

# The Towns Where People Live the Longest



Each town reveals something different about aging

mission	1	<p>The <b>quest</b> to live longer is one of humanity's oldest dreams and three isolated communities seem to have <b>stumbled across</b> the answer. So what can they teach us about a longer life?</p>	<b><u>quest</u></b>
find by accident			
far away, distant	2	<p>Something remarkable links the <b>remote</b> Japanese island of Okinawa, the small Sardinian mountain town of Ovodda and Loma Linda in the US. People live longer in these three places than anywhere else on earth.</p>	<b><i>remoteness</i></b>
	3	<p>At an age when the average Briton is predicted to die - 77 years for men and 81 for women - inhabitants of these three places are looking forward to many more years of good health. Often they're still working in jobs as demanding as heart surgery.</p>	
		<p>Centenarian tips on living longer</p>	
people who live to or beyond 100	4	<p>Okinawa has a population of one million and of those 900 are <b>centenarians</b>, four times higher than the average in Britain or America. Even more remarkably, Ovodda is the only region in the world where as many men as women live to be 100 years of age, bucking the <b>global trend</b>.</p>	<b>centenary</b>
international pattern			<b><i>globalize, globalization</i></b>
interesting		<p>But what is even more <b>intriguing</b> is that each community is distinct from the others and raises a</p>	<b><u>intrigued</u></b>

	5	different theory as to why residents live longer. In all three communities scientists have dedicated themselves to trying to uncover these unique secrets. So what can we learn from the towns where people live the longest?	
		<b>OKINAWA, JAPAN</b>	
people from Okinawa grow old	6	There is one remarkable scientific fact that sets <b>Okinawans</b> apart from the rest of us, they actually <b>age</b> more slowly than almost anyone else on earth.	<b>Okinawa</b> <i>aging, aged</i>
thing, something that happens	7	"The calendar may say they're 70 but their body says they're 50," says Bradley Willcox, a scientist researching the extraordinary <b>phenomenon</b> . "The most impressive part of it is that a good lot of them are healthy until the very end."	<i>phenomenal</i>
unusually long life		Finding the cause of their <b>exceptional longevity</b> is not simple but the spotlight has fallen on one	<i>excepted</i>
chemical produced by the body	8	<b>hormone - DHEA</b> . It's a precursor of both oestrogen and testosterone and produced in the adrenal glands.	<i>hormonal</i>
pace	9	While scientists don't know what it does, they do know the hormone decreases with age and levels decline at a much slower <b>rate</b> among the Okinawans.	<b>rate</b> +
豆腐(Soft white soybean blocks) - soybean foods	10	Explanations for this mostly centre around the dinner table. The Okinawans not only eat more <b>tofu</b> and <b>soya products</b> than any other population in the world, their diet also includes a <b>vast range</b> of different vegetables and fruit all rich in anti-oxidants. Scientists refer to it as a <b>rainbow diet</b> .	<b>produce,</b> <b>productivity,</b> <b>productive</b>
big variety			<i>vastness, vastly</i> <b>range</b>
diet involving foods of different colours		But it's what they don't eat that may be at the heart	<b>dietician, dietary</b>



