# Lifespan and Healthspan: Past, Present and Promise; [Eileen M. Crimmins](https://pubmed.ncbi.nlm.nih.gov/?term=Crimmins%20EM%5BAuthor%5D), December 2015, 55(6): 901–911.

The paper provides a comprehensive review of the concept of lifespan and healthspan, and the importance of understanding both in the context of population health. The author defines lifespan as the maximum number of years an individual can potentially live, while healthspan is the period of time an individual lives in good health without major chronic diseases and disabilities. The paper reviews the historical trends in lifespan and healthspan and highlights the fact that while lifespan has increased over the past century, healthspan has not increased at the same rate. The author also discusses the current challenges in measuring and monitoring both lifespan and healthspan, including the lack of consistent definitions and methods of measurement. Finally, the paper discusses the potential for future interventions aimed at extending both lifespan and healthspan, including pharmacological interventions, gene therapies, and lifestyle interventions such as diet and exercise.

Overall, the paper provides a valuable overview of the current state of research on lifespan and healthspan and highlights the need for continued research in this area to address the growing burden of age-related disease and disability in the population.

# Pinpointing the sources of Asian Mortality Advantages in the United States; Francesco Acciai, M.S., Aggie J. Noah, M.A., Glenn Firebaugh, Ph.D. [J Epidemiol Community Health. 2015 Oct; 69(10): 1006–1011.](https://www.ncbi.nlm.nih.gov/entrez/eutils/elink.fcgi?dbfrom=pubmed&retmode=ref&cmd=prlinks&id=26034046)

The paper analyzes data from the National Health Interview Survey and the National Health and Nutrition Examination Survey to investigate the role of socioeconomic and behavioral factors in explaining the Asian mortality advantage. The study also examines the role of nativity, acculturation, and healthcare utilization in shaping mortality disparities.

The findings of the study suggest that socioeconomic and behavioral factors play a significant role in explaining the Asian mortality advantage, with Asian Americans experiencing lower rates of smoking, alcohol consumption, and obesity compared to other groups. The study also found that nativity and acculturation have complex effects on mortality disparities, with foreign-born Asian Americans experiencing lower mortality rates compared to U.S.-born Asian Americans.

The study further highlights the importance of healthcare utilization in shaping mortality disparities, with Asian Americans having higher rates of preventive care utilization compared to other groups. The paper suggests that these factors, along with the cultural values and norms that promote healthy behaviors and family support systems, could be contributing to the Asian mortality advantage.

# Proximate determinants of particulate matter (PM2.5) emission, mortality and life expectancy in Europe, Central Asia, Australia, Canada and the US by Sarkodie et al, [Science of The Total Environment](https://www.sciencedirect.com/journal/science-of-the-total-environment) ,[Volume 683](https://www.sciencedirect.com/journal/science-of-the-total-environment/vol/683/suppl/C), 15 September 2019, Pages 489-497

The study uses regression analysis to identify the proximate determinants of PM2.5 emissions, and their impacts on mortality rates and life expectancy. The results indicate that PM2.5 emissions are significantly associated with increased mortality rates and reduced life expectancy, with the greatest impacts observed in Central Asian countries.

The study identifies several factors that contribute to PM2.5 emissions, including economic growth, energy consumption, and urbanization. The findings suggest that policy interventions aimed at reducing these proximate determinants could have a significant impact on reducing PM2.5 emissions and improving public health outcomes.

The study is significant in that it provides a comprehensive analysis of the determinants of PM2.5 emissions and their impact on mortality rates and life expectancy in several countries. The findings have important implications for policymakers and public health practitioners in the development of interventions aimed at reducing air pollution and improving public health outcomes.