

Thank you for joining us – the webinar will start shortly

THE RISK OF LIVING LONGER



Douglas and Uli ask the ultimate question of human longevity for financial institutions:

How long can we go?



Series program

Session 1 April 16 th , 2024	<i>An introduction to the question of human longevity: how long can we go?</i>	<ul style="list-style-type: none"> Dan Ryan, Just Group Phil Newman, Longevity.technology 	Recording here
Session 2 May 7 th , 2024	<i>The biology of aging</i>	<ul style="list-style-type: none"> Richard Faragher, University of Brighton Niharika Duggal, University of Birmingham 	Recording here
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Session 4 June 18 th , 2024	Biological clocks	<ul style="list-style-type: none"> Peter Joshi, Humanity Inc John Schoonbee, Swiss Re 	Today!
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For full details and registration for the series,

visit: www.clubvita.net/uk/events or follow <http://linkedin.com/company/club-vita>

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Session 4: Biological Clocks



Douglas Anderson
(Chair)
Founder & Chief
Visionary Officer,
Club Vita



Ulrich Stengele
(Chair)
Chief Actuary,
Nationwide Financial



Peter Joshi
Chief Scientific Officer,
Humanity Inc.

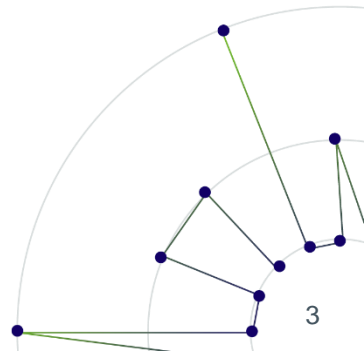
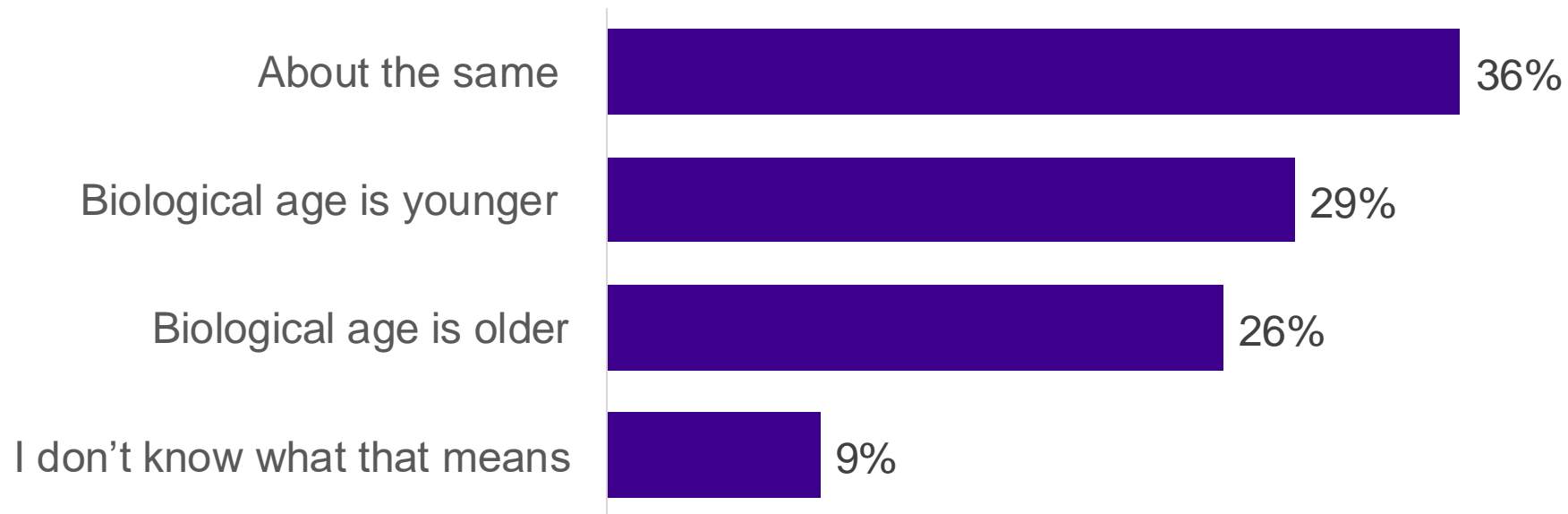


