BY THE NUMBERS

LAWRENCE-DOUGLAS COUNTY Health Department

Extending life expectancy

Life expectancy for the average American is up to 75.2 years for a man and 80.4 years for a woman.. Most geneticists believe that about 30 percent of longevity depends on our genetic makeup. That means about 70 percent is linked to environmental and behavioral factors very much in our control. Here are a few things in your hands that could add or subtract years from your life:

years +

+5	You take 81 mg of aspirin every day
+5	You are a married man
+5	You regularly play puzzles and games that stimulate the mind
+3	You eat five servings of fruits and vegetables daily
+2	You eat nuts on a regular basis
+2	You floss daily
+1	You go to church
0	You are a married woman

years -

-1	You get less than six to eight hours of sleep every night
-2.5	You don't wear sunscreen
-5	You are slowly putting on weight
-5	You are stressed out
-5	You engage in unprotected sex with multiple partners
-15	You smoke
-15	You use intravenous drugs

Data from the Archives of Internal Medicine and the Journal of the American Board of Family Medicine.