SCOTTISH WIDOWS

Living with & beyond cancer in 2045

Paraplanners' Assembly

2026

This presentation is for UK Financial Advisers only and should not be distributed to or relied upon by another person

The power of partnership - working together for real-world impact

3 years in the making

Scottish Widows' actuarial modelling have worked with Macmillan's practical insight to create the most comprehensive UK picture of cancer prevalence to 2045, turning data into insight that can inform policy, services and financial planning.

Built on trust and transparency

All modelling uses publicly available, aggregated, non-identifiable statistics. No Macmillan data was used or shared with Scottish Widows, addressing sensitivities around cancer and insurance data.

What is prevalence?

Cancer prevalence tells us how many people are living with the impact of a cancer diagnosis today, not just how many are diagnosed each year, which means protection planning is no longer about rare events, it's about everyday financial resilience.

Real world impact

The partnership goes beyond insight, linking the findings to protection and Macmillan signposting, with a clear disclaimer that it does not include insurance advice or product recommendations.

By 2045, cancer will touch far more lives across the UK

What the data shows — and why it matters

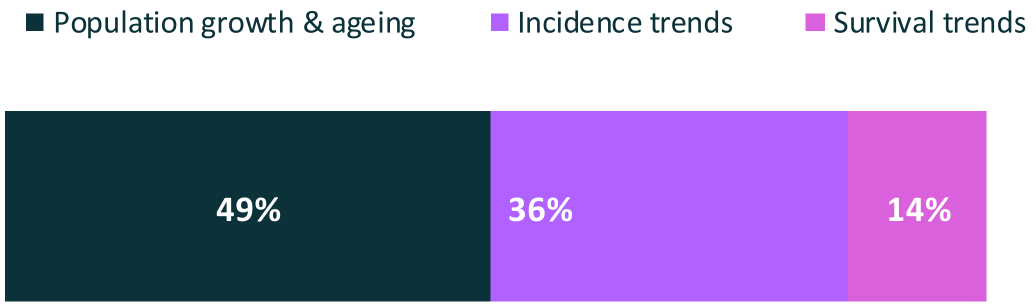
+58%

cancer prevalence (2025–2045)

By 2045, 5.4 million people in the UK will be living with and beyond cancer — up from 3.4 million in 2025.

Source: Living with and beyond cancer in 2045 report, Scottish Widows & Macmillan, 2026

What's driving the increase?



Most prevalent cancers in 2045:

- Female breast
- Prostate
- Colorectal
- Melanoma

Rising prevalence means rising demand — much sooner than many expect

Near-term pressure: recently diagnosed cancers

Five-year prevalence is projected to increase by

50%

over the next 20 years

with **over 2 million people living with a cancer diagnosed in the previous five years** by 2045.

Growth varies sharply by cancer

- Melanoma +86%
- Prostate +63%
- Female breast +38%
- Colorectal +34%

Prostate cancer is projected to surpass breast cancer for 5-year prevalence by 2045.

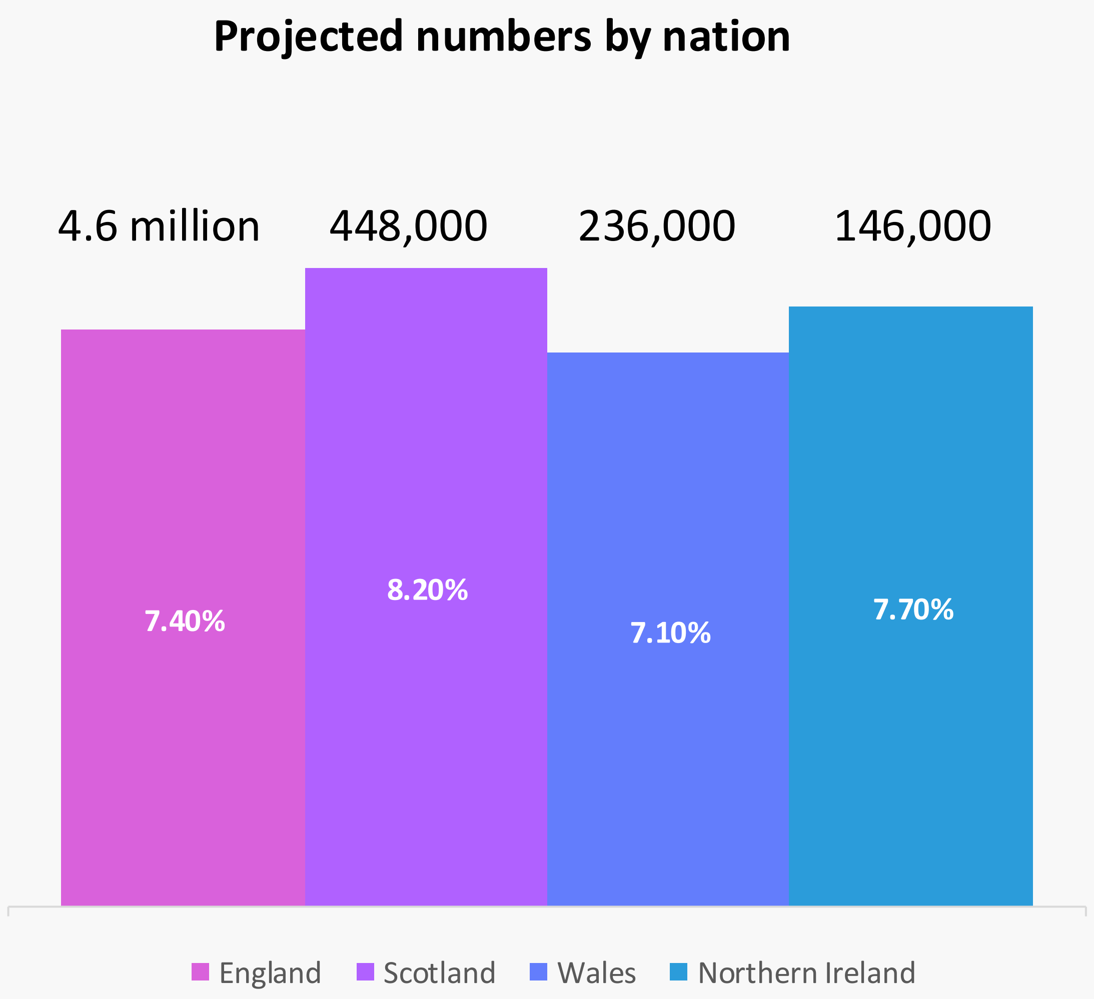
Source: Living with and beyond cancer in 2045 report, Scottish Widows & Macmillan, 2026

