



PROJECT Viva
A STUDY OF HEALTH FOR THE NEXT GENERATION



ECHO
Environmental influences
on Child Health Outcomes
A program supported by the NIH

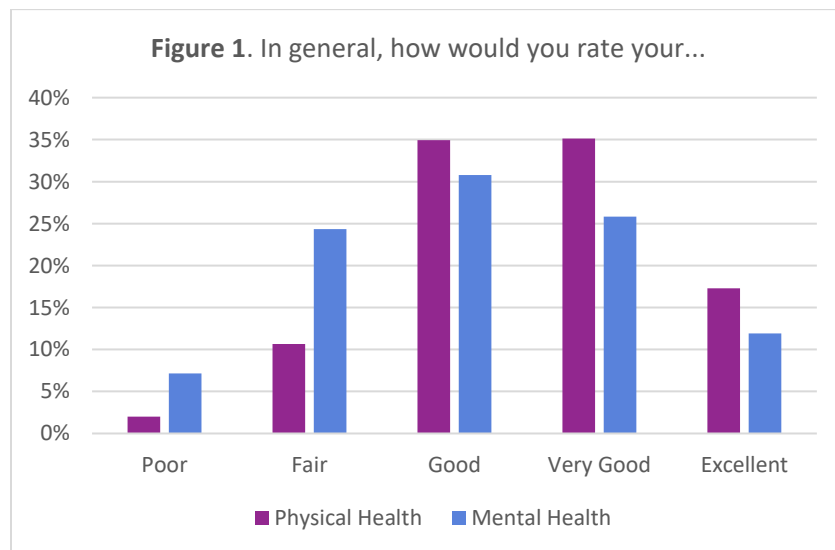
Dear Project Viva community,

We hope you are all doing well. Project Viva recently wrapped up the Age 19 Survey, in which over 1,200 of you participated. Thank you so much for all your contributions to this survey's success!

As the Project Viva team continues to make strides in our work to improve the health of families and future generations, we wanted to share some of our findings from this survey. We sent this survey out to all Viva participants from December 2019 through July 2022. As we continue to examine the Age 19 Survey data, we wanted to share some preliminary results with you below. Based on your comments and feedback, many of you expressed that you were interested in seeing results about mental health, daily activities and behaviors, and how those topics affect family relationships. We summarized your responses to some of the questions on these topics in this letter and we hope that you find it interesting to see these results.

Young Adult Rating of Physical and Mental Health

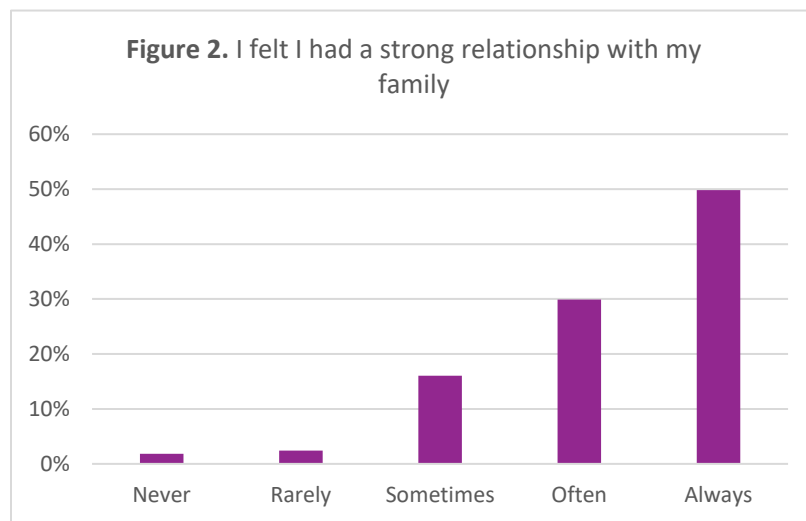
We asked Project Viva young adults to rate their physical and mental health in the past 30 days. Figure 1 shows responses ranged from “poor” to “excellent.” On average, Viva young adults rated their physical health slightly better than their mental health. Physical and mental health are closely related, and both contribute to our overall wellbeing.



If you are interested in learning more about the connection between physical and mental health, here are a few resources you may find helpful to promote both physical and mental health:

- [11 Tips for Mental Health & Well-being](#)
- [Care for your Mind with Exercise](#)

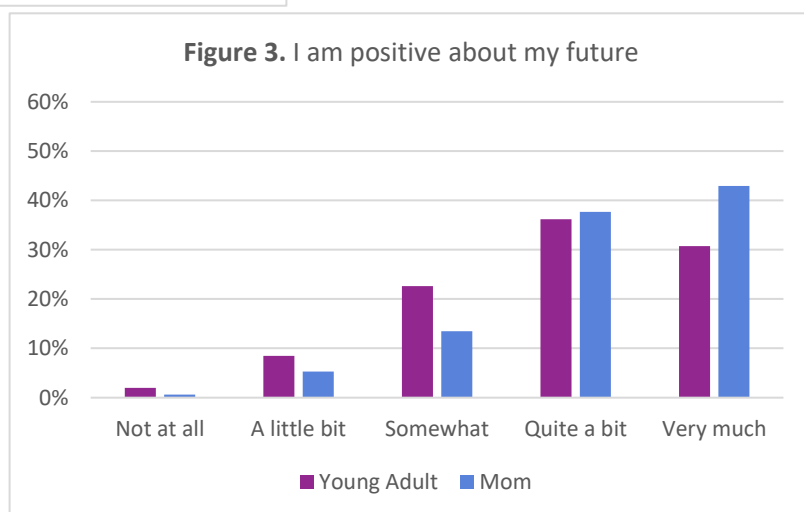
Family Relationships



We also asked young adults about their relationship with their family. Most young adults reported feeling a strong relationship with their family, although there were a range of responses (Figure 2). Research suggests having a strong family relationship can lead to better coping skills and healthier behaviors, resulting in overall higher well-being.¹

Future Positivity

Both young adults and moms told us how positive they felt about their future. Figure 3 shows that response options ranged from “not at all” to “very much,” with most young adults and moms answering “quite a bit” or “very much.” The responses from mom participants were slightly more positive than young adults’ responses. We look forward to digging deeper into the data to understand factors that predict positive thinking and seeing how this affects your future health. While this data shows many positive responses, we recognize that circumstances are always changing and want to provide resources on [mental health](#) and [family relationships](#).



Thank you to everyone who completed this survey; your responses are crucial to our scientific research and continue to provide us with invaluable insights. We hope you found these results informative and interesting and that they inspire your continued engagement in Project Viva!

We are currently conducting the 2022 Annual Survey and the Women’s Health Visit 1 for Viva moms, and our team is working hard to launch the Young Adult Visit in 2023. Please look out for communications about these visits and how you can participate! If you are interested in learning about more opportunities to participate, or have any feedback for us, please click [here](#).

We appreciate your continued participation, and we hope that you stay tuned as we look to progress our study forward in 2023 and onward. As always, please reach out to us at any time if you have any questions!

Project Viva and ECHO Team

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¹ Thomas PA, Liu H, Umberson D. Family Relationships and Well-Being. *Innov Aging*. 2017;1(3):igx025.
doi:10.1093/geroni/igx025