

LESSON 1: INTRODUCTION TO DEMOGRAPHY

Answer Sheet for Teachers: Activity 4 – How Old Will You Be?



Look at the chapters “What are my chances of reaching 100?”, “Is there a formula for healthy ageing?” and “Can demographers predict the future?” in the app *A Life Journey* to learn more about what your chances are of living to 100! **Answer the following questions:**

What do you think are the causes that have made it possible in recent decades to increase life expectancy so drastically?

- Health care
- Nutrition and drinking water supply
- Scientific advancements
- Technical, environmental and labour protection

→ Chapter: What are my chances of reaching 100

» Sub-chapter: A half-life. A trip into the past

Which factors play a significant role in reaching a very high age?

- Living conditions and one’s own behaviour
- Genetic predispositions play a minor role.

→ Chapter: What are my chances of reaching 100

» Sub-chapter: My grandmother, my father and I

» Sub-chapter: Is ageing simply a matter of equal opportunity?

In your opinion, is there a limit to the lifespan of humans? If so, what do you think it would be?

- There are appear to be no limits to ageing.
- The ageing process has already shifted by 10 years.
- Individuals have the ability to influence ageing and ageing later has moved into the realm of possibility.

→ Chapter: What are my chances of reaching 100

» Sub-chapter: Hydra – do you want to live forever?

Why do you think there are differences in the life expectancies between European countries?

- Differences in life expectancy are influenced by accessibility to education, medical care and nutrition.

→ Chapter: What are my chances of reaching 100

» Sub-chapter: Is ageing simply a matter of equal opportunity?

» Sub-chapter: Interview with James W. Vaupel

How could you improve your chances of living longer?

- Physical activity and a good diet
- No alcohol or nicotine

- Mental activity
- Self-happiness
- Social contacts

→ Chapter: Is there a formula for healthy ageing?

What impact do you think demographic change have on your life?

- Changes in working life and retirement
- Impacts on family planning

→ Chapter: Can demographers predict the future

- » Sub-chapter: A society without children?
- » Sub-chapter: Baby-boomers rock the world?

What arguments could one make that demographic change is actually a chance for society?

- More diversity
- Longer lifespan with better health and more productivity

→ Chapter: Can demographers predict the future