



Online Resource for *Health and Wealth Relationships* Webinar

<https://learn.extension.org/events/2677>

(October 11, 2016)

Videos

Small Steps to Health and Wealth™ Webinar (eXtension): <https://learn.extension.org/events/1625>

Small Steps to Health and Wealth™ Animated Videos (Dr. O'Neill):

<https://www.youtube.com/user/moneytalkBMO>

Web Sites

52-Week Youth Money Challenge (O'Neill, 2015): <http://www.slideshare.net/BarbaraONeill/52-week-money-challenge-for-youth0315>.

Financial Fitness Quiz (Rutgers Cooperative Extension): <http://njaes.rutgers.edu/money/ffquiz/>.

Financial Fitness Quiz (Virginia Society of Certified Public Accountants):

<https://www.vscpa.com/Content/59148.aspx>.

Nutrition and Activity Quiz (American Cancer Society, 2016):

<http://www.cancer.org/healthy/toolsandcalculators/quizzes/nutrition-activity-quiz/>

Personal Finance Quizzes (Money Tools): <http://moneytools.org/personal-finance-quizzes>.

Personal Health and Finance Quiz (Rutgers Cooperative Extension): <http://njaes.rutgers.edu/money/health-finance-quiz/>.

Research Study: *A Heavy Burden: The Individual Costs of Being Overweight and Obese in the United States* (Dor et al., 2010): http://hsrc.himmelfarb.gwu.edu/cgi/viewcontent.cgi?article=1211&context=sphhs_policy_facpubs.

Research Study: *Consumers' Misunderstanding of Health Insurance* (Loewenstein et al., 2013):

<https://www.hks.harvard.edu/fs/bmadria/Documents/Madrian%20Papers/Consumers%20Misunderstanding%20of%20Health%20Insurance.pdf>.

Research Study: *Does Staying Healthy Reduce Your Lifetime Health Care Costs?* (Sun, Webb, & Zhivan, 2010):

http://crr.bc.edu/wp-content/uploads/2010/05/IB_10-8.pdf.

Research Study: *Gender, Body Mass and Economic Status* (Conley & Glauber, 2005):

<http://www.nber.org/papers/w11343>.

Research Study: *Good and Bad Health Habits in U.S.* (WebMD, 2010): <http://www.webmd.com/healthy-aging/news/20100316/good-vs-bad-health-habits-in-us>.

Research Study: *Health Information Search and Retirement Planning* (Carr et al., 2015):

http://afcpe.org/assets/pdf/volume_26_1/pages_3-16.pdf.

http://libres.uncg.edu/ir/uncg/f/C_Ruhm_Healthy_2005.pdf.

Research Study: *Healthy, Wealthy, and Wise: Retirement Planning Predicts Employee Health Improvements* (Gubler & Pierce, 2014): <http://pss.sagepub.com/content/early/2014/06/25/0956797614540467.abstract>.

Research Study: *Impact of Targeted Financial Incentives on Personal Health Behavior* (Sutherland, Christianson, & Leatherman, 2008): http://mcr.sagepub.com/content/65/6_suppl/36S.short.

Research Study: *In Some Cases, a Sick Economy Can Be a Prescription for Good Health* (Hernandez-Murillo & Martinek, 2010): <https://www.stlouisfed.org/Publications/Regional-Economist/October-2010/In-Some-Cases-a-Sick-Economy-Can-Be-a-Prescription-for-Good-Health>.

Research Study: *Put Your Money Where Your Butt Is: A Commitment Contract for Smoking Cessation* (Gine, Dean, & Zinman, 2010): <http://www.ingentaconnect.com/content/aea/aejae/2010/00000002/00000004/art00009>.

Research Study: *Propensity to Plan: A Key to Health and Wealth?* (O'Neill, Xiao, & Ensle, 2016): <https://www.onefpa.org/journal/Pages/MAR16-Propensity-to-Plan-A-Key-to-Health-and-Wealth.aspx>.

Research Study: *Report on the Economic Well-Being of U.S. Households in 2013* (Federal Reserve System, 2014): <http://www.federalreserve.gov/econresdata/2013-report-economic-well-being-us-households-201407.pdf>.

Research Study: *The 2016 Retirement Confidence Survey: Worker Confidence Stable, Retiree Confidence Continues to Increase* (Helman, Copeland, & VanDerhei, 2016): https://www.ebri.org/pdf/surveys/rcs/2016/EBRI_IB_422.Mar16.RCS.pdf.

Research Study: *The Wealth Effects of Smoking* (Zagorsky, 2004): <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1747936/pdf/v013p00370.pdf>.

Saver Checklist (America Saves, 2016): <http://www.americasaves.org/for-savers/savings-tools-and-resources/saver-checklist-tool>.

*Small Steps to Health and Wealth*TM (Rutgers Cooperative Extension): <http://njaes.rutgers.edu/sshw/>

*Small Steps to Health and Wealth*TM (O'Neill, 2004): <https://ncsu.edu/ffci/publications/2004/v9-n3-2004-december/fa-1-small-steps.php>.

*Small Steps to Health and Wealth*TM: *Program Update and Research Insights* (O'Neill & Ensle, 2014): <https://ncsu.edu/ffci/publications/2014/v19-n1-2014-spring/oneil-ensle.php>.

30-Day \$100 Savings Challenge (O'Neill, 2016): <http://www.slideshare.net/BarbaraONeill/30-day-100-savings-challenge-0416>.