



Americans' Changing Lives

February 2019

Director's Note: An ACL 2019 interview — with a home visit

Over 30 years ago, you completed your first Americans' Changing Lives (ACL) survey with a University of Michigan interviewer. We would like to interview you again. We have spoken up to five times, in 1986, 1989, 1994, 2001/2002, and 2011/2012. Sometime between March and August, you will receive a letter from our of our interviewers that includes at \$30 check to thank you for taking part in over 30 years of this study.



As we wrote in last month's newsletter, we have shown how our social lives and neighborhoods can affect our lives and ability get by day-to-day. In 2019 for this sixth round of interviews, we are adding a home visit by a health professional after the interview. We have added a home visit is because, for years, we have been measuring the health of Americans by asking you about your health. Now, we would measure health by adding other information. This exciting new part of the study is optional, and additional compensation will be provided.

In the coming months, you will receive a letter from an University of Michigan ACL interviewer that will have information about when they will call or how you can call to schedule your interview. The last round of ACL interviews was in 2011/12. The success of this study has depended on you and over 3600 other participants. Each of you represents about 100,000 Americans like you, so their representation continues through your participation. Even if you did not complete an interview in 2011-2012, you are invited to participate in 2019. With your help, we will have over 30 years of information to better understand how our health is affected by our neighborhoods, work, and social lives as we age. Thank you!

In this newsletter:

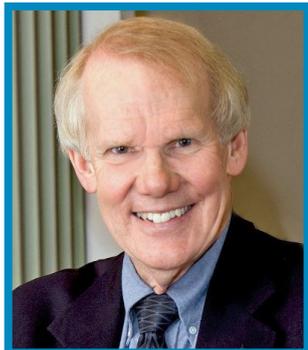
Director's note	1
Meet the team	2-3
Neighborhoods and health	3
Contact us	4

Visit our new website to learn more about ACL and the study team:

<https://acl.isr.umich.edu/>

Meet the team: Americans' Changing Lives, Interview 6, 2019

Jim House, Founding Director



ACL was originally launched as part of a larger federally-funded research project on stress, health, and productive activities in middle and later life. In much of my work, I have used ACL to understand why people with different levels of education or income have such different risks for poor health. Our data suggest that it is due to different experiences of chronic stress and social relationships.

Maggie Hicken, Current Director



I am new to the ACL project, but have been working with the ACL researchers on other projects for nearly 10 years. The reason that I started working with ACL is because we are able to link information about neighborhoods to the interviews in order to study how neighborhoods affect our health. When I am not working, I love traveling with my family and going out with friends.

Philippa Clarke, Investigator of Neighborhood Contexts



I have been working with ACL since I first came to the University of Michigan in 2005. It was exciting to be part of the data collection in 2011/2012, when I was able to include questions about disability health and function. Those data generated has given us insights into the role of assistive devices (canes, walkers, wheelchairs) for well-being and independence. When I'm not working, I love sailing on the Great Lakes with my family and 2 dogs!

Joy Jang, Data Analyst



I will analyze the ACL data and collaborate with other ACL researchers to examine the link between neighborhood context, familial relationships and health outcomes. In my free time, I enjoy time with my son (who is all about dinosaurs!). We like to build legos, sing, and read books.

Robert Melendez, Neighborhood Spatial Analyst



I have worked on ACL for many years as a data analyst, connecting all of the information we have received from ACL with information we know about neighborhood contexts. Outside of work, my favorite things to do are play, watch, and coach sports with my kids — mainly golf, soccer, track, boxing and basketball.

Lindsey Burnside, Study Coordinator



As the study coordinator, I ensure that all of the details of the research process are executed smoothly. I am looking forward to what more we will learn from this wave of the ACL study, and how we can use the data to improve health. Besides research, I enjoy reading, traveling and playing cards with family. I am currently reading *The Social Life of DNA* by Alondra Nelson and *Kindred* by Octavia Butler, and am enjoying them both.



Neighborhoods and the connection to health

Research — including the research made possible with the information you have provided over the years — suggests that our neighborhoods have an important impact on our health. The quality of the resources in our neighborhoods and surrounding area can impact how well we can accomplish our everyday tasks, how physically active we are, what we eat, and how connected we are to family and friends. All of these parts of our everyday lives can impact our overall health as we age, including our risk for such diseases as cardiovascular disease and diabetes. We want to know more about how neighborhoods affect our health as we age, so we will be including a home visit in 2019 that includes a blood pressure measurement and blood collection. More information is coming soon!

To ensure that you are included in the 2019 interview, please update your address if it has changed.

You can update your contact information three ways:

Email us at
ACL6Study@umich.edu

Visit our website and fill out the
contact form at
<https://acl.isr.umich.edu/contact>

Fill out the contact form included with
this newsletter and mail it back to us—
Postage is prepaid.



Americans' Changing Lives

Contact us!



Call

(toll free) 866-473-0006



Email

ACL6Study@umich.edu



Website

<http://acl.isr.umich.edu>



INSTITUTE FOR SOCIAL RESEARCH
UNIVERSITY OF MICHIGAN