



What are your health and wellness experiences?

It's a fact of life that our health becomes increasingly more complex as we age. Lately, you might be making health a bigger priority — for general wellness, prevention, or managing a persistent illness or injury.

The NLSY97 interview asks about factors related to your health, such as whether your employer provides health insurance, how often you have felt depressed, and how stressful your job is. By sharing your insights and experiences, you allow researchers to learn about wellness experiences for your generation, and you can help shape understanding, initiatives, and policies for all Americans.

Your cohort's health over 20 years

2001



rated their health as very good or excellent.

About 6% reported fair or poor health.

2021



rated their health as very good or excellent.

About 13% reported fair or poor health.¹

Always feel free to contact us!

Call: 877.504.1086

Text with your full name to: 312.835.1905

Email: nlsy97@norc.org

Visit: www.bls.gov/nls/nlsy97.htm

**NLSY
97**

Check out some additional health-related research, directly from the NLSY97 —

SLEEP ON A WEEKNIGHT

From time to time, participants have shared how many hours of sleep they get on a weeknight.



42% said they average **6 hours or less**.

Only **5%** reported getting **9 or more hours**.¹

INCREASE IN HEALTHCARE JOBS

Between 2001 and 2021, respondents' **jobs in healthcare increased about 6 percentage points**.

This was the second largest occupational increase, next to executive, admin, and managerial jobs.¹



IMPACT OF HEALTH INSURANCE GAPS

Among young adults, gaps in health insurance are linked to **worse health up to 6 years later**.²



Sources: ¹U.S. Bureau of Labor Statistics, U.S. Department of Labor, National Longitudinal Survey of Youth 1997 cohort, 2001-2021 (rounds 5- 20). ²Sorjonen, Kimmo. (2021). Short- and long-term health consequences of gaps in health insurance coverage among young adults. Population Health Management published online. <https://www.liebertpub.com/doi/full/10.1089/pop.2021.0211>



TRIVIA TIME: Test your skills on health and wellness topics

Answers at bottom right of page.

1

Q: Which early 2000s wearable tech device tracked a runner's speed and distance

by placing a sensor in the runner's shoe?

- A) Nike+iPod Sport Kit
- B) Fitbit Tracker
- C) Garmin Forerunner
- D) Adidas MiCoach

3

Q: What's considered a normal resting heart rate for most healthy adults?

- A) 30–50 beats per minute (bpm)
- B) 60–100 bpm
- C) 110–130 bpm
- D) 100–120 bpm

2

Q: Although the human brain makes up only about 2% of the body's weight, how much of the body's energy does it use?

- A) 5% B) 10% C) 20% D) 35%



1. A) Nike+iPod Sport Kit 2. C) 20%
3. B) 60–100 bpm