

# Ten Americas: A nation divided by differences in life expectancy

A new study by IHME shows how life expectancy differs radically across the US by location, economic situation, and race and ethnicity. Over time, these differences have widened, especially amid the COVID-19 pandemic. Eliminating these disparities will require investing in equitable health care, education, and employment, and confronting factors that fuel inequalities, such as systemic racism.

## There is a 20-year gap in life expectancy across the 10 Americas

Gaps in life expectancy widened from 2000 to 2019, then increased dramatically amid COVID-19

### Gap between Americas with lowest and highest life expectancy, 2000-2021



## The 10 Americas are grouped by location and race and ethnicity

### The 10 Americas defined

Category	Life expectancy in 2021
America 1 : Asian	84.0
America 2: Latino   other counties	79.4
America 3: White (majority), Asian, AIAN   other counties	77.2
America 4: White   non-metropolitan and low-income Northlands	76.7
America 5: Latino   Southwest	76.0
America 6 : Black   other counties	72.3
America 7 : Black   highly segregated metropolitan areas	71.5
America 8 : White   low-income Appalachia and lower Mississippi Valley	71.1
America 9: Black   non-metropolitan and low-income South	68.0
America 10: AIAN   West	63.6

Notes: AIAN: American Indian or Alaska Native

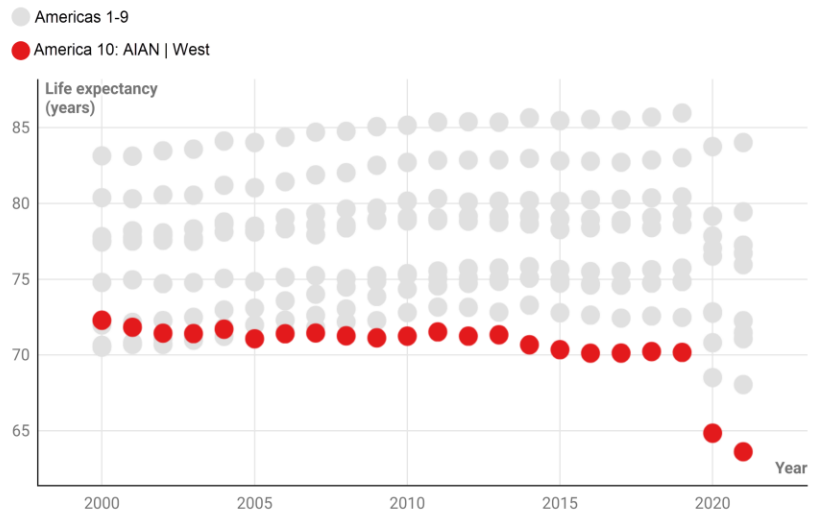
America 2: "Latinos | other counties" includes all Latinos living in the US excluding the Southwest.

America 3: "White (majority), Asian, AIAN | other counties" includes Asian and Native Hawaiian or Pacific Islander populations that were not a part of America 1, White populations excluded from America 4 or 8, and AIAN populations not counted in America 10.

America 6: "Black | other counties" comprises Black populations that were not included in Americas 7 or 9.

## For American Indian or Alaskan Native people living in the West, life expectancy was declining even before the pandemic

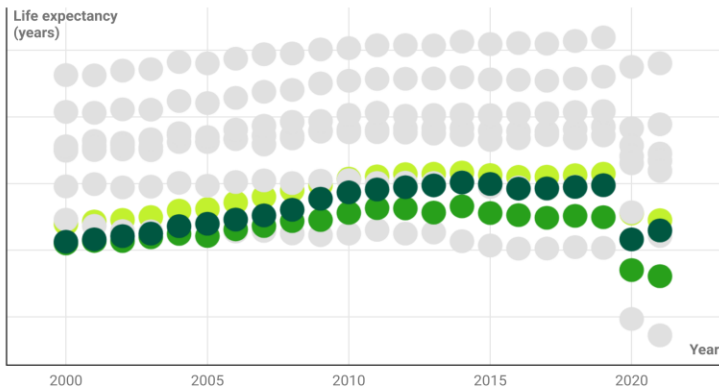
### Life expectancy in America 10 : AIAN | West



In the three Black Americas, life expectancy increased from 2000 to 2010, but progress stagnated or reversed from 2010 to 2019

