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.

\[
\text{Life expectancy} - \text{current age} = \text{Years of life lost}
\]

\[
77.6 - 20 = 57.6
\]

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.

\[
\text{Life expectancy} - \text{current age} = \text{Years of life lost}
\]

\[
89 - 80 = 9
\]

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.

\[
\text{Seven weeks of illness with a high level of impairment}.
\]

\[
= 0.02
\]

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.

\[
\text{12 months lived with a severe condition and a high level of impairment}.
\]

\[
= 0.41
\]

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:

\[
57.6 + 9 + 0.02 + 0.41 = 67.03
\]