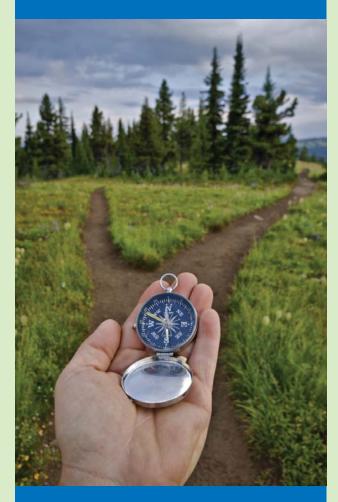
### MIDUS Goes Forward



Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

**Marilyn Ferguson** 

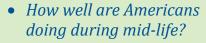




A National Study of Health & Well-Being

# Thank you so much for your contributions to MIDUS!

Before the MIDUS study,
mid-life in America
was largely uncharted
territory, even though it
is the longest segment of
our life span. With your help,
MIDUS has been finding answers
to two important questions
about mid-life:



 Why are some facing the challenges of aging better than others?

We're happy to report that the National Institute on Aging has made it possible for us to continue this important national study into its third decade.

Soon we'll be contacting you about participating in the next round of interviews. I hope you can continue with MIDUS 3, to help us understand even more about mid-life & older age. Your participation is essential to what we will discover.

Sincerely,

Cowol D. Ryll

Carol D. Ryff, Director MIDUS National Study of Health & Well-Being



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MIDUS has broadened our understanding of what it means to be HEALTHY, by showing that psychological & social factors work together with physical health to promote overall WELL-BEING.

### You Have Helped MIDUS Discover What Mid-Life is About:

# 1 • Mid-Life Has Its Challenges:



- Health issues (cancer, heart disease, physical disabilities)
- Financial strain
- Providing care for others (children, parents)
- Experiencing loss (of spouse, of job, etc.)
- Balancing the demands of work and family life

#### 2 • Mid-Life Challenges Can Affect Health:

- People with more stress are more likely to gain weight.
- Caregivers show higher levels of stress hormones.
- People who are disadvantaged (educationally, economically) are more likely to have biological risk factors (more inflammation, high blood pressure) that can lead to ill health.

## Scientists using MIDUS data have published over 450 articles on diverse topics:

Aging • Alcohol & Drugs

• Cancer • Childhood • Discrimination •

Education • Emotions • Employment

• Exercise • Finances • Family • Gender •

Genetics • Life Satisfaction • Marriage

• Menopause • Mental Health • Neighborhoods •

Obesity • Parenting • Personality • Race • Relationships • Religion • Sexuality

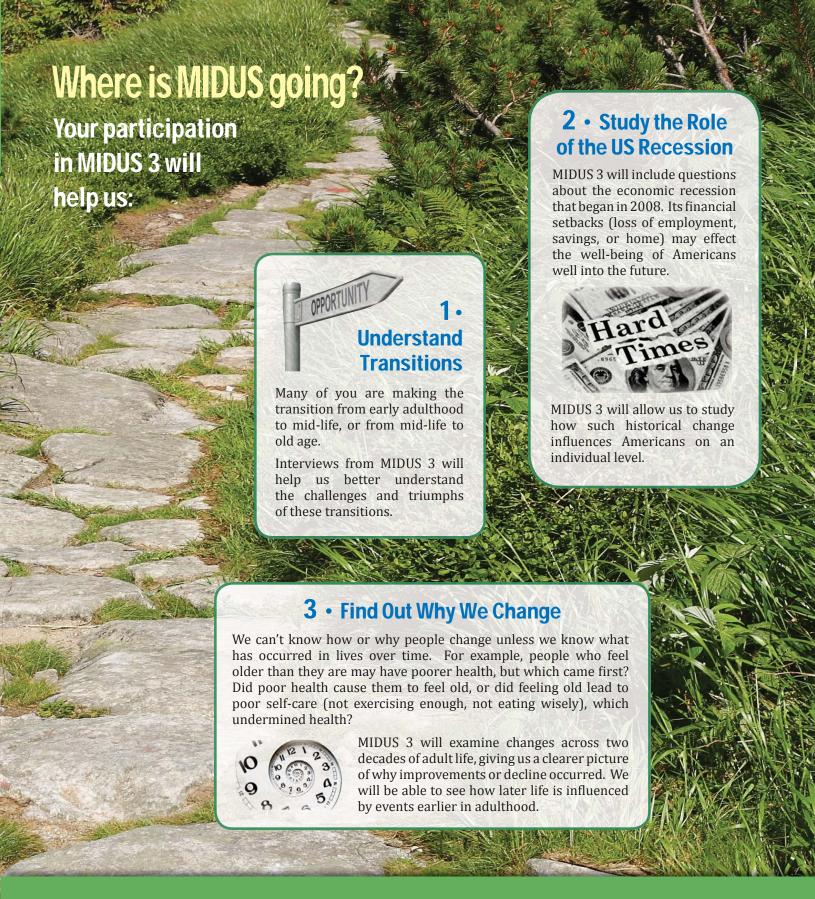
and many more...

#### 3 · But Some are Resilient

Declines are not inevitable as we age. In the face of mid-life challenges, many show resilience– the ability to maintain mental and physical health in the face of difficult challenges.

- Caregivers who report more positive emotions show reduced biological risk factors.
- ➤ People who are disadvantaged but who have a strong sense of purpose and good relationships have lower levels of inflammation that are associated with better health.
- Volunteering in later life promotes better mental health, even in the face of declining physical health.
- Good social ties across time helps reduce mental declines that some experience with aging.





MIDUS shows that positive aging is the ability to remain actively engaged in life, even in the face of age-related challenges, rather than the commonly held belief that only disease-free individuals age well.



### We Hope You Will Continue to Participate as MIDUS goes into its 3<sup>rd</sup> Decade



We would like to see how you are doing and how your life has changed since we began interviewing you almost 20 We'll be inviting all past participants to years ago. join us again for MIDUS 3.

Spring 2013





MIDUS results have appeared in many news sources, such as:

- The Wall Street Journal: *Is Happiness Overrated?*
- The New York Times: A Sharper Mind, Middle Age & Beyond
- TIME Magazine: Our Personalities are Constantly Changing, Even if We Think They're Not

## **Do We Have Your Current**



It's very important that we be able to reach you when we begin interviews for MIDUS 3.

> Please send us any updates in your: address, phone(s), and/or email(s).

#### **SEND TO: MIDUS-Midlife in the United States**

University of Wisconsin Survey Center 475 N. Charter St., Room B607 Madison, WI 53706-1507

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