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Health Age-Lifestyle and Longevity Assessment

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Hindustan Liver Limited

Health Age

Your Current Score is

45

Lifestyle and Longevity Assessment

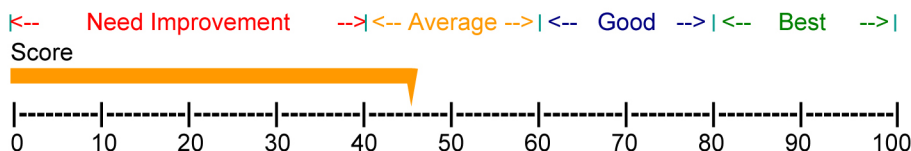**Report For Avantika Kapoor**   **January 02, 2010**

Researchers have found the following key factors to be predictors of good health and a long life. Your results and lifestyle scores are shown for each factor and in an overall *Lifestyle Score*. Your Lifestyle Score is the sum of all scores listed in the right hand column, below. The higher your score, the better your health and the longer you are likely to live.

Lifestyle Score

Your current score ( ) = 45

A lifestyle score of 50 is average, but not desirable. A score of 60 is recommended for good health. A score of 80-100 is ideal.

|<-- Need Improvement -->|<-- Average -->|<-- Good -->|<-- Best -->|

Score

|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
0   10   20   30   40   50   60   70   80   90   100

Key Lifestyle Predictors of Health and Longevity	Your Results	Recommended Value	Need Improvement	On Track	Optimum Health	Lifestyle Scores
Physical Activity, 30+ minutes moderate or 20+ min vigorous	0 Days Per Week	5-7	🟥			0/10
Smoking status	Never	Non-smoker			🟩	10/10
Weight, Body Mass Index	25.29	BMI <25		🟦		7/10
High Fat/Fried Foods/Red Meat	Regularly	Limit saturated fats and use healthier choices	🟥			0/10
Whole Grains	2 servings/day	3+		🟦		5/10
Fruits and Vegetables	4 servings/day	5-9		🟦		5/10
Nuts	2 servings/week	5+	🟥			2/10
Water, cups/day	2 cups/day	6+	🟥			2/5
Happiness, happy vs. depressed	Most of the time	Very happy		🟦		5/10
Social support, number of social factors met	2 of 3	Strong social support, all 3		🟦		3/5
Sleep, 7-8 hours of sleep	3-4 days per week	Most days, 5+		🟦		3/5
Stress, frequency felt	Sometimes	Seldom or sometimes		🟦		3/5
Total lifestyle score		60-100		🟦		45/100

Guidelines for Healthy Living can help you make changes. If you have health problems, ask your doctor for specific guidance

Your Health Age

A *health age* appraisal is calculated for you based on your current lifestyle practices and research on health and longevity.

36.0 = Your current age as indicated on your lifestyle questionnaire.

27.2 = Your potential health age if you scored optimum in all good health predictors listed above.

38.0 = Your health age or your body's real age based on current health practices (healthy living slows aging).

10.8 = Potential added years of life if all recommended values listed above were in the optimum range.

* Note: This calculation is only appropriate for persons 25 years of age or older.

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Guidelines for Healthy Living

☑ **Need critical attention**

☑ **Need to be maintained**

Making Healthy Choices

The following guidelines have been shown to be strong predictors of a long, healthy life. Mark those items you would like to make an improvement in.

☑ **Physical Activity.**
Regular exercise improves health of body and mind. For best health, get 30+ minutes of moderate physical activity on most (preferably all) days of the week, or vigorous exercise for 20-30 minutes on 3+ days/week. Moderate activities include brisk walking, swimming, active gardening, biking, and active sports. Also do strengthening and stretching exercises 2-3 days each week to tone muscles and maintain good flexibility.

☐ **Smoking.**
Not smoking can lower your risk for cancer, heart attack, stroke, diabetes, and lung disease! Smoking takes as many as 8 years off your life expectancy! Consider stopping. Get help from your doctor. There are medications and aids that can help you quit.

