

1 **Parallel Ageing: The Synchronised Postponement of Fertility and Mortality**

2 Serena Vigezzi^{*,1,2} and Annette Baudisch¹

3 ¹ Interdisciplinary Centre on Population Dynamics, University of Southern Denmark,
4 Odense, 5230, Denmark

5 ² Stockholm University Demographic Unit, Stockholm University, Stockholm, 106 91,
6 Sweden

7 *Serena Vigezzi, Stockholm University Demographic Unit, Stockholm University,
8 Stockholm, 106 91, Sweden, sevi@sam.sdu.dk

9 **Abstract**

10 Births and deaths have been traditionally studied separately. Not only are they considered
11 two largely disconnected, if not opposite, demographic processes, the use of different and
12 non-comparable measures has also hindered cross-disciplinary studies. We take
13 advantage of a newly proposed analytical framework to illustrate the concrete benefits of
14 comparing mortality and fertility trends. Specifically, we propose leveraging the known
15 limit to female fertility to shed light on the unknown limit to survival. Using percentile-
16 based aggregate measures of mortality and fertility schedules to compare their trends
17 since the 1940s in various low-mortality and low-fertility female populations, we show
18 that for the last 35 years, the pace of mortality and fertility postponement has been
19 surprisingly similar and consistent, forming two parallel lines. This pace persists
20 throughout almost the entire period of fertility postponement and therefore appears
21 independent of the proximity to an upper age-limit. These results exemplify the new
22 avenues of investigation that a common study of mortality and fertility could open.
23 Based on them, we also highlight shortcomings in previous approaches to locate a limit to
24 human lifespan using aggregate measures, thereby refining future research on the subject.

25 **Introduction**

26

27 As people live longer and delay parenthood to later ages, questions about impending
28 limits to human lifespan and fertility become increasingly pertinent. In this paper, we
29 compare the postponement of births and deaths and leverage the similarities we find to
30 examine how aggregate trends behave at the approach of a limit.

31 Despite much research effort, no impending limit to human lifespan has been found
32 (Eisenstein, 2022; Vaupel et al., 2021; Zuo et al., 2018; Oeppen & Vaupel, 2002), while
33 the limit to fertility is better known, at least for women. Most women reach menopause
34 between ages 40 and 60 (Daan & Fauser, 2015; Towner et al., 2016). The last birth
35 typically happens a few years before menopause, even in the absence of contraception,
36 due to declines in fecundability and the increased likelihood of foetal loss. Studies of
37 European natural fertility populations consistently show that the average woman had her
38 last child between ages 38 and 41 (Larsen & Vaupel, 1993; Larsen & Yan, 2000; Wood,
39 1994) and aggregate fertility becomes negligible around age 50 (Eijkemans et al., 2014;
40 ESHRE Capri Workshop Group, 2005; Leridon, 2008; Pittenger, 1973; Wood, 1994). We

41 consider these ages stable in time. Ages at childbearing have shifted closer to these limits
42 during the fertility postponement over recent decades, although the level of late fertility
43 has not yet reached pre-1950s values (Beaujouan & Sobotka, 2019; Prioux, 2005).

44 A rich literature explores the factors that (may have) led to the postponement of ages at
45 death and childbearing. In Western countries, ages at death have been postponed over at
46 least the last two centuries (Oeppen & Vaupel, 2002), as a result of different long-run
47 processes. Increased living standards have been put forward as a major factor of mortality
48 decline through the first half of the XX century (McKeown, 1979), but so have medical
49 advances, e.g. vaccination, and improvements in public health and personal hygiene
50 (Mackenbach, 1996). During this time, mortality was largely driven by infectious
51 diseases and so was its decline (Shaw-Taylor, 2020). New leading causes of death
52 emerged after the 1950s in low mortality countries, such as cardiovascular diseases and,
53 more recently, cancer, but mortality continued being postponed through further medical
54 advances and lifestyle changes (Cao et al., 2017; Ezzati et al., 2015).

55 Fertility has been postponed at various points in recorded history. Most recently, ages at
56 childbearing started rising in Western countries only after the 1970s, much later than ages
57 at death (Sobotka, 2017). There is widespread agreement that lengthening education
58 contributed to this latest postponement, both with a direct and an indirect effect (Ní
59 Bhrolcháin & Beaujouan, 2012), although this relationship may be partly driven by
60 other factors, such as family values (Tropf & Mandemakers, 2017). Female labour
61 market participation may also affect the likelihood of having children, although this
62 relationship is mediated by country-level policies, cohort and parity (Tomatis &
63 Impicciatore, 2023). Other economic factors that may affect fertility are employment
64 uncertainty (Vignoli et al., 2020) and changes in the perceived economic pre-requisites to
65 parenthood (van Wijk & Billari, 2024). Wider cultural shifts have also been put forward
66 to explain the postponement of ages at childbearing, notably as changes in fertility-
67 related norms and attitudes (Lesthaeghe, 2014) and in patterns of partnership formation
68 (Kuang et al., 2025). Finally, medical advances such as improvements in contraceptive
69 technology have likely facilitated, if not encouraged, recent fertility postponement
70 (Sobotka, 2004). These factors are varied and have probably interacted in various ways as
71 ages at childbearing continued to shift upwards throughout the last three decades.

72 The long-run mortality postponement and the most recent fertility postponement have
73 been studied as largely separate processes, with distinct driving factors and
74 consequences. Some of these factors, however, seem to overlap more than could be
75 expected. Education is an important driver of both, as it is connected to delayed
76 parenthood and lower chances of death at younger ages (Balaj et al., 2024; Ní Bhrolcháin
77 & Beaujouan, 2012). Medical advances and healthier lifestyles may also positively
78 affect the ability to have children at older ages, just as they have positively affected the
79 chance to die older ages. Finally, a positive link was found between longevity and late
80 fertility, likely driven by physiological factors (Gagnon, 2015): an interaction between
81 somatic and reproductive ageing seems to take place also in the follicles themselves,
82 which consist of both somatic and germline cells (Fraser et al., 2020; Banerjee et al.,
83 2014). In fact, linked constraints between survival and reproduction form the basis of life

84 history biology, resting on the premise that evolution balances trade-offs between
85 survival and reproduction to maximise evolutionary fitness (Roff, 2001). Hence, we
86 hypothesise that although the current scientific practice is to study mortality and fertility
87 in separation, their postponement may be more similar than expected. Our results seem to
88 support this claim.

89 We investigate whether trends of delay in comparable aggregate mortality and fertility
90 schedules share common patterns. To quantify fertility and mortality schedules, we
91 analyse survival percentiles. These capture the fraction of total fertility, or mortality, that
92 happens after a certain age. We use survival percentiles between the 90th and the 5th
93 percentiles (avoiding more erratic data outside that range, as well as the influence of
94 fixed age limits to life and fertility tables) to investigate whether the presence of a limit is
95 influencing the shape of mortality and fertility distributions. This approach allows a
96 direct comparison with previous research on the limits to lifespan (Zuo et al., 2018). If
97 fertility and mortality age distributions share common patterns of postponement, we can
98 examine how the (female) fertility distribution changes as it approaches its known limit
99 to accordingly hypothesise how the mortality distribution might change at a similar
100 distance from the unknown, potential limit to human lifespan. Following (Zuo et al.,
101 2018), we expect the distribution to contract when nearing a limit, leading to decelerating
102 or stagnant postponement of percentile ages, that is the ages when a certain percentage of
103 total fertility, or mortality, is left to occur. Based on results from (Zuo et al., 2018), we
104 expect the mortality distribution to maintain a constant shape over time, suggesting that a
105 potential limit to mortality is not yet in sight. For fertility, we know that ages at
106 childbearing are getting closer to a physiological age limit beyond which women
107 (generally) cannot give birth. Hence, we expect the postponement of the highest fertility
108 percentile ages to slow down or stagnate in more recent years.

