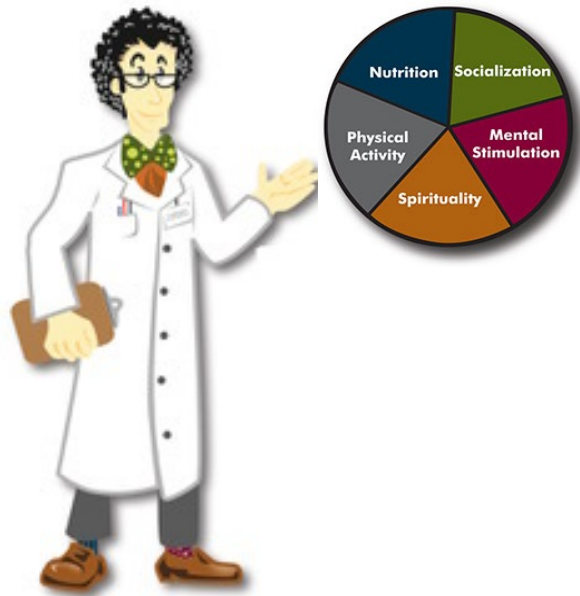


LONGEVITY AND HEALTH





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LIFESPAN

How long can we live?

Jeanne Calment



122 years and 164 days

2-21-1875

8-4-1997

Jeanne Calment

- Only human verified to live to 120 years
- Outlived her grandson
- Leisurely lifestyle
- Never had to work
- Fencing, cycling, tennis, swimming, roller skating, piano, hunting.
- Lived on her own until age 110
- Was never ill
- Suffered migraines in her youth
- Smoked after meals until 117
- Rode bike until 100
- Moved into NH in 1985 when her pipes of home froze

Jeanne Calment

- Never used heat in winter and she got frostbite
- Awoke at 6:45am and started day with prayer
- She exercised daily-moved faster than those in their 30s
- Coffee with milk daily
- Ate braised beef and ate dessert with each meal
- Wanted fried and spiced foods
- Daily fruits and ate 2.2 lbs chocolate a week
- Small amount of wine after meals
- Napped two hours a day
- Stayed current on news
- Religious practice daily and weekly

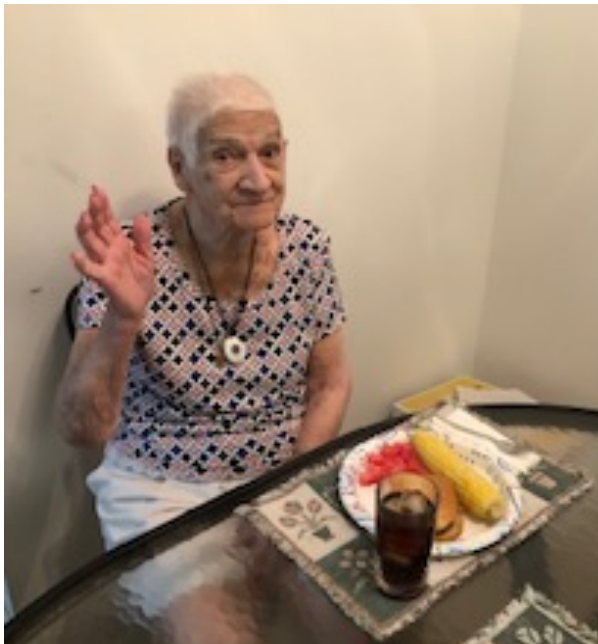
Jeanne Calment

- 4 feet 11 inches and 99 pounds
- pulse was 84/min
- BP 140/70
- Blood samples normal from age 111-114
- No medicine other than aspirin for migraine
- Scored well on cognitive tests and memory good
- Repeat NP tests at 118 and CT brain-did as well as those in 80s
- No frontal lobe deterioration and no neurological disease
- Remained mentally sharp

