

4-21-2017

What's the Secret to Longevity?

Hannah Wolfe
University of Richmond

Chris Selwood
University of Richmond

Sara Cloonan
University of Richmond

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Recommended Citation

Wolfe, Hannah, Chris Selwood, and Sara Cloonan. "What's the Secret to Longevity?" SSIR Capstone Presentation, University of Richmond, Richmond, Virginia, April 21, 2017.

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What's the Secret to Longevity?



Hannah Wolfe, Chris Selwood, Sara Cloonan
University of Richmond, VA 23173



Routine

- Various routines and habits have been shown to aid longevity:
 - Healthy Eating
 - Exercise
 - Controlling Vices
 - Sleep
 - Continuity of one's day

Happiness

- Methods of measurement:
 - Smile intensity
 - Subjective well-being
 - Optimism
 (Diener & Chan, 2011)

Coping

- Social and emotional isolation
 - Need to develop a new self-concept
 - Finding ways to prevent feelings of loneliness
- (van Baarsen, 2002)

Age Stereotypes

- Internalized over the lifespan and operate unconsciously
 - Become self-fulfilling prophecies, altering behavior and will to live
 - Those with positive stereotypes of aging lived on average 7.5 yrs long
- (Levy, 2009)

1. To what do you attribute your long life? Genetics? Luck? Lifestyle? Diet? Exercise? Family? Friends?
2. Where did you grow up?
3. Do you have any physical or dietary routine that you believe has led to your longevity?
4. Describe a typical day for you in your life right now. What do you enjoy most about life today? Least about life today?
5. How do you define purpose? Do you have a purpose in your life right now? Did you have a purpose when you were younger, if so how is it different from your purpose now?
6. What do you look forward to?
7. Was there a certain point in your life when you realized who you wanted to be as a person?
8. Are you happy? What makes you happy? Do you believe happiness has anything to do with living a long life?
9. Do you look back on your life with a feeling of satisfaction and fulfillment?
10. Do you feel like you've laughed a lot, in your life? What role does laughter play in life?
11. If you are a person of faith, how has your faith impacted your outlook on life?
12. How have you coped with the loss of loved ones?
13. Do you ever feel lonely and how do you deal with that?
14. Who has had the biggest impact on your life and why? Did you have a role model when you were younger? Did your parents have a big influence on you?
15. Do you have memories of you and your family when you were young that you can share with us?
16. What are your thoughts and feelings about growing older? How are they different from how you felt about growing older when you were a child? What are the best and worst parts of growing older?
17. What one piece of advice would you give us as 20-year-olds?

Purpose

- Indicator of healthy aging
 - Establishing a clear set of goals
 - Protect against loss of structure that comes with aging
 - Higher purpose predicts lower mortality rates
- (Hill & Turiano, 2014)