<p>Units of heat energy in food very different from... 12 meals where you can eat as much as you like</p>	<p>11 of their exceptionally long lives. The Okinawan's most significant cultural tradition is known as <i>hara hachi bu</i>, which translated means eat until you're only 80% full.</p> <p>In a typical day they only consume around 1,200 <b>calories</b>, about 20% less than most people in the UK. Culturally it is <i>a million miles from</i> attitudes in a lot of Western societies, where <i>all-you-can-eat meal deals</i> are offered in restaurants on most high streets.</p>	<p>caloric eat</p>
<p>period of time with [no/little] food offering protection self-protection setting</p>	<p>13 Scientists call it caloric restriction, but don't entirely understand why it works. They think it sends a signal to the body that there is going to be an impending <b>famine</b>, sending it into a <b>protective, self-preservation mode</b>.</p>	<p><b>protection preserve +, preservative,</b></p>
<p>physically big or obvious difference</p>	<p>14 "It's this ability to trick their bodies into starvation that may be keeping Okinawans <i>physiologically</i> so young. It's a <b>stark contrast</b> with the cultural habits that drive food consumption in other parts of the world," says Mr Willcox.</p>	<p><b>physiology, physiological contrasting</b></p>
<p><b>OVODDA, SARDINIA</b></p>		
	<p>15 In stark contrast to Okinawans, the residents of Ovodda don't count calories and meat is very firmly on the menu, while tofu and soya are not.</p>	
<p>sea in Southern Europe</p>	<p>16 But this small town of just over 1,700 residents boasts five centenarians and, even more remarkably, as many men live to 100 as women.</p>	
	<p>17 The benefits of a <b>Mediterranean</b> diet are well known, but this still does not account for the number in Ovodda and other parts of Sardinia. It's even the case that Sardinians who emigrated at 20, 30 or 40 years of age still manage to reach 100, say researchers.</p>	
	<p>18 Over the years Professor Luca Deiana has tested every single Sardinian centenarian and has come up with a surprising theory about why there are so many.</p>	

<p>without contact with others</p>	<p>19 For hundreds of years families in Ovodda have lived in relative <b>isolation</b> from the rest of the world, marrying into each others' families. In fact most people living in the town today are <b>descended from</b> only a few original <b>settlers</b>.</p>		<p><u>isolated</u></p>
<p>related to people who first settled down in a place (first inhabitants)</p>	<p>20 "Marriage among relatives is not the rule but there are some cases of this taking place," says Professor Deiana.</p>	<p>Recipes for living longer</p>	<p>descent, <b>descendant</b></p> <p><u>settlement</u>, <u>settling</u>, <u>settled</u></p>
<p>amount of genetic variation in a time or place</p>	<p>21 "From a genetic point of view when this happens there's a higher probability of having genetic diseases, but also of having positive results like centenarians."</p>		
<p>amount of genetic variation in a time or place</p>	<p>22 In Ovodda, this interbreeding actually seems to have enabled people to live longer. The limited <b>gene pool</b> has provided a unique opportunity to discover specific genes that are associated with long life. Professor Deiana has detected a number of unusual genetic characteristics that seem to link the centenarians of Ovodda.</p>		<p><b>genetic</b><i>ally</i></p> <p><b>pool</b> +</p>
<p>remedy(medicine) giving eternal life</p>	<p>23 "One particular gene on the X chromosome seems to be faulty, failing to produce an enzyme known as G6PD. This can often have a negative impact on health, but in Ovodda it may well have had a positive effect."</p>		
<p>remedy(medicine) giving eternal life</p>	<p>24 The role G6PD may play in living longer is now being researched further, but the professor is convinced the genetic <b>elixir of life</b> lies with the families of Ovodda.</p> <p><b>LOMA LINDA, CALIFORNIA</b></p> <p>In Loma Linda, California, one community is</p>		<p><u>live</u><i>ly</i> +,</p>