109 We are interested in processes common to all (female) humans, independent of culture,
110 religion, political system or other factors that drive the variation often observed for
111 mortality and fertility patterns across populations (Medford et al., 2019; Rindfuss &
112 Choe, 2015). Therefore, we pool individual populations into what we call a meta-
113 population. We do not pool the individuals that make up each population. Rather, each
114 population contributes with its own population-specific characteristics (e.g. a
115 population-specific age-at-childbearing distribution). Although not explicitly named, this
116 approach has been used before in population studies (Oeppen & Vaupel, 2002). Results
117 may be influenced by changes in the composition of the meta-population (i.e. the
118 individual populations used to create it). We will discuss our case at the end of the results
119 section.

120 **Data and Methods**

121

122 We use annual period data on female deaths and exposures for ages 65+ from the Human
123 Mortality Database (HMD, (Barbieri et al., 2015)), for 38 populations with at least one
124 million inhabitants in 2019. We further use annual period data on births and female
125 exposures for ages 20+ from the Human Fertility Database (HFD, (Jasilioniene et al.,
126 2016)). In 2019, ages below 65 and 20 accounted for similar proportions of deaths and

127 births respectively (between 5% and 13% of deaths and between .03% and 10% of
128 births). For both of these data sources, we focus on years between 1985 and 2019, in
129 order to focus on a period of fertility postponement and exclude the COVID-19 pandemic.

130 For each of these years and populations, we smoothed the age distributions of counts and
131 exposures to the second decimal using the splines R-package. From these, we estimated
132 mortality and fertility survival distributions. The survival curve of mortality was
133 calculated using standard demographic methods as $S(x) = e^{-H(x)}$, where $H(x)$ is the
134 cumulative hazard function. The corresponding fertility survival curve is equal to the
135 cumulative sum of age-specific fertility rates, as a proportion of the Total Fertility Rate
136 (TFR), as shown by (Baudisch & Polizzi, 2025). Note that their equations [1], [24] and
137 [26] are derived for the gross reproductive rate Gross reproduction Rate (GRR) in a one-
138 sex population and for cohorts. Assuming a constant sex ratio and a synthetic cohort,
139 their framework likewise holds for the TFR with period data and a two-sex population, as
140 long as survival is high for women in reproductive ages. This is the case in the
141 populations used in this study. Using survival percentiles as shared measures of fertility
142 and mortality patterns is part of a newly developed, integrated framework, which rests on
143 the Born once, die once approach (B1D1) to quantify fertility (Baudisch & Alvarez,
144 2021). Baudisch and Polizzi (2025) showed that the B1D1 approach can be translated
145 into conventional notation based on age-specific fertility rates when maternal survival is
146 high. Using the survival curve as defined within the B1D1 framework did not
147 substantively change our results, which are derived within the conventional formulation.

148 After obtaining the population-specific survival curves, we averaged them within
149 percentiles to obtain year-specific survival curves for the meta-population (results did not
150 change when using the median value). Using this meta-population survival curve, we first
151 estimated a linear model for each percentile, regressing the yearly percentile age on the
152 calendar year. This yielded a single coefficient of the speed of postponement for each
153 percentile and for mortality and fertility separately. We then divided the observation
154 period into 11 five-year windows starting from 1985, each overlapping the previous one
155 by two years. Within each of these windows, we fit a linear model to estimate the
156 coefficient of postponement for different percentile ages (e.g. regressing the year-specific
157 age at which 10% of deaths, or respectively births, had not yet happened on calendar
158 years), again using the metapopulation survival curve.

159 For our last measure, we were interested in how variable the speed of postponement is
160 across populations. We therefore estimated the delay coefficient for each individual
161 population within five-year rolling windows as described above and extracted the highest
162 and lowest value observed across all populations for each percentile. The range is the
163 difference between the two. All analyses were run on R 4.5.2.

164 Results

165

166 Because the starting and end chronological ages of the lifetables and fertility tables
167 represent fixed limits, we focus on percentiles 90th to 5th throughout the paper. Figure 1
168 shows the time-trends of mortality and fertility average percentile ages, i.e. the age at
169 which different percentiles are reached, from 1980 to 2019, averaged across our
170 populations. These ages have increased continuously throughout this period¹. More
171 strikingly, this increase has been largely linear and parallel across percentiles, suggesting
172 that the different percentile ages have shifted upwards at a similar pace.

173 This visual inspection is confirmed by a set of linear regressions, modelling the average
174 percentile age on year for each mortality and fertility percentile during the observation
175 period. These yield R-squares of above 0.97 for all percentiles, showing that linear
176 models fit the pace of postponement in percentile ages extremely well. Figure 2 shows
177 the associated coefficients. These are clustered closely together: even when comparing
178 mortality and fertility, coefficients largely remain in the range between 0.08 and 0.15.
179 This range narrows to between 0.1 and 0.15 when focusing on the older half of the
180 distribution, i.e. percentiles between the 50th and the 5th. Within this range, the difference
181 between the mortality and fertility coefficients for the same percentile age is always less
182 than 10% of the mortality coefficient (the absolute difference also increases for younger
183 percentile ages). Appendix B shows these differences, as well as the distribution of
184 coefficients and R-squared for each model.

185 It is important, however, to consider how these coefficients have changed in time. Figure
186 3 shows the coefficients of linear models estimated in 5-year rolling windows, as
187 described in the *Data and Methods* section. Following Zuo *et al.* (2018)'s hypothesis, we
188 expect fertility, but not mortality, coefficients to show some decline in more recent years,
189 especially at the oldest percentiles, indicating a slowdown in the postponement of ages at
190 childbearing as these approach the known limit to female fertility. This is not what we
191 find. For both mortality and fertility, coefficients remain positive throughout the
192 observation period, indicating a continuous shift upwards of percentile ages. Focusing on
193 the latter part of this period, we see little indication of a compression in the age
194 distributions of either mortality or fertility. There is a slight decline in the values of the
195 mortality coefficients during the most recent time period, but this is in line with previous
196 fluctuations and affects the oldest percentiles less than the younger ones. In fact,
197 coefficients for the oldest percentiles remain above those for younger percentiles,
198 indicating that the right tail is shifting faster than the left (especially the youngest 25% of
199 deaths). The same is true for fertility, although coefficients for younger and older
200 percentiles seem to be converging towards values between 0.11 and 0.13. The pace of
201 postponement has remained comparable across percentiles throughout this period,
202 especially for mortality, and, more recently, for fertility. This pace is also comparable for
203 mortality and fertility, largely remaining in a range of values between 0.07 and 0.15.
204 Similarities between mortality and fertility coefficients also emerge for population-

¹ The only exception are the highest fertility percentiles, which only started increasing in the 1980s and 1990s, but have been steadily going up since

205 specific patterns, but with more variation, highlighting the advantage of using a meta-
206 population (Appendix D in the Supplementary materials). Similar coefficients across
207 time, percentile and between mortality and fertility indicate a shared and constant pace of
208 delay of births and deaths with no signs of a contraction in either distribution.

