

WHAT IS FINANCIAL HEALTH?

Financial health is the feeling of having financial security and financial freedom of choice, in the present and when considering the future (Garman & Forgue, 2018).

THE FOUR PILLARS OF FINANCIAL HEALTH

American's personal financial health can be broken down into 4 main components.

- saving, spending, borrowing and planning

MEASURING THE FINANCIAL HEALTH OF AMERICANS

**SCHEDULE YOUR
FINANCIAL
WELLNESS
CHECK-UP TODAY!**

Now is the perfect time
to stop and pay attention
to our financial well-being!

Stop by any Enbright
Credit Union location for
your own check-up today!

17% CONSIDER THEMSELVES
"FINANCIALLY VULNERABLE,"
OR STRUGGLING WITH ALL, OR
NEARLY ALL, PARTS OF THEIR
FINANCIAL LIVES.

54% SAY THEY ARE
"FINANCIALLY COPING,"
OR STRUGGLING WITH
SOME ASPECTS OF THEIR
FINANCIAL LIVES

29% OF PEOPLE REPORT
THAT THEY ARE "FINANCIALLY
STRONG," OR THAT THEY
ARE SPENDING, SAVING,
BORROWING AND PLANNING
IN A WAY THAT WILL
ENSURE LONG-TERM
SUCCESS

Financial Health Network Report 2021



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