UNHEALTHY BEHAVIORS
ARE CAUSING AMERICANS
TO AGE FASTER

On average, **Americans are 5 years older than they think**, according to research from Discovery's Vitality Institute*

The incidence of chronic diseases like **cardiovascular disease, cancer, chronic respiratory disease and diabetes** is rapidly increasing

In fact, **25% of Americans are 8 years older than they think**, with Vitality Age gaps averages varying based on gender, age, education and income:

GENDER
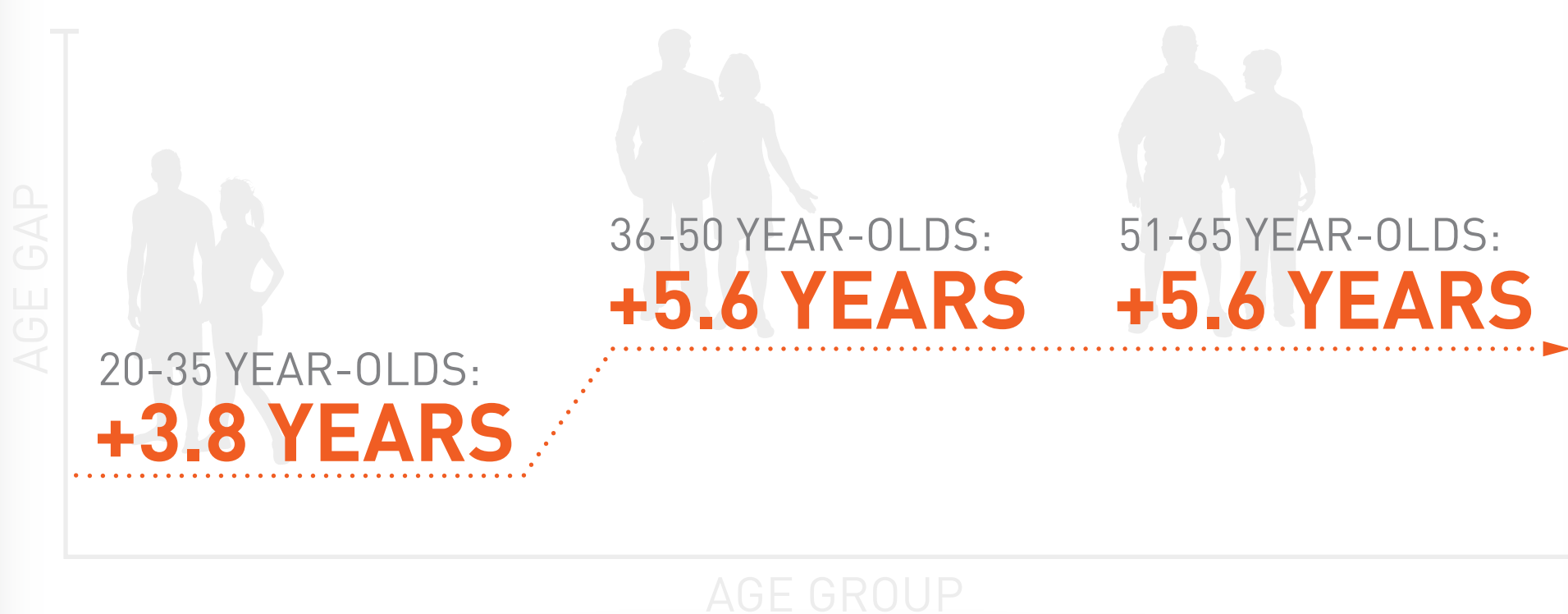
Males are on average one year older than females

MALES:
+5.4 YEARS

FEMALES:
+4.6 YEARS

AGE

The age gap goes up by 2 years after the age of 36, and this stays consistent through Americans up to age 65

AGE GAP

20-35 YEAR-OLDS:
+3.8 YEARS

36-50 YEAR-OLDS:
+5.6 YEARS

51-65 YEAR-OLDS:
+5.6 YEARS

AGE GROUP

EDUCATION

College graduates are 1.5-2.4 years younger than those with no college at all

LESS THAN HIGH SCHOOL DIPLOMA/GED:
+6.0 YEARS

SOME COLLEGE OR AA DEGREE:
+5.1 YEARS

HIGH SCHOOL GRAD/GED:
+5.7 YEARS

COLLEGE GRADUATE OR ABOVE:
+3.6 YEARS

INCOME

Those making less than $55K per year are 1-1.5 years older than those making more than $55K per year

$0-24,999/YEAR:
+5.9 YEARS

$55,000+/YEAR:
+4.4 YEARS

$25,000-54,999/YEAR:
+5.5 YEARS

For more information about The Vitality Institute, visit
www.thevitalityinstitute.org.

Vitality
INSTITUTE