<p>25</p> <p>belief</p> <p>27</p> <p>Protestant Christian Church which believes in the second coming of Jesus Christ</p>	<p>living a longer, healthier life. The extraordinary longevity of residents may not have anything to do with genes.</p> <p>26</p> <p>The community has discovered a secret that's much easier to find than any gene. Its effect is so powerful that it enables them to live longer than anyone else in the US.</p> <p>For many of those living in Loma Lindo long life is a matter of <b>faith</b>. A significant number of people in the town are <b>Seventh Day Adventist</b>, a religion whose members live between five and 10 years longer than fellow citizens.</p> 	<p><b>faithful</b>ness</p> <p><b>advent</b></p>
<p>without meat</p> <p>28</p>	<p>This can be partly explained by the fact Adventists don't drink or smoke and many stick to a <b>vegetarian</b> diet the church advises. But not all members do and even they live significantly longer than average.</p>	<p><b>vegetarianism</b>, <b>veggie</b></p>
<p>ask the question life with a focus on spiritual things (such as religious beliefs or practices)</p> <p>29</p>	<p>"It does certainly <b>raise</b> the question if there's something about <b>spiritual</b> life that also has an impact on longer life," says Dr Gary Fraser, who is researching the community.</p>	<p><b>raise</b> + <b>questionable</b> <b>spirituality</b> <b>spiritualize</b></p>
<p>people who go to church</p> <p>30</p>	<p>"At this moment we don't really know that but there's been one interesting fact that's been known now for 20 or 30 years and that is that people that go to church regularly - whatever faith they have - live longer and there's no question about that."</p>	
<p>armed deal with, handle</p> <p>31</p>	<p>It seems that regular <b>churchgoers</b> have significantly lower levels of stress hormones and so may be better <b>equipped</b> to <b>cope with</b> the challenges in life, say scientists.</p>	<p><b>equipment</b></p>
<p>holy</p>	<p>"Religion and connection to something higher than oneself, connection to the <b>sacred</b>, connection</p>	<p><b>sacred</b></p>

<p>change, adjust a bigger reason</p>	<p>32 to a tight-knit religious community allows you to <b>modulate</b> your reactions and your emotions to believe there is a <b>broader purpose</b>," says Dr Kerry Morton, who is involved in a longer-term study on Adventist health.</p>	<p><b>modulation,</b> <b>modulated</b> <b>broadness, broaden</b></p>
<p>things that cause stress shocks</p>	<p>33 "Therefore your body can stay in balance and not be destroyed by those <b>stressors</b> and <b>traumas</b> over time." By Denise Winterman, BBC News Magazine, <a href="http://news.bbc.co.uk/2/hi/uk_news/magazine">http://news.bbc.co.uk/2/hi/uk_news/magazine</a> Last Updated: Tuesday, 19 February 2008, 12:09 GMT 'Tablearning' &amp; 'Colour coding' techniques © The Peacemaker Foundation Luc@peacemakerfoundation.com</p>	<p><b>stress +</b> <b>traumatize,</b> <b>traumatic</b></p>

## Q & A

Q1: What did you find most interesting about the article?

Q2: How healthy is your home town or home country?

Q3: What would you do if you were the president or health minister of your country to make a better environment?

Q4: What do you believe are the secrets to a long and healthy life?

Q5: What is more important for a long life: physical health or mental health?

## Life Expectancy Table from the World Health Organization (2012)

Overall rank <sup>[6]</sup>	Country	Overall life expectancy	Male life expectancy	Male rank	Female life expectancy	Female rank
1	 <a href="#">Japan</a>	84.6	85	1	87.3	2
2	 <a href="#">Andorra</a>	84.2	80.8	8	87.6	1
3	 <a href="#">Singapore</a>	84	82	2	87	3
4	 <a href="#">Hong Kong</a>	83.8	82	2	85.6	5
5	 <a href="#">San Marino</a>	83.5	82	2	85	11
6	 <a href="#">Iceland</a>	83.3	81.4	6	85.2	9
7	 <a href="#">Italy</a>	83.1	80.4	10	85.8	4
8	 <a href="#">Sweden</a>	83	81.4	6	84.6	13
9	 <a href="#">Australia</a>	83	80.5	9	85.5	6
10	 <a href="#">Switzerland</a>	82.8	80.4	10	85.4	7
29	 <a href="#">United Kingdom</a>	81	79.5	15	82.5	33
31	 <a href="#">Taiwan</a>	80.6	78	28	83.2	28
36	 <a href="#">United States</a>	79.8	77.4	32	82.2	35
65	 <a href="#">China</a>	76	74	72	77	92

[http://en.wikipedia.org/wiki/List\\_of\\_countries\\_by\\_life\\_expectanc](http://en.wikipedia.org/wiki/List_of_countries_by_life_expectanc)

