

References used for estimating life expectancy

Reference	Use
UNDESA Population Division (2022) <i>World Population Prospects 2022, Online Edition</i> . https://population.un.org/wpp/	Average life expectancy by country
Tsai, S. P., Hardy, R. J., & Wen, C. P. (1992). The Standardized Mortality Ratio and Life Expectancy. <i>American Journal of Epidemiology</i> , 135(7), 824–831. https://doi.org/10.1093/oxfordjournals.aje.a116369	Used to estimate change in life expectancy from change in mortality rate
Shaw, C., Blakely, T., Atkinson, J., & Woodward, A. (2020). Is mode of transport to work associated with mortality in the working-age population? Repeated census-cohort studies in New Zealand, 1996, 2001 and 2006. <i>International Journal of Epidemiology</i> , 49(2), 477–485. https://doi.org/10.1093/ije/dyz257	Effect of cycling
Celis-Morales, C. A., Lyall, D. M., Welsh, P., Anderson, J., Steell, L., Guo, Y., Maldonado, R., Mackay, D. F., Pell, J. P., Sattar, N., & Gill, J. M. R. (2017). Association between active commuting and incident cardiovascular disease, cancer, and mortality: Prospective cohort study. <i>BMJ</i> , j1456. https://doi.org/10.1136/bmj.j1456	
Singh, P. N., Sabaté, J., & Fraser, G. E. (2003). Does low meat consumption increase life expectancy in humans? 2. <i>The American Journal of Clinical Nutrition</i> , 78(3), 526S-532S. https://doi.org/10.1093/ajcn/78.3.526S	Effect of meat consumption
Wood, A. M., Kaptoge, S., Butterworth, A. S., Willeit, P., Warnakula, S., Bolton, T., Paige, E., Paul, D. S., Sweeting, M., Burgess, S., Bell, S., Astle, W., Stevens, D., Koulman, A., Selmer, R. M., Verschuren, W. M. M., Sato, S., Njølstad, I., Woodward, M., ... Danesh, J. (2018). Risk thresholds for alcohol consumption: Combined analysis of individual-participant data for 599 912 current drinkers in 83 prospective studies. <i>The Lancet</i> , 391(10129), 1513–1523. https://doi.org/10.1016/S0140-6736(18)30134-X	Effect of alcohol consumption
Blueprint Income Life Expectancy Calculator. https://www.blueprintincome.com/tools/life-expectancy-calculator-how-long-will-i-live/	
Northwestern Mutual Lifespan Calculator. https://media.nmfn.com/tnetwork/lifespan/index.html#0	
Shaw, M., Mitchell, R., & Dorling, D. (2000). Time for a smoke? One cigarette reduces your life by 11 minutes. <i>BMJ : British Medical Journal</i> , 320(7226), 53.	Effect of smoking
Blueprint Income Life Expectancy Calculator. https://www.blueprintincome.com/tools/life-expectancy-calculator-how-long-will-i-live/	
Northwestern Mutual Lifespan Calculator. https://media.nmfn.com/tnetwork/lifespan/index.html#0	

Chudasama, Y. V., Khunti, K. K., Zaccardi, F., Rowlands, A. V., Yates, T., Gillies, C. L., Davies, M. J., & Dhalwani, N. N. (2019). Physical activity, multimorbidity, and life expectancy: A UK Biobank longitudinal study. <i>BMC Medicine</i> , 17(1), 108. https://doi.org/10.1186/s12916-019-1339-0	Effect of physical activity
Steptoe, A., Shankar, A., Demakakos, P., & Wardle, J. (2013). Social isolation, loneliness, and all-cause mortality in older men and women. <i>Proceedings of the National Academy of Sciences</i> , 110(15), 5797–5801. https://doi.org/10.1073/pnas.1219686110	Effect of social life
Han, S. H., Tavares, J. L., Evans, M., Saczynski, J., & Burr, J. A. (2017). Social Activities, Incident Cardiovascular Disease, and Mortality: Health Behaviors Mediation. <i>Journal of Aging and Health</i> , 29(2), 268–288. https://doi.org/10.1177/0898264316635565	Effect of volunteering
Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review. <i>Perspectives on Psychological Science</i> , 10(2), 227–237. https://doi.org/10.1177/1745691614568352	Effect of living alone
Redelmeier, D. A., & Bayoumi, A. M. (2010). Time Lost by Driving Fast in the United States. <i>Medical Decision Making</i> , 30(3), E12–E19. https://doi.org/10.1177/0272989X09357476	Health risk from car use

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