John Schoonbee
Global Chief Medical Officer,
Swiss Re

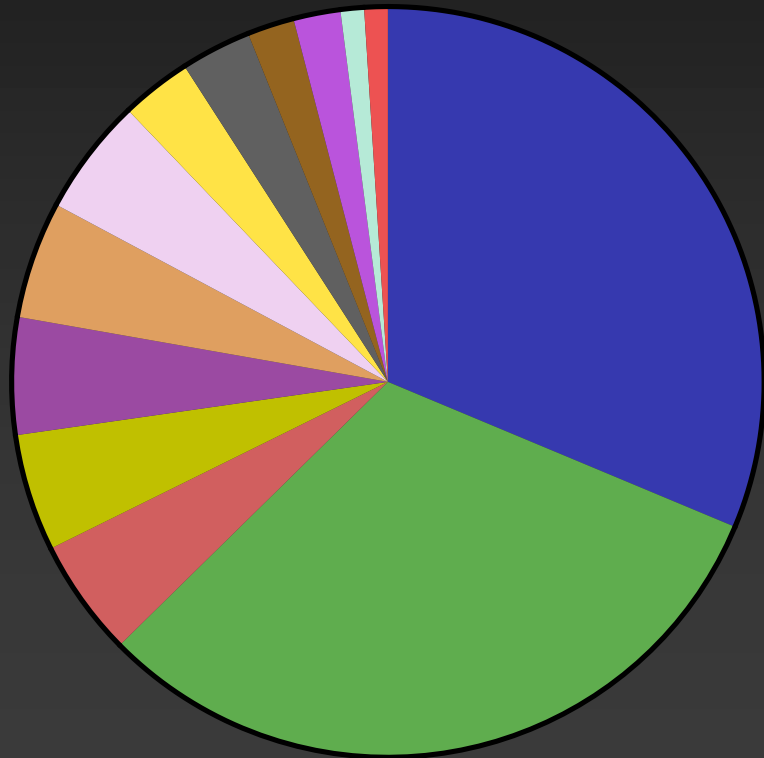


Poll question

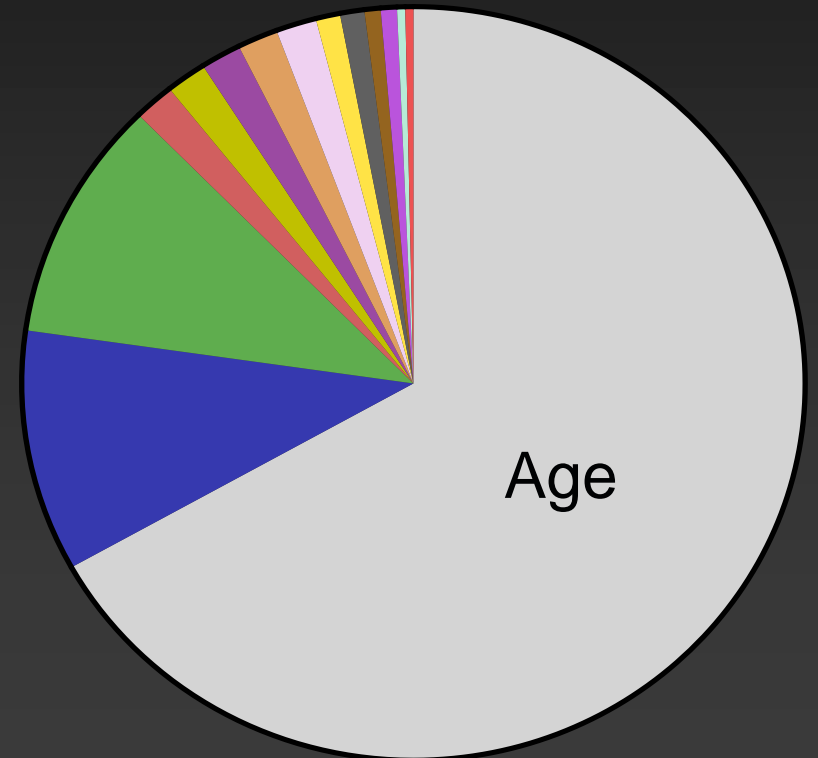
*“How do you think your **biological age** compares to your chronological age?”*



