

Study: Christmas, New Year's top the list for days to die

By Jen Christensen, CNN

There are many well-known risk factors for death – high cholesterol, smoking, obesity, and Christmas.

Yes, Christmas.

Several studies show you have a greater chance of dying on Christmas, the day after Christmas or New Year's Day than any other single day of the year.

This is true for people who die of natural causes, which account for 93 percent of all deaths, according to the Centers for Disease Control.

It's also true, researchers say, for people who die of the five most common diseases: circulatory problems, respiratory diseases, endocrine/nutritional/metabolic problems, digestive diseases and cancer.

There's a spike in deaths for all age groups on those days with one exception – children.

Read the whole story