**Chopan ’17 and Littenberg Study on Chili Peppers’ Effect on Mortality Featured in International Media**

(January 13-17, 2017) Researchers from the Larner College of Medicine at the University of Vermont have found a link between consuming red hot chili peppers and overall mortality. Medical student Mustafa Chopan ’17 and Professor of Medicine Benjamin Littenberg, M.D., recently published a study in *PLoS ONE* that examined National Health and Nutritional Examination Survey (NHANES) III data and found that participants who consumed hot chili peppers had a 13% decrease in mortality.

**NATIONAL MEDIA:**

[New York Times](https://www.nytimes.com/2017/01/17/well/eat/eat-peppers-live-longer.html?_r=1), [CBS News](http://www.cbsnews.com/news/good-news-for-people-who-love-spicy-food/), [*New York Daily News*](http://www.nydailynews.com/life-style/red-hot-chili-peppers-prolong-life-study-article-1.2947822)*,* [*U.S.News & World Report*](http://health.usnews.com/health-care/articles/2017-01-18/health-highlights-jan-18-2017)*,* [UPI (United Press International),](http://www.upi.com/Health_News/2017/01/13/Eating-hot-chili-peppers-linked-to-decreased-mortality-Study/7841484331022/) [WebMD](http://www.webmd.com/food-recipes/news/20170118/hot-peppers-extend-life?src=RSS_PUBLIC), [ScienceDaily](https://www.sciencedaily.com/releases/2017/01/170113133047.htm), [Medical News Today](http://www.medicalnewstoday.com/articles/315262.php), [HealthDay](https://consumer.healthday.com/health-technology-information-18/press-medical-and-health-reporting-news-552/health-highlights-jan-18-2017-718787.html), [Medical Daily](http://www.medicaldaily.com/hot-peppers-and-3-other-spicy-foods-boost-health-and-longevity-408661), [Yahoo! News](https://www.yahoo.com/news/increasing-spiciness-hot-chili-peppers-could-benefit-life-120059014.html), [ScienceBlog](https://scienceblog.com/491376/study-finds-association-eating-hot-peppers-decreased-mortality/), [Vice](http://motherboard.vice.com/read/hot-red-chili-peppers-are-associated-with-living-longer-study-suggests), [Philly.com](http://www.philly.com/philly/health/topics/HealthDay718787_20170118_Health_Highlights__Jan__18__2017.html), [CBS Philly](http://philadelphia.cbslocal.com/2017/01/17/study-eating-hot-chili-peppers-may-help-you-live-longer/), [*States Chronicle*](http://stateschronicle.com/hot-pepper-longer-life-18482.html)*,* [Big Think](http://bigthink.com/paul-ratner/eating-this-red-hot-fruit-may-prolong-your-life-says-new-study), [WWL-FM 105.3](http://www.wwl.com/Hot-peppers-could-add-years-to-your-life-according/22991227), [eMax Health](http://www.emaxhealth.com/11402/eating-hot-peppers-could-be-key-longer-life), [WellBeing](https://www.wellbeing.com.au/body/nutrition/red-hot-chilli-peppers-to-live-longer.html),[HealthCentral](https://www.healthcentral.com/article/study-confirms-spicy-peppers-increase-lifespan)*,* [*SRJ News*](http://www.srjnews.com/eating-hot-chilli-pepper-helps-live-longer-study/5457/)*,* [*Daily Sabah*](http://www.dailysabah.com/health/2017/01/18/a-local-favorite-in-turkish-cuisine-spicy-foods-could-lower-mortality-rates)*,* [Tasting Table](https://www.tastingtable.com/dine/national/spicy-food-health-live-longer-study), [BABW News](http://www.babwnews.com/2017/01/chowing-down-on-chili-peppers-could-make-your-live-longer/), [Latinos Health](http://www.latinoshealth.com/articles/23394/20170117/spicy-food-lovers-scientifically-proved-to-live-longer-hot-red-chili-pepper-delays-mortality.htm), [Fox-31 Denver](http://kdvr.com/2017/01/16/eating-spicy-foods-may-lead-to-a-longer-life/), [PerfScience](http://perfscience.com/content/2145263-spicy-food-linked-lower-risk-heart-disease-or-stroke-research), [Bustle](https://www.bustle.com/p/why-spicy-food-might-help-you-live-longer-according-to-science-31098), [Louisiana Radio Network](http://www.louisianaradionetwork.com/default.asp?pid=522249&tblog=56171#.WIDcqU2QxYU), [Genetic Engineering & Biotechnology News](http://www.genengnews.com/gen-news-highlights/live-long-and-spicy/81253715)

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**LOCAL NEWS:**

[WPTZ-TV Channel 5](http://www.mynbc5.com/article/study-eating-hot-red-chili-peppers-reduces-chance-of-death/8608425), [MyChamplainValley](http://www.mychamplainvalley.com/news/red-hot-chili-peppers-linked-to-longer-lives/640351832)