

# marri Findings

FAITH & FAMILY



**"Coming together is the beginning. Keeping together is progress.  
Working together is success." – Henry Ford, Businessman**

## Quality of Marriage Enhances Quality of Life



A 2014 study using [data from the U.S. Federal Panel Study of Income Dynamics](#) found that marital quality is positively associated with life satisfaction and subjective well-being.

## Greater Marital Quality, Better Health



A [2014 meta-analytic study](#) found that greater marital quality was related to better overall health and cardiovascular health, to health-enhancing behaviors, better immunity, and to a lower risk of mortality.

## Regardless of Marital Quality, Cohabitation Increases Likelihood of Divorce



A 2012 study using [data of the National Longitudinal Survey of Youth](#) found that individuals who cohabited before marriage are more likely to divorce regardless of the level of marital quality.



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