☑ **Body Weight.**
People who live the longest have a BMI between 18.5 and 24.9. A BMI of 25+ is considered overweight, and a BMI of 30+ indicates obesity. If overweight, consider a healthy weight loss program. Losing even 10-15 pounds can greatly reduce the risk for high blood pressure, diabetes, certain cancers, and other health problems.

Waist circumference is another good way to determine whether you are at a healthy weight. A waist measurement less than 33 inches (84 cm) for women and less than 35 inches (89 cm) for men is optimum.

☑ **High Fat/Fried Foods/Red Meat.**
Moving towards a plant-based diet can help reduce the risk of heart diseases and colon cancers. Plant-based proteins are cholesterol free, low in saturated fat, and high in fiber. Plant-based foods include tofu, legumes, soy, nuts whole grains, and dishes made from these foods.

People who choose primarily plant-based proteins live longer than those who eat foods rich in saturated fats like ghee, butter, margarine, coconut, groundnuts, cream (malai), khoya, etc. regularly.

☑ **Whole Grains.**
Eat unrefined grains high in dietary fiber. These foods help prevent diabetes, obesity, and heart disease. Fiber also helps maintain a healthy bowel. Eat at least 3 servings of whole grains daily, such as whole-wheat bread, oatmeal, whole-grain breakfast cereals, and brown rice.

☑ **Fruits and Vegetables.**
Eat fruits and vegetables often. These foods lower the risk for high blood pressure, heart disease, stroke, diabetes, and many cancers. They are also low in calories and help prevent obesity. Aim for 5-9+ servings daily, including those with bright colors.

☑ **Nuts.**
Eat nuts regularly. Nuts contain healthy fats that protect the heart and reduce the risk for diabetes. Eating nuts is a good health practice. Studies show that eating nuts daily significantly increases life expectancy. Eat at least 1 ounce of nuts daily.

☑ **Water.**
Drink plenty of pure water. Aim for 6+ cups of water daily, more in hot climates or when exercising vigorously. Water is protective against heart disease, strokes, and kidney disease. It also helps the body stay cool during warm weather and exercise, and improves physical and mental function.

☑ **Happiness.**
Happiness is fundamental to good health. Take time to do something fun and enjoyable daily. People who are happy and optimistic cope better with life, and they are fun to be around. They also live longer, healthier lives. Being unhappy or depressed erodes both mental and physical health. If very unhappy, get help from a counselor or your doctor. Depression is treatable.

☑ **Social Support.**
Maintain frequent contact and involvement with family and friends. Giving and receiving love are essential to happiness and good health. Invest in your health by nurturing significant relationships.

Become involved in a religious community or a club that focuses on your special interests, and other social groups. Volunteer to help others. Be involved in some community services.

People with strong, supportive relationships and good social interaction live longer, healthier lives than those who are more isolated.

☑ **Sleep.**
Get adequate sleep daily. During sleep the body and mind are rested, energy levels are restored, the immune system strengthened, and health is enhanced. People who get adequate sleep handle stress better, have fewer accidents, and have better mental and emotional health. Several studies show that people who get 7-8 hours of sleep daily live longer than those who don't. Short daily naps have also been shown to promote health. Get your rest daily to feel and look your best!

☑ **Stress and Coping.**
Distress, anxiety, and difficulty sleeping may be signs that you are not coping well with stress and that you need more balance in your life. Keep stress within manageable limits. Take time to break the stress cycle with relaxation daily. Mini-vacations and breaks are essential for good health. If you rev your motor all the time, you can expect to burn out.

The Next Step

Review your health and lifestyle assessment. Decide what changes you would like to make. Learn more about lifestyle improvement by joining a class, taking a self-study course, reading, or getting help from your doctor or other healthcare professional. Take charge of your health! Start today!

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