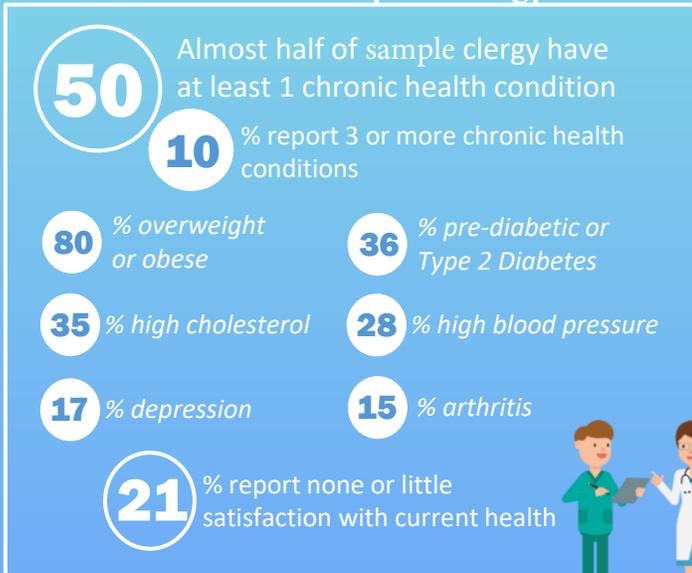


Report on the Health of Wesleyan Clergy



This is a summative report on the current health status of Wesleyan clergy based largely on a 2019 study of 300 pastors by Angie Mook, Ph.D. for her doctoral dissertation at Indiana State U. It includes supplemental information garnered from other studies on the the physical wellness of clergy. Clergy exhibit higher rates of chronic health conditions than the general population that often compromises their ability to function optimally in their role and calling.

Health Stats on Wesleyan Clergy



Barriers to Health

- Financial limitations
- Cost of healthy foods
- Work vs. personal life balance
- Lack of adequate health benefits
- Inadequate theology of the body
- False guilt regarding self-care
- Inactive lifestyle (meetings, driving, eating out)
- Rural areas challenged for resources (e.g. exercise equipment, grocery stores, & preventative care providers)



Why It Matters

- Clergy are at a higher risk for depression, obesity, & other chronic health conditions
- Strong social support for clergy is associated with better mental and physical health
- Having a day off 3-4 times per month linked to better quality of life
- Good physical health positively influences spiritual and mental wellbeing

Goals

-  Participate in annual physical exams and age-appropriate health screenings
-  Eat 3 servings of vegetables per day
-  Engage in 150 minutes of aerobic and muscle strengthening exercises per week
-  1 Sabbath day per week, regular days off & 1 Annual vacation



Supporting Your Clergy

- Remember clergy are regular humans not superhumans
- Volunteer to serve to meet congregational needs
- Support healthy eating and physical activity
- Allow clergy to set boundaries to preserve mental, spiritual, & physical health
- Consider healthy food options for church functions
- Protect private family time
- Give time off to attend health appointments and screenings
- Encourage engagement in rest & relaxation
- Give fitness & grocery memberships

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