209 Figure 4 shows trends in the range between the maximum and minimum delay
210 coefficients for all percentiles between the 5th and the 90th, for every five-year window
211 and for mortality (on the left) and fertility (on the right). For both, the range has remained
212 relatively low for the youngest percentiles, with relatively little variation. In contrast, the
213 range was higher for the oldest percentiles (in lighter colours) in the earlier observation
214 years, but has since decreased. By the 2010s, range values for all percentiles had
215 converged towards 0.2 for fertility, while coefficients for the oldest percentiles have
216 recently become more varied for mortality, suggesting that the convergence of their
217 coefficients may have been only temporary.

218 The number of populations included in the HFD and HMD varies by year, as shown in
219 Appendix A. Yet, our results are robust to changing the sample of populations. We
220 considered only the populations with the highest and lowest median ages at death and
221 childbearing in 2019 (after ages 65 and 20, respectively). We also restricted our analyses
222 to years between 1960 and 2019 for populations present in the databases throughout these
223 years. These results support our conclusions (Appendices E-G). Our results are also
224 robust to changing the starting age of the mortality and fertility distributions (Appendix
225 C), although values may differ.

226 **Discussion**

227

228 In this paper, we set out to examine how ages at death and childbearing have been
229 postponed throughout the last 30 years. We then investigated how the shape of the
230 fertility distribution changed as it approaches the physiological age-limit to female
231 fertility, to contribute to the search for a similar limit to human survival. For both
232 mortality and fertility, we examined the rate at which percentile ages are increasing and
233 found strikingly similar coefficients across ages. Percentile ages have been increasing
234 continuously and at a comparable pace since 1985. Linear regressions throughout the
235 observation period and in 5-y rolling windows yield coefficient values of between 0.7 and
236 0.14. Time trends show no clear signs of a compression of the age distribution for either
237 mortality or fertility. Finally, we found that delay coefficients at the highest percentiles
238 have become increasingly similar across populations.

239 Our results support three main conclusions. All of them are unexpected.

240 Firstly, we see that, from the years when female fertility started being postponed, the
241 mortality and fertility distributions have been shifting to later ages linearly and at a
242 comparable pace. There is no obvious reason why mortality and fertility delay should
243 move at the same pace, nor in the same linear pattern. In line with previous evidence,
244 actuarial and reproductive senescence may be two expressions of the same underlying
245 physiological ageing process (Fraser et al., 2020; Gagnon, 2015; Banerjee et al., 2014).

246 Thus, some physiological processes may influence both actuarial and reproductive ageing
247 and constrain the speed of postponement of deaths and births.

248 However, mortality and fertility postponement are complex phenomena, influenced by
249 other distinct physiological mechanisms and various socio-cultural factors (de Bruin et
250 al., 2001; Leone et al., 2023; Benjamin, 2018; Arbeev et al., 2016; Depmann et al., 2016;
251 Shobeiri & Nazari, 2014; Walter et al., 2012; Pakarinen et al., 2010). That the interaction
252 between all these factors should result in a common pace of delay is frankly surprising.
253 What is also surprising is that fertility postponement follows this pace from the 1990s,
254 when ages at childbearing were farther away from the physiological limit to fertility. We
255 would expect to see stronger evidence of common physiological constraints in more
256 recent years, as ages at childbearing shift upwards. Instead, our results suggest that
257 similarities in postponement exist regardless of how close its physiological limit is. It is
258 possible that fertility and mortality do not only share specific physiological mechanism,
259 but also socio-cultural factors, whose influence has so far been studied separately for
260 mortality and fertility postponement. Appendix H shows the trends of the delay
261 coefficients for mortality and fertility from 1900 to 2019. These were not only more
262 variable across time, but also much more different between mortality and fertility. In this
263 perspective, the similarity in pace that we find since 1985 is even more striking.
264 Crucially, we are not arguing that our results show incontrovertible evidence of such a
265 connection. It also possible that the similarities in the postponement of mortality and
266 fertility are due to the casual concurrence of distinct processes. However, the possibility
267 that these two processes, and potentially mortality and fertility themselves, have more in
268 common than currently assumed, especially since the 1980s, holds enough potential for
269 future research to be worth exploring.

270 Our second conclusion shows the potential of exploring such links in practice. Since the
271 1990s, the mortality and fertility distributions have maintained a largely constant shape,
272 despite their continued postponement. According to (Zuo et al., 2018)'s hypotheses, this
273 does not support the existence of an approaching limit for either distribution. For
274 mortality, this fits our initial hypothesis and qualitatively confirms results by (Zuo et al.,
275 2018). Not so for fertility. Even when constraining our analyses to fertility at older ages,
276 our results do not detect signals of a limit (see Supplementary materials)². We know that
277 there is an age above which each woman cannot have children, so why do we see no sign
278 of this limit? That the age distribution should contract at the approach of a limit, as
279 proposed by (Zuo et al., 2018), remains a sensible expectation. We believe that the
280 answer is to be found elsewhere.

281 We propose that the limit of fertility is still too far away to have a visible influence on
282 even the right-most tails of the fertility distribution. Where is this limit? We consider two
283 values. Firstly, age 40.8 is the highest value recorded in the HFD for the 10th percentile
284 age³. The average woman in natural fertility European populations also had her last child

² The increasing slope at younger percentiles suggests a slight contraction for the fertility distribution, but not as a consequence of slowing improvements at older percentiles.

³ Until 1916, only data for Sweden are available in the HFD. We chose to use this value because the Swedish 90th percentile age aligns with what is known from other sources.

285 at age 41 (Wood, 1994). However, infertility between age 40 and menopause was to
286 some extent due to foetal loss (Wood, 1994), which may be mitigated by modern medical
287 advances (Haavaldsen et al., 2010). Moreover, current fertility levels after age 40 remain
288 considerably lower than levels in the late XIX and early XX century (Beaujouan &
289 Sobotka, 2019), suggesting that there remains space for postponement beyond age 41. An
290 alternative benchmark for the limit is age 50, which is the average age at menopause for
291 Caucasian women and the age at which aggregate fertility was close to zero in European
292 natural fertility settings (Eijkemans et al., 2014; Leone et al., 2023). Since this age would
293 determine physiological sterility for a large number of women, it is less likely to have
294 been considerably influenced by public health and medical progress. Moreover, a recent
295 study suggests that Artificial Fertility Treatments (AFTs) have so far contributed little to
296 overall fertility after age 50 (Lazzari et al., 2021). We take these two ages as the lower
297 and upper bounds of the interval where most women will become sterile. There are cases
298 falling outside these confines, but they also fall outside the focus of this paper. The lower
299 bound of this interval is only 26 months above the maximum age of the 10th percentile in
300 2019 (at 38.8 years for Spanish women). The upper bound is about 11 years above it, still
301 close enough that we expected to detect some sign of it. The maximum age of the 10th
302 percentile is even higher when left-truncating the distribution at older ages (41.6 years for
303 Italian women when only considering births after age 35). Yet, we see no sign of a
304 compression in these cases either.