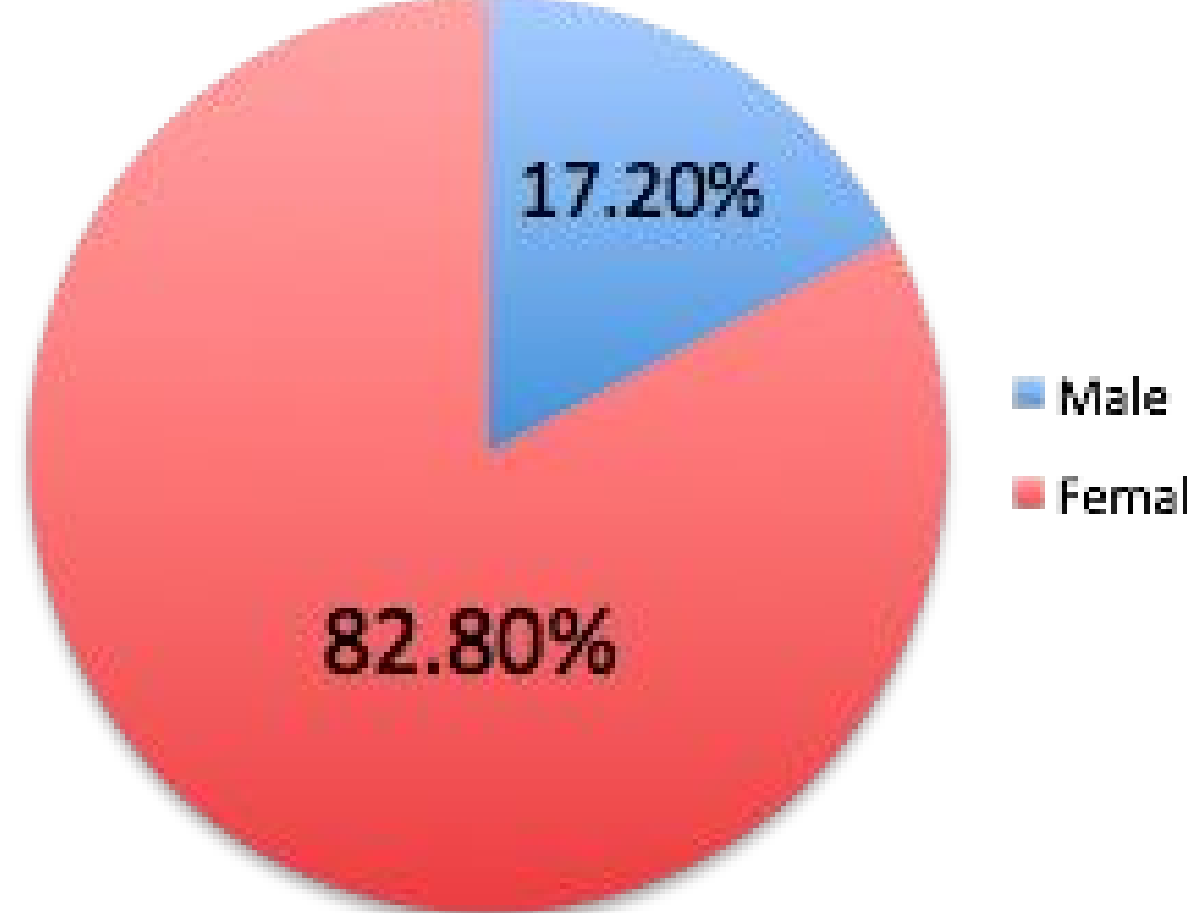
Religion

- Effects longevity because of its effect on:
 - Relationships: Religion can form stronger relationships
 - Purpose: religion is the important aspect for many and acts as an especially strong purpose.
 - Life Satisfaction: Religiosity also leads to lower levels of stress, health, happiness and a sense of community

