

Imagine a block of flats where 10 people live. In 2015...



One **20-year-old man** died suddenly from a heart attack while exercising. His life expectancy was **77.6 years**, so he lost **57.6 years of life**.

$$\begin{array}{ccc} 77.6 & - & 20 \\ \text{Life expectancy} & & \text{current age} \end{array}$$

$$= 57.6$$

Years of life lost



One **80-year-old woman** died of a stroke. Having lived to this age, her life expectancy was **89**, so she lost **9 years of life**.

$$\begin{array}{ccc} 89 & - & 80 \\ \text{Life expectancy} & & \text{current age} \end{array}$$

$$= 9$$

Years of life lost



One **45-year-old man** had a type of meningitis which limited his activities a great deal. He took **seven weeks** to recover, but didn't suffer any long-term effects after that. This amounted to **0.02 lost years** of healthy life in 2015.

Seven weeks of illness with a high level of impairment.

$$= 0.02$$

Years lived with disability



One **60-year-old woman** had severe COPD that limited her a great deal all year round. This amounted to **0.41 lost years** of healthy life in 2015.

12 months lived with a severe condition and a high level of impairment.

$$= 0.41$$

Years lived with disability

Total DALYs (Years of life lost + years lived with disability)
added to the overall disease burden for Scotland
by the people in this block of flats in 2015:

$$57.6 + 9 + 0.02 + 0.41 = 67.03$$