Cancer prevalence is rising in every UK nation

Prevalence across the UK

By 2045, **7–8% of the population** in each home nation is projected to be living with and beyond cancer

compared with around 5% in 2025.



Source: Living with and beyond cancer in 2045 report, Scottish Widows & Macmillan, 2026

Zillenials (25-30)

“I’ll wait a few years…”

The sooner you get protection, the less your monthly premiums will be.

You’re never more insurable than you are today.

£54 p/month	£76 p/month	£114 p/month
21 year old non smoker	30 year old non smoker	40 year old non smoker

Scottish Widows P&P Premiums based on £150,000 Life & CI cover up to age 70

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Did you know?

69% of renters have no form of protection in place

Less than 1 in 10 adults under 30 have income protection in place

25 was the age of our youngest adult critical illness claim in 2024

Source: Scottish Widows & YouGov research, 2025. Scottish Widows claims data 2024

“I don’t have much money left after paying my rent”

If your rent payments are a large chunk of your outgoings, have you thought about how you’d keep up with these payments should you not be able to work due to illness or injury for a significant amount of time?

Young families (30-45)

“Protection is too expensive”

Let’s compare the cost of cover with a few monthly treats.

The average price of a daily cup of coffee is **£3.35 - £16 per week/£72 per month***

4 in 5 UK adults (79%) are signed up for at least one subscription service, spending an average **£58 a month**, on subscription services.*

The average monthly takeaway spend per person in UK is **£50.****

Sources: *Finder, 2025, **Nimblefins, 2025

Did you know?

40% of critical illness adult claims were for people under 50

2.5 million extra people will be living with a serious illness by 2040

1 in 4 adults under 50 don’t have enough savings to cope with a financial emergency

Sources: Scottish Widows claims data 2024, Health in 2040- Projected patterns of illness, The Health Foundation report, July 2023, Scottish Widows & YouGov research, 2025

“It won’t happen to me”

