## The Relationship Between Health & Wealth Over the Life Course

### Health-Wealth Connections

- **IN UTERO - TODDLER (0-3 YEARS)**
  - Prenatal care and mother’s health impact child’s health and future medical costs
  - Parent’s socio-economic status influences health of child
  - Child’s health influences future school performance

- **CHILDHOOD - ADOLESCENCE (3-17 YEARS)**
  - A healthy child has more opportunity to stay in school and benefit from education
  - A child with financial savings is more likely to attend and graduate from college

- **YOUNG ADULTHOOD (18-30 YEARS)**
  - College educated and employed young adults have higher incomes/net worth and better overall health
  - Young adults who accumulate higher amounts of debt incurred from loans report higher levels of depressive symptoms

- **MIDDLE ADULTHOOD (30-50 YEARS)**
  - Higher socio-economic status is associated with lower rates of chronic illness, which allows for longer participation in the labor force
  - Higher wealth households can better weather economic shocks that either lead to poor health or are caused by poor health

- **OLDER ADULTHOOD (50-70+ YEARS)**
  - Health problems often lead to permanent disability and early retirement, which can result in a loss of financial stability
  - Health care is one the biggest expenses in retirement, and sufficient assets enable seniors to “age in place” versus in institutions

### Investment Opportunities

- **IN UTERO - TODDLER (0-3 YEARS)**
  - Home visiting programs that incorporate financial coaching
  - Child Development Accounts promoted alongside preventive health and evidence-based early childhood development programs
  - Multi-generational supports
  - Community development that includes affordable quality child care and safe family-friendly neighborhood resources (e.g., libraries, parks, community centers.)
  - These venues provide free learning spaces, allowing families to use savings for other investments

- **CHILDHOOD - ADOLESCENCE (3-17 YEARS)**
  - Child Development Account deposits at key development milestones for children with greatest need
  - Financial education in the classroom and/or in combination with caregivers focused on developing positive financial habits and norms
  - For older teens, financial knowledge and decision making skills training – especially tied to hands on learning (e.g. first job)

- **YOUNG ADULTHOOD (18-30 YEARS)**
  - Individual Development Accounts focused on homeownership for adults who meet health prevention recommendations
  - Workplace wellness programs that focus on employer contributions to retirement savings accounts tied to health behaviors
  - Access to, and take up of, paid family leave and progressive sick day policies
  - Financial coaching and access to healthy financial debt and credit products and services
  - Access and guidance to initiate retirement savings
  - First-time homeownership programs that offer financial guidance and buyer protections

- **MIDDLE ADULTHOOD (30-50 YEARS)**
  - Financial advice to preserve assets and planning for increased health care costs
  - Coordination of health and housing services for older adults, allowing them to remain in their homes
  - Accessible community health workers who can use innovative techniques to help seniors access care and preventative treatment and remain financially secure and in their homes