



# Five keys to a longer, healthier life

Researchers from the Harvard T.H. Chan School of Public Health recently concluded a massive study on the impact of health habits on life expectancy. The study included over 78,000 women, studied from 1980 to 2014, and over 40,000 men, followed from 1986 to 2014. That's over 120,000 participants, 34 years of data for women, and 28 years of data for men.

The authors of this study point out that in the US we tend to spend outlandishly on developing fancy drugs and other treatments for diseases, rather than on trying to prevent them. This is a big problem and not really working out, as in the United States we still have one of the lowest life expectancies of all developed nations.

As it turns out, **healthy habits make a big difference**. According to this analysis, people who met criteria for five habits enjoyed significantly, impressively longer lives than those who had none: 14 years for women and 12 years for men (if they had these habits at age 50). Here's what we recommend — along with regular chiropractic care:

**1. Healthy diet**, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.

**2. Healthy physical activity level**, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.

**3. Healthy body weight**, defined as a normal body mass index (BMI), which is between 18.5 and 24.9.

**4. No smoking:** there is no healthy amount of smoking. "Healthy" here meant never having smoked.

**5. Moderate alcohol intake**, which was measured as between 5 and 15 grams per day for women, and 5 to 30 grams per day for men. Generally, one drink contains about 14 grams of pure alcohol. That's 12 ounces of regular beer, 5 ounces of wine, or 1.5 ounces of distilled spirits.



*This healthy living information is provided by  
your Doctor of Chiropractic and the  
Idaho Association of Chiropractic Physicians (IACP) .*