5

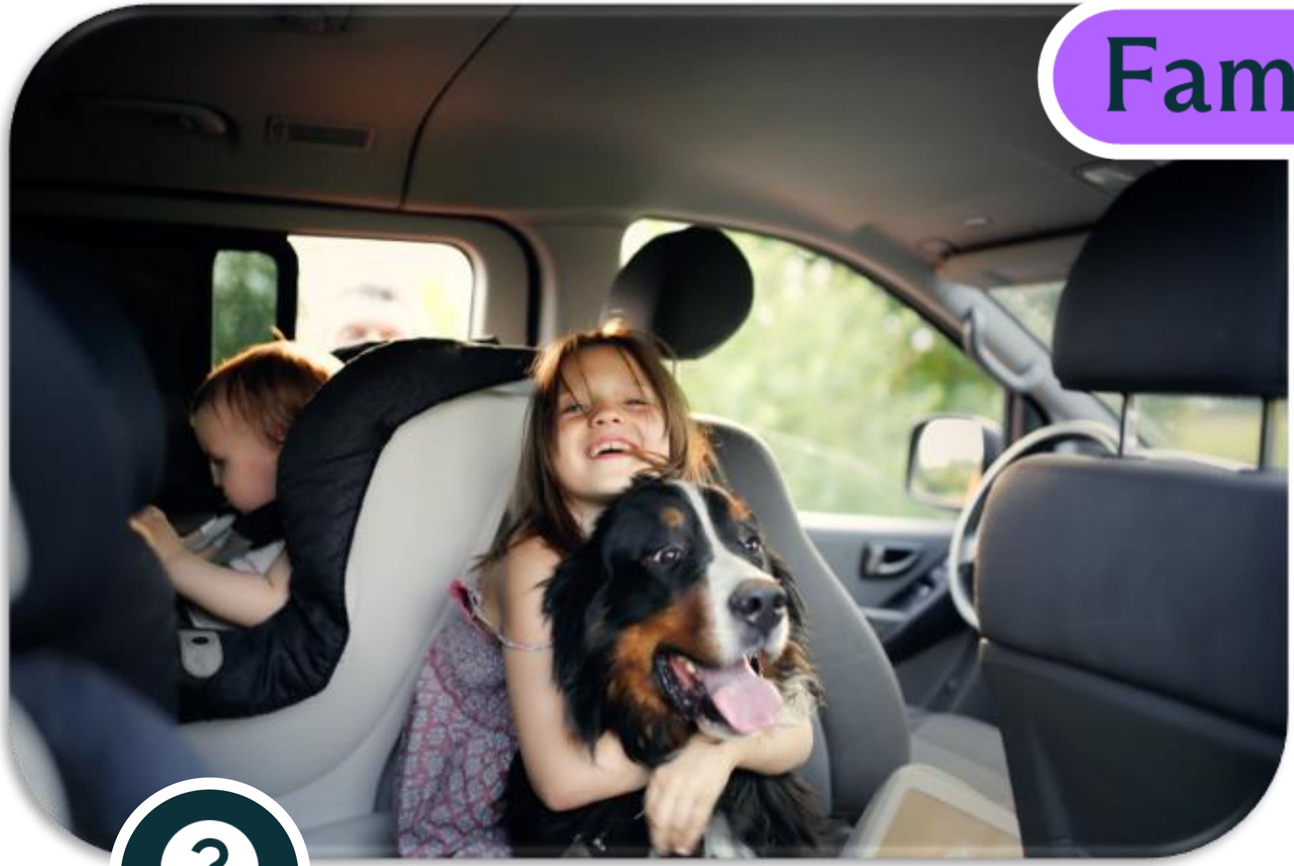
Every 5 mins*
someone in the UK is admitted to hospital following a heart attack

20

Every 20 minutes**
a child loses a parent

1 in 2*** people will be affected by Cancer in their lifetime

Sources: *BHF, 2025, **Childbereavement UK, 2025, ***Cancer Research, 2025



Family/Divorced(30-55)

"I already have Life insurance"

Different types of insurance are important, but they have different benefits and purposes.

Which type of cover would be most appropriate for your circumstances?

"I would get help from the government"

You may receive some support from the government – but not enough and not for long.

- Statutory Sick Pay will give you £118.75* a week for up to 28 weeks if you can't work due to ill health.
- Not everyone is eligible for Statutory Sick Pay - it's only available for people who are employed, and Tax and National Insurance are still deducted from your payments.
- In 2024, the average weekly household spend was £623.30**

Sources: Gov.UK, 2025, ONS Family spending in the UK: April 2023 to March 2024, 2024

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Did you know?

31 was the youngest critical illness claim in this age group

7 out of 10 divorced adults with Income Protection took out their cover as they wanted financial security

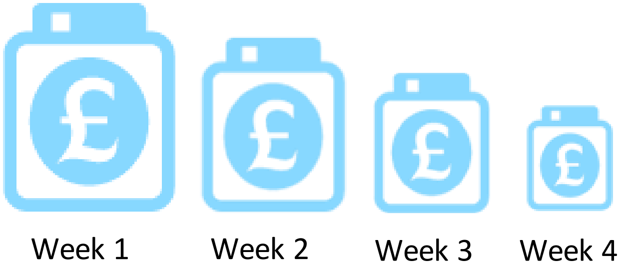
Over half of UK adults with children in the household would not be able to support themselves/their household financially beyond 6 months

Sources: Scottish Widows claims data 2024, Scottish Widows & YouGov research, 2025

Anxious/Uninformed(45-65)

"I'd rely on my savings"

Savings run out faster than you think



Average UK household spends **£623.30** per week

Source: ONS Family spending in the UK: April 2023 to March 2024, 2024

"I'm starting to look at when I can retire"

Loss of your regular working income could impact your long-term retirement plans as you might be less likely to be able to continue to contribute to your pension.

You may also need to rely on any savings, which could be quickly depleted given rising living costs.

Protecting your income could reduce the financial impact of not being able to work due to illness or injury.

Have you considered how a loss of your regular income could impact your longer-term retirement plans?

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Did you know?

60% of adults under 65 are concerned about loss of income due to illness/injury

42% of those approaching retirement(60-64 years old) still risk not being ableto cover their basic needs in retirement

50% of UK adults either have never heard of income protection or don't know what it is

Sources: Scottish Widows & YouGov research, 2025, Scottish Widows Retirement report 2025

Thank you

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03/26