

Healthy Futures Launch 2021

PRESS RELEASE APPENDIX

Appendix 1: Global healthspans

	Lifespan	Healthspan	Healthspan gap	1990-2019 change (% of 1990 gap)
Argentina	76.6	66.8	9.8	9.4%
Australia	82.9	70.3	12.6	15.0%
Austria	82.2	70.6	11.6	14.0%
Brazil	75.8	65.2	10.6	14.1%
Canada	82.2	70.4	11.7	16.2%
China	77.6	68.5	9.1	19.1%
Ecuador	76.4	66.7	9.6	7.4%
France	82.9	71.5	11.4	11.2%
Germany	81.2	69.7	11.5	16.1%
Japan	84.8	73.8	11.0	10.2%
Malaysia	75.0	65.7	9.4	4.3%
Mexico	75.6	65.4	10.3	8.8%
Netherlands	81.7	70.6	11.1	13.7%
New Zealand	81.8	69.6	12.2	12.4%
Pakistan	65.9	57.2	8.7	10.0%
Philippines	71.8	62.7	9.1	0.9%
Portugal	81.7	70.2	11.5	14.2%
Republic of Korea	82.9	72.3	10.6	21.1%
Saudi Arabia	74.5	64.5	10.0	18.4%
Singapore	84.9	74.5	10.4	16.5%
South Africa	65.1	56.2	9.0	3.0%
Spain	83.1	71.6	11.5	13.9%
Sri Lanka	77.3	66.9	10.4	20.4%
Thailand	78.4	68.4	10.0	10.8%
United Kingdom	81.1	69.1	12.0	14.3%
United States of America	78.9	65.4	13.5	14.3%
Vietnam	74.5	65.7	8.7	8.6%

Source: Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2019 (GBD 2019) Results. Seattle, United States: Institute for Health Metrics and Evaluation (IHME), 2020. Available at ghdx.healthdata.org and used with permission.



100 MILLION PEOPLE 20% MORE ACTIVE BY 2025

Appendix 2: Lifestyle behaviours that impact healthspan

Age-appropriate behaviours	Life-stages		
	Younger adult 20s	Middle age 40s	Older adult 60s
Physical activity	Regular weekly aerobic activity comprising of at least 150-300 minutes of moderate intensity activity, or 75-150 minutes of vigorous intensity activity, or some combination thereof.		
	Muscle strengthening activities of moderate or greater intensity that involve all major muscle groups on 2 or more days per week		
Nutrition	Nutritious diet across all food groups		
			Added protein, vitamin B12, hydration
Smoking	Quit smoking		
			Annual screening for lung cancer in adults aged 50-80 years who have a 20 pack-year smoking history and who either currently smoke or have quit within the past 15 years.
Alcohol consumption	Reduce alcohol consumption in excess of the recommended guideline of 14 units per week and eliminate episodes of binge drinking.		
Sleep	7-9 hours of sleep		7-8 hours of sleep
Preventative health screening - all	Blood pressure, cholesterol, glucose		
	Colorectal cancer screening for adults aged 45-75 years		Sight, hearing
Preventative health screening - women	Cervical cancer screening for women aged 21-65 years		Breast cancer screening for women aged 50-74 years
Metabolic risks	Healthy lifestyle choices (first line of treatment) + medication adherence (second line if lifestyle changes are not sufficient to control risk factors)		
Vaccinations	Annual flu vaccine, COVID-19 vaccine, and boosters, Tdap (every 10 years)		
			Pneumococcal vaccine Shingles vaccine

Based on analysis from 'Maximizing Health Span A Literature Review on the Impact of a Healthy Lifestyle in Retirement'. Society of Actuaries Research Institute 2021, authored by Vitality Group researchers Bolnick, H., Jacobs, L., Kotzen, D., Millard, F., and Stepanek, M.

