

Life Expectancy of White Americans



US Whites

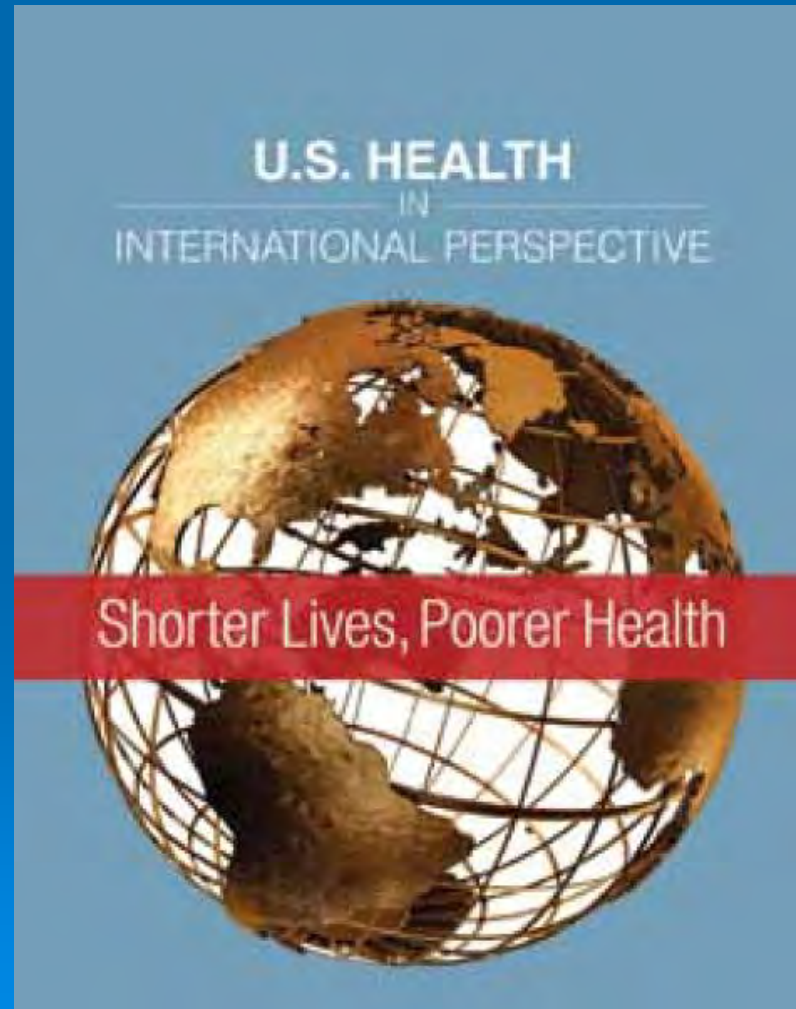
	Life Expectancy
US White	79 years*
Qatar	79 years
Costa Rica	79 years
Nauru	79 years

US Whites Living Shorter Lives Than:

- 80 years: Belgium, Chile, Denmark, Lebanon, Slovenia
- 81 years: Austria, Finland, Germany, Greece, Ireland, Malta, Netherlands, Portugal, UK
- 82 years: Canada, Cyprus, France, Iceland, Israel, S. Korea, Luxembourg, Monaco, New Zealand, Norway, Sweden
- 83 years: Andorra, Australia, Italy, San Marino, Singapore, Spain, Switzerland
- 84 years: Japan
- 33 countries (only 17 in 1990)

“Shorter Lives, Poorer Health”

-January 2013 IOM Report on US Health Compared to 17 peer countries



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- ***“ The panel was struck by the gravity of its findings.*** For many years, Americans have been dying at younger ages than people in almost all other high-income countries. This disadvantage has been getting worse for three decades, especially among women.

