

	MicroLives	Time	Comments
Exposures			
<i>Being Inactive/Overweight</i>			
Watching TV per 60 mins	-0.5 MicroLives	- approx. 15 mins	
5kg overweight per day ¹	-1 Microlife	- 30 mins	
<i>Activities</i>			
Exercise general (first 20 mins) ²	+2 MicroLives	+ approx. 1 hour	Each unit of time after the first 20 minutes confers some benefit but not as much as the first 20 mins
Walking per km	+0.4 MicroLives	+ 12 mins	
Marathon Running per run	+2 MicroLives	+ 1 hour	Marathon running has an acute risk of dying of 7 in a million.
Keeping an active mind per day	+4 Microlives	+ 2 hours	Scientific studies say that keeping an active mind has a significant effect on longevity
<i>Foods</i>			
Bacon per 2 servings	-2 MicroLives	- 1 hour	
Red meat per serving	-1 MicroLives	- 30 mins	
Vegetables per serving	+4 Microlives	+ 2 hours	
<i>Drinks</i>			
Coffee per cup	+0.3 MicroLives	+ 10 mins	2-3 cups per day adds 30 mins
<i>Alcohol</i>			
Alcohol per drink	+1 MicroLives	+ 30mins	Over time 1 drink per day lengthens life but more than 2 per day actually shortens it. Binge drinking adds an acute risk to this also in that if you binge drink this may lead to sudden death.
<i>Cigarettes</i>			
Cigarettes per 2	-1 MicroLives	- 30 mins	
Cigarettes per 15-24	-10 MicroLives	- 5 hours	
<i>Pets</i>			
Having a cat or dog per day	+1 Microlife	+ 30 mins	Pet owners seem to live longer than those who don't own pets
<i>Social</i>			
Being married per day	+7 Microlives	+ 3.5 hours	Lifespan is increased in both men and women by being married presumably due to the stability and mutual support provided
<i>Medical</i>			
Chest X-ray per procedure	-0.5 MicroLives	- 15 mins	The cost of these medical procedures has got to be balanced

			against the positive effect of diagnosing an illness
CT Scan per procedure	-150 Microlives	-75 hours	
Dental X-ray per procedure	-0.1 MicroLives	- 3 mins	
Mammogram per procedure	-8 MicroLives	- 4 hours	
<i>Non Modifiable Exposures</i>			
Being Male per day ³	- 4 Microlives	- 2 hours	Physiological and psychological advantage of being a woman
Being Born in 2010 vs 1910 ³	+ 15 MicroLives per day	+ 7.5 hours	Advances in medicine and public health

¹ This information reported in many places by Professor David Spiegelhalter.

<https://understandinguncertainty.org/microlives>

² Professor David Spiegelhalter. First, 20 mins adds 1 hour to lifespan and the subsequent 20 min units of exercise add approximately 22 mins

³ BMJ 2012; 345: e8223 (<https://understandinguncertainty.org/files/2012bmj-microlives.pdf>)