

## The Relationship between Pathways to Adulthood and Adult Health

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### **Abstract**

Life course sociology alerts us to the importance of the transition to adulthood. Different pathways to adulthood, different configurations of roles and the timing of roles related to education, employment, marriage and childbearing, can have significant long-term effects on people's lives. This study draws on data from the National Longitudinal Study for Adolescent Health and uses latent class analysis to identify a parsimonious set of pathways to adulthood separately for males and females and relate these pathways to health outcomes among adults in their early 30s. Results indicate that different pathways are associated with a number of measures of health and health behaviors and that most of these associations remain after adjusting for demographic and socioeconomic factors and adolescent health and health behaviors.

Complete manuscript available upon request.