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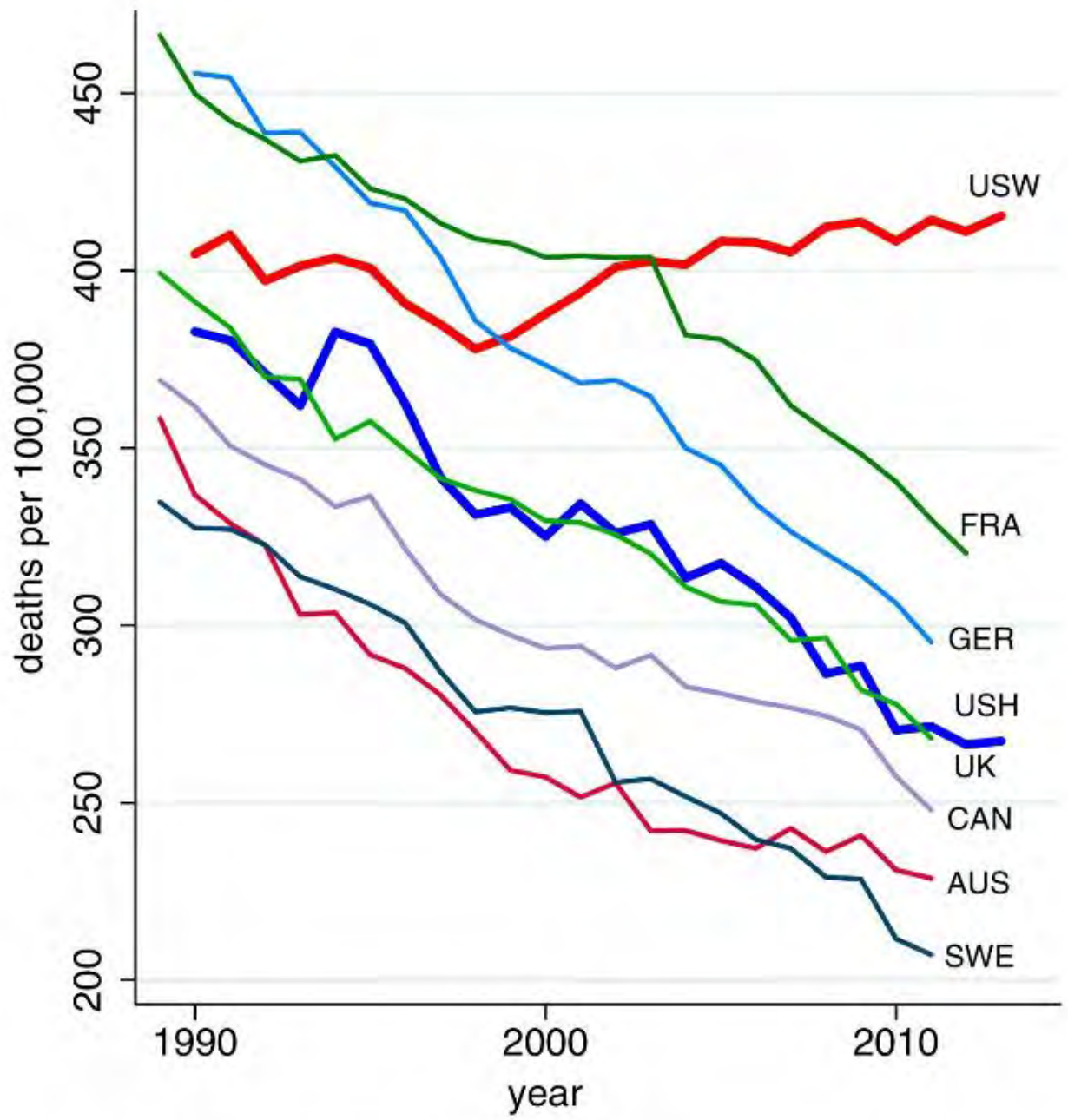
- “The US health disadvantage cannot be fully explained by the health disparities that exist among people who are uninsured or poor, as important as these issues are. Several studies are now suggesting that even advantaged Americans—those who are white, insured, college-educated, or upper income—are in worse health than similar individuals in other countries.”



HEALTH

Death Rates Rising for

By GINA KOLATA NOV. 2, 2015



Death rate for U.S. non-Hispanic whites (USW), U.S. Hispanics and six comparison countries, aged 45-54. (Source: Proceedings of the National Academy of Sciences.)

