

# Lifespan vs. Healthspan

For decades, the medical community has focused on lifespan as a metric of longevity. However, lifespan doesn't take into account the quality of years spent in good health, it simply defines the length of time for which one lives.

Modern medicine has people living longer than ever before, but they are not necessarily living well. More and more people are taking proactive measures to maintain and even improve their health, to not only increase their lifespan but lengthen their healthspan, or the period of life spent in good health.

## LIFESPAN

**Lifespan:** Is defined as *the length of time for which you live*. Since 1900, the global life expectancy has more than doubled and is now over 70 years of age. [\(1\)](#)

## HEALTHSPAN

A different way to view aging, "healthspan," offers far more information about longevity. **Healthspan** is defined as *the period of your life spent in good health*. [\(2\)](#)

Unfortunately, failing to take care of your body decreases healthspan and leaves you susceptible to a multitude of age-related conditions that can put a damper on your golden years.

While lifespan is measured by your chronological age or age in years, your **biological age** predicts your healthspan. Biological age is calculated using various biomarkers, such as blood glucose, vitamin D, hormone levels, and genetic testing. These tools can show how "worn down" your cells, tissues and organs really are. Your biological age may be younger or older than your chronological age. To improve healthspan, you want to biologically age slower than you chronologically age.