305 Despite continuous progress, aggregate trends move slowly. At the current pace, it takes
306 10 years to shift the distributions by one year of age. If the highest 10th percentile age
307 continues to increase at a constant rate of 0.1 every year, it would take a little over 20
308 years to reach the lower bound of the fertility limit (age 41), and over 100 years to reach
309 the upper one (age 50). Because of the inertia of aggregate trends, what is close in terms
310 of age, may indeed be quite far in terms of time. Because mortality and fertility share a
311 similar pace of postponement, the same conclusion translates to mortality. This may be
312 the answer to a question we did not think to ask. Previous studies have attempted to find
313 evidence for a looming limit or questioned it : but what does looming mean in this case?
314 Our results suggest that if we ever see signs of a limit in aggregate trends of mortality or
315 fertility, this limit will likely be less than 11 years of age above the current maximum 10th
316 percentile age (14 years for mortality, if we consider the distance to the limit relative to
317 the age range affected by mortality), at least as long as the pace of delay remains
318 unchanged. The question remains as to how much closer in age a limit should be to
319 become visible using aggregate trends, but we are not currently able to answer it. As
320 fertility continues to be postponed, this may change.

321 Further restricting the ages considered (e.g. deaths after age 85 and births after age 30)
322 affected the trends of the coefficients, but not the main conclusions (see Appendix G).
323 Coefficient values decrease the older the left-truncation is but remain comparable
324 between mortality and fertility. Moreover, the older percentiles are consistently higher
325 than for the younger ones and are also increasing at a faster rate, challenging the
326 hypothesis of a contracting distribution. In fact, the distribution after such higher ages
327 seems to be expanding, as the right tail moves faster than the rest.

328 Our third conclusion is that the pace of delay for the highest percentiles is increasingly
329 similar across populations and, for fertility, across percentiles. This convergence suggests
330 that while we may not be finding a limit to the delay in mortality and fertility, we may be
331 hitting a limit to its pace. Because this trend is much more marked and stable for fertility
332 than mortality, it is possible that it may be the first sign of an approaching limit. It is also
333 possible that the recent increase in variability for coefficients of the higher percentile
334 ages in mortality is a temporary fluctuation and that they will decline again in the near
335 future. These results are not due to declines in the number of populations included in the
336 datasets, as this number continually increased (including after 2000) and range values are
337 lower in 2019 than in the 1950s. The decline in range for the highest percentiles for
338 fertility is also confirmed when considering higher left-truncation ages, or when focusing
339 only on the 10 populations with the highest and lowest median ages at childbearing and
340 death at ages 20+ (see Supplementary Materials). If the pace of delay is indeed reaching a
341 limit, it may indicate a “stiffer resistance to further progress”, especially for populations
342 with the highest ages at childbearing, which however does not necessarily “[set] any
343 definite limit to it” (Kannisto, 2001, p. 169) in the near future. At the same time,
344 populations that experienced slower paces of delay in the past, may be benefitting from
345 the experience and medical advances of forerunners and catching up to them. This “stiffer
346 resistance” does not affect lower percentiles, leaving room for the continuing influence
347 from socio-cultural, population-specific factors.

348 Beyond the broad reason initially mentioned, several further reasons motivated choosing
349 aggregate trends. By not relying on individual exceptional values, we avoid the need for
350 individual level data and involved methods to handle extreme values (Medford et al.,
351 2019). Further, considering the whole mortality and fertility distributions enables
352 comparison of patterns across ages. Thus, we can distinguish changes that affect young
353 and older ages alike from the effect of a limit, which is unlikely to affect trends at
354 younger ages. We also conceive the limits to mortality and fertility not as hard lines, but
355 rather as fuzzy intervals. At the aggregate level, substantial variation in ages at death (van
356 Raalte et al., 2018) and in the onset of menopause (Daan & Fauser, 2015; Dratva et al.,
357 2009) exist and is unlikely to ever reach zero. The established approach of focusing on a
358 few exceptionally longevous individuals (Barbi et al., 2018; Dong et al., 2016; Lenart &
359 Vaupel, 2017) may help determine an upper limit to human lifespans, but the great
360 majority of the population will not reach those ages. By considering the whole mortality
361 (and fertility) distribution, we aim to explore the rule, not the exception.

362 We believe that using aggregate trends is conceptually more robust than focusing on
363 exceptional cases, but our results suggest that it presents empirical limitations.
364 Decreasing cross-country variation in the speed of postponement may serve as the early
365 signal of an approaching limit. Alternatively, it may be that as long as a potential limit to
366 longevity remains far enough in terms of time, the experience of exceptional individuals
367 will be the only operational tool at the disposal of population scientists looking for a
368 longevity limit. Hopefully, individual variation will be kept into account. Other
369 disciplines (e.g. medicine or biology) may of course be able to theorise a limit to
370 longevity through wholly different methods.

371 In this paper, we have jointly investigated aggregate trends in fertility and mortality to
372 shed light on their similarities. Our results suggest that these may be more substantial
373 than currently assumed. We show how these similarities may be used to investigate the
374 question of a limit to human lifespans. We believe that if even more such similarities are
375 found, they may open the way for exciting new research, for example in forecasting and
376 modelling fertility. Investigating mortality and fertility jointly is still uncommon,
377 however, and only more research on the topic can show whether similarities between
378 them are pervasive or whether we have stumbled upon the only one. In this paper, we
379 highlight a striking convergence in the pace of delay for fertility and mortality, but we
380 can only hypothesise as to its source. More research is needed to understand whether it is
381 the product of common underlying factors or mere randomness. By virtue of the datasets
382 at hand, we also largely focus on Western populations. Since these populations happen to
383 show the most advanced ages in mean ages at childbearing and death, they are also the
384 most appropriate populations to examine in our case. However, this restriction likely
385 affects the generalisability of our results, as other populations may have different
386 characteristics (e.g. in reproductive health and menopause trends (Leone et al., 2023)).
387 Finally, we have also assumed that the limit to fertility is stable. Despite poor data,
388 various studies find an increasing menopause age in highly industrialised countries
389 (Dratva et al., 2009; Leone et al., 2023; Shen et al., 2019; Varea et al., 2000) and two find
390 a pace of 0.1 per birth year (Gottschalk et al., 2020; Rödström et al., 2003). If the age at
391 menopause is being delayed at the same or at a faster pace than the fertility schedule, it
392 becomes unreachable. This could explain why we see no sign of a limit in fertility trends.
393 If the limit to fertility moves, the same could be true for the limit to longevity. In this
394 case, we may never see its effects. In fact, we may question whether this would be a limit
395 at all.

396 **Author Contributions:** S.V. and A.B. designed the research; S.V. performed the
397 analyses; S.V. and A.B. wrote the paper.

398 **Acknowledgments**

399 We would like to thank Susie Lee and Jim Oeppen for their constructive comments on an
400 earlier draft. SV would like to acknowledge funding from the Independent Danish
401 Research Fund (DFF, Danmarks Frie Forskningsfond). This work was funded by the
402 European Union (ERC, Born Once - Die Once, 101043983). Views and opinions
403 expressed are however those of the author(s) only and do not necessarily reflect those of
404 the European Union or the European Research Council Executive Agency. Neither the
405 European Union nor the granting authority can be held responsible for them.