6'0"

5'10"

5'8"

5'6"

5'4"

5'2"

5'0"

4'10"

PRISON
\$62,300

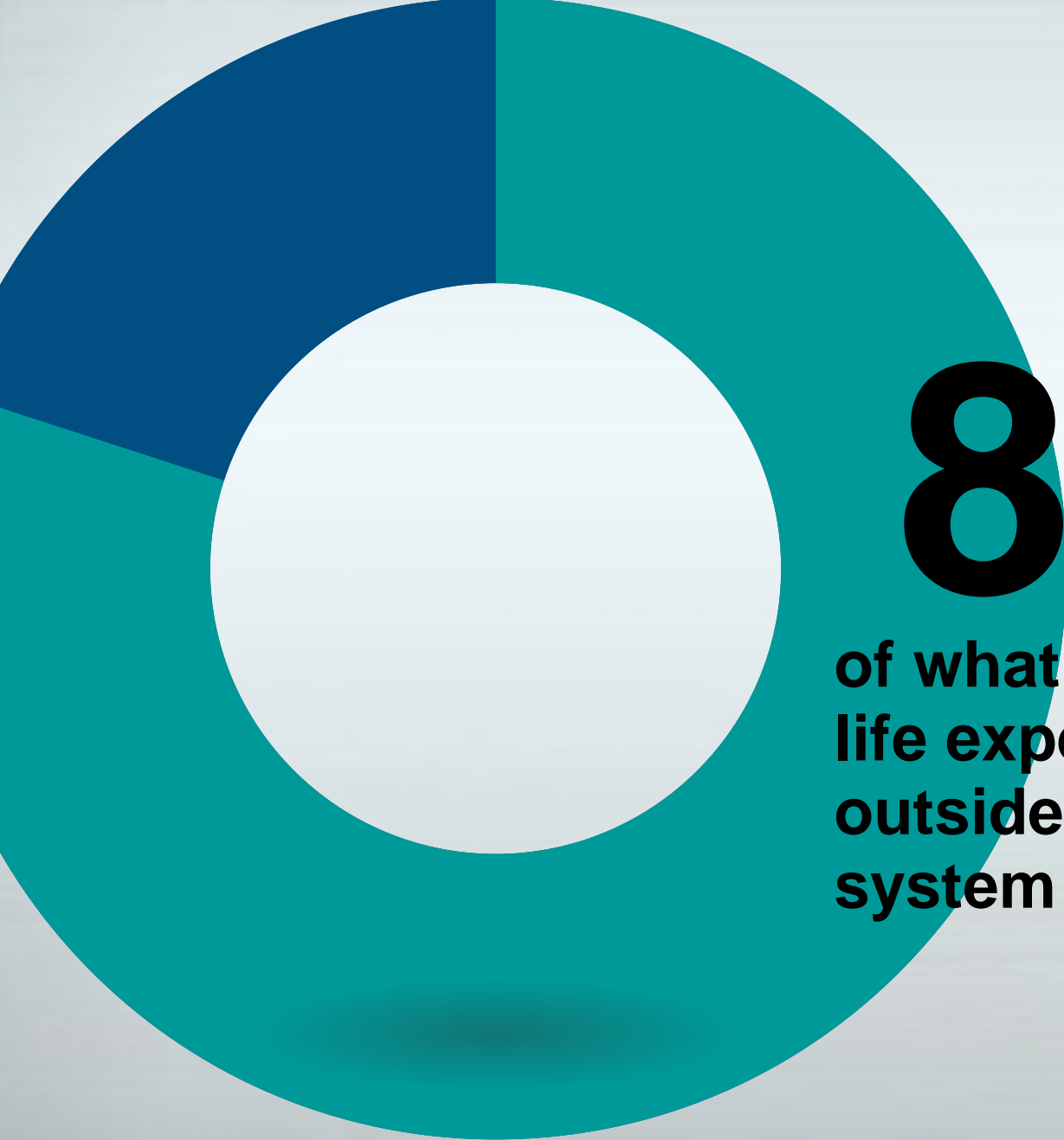
SCHOOL
\$9,100

health happens here

Do the math.

