

# Body size, physical activity could impact odds of reaching 90

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(HealthDay)—Height, body mass index (BMI), and physical activity are

associated with longevity, with correlations differing by sex, according to research published online Jan. 21 in the *Journal of Epidemiology & Community Health*.

Lloyd Brandts and Piet A. van den Brandt, Ph.D., from the Maastricht University Medical Centre in the Netherlands, conducted analyses using data from the Netherlands Cohort Study for 7,807 participants born in 1916 to 1917. Participants completed a questionnaire at age 68 to 70 years in 1986 and were followed up for vital status information until 2006 to 2007 (age 90 years); complete data were available for 5,479 [participants](#).

The researchers identified significant associations between reaching longevity and [height](#) (relative risk [RR], 1.05 per 5-cm increment), BMI at baseline ( $\geq 30$  versus 18.5 to

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