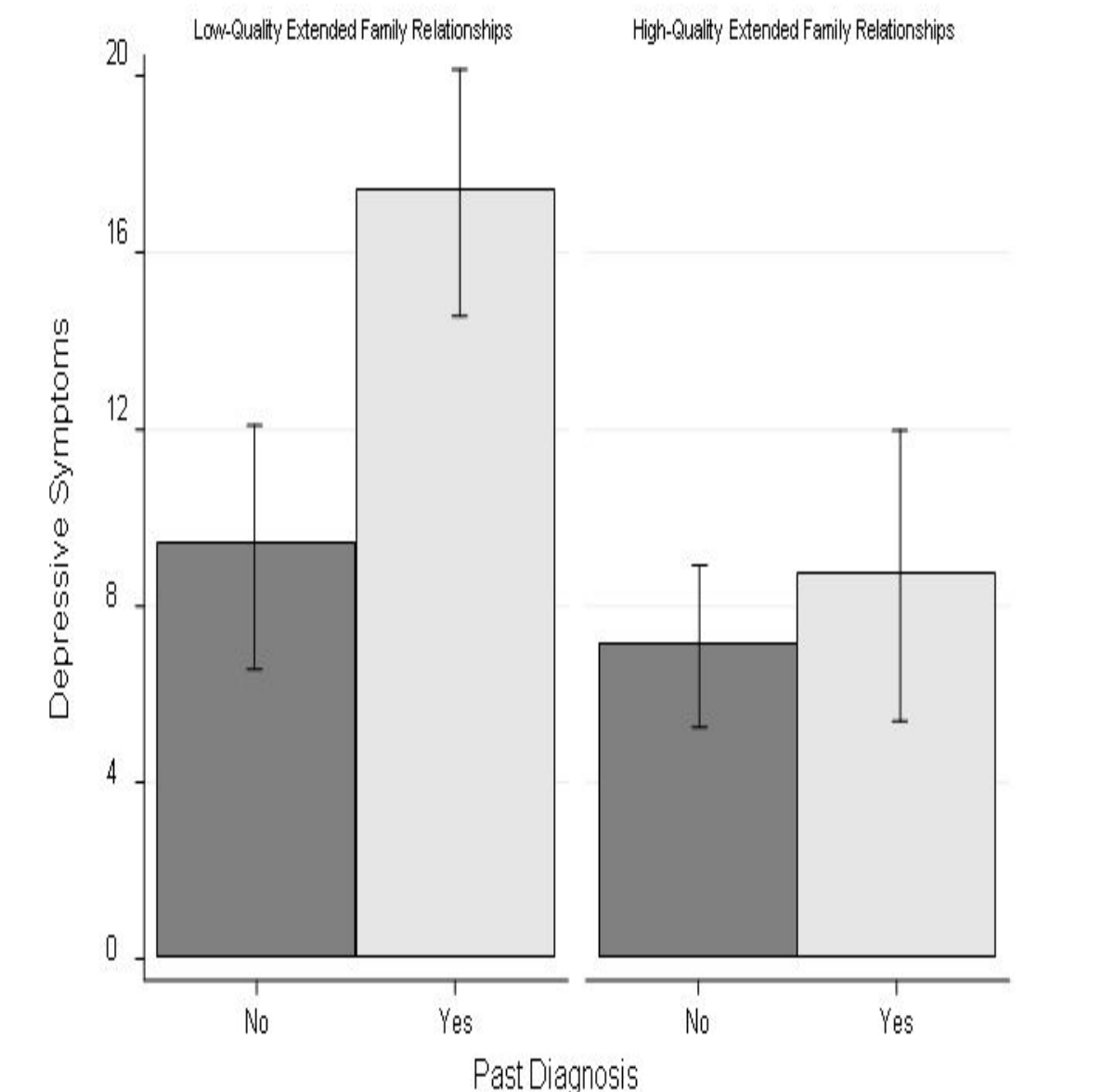
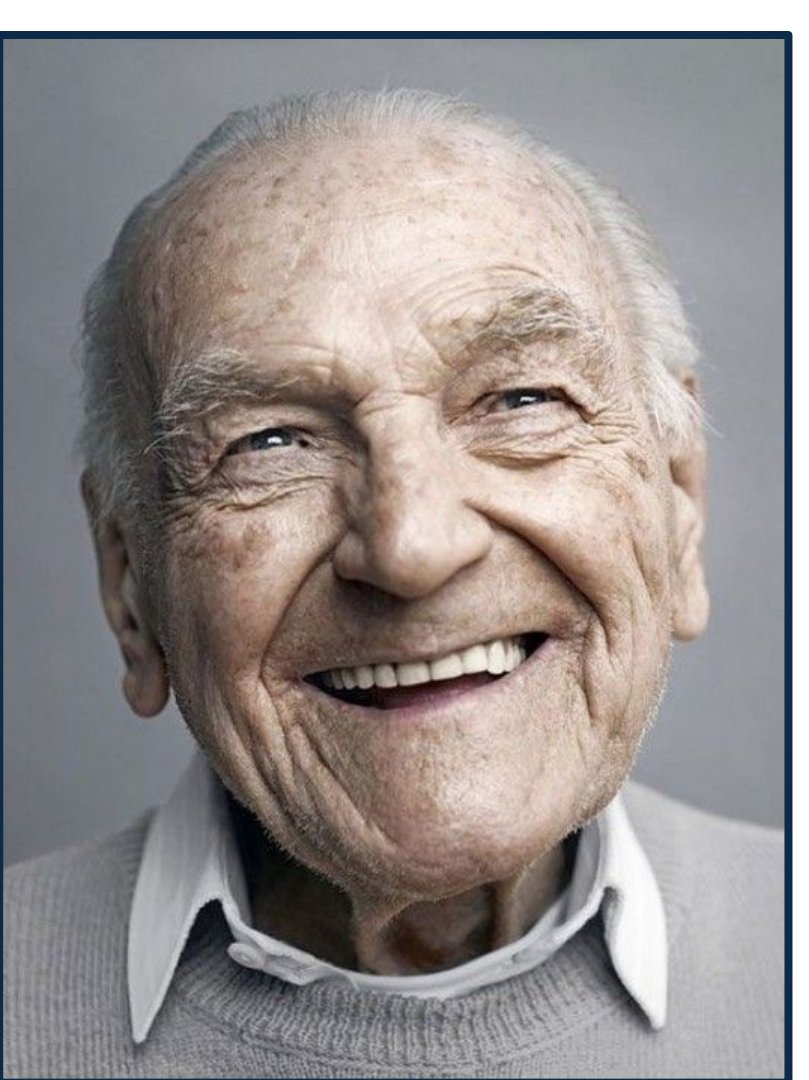
Relationships

