

# CARE OR SELF-CARE?

## The impact of informal care provision on health behaviour

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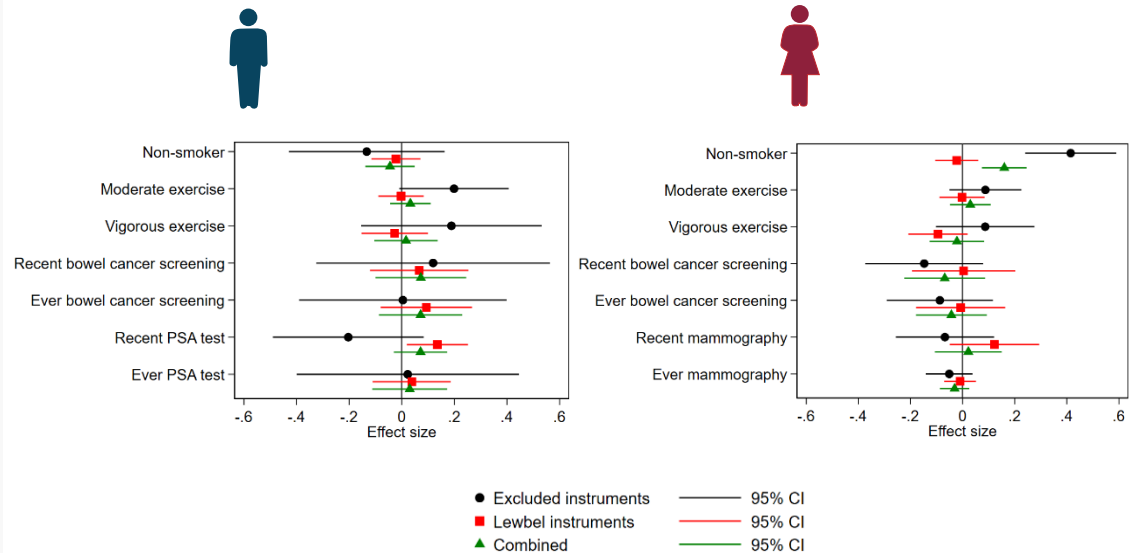
### RESEARCH QUESTIONS

- Effect of informal care on health behaviour
- Validity of IVs for informal care provision

### DATA & METHODS

- ELSA (UK), 2002-2017
- Ages 45-69
- Instrumental Variables
  - Living parents (3 IVs)
  - Living siblings
- Mourifié & Wan (2017) IV validity test
- Lewbel (2012) instruments
- Robustness: PDS Lasso

### RESULTS



### CONCLUSIONS

- Instruments identify variation in timing, not incidence
- No evidence of negative effects of care provision on health behaviour