Jeanne Calment

- Mild heart abnormalities
- Some osteoarthritis
- Fell at 115 and fractured femur and used wheelchair
- Bilateral cataracts limited vision
- Died of unspecified causes 8-4-97 at 10:00am

Mary



98 years 10 months

4-15-24

2-16-23

Mary

- RN
- Loving Mother and Wife of 68 years
- Deeply religious
- Cared for Special Needs Child
- Stubborn and Tough
- Routine and Mentally Disciplined
- Western Diet
- First Doctor visit in 60s

Mary

- Blood test results normal in 90s
- Cognitive ability good until very late
- Gardening, shoveling snow, raking leaves
- Cleaned house and other chores
- Cooked daily
- No ETOH, No Nicotine, Decaf, and No Swearing

Resources on Longevity

New England Centenarian Study (Dr. Thomas Perls) www.centenarianstudy.com

The Longevity Project (Friedman, H S., & Martin, L. R. 2011). Hudson Street Press

Aging with Grace (Snowdon, D., 2001). Bantam.

Successful Aging (Rowe, J. W., & Kahn, R. L. 1998). Pantheon.

The Blue Zones: Secrets of Living Longer (Buettner, D., 2023). National Geographic.

LIFE EXPECTANCY

Statistics on Aging
“Stay on the Dance Floor”

Demographic Data

- Someone turns 50 every 6 seconds
- 6,000 turn 65 every day
- 3,000 turn 85 every day
- 90 million over age 55
- 56 million over age 65 (2020)
- 86 million over age 65 by 2040 (20% of total population)
- Median age in use today is approximately 43
- 10+ medications prescribed by 80

Elderly (65+) in America

- 1 in every 25 (3.1 million) in 1990
- 1 in every 8 (33.2 million) in 1994
- 1 in every 5 (80 million) in 2050

Year	# Persons 65+	% of Total Population
2012	37 Million	12-13%
2050	80 Million	20%

Life Expectancy

Year	At Birth	At 65	At 75	At 85
1900	45	76	81	88
1950	68	78	83	89
1960	69	79	83	89
1970	70	80	84	90
1980	72	81	85	90
1990	74	82	86	91

100 Year Olds in United States

- 1 out of every 10,000 Americans in 1990
- 37,306 over 100 in 1990
- 80% were women
- 72,000 over 100 in 2000
- 834,000 over 100 in 2050

Life Expectancy (CDC 2022)

- 85% of Centenarians are Women-15% are Men
- Life Expectancy in US dropped 2nd year in Row in 2021
- 2021 baby born will live to 76.1 years down from 77 in 2020
- Females born in 2021 will live to 79.1
- Men born in 2021 will live to 73.2
- Disparity in Life Expectancy by Gender expanded in 2021
- Pandemic primary factor-Drug OD and Accidents 16% factor
- Non Hispanic Asian people highest life expectancy in US (83.5)

United States Vs World Life Expectancy (2020)

- US is 11th place for Life Expectancy in World Relative to Largest GDP
- Japan is #1 with 85 years
- United States is #11 with 77 years
- China is also 77 years
- For countries with greater than 50,000 population US is 59th
- Lifestyle in United States Overcomes Economic/Medical Resources
- Preventative Approaches not Championed in USA

Western Medicine Factors for Longevity

- Healthy Blood Pressure
- Healthy Sugar-No Diabetes
- Do not Smoke
- No Obesity
- Limit ETOH
- Healthy Sleep
- Mediterranean Diet
- Genetics (25% contributor)