- Emotional support buffers stress
 - Older adults prefer fewer but deeper relationships (SEST)
 - Stronger family and marital relationships decrease depressive symptoms for adults with past mood disorders
- (Carstensen, 2006; Crowell et al., 2014)

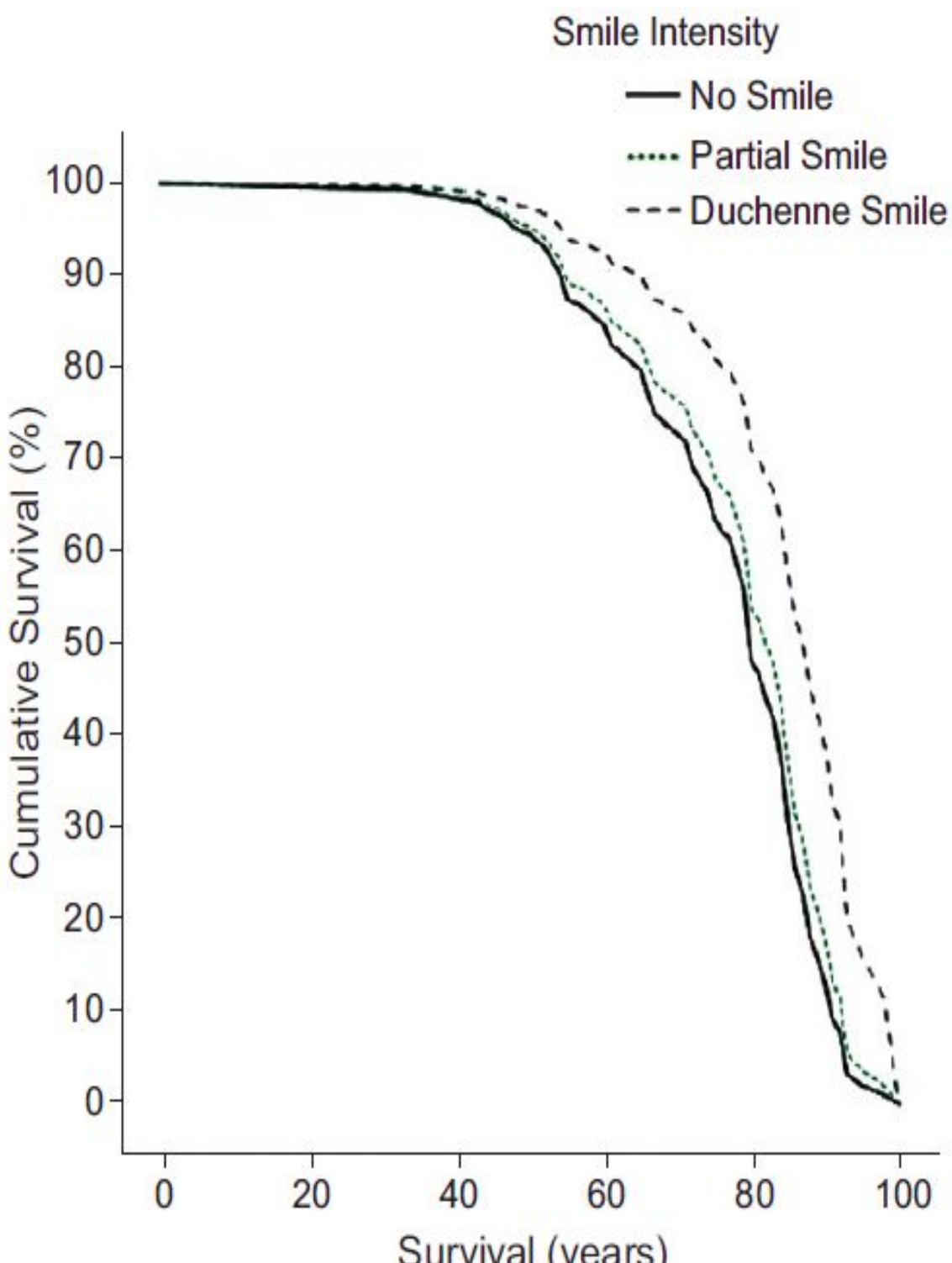
U.S. Gender & Longevity



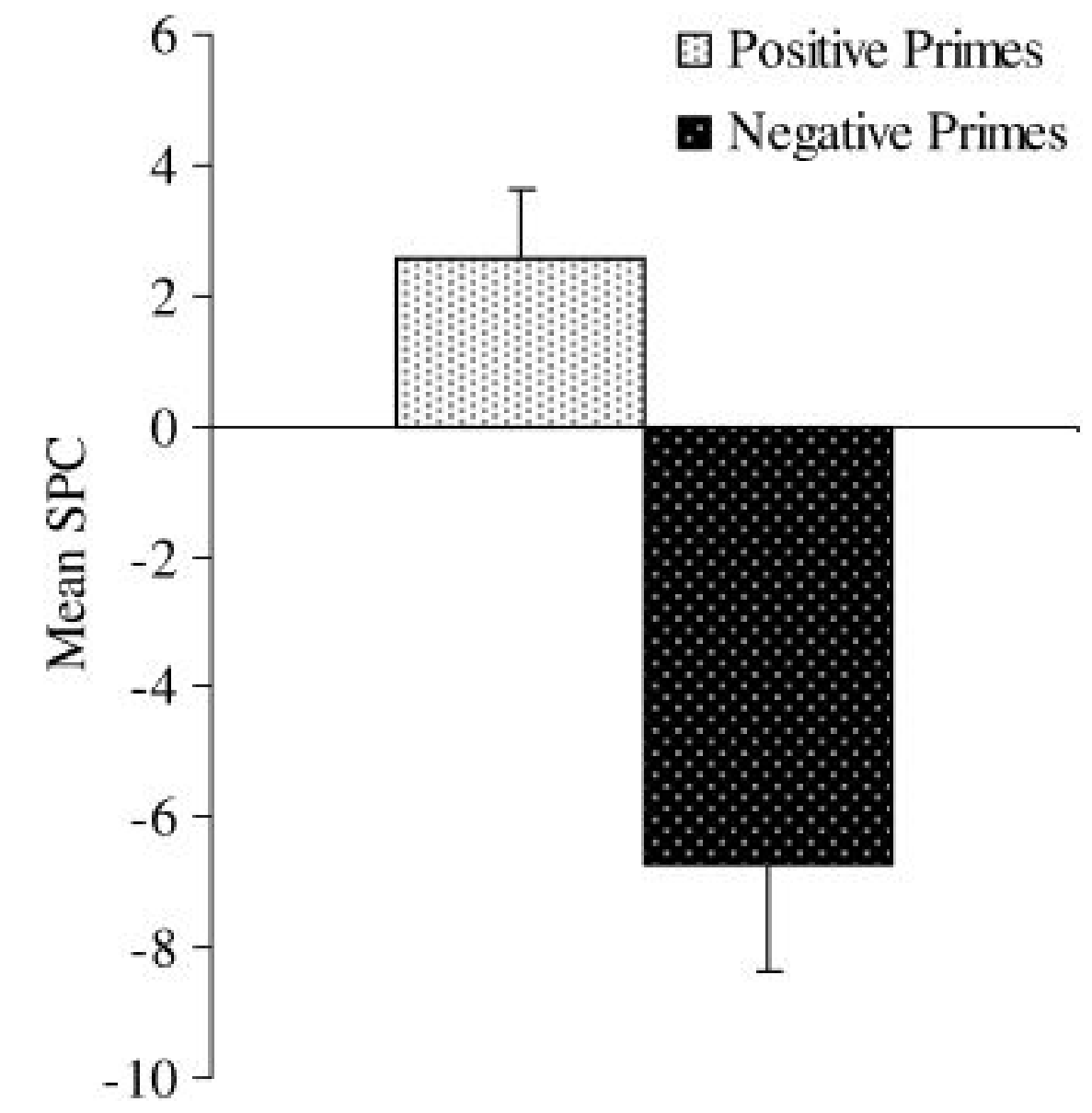
(Meyer, 2012)