406
407
408
409
410
411
412
413
414

415
416
417
418

419 **References**

- 420 Arbeev, K. G., Ukraintseva, S. V., & Yashin, A. I. (2016). Dynamics of biomarkers in
421 relation to aging and mortality. *Mechanisms of Ageing and Development, 156*,
422 42–54. <https://doi.org/10.1016/j.mad.2016.04.010>
- 423 Balaj, M., Henson, C. A., Aronsson, A., Aravkin, A., Beck, K., Degail, C., Donadello, L.,
424 Eikemo, K., Friedman, J., Giouleka, A., Gradeci, I., Hay, S. I., Jensen, M. R.,
425 Mclaughlin, S. A., Mullany, E. C., O'connell, E. M., Sripada, K., Stonkute, D.,
426 Sorensen, R. J. D., ... Gakidou, E. (2024). Effects of education on adult mortality:
427 A global systematic review and meta-analysis. *The Lancet Public Health, 9*(3),
428 e155–e165. [https://doi.org/10.1016/S2468-2667\(23\)00306-7](https://doi.org/10.1016/S2468-2667(23)00306-7)
- 429 Banerjee, S., Banerjee, S., Saraswat, G., Bandyopadhyay, S. A., & Kabir, S. N. (2014).
430 Female Reproductive Aging Is Master-Planned at the Level of Ovary. *PLOS*
431 *ONE, 9*(5), e96210. <https://doi.org/10.1371/journal.pone.0096210>
- 432 Barbi, E., Lagona, F., Marsili, M., Vaupel, J. W., & Wachter, K. W. (2018). The plateau
433 of human mortality: Demography of longevity pioneers. *Science, 360*(6396),
434 1459–1461. <https://doi.org/10.1126/science.aat3119>
- 435 Barbieri, M., Wilmoth, J. R., Shkolnikov, V. M., Gleij, D., Jasilionis, D., Jdanov, D., Boe,
436 C., Riffe, T., Grigoriev, P., & Winant, C. (2015). Data Resource Profile: The
437 Human Mortality Database (HMD). *International Journal of Epidemiology,*
438 *44*(5), 1549–1556. <https://doi.org/10.1093/ije/dyv105>

- 439 Baudisch, A., & Alvarez, J.-A. (2021). Born once, die once: Life table relationships for
440 fertility. *Demographic Research*, 44, 49–66.
- 441 Baudisch, A., & Polizzi, A. (2025). Fertility, birth, reproduction: Connecting formal
442 demographic frameworks. *Population Studies*, 0(0), 1–15.
443 <https://doi.org/10.1080/00324728.2025.2550770>
- 444 Beaujouan, É., & Sobotka, T. (2019). Late childbearing continues to increase in
445 developed countries. *Population & Societies*, 562(1), 1–4.
- 446 Benjamin, B. (2018). *Social and economic factors affecting mortality*. Walter de Gruyter
447 GmbH & Co KG.
- 448 Cao, B., Bray, F., Beltrán-Sánchez, H., Ginsburg, O., Soneji, S., & Soerjomataram, I.
449 (2017). Benchmarking life expectancy and cancer mortality: Global comparison
450 with cardiovascular disease 1981-2010. *BMJ*, 357, j2765.
451 <https://doi.org/10.1136/bmj.j2765>
- 452 Daan, N. M. P., & Fauser, B. C. J. M. (2015). Menopause prediction and potential
453 implications. *Maturitas*, 82(3), 257–265.
454 <https://doi.org/10.1016/j.maturitas.2015.07.019>
- 455 de Bruin, J. P., Bovenhuis, H., van Noord, P. A. H., Pearson, P. L., van Arendonk, J. A.
456 M., te Velde, E. R., Kuurman, W. W., & Dorland, M. (2001). The role of genetic
457 factors in age at natural menopause. *Human Reproduction*, 16(9), 2014–2018.
458 <https://doi.org/10.1093/humrep/16.9.2014>
- 459 Depmann, M., Broer, S. L., van der Schouw, Y. T., Tehrani, F. R., Eijkemans, M. J., Mol,
460 B. W., & Broekmans, F. J. (2016). Can we predict age at natural menopause using

461 ovarian reserve tests or mother's age at menopause? A systematic literature
462 review. *Menopause*, 23(2), 224. <https://doi.org/10.1097/GME.0000000000000509>

463 Dong, X., Milholland, B., & Vijg, J. (2016). Evidence for a limit to human lifespan.
464 *Nature*, 538(7624), 257–259. <https://doi.org/10.1038/nature19793>

465 Dratva, J., Gómez Real, F., Schindler, C., Ackermann-Liebrich, U., Gerbase, M. W.,
466 Probst-Hensch, N. M., Svanes, C., Omenaas, E. R., Neukirch, F., Wjst, M.,
467 Morabia, A., Jarvis, D., Leynaert, B., & Zemp, E. (2009). Is age at menopause
468 increasing across Europe? Results on age at menopause and determinants from
469 two population-based studies. *Menopause*, 16(2), 385.
470 <https://doi.org/10.1097/gme.0b013e31818aefef>

471 Eijkemans, M. J. C., van Poppel, F., Habbema, D. F., Smith, K. R., Leridon, H., & te
472 Velde, E. R. (2014). Too old to have children? Lessons from natural fertility
473 populations. *Human Reproduction*, 29(6), 1304–1312.
474 <https://doi.org/10.1093/humrep/deu056>

475 Eisenstein, M. (2022). Does the human lifespan have a limit? *Nature*, 601(7893), S2–S4.
476 <https://doi.org/10.1038/d41586-022-00070-1>

477 ESHRE Capri Workshop Group. (2005). Fertility and ageing. *Human Reproduction*
478 *Update*, 11(3), 261–276. <https://doi.org/10.1093/humupd/dmi006>

479 Ezzati, M., Obermeyer, Z., Tzoulaki, I., Mayosi, B. M., Elliott, P., & Leon, D. A. (2015).
480 Contributions of risk factors and medical care to cardiovascular mortality trends.
481 *Nature Reviews Cardiology*, 12(9), 508–530.
482 <https://doi.org/10.1038/nrcardio.2015.82>

483 Fraser, A., Johnman, C., Whitley, E., & Alvergne, A. (2020). The evolutionary ecology
484 of age at natural menopause: Implications for public health. *Evolutionary Human*
485 *Sciences*, 2, e57. <https://doi.org/10.1017/ehs.2020.59>

486 Gagnon, A. (2015). Natural fertility and longevity. *Fertility and Sterility*, 103(5), 1109–
487 1116. <https://doi.org/10.1016/j.fertnstert.2015.03.030>

488 Gottschalk, M. S., Eskild, A., Hofvind, S., Gran, J. M., & Bjelland, E. K. (2020).
489 Temporal trends in age at menarche and age at menopause: A population study of
490 312 656 women in Norway. *Human Reproduction*, 35(2), 464–471.
491 <https://doi.org/10.1093/humrep/dez288>

492 Haavaldsen, C., Sarfraz, A. A., Samuelsen, S. O., & Eskild, A. (2010). The impact of
493 maternal age on fetal death: Does length of gestation matter? *American Journal of*
494 *Obstetrics and Gynecology*, 203(6), 554.e1-554.e8.
495 <https://doi.org/10.1016/j.ajog.2010.07.014>

496 Jasilioniene, A., Sobotka, T., Jdanov, D. A., Zeman, K., Kostova, D., Andreev, E. M.,
497 Grigoriev, P., & Shkolnikov, V. M. (2016). Data Resource Profile: The Human
498 Fertility Database. *International Journal of Epidemiology*, 45(4), 1077–1078e.
499 <https://doi.org/10.1093/ije/dyw135>

500 Kannisto, V. (2001). Mode and Dispersion of the Length of Life. *Population: An English*
501 *Selection*, 13(1), 159–171. JSTOR.

