

Graceful Ageing

Alisha and Ness – Thursday 16 March 2017

Life expectancy varies in countries from 40-90+ years.

Today there are many different elements of maintaining a long life. Some of these include having a healthy diet, exercising on a daily basis and simply keeping optimistic. Being with family and friends can always help boost your spirits even if you're having a down day.

Japan has one of the highest average life expectancy in the world. This is mainly because of an extremely healthy, well thought out diet and small but frequent exercise. The women of Japan can live up to around 100+ years of age while men's age is around about 80+.

Sierra Leone is a small West African country. It has been burdened by civil war from 1991-2002 and has been severely affected by the outbreak of Ebola in 2014 leaving 50,000 dead. These two things have massively impacted the country's life expectancy of 46 years old. Because of the civil war their homes were no longer homes, everything got destroyed and no one was able to pay for a safe environment.

Japan has fertile land able to grow crops. It also has the money to keep the land used efficiently, whereas Sierra Leone is living in ruins and poverty. As a result these two factors have kept the life expectancy low in comparison to Japan. Sierra Leon is lacking food and beverages, with even clean water difficult to find. Even though they have all these negative events happen, they still seem to be happy and be supported by family and a growing community. Despite Japan being near perfect, there are some who overwork themselves and forget values and an actual life. This leads to over exhaustion to which leads on to depression and has a high rate of suicide.

To age gracefully, a balanced life is key.