

## Longevity

(See also [Life Expectancy](#), [Trends and Projections](#), [Exercise and Fitness](#), and [Nutrition and Food Safety](#))

Longevity embraces both the concept of the length of life and the quality of life. Life expectancy is a statistical measure giving the average (median) length of life anticipated for any given age cohort (all persons born in the same calendar year). Factors that affect longevity include one's occupation, living environment, exercise, nutrition, attention to preventive medical care and other lifestyle choices. Recent research has also focused on the role of genetic codes. The prospect of altering the genetic code raises the possibility of extending currently accepted limits of human life beyond the 124 years currently documented. Links in this Internet note focus first on reports and articles sponsored by reputable organizations and secondarily on web sites which advocate products or services to "reverse" or delay onset of normal aging. Public interest in life extension is indicated in part by the increased number of non-profit and commercial Internet sites focus on "anti-aging" and "life-extension" food supplements. Their popularity has increased public policy oversight interest and government information on consumer protection through regulation of their manufacture and sale.

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### What is Longevity?

#### **Life Extension: Science Fact or Science Fiction?**

(National Institute on Aging)

<http://www.nia.nih.gov/health/agepages/lifeext.htm>

#### **Dramatic Decline in Disability Continues for Older Americans**

(National Institute on Aging)

<http://www.nia.nih.gov/news/pr/2001/0507.htm>

### **How to Live Forever: Lessons of History**

(British Medical Journal)

<http://www.bmj.com/cgi/content/full/321/7276/1580>

### **Secrets of Aging (museum exhibition)**

(Museum of Science)

<http://www.secretsofaging.org/>

### **Maintaining Health Lifestyles: A Lifetime of Choices**

(International Longevity Center)

<http://www.ilcusa.org/lib/pdf/health.pdf>

### **Is There an Anti-Aging Medicine?**

(International Longevity Center)

<http://www.ilcusa.org/lib/pdf/pr20011101.pdf>

### **“Senility.” The Epidemic of the Twenty-First Century of Longevity**

(International Longevity Center of the United States)

<http://www.ilcusa.org/lib/pdf/senility5503.pdf>

## **Centenarians**

### **The 65 Years and Over Population: 2000**

(U.S. Census Bureau)

<http://www.census.gov/prod/2001pubs/c2kbr01-10.pdf>

### **Age 2000**

(U.S. Census Bureau)

<http://www.census.gov/prod/2001pubs/c2kbr01-12.pdf>

### **Centenarians in the United States (1990 Census Data)**

(U.S. Census Bureau)

<http://www.census.gov/prod/99pubs/p23-199.pdf>

### **The Methuselah Factor**

(Modern Maturity, AARP)

[http://www.aarp.org/mmaturity/nov\\_dec99/methuselah.html](http://www.aarp.org/mmaturity/nov_dec99/methuselah.html)

### **Centenarian Spirit in Wisconsin**

(Wisconsin Department of Health and Family Services)

<http://www.dhfs.state.wi.us/aging/Centenarians/index.htm>

### **The Living to 100 Life Expectancy Calculator**

(Alliance for Aging Research)

<http://www.beeson.org/Livingto100/default.htm>

### **A Look at Centenarians**

(The New England Centenarian Study)

<http://www.bumc.bu.edu/Departments/PageMain.asp?Page=5749&DepartmentID=361>

**National Centenarians Awareness Project**

<http://adlercentenarians.com/contact2.html>

**The Georgia Centenarian Study**

(University of Georgia)

[http://www.geron.uga.edu/centenarian\\_study.html](http://www.geron.uga.edu/centenarian_study.html)

**Centenarians – 100**

(Huffington Center on Aging, Baylor University)

<http://www.hcoa.org/centenarians/centenarians.htm>

**Noted Nonagerians and Centenarians**

(Gerontology Research Group)

<http://www.tech.org/~cleary/NNC/nncmain.html>

**Polish Centenarians Program (Poland)**

(International Institute on Cell and Molecular Biology)

[http://www.iimcb.gov.pl/centenarians/en/centenarians\\_en.htm](http://www.iimcb.gov.pl/centenarians/en/centenarians_en.htm)

**The Force of Mortality at Ages 80 to 120 (Denmark)**

Odense University Press) [electronic version]

<http://www.demogr.mpg.de/Papers/Books/Monograph5/ForMort.htm>

**Okinawa Centenarian Study**

<http://okinawaprogram.com/cent.html>

**Lives of a Century**

(Christian Science Monitor)

<http://www.csmonitor.com/atcsmonitor/specials/centenarians/>

**Exceptional Longevity: From Prehistory to the Present (Denmark)**

(Odense University Press) [electronic version]

<http://www.demogr.mpg.de/Papers/Books/Monograph2/>

**The Earliest Centenarians: A Statistical Analysis (Denmark)**

(Max Planck Institute for Demographic Research)

[http://www.demogr.mpg.de/Papers/Books/Monograph2/the\\_earliest.htm](http://www.demogr.mpg.de/Papers/Books/Monograph2/the_earliest.htm)

**Strikingly Higher Frequency in Centenarians and Twins of MtDNA Mutation  
Causing Remodeling of Replication Origin in Leukocytes (January 21, 2003)**

(Proceedings of the National Academy of Science)

[http://www.pnas.org/cgi/content/abstract/100/3/1116?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=longevity&searchid=1045145942449\\_2470&stored\\_search=&FIRSTINDEX=0&volume=100&issue=3](http://www.pnas.org/cgi/content/abstract/100/3/1116?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=longevity&searchid=1045145942449_2470&stored_search=&FIRSTINDEX=0&volume=100&issue=3)

## Research Studies

### **Determinants of Healthy Longevity in China: A Longitudinal Study**

(Program on Population, Policy and Aging, Duke University)