502 Kuang, B., Berrington, A., Vasireddy, S., & Kulu, H. (2025). The changing inter-
503 relationship between partnership dynamics and fertility trends in Europe and the
504 United States: A review. *Demographic Research*, 52, 179–228.

505 Larsen, U., & Vaupel, J. W. (1993). Hutterite fecundability by age and parity: Strategies
506 for frailty modeling of event histories. *Demography*, 30(1), 81–102.
507 <https://doi.org/10.2307/2061864>

508 Larsen, U., & Yan, S. (2000). The age pattern of fecundability: An analysis of French
509 Canadian and Hutterite birth histories. *Social Biology*. (world).
510 <https://www.tandfonline.com/doi/abs/10.1080/19485565.2000.9989008>

511 Lazzari, E., Gray, E., & Chambers, G. M. (2021). The contribution of assisted
512 reproductive technology to fertility rates and parity transition: An analysis of
513 Australian data. *Demographic Research*, 45, 1081–1096.

514 Lenart, A., & Vaupel, J. W. (2017). Questionable evidence for a limit to human lifespan.
515 *Nature*, 546(7660), E13–E14. <https://doi.org/10.1038/nature22790>

516 Leone, T., Brown, L., & Gemmill, A. (2023). Secular trends in premature and early
517 menopause in low-income and middle-income countries. *BMJ Global Health*,
518 8(6). <https://doi.org/10.1136/bmjgh-2023-012312>

519 Leridon, H. (2008). A New Estimate of Permanent Sterility by Age: Sterility Defined as
520 the Inability to Conceive. *Population Studies*, 62(1), 15–24.

521 Lesthaeghe, R. (2014). The second demographic transition: A concise overview of its
522 development. *Proceedings of the National Academy of Sciences*, 111(51), 18112–
523 18115. <https://doi.org/10.1073/pnas.1420441111>

524 Mackenbach, J. P. (1996). The Contribution of Medical Care to Mortality Decline.
525 McKewon Revisited. *Journal of Clinical Epidemiology*, 49(11), 1207–1213.

526 McKeown, T. (1979). *The Role of Medicine: Dream, Mirage, or Nemesis?* Princeton
527 University Press. <https://www.jstor.org/stable/j.ctt7zvwpj>

528 Medford, A., Christensen, K., Skytthe, A., & Vaupel, J. W. (2019). A Cohort Comparison
529 of Lifespan After Age 100 in Denmark and Sweden: Are Only the Oldest Getting
530 Older? *Demography*, 56(2), 665–677. <https://doi.org/10.1007/s13524-018-0755-7>

531 Ní Bhrolcháin, M., & Beaujouan, É. (2012). Fertility postponement is largely due to
532 rising educational enrolment. *Population Studies*, 66(3), 311–327.
533 <https://doi.org/10.1080/00324728.2012.697569>

534 Oeppen, J., & Vaupel, J. W. (2002). Broken Limits to Life Expectancy. *Science*,
535 296(5570), 1029–1031. <https://doi.org/10.1126/science.1069675>

536 Pakarinen, M., Raitanen, J., Kaaja, R., & Luoto, R. (2010). Secular trend in the
537 menopausal age in Finland 1997–2007 and correlation with socioeconomic,
538 reproductive and lifestyle factors. *Maturitas*, 66(4), 417–422.
539 <https://doi.org/10.1016/j.maturitas.2010.04.005>

540 Pittenger, D. B. (1973). An exponential model of female sterility. *Demography*, 10(1),
541 113–121. <https://doi.org/10.2307/2060754>

542 Prioux, F. (2005). Late fertility in Europe: Some comparative and historical data. *Revue*
543 *d'Épidémiologie et de Santé Publique, Parenté Tardive : Risques de Non*
544 *Conception, Pour l'issue de La Grossesse et Pour l'enfant.*, 53, 3–11.
545 [https://doi.org/10.1016/S0398-7620\(05\)84763-7](https://doi.org/10.1016/S0398-7620(05)84763-7)

546 Rindfuss, R. R., & Choe, M. K. (2015). Diversity across Low-Fertility Countries: An
547 Overview. In R. R. Rindfuss & M. K. Choe (Eds.), *Low and Lower Fertility:*
548 *Variations across Developed Countries* (pp. 1–13). Springer International
549 Publishing. https://doi.org/10.1007/978-3-319-21482-5_1

550 Rödström, K., Bengtsson, C., Milsom, I., Lissner, L., Sundh, V., & Bjoürkelund, C.
551 (2003). Evidence for a secular trend in menopausal age: A population study of
552 women in Gothenburg. *Menopause*, 10(6), 538.
553 <https://doi.org/10.1097/01.GME.0000094395.59028.0F>

554 Roff, D. A. (2001). *Life history evolution*. Oxford University Press.

555 Shaw-Taylor, L. (2020). An introduction to the history of infectious diseases, epidemics
556 and the early phases of the long-run decline in mortality. *The Economic History*
557 *Review*, 73(3), E1–E19. <https://doi.org/10.1111/ehr.13019>

558 Shen, T.-Y., Chen, H.-J., Pan, W.-H., & Yu, T. (2019). Secular trends and associated
559 factors of age at natural menopause in Taiwanese women. *Menopause*, 26(5), 499.
560 <https://doi.org/10.1097/GME.0000000000001307>

561 Shobeiri, F., & Nazari, M. (2014). Age at Menopause and Its Main Predictors among
562 Iranian Women. *International Journal of Fertility & Sterility*, 8(3), 267–272.

563 Sobotka, T. (2004). *Postponement of childbearing and low fertility in Europe*. University
564 of Groningen.

565 Sobotka, T. (2017). Post-transitional fertility: The role of childbearing postponement in
566 fuelling the shift to low and unstable fertility levels. *Journal of Biosocial Science*,
567 49(S1), S20–S45. <https://doi.org/10.1017/S0021932017000323>

568 Tomatis, F., & Impicciatore, R. (2023). Labour Market Participation and Fertility in
569 Seven European Countries: A Comparative Perspective. *Comparative Population*
570 *Studies*, 48. <https://doi.org/10.12765/CPoS-2023-08>

571 Towner, M. C., Nenko, I., & Walton, S. E. (2016). Why do women stop reproducing
572 before menopause? A life-history approach to age at last birth. *Philosophical*

573 *Transactions of the Royal Society B: Biological Sciences*, 371(1692), 20150147.
574 <https://doi.org/10.1098/rstb.2015.0147>

575 Tropf, F. C., & Mandemakers, J. J. (2017). Is the Association Between Education and
576 Fertility Postponement Causal? The Role of Family Background Factors.
577 *Demography*, 54(1), 71–91.

