

# Feb 3, 2020

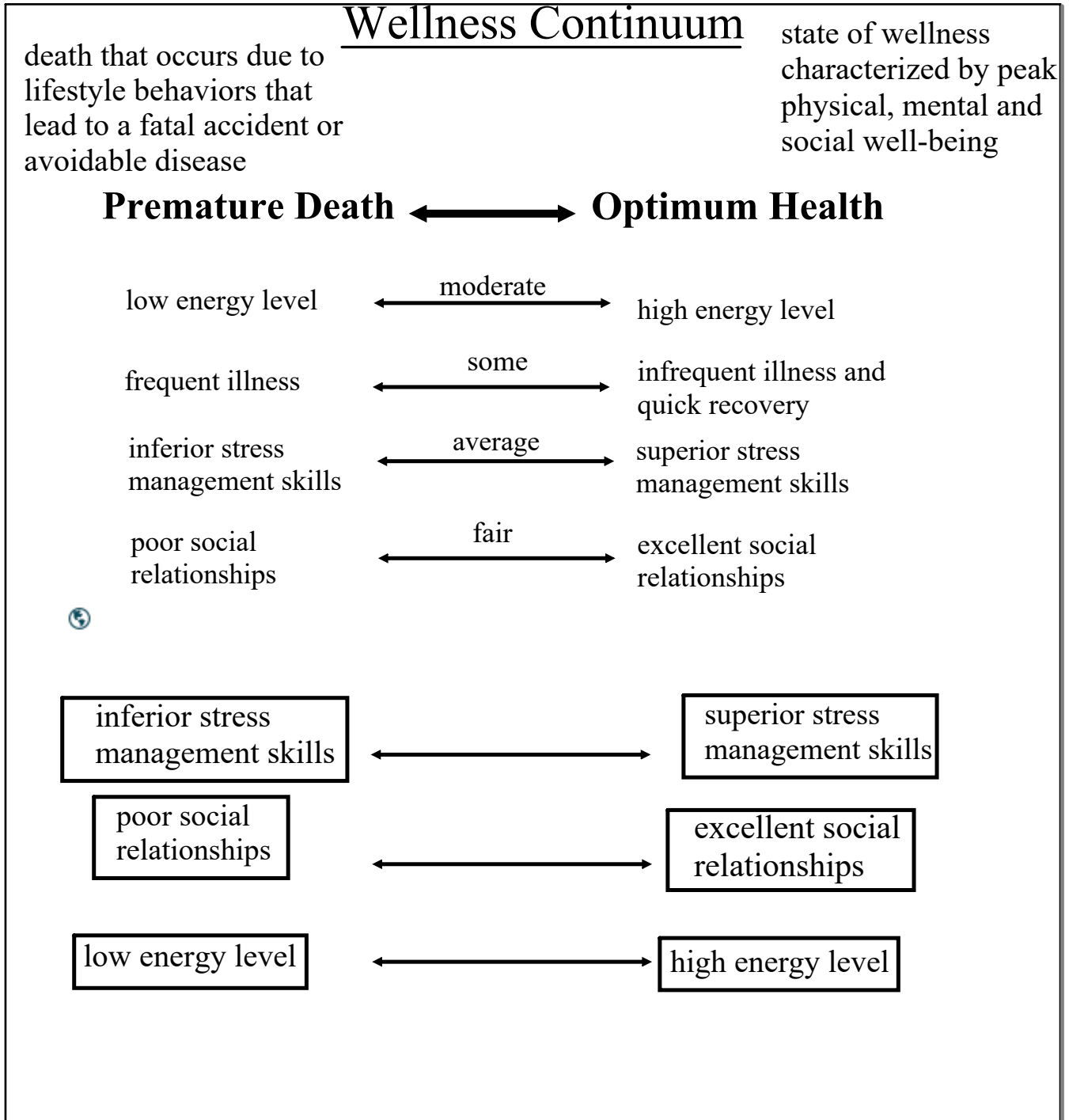
Pass in Day in the Life Assignment

Wellness Continuum

Life Expectancy

## Warm-Up

Japan has this highest life expectancy.  
People in this country live on average to  
an age of .



