



Harmony in Health

A series on nutrition and our bodies



Memorial Community
Hospital & Health System

Blair • Fort Calhoun • Tekamah



Healthspan vs Lifespan

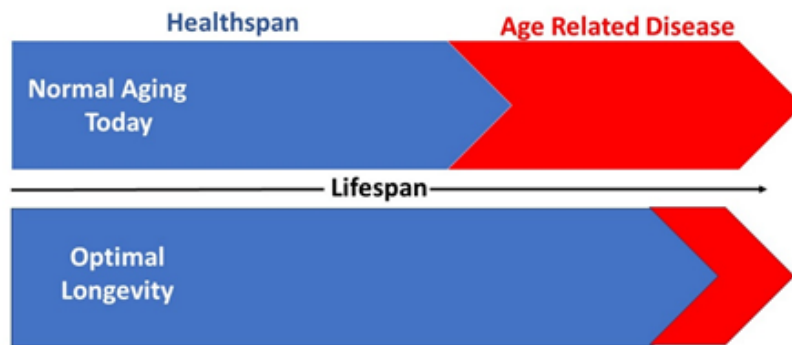
Lifespan: The number of years a person lives from birth to death.

Healthspan: The number of years a person spends in a healthy state, free from any major disease or debility.

In America, the average lifespan is 77.8 years. The average healthspan in America is 65 years. That means that a lot of people will spend the last 10-12 years of their lives (maybe more) with a reduced quality of life.

Research out of the Linus Pauling Institute in Oregon, found that there are 5 major factors that determine healthspan.

1. High Blood Pressure
2. Diabetes
3. Smoking
4. BMI > 25
5. Sedentary lifestyle



With none of the above risk factors at age 70, people had a 60% chance of living free of debility to the age of 90! Pretty incredible! But, with any 1 of the risk factors, that number was cut in half to 30%.

The more risk factors people had, the lower chances of having their golden years free from pain, pills and surgery.

The good news is all these factors can be addressed with lifestyle and are completely avoidable!

If you need help getting started in changing your lifestyle or with anything nutrition related, give me a call!



Meet the Author

Heather Miller, Registered Dietitian

Inpatient nutritional care and customized outpatient counseling



Memorial Community
Hospital & Health System
Blair • Fort Calhoun • Tekamah