



Research, Best Practices and Logic Model: LIFE EXPECTANCY

Research Says:

On an individual basis, there are a number of factors that have been shown to correlate with a longer life. Factors that are associated with variations in life expectancy cross all aspects of a person's overall well-being and can include (1,2):

- family history and marital status
 - economic status and education
 - exercise and diet
 - drug use including smoking and alcohol consumption
 - environment and climate
 - sleep
 - health care
1. Santrock, John (2007). Life Expectancy. A Topical Approach to: Life-Span Development(pp. 128-132). New York, New York: The McGraw-Hill Companies, Inc.
 2. Crimmins, Eileen M., Samuel H. Preston, and Barney Cohen, eds. Explaining divergent levels of longevity in High-income countries. National Academies Press, 2011.

Best Practices Are:

Based on research the following actions may contribute to a positive impact on life expectancy:

- Implement worksite programs intended to improve diet and/or physical activity behaviors (1)
 - Support policies that improves availability of healthier food and beverage choices at public service venues (restaurants, stores, schools, etc.) (2)
 - Enhance community health through health communication strategies and social marketing (3)
 - Reduce tobacco use and secondhand smoke exposure through support or implementation of smoke-free policies (4)
 - Improve mental health and address mental illness through home or clinic-based depression care management (5)
 - Enhance access to places for physical activity combined with informational outreach (6)
1. Obesity Prevention and Control: Worksite Programs. The Community Guide, What Works to Promote Health. <http://www.thecommunityguide.org/obesity/workprograms.html>
 2. Recommended Community Strategies and Measurement to Prevent Obesity in the United States: Implementation and Measurement Guide, July 2009. Page 12. http://www.cdc.gov/obesity/downloads/community_strategies_guide.pdf
 3. Health Communication and Social Marketing. The Community Guide. <http://www.thecommunityguide.org/healthcommunication/index.html>
 4. Reducing Tobacco Use and Secondhand Smoke Exposure: Smoke-Free Policies. The Community Guide. <http://www.thecommunityguide.org/tobacco/smokefreepolicies.html>
 5. Improving Mental Health and Addressing Mental Illness. The Community Guide. <http://www.thecommunityguide.org/mentalhealth/index.html>
 6. Increasing Physical Activity: Environmental and Policy Approaches. The Community Guide. <http://www.thecommunityguide.org/pa/environmental-policy/index.html>



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Logic Model:

EXAMPLE OF COLLECTIVE ACTION FOR MEASURABLE IMPACT:

