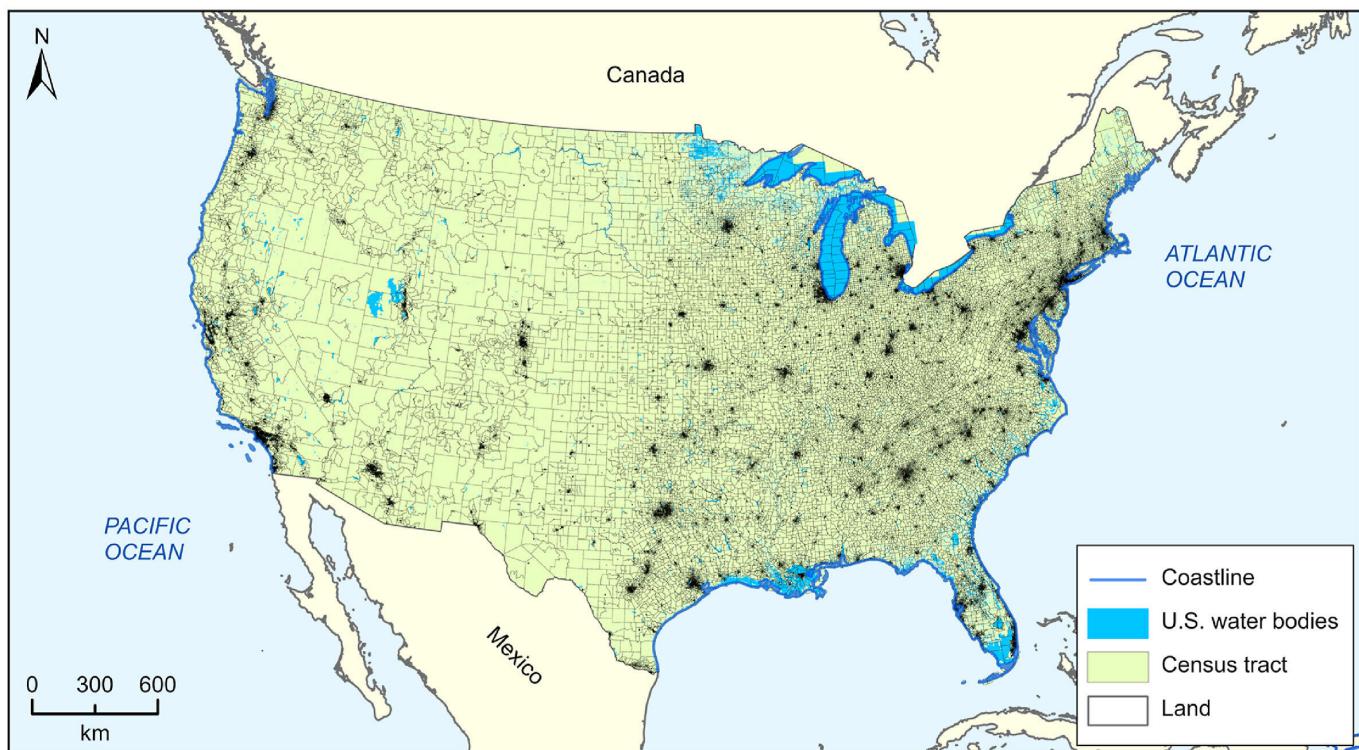


If you live a few kilometers from the ocean breeze, then this will help you live longer. But you should not count on the advantages that life next to the river. This is stated in a new work published in the scientific journal Environmental Research.

As part of the new study, scientists from the University of OGIO analyzed data on the population of more than 66,000 census areas throughout the United States. They also compared this information with proximity to waterways.

The connection between the life expectancy and the availability of water was obvious to people who lived within 42 km from the ocean or bay. But for those who lived in cities and near reservoirs with an area of more than 10 square kilometers, the picture was the opposite. Residents of rural areas, which is located next to reservoirs, can also receive some advantages in terms of life expectancy.

Census tracts, coastline and waterbodies in the contiguous United States



Ecological research (2025). DOI: 10.1016/J.envres.2025.121981

Residents of coastal areas are expected to live for a year or more than 79 years. Those who lived in urban areas near internal rivers and lakes will most likely die by about 78 years.

At the future, people who live in coastal areas have a positive effect, the best quality of air,

more opportunities for relaxation, better transport accessibility, less pure exposure and higher incomes. This also showed a new analysis.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.