

NATIONAL HEALTH INVESTORS INC

Form 4

January 31, 2003

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 WASHINGTON, D.C. 20549
 FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

() Check this box if no longer subject to Section 16.
 Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person
 Adams, W. Andrew
 801 Mooreland
 Murfreesboro, TN 37128
2. Issuer Name and Ticker or Trading Symbol
 National Health Investors, Inc.
 NHI
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 January 30, 2003
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 (X) Director () 10% Owner (X) Officer (give title below) () Other
 (specify below)
 President
7. Individual or Joint/Group Filing (Check Applicable Line)
 (X) Form filed by One Reporting Person
 () Form filed by More than One Reporting Person

Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. Code	4. Securities Acquired (A) or Disposed of (D)		5. Amount of Securities Beneficially Owned at End of Month
			Amount	Price	
Common Stock by Adams Family Foundation II					59,571
Common Stock by Springland Ventures, L.P.					44,000
Common Stock by Adams Investments L.P.					71,994
Common Stock by The Adams Group, L.P.	1/29/03	P	14,900	\$14.49	-
Common Stock by The Adams Group, L.P.	1/30/03	P	8,400	\$14.53	2,293,642

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative	2. Contract	3.	4.	5. Number of Derivatives	6. Date Exercised	7. Title and Amount	8. Price
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Security	Version	Transaction	Derivative	Securizable	and	Underlying	of
or Exercise			Acquired	Expiration		Securities	of
Price			(A) or Disposed	Date (Month/Day/Year)			Private
of			(D)				Securities
Derivative				Date	Expiration		of
Security			Amount			Title and Number	of
Code	V					of Shares	Shares

Explanation of Responses:
SIGNATURE OF REPORTING PERSON
W. Andrew Adams
DATE
January 31, 2003