



Why Discuss Finances at a Health Symposium?

- Ask the child who goes to bed hungry in Denton County because there is no food in the kitchen
- Ask the child who is overweight because the mother thinks it is too expensive to buy healthy foods or doesn't know which foods are healthy

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- Ask the older adult who takes their medication every other day to make it last longer!
- Ask the employer who sees productivity decline due to employees worrying about health problems, doctor visits, etc.
- Ask the employee who will be paying more for health care due to lifestyle choices

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How is Your Wellness & Quality of Life?

Wellness Wheel

Physical Health
Mental Health
Family Health
Social Health
Financial Health
Career Health
Spiritual Health

Your Wellness, or Quality of Life, effects everything you do and everyone you know. Use this worksheet to view your overall Wellness. The farther you mark from the center the better you feel about that aspect of your life. Then connect your marks. The "rounder" your marks the more balanced your life.

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Health and Finance "Issues" Similarities

1. Problems develop gradually
2. Less stigma due to increasing frequency
3. Impacts job productivity, discrimination

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More Similarities Health and Finance "Issues"

5. Need for programs in schools & at work sites
6. People fear drastic changes & large numbers
7. Need for more "point of purchase" info
8. Advice needs to be realistic

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Still More Similarities Health and Finance "Issues"

- 9. Lack of limits causes problems
- 10. Drastic solutions have major drawbacks
- 11. Longevity concerns: Healthy People live longer and will need more money
- 12. People want quick fixes



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Save the Money Spent on Unhealthy Behaviors



- Fewer alcoholic beverages
- Fewer "empty calorie" foods
- Smaller portion sizes; more leftovers
- Give up smoking



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Just One Example

- \$1.50 a day (junk food) saved from age 18 to 67 = \$290,363
- \$5.00 a day saved for 49 years = \$ 1 million +



Assumes an 8% average annual return

Source: Getting Rich in America: 8 Simple Rules

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Ten Small Steps to Financial Health & Wealth

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1. Convert Spending Into Labor

- **Finances:** How many hours of work are needed in order to buy something (use after-tax dollars)?
 - Is buying something worth the time worked?
 - Can you think of a **health** related similarity?
 - How many minutes of exercise to work off that Big Mac?

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2. Just Say "No" to Super-Sizing

- **Finances:** Avoid "buy three and save" offers when you only need one item
 - Scrutinize offers to trade-up to a costlier item (bait and switch?) or buy more items
 - Do you really need a new cell phone? IPAD? Kindle?

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3. Downsize and Substitute

Finances: "Just spend less" (than you do now)

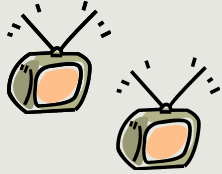
- Buy fewer items
- Track spending to understand habits
- Shop smart to buy things for less
- Buy lower-cost brands



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Is Bigger Better?

36 inch television vs 60 inch television



Source: *U.S. News & World Report*, August 19, 2002, Vol. 133, No. 7.

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4. Track Your Current Habits


(Exercise, Eating, & Spending)



- **Track monthly income, expenses, & cash flow**
 - Is spending or eating related to emotions?
 - You cannot change what you do not acknowledge
 - Track your credit score

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5. Live "The Power of 10"




- Spend 10% less on groceries
- Increase your charitable gifts by 15%
- Come up with 10 ways to cut your utility bill
- Save \$10 a week or month
- Add \$1/day to credit card payments
- Invest some money in stock (average 10% return)

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6. Step Down to Change

- Reduce spending in gradual stages
- Example:
 - Expensive restaurant
 - Less expensive restaurant
 - Prepared food
 - Mixes
 - Scratch
 - Dinner Tonight: healthyliving.tamu.edu



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What's for Dinner Tonight?

- www.healthyliving.tamu.edu



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- What do you spend annually for holiday gifts? Where do you buy them?
- Step down the amount spent or places you buy them:
 - Department Store
 - Discount store
 - Home-made gifts



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7. Kick It Up a Notch!


- Ramp up physical activity
- Work up to 10,000 steps
- Increase fruits & vegetables in diet
- Do more of anything positive!
- Transfer credit card balances to lower rate
- Automatically increase savings at regular intervals
- Add 1/12 of mortgage payment (P & I) monthly
- Do more of anything positive!



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8. Meet Yourself Halfway... Or You Will Feel Deprived

- **Finances:** Reduce discretionary spending by 1/3 to 1/2 and/or increase income
 - Spend less than you do now
 - Look for less expensive options

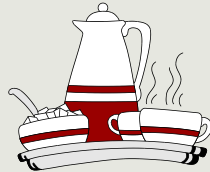


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“The Latte Factor” (David Bach)

- It’s not just about giving up pricey coffee
- It’s about “finding” money to save by reducing everyday expenses
- What are your “lattes”?

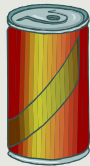
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How I Went to Cancun on Diet Coke

- 1 diet coke daily = \$.60
- Annually = \$219
- Today: Route 4 diet coke: \$1.25
- Annually = \$456.25



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9. Compare Yourself With Experts’ Recommendations

• Finances:

- Consumer debt-to-income ratio < 20%
- Net worth = Age x gross income divided by 10 (Stanley & Danko net worth formula in *The Millionaire Next Door*)
- Know your credit score!
- Health Bench marks: Know your numbers



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10. Learn the Standards For Financial Health

- **Finances:** Follow guidelines for saving
 - Emergency fund of 3 to 6 months expenses
 - Retirement income of at least 70% to 80% of pre-retirement amount
 - Credit cards – pay in full every month



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Small Remedies Make a Difference

- Many people believe they must make major lifestyle changes to be healthy and wealthy
- “Gloom and doom” messages don’t work
- Start small with a specific goal in mind



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Examples of Small Remedies

Finances:

- Save \$1/day + pocket change,
- Add \$1/day to the minimum payment due on a credit card,
- Save an extra 1% of pay in a 401(k) plan,
- Buy an EE bond monthly for \$25



Track Your Progress: Success = Motivation

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Make Progress Everyday


Any small step to improve your health or increase your wealth is better than doing nothing!



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For More Information

- www.smallstep.gov
- www.fcs.tamu.edu
- www.YourDiseaseRisk.Harvard.edu
- www.investing.rutgers.edu
- www.Medlineplus.gov
- www.nefe.org/latesavers/index.html
- www.eatright.org
- www.asec.org
- www.healthypeople.gov
- www.pueblo.gsa.gov




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