

Family Economics Study



FES NEWS

SUMMER 2016

IN THIS ISSUE

FROM THE DIRECTOR

I would like to start by thanking each of you for your participation during these past two years in particular. In addition to the main FES study, we have had several supplemental studies that included children, teens, young adults, and adults which have been collected over the phone, in-person, and on the internet. Since our last newsletter in 2014 you have completed over 35,000 interviews!

All of us here at the FES know that our study members live busy lives and that it is not always easy to find the time to take part in the studies, but please know that your contributions are extremely valuable, not only to us, but to researchers around the world.

In this issue of the newsletter I am excited to announce the launch of the new FES study website, describe upcoming studies, and share a few examples of how FES study information is being used to study health, family finances, and relationships.

We are also happy to welcome the new families who gave their first interview in 2015, and those who will be giving their first interview in 2017! This study has a history of nearly 50 years, making it the world's longest running household study and none of that would be possible without you.

Whether you have been a member since 1968 or your child was first interviewed in the FES Child Development Study in 2014, we are glad you are here with us.

Sincerely,

Charles Brown
Director

Complete &
return enclosed
postcard for

\$10



Moving up and down the income scale.



Links between wages and smoking.



Giving time and money to children and parents.



Heart health and work hours.



Mothers: Effects of time spent with children.



Pride in contributing to research.

For You: FES Online

We are happy to announce our brand new website where you can stay up to date with what is going on with the study. Please visit "FES in the News" and the "Frequently Asked Questions" to learn more about the

study, how the information is used, and its history. We hope to keep improving the website in the future as well, so please send along any suggestions you might have about information that would be of interest.

www.fes.isr.umich.edu

FES Family Economics Study

Home

Our Pledge To You

Frequently Asked Questions

FES in the News

Study Newsletters

Contact Us

Welcome Study Participants!

The FES began in 1968 with 5,000 families from all across the United States. Thanks to your participation, FES has been used to understand the progress of Americans over the last half century. FES tracks not only income and wealth but other important aspects of life as well like health and wellbeing.

What makes FES truly unique is that the children of FES families join the study when they become adults. This feature allows us to understand how families change from one generation to the next.

The FES is directed by faculty at the University of Michigan. FES data are used by researchers, policy analysts, and teachers around the globe, and have been cited in nearly 4,000 peer-reviewed publications.

M The University of Michigan Institute for Social Research Survey Research Center

Copyright © 2016 The Regents of the University of Michigan

Data Security and Confidentiality We Keep Your Information Safe

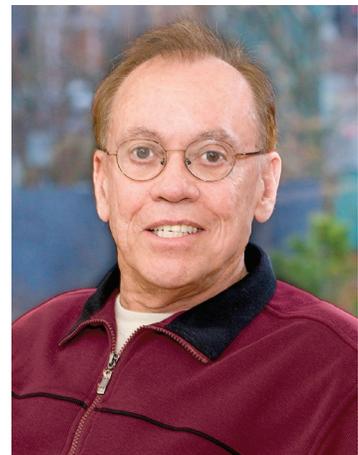
All of the research procedures used by the University of Michigan are designed to ensure that your confidentiality and anonymity are protected at each stage of the research—from data collection to public dissemination.

Very careful safeguards are built into everything we do. All employees who work for our study sign a pledge of confidentiality to adhere to these procedures and safeguards.



Former Director Frank Stafford marks 50 years with ISR

A special thanks to former Director Frank Stafford on his 50th anniversary with the Institute for Social Research.



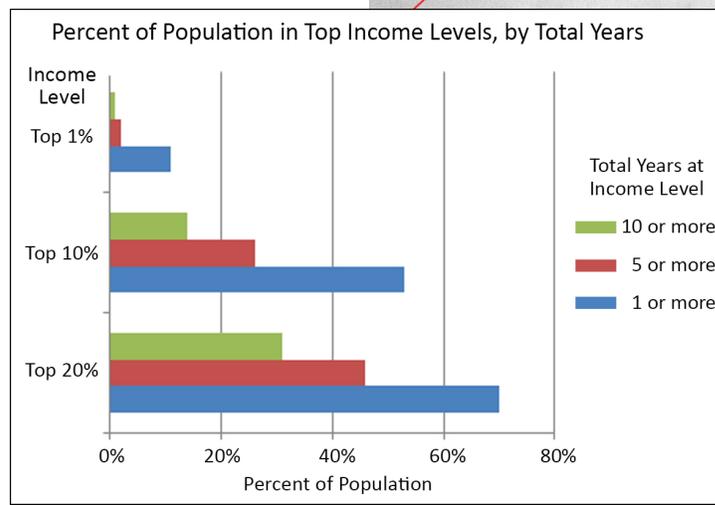
Professor Stafford has worked on FES since the study started in 1968.

RECENT RESEARCH USING FES DATA

Moving into and out of Affluence

This study used FES data to look at how Americans moved into and out of the top income brackets over the past 40 years. The researchers wanted to know if the pool of top earners was always the same, or if it changed over time. They found variation from year to year, with Americans moving up and down the income scale over their lifetimes. For instance, as shown in the chart, only 14% of all Americans remained in the top 10% of income for 10 years or more, while 11% remained in the top 10% for at least 1 year.

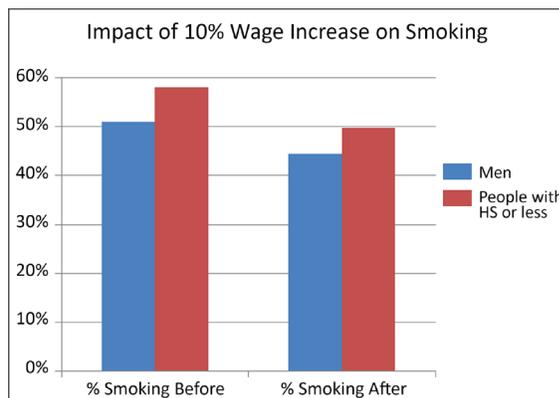
From: Thomas A. Hirsch and Mark R. Rank, *PLOS One*, 2015



CAN WAGES INFLUENCE SMOKING?

