



My Report

Date: 8/24/2017

Mortality

Life expectancy (years)	83.8
Health age (years)	60.2
Years lost due to Smoking	0.4
Years lost due to Alcohol	0
Years lost due to Diet	1.3
Years lost due to Physical Inactivity	0
10-year probability of death	1.9% or 19 in 1000
Probability of living until 75 years	81.2%

Hospitalization

Lifetime days spent in Hospital	54.9
Hospital bed-days in the next 10 years	16.9

Risk Factors	You	Average*	Target
Physical Activity			
Total physical activity (METS/week)	60.5	14.8	---
Moderate to vigorous activity (Minutes/week)	540	50.4	At least 150 minutes per week
Fruits and vegetables			
BigLife diet score	6	5.0	---
Fruits and vegetables (servings/day)	4	4.3	7
Smoking	Former	Former	Quit or don't start
Alcohol (weekly)	0 drinks/week	5.2 drinks/week	Max 15/week
Neighbourhood support	Mid	Moderate	---
Body Mass Index	29.3	27.6	18.5 to 24.9

* The average Canadian for your age and sex. See [FAQ](#) on [projectbiglife.ca](#) for target recommendations.

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Biglife calculators: MPoRT V2.0, HPoRT V2.0