

Female and Male Life expectancy difference in Latvia¹

Introduction

In Latvia, the life expectancy of the population older than 65 is lower than the average data in other EU countries. According to the EU statistics of 2009, a man at the age of 65 could expect to live another 13.4 years, and a woman at the age of 65 could live another 18.2 years. In Europe, a man at the age of 65 could expect to live another 17,2 years, and a woman at the age of 65 could live 20.7 years (CSP EU – SILC a).

In Latvia, 45 % of the population older than 65 consider their health as “bad” or “very bad”. The limitations in daily activity due to health reasons increases for the people over 65. Only 33 % of the people have not faced limitations in daily activity at home, work or rest time due to *health* reasons.

The research about income and life conditions reflects the data about the retired people (26 %) who do not go to the doctor when facing the medical problems. The elderly people mention that the visit to the doctor was too expensive. The people who are 65-94 y. o. drink the herb tea (39 %), but one third chooses preventive visits to the doctor. The same age group uses food supplements (14 %). The medical gymnastics is used by 3 % of the elderly people, but 1 % inure themselves to cold (CSP EU – SILC b).

Men to women ratio in analysing data on their participation in projects

Data analysis on the Internet (Uzmanību, seniori nāk mācīties, 2008) provides an interesting information on men's and women's participation in projects justifying the data mentioned before. These data are very similar when analysing statistics of various cities in Latvia that are presented in the table below. Project seminars were organized for people from social risk groups, the unemployed, and the disabled with an aim to develop their motivation and self-confidence and their further involvement in the labour market.

Table 1. Relation of man and woman for participation in Latvian projects.

City/ region	Number of participants	Women	Men
Valka	21	17	4
Priekule	20	19	1
Varaklani	23	22	1
Plavinas	25	20	5
Balvi	20	13	7
Preiļi	20	20	-
Malnava	20	16	4
Amata region	20	18	2
Jaunsāti parish	20	18	2

Conclusions

Social problems related with the economic crisis Latvia and the high unemployment rate cause a need in many men and women to overcome a psychological barrier, take courses, get away from the usual environment, attend counselling with a psychologist, get rid of the inferiority complex, be aware of his/her abilities and know how to present himself/herself in different life situations.

However, the statistics show that Latvian men do not show any initiative to participate in motivational programs or a variety of projects and other activities. Often members of a project

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expect to obtain new knowledge; rarely they want to learn something new, or set in motion. Women are more enterprising in Latvia; they dare to start their own business using a modicum, for example, renewing own business and offering sewing services, joining driving instructors' training courses, etc.

Of course, these statistics are connected with a fact that there are more women than men in Latvia.

Sources

CSP EU – SILC a: Iedzīvotāju veselības stāvokļa pašnovērtējums.
<http://www.csb.gov.lv/notikumi/par-iedzivotaju-veselibas-stavoklapasvertejumu-2009-gada-26135.html>

CSP EU – SILC b: Iedzīvotāju veselības stāvokļa pašnovērtējums.
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Uzmanību, seniori nāk mācīties. (2008). <http://www.mature-project.eu/materials/graamatinja.pdf>

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