



Eons 2007 State of Longevity Report

About the Report

The Eons 2007 State of Longevity Report reflects the reported behaviors and attitudes of more than 450,000 respondents whose reported ages exceeded 50 years. Results were compiled from responses to the Eons Longevity Calculator, an online resource that assesses calculated longevity based on respondents' reported personal history, lifestyle, nutrition, medical history and family history. Calculated age is estimated based on the lifespan-lengthening and -reducing effects of known benefits and risk factors. Upon completion of the Longevity Calculator, respondents are provided with feedback to help identify and alter specific behaviors in ways that have been shown to increase lifespan. For more information, visit <https://calculator.eons.com/calculator>.

Highest Calculated Age

Hawaii	91.98
Colorado	91.76
New Mexico	91.60
California	91.55
Arizona	91.39
Vermont	91.38
Oregon	91.36
Washington	91.30
Idaho	91.15
Minnesota	91.15

Lowest Calculated Age

Kentucky	89.86
Pennsylvania	89.81
Ohio	89.80
Indiana	89.74
Oklahoma	89.73
Illinois	89.68
Arkansas	89.65
Louisiana	89.61
Missouri	89.60
West Virginia	89.52

Best Attitude on Aging

Hawaii
New Mexico
Arizona
South Dakota
Colorado
Alaska
California
Oregon
Washington
Minnesota

Worst Attitude on Aging

Tennessee
West Virginia
Arkansas
Pennsylvania
Louisiana
Texas
Wyoming
Kentucky
Alabama
Nebraska



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Most Amount of Exercise

Based on # of days of exercise per week

Hawaii
Vermont
New Mexico
Florida
California
Rhode Island
Montana
Colorado
Alaska
Minnesota

Least Amount of Exercise

Based on # of days of exercise per week

Louisiana
Arkansas
West Virginia
Oklahoma
Indiana
Mississippi
Missouri
New Jersey
Pennsylvania
Tennessee

Fewest Hours Spent at Work

Based on # of hours/days worked per week

Arizona
Florida
Nevada
Oregon
South Carolina
New Mexico
Arkansas
Washington
California
Delaware

Most Hours Spent at Work

Based on # of hours/days worked per week

Alaska
Rhode Island
Louisiana
Vermont
Arkansas
Maine
New Hampshire
Hawaii
West Virginia
Oklahoma

Most Well-Rested

Based on hours of sleep per night

South Carolina
Delaware
Nevada
California
Arizona
Florida
New Mexico
Hawaii
Rhode Island
Minnesota

Least Well-Rested

Based on hours of sleep per night

Mississippi
Louisiana
Oklahoma
Arkansas
Indiana
New York
Missouri
Pennsylvania
West Virginia
Kentucky



Most Frequent Alcohol Intake

Based on days per week

Hawaii
Vermont
New Mexico
Florida
California
Rhode Island
Montana
Colorado
Alaska
Minnesota

Least Frequent Alcohol Intake

Based on days per week

Louisiana
Arkansas
West Virginia
Oklahoma
Indiana
Mississippi
Missouri
New Jersey
Pennsylvania
Tennessee

Highest Percentage of Smokers

Based on frequency per week

Missouri
Arkansas
Oklahoma
Mississippi
Nevada
Louisiana
Kentucky
Illinois
West Virginia
Pennsylvania

Highest Percentage of Non Smokers

Based on frequency per week

Utah
Hawaii
Vermont
New Hampshire
California
Idaho
Colorado
Washington
Connecticut
Maryland

Most Caffeinated State

Based on cups of coffee per day

South Dakota
North Dakota
Montana
Kansas
Minnesota
Nebraska
Arkansas
Wyoming
Alaska
Oklahoma

Least Caffeinated State

Based on cups of coffee per day

Utah
Indiana
Iowa
Hawaii
Ohio
Illinois
Missouri
California
Pennsylvania
South Dakota



Dental Care – Flosses the Most

Based on frequency per week

Hawaii
California
Vermont
New Hampshire
Colorado
Arizona
Connecticut
Washington
New Mexico
Alaska

Dental Care – Flosses the Least

Based on frequency per week

South Dakota
Nebraska
North Dakota
Iowa
Oklahoma
Indiana
Kansas
Texas
Montana
West Virginia

Most Likely to Engage in Brain Activity

Based on frequency per week

New Mexico
Alaska
Oregon
Vermont
Washington
Wyoming
Maine
Florida
Hawaii
Idaho

Least Likely to Engage in Brain Activity

Based on frequency per week

New Jersey
Louisiana
New York
Alabama
Rhode Island
Arkansas
Illinois
Delaware
West Virginia
Oklahoma

Healthiest Weight

Hawaii
Colorado
New Mexico
Rhode Island
California
Connecticut
Florida
Arizona
Massachusetts
New York

Most Dieters

Alaska
West Virginia
Nevada
Idaho
Washington
Oregon
South Carolina
Oklahoma
Maine
New Hampshire

Most Likely to Overeat Daily

Nebraska
West Virginia
Wyoming
Iowa
Oklahoma
Louisiana
Ohio
Arkansas
South Dakota
Indiana



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States Most Likely to Snack On...