Psychosocial Factors & Longevity

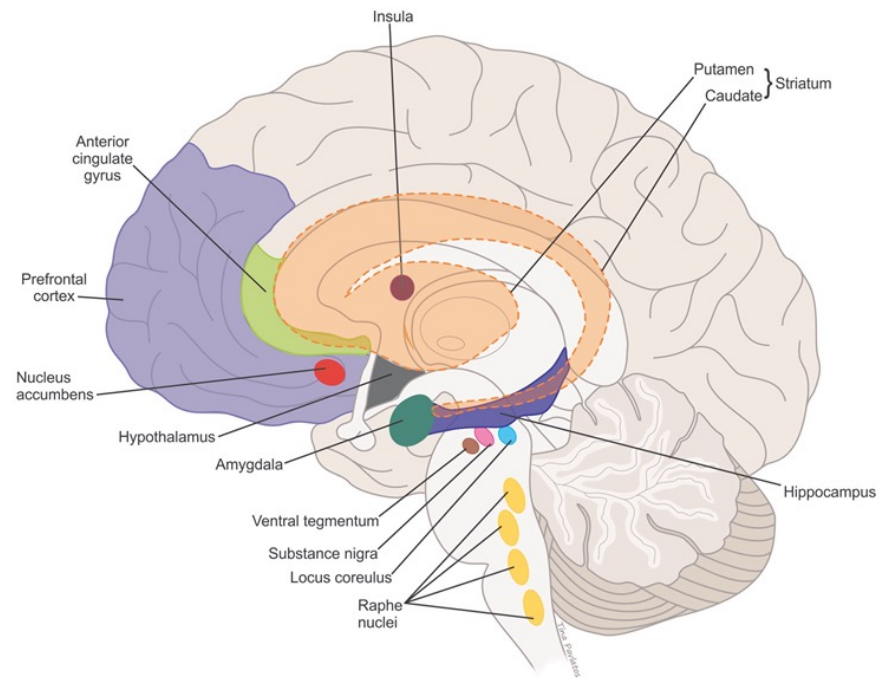
- Conscientiousness
- Marital Stability (more important for men)
- Exposure to traumatizing stress (divorce as a child)
- Social Isolation
- Workplace Failures
- Social Instability
- Religious Practice

Behavioral Factors and Longevity

Lists of what to do are not recommended

- Build Movement into Your Day
 - Eat Healthy (Mediterranean or MIND Diets)
 - Rely on People and Reduce Dependence on Technology
 - Family, Community, and Religion
 - Align with Those who help You live with Purpose
 - Nap
- **Good Food, Good Sleep, Movement, and Sense of Purpose.**

Brain-Behavior-Longevity



Neurospiritual Factors and Longevity

- Love
- Forgive
- Kindness
- Empathy (How I feel for...)
- Compassion (What I do for...)
- Hope
- Faith
- Order
- Charity
- Divorce Self from Self
- Humility
- Give Anxiety and Guilt Away
- Legacy

Brain Health Lifestyle[®] and Longevity



Dr. Nussbaum's Brain Health Lifestyle

Critical factors to your enriched environment

- Remain integrated & involved
- Develop hobbies
- Build friendship & family networks
- Do not retire – maintain meaning/role
- Avoid Loneliness and Ask



Dr. Nussbaum's Brain Health Lifestyle

Critical factors to your enriched environment

- Walk 10,000 steps daily
- Dance
- Knit or Garden
- Reduce Sitting Time
- Aerobic exercise/Yoga
- Swim

**25% Blood
to Brain!**



Dr. Nussbaum's Brain Health Lifestyle

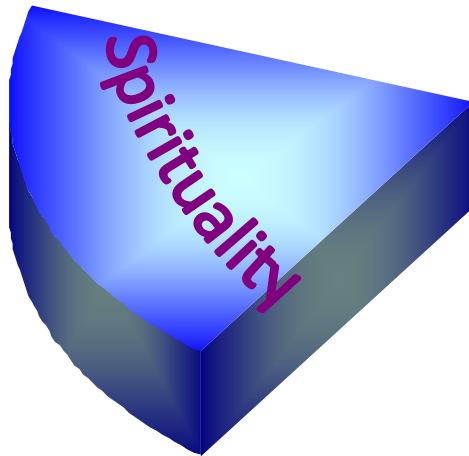
Critical factors to your enriched environment

- Learn a second language
- Sign language
- Travel
- Play board games/puzzles
- Power of Music/Art
- Surf the Web
- Think and Problem Solve