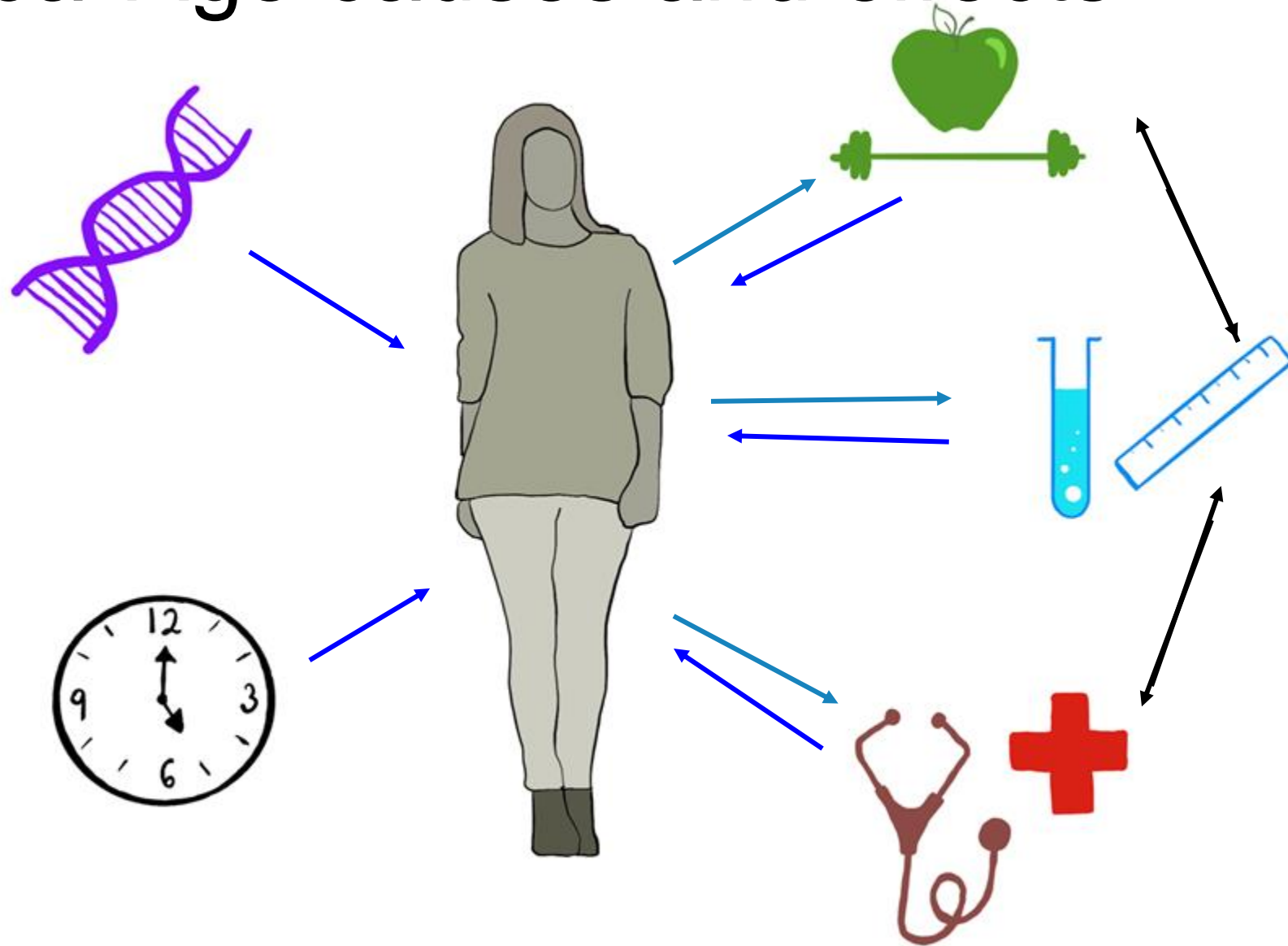
Risk Factors for Cancer



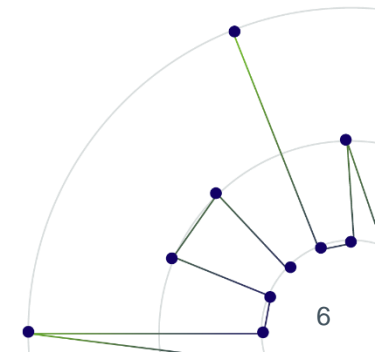
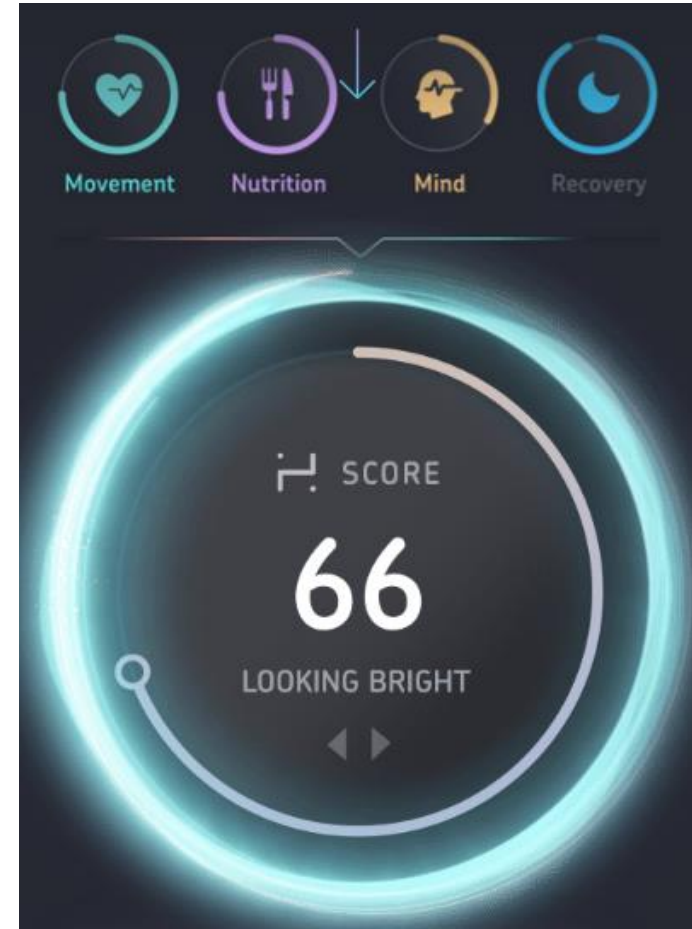
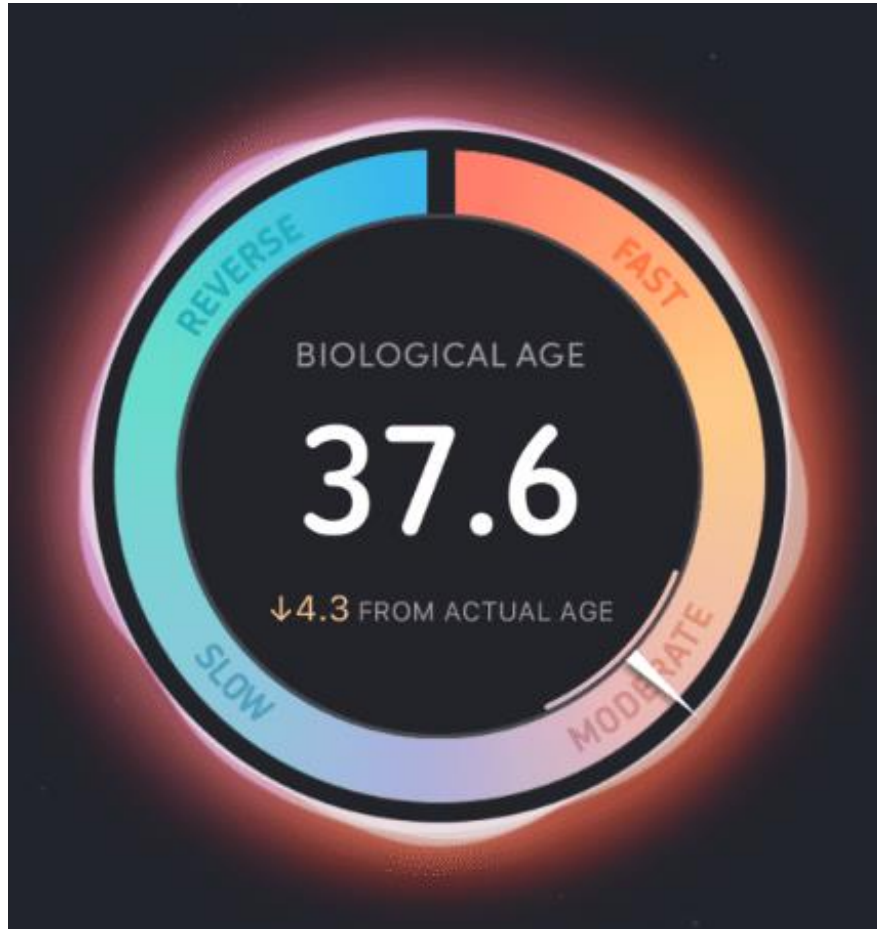
- Smoking
- Diet
- Sedentary lifestyle
- Occupational exposure
- Family history
- Viruses
- Perinatal
- Alcohol
- Socioeconomic status
- Pollution
- UV radiation
- Drugs & Medical procedures
- Salt & food additives



