women and **79.5%** of men reported experiencing pain in the last 4 weeks.

As many as **15.6%** of women and **13.3%** of men experienced severe or very severe pain.

20.5% of women and **16.9%** of men who reported experiencing pain indicated that pain had interfered with normal work very strongly and quite strongly in the last 4 weeks.



Actions taken

The following actions are being implemented:

- Sugar tax
- National disease prevention programmes (including cancer and cardiovascular diseases)
- Particulate matter emission control programmes
- National Transformation Plan optimizing health care resources
- Restrictions on smoking and substitutes implemented and developed for years
- Heated discussion of alcohol advertising ban and availability restrictions
- New National Health Programme 2027-31 with an assessment of the effectiveness of public health interventions



Thank you!

**Team of the Department of
Population Health Monitoring and
Analysis of
NIZP PZH - PIB**