

## The Loma Linda Longevity Study

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### **Abstract:**

**Background:** Lifestyle factors, especially sleep, diet, and spirituality, have been found in independent studies to potentially promote healthy longevity. Little research to date has been conducted assessing the influence of these three factors on outcomes associated with the COVID-19 pandemic.

**Aims:** To evaluate the association between lifestyle (sleep, diet, and spirituality), and the potential association between COVID-19 diagnosis and severity in a senior population in the Inland Empire.

**Methods:** This is a cross-sectional study that consists of either an in-person or phone interview with male and female participants who are 80 years old or older and living in the San Bernardino and Riverside counties in California, USA. The study will be promoted in the community, and interested subjects will be contacted for a 10-15 min interview from October 2021 to April 2022. Informed consent will be read to them and signed or agreed upon during a recorded session by the research assistants. We plan to recruit about 254 subjects for the study.

**Results and Conclusion:** This is an ongoing study that will shed more light on longevity-based lifestyle factors (sleep, diet, and spirituality) after controlling for demographics among different ethnicities, and their impact on COVID-19 outcomes.

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