Dr. Nussbaum's Brain Health Lifestyle

Critical factors to your enriched environment



- Breathing Exercises
- Learn how to Meditate/Yoga
- Pray daily
- Minimize and Donate
- Sleep And Nature
- Power in Powering Down
- Brain Balance

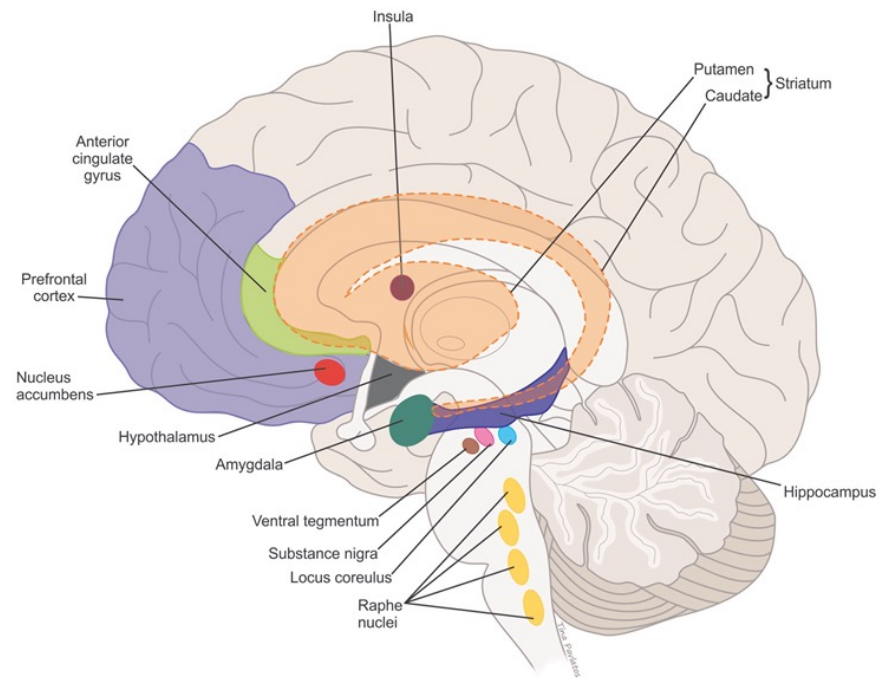
Dr. Nussbaum's Brain Health Lifestyle

Critical factors to your enriched environment



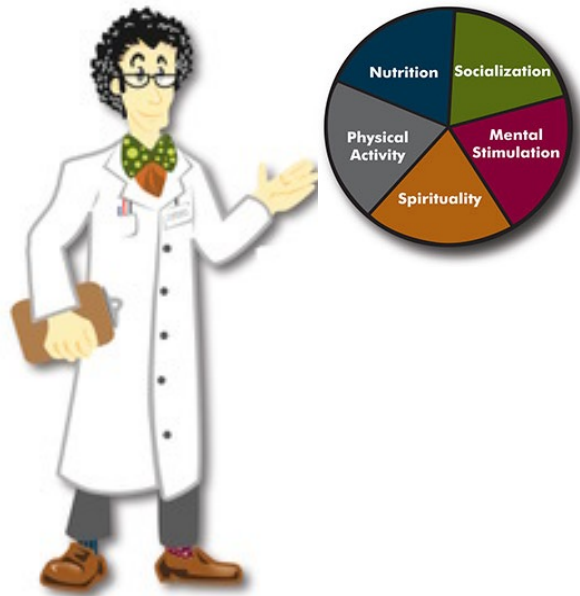
- Increase OMEGA-3 fatty acids
Reduce caloric intake (Fasting)
- Decrease processed foods/bad fat
- Increase anti-oxidants (Berries, Kale, Dark Chocolate, Beans)
- MIND Diet (Med + DASH)
- Follow and Do What You Know

Brain-Behavior-Longevity



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