### Life expectancy in the three Black Americas

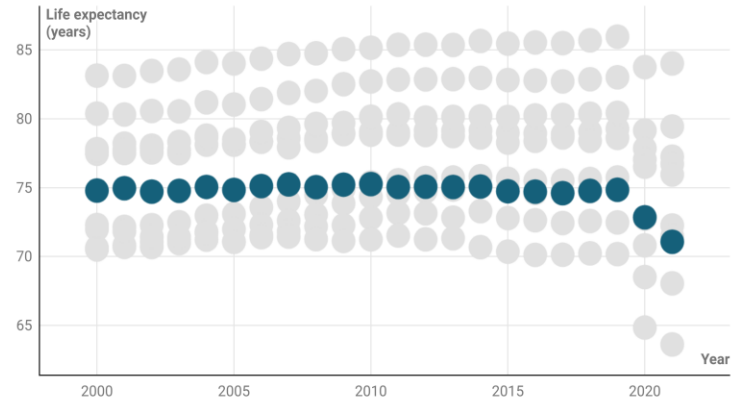
- Americas 1-5, 8, 10
- America 6: Black | other counties
- America 7: Black | highly segregated metropolitan areas
- America 9: Black | non-metropolitan and low-income South



For low-income White Americans living in Appalachia and the lower Mississippi Valley, there were no improvements in life expectancy from 2000 to 2019

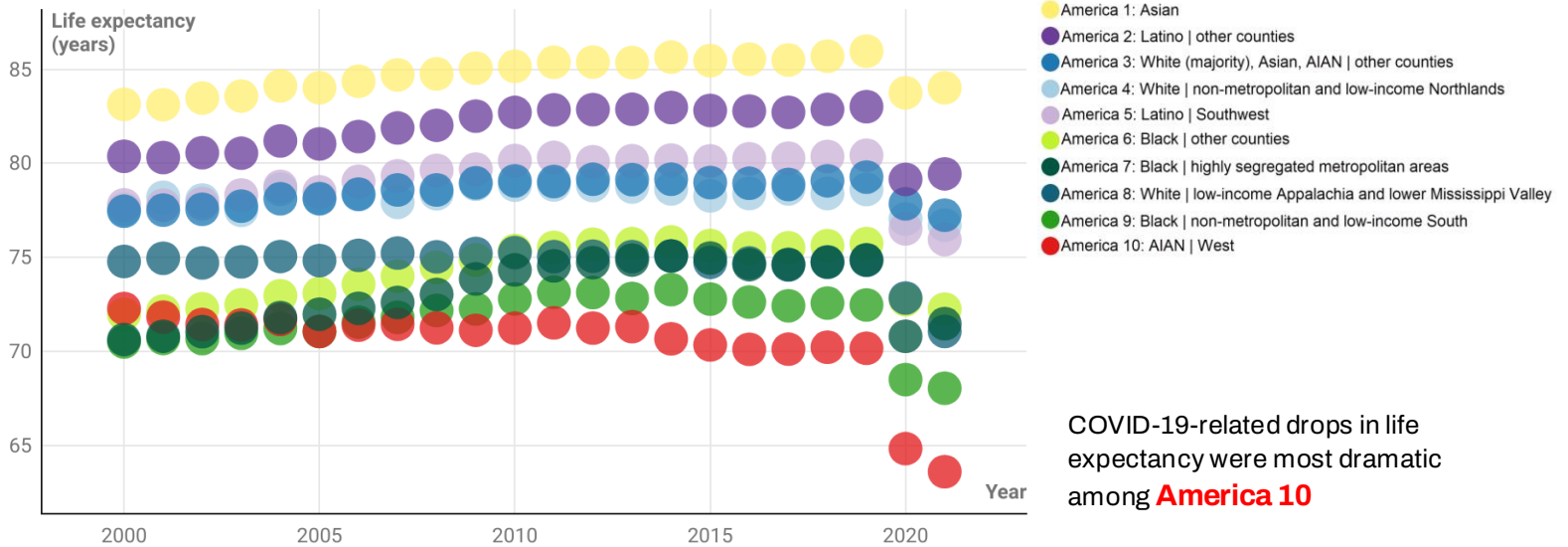
### Life expectancy in America 8: White | low-income Appalachia and lower Mississippi Valley

- Americas 1-7,10
- America 8: White | low-income Appalachia and lower Mississippi Valley



Life expectancy declined in all 10 Americas in 2020 and rebounded for only three Americas in 2021 (1: Asian, 2: Latino | other counties, and 7: Black | highly segregated metropolitan areas)

### Life expectancy in the 10 Americas



COVID-19-related drops in life expectancy were most dramatic among **America 10**

## About IHME

The Institute for Health Metrics and Evaluation is an independent research organization at the University of Washington. Its mission is to deliver to the world timely, relevant, and scientifically valid evidence to improve health policy and practice. IHME carries out its mission through a range of projects within different research areas including the Global Burden of Diseases, Injuries, and Risk Factors (GBD); Future Health Scenarios; Cost Effectiveness and Efficiency; Resource Tracking; and Impact Evaluations.

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