

# marri *Findings*

FAITH & FAMILY

## Blog: Living Below Your Means Findings: Family Matters for Health

“The family is the test of freedom; because the family is the only thing that the free man makes for himself and by himself.” – GK Chesterton

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### Live Below Your Means



In the late 1970's there was a dinner in Washington DC, attended exclusively by psychotherapists who came to honor a man they considered the greatest therapist among them.

After many speeches extolling him, one therapist asked him “What is the one piece of advice you would give to us, as therapists?” His answer surprised everyone: “Live below your means.” If you live at --- or worse --- above your means, ‘billable hours’ drives your practice. Rather than serving your client you sacrifice their best to your bank account. [Of course, this applies to all professions.] [Continue Reading Here...](#)

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## **Family Structure Influences Suicidal Ideation and Attempts**



A large [South Korean 2014 study](#) (73,238 participants (using the Korea Youth Risk Behavior Web-Based Survey (KYRBWS) of middle and high school students examined the relationship between suicides and the marriage status of parents. Adolescent boys with a remarried parent had a 40% increased risk of suicidal ideation, while adolescent girls had a 51% increased risk. For suicide attempts adolescent boys had 80% increased risk, and adolescent girls a 90% increased risk.

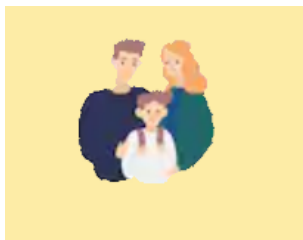
## **Family Structure Influences Adolescent Health and Health**



### **Behaviors**

A [2018 longitudinal study](#), using the German Health Interview and Examination Survey for Children and Adolescents, investigated the influence of family structure on general and mental health, health-related quality of life (HRQoL) and health risk behavior. It found that adolescents who lived in always-intact nuclear families at baseline and at follow-up had the best self-rated health, the best scores on HRQoL, and the lowest percentage of regular smokers. Family cohesion (belongingness) explained these family structure effects.

## **Family Cohesion and Conflict: Impact on Children's Health and**



### **Well-Being**

A [2016 meta-analysis](#) from the University of North Carolina, found that family cohesion (belongingness) was most closely associated with child health and well-being, while family conflict was most strongly associated with children's health problems. Social competence and quality of life were similarly affected.



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