## List by the CIA World Factbook (2014 estimates)

RANK	COUNTRY	(YEARS)
<b>1</b>	<b><u>Monaco</u></b>	89.57
<b>2</b>	<b><u>Macau</u></b>	84.48
<b>3</b>	<b><u>Japan</u></b>	84.46
<b>4</b>	<b><u>Singapore</u></b>	84.38
<b>5</b>	<b><u>San Marino</u></b>	83.18
<b>6</b>	<b><u>Hong Kong</u></b>	82.78
<b>7</b>	<b><u>Andorra</u></b>	82.65
<b>8</b>	<b><u>Switzerland</u></b>	82.39
<b>9</b>	<b><u>Guernsey</u></b>	82.39
<b>10</b>	<b><u>Australia</u></b>	82.07

<https://www.cia.gov/library/publications/the-world-factbook/rankorder/2102rank.html>



## Advice

There is nothing more important than health. Here are three interrelated things we need to keep in good condition: The body, the Mind, & the World. If the body is healthy then we can live a long life.

### 1. Physical Health: The Body

We humans need exercise and good nutrition. We also need clean water, food and air.

#### **Clean water** (\*Advisable in some places only)

1. \*Use water filters and then boil water. Change the filters on time.
2. \*Arrange a free check of your water quality by contacting your local water supplier.
3. \*Avoid ice cubes in drinks when eating out.
4. Wash cups well and rinse washing up liquid off the cups.
5. Keep cups covered.
6. Don't put hot liquid into plastic containers unless they're heat resistant.
7. Avoid plastic bottles or cups with BPA.
8. Use only cold water from the tap for drinking and cooking. Hot water has usually been through the boiler which may be unclean or leach chemicals.
9. If taps have not been used for a while, then briefly run the water before filling your container.
10. Take hazardous waste to a hazardous waste collection center. Do not dump toxic chemicals down the drain or on the ground.

#### **Clean food**

1. Eat organic vegetarian food.
2. Wash food well with clean water.
3. Don't put food on the ground.
4. Cover food if left standing or if sweeping.
5. If you eat fish then choose fish with lower [lower mercury levels](#) (usually lower on the food chain).
6. Don't eat as you walk by busy roads or drive.
7. Avoid disposable utensils like throw-away chopsticks and plastic cutlery.
8. Don't use plastic with hot food unless heat proof. Don't put plastic into microwave ovens unless microwave safe.
9. Rinse washing up liquid off cups and plates.
10. Use separate cloths for cleaning dishes and surfaces.

## Clean air

1. Don't smoke.
2. Use cleaner transport such as [electric vehicles](#) or bicycles (don't use petrol [scooters](#)).
3. Turn off your engine when you stop (avoid [idling](#) your engine).
4. Plant trees and be around trees.
5. Walk or run in parks, the countryside, or away from busy roads.
6. Go high up above ground level. Go to a higher floor in your building, hike up a mountain.
7. Maintain good ventilation: especially when using chemical-based cleaners, glues and paints. Open a window or use an extractor fan.
8. Close doors and windows if you're by a busy road (especially at rush hour and if you live on the ground floor).
9. Use an air purifier and/or put plants indoors.
10. Sweep carefully and slowly using a covered pan.

## 2. Mental Health: The Mind

We humans need health, peace, love and happiness, as well as dreams (goals). We also want to feel special and valuable. The more valuable the things you do the greater your feeling of value will become. Valuable things are those that increase health, peace, love and happiness or take you closer to your dreams. Find those valuable and meaningful things that you truly love to do. Then do them. Everyday take a baby step towards a giant dream. Just be clear about what you're doing and do meaningful things.

By helping others and helping the world we can help our own minds.

## 3. Environmental Health: The World

### Related to clean air & Environmental Health

You could campaign for pedestrian areas (with no cars or scooters), a ban on petrol scooters, cleaner vehicles, more public transport, less engine idling, bigger sidewalks, smaller roads, more bike lanes, more trees, more public transport infrastructure, and greater investment in green renewable energy.



The Peacemaker Foundation Campaigns & Projects to Promote Health & Wellbeing Peacemakerfoundation.com