Biological Age causes and effects



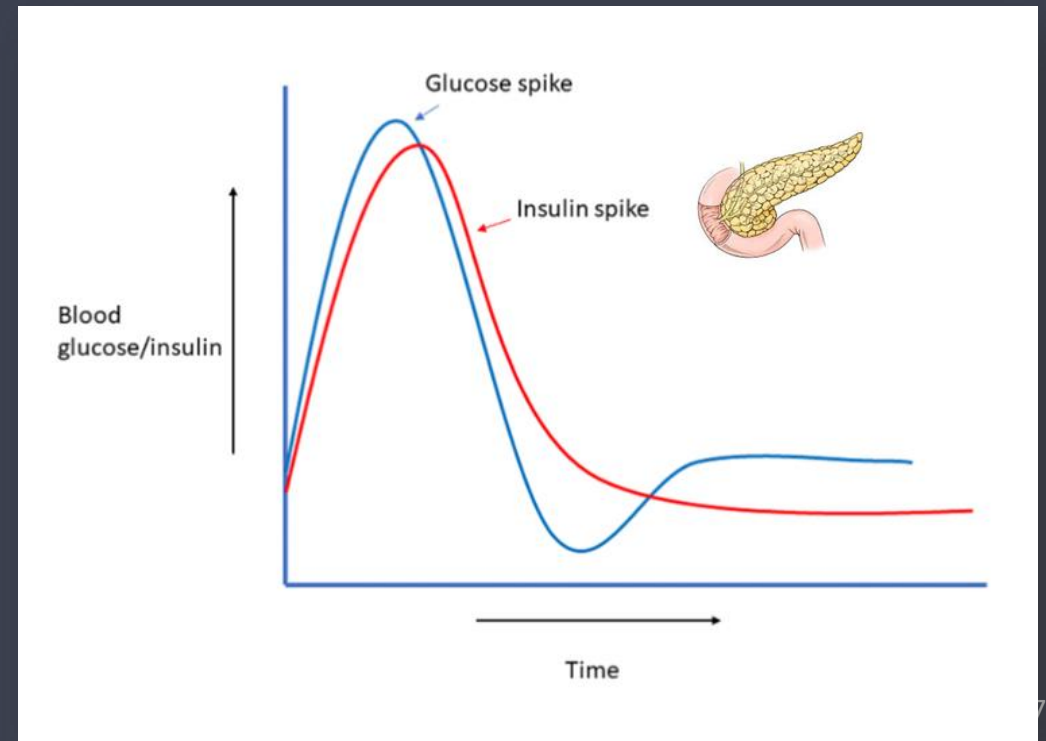
Humanity health— measure and improve your rate of aging and biological age



