

The results are in and it's good news – healthspan is increasing

New study shows healthspan, the number of healthy years a person lives is, on average, increasing – even for people with common chronic conditions.

TENAFLY, NEW JERSEY, UNITED STATES, March 28, 2022 /EINPresswire.com/ --

There have been advances in healthcare over recent decades that mean many people with chronic health conditions are living longer with increasing healthspan, according to a [new study published in PLOS Medicine](#) by Holly Bennett of Newcastle University, and others.

Longevity.Technology: Lifespan is often associated with longevity research but healthspan less so; perhaps that's because it's more nebulous – after all, alive or dead is a pretty binary decision (The Walking Dead, notwithstanding), but one person's healthy is another person's sub-par. There isn't much point focusing on extending life unless we are also improving the quality of that life – more years in good health, free from serious disease. The frontline approaches – diet, exercise, more sleep, less stress –

“

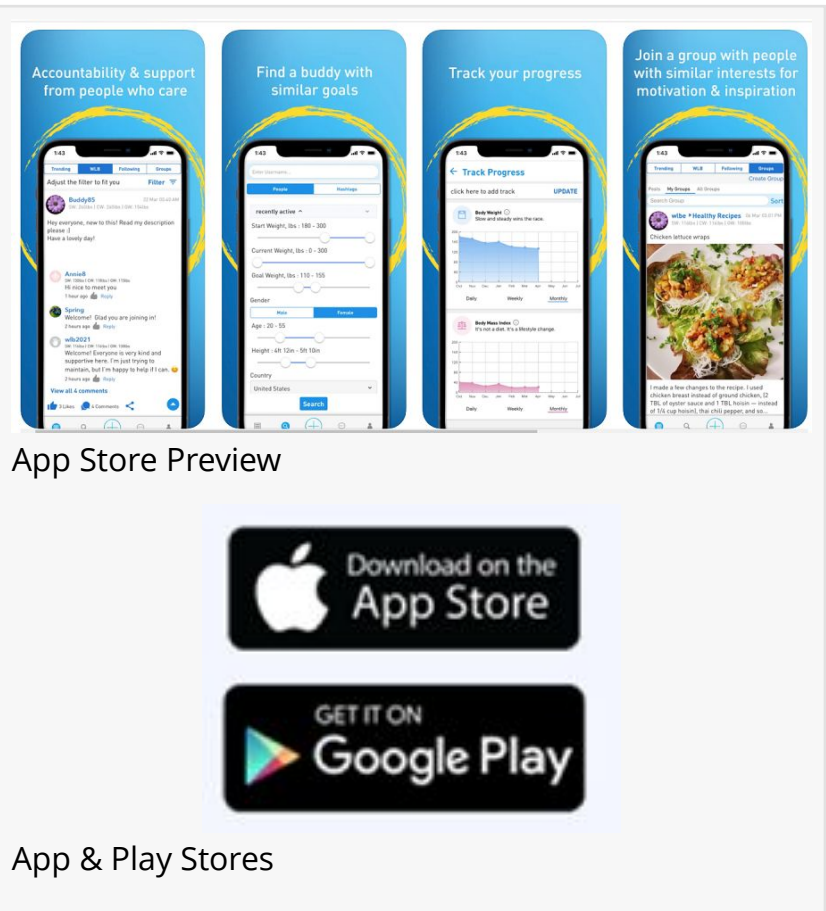
You can't help someone up a hill, without getting closer to the top yourself -"

Joey Dweck

should be backed up with personalised, preventative strategies that prevent, slow or even halt age-related diseases. This will not only give us more happy, healthy years, but have enormous economic and social consequences for us all.