578 van Raalte, A. A., Sasson, I., & Martikainen, P. (2018). The case for monitoring life-span
579 inequality. *Science*, 362(6418), 1002–1004.
580 <https://doi.org/10.1126/science.aau5811>

581 van Wijk, D., & Billari, F. C. (2024). Fertility Postponement, Economic Uncertainty, and
582 the Increasing Income Prerequisites of Parenthood. *Population and Development*
583 *Review*, 50(2), 287–322. <https://doi.org/10.1111/padr.12624>

584 Varea, C., Bernis, C., Montero, P., Arias, S., Barroso, A., & González, B. (2000). Secular
585 trend and intrapopulation variation in age at menopause in Spanish women.
586 *Journal of Biosocial Science*, 32(3), 383–393.
587 <https://doi.org/10.1017/S0021932000003837>

588 Vaupel, J. W., Villavicencio, F., & Bergeron-Boucher, M.-P. (2021). Demographic
589 perspectives on the rise of longevity. *Proceedings of the National Academy of*
590 *Sciences*, 118(9), e2019536118. <https://doi.org/10.1073/pnas.2019536118>

591 Vignoli, D., Tocchioni, V., & Mattei, A. (2020). The impact of job uncertainty on first-
592 birth postponement. *Advances in Life Course Research*, 45, 100308.
593 <https://doi.org/10.1016/j.alcr.2019.100308>

594 Walter, S., Mackenbach, J., Vokó, Z., Lhachimi, S., Ikram, M. A., Uitterlinden, A. G.,
595 Newman, A. B., Murabito, J. M., Garcia, M. E., Gudnason, V., Tanaka, T.,

596 Tranah, G. J., Wallaschofski, H., Kocher, T., Launer, L. J., Franceschini, N.,
597 Schipper, M., Hofman, A., & Tiemeier, H. (2012). Genetic, Physiological, and
598 Lifestyle Predictors of Mortality in the General Population. *American Journal of*
599 *Public Health, 102*(4), e3–e10. <https://doi.org/10.2105/AJPH.2011.300596>

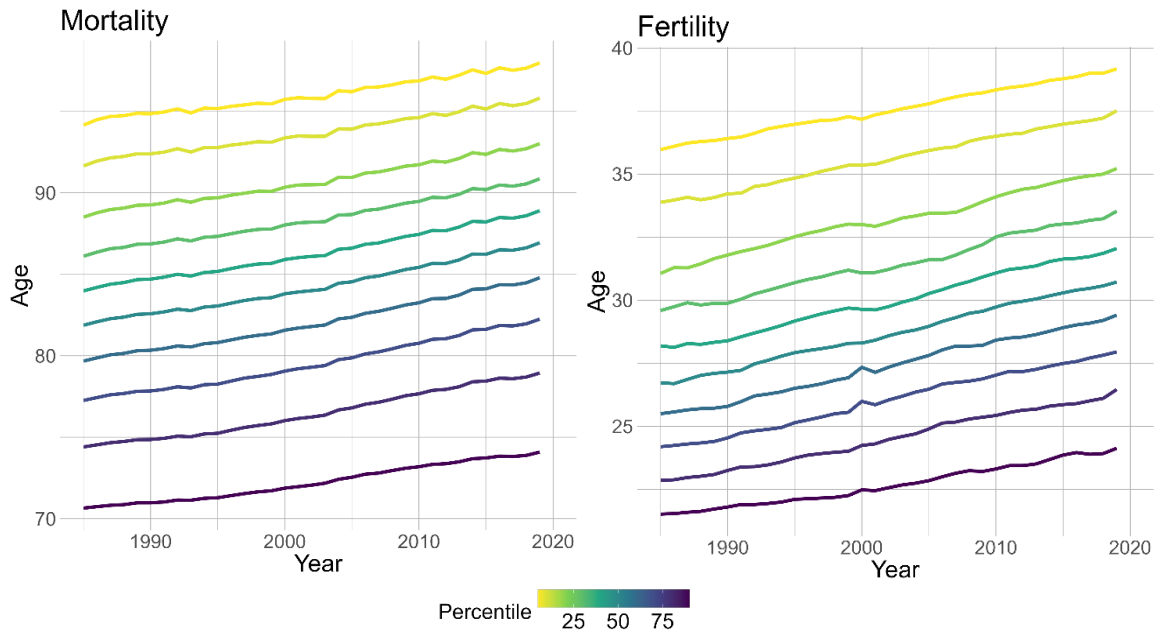
600 Wood, J. W. (1994). *Dynamics of Human Reproduction*. Aldine De Gruyter.

601 Zuo, W., Jiang, S., Guo, Z., Feldman, M. W., & Tuljapurkar, S. (2018). Advancing front
602 of old-age human survival. *Proceedings of the National Academy of Sciences,*
603 *115*(44), 11209–11214. <https://doi.org/10.1073/pnas.1812337115>

604
605
606
607
608
609
610
611
612
613
614
615
616
617
618
619
620
621
622
623

624
625
626
627

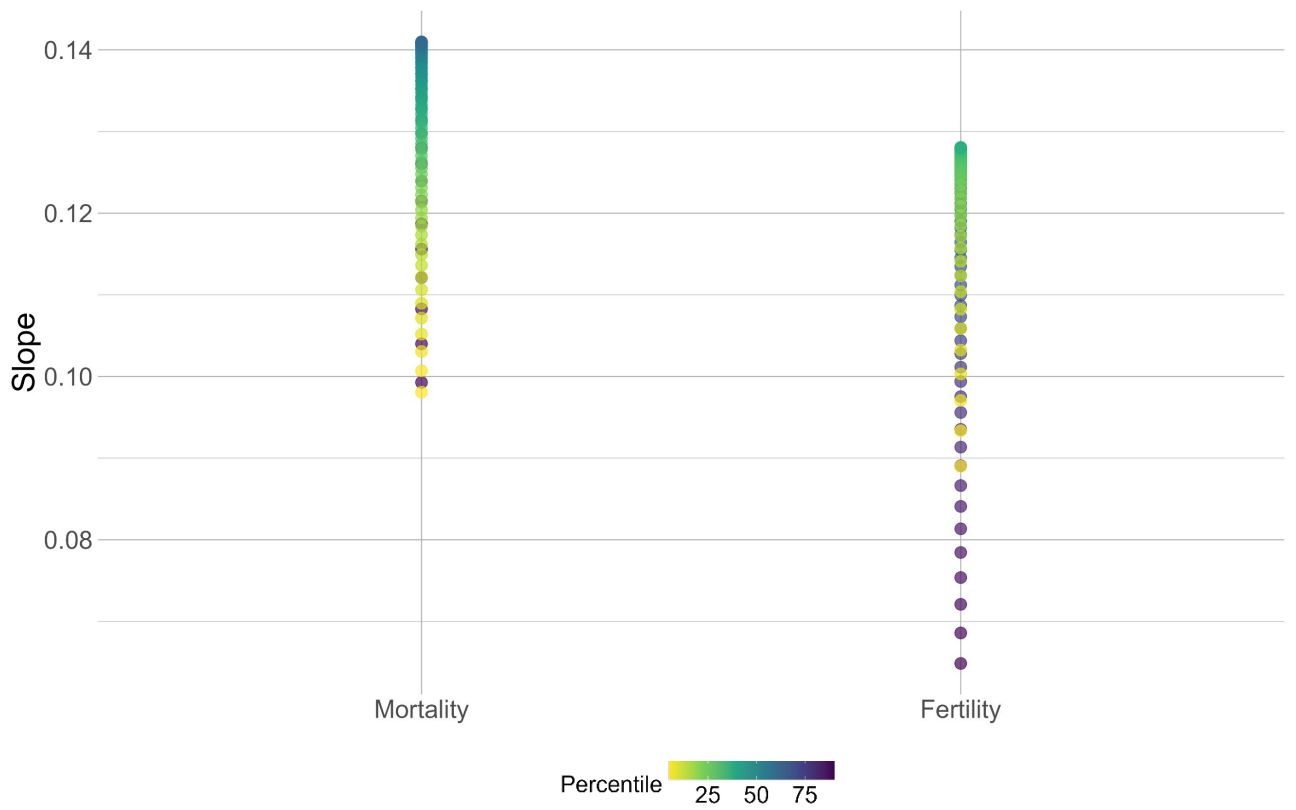
Figures



628
629
630
631
632

633
634
635
636
637

Figure 1. Percentile ages for the mortality (left) and fertility (right) distributions. From darkest to lightest: percentiles 90th, 80th, 70th, 60th, 50th, 40th, 30th, 20th, 10th and 5th. For example, the age at which 30% of birth have not yet happened (fourth from the top) has increased from 29.1 in 1985 to 33.5 in 2019.



