

# PERSONAL FINANCE NEWSLETTER



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## Health and Wealth Research Relationships

Barbara O'Neill, Ph.D., CFP®

What makes some people practice positive health and financial behaviors while others do not? Many people, including health and financial educators, policy makers, and behavioral researchers, are interested in knowing the answer to this question. Findings from recent research studies provide some interesting insights.

A study from the Journal of Family and Economic Issues found that households whose members tend to lead less healthy lifestyles are more likely to hold non-collateralized debt (e.g., outstanding credit card balances). Three possible explanations for this finding are common factors (e.g., personal preferences) affecting both finances and health, poorer health causing debt, and debt causing poorer health behaviors.

[Read about more research on this topic here.](#)

## Relationships FOR READINESS



PERSONAL FINANCE  
Military Families Learning Network

## Welcome!

Our focus for August is health and finances. Our August 13 webinar with Dr. Michael Gutter and Dr. Barbara O'Neill will cover this topic in a variety of ways. The webinar will begin with a Wellness Wheel activity and group discussion questions about health and personal finance relationships. Next, Dr. Gutter will discuss research about cancer and personal finances. Dr. O'Neill will conclude the webinar with a discussion of the findings and implications of six studies of associations between various health and financial practices. Learn more and RSVP for this event: <https://militaryfamilieslearningnetwork.org/event/30374/>

## Mark Your Calendar!

- AUG 13 **The Relationship Between Health and Finances**
- SEPT 17-19 **MFLN Virtual Conference: Relationships for Readiness**
- OCT 22 **Gambling Disorders: Special Considerations for Service Members**
- DEC 10 **Personal Finance Year in Review**

You can keep up with all of our resources and upcoming events by visiting our webpage!

[Click here!](#)