



Simposio Internacional / *International Symposium:*

## **Longevidad y comportamiento: ¿Es el comportamiento un factor interviniente en la longevidad?**

*Longevity and behaviour: Do behavioural factors intervene in longevity?*

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### **ABSTRACT**

#### **Estilos de vida y longevidad**

#### **Lifestyle and Longevity**

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A series of “the usual suspects” is known to be associated with health and survival among the middle-aged and the elderly, e.g. birth cohort, gender, smoking and other life style factors, genetics, early life, and socioeconomic factors. Among the oldest-old, however, the pattern is markedly different. So, should we study longevity (an exceptionally long life) as one continued process or a two-legged trip? We have been using nationwide cohort studies of twins, oldest-old individuals and long-lived families in Denmark to understand the variance in health and survival and to identify clinically useful predictors of longevity.

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