

Life Expectancy Survey

This survey gives you a rough guide for predicting your longevity. Decide how each item applies to you and add or subtract the appropriate number of years from your basic life expectancy.

- ___ Basic Life Expectancy (74 for males; 80 for females)
- ___ If you are in your fifties or sixties, you should add ten years to the basic figure because you have already proved yourself to be a durable individual. If you are over age sixty and active, you can even add another two years.

FAMILY HISTORY

- ___ Add five years if two or more of your grandparents lived to 80 or beyond.
- ___ Subtract four years if any parent, grandparent, sister, or brother died of a heart attack or stroke before the age of 50.
- ___ Subtract two years if anyone died from these diseases before the age of 60.
- ___ Subtract three years for each case of diabetes, thyroid disorder, breast cancer, cancer of the digestive system, asthma, or chronic bronchitis among parents or grandparents.

MARITAL STATUS

- ___ If you are married, add four years.
- ___ If you are over 25 and not married, subtract one year for every unmarried decade.

ECONOMIC STATUS

- ___ Add two years if your family income is over \$60,000 per year.
- ___ Subtract three years if you have been poor for the greater part of your life.

PHYSIQUE

- ___ Subtract one year for every ten pounds you are overweight.
- ___ For each inch your girth measurements exceeds your chest measurements deduct two years.
- ___ Add three years if you are over 40 and not overweight.

EXERCISE

- ___ Add three years if you exercise regularly and moderately (e.g., jogging three times a week).
- ___ Add five years if you exercise regularly and vigorously (e.g., long-distance running three times a week).
- ___ Subtract three years if your job is sedentary.
- ___ Add three years if your job is active.

ALCOHOL

- ___ Add two years if you are a light drinker (one to three drinks a day)
- ___ Subtract five to ten years if you are a heavy drinker (more than four drinks per day).
- ___ Subtract one year if you are teetotaler (complete abstinence from alcohol).

SMOKING

- ___ Subtract eight years if you smoke two or more packs of cigarettes per day.
- ___ Subtract two years if you smoke one to two packs per day.
- ___ Subtract two years if you smoke less than one pack.
- ___ Subtract two years if you regularly smoke a pipe or cigars.

DISPOSITION

- ___ Add two years if you are a reasoned, practical person.
- ___ Subtract two years if you are aggressive, intense, and competitive.
- ___ Add one to five years if you are basically happy and content with life.
- ___ Subtract one to five years if you are often unhappy, worried, and often feel guilty.

EDUCATION

- ___ Subtract two years if you have less than a high school education.
- ___ Add one year if you attended four years of school beyond high school.
- ___ Add three years if you attended five or more years beyond high school.

ENVIRONMENT

- ___ Add four years if you have lived most of your life in a rural environment.
- ___ Subtract two years if you have lived most of your life in an urban environment.

SLEEP

- ___ Subtract five years if you sleep more than nine hours a day.

TEMPERATURE

- ___ Add two years if your home's thermostat is set at no more than 68° F.

HEALTH CARE

- ___ Add three years if you have regular medical checkups and regular dental care.
- ___ Subtract two years if you are frequently ill.

___ **YOUR LIFE EXPECTANCY TOTAL**