



Add Health

The National Longitudinal Study of Adolescent to Adult Health



Participant Newsletter No.4

A Message From the Director

It is hard to believe we have been working together for over 25 years; I want to thank you for your survey answers. In October, I published a research article using the answers you provided during the Wave V survey. The answers you gave helped me prove that family relationships in youth are connected to depression as an adult. You can read more about this discovery below.

I am also very excited to announce a new respondent website! We worked hard to create a more user-friendly website. It is easier to update your information from your phone, stay in touch, and learn more about how your answers help us understand health and health behaviors. We appreciate you!

Kathleenullan Hax



Do You Want Free Money?

We want to hear from you! Provide your current email address, phone number, and home address before **April 30, 2020** for a chance to win one of five \$75 gift cards. Winners will be announced by email or mail on **May 6, 2020**.

Use the invitation code provided to update your contact information on the new respondent website. You can contact us with registration questions at ah_info@unc.edu.

Why Do You Matter? Let Us Count the Ways

You've Been With Us a Long Time

Add Health has been going on for over 25 years! We are eternally grateful for the time and effort you take to respond.

We Can't Replace You

Add Health cannot add new participants. Without you, the study and what we learn from it would cease to exist.

Because of You

We make discoveries about health and health behaviors of young people and adults.

Your Answers are Changing Lives

Throughout this newsletter, you'll see how your answers impact public health and policy.



You Are Not Average

Add Health Director, Dr. Kathleen Mullan Harris, studied your survey answers to understand the connections between family relationships and signs of depression. This was the first time research tracked how home life as a teenager is related to mental health in adulthood. Without you, she could not have added this helpful information on family experiences and depression. Dr. Harris discovered that teenagers with happy family relationships had lower levels of depression in their adult lives. Her research shows the importance of finding affordable and reasonable ways to improve young people's mental health.



Do You Remember?

In 2008 during the Wave IV survey, we asked you, “In the past 12 months, was there a time when you worried whether the food would run out before you would get money to buy more?” This question relates to something called food insecurity, or when someone does not know if they will have enough to eat. There is not much research on food insecurity in young adults, which makes your answers especially important. Because of your answers, researchers discovered that 11% of young adults are food insecure. This fear of not having enough to eat is related to not being able to sleep, poor mental health, obesity, diabetes, and high blood pressure. This discovery underscores the importance of ensuring that young people are able to meet their food needs.

Serving the Community Serves You

Your participation in Add Health has shown us the impact adolescent experiences have on health and achievement during adulthood. The increase in youth violence and crime is a concern, and researchers are trying to understand it better. Your survey responses helped researchers find that teens who regularly volunteer are less likely to participate in illegal behavior, have 31% fewer arrests, and 39% fewer convictions. This tells us that volunteering in your youth may provide a sense of self-worth, make you more willing to accept change, and lead you to become a more responsible member of society in adulthood.