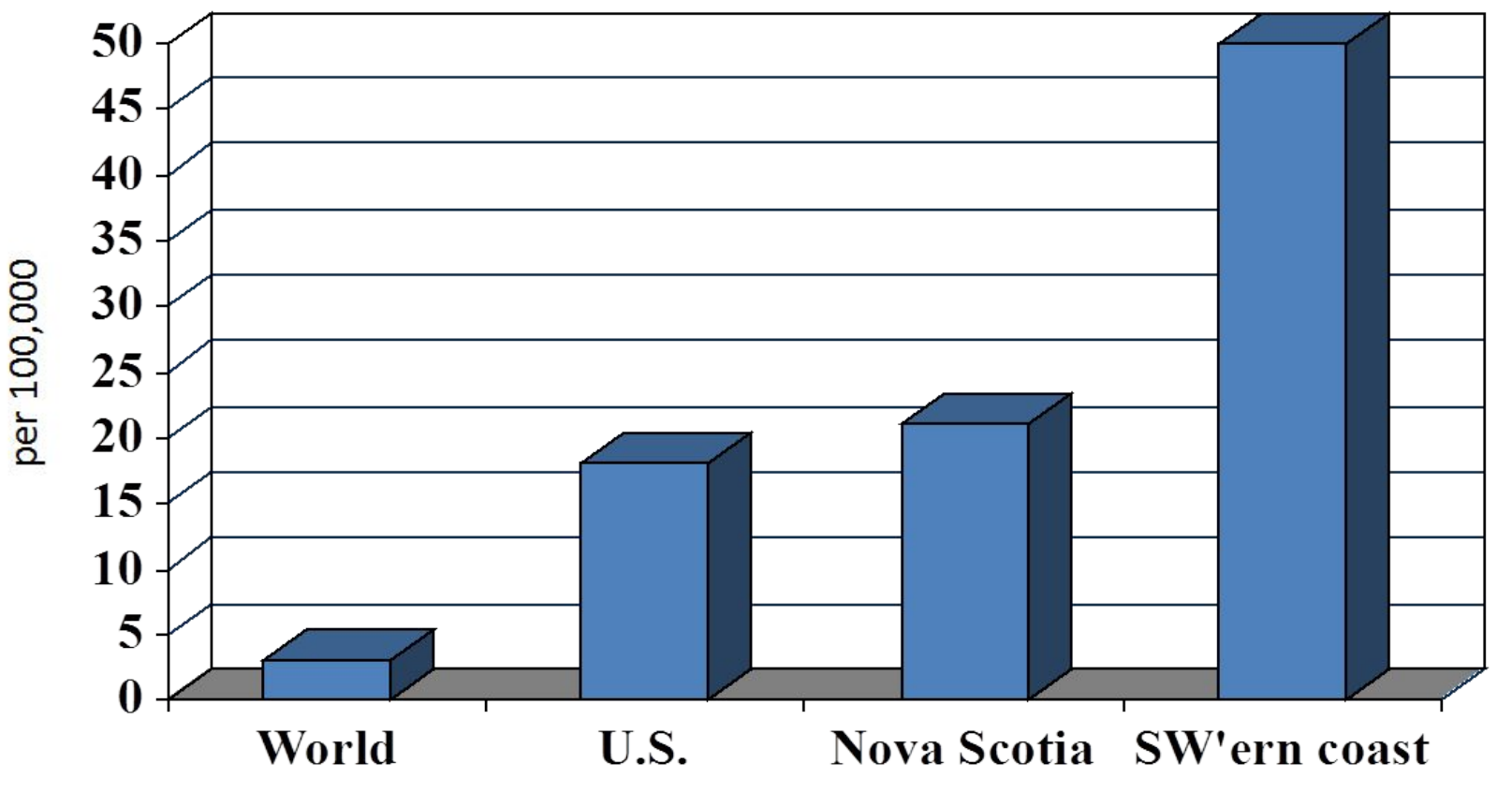
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(Abel & Kruger, 2010)



(Meisner, 2012)



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