CSDE

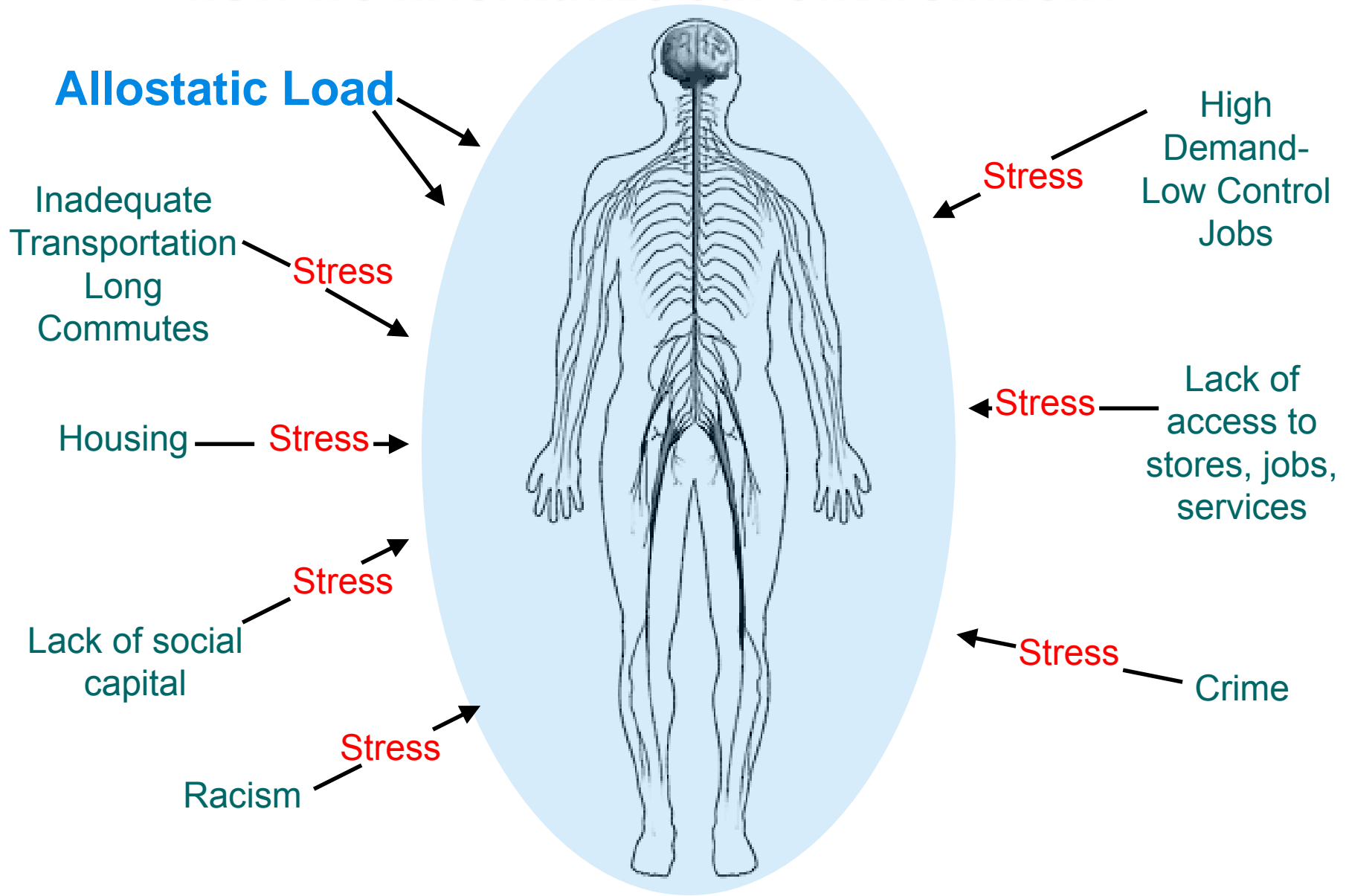




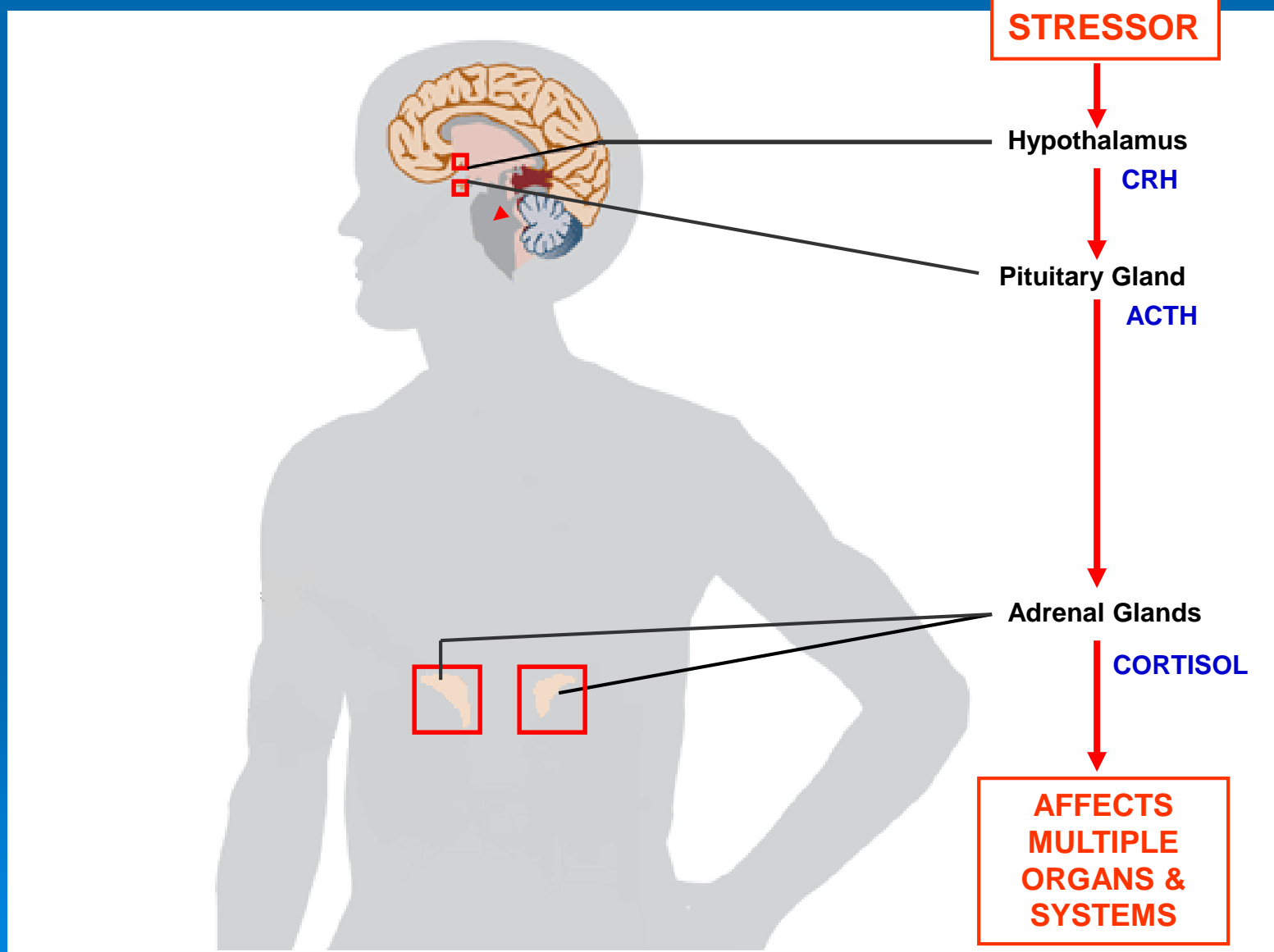
80%

**of what influences your
life expectancy happens
outside of the healthcare
system**

When the external becomes internal: How we internalize our environment



