

2009

How Long Will You Live?

Expectation of life by age and sex U.S preliminary 2009

Check your age to see how many years you may have left, according to U.S averages. 65 year old women are expected to live 2.7 years longer than men of the same age.

Of course, these are "averages." Some will live longer and some shorter, depending upon your lifestyle, eating habits, fitness, genes and your attitude.

Your genes count for less than 25%. If your parents or grandparents lived to be 90+, it doesn't mean that you will but good genes help.

All races	Male	Female
0	75.7	80.6
1	75.3	80.0
5	71.4	76.1
10	66.4	71.2
15	61.5	66.2
20	56.7	61.3
25	52.0	56.4
30	47.3	51.6
35	42.7	46.8
40	38.0	42.0
45	33.5	37.3
50	29.1	32.8
55	25.0	28.4
60	21.1	24.1
65	17.3	20.0
70	13.8	16.1
75	10.7	12.5
80	8.0	9.4
85	5.8	6.8
90	4.1	4.8
95	2.9	3.3
100	2.0	2.2

Source: CDC National Center for Health Statistics

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