



Family Transitions Project

2018 NEWSLETTER

Toll-Free
800.455.4250

Local:
515.233.4004

Email:
transitions@iastate.edu

Website:
transitions.hs.iastate.edu

Enclosed is a Notice of Change card, as well as a postage-paid envelope for your convenience in updating your contact information. You can also call our office with updates or email us. In addition, our website provides a contact update feature that is confidential and secure.

GREETINGS!

Once again, please accept our sincere gratitude for your past, current and future involvement in the Family Transitions Project! We so appreciate all the time and effort you have given to the project over the years.

THANK YOU!

Recently, we have been especially thankful for the support Parents in the study demonstrated for the Later Adulthood Study. We visited with nearly 1,000 households over two waves of data collection (2015-16 and 2017-18). A great deal of information has been gained that will improve understanding of continuity and change in couple relationships and individual health. In addition, the study will also contribute to knowledge about the impact of retirement upon various dimensions of life, such as marital relationships and social experiences. Given how many of the Parent generation are “Baby Boomers”, these findings have the potential to impact a significant segment of the U.S. population in the years ahead.

We are excited to announce that we have obtained funding to conduct an online survey with “Targets” in the study. (“Targets” will receive a letter about the survey with this newsletter.) This is the first time that the Family Transitions Project will conduct an online survey, and we welcome all feedback about this interview mode. The survey is an opportunity for “Targets” to provide an update on life experiences over the past decade, as we have not visited with them since 2010. The results of the survey will also help inform future directions of the Family Transitions Project. The survey includes questions related to feelings about income, experiences with romantic partners and children, insights into health and personality, as well as items about political involvement and perceptions about neighbors and areas where “Targets” live.

Continued on next page.

“Targets” will also receive information about a health related pilot study that involves cortisol (the primary stress hormone within the human body). Our pilot study will evaluate the effectiveness of using hair samples to measure cortisol, which may be useful to determine long-term cortisol exposure and its related health effects. This pilot study is one of several health related research topics to which the Family Transitions Project could potentially contribute.

One of the areas of interest over the project’s past 30 years has been physical health, and in particular the relationship between financial stress and health. You may recall questions asking about health, such as diagnoses and treatment, exercise and activity habits, and food consumption behaviors. This continues to be an area of extreme interest for researchers *and* funders. As we mentioned in our 2017 newsletter, another study in the development stages would focus on a process for determining onset of Alzheimer’s and other dementia diseases using a non-invasive eye scan. This study would be piloted at some point to be sure the methodology is sound so that the results are scientifically and socially beneficial. Another health related study would concentrate on heart disease and would involve obtaining different biological measures. As you can see, these upcoming studies have the potential to engage participants in areas of research the project has not previously been involved. We will provide information about these opportunities and their benefits to society as we learn more about potential research funding. As always, it is your choice whether or not you participate in any given area of research.

You may be aware that the opioid addiction crisis has prompted the United States government to look to science for help in identifying underlying reasons for the crisis, as well as to develop prevention and recovery programs. With additional funding, it’s possible that the Family Transitions Project may be able to contribute to research about this crisis, and we will keep you posted as we learn more.

THIS PROJECT WOULD NOT HAVE BENEFITED SOCIETY WITHOUT YOUR TIME AND EFFORT AND WILLINGNESS TO CONTRIBUTE!

THANK YOU!

Family Transitions Project

1609 Golden Aspen Drive, Suite 102

Ames, IA 50010

Project Director: Tricia Nepl, Ph.D.

Toll-free: 800.455.4250

Local: 515.233.4004

Email: transitions@iastate.edu

Website: transitions.hs.iastate.edu



As always, we greatly appreciate address and phone number updates, as well as knowing of any preferences for being contacted. A Notice of Change card is enclosed, as well as a postage-paid envelope, for your convenience in updating your contact information.

IN ADDITION, WE WELCOME YOUR QUESTIONS AND COMMENTS ABOUT THE PROJECT AND ITS RELATED STUDIES.