Do people with lower wages tend to smoke more – and quit less – than people with higher wages? Researchers used FES data to study how current and former smokers' wage earnings influenced whether they smoked. They found that higher wages did lead to less smoking, especially for men and those with more than a high school education.

From: Juan Du and Paul J. Leigh, *Annals of Epidemiology*, 2015



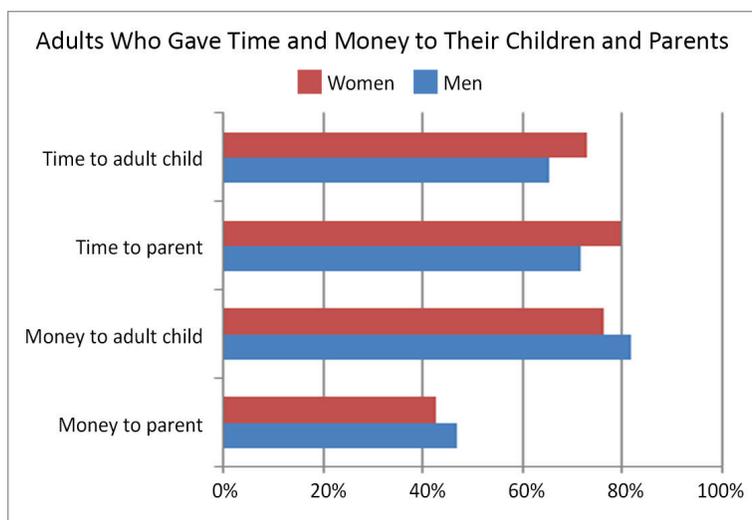
Higher wages did lead to less smoking, especially for men.

RECENT RESEARCH USING FES DATA

Gifts of Time and Money

For years, research on the “Sandwich Generation” – people who care for both older parents and children – has focused on middle-aged women. New research using FES data finds that over 30% of men and women with living parents and adult children provide help or financial assistance to two generations. As shown, women tend to provide more time and men tend to provide more money. And both men and women were more likely to give time to their parents and money to their adult children. These findings suggest that men’s involvement in the Sandwich Generation is similar to women’s.

From: Esther M. Friedman and others, *The Gerontologist*, 2015



Work Hours and Heart Health

Is working too much bad for the heart? A new study using FES says “maybe, yes.” Researchers examined hours of work for employed individuals in FES. They found that over 40 percent had been diagnosed with cardiovascular disease (CVD), a health problem related to the heart or circulation. Among full-time employees, the risk of CVD went up 1% with each additional hour spent working. Compared to those working 45 hours per week, those working 55 hours had a 16% higher risk and those working 60 or more hours per week had a 35% higher risk of being diagnosed with CVD.

From: Sadie H. Conway and others, *Journal of Occupational and Environmental Medicine*, 2016

RECENT RESEARCH USING FES DATA



QUALITY TIME WITH CHILDREN

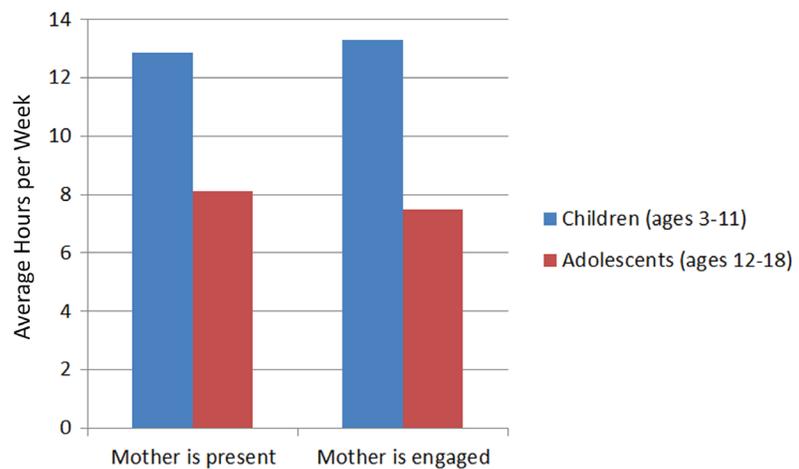
Researchers used time diaries from the Child Development Study to look at the connection between the amount of time mothers reported being with their children and a range of children's behavioral, emotional, and academic outcomes. Mothers' time was categorized in two ways: hours mothers were present for their children and hours they were directly engaged in activities with their children.

Surprisingly, the researchers found very little connection to outcomes for children ages 3-11 years old, but they did find that adolescents, ages 12-18, with more engaged attention from their mothers had fewer delinquent behaviors. These findings show that it could be the quality of the time spent with children, and not just the quantity, that matters.

From: Melissa A. Milkie and others, Journal of Marriage and Family, 2015

Adolescents with more engaged attention from their mothers had fewer delinquent behaviors.

Time Mothers Spend with Children, by Engagement Level and Children's Age



Pride in Research

"When started work at SRC, right out of college, my first assignment was as a research assistant on the FES. Now - more than 15 years later - I'm very pleased to lead the data collection.

I know that many of you are proud of your families' long-standing contributions to this study. Those of us carrying out the research are also proud. When she was living, my grandma used to clip out newspaper and magazine articles that referred to FES findings and share them with my family and her friends!"

- Shonda Kruger-Ndiaye, Survey Director

