



SEEING OUR WAY TO LIVING LONG, LIVING WELL IN 21ST CENTURY AMERICA

The developed world is bearing witness to a 21st century miracle – the possibility of living well to the age of 100 and beyond. Compelling scientific evidence indicates that living long and living well is most realistic for those who are socially engaged, adopt healthy living behaviors and are able to build financial security.

THE SIGHTLINES PROJECT investigates how well Americans across the adult life span are doing in each of these three areas over time. These results are intended to stir national debate, guide policy development, stimulate entrepreneurial innovation, and encourage personal choices that enhance independent, 100-year lives.

ANALYTICAL APPROACH



























The Sightlines Project identified a list of empirically-validated predictors of longevity and wellbeing, and categorized them by domain. A project team headed by SCL division heads sought out sources of data on each topic in nationally representative, high-quality, large-scale data sets which measured the concepts and metrics of interest over the past two decades. The key was to compare not just overall trends, but how each age cohort scored relative to the same cohort in prior years. We honed in on differences over time of five percentage points or more. This cut-off reduced the likelihood that differences would be attributable to sampling error. We focused on behaviors that are:

- Supported by compelling, scientific evidence of improved longevity and wellbeing.
- Tracked by authoritative, nationally representative studies of Americans across the age spectrum over the last 20 years.
- Malleable, that is, individuals and/or society are able to affect it.

Our choice of predictors are not meant to be exhaustive. Some other factors were not covered in this report because they have mixed or unknown impact. Further drill downs into specific sub populations will be pursued as we move forward.

Healthy Living	Financial Security	Social Engagement
<p>Behavioral Risk Factor Surveillance System (BRFSS) Center for Disease Control and Prevention</p>	<p>Consumer Expenditure Survey (CEX) U.S. Bureau of Labor Statistics & U.S. Census Bureau</p>	<p>Current Population Survey Volunteer Supplement (CPSVS) U.S. Bureau of Labor Statistics & U.S. Census Bureau</p>
<p>National Health and Nutrition Examination Survey (NHANES) Center for Disease Control and Prevention</p>	<p>Current Population Survey, Annual Social and Economic Supplement (CPS-ASEC) U.S. Bureau of Labor Statistics & U.S. Census Bureau</p>	<p>Current Population Survey, Annual Social and Economic Supplement (CPS-ASEC) U.S. Bureau of Labor Statistics & U.S. Census Bureau</p>
	<p>Survey of Consumer Finances (SCF) Federal Reserve</p>	<p>Midlife in the United States (MIDUS) University of Wisconsin & National Institute on Aging</p>

NOTABLE VARIABLES

HEALTHY LIVING	 <p>EXERCISE MODERATELY 150+ minutes per week of moderate to vigorous physical activity.</p>	 <p>SEDENTARY TIME Percent who spend 320 minutes or less sitting per day. Does not include sleep.</p>	 <p>HEALTHY BMI Percent of individuals with a BMI between 18.5-29.99.</p>	 <p>EAT 5 FRUITS & VEGGIES Percent of Americans who eat at least 5 servings of fruits and vegetables per day.</p>	 <p>SUFFICIENT SLEEP The amount of individuals who get between 7 and 9 hours of sleep.</p>	Healthy Daily Activities
	 <p>TOBACCO & NICOTINE USE Percent who avoided using any tobacco or nicotine product in the past 5 days.</p>	 <p>EXCESSIVE ALCOHOL CONSUMPTION Percent who engage in binge drinking regularly.</p>	 <p>ILLICIT DRUG USE Percent who avoided use of any illegal substance within the past 30 days.</p>	Avoid Risky Behaviors		
FINANCIAL SECURITY	 <p>THRESHOLD INCOME Households where income is 200% of the official "Federal Poverty Level."</p>	 <p>MANAGEABLE DEBT Individuals whose non-collateralized household debt is <20% of income.</p>	 <p>EMERGENCY FUNDS Percent of individuals in households with access to \$3000 of emergency funds.</p>	Cash Flow		
	 <p>INVESTMENTS Individuals in households with bonds, IRAs, stocks, life insurance, etc.</p>	 <p>RETIREMENT SAVINGS Households where the head or spouse has an IRA or workplace-based retirement.</p>	 <p>HOME OWNERSHIP Homes that are owner-occupied who are head of household or partner.</p>	Asset Growth		
	 <p>HEALTH INSURANCE Percent of individuals with health insurance from any source.</p>	 <p>LONG-TERM DISABILITY/CARE Those 25-64 with long-term disability insurance or 65+ with long-term care insurance.</p>	 <p>LIFE INSURANCE Percent of individuals in households with life insurance.</p>	Protection		
SOCIAL ENGAGEMENT	 <p>FRIEND SOCIAL SUPPORT Percent who say they can rely "a lot" on friends for help.</p>	 <p>FAMILY SOCIAL SUPPORT Percent who say they can rely "a lot" on family they do not live with.</p>	 <p>FREQUENT FRIEND INTERACTIONS Percent of individuals who contact any of their friends several times per week.</p>	 <p>FREQUENT FAMILY INTERACTIONS Percent of Americans who interact with any family who do not live with them several times per week.</p>	 <p>MEANINGFUL PARTNER INTERACTIONS Percent who report having a good, important talk with their partner at least once per week.</p>	Meaningful Relationships
	 <p>WORKFORCE PARTICIPATION Percent of individuals who work for pay.</p>	 <p>VOLUNTEER Percent who have volunteered through or for an organization at least once since the previous year.</p>	 <p>PARTICIPATE IN RELIGIOUS OR COMMUNITY ACTIVITIES Percent of individuals who attend any social gathering or religious meeting at least once per month.</p>	 <p>CONVERSE WITH NEIGHBOR Percent of Americans who have a conversation with any of their neighbors at least once per week.</p>	Group Involvement	