



New York City's Campaign  
for Healthier, Longer Lives

New Yorkers are healthier when they live in a city that is healthier. As we emerge from the COVID-19 public health emergency, New Yorkers are sicker — and are dying too soon.

Life expectancy — the average number of years a person can expect to live from the time of their birth — has dropped dramatically, from **82.6 years in 2019 to 78 years in 2020**. This represents the biggest and fastest drop in lifespan in a century.

The decreases in life expectancy were not experienced equally among all New Yorkers. The largest decreases were among Black and Latino New Yorkers. For Black New Yorkers, the pandemic worsened existing disparities.

Improving life expectancy will require collaboration, energy and focus from many partners, including everyone who calls New York City home.

**HealthyNYC** is the City's vision for how to improve life expectancy and create a healthier city for all. We can ensure all New Yorkers are able to realize their full health potential, regardless of who they are, where they are from and where they live.

We have set ambitious goals to increase life expectancy across key drivers, below. By **2030**, we aim to increase life expectancy to exceed **83 years**. With improvements in key areas, we know we can get life expectancy back on track and ensure everyone has the chance to live the healthiest, longest life possible.

Life expectancy	Continued increases
<i>Deaths due to:</i>	
COVID-19	60% decrease
Heart and diabetes-related diseases	5% decrease
Screenable cancers	20% decrease
Drug overdose	25% decrease
Homicide	30% decrease
Suicide	10% decrease
Pregnancy-associated deaths among Black people (Deaths per 100,000 live births)	10% decrease