

2019年全世界主要國家平均壽命排名  
The Rank of Life Expectancy at Birth by Country, 2019

單位：歲  
Unit: Years

國家名稱	排名	兩性 <sup>@</sup>	男性	女性
Country	Rank	Both sexes <sup>@</sup>	Male	Female
<b>WORLD</b>		<b>72.6</b>	<b>70.2</b>	<b>75.0</b>
China, Hong Kong <sup>SAR</sup>	1	84.9	82.0	87.7
Japan	2	84.6	81.5	87.7
China, Macao <sup>SAR</sup>	3	84.2	81.3	87.2
Switzerland*	4	83.8	81.9	85.6
Singapore*	5	83.6	81.4	85.7
Spain*	6	83.6	80.9	86.2
Italy	7	83.5	81.3	85.5
Australia	8	83.4	81.5	85.4
Channel Islands	9	83.1	81.2	84.9
Sweden*	10	83.0	81.3	84.7
Iceland	11	83.0	81.5	84.5
Israel	11	83.0	81.3	84.5
Republic of Korea	11	83.0	79.9	86.0
Norway*	14	82.9	81.2	84.7
France	15	82.7	79.7	85.5
Malta	16	82.5	80.7	84.3
Martinique	16	82.5	79.2	85.6
Canada	18	82.4	80.4	84.4
Ireland	19	82.3	80.7	83.9
Luxembourg	20	82.2	80.2	84.3
Greece	20	82.2	79.8	84.7
Guadeloupe	22	82.1	78.5	85.5
Netherlands*	23	82.1	80.5	83.6
Portugal	24	82.0	79.0	84.9
Finland	25	81.9	79.1	84.7
New Zealand*	26	81.8	80.0	83.5
Belgium	27	81.6	79.3	83.9
Austria	28	81.5	79.2	83.9
United Kingdom	29	81.3	79.6	83.0
Germany	29	81.3	78.9	83.7
Slovenia	29	81.3	78.6	84.0
Cyprus	32	81.0	78.9	83.0
Denmark	33	80.9	78.9	82.9
Taiwan*	34	80.9	77.7	84.2
United States Virgin Islands	35	80.6	78.0	83.1
Réunion	36	80.5	77.7	84.0
Costa Rica	37	80.3	77.7	82.9
Qatar	38	80.2	79.1	82.0
Chile	38	80.2	77.8	82.4

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Guam	40	80.1	76.8	83.5
Puerto Rico	40	80.1	76.5	83.5
French Guiana	42	80.0	77.0	83.1
Mayotte	43	79.5	76.2	83.0
Czechia	44	79.4	76.8	81.9
Barbados	45	79.2	77.8	80.5
Maldives	46	78.9	77.5	80.8
Lebanon	46	78.9	77.1	80.9
United States of America	46	78.9	76.3	81.4
Curaçao	46	78.9	75.8	81.6
Cuba	50	78.8	76.8	80.8
Poland	51	78.7	74.8	82.6
Estonia	51	78.7	74.4	82.7
Albania	53	78.6	77.0	80.2
Panama	54	78.5	75.4	81.8
Croatia	54	78.5	75.3	81.6
United Arab Emirates	56	78.0	77.3	79.3
Oman	57	77.9	76.1	80.3
Uruguay	57	77.9	74.1	81.5
French Polynesia	59	77.7	75.6	79.9
Turkey	59	77.7	74.7	80.6
New Caledonia	61	77.6	74.9	80.4
Slovakia	62	77.5	74.0	81.0
Bosnia and Herzegovina	63	77.4	74.9	79.9
Bahrain	64	77.3	76.4	78.4
Colombia	64	77.3	74.5	80.0
Thailand	66	77.1	73.5	80.9
Antigua and Barbuda	67	77.0	75.9	78.1
Ecuador	67	77.0	74.3	79.8
Sri Lanka	67	77.0	73.6	80.3
Algeria	70	76.9	75.7	78.1
China	70	76.9	74.8	79.2
Montenegro	70	76.9	74.4	79.3
Hungary	70	76.9	73.2	80.3
Iran (Islamic Republic of)	74	76.7	75.6	77.9
Morocco	74	76.7	75.4	77.9
Tunisia	74	76.7	74.7	78.7
Peru	74	76.7	74.1	79.5
Argentina	74	76.7	73.2	80.0
Aruba	79	76.3	73.8	78.6
Saint Lucia	80	76.2	74.9	77.6

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Romania	81	76.1	72.6	79.5
Serbia	82	76.0	73.4	78.6
Brunei Darussalam	83	75.9	74.7	77.1
Brazil	83	75.9	72.2	79.6
Lithuania	83	75.9	70.3	81.4
North Macedonia	86	75.8	73.8	77.8
Kuwait	87	75.5	74.8	76.6
Viet Nam	88	75.4	71.3	79.5
Honduras	89	75.3	73.0	77.6
Latvia	89	75.3	70.2	80.0
Saudi Arabia	91	75.1	73.9	76.8
Mexico	91	75.1	72.2	77.9
Armenia	91	75.1	71.3	78.5
Mauritius	94	75.0	71.7	78.5
Bulgaria	94	75.0	71.5	78.7
Belarus	96	74.8	69.7	79.6
Belize	97	74.6	71.7	77.8
Jamaica	98	74.5	72.9	76.1
Jordan	98	74.5	72.8	76.3
Malaysia*	98	74.5	72.2	77.3
Nicaragua	98	74.5	70.9	78.0
Paraguay	102	74.3	72.3	76.4
Guatemala	102	74.3	71.4	77.2
State of Palestine	104	74.1	72.4	75.8
Dominican Republic	104	74.1	71.0	77.4
Bahamas	106	73.9	71.7	76.1
Georgia	107	73.8	69.3	78.1
Kazakhstan	108	73.6	69.2	77.7
Trinidad and Tobago	109	73.5	70.9	76.2
Seychelles	110	73.4	69.9	77.4
Samoa	111	73.3	71.3	75.5
El Salvador	111	73.3	68.5	77.8
Solomon Islands	113	73.0	71.3	74.9
Azerbaijan	113	73.0	70.5	75.5
Cabo Verde	113	73.0	69.5	76.2
Libya	116	72.9	70.1	76.0
Syrian Arab Republic	117	72.7	67.9	78.1
Bangladesh	118	72.6	70.9	74.6
Russian Federation	118	72.6	67.1	77.8
St. Vincent and the Grenadines	120	72.5	70.3	75.1
Grenada	121	72.4	70.1	75.0