Based on # of servings per week

Fruit

California
New York
New Jersey
Florida
Connecticut
Vermont
Hawaii
Washington
Massachusetts
New Hampshire

Vegetables

Alaska
Washington
Utah
Oregon
Minnesota
Montana
Idaho
Colorado
North Dakota
California

Yogurt

Rhode Island
New Hampshire
Idaho
Vermont
Massachusetts
Maine
New Jersey
Connecticut
New York
Maryland

Healthy Drinks

Hawaii
Vermont
Connecticut
New Jersey
Wyoming
New York
Massachusetts
Rhode Island
Alaska
Pennsylvania

Sweets

South Dakota
Iowa
Utah
North Dakota
Louisiana
West Virginia
Nebraska
Kansas
Missouri
Minnesota

Crackers

Maine
Delaware
Massachusetts
New Hampshire
South Carolina
Connecticut
Rhode Island
Alabama
Wyoming
Vermont

Bagels & Chips

Hawaii
Louisiana
Ohio
Kentucky
Oklahoma
Mississippi
Michigan
Illinois
Indiana
Missouri

Popcorn

Nebraska
North Dakota
South Dakota
Iowa
Wisconsin
Minnesota
Indiana
Illinois
Kansas
Tennessee

Unhealthy Drinks

South Dakota
Mississippi
Arkansas
Oklahoma
Indiana
Nebraska
Utah
Kentucky
Alabama
Louisiana

Lowest Consumption of Red Meat

Based on # of servings per week

Hawaii
California
Vermont
New Jersey
New York
Massachusetts
Maine
Oregon
Connecticut
Maryland

Highest Consumption of Red Meat

Based on # of servings per week

North Dakota
Nebraska
Kansas
Iowa
South Dakota
Montana
Wyoming
Missouri
Oklahoma
Indiana



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Highest Consumption of Dairy

Based on # of servings per week

North Dakota
Iowa
Minnesota
Wisconsin
Vermont
South Dakota
Utah
Nebraska
Indiana
Wyoming

Lowest Consumption of Dairy

Based on # of servings per week

Hawaii
Louisiana
California
Nevada
Florida
Alabama
Mississippi
Texas
South Carolina
New Jersey

Highest Consumption of Carbohydrates

Based on # of servings per day

West Virginia
Arkansas
Louisiana
Pennsylvania
Alabama
Oklahoma
Mississippi
Kentucky
North Dakota
Wisconsin

Lowest Consumption of Carbohydrates

Based on # of servings per day

Alaska
Arizona
Vermont
Colorado
Florida
Nevada
California
Maine
Washington
New Mexico

Vitamin D & Calcium

Highest Intake of Supplements

Based on # of servings per day

New Mexico
Colorado
Idaho
Wyoming
Arizona
Oregon
Utah
Hawaii
Washington
Nebraska

Lowest Intake of Supplements

Based on # of servings per day

Rhode Island
Mississippi
West Virginia
Kentucky
Massachusetts
Pennsylvania
Louisiana
Vermont
New York
Illinois



Most Frequent Sunscreen use

Based on frequency to sun exposure

Hawaii
New Jersey
Rhode Island
California
Maryland
Delaware
Colorado
New Mexico
Massachusetts
Nevada

Least Frequent Sunscreen use

Based on frequency to sun exposure

Mississippi
Louisiana
Oklahoma
Arkansas
Kansas
Illinois
Missouri
Indiana
Texas
Iowa

Most Likely to Screen for Cancer

Mississippi
Georgia
North Carolina
South Carolina
Florida
Colorado
Rhode Island
Arizona
Delaware
Tennessee

Least Likely to Screen for Cancer

Hawaii
Arkansas
North Dakota
Illinois
Kansas
Iowa
Minnesota
South Dakota
Nebraska
Oregon

Lowest % of Family Members w/ Cancer

Idaho
Wyoming
Georgia
Nevada
New Jersey
Hawaii
Oklahoma
Kentucky
California
New Hampshire

Highest % of Family Member w/ Cancer

Nebraska
North Dakota
Rhode Island
Maine
Indiana
Louisiana
Massachusetts
Missouri
Alaska
Iowa



Lowest Frequency of Heart Attack

Hawaii
Nebraska
Vermont
Wyoming
Colorado
Kansas
Washington
Connecticut
Alaska
Iowa

Highest Frequency of Heart Attack

Alabama
Nevada
Florida
Mississippi
Missouri
Tennessee
Oklahoma
Delaware
Rhode Island
West Virginia

Most Recent Doctor Visits

Based on # of visits in the past three years

Maine
Florida
West Virginia
South Carolina
Massachusetts
New Hampshire
Arizona
Michigan
Rhode Island
Mississippi

Lowest Frequency of Doctor Visits

Based on # of visits in the past three years

Hawaii
Arkansas
North Dakota
Illinois
Kansas
Iowa
Minnesota
South Dakota
Nebraska
Oregon

Highest % of Married Couples

North Dakota
Utah
South Dakota
Vermont
Iowa
South Carolina
Idaho
Indiana
Ohio
Minnesota

Highest % of Singles

Alaska
Massachusetts
Hawaii
California
New York
Rhode Island
Colorado
Nevada
New Jersey
Wisconsin

Highest % of Widowed/Divorced

Nevada
Rhode Island
California
Alaska
Missouri
Florida
Oklahoma
Texas
Mississippi
Hawaii



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Most Educated

Based on # of years of formal education

Hawaii
Virginia
Vermont
Colorado
New Mexico
Maryland
California
Connecticut
Massachusetts
Mississippi

Least Educated

Based on # of years of formal education

West Virginia
Alabama
Nebraska
Texas
Arkansas
Rhode Island
Hawaii
New York
North Dakota
Louisiana