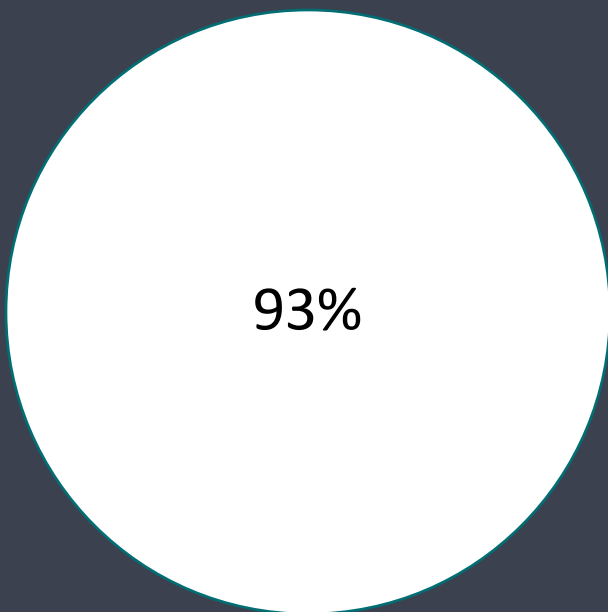
Metabolic health



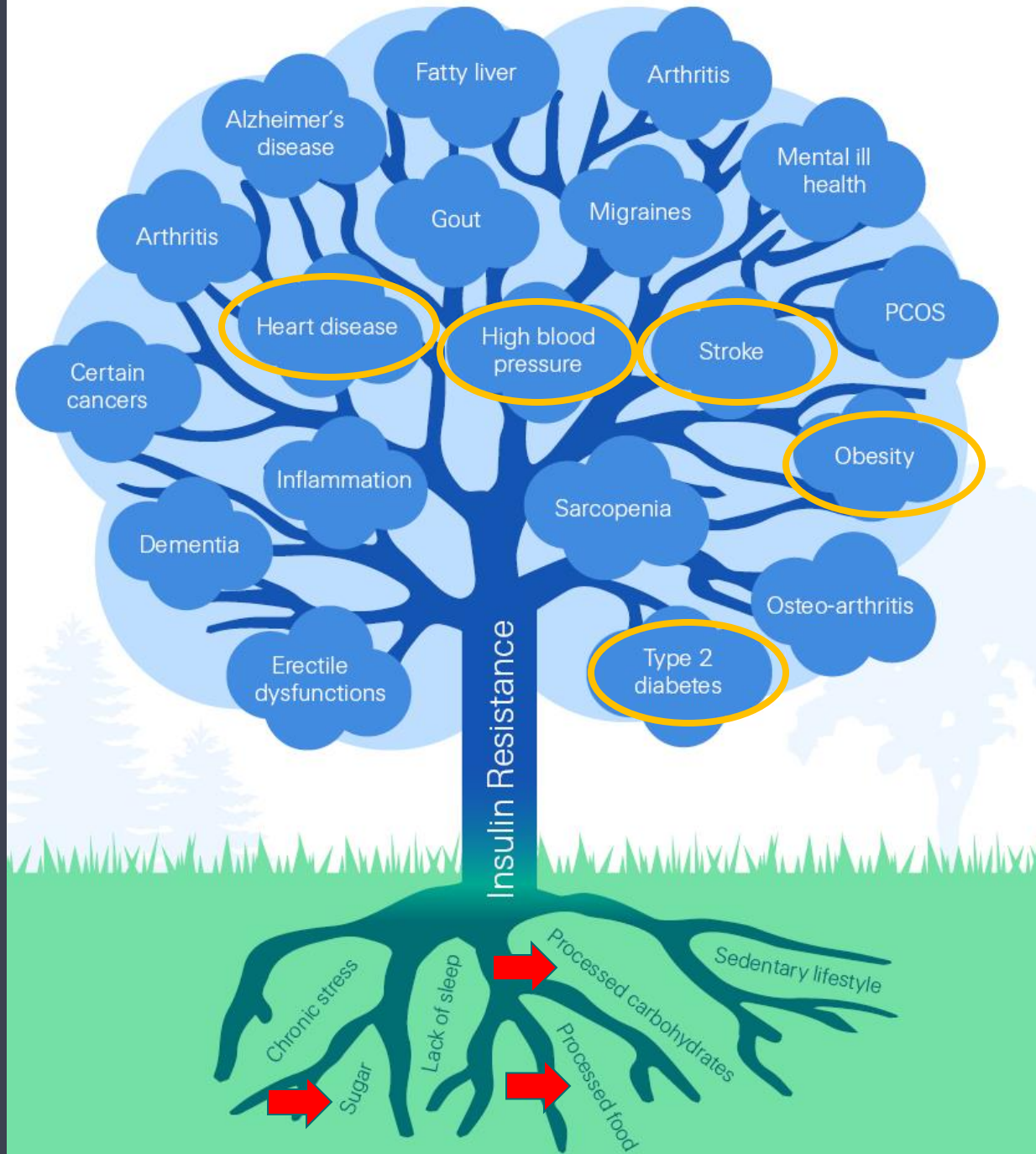
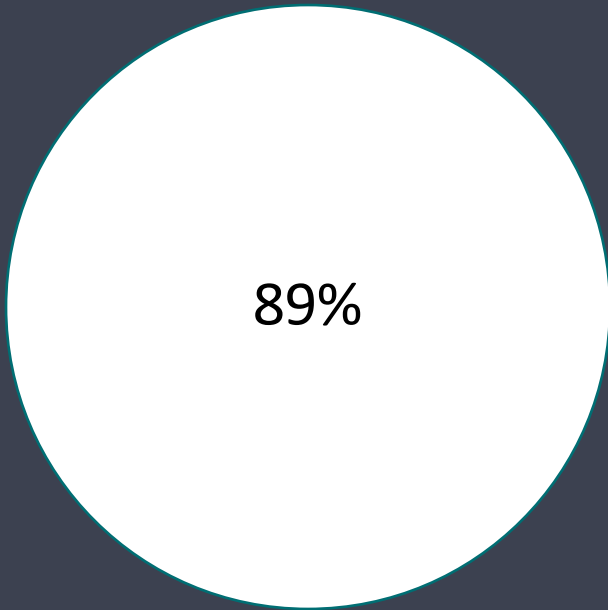
4 grams



Metabolic ill-health



The root cause



The future of life expectancy

Forecasting long-term mortality improvement trends for insurance

- **almost ~70% of US adults classed as obese or overweight compared with ~12% in 1975**
- **prevalence of diabetes in the US has risen from <1% in 1950 to over 11.3% today**

*“Further (CVD) improvement will rely on societal, policy and behavioural changes such as **addressing diabetes and obesity via better nutrition**”*

Fixing Metabolic Health

- 10 obese individuals selected at US employer
- 3 x pre diabetic, 1 x T1D, 6 x T2DM
- dietary guidance (no quantity restriction)

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Thank you

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