[http://www.pubpol.duke.edu/centers/ppa/Public Use Data/Pr8data702.html](http://www.pubpol.duke.edu/centers/ppa/Public%20Use%20Data/Pr8data702.html)

### **Can Growth Hormone Prevent Aging?" (February, 2003)**

(New England Journal of Medicine)

<http://content.nejm.org/cgi/content/full/348/9/779>

### **Longevity Genes: From Primitive Organisms to Humans**

(International Longevity Center – USA)

[http://www.ilcusa.org/ lib/pdf/b20021121b.pdf](http://www.ilcusa.org/lib/pdf/b20021121b.pdf)

### **The Impact of New Drug Launches on Longevity: Evidence from Longitudinal, Disease-Level Data from 52 Countries, 1982-2001**

(National Bureau of Economic Research)

<http://papers.nber.org/papers/W9754>

### **Racial Differentials in Longevity and Health Status: U.S. Population 1980-1990**

(Wisconsin Center for Demography and Ecology)

<http://www.ssc.wisc.edu/cde/cdewp/2003-07.pdf>

### **Unraveling the Secrets of Longevity**

(University of Chicago)

<http://www.src.uchicago.edu/~gavr1/>

### **The Truth About Human Aging**

(Scientific American)

<http://www.scientificamerican.com/explorations/2002/051302aging/>

### **The Nun Study**

(Sanders-Brown Center on Aging, University of Kentucky)

<http://www.mc.uky.edu/nunnet/>

### **Health and Longevity Research**

(University of California at Los Angeles)

<http://www.psych.ucr.edu/faculty/friedman/health.html>

### **Health and Retirement Study**

(University of Michigan)

<http://www.umich.edu/~hrswww/>

### **National Long Term Care Study**

(Duke University)

<http://www.cds.duke.edu/NLTCS/index.htm>

### **The Remarkable Improvements in Survival at Older Ages (Denmark)**

(Max Planck Institute for Demographic Research)

<http://www.demogr.mpg.de/Papers/RoyalSociety/RoySoc2.htm>

### **The World Health Report 2002**

(World Health Organization)

<http://www.who.int/whr/2002/en/>

## Government Information and Oversight

### **Age-Retardation: Scientific Possibilities And Moral Challenges**

(President's Council on Bioethics).

[http://www.bioethics.gov/background/age\\_retardation.html](http://www.bioethics.gov/background/age_retardation.html)

### **Three Physiological Measures Linked to Longevity in Men**

(National Institutes on Health)

<http://www.nih.gov/news/pr/aug2002/nia-01.htm>

### **Report of the National Institute on Aging Advisory Panel on Exceptional Longevity, 2001**

(National Institute on Aging)

<http://www.nia.nih.gov/research/meetings/apelreport.pdf>

### **The Future of Human Longevity: How Vital Are Markets and Innovation?**

(U.S. Senate Special Committee on Aging)

<http://aging.senate.gov/index.cfm?Fuseaction=Hearings.Detail&HearingID=21>

### **Living Longer, Living Better – The Challenge to Policy Makers**

(U.S. Senate Special Committee on Aging)

<http://aging.senate.gov/oas/fr12.htm>

### **Living Longer, Growing Stronger: The Vital Role of Geriatric Medicine**

(U.S. Senate Special Committee on Aging)

<http://aging.senate.gov/oas/f5.htm>

### **National Center for Complementary and Alternative Medicine**

(National Institutes of Health)

<http://nccam.nih.gov/>

### **Overview of Dietary Supplements**

(U.S. Food and Drug Administration)

<http://vm.cfsan.fda.gov/~dms/ds-oview.html>

### **Dietary Supplements**

(U.S. Food and Drug Administration)

<http://www.cfsan.fda.gov/~dms/supplmnt.html>

### **Dietary Supplements: An Advertising Guide for Industry**

(U.S. Federal Trade Commission)

<http://www.ftc.gov/bcp/online/pubs/buspubs/dietsupp.htm>

### **Miracle Health Claims – Add a Dose of Scepticism**

(U.S. Federal Trade Commission)

<http://www.ftc.gov/bcp/online/pubs/health/frdheal.htm>

### **Honor the Past, Imagine the Future: Towards a Society for All Ages - Longevity in the New American Century**

(Conference Sponsored by the Administration on Aging)

<http://www.aoa.gov/Baltimore99/default.htm>

Longevity Organizations and Groups (See disclaimer statement)

### **International Longevity Center**

<http://www.ilcusa.org/>

### **American Academy of Anti-Aging Medicine**

<http://worldhealth.net/>

### **The Anti-Aging Institute**

<http://www.anti-aging.org/>

### **Gerontology Research Group**

<http://www.grg.org/>

### **Kronos Longevity Research Institute**

<http://www.kronosfoundation.org/home.html>

### **Life Extension Foundation**

<http://www.lef.org/index.shtml>

### **Natural Health and Longevity Resource Center**

<http://www.all-natural.com/>

### **The Alternative Medicine Home Page**

(Health Sciences Library System, University of Pittsburgh)

<http://www.pitt.edu/~cbw/altm.html>

## Commercial Sites (See disclaimer statement)

### **Natural Health and Longevity Resource Center**

<http://www.all-natural.com/>

### **Longevity Network**

<http://www.longevitynetwork.com/>

### **Life Extension Foundation**

<http://www.lef.org/>

## Popular Books on Longevity

### **Gerontology.com**

(Amazon Books)

<http://www.gerontology.com/>

### **Longevity**

(Barnes and Noble)

<http://shop.barnesandnoble.com/booksearch/results.asp?WRD=longevity>

## **BMC:08/04/03**

### **Center for Communication and Consumer Services**

U.S. Administration on Aging

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