

The quality of life is more important than life-span

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Alyson A. van Raalte et al. wrote an article entitled “The case for monitoring life-span inequality” (1). According to the new study in the US population, five factors could extend our life by 10 years or more: no-smoking, a healthy weight (The healthiest people in the study had a BMI between 18.5 and 22.9), exercise (30 minutes of moderate exercise per day is ideal), alcohol intake (one glass of wine a day for women, and one to two a day for men), and healthy diet (2). However, I believe that the quality of life is more important than the life-span. In the life-span study, they should investigate the quality of life. EU has studied the quality of life (3). It remains difficult to measure the quality of life of (European) citizens but preliminary results show it is worth going beyond GDP figures (3). A multidimensional approach is necessary to get a more comprehensive view of quality of life and avoid any misleading conclusions (3).

References:

1. Alyson A. van Raalte et al., The case for monitoring life-span inequality, Science 30 Nov 2018: Vol. 362, Issue 6418, pp. 1002-1004
2. <https://www.ahajournals.org/doi/abs/10.1161/CIRCULATIONAHA.117.032047>
3. https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Quality_of_life_indicators_-_measuring_quality_of_life#Conclusion