The Great Recession of 2007-2009 was the deepest and longest economic downturn since World War II, with potential consequences for American's health and well-being.\(^1\)

Americans were not equally impacted by the recession, with some experiencing extreme losses (job loss, foreclosure), and others reporting minor losses (cutting back on spending).\(^2\)

Few studies have examined predictors of vulnerability to extreme losses and the health consequences of the Great Recession.

### Predictions

1) Individuals who report more severe recession hardships will be more vulnerable to the health impacts of the recession compared to individuals who report more minor losses.

2) Gender, age, education, and marital status will predict the severity of recession hardships experienced.

### Method

**Sample:** 3,577 adults (ages 25-75) from the Midlife in the United States Study (MIDUS) who completed phone interviews and a self-administered questionnaire in years 2011-2014.

**Measures:** Recession hardships were assessed with an 18 item checklist (See Table 1). Participants were asked to respond "yes" if they had experienced any of these hardships since the start of the recession in August, 2008. Physical health was assessed with self-rated physical health, chronic conditions (e.g., diabetes, heart disease), and smoking status.

**Analysis:** Latent class analysis categorized individuals into severity of recession hardships. Multinomial regression tested gender, age, education, and marital status as predictors of recession impact class membership. General linear models were used to predict health outcomes based on severity of recession hardships.

### Results

Latent class analysis identified four types (classes) of recession impact.

- **Low Impact**
- **Some Job and Financial Impact**
- **High Financial Impact**
- **High Overall Impact**

Recession impact severity predicted health outcomes, including chronic conditions, smoking status and self-rated health.

### Conclusions

Latent Class Analysis identified who is vulnerable to the Great Recession

1) We identified four distinct sub-groups impacted by the Great Recession to varying degrees, with ~20% of the sample experiencing "High Financial Impact" and "High Overall Impact".

2) Younger, lower educated, unmarried, and women were more vulnerable to severe recession hardships compared to their counterparts.

This study presents novel findings that more severe types of recession impact have greater consequences for physical health, especially among certain sub-groups.

1) Those reporting severe types of recession hardships have worse physical health.

2) Lower educated are more susceptible to the negative health consequences of the Great Recession.

These findings can be applied to developing economic and health policies that are geared towards vulnerable individuals. Future research should further study the biopsychosocial factors that may elucidate the links between the Great Recession and health outcomes.

### References
