



## Overall Quality of Health Improvements under Chiropractic Care

**“For the Habitually Healthy, Less Fear of Reaper”**

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### **Objective:**

Quantify the potential combined impact of four health behaviors on mortality in men and women living in the general community.

### **Method:**

Examined relationship between lifestyle and mortality in population study of 20,244 men and women aged 45-79 y

Participants scored one point for each health behavior: current non-smoking, not physically inactive, moderate alcohol intake (1-14 units a week) and plasma vitamin C > 50 mmol/l indicating fruit and vegetable intake of at least five servings a day, for a total score ranging from zero to four.

After an 11 y follow up, the mortality risk for those four compared to zero health behaviors was equivalent to being 14 y younger in chronological age

### **Results & Conclusions:**

- Four health behaviors combined predict a 4-fold difference in total mortality in men and women, an impact equivalent to 14 years in length of life.

- Healthy Behavior leads to longer life