The researchers started from the point that previous

research has examined the improvements in healthy years if different health conditions are eliminated, but often with cross-sectional data, or for a limited number of conditions. In the new



App & Play Stores

study, researchers wanted to determine whether this extension to life involves an increase in years with or without disability. The team analysed data from two large population-based studies of people aged 65 or over in England. The studies, the Cognitive Function and Ageing Studies (CFAS I and II) involved baseline interviews with 7,635 people in 1991-1993 and with 7,762 people in 2008-2011, with two years of follow-up in each case.



For both healthy people and those with health conditions, the average years of disability-free life expectancy (DFLE) increased from 1991 to 2011. Overall, men gained 4.6 years in life expectancy (95% CI: 3.7 – 5.5 years, $p < 0.001$) and 3.7 years in DFLE (95% CI: 2.7 – 4.8, $p < 0.001$). Men with conditions including arthritis, coronary heart disease, stroke and diabetes gained more years in DFLE than years with disability. The greatest improvements in DFLE in men were seen for those with respiratory difficulties and those living post-stroke [1].

There have been advances in healthcare over recent decades that mean many people with chronic health conditions are living longer with increasing healthspan, according to a new study published in PLOS Medicine by Holly Bennett of Newcastle University, and others.

Longevity.Technology: Lifespan is often associated with longevity research but healthspan less so; perhaps that's because it's more nebulous – after all, alive or dead is a pretty binary decision (The Walking Dead, notwithstanding), but one person's healthy is another person's sub-par. There isn't much point focusing on extending life unless we are also improving the quality of that life – more years in good health, free from serious disease. The frontline approaches – diet, exercise, more sleep, less stress – should be backed up with personalised, preventative strategies that prevent, slow or even halt age-related diseases. This will not only give us more happy, healthy years, but have enormous economic and social consequences for us all.

[read more](#)

About WeightLossBuddy

WeightLossBuddy is the largest community dedicated exclusively to supporting people who are struggling to lose weight.

Its new app allows users to monitor their weight, while sharing their progress with others, and

at the same time learning from their experience.

Not only are users able to chat live with other users, but they can also form or join groups to connect with people who have similar interests and goals.

Public & Private groups let them share their concerns with people they can trust.

Research has shown that people who have social support, tend to be more successful at achieving, and maintaining weight loss than those who do not.

In a 2010 study, almost 88% of subjects who joined an internet weight loss support community reported that being part of a group supported their weight loss efforts by providing encouragement and motivation.

In addition to a very easy to use platform, weightlossbuddy uses a familiar “posting” interface people are familiar with. It allows users to share both their successes and setbacks.

What makes the new weightlossbuddy app stand out from other apps is that it is non-toxic, safe, supportive, welcoming and easy to use.

Users can check in each day, post their progress, get encouragement and check to see how their friends are doing.

The new App helps users by giving them the support they need in a welcoming, non-threatening community of like-minded people who share their frustrations,

WeightLossBuddy caters to those individuals who want to lose weight and need help.

It helps by providing weight loss support from others on a similar journey.

The new 100% FREE weight loss support app gives users access to a large weight loss community that is ready to encourage them, share effective weight loss tips, and help them in any way possible to reach their weight loss goal.

Users of the new app can explore the social fitness & weight loss posts from weight loss buddy users that are on the same journey.

Users can find great weight loss support content, read about other people's personal struggles to learn and relate, and like and comment on posts.

Additionally, users can make use of Weightlossbuddy as their weight loss tracker and social weight loss app to post content, thoughts, struggles, progress photos, and more.

Users can start chatting live with fitness buddies from around the globe within the app!

WHY the NEW WEIGHTLOSSBUDDY APP?

Users can now:

- add current and target weight
- find a buddy and get support
- share photos and weight loss progress
- connect and chat live with other weight loss buddies
- comment and like on posts
- track daily weight

This New 100% FREE App can be found in both the [iOS](#) and Google Play stores.
It has the ability to transform people's

Joey Dweck
weight loss buddy
+1 917-841-2521

[email us here](#)

Visit us on social media:

[Facebook](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/559603805>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 IPD Group, Inc. All Right Reserved.