What do you think are the top four lifestyle behaviors that contribute to premature death?

Drugs gang  
Alcohol  
Overweight (Obese)  
Smoking  
not eating healthy  
lack of sleep  
" " exercise

Top four lifestyle behaviors that contribute to premature death.

1. Tobacco use
2. Poor diet
3. Lack of exercise
4. Alcohol abuse

Healthy Life expectancy is the number of years a person is expected to live in good health. Therefore it varies based on country even province or areas within a province.



What do you think the average life expectancy is for a Canadian

Male?

80

Female?

84

New Brunswick

Male?

78

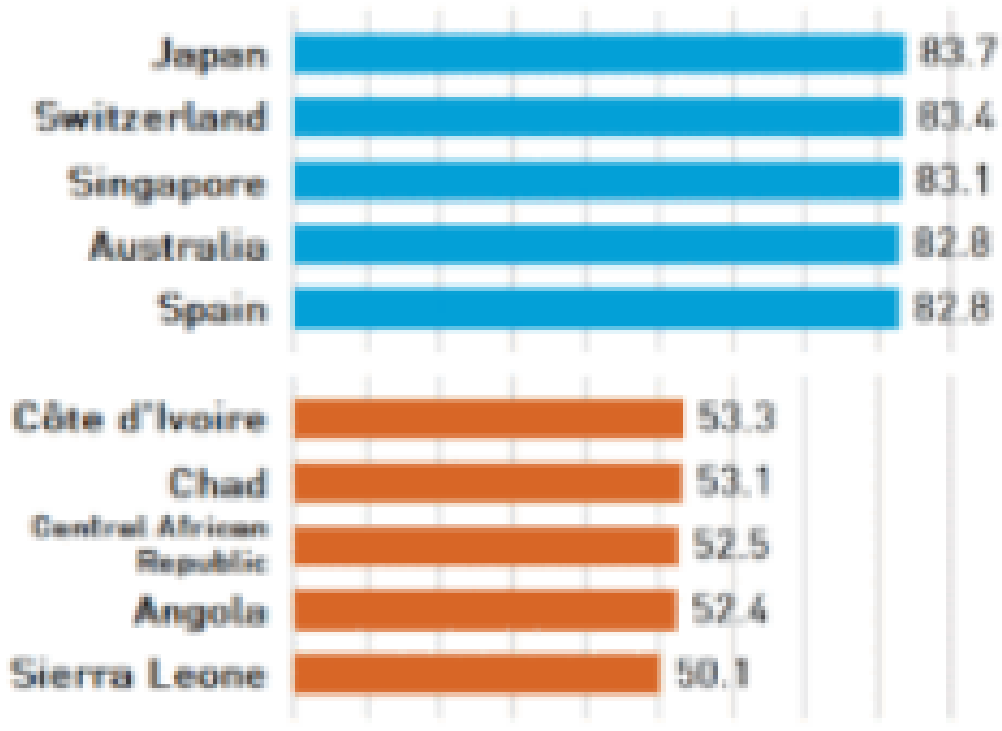
Female?

83

Why do women live longer than men?



## Life Expectancy at Birth, 2015 Top and Bottom 5 countries



What factors affect your life expectancy?



**Heredity (uncontrollable)** : based on family history you may have a greater chance of getting certain diseases

**Social Circumstances (controllable):** education, income etc

**Environment (controllable):** pollution, chemical contaminants etc

**Medical Care (uncotrollable):** modern day medical treatments haven't had a big impact on our life expectancy.

**Lifestyle Behaviors: (the single most controllable influence)**

How long do you think you will live based on your lifestyle?

Determine your Life Expectancy

- <http://www.livingto100.com>

If you have your phone you can start this now, if not complete tonight on a home computer or phone