638

639 **Figure 2.** Coefficients of linear models predicting percentile ages with calendar years for
 640 mortality (left) and fertility (right), for each percentile age.

641
 642

643

644

645

646

647

648

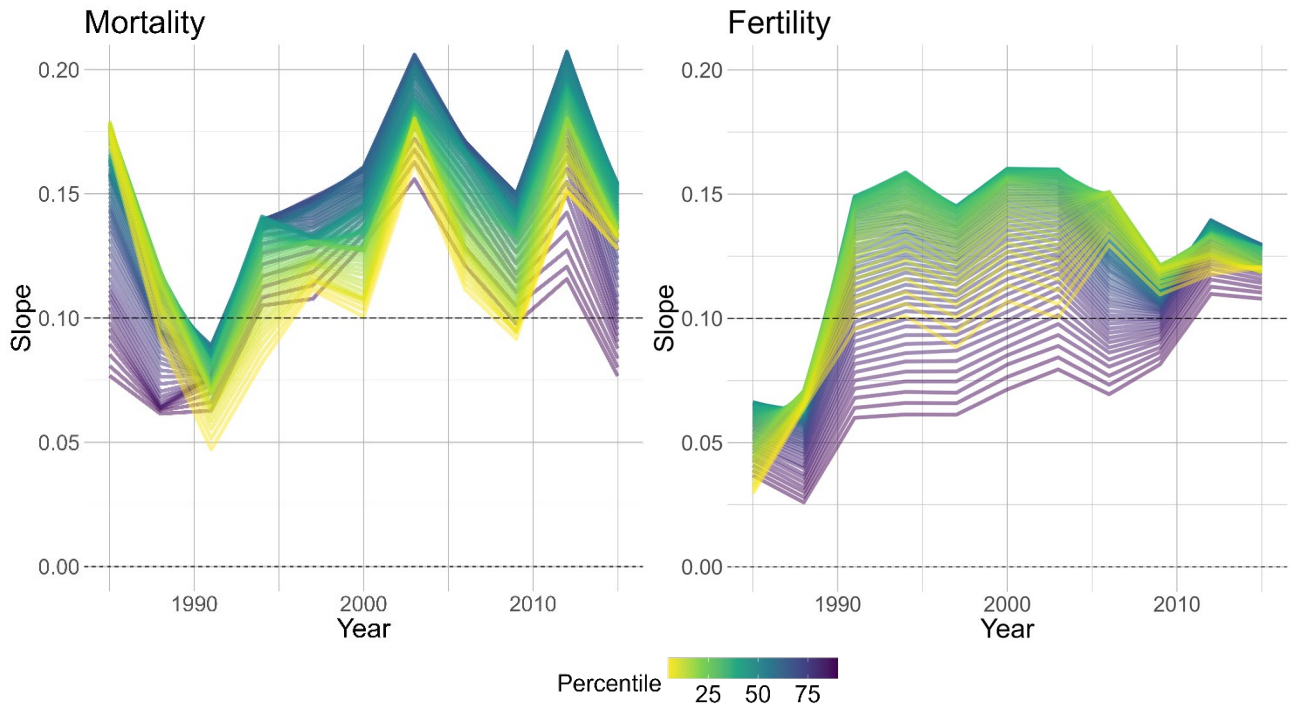
649

650

651

652

653



654 **Figure 3.** Coefficients of linear models predicting percentile ages with calendar years
 655 within five-year rolling windows for mortality (left) and fertility (right), for each
 656 percentile age.
 657

658

659

660

661

662

663

664

665

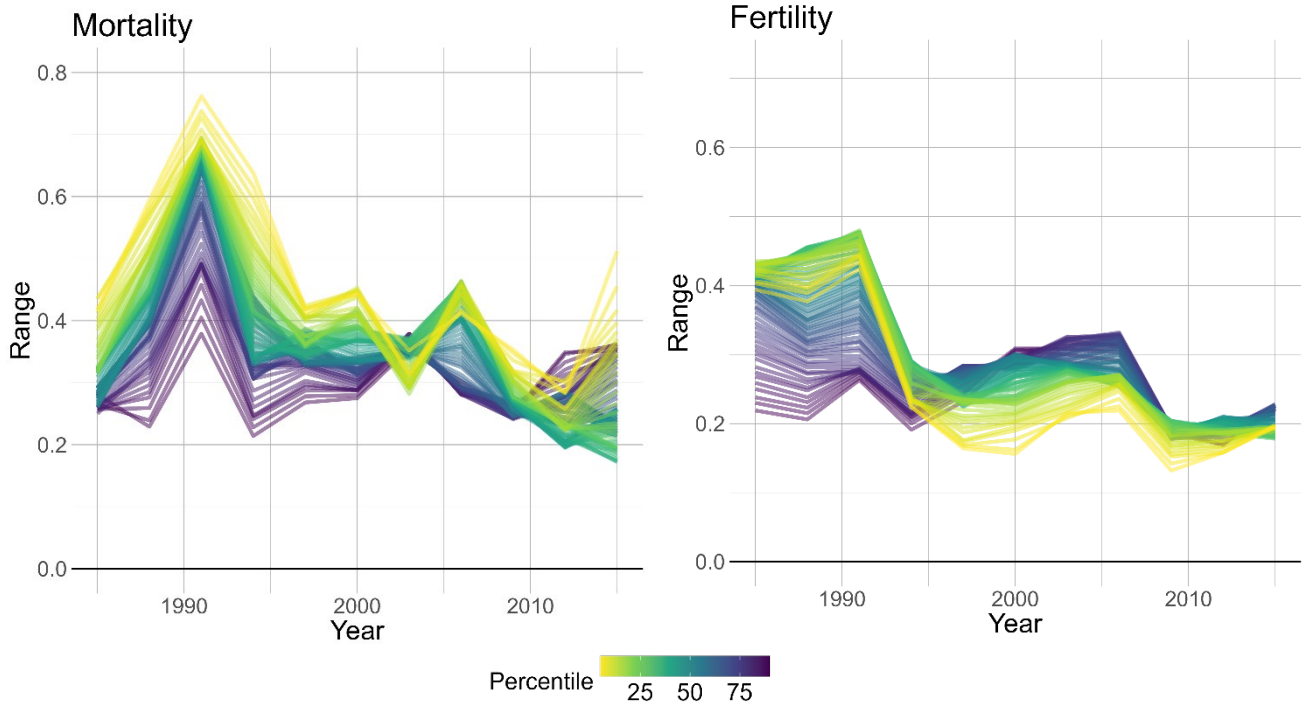
666

667

668

669

670



671
672

673 **Figure 4.** Range of population-specific coefficients, from linear models predicting
674 percentile ages with calendar years within five-year rolling windows for mortality (left)
675 and fertility (right), for each percentile age.

676
677
678
679
680
681
682
683
684
685
686
687
688

689

690 **Appendices**

691 **See https://osf.io/preprints/socarxiv/b7shw_v2**