Unhealthy life, is the years lived beyond the World Health Organisation’s health-adjusted life expectancy. This measure shows the time spent in poor health. On average 10 years of your life will be spent in poor health. If you live in Azerbaijan you could spend over 20 years in poor health; the figure for Swaziland is under one year, but the life expectancy there was under 36 years, and falling.

The average years of poor health are applied to the population of a territory to show the total years lived in poor health there.

“Children surviving multiple bouts of diarrheal disease, respiratory infection, helminthic infections, and malaria, may well suffer lifetime impairments in physical and cognitive capacities.”

Jeffrey D. Sachs, 2000