



# Living Well

## The Great Health Care Debate



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September 2009

### Key Findings for Adults

#### Check out these websites for more information:

- [www.livingwelloc.org](http://www.livingwelloc.org)
- [www.livingwelloc.blogspot.com](http://www.livingwelloc.blogspot.com)
- [www.marriagenetworkok.net](http://www.marriagenetworkok.net)

Our country is fighting out the issue of health care reform right now. We are not foolish enough to give our opinion on what is happening or what the government should do. The impetus behind the legislation is to make health care more affordable and more accessible - values on which we can all agree.

#### Here's our input:

- ◆ **If you are married, stay married.**
- ◆ **If you want to have children, get married first.**

Those two steps will make you healthier, live longer, and give you healthier children. These two steps would also save our country billions of dollars in taxpayer dollars. Yes ... **Billions, \$112 billion per year.**

#### “Marriage not only preserves life, but it protects health.”

according to Linda J. Waite and Maggie Gallagher in *The Case for Marriage*.

Getting married and staying married not only saves money and adds health and longevity to life, but it is also very accessible. Anyone can get married; a license, but no test, is required.

**What outcomes can we expect?** U.S. researchers from Indiana University analyzed data on 3.8m people diagnosed with cancer between 1973 and 2004. The findings:

**Married** - 63% survival after five years and 58% at 10-year mark

Never-married - 57% and 52%

Divorced - 52% and 46%

Widowed - 47% and 41%

Separated - 45% and 37%

#### A separate report about life expectancy found:

Married men live 10 years longer than unmarried.

According to a new study from University of Chicago researchers, **"marital disruption" — divorce or widowhood — tends to damage people's long-term health, even if they later remarry.** The study, analyzes data from nearly 9,000 adults, ages 51-61, and finds those who had been divorced or widowed suffered 20 percent more chronic health conditions, such as heart disease, diabetes or cancer, than individuals who were currently married.

#### On the other side:

Trimming the Fat

Mental Health

### And the children

\* **Health vulnerability scores from 20% to 35% higher** than those for children living with both biological parents.

\* **Predicted risk of injury was about 20% to 30% greater** for children from disrupted marriages than for other children.

\* Children living with formerly married mothers

had a **50% greater risk of having asthma** in the preceding 12 months.

\* **An increased risk of speech defects** among children living with never-married mothers.

\* **The observed proportion reported to have received professional help for emotional or behavior problems** in the preceding

year varied from 2.7% for children living with both biological parents to 8.8% for children living with formerly married mothers. For children living with never-married mothers or with mothers and stepfathers, the respective proportions were 4.4% and 6.6%.between adolescent girls who lived with both biological parents



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**Trimming the fat**

It seems that everywhere you go now-a-days, there's a magazine cover story, a new book, a newspaper ad, or an infomercial on "getting rid of belly fat"!

That's something I've (Ed) never been concerned with very much since God has blessed me with being thin most of my life. However, recently a combination of having a more sedentary work environment (sitting at a desk or counseling table much of the day) and the dreaded aging process, has given me cause to think twice about belly fat!

I've easily noticed that my pants are getting quite a bit more snug at the waist and I believe I've contracted a

minor case of "Dunlap disease" (my belly done lapped over my belt!). So, it's time to trim some of the fat from my diet.

Likewise, **most of us, especially in these troublesome economic times, need to trim some "fat" from our family financial budgets.**

Many of us have some budgeting areas that contain a little fat – **places where we can cut back on spending, either temporarily or permanently.**

One proven way to lose weight is to leave some food on your plate at each meal. That will add up to

saving a lot of calories every day and therefore help us lose weight.

It's a pretty simple process – just don't eat all the food set in front of us. Instead, save that extra food as leftovers.

Carrying this idea through to our finances – don't spend all the money you can. Leave a little bit unspent each day.

As you go through your day, consistently think – "do I really need to buy this?" or maybe – "could I buy a less expensive alternative?" Some good budget categories with which to start this

process would be groceries, eating out, and entertainment.

Most of us can find a little fat here and there in our budgets that could be cut out without really causing any serious negative effect on our lifestyle.

Just as consistently eating a little less will add up to weight loss, also spending a little less every day will add up to significant savings in the long run.

Getting rid of belly fat is good for our health – **trimming fat from our budgets is good for our financial health!**

**Mental health**

When comparing married persons to those who have never married, who are divorced or widowed, **married persons had the lowest prevalence of alcoholism, suicide, any psychiatric disorder, and loneliness.**

The National Institute of Mental Health found that **women in cohabiting relationships had much greater rates of depression than women in married relationships and those who have been divorced once.** The numbers fall as follows (annual rate of incident of depression per 100):

- **Married (never divorced) 1.5**
- Never married 2.4
- Divorced once 4.1
- Cohabiting 5.1
- Divorced twice 5.8