Stress pathway from brain to body



Stressed vs. Stressed Out

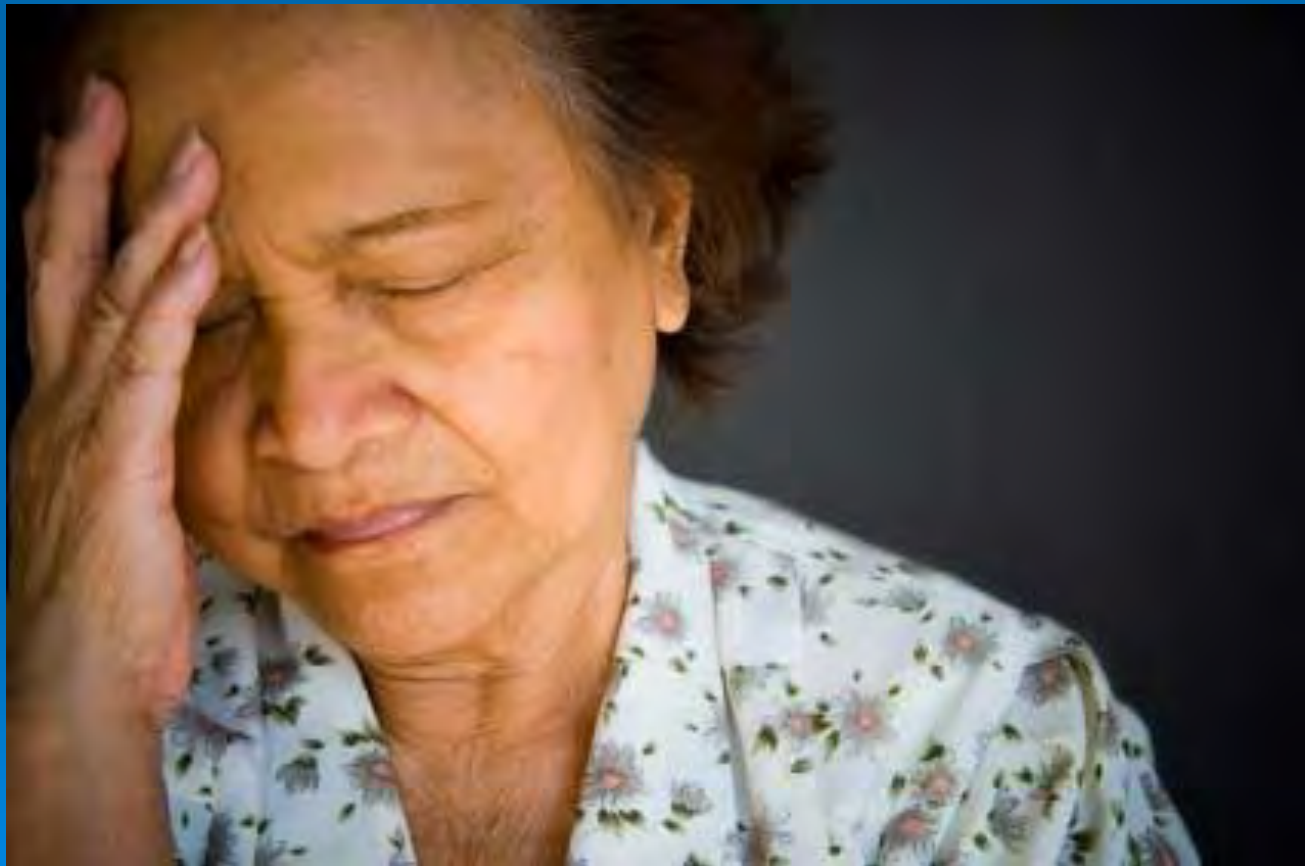
➤ Stressed

- Increased cardiac output
- Increased available glucose
- Enhanced immune functions
- Growth of neurons in hippocampus & prefrontal cortex

➤ Stressed Out

- Hypertension & cardiovascular diseases
- Glucose intolerance & insulin resistance
- Infection & inflammation
- Atrophy & death of neurons in hippocampus & prefrontal cortex

Loss of Control



Disparities are the tip of the iceberg...

