

# AVERAGE LIFE EXPECTANCIES...

A Report by Health Matrix



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**\* Life expectancy tells us the average number of years a human being can expect to live. These estimates can be used to measure mortality, survivorship, and the life expectancy in a given location, occupation or of those living with hereditary diseases, STDs and addictions. These are only estimates as some exceptions to the data are bound to arise...**

## **CURRENT RECORDED AVERAGES:**

**>Humans = 72 years**

**>Males = 69 years**

**>Females = 75 years**

**BY LOCATION:**

**(Lowest to Highest)**

- > Africa = 55 years**
- > America = 76.4 years**
- > Women (USA) = 79.3 years**
- > Men (USA) = 73.5 years**
- > Mexico = 75.41 years**
- > Southern (USA) = 71.9 - 74.8 years**
- > West Coast (USA) = 78.4 - 80.7 years**
- > France = 83.13 years**
- > South Korea = 83.50 years**
- > Australia = 83.94 years**
- > Italy = 84.01 years**
- > Sweden = 83.33 years**
- > Hong Kong = 85.29 years**
- > Japan = 85.03 years**

**(NOTE:) In conclusion better access to healthcare and basic sanitation does of course increase overall lifespan. Women primarily live longer due to their rewarding social interactions in conjunction with less labor intensive lifestyles. As far as diet goes, higher quality seafood seems to be the key. Being that most of America's fisheries send their good seafood to Asia and Europe due to the fact they get paid more in these markets than selling it locally. Asia, Europe and Australia all prize good quality food, particularly seafood...**

**BY OCCUPATION:**

- > Agriculturists (organic) = 88 years
- > Athletes = 56 years
- > Bankers = 93 years
- > Butchers = 75 years
- > Carpenters = 70 years
- > Clergymen = 80 years
- > Clerks = 55 years
- > Editors = 75 years
- > Jewelers = 65 years
- > Judges and Justices = 90 years
- > Lawyers = 75 years
- > Machinists = 60 years
- > Manufacturers = 65 years
- > Masons = 70 years
- > Mechanics = 65 years
- > Merchants = 75 years
- > Musicians = 60 years
- > Painters = 65 years
- > Physicians = 75 years
- > Public Officials = 80 years
- > Tailors = 65 years
- > Teachers = 55 years

(NOTE:) In conclusion an increase in lifespan can be found in occupations with rewarding social interactions, higher economic benefits in conjunction with a sedentary lifestyle. The take away being, with a higher income an individual can afford better healthcare, better food, and in general better living conditions overall such as more leisure time. Also note that excessive exercise may not be a good thing after all, as on average you only get so many heartbeats per-lifetime of course. Quite surprisingly many athletes and laborers particularly those that stand most of the day die young due to the excessive wear and tear on the body as well as a loss of nutrients perhaps because of excessive sweating. The exception being organic farming which is very labor intensive but there is no loss of nutrients perhaps due to cleaner living and the abundance of good quality food in their access...

#### **BY DISEASES OF HEREDITY:**

- > Addison's Disease = -3 to 10 years (off the average)
- > ADHD = -13 years (off the average)
- > Anxiety Disorder = -7 to 12 years (off the average)
- > Cystic Fibrosis = 44 years
- > Depression = -7 to 12 years (off the average)
- > Diabetes (adult onset) = -2 years (off the average)
- > Diabetes (type 1) = -12.2 years (off the average)
- > Down Syndrome = 60 years
- > Hemophilia = -10 years (off the average)
- > Schizophrenia = -10 to 28.5 years (off the average)
- > Sickle Cell Disease = 18 years

(NOTE:) In conclusion anything a person could do to address their overall health would increase lifespan substantially...

#### **BY STD INFECTION:**

- > Hepatitis (no treatment) = -25 years (off the average)
- > HIV (no treatment) = 3 years (after being infected)
- > Syphilis (no treatment) = 10 to 30 years (after being infected)

(NOTE:) In conclusion anything a person could do to combat the disease would increase lifespan substantially. Currently there is a cure for Hepatitis and with treatment people with HIV can live a normal lifespan...

#### **BY ADDICTION:**

- > Alcohol (abuse) = -13 years (off the average)
- > Alcohol (moderation) = -4 to 5 years (off the average)
- > Cocaine = -13 years (off the average)
- > Heroin = -30 years (off the average)
- > Marijuana (inhaled) = -7 years (off the average)
- > Meth = -17 years (off the average)
- > Tobacco (inhaled) = -10 years (off the average)
- > Tobacco (smokeless) = -15 days (off the average)

(NOTE:) In conclusion anything a person could do to cease their addiction would increase lifespan substantially...