

UNHEALTHY BEHAVIORS ARE CAUSING AMERICANS TO AGE FASTER

On average, **Americans are 5 years older than they think**, according to research from Discovery's Vitality Institute*

The incidence of chronic diseases like **cardiovascular disease, cancer, chronic respiratory disease and diabetes** is rapidly increasing



In fact, **25% of Americans are 8 years older than they think**, with Vitality Age gaps averages varying based on gender, age, education and income:

GENDER Males are on average one year older than females



MALES:
+5.4 YEARS



FEMALES:
+4.6 YEARS

AGE The age gap goes up by 2 years after the age of 36, and this stays consistent through Americans up to age 65



EDUCATION College graduates are 1.5-2.4 years younger than those with no college at all

LESS THAN HIGH SCHOOL DIPLOMA/GED:

+6.0 YEARS

SOME COLLEGE OR AA DEGREE:

+5.1 YEARS

HIGH SCHOOL GRAD/GED:

+5.7 YEARS

COLLEGE GRADUATE OR ABOVE:

+3.6 YEARS



INCOME Those making less than \$55K per year are 1-1.5 years older than those making more than \$55K per year

\$0-24,999/YEAR:

+5.9 YEARS

\$55,000+/YEAR:

+4.4 YEARS

\$25,000-54,999/YEAR:

+5.5 YEARS



For more information about The Vitality Institute, visit www.thevitalityinstitute.org.



* Vitality Age is an interactive risk score based entirely on modifiable risk factors for cardio-metabolic disease for which there is substantive evidence demonstrating a dose-response relationship between levels of risk and disease. The algorithm is comprised of 14 modifiable risk factors: BMI, smoking, physical activity, alcohol intake, systolic and diastolic blood pressures, fasting glucose, total cholesterol, psychological distress, and nutritional risk (based on dietary behavior and sugar, salt, and trans-fat intake). The greater the gap between actual age and Vitality Age, the greater the potential for, or failure to fully apply, effective preventive measures.

Working with Westat and using the National Health and Nutrition Examination Survey (NHANES) a population representative Vitality Age was calculated for working aged adults. The work included an analysis of Vitality Age by demographic factors such as gender, race, occupation, marital status, education and income across three survey rounds with a sample of 4,688 individuals. Due to incompatibility of survey methods and inconsistency across survey rounds, physical activity and dietary risk factors were excluded from the analysis.