

Survey: Austin one of top 'youngest' cities

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It's not how old you are, it's how old you feel — and Austinites feel relatively young.

Austin was named third in a "Youngest Cities" ranking by **RealAge**, a subsidiary of the **Hearst Corp.** that uses an online test to measure health behaviors to determine "how old your body thinks you are," according to the website.

Cities where residents report lots of exercise and little smoking topped the list of "Youngest Cities," with Salt Lake City in the top spot, followed by San Francisco, **Austin**, Denver and Boston.

The "Oldest Cities" reflected survey results from residents who scored worse on several measures of health. Besides smoking and exercise, the survey also asked participants about their sleep habits and blood pressure. Five of the ten "Oldest Cities" also had the highest blood pressure.

Knoxville, Tenn. was named the "Oldest City", followed by Greensboro/Winston-Salem/High Point, N.C., and Nashville, Tenn. Five of the ten "oldest cities" are in the South.

To compile the rankings, RealAge executives said they analyzed online survey data for America's 50 largest metropolitan areas by taking a random sample of 1,000 survey results from each city. RealAge said the sample data were adjusted for age differences, so cities with a large population of retirees weren't penalized, and those with large numbers of college students didn't benefit.

Courtesy of JB Goodwin