



Online Resources for *The Relationship Between Health and Finances* Webinar

Research Studies

Carr, N.A., Sages, R.A., Fernatt, F.R., Nabeshima, G.C., & Grable, J.E. (2015). Health information search and retirement planning. *Journal of Financial Counseling and Planning*, 26(1), 3-6.

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Gubler, T. & Pierce, L. (2014). Healthy, wealthy, and wise: Retirement planning predicts employee health improvements. *Psychological Science*, 25(9), 1822-1830

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O'Neill, B., Xiao, J.J., & Ensle, K. (2016a). Propensity to plan: A key to health and wealth? *Journal of Financial Planning*, 29(3), 42-50. <https://www.onefpa.org/journal/Pages/MAR16-Propensity-to-Plan-A-Key-to-Health-and-Wealth.aspx>.

O'Neill, B., Xiao, J.J., & Ensle, K. (2016b). Positive health and financial behaviors: The impact of time expenditure behavior and avoidance. *Journal of Personal Finance*, 15(2), 41-51.

<http://www.iarfc.org/documents/issues/Vol%2015%20Issue2.pdf>

#O'Neill, B., Xiao, J.J., & Ensle, K. (2017a). Positive health and financial practices: Does budgeting make a difference? *Journal of Family and Consumer Sciences*, 109(2), 27-36.

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<http://www.neafcs.org/assets/documents/journal/2017%20jneafcs%20final%202.pdf>

O'Neill, B., Xiao, J.J., & Ensle, K. (2018). Reading nutrition labels: A predictor of health and wealth? *Journal of Human Sciences and Extension*, 6(3), 1-24.

https://docs.wixstatic.com/ugd/c8fe6e_2c2b583fb22e4cedabc7b8e91f778371.pdf

O'Neill, B., Xiao, J.J., & Ensle, K. (2018). Positive financial practices: Do diet, sleep, and physical activity make a difference? 2018 ACCI annual meeting poster and accepted by *Journal of Family and Consumer Sciences* (in press). <https://www.consumerinterests.org/assets/docs/CIA/CIA2018/O%27NeillCIA18.pdf>

Ruhm, C.J. (2005). Healthy living in hard times. *Journal of Health Economics*, 24(2), 341-363.

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

Sun, W., Webb, A., & Zhivan, N. (2010). Does staying healthy reduce your lifetime health care costs?

Center for Retirement Research, Number 10-8. http://crr.bc.edu/wp-content/uploads/2010/05/IB_10-8.pdf

Resource Materials

Personal Health and Finance Quiz (downloadable print copy) (Rutgers Cooperative Extension):

<https://njaes.rutgers.edu/money/assessment-tools/personal-health-and-finance-quiz.pdf>

Personal Health and Finance Quiz (online assessment) (South Dakota State University):

<https://www.sdstate.edu/consumer-sciences/family-and-personal-finance>

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

Wellness Wheel Activity: <https://www.slideshare.net/BarbaraONeill/wellness-wheel-activity>

Save More at Store USDA: <https://www.choosemyplate.gov/budget-save-more>

Health, Income, & Poverty: Where We Are & What Could

Help: <https://www.healthaffairs.org/doi/10.1377/hpb20180817.901935/full/>