

Name \_\_\_\_\_  
 Hour \_\_\_\_\_

## Longevity Quiz

The average life expectancy in the US is 77.8 years.

Take the following quiz to calculate what your life expectancy is:

Gender	Female	+7
	Male	0
Blood Pressure	Don't know	-1
	High, not treated	-3
	Family history	-1
	Check regularly	+1
Weight	Under/overweight	-1
	Obese	-3
	Healthy weight	+4
Family History	Cancer in family	-2
	Heart disease	-2
	Stroke	-2
	None of the above	+2
Smoking	You smoke	-5
	2 <sup>nd</sup> hand smoke	-1
	None of friends smoke	+2
Exercise	30 min daily	+5
	Occasionally	+2
	Never	-2
Stress	Stressed out, not managed	-3
	Occasionally stressed, not managed	-2
	Use relaxation technique	+2
Driving	Have a license	-5
	Been in a car with drunk driver	-10
Scatbelt	Yes	+2
	No	-2
Drinking	Drink 15 years or younger	-4
	Drink occasionally	-2
	Never	+2
Drugs	Use often	-3
	Occasionally	-2
	Never	+1
Nutrition	High fat	-1
	Monitor fat intake	+2
Nutrition 2	3-5 servings fruit & veggies	+2
	Low fruit & vegetables	-1
Nutrition 3	Eat processed food	-1
	Fresh foods, not fried	+2
Immunity	Get sick easy & often	-1
	Rarely sick	+2
Relationships	Poor family relations	-2
	Poor peer relations	-1
	Good family relations	+2
	Good peer relations	+1
Pets	Have a cat or dog	+1

Open Ended

Medical Care	Regular exams	+2
	Miss exams	-1
Mental Health	Intellectually challenged	+1
	Stagnated	-1
Emotional Health	Express emotions healthy	+1
	Suppress emotions	-1
Spiritual Health	Have a belief	+1
	No belief system	-1
Location	Michigan	-3
	New to Michigan	-1
Nutritional Knowledge	Good understanding	+1
	Not aware	-1
Attitude	Mostly positive	+2
	Mostly negative	-2
Laughter	Frequently	+2
	Rarely	-1

Your Score \_\_\_\_\_

List 3 factors that had a positive impact on your health.

List 3 factors that had a negative impact on your health?

What other factors could have been included on this test?