

What is claimed is:

1. A bladder comprising:
a bladder wall having an interior-facing side and an exterior-facing side, wherein the interior-facing side defines at least a portion of an interior region of the bladder, and wherein the bladder wall further includes an average wall thickness between the interior-facing side and exterior-facing side that is less than 5 millimeters; and
a multi-layer optical film having a first side and a second opposing side, wherein the first side of the multi-layer optical film is operably disposed on the exterior-facing side of the bladder wall, and wherein the multi-layer optical film imparts a structural color to the bladder wall.
2. The bladder of claim 1, wherein the bladder wall exhibits a nitrogen gas transmission rate of $15 \text{ cm}^3/\text{m}^2\cdot\text{atm}\cdot\text{day}$ or less.
3. The bladder of any one of claim 1 or 2, wherein the bladder wall further comprises alternating first and second polymeric layers, wherein the first polymeric layers each comprise one or more thermoplastic polyurethanes, and wherein the second polymeric layers each comprise one or more thermoplastic ethylene-vinyl alcohol polymers.
4. The bladder of any of claims 1-3, wherein the bladder wall comprises one or more thermoplastic polyurethanes.
5. The bladder of any of claims 1-4, wherein the multi-layer optical film comprises:
a first layer compositionally comprising a non-oxide metal; and
a second layer compositionally comprising a first metal oxide.
6. The bladder of any of claims 1-5, and further comprising a third layer compositionally comprising a second metal oxide that is different from the first metal oxide.
7. The bladder of any of claims 1-6, wherein the multi-layer optical film comprises:
a first layer compositionally comprising a first metal oxide; and
a second layer compositionally comprising a second metal oxide different from the first metal oxide.

8. The bladder of any of claims 1-7, further comprising a primer layer disposed on the exterior-facing side of the bladder wall, and wherein the first side of the multi-layer optical film is disposed on the primer layer.
9. The article of claim 8, wherein the primer layer has a thickness ranging from about 10 to about 100 micrometers.
10. The bladder of any of claims 1-9, wherein the bladder is an inflated bladder and further comprises a gas retained within the interior region of the bladder.
11. The bladder of claim 10, wherein the gas consists essentially of nitrogen.
12. The bladder of any of claims 1-11, wherein the bladder further comprises a plurality of topographical structures extending from the exterior-facing side of at least one of the one or more sidewalls such that the multi-layer optical film covers the plurality of topographical structures.
13. The bladder of any of claims 1-12, wherein the structural color imparted to the bladder wall has a single hue regardless of viewing angle.
14. The bladder of any of claims 1-13, wherein the structural color imparted to the bladder wall has a metallic appearance.
15. The bladder of any one of claims 1-14, wherein the structural color imparted to the bladder wall has two or more hues.
16. The bladder of any one of claims 1-15, wherein the structural color imparted to the bladder wall is iridescent.
17. The bladder of any one of claims 1-16, wherein the bladder is a cushioning element for an article of footwear.
18. A method of making a bladder, the method comprising:
operably disposing a multi-layer optical film onto an exterior-facing side or an interior-facing side of a first bladder wall of a bladder, wherein the interior-facing side defines at least a portion of an interior region of the bladder, wherein the multi-layer optical film has a first side and a second opposing side, wherein the first side of the multi-layer optical film or the

second side of the multi-layer optical film is disposed on the exterior-facing side of the bladder wall and wherein the multi-layer optical film imparts a structural color to the bladder wall.

19. The method of claim 18, further comprising inflating the bladder with a gas prior to the step of operably disposing the multi-layer optical film.

20. The method of claim 18 or 19, further comprising desposing a primer layer onto the exterior-facing side or the interior-facing side prior to the step of operably disposing the multi-layer optical film, and wherein the step of depositing the primer layer comprises depositing a metal oxide using a deposition process.