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Dem. People's Rep. of Korea	122	72.3	68.6	75.7
Venezuela (Bolivarian Republic of)	123	72.1	68.3	76.0
Ukraine	123	72.1	67.1	76.8
Egypt	125	72.0	69.7	74.3
Republic of Moldova	126	71.9	67.6	76.2
Bhutan	127	71.8	71.4	72.2
Uzbekistan	128	71.7	69.6	73.8
Suriname	128	71.7	68.5	75.1
Bolivia (Plurinational State of)	130	71.5	68.7	74.5
Kyrgyzstan	130	71.5	67.4	75.6
Indonesia*	132	71.4	69.4	73.3
Philippines	133	71.2	67.3	75.5
Tajikistan	134	71.1	68.9	73.4
Tonga	135	70.9	69.0	72.9
Nepal	136	70.8	69.3	72.2
Iraq	137	70.6	68.6	72.7
Vanuatu	138	70.5	69.0	72.2
Sao Tome and Principe	139	70.4	68.0	72.8
Western Sahara	140	70.3	68.6	72.3
Guyana	141	69.9	66.9	73.1
Mongolia	141	69.9	65.8	74.1
Cambodia	143	69.8	67.5	71.9
India	144	69.7	68.5	71.0
Botswana	145	69.6	66.5	72.4
Timor-Leste	146	69.5	67.5	71.6
Rwanda	147	69.0	66.8	71.1
Kiribati	148	68.4	64.2	72.3
Turkmenistan	149	68.2	64.7	71.7
Micronesia (Fed. States of)	150	67.9	66.2	69.6
Lao People's Dem. Republic	150	67.9	66.1	69.7
Senegal	150	67.9	65.8	69.9
Fiji	153	67.4	65.7	69.3
Pakistan	154	67.3	66.3	68.3
Djibouti	155	67.1	65.1	69.4
Myanmar	155	67.1	64.0	70.1
Madagascar	157	67.0	65.4	68.7
Kenya	158	66.7	64.3	69.0
Ethiopia	159	66.6	64.7	68.5
Gabon	160	66.5	64.4	68.7
Eritrea	161	66.3	64.2	68.6
Yemen	162	66.1	64.4	67.8

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United Republic of Tanzania	163	65.5	63.6	67.2
Sudan	164	65.3	63.5	67.2
Mauritania	165	64.9	63.3	66.5
Afghanistan	166	64.8	63.4	66.4
Congo	167	64.6	63.1	66.0
South Africa*	167	64.6	61.5	67.7
Papua New Guinea	169	64.5	63.3	65.8
Comoros	170	64.3	62.6	66.1
Malawi	170	64.3	61.1	67.4
Ghana	172	64.1	63.0	65.2
Liberia	172	64.1	62.7	65.5
Haiti	174	64.0	61.8	66.2
Zambia	175	63.9	60.8	66.9
Namibia	176	63.7	60.7	66.5
Uganda	177	63.4	61.0	65.6
Niger	178	62.4	61.3	63.6
Gambia	179	62.1	60.7	63.5
Benin	180	61.8	60.2	63.3
Guinea	181	61.6	60.9	62.1
Burkina Faso	181	61.6	60.7	62.3
Burundi	181	61.6	59.8	63.4
Zimbabwe	184	61.5	59.8	62.9
Angola	185	61.1	58.4	64.0
Togo	186	61.0	60.2	61.9
Mozambique	187	60.9	57.8	63.7
Dem. Republic of the Congo	188	60.7	59.1	62.2
Eswatini	189	60.2	56.0	64.8
Mali	190	59.3	58.5	60.1
Cameroon	190	59.3	58.0	60.6
Equatorial Guinea	192	58.7	57.7	59.9
Guinea-Bissau	193	58.3	56.3	60.2
Côte d'Ivoire	194	57.8	56.6	59.1
South Sudan	194	57.8	56.4	59.4
Somalia	196	57.4	55.7	59.1
Sierra Leone	197	54.7	53.9	55.5
Nigeria	197	54.7	53.8	55.6
Lesotho	199	54.3	51.2	57.6
Chad	200	54.2	52.8	55.7
Central African Republic	201	53.3	51.1	55.5

資料來源：聯合國2019年世界死亡率資料手冊。

Data Prepared by United Nations World Mortality 2019 Data Booklet.

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Country	Rank	Both sexes <sup>@</sup>	Male	Female

- 說明：1.<sup>SAR</sup>代表特別行政區(Special Administrative Region)。  
2.<sup>@</sup>代表各國家(地區)平均壽命排名係以兩性、男性、女性順序排列。  
3.\*係參考該國最新統計資料進行更新(更新時間2020年6月30日)。

Note:1. <sup>SAR</sup> : Special Administrative Region.

2. <sup>@</sup> : Ranking Key:Primary by "Both sexes",the Secondary by "Male",and the third by "Female".  
3. \* : From the latest information in the country(Update time:Jun. 30, 2020).