Activity 3C: Lifespan vs. Healthspan

What Do YOU Think??

Read the following questions. Spend a few moments quietly reflecting on the questions. Write a short answer (a sentence or two or a few key words) so you will be prepared to participate in a class discussion.

✔ What will you be like when you are older?

✔ What will you look like?

✔ What do you imagine you will be able to do when you are older?

✔ How long will think you could live?

✔ How healthy do you think you will be?

Background & Discussion:

The National Center for Health Statistics, NCHS, monitors the health of the United States. One of the health trends the NCHS keeps track of is the average life expectancy of men and women. Look at the table below.

<table>
<thead>
<tr>
<th>Year</th>
<th>Life Expectancy in Years (Males)</th>
<th>Life Expectancy in Years (Females)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1900</td>
<td>46.3</td>
<td>48.3</td>
</tr>
<tr>
<td>1925</td>
<td>57.6</td>
<td>60.6</td>
</tr>
<tr>
<td>1950</td>
<td>65.6</td>
<td>71.1</td>
</tr>
<tr>
<td>1975</td>
<td>68.8</td>
<td>76.6</td>
</tr>
<tr>
<td>2000</td>
<td>74.1</td>
<td>79.3</td>
</tr>
<tr>
<td>2010</td>
<td>76.2</td>
<td>81.1</td>
</tr>
</tbody>
</table>

http://www.cdc.gov/nchs/fastats/lifexpec.htm
Life expectancy is an average estimation of how long people may live. However, when referring to the actual amount of time a person lives, it is called the lifespan. Lifespan is an actual number. It is a quantity that can be measured. In today’s health centered environment, another term, healthspan, is becoming more frequently talked about. Healthspan is the number of years lived in good health. In other words, healthspan describes the quality of life.

There is a difference between lifespan and healthspan. The average lifespan for people in the United States has increased over the last century. Some people may live a long life, but have many health issues. Others may live just as long but with fewer health issues. The goal is to maintain a productive, healthy, active life throughout your lifespan. The better your healthspan, the more likely you will have a long lifespan. This is can be referred to as “maximizing” your health span.

Class Discussion

✔ What does it mean to live longer?

✔ What does it mean to live healthier?

✔ Are they related? If so, how?

Thinking Critically

The diagram compares Lifespan to Healthspan
Questions

1. Describe Mr. Humperdink's
   Lifespan: _____________________________________________
   _____________________________________________
   Healthspan: __________________________________________
   _____________________________________________

2. Describe Mr. Skogg's
   Lifespan: _____________________________________________
   _____________________________________________
   Healthspan: __________________________________________
   _____________________________________________

3. What factors do you think contribute to your healthspan?
   _____________________________________________
   _____________________________________________
   _____________________________________________

4. Would you prefer a longer lifespan or a longer healthspan? *Explain your answer.*
   _____________________________________________
   _____________________________________________
   _____________________________________________
   _____________________________________________
   _____________________________________________
   _____________________________________________
   _____________________________________________
   _____________________________________________
## Comparing Lifestyle and Healthspan

1. List 3 examples of the hobbies, nutrition, activities, and environmental factors you think contributed to Mr. Humperdink’s and Mr. Skogg’s healthspans.

<table>
<thead>
<tr>
<th>Factors</th>
<th>Mr. Humperdink (Short healthspan)</th>
<th>Mr. Skogg (Long healthspan)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOBBIES</strong></td>
<td>(watching TV, camping…)</td>
<td></td>
</tr>
<tr>
<td><strong>NUTRITION</strong></td>
<td>(fruit, fast food…)</td>
<td></td>
</tr>
<tr>
<td><strong>PHYSICAL ACTIVITY</strong></td>
<td>(walking, running, weight training, sports…)</td>
<td></td>
</tr>
<tr>
<td><strong>ENVIRONMENT</strong></td>
<td>(where you live, culture, hygiene, smoking, …)</td>
<td></td>
</tr>
</tbody>
</table>

3. Put a check √ next to the examples listed above that best match your current life choices.

4. Do you think your current life choices are going to contribute to a short healthspan or a long healthspan? Explain why.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
**POSTER ACTIVITY**

**Objective:** Design a poster to promote factors that may increase healthspan.

In **Groups of 3-4**, students will create a poster with a message to promote ways to “maximize their healthspan”.

Use the Rubric to help you decide how much information should go on the poster. Your teacher will tell you how big the posters should be and what materials your group can use to create your masterpiece! Remember: neatness counts!

<table>
<thead>
<tr>
<th>RUBRIC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 point</strong></td>
</tr>
<tr>
<td><strong>Title</strong></td>
</tr>
<tr>
<td><strong>Written Description</strong></td>
</tr>
<tr>
<td><strong>Picture(s)</strong></td>
</tr>
<tr>
<td><strong>Neatness</strong></td>
</tr>
</tbody>
</table>