

Calculating Your Life Expectancy

Name _____ Hr. _____

There is no one sure way to determine your life expectancy, but calculations allow you to look at a statistical number of years. This brief inventory will tell you whether your health habits are increasing or decreasing your chances for a long life.

Add and subtract your answers below. Start with 75.

1. I am a male. (-3)	
2. I am a female (+4)	
3. I live in a town w/ fewer than 15,000 people (+2)	
4. I live in an urban area with at least 2 mill. people (-2)	
5. I have a grandparent (or great grandparent) who has lived to age 85. (+2)	
6. All of my grandparents (or great grandparents) lived to age 80. (+6)	
7. A parent has had a stroke or heart attack. (-4)	
8. A parent, brother, or sister has had diabetes since childhood, cancer, or heart problems. (-3)	
9. I have a paying job that takes over 20 hours a week. (-2)	
10. I live with my family. (+5)	
11. I sit at a desk most of the day. (-2)	
12. I exercise vigorously for 20 minutes three times a week. (+2)	
13. I exercise vigorously for 30 minutes five times a week. (+4)	
14. I sleep more than 10 hours each night. (-4)	
15. I tend to be intense, aggressive, and "hot-headed." (-3)	
16. I tend to be easygoing and relaxed. (+2)	
17. I am usually happy. (+1)	
18. I am usually unhappy. (-2)	
19. I do not wear a safety belt in the car. (-1)	
20. I smoke cigarettes: ½ to 1 pack a day (-3); one to two packs a day (-6); more than two packs a day (-8)	
21. I am overweight by 10-30 pounds. (-2); 30-50 pounds. (-4); 50 or more pounds (-8)	
22. I have a physical check-up at least every two years. (+2)	
This number is your statistical life expectancy	

For people 11-19 years old, the average score for males is 72.3 and the average score for females is 79.5.

23. What healthy behaviors would you like to adopt, or what positive changes would you like to make concerning your good health? Be specific!