



Clergy Well-Being Survey

2017 Key Findings

Negative



80% of respondents are currently obese or overweight

43% are obese—a much higher percentage than a demographically-matched sample of U.S. adults



7% suffer from depression as measured by frequency of depressive symptoms

13% are currently being treated for depression, managing their symptoms



28% have at least some functional difficulty from depressive symptoms—higher than a demographically-matched sample of U.S. adults



45% experience work-related stress

Positive



Fewer report working long hours, balanced with less vacation time



58% report high or very high levels of overall financial knowledge



52% believe they are “on track” for a comfortable retirement*



Double the amount of physical activity
4½ hours of moderate activity per week vs. 2¼ hours



78% report they feel understood by family and friends



UMC

Clergy Well-Being Survey: Both good news and bad, including increased physical activity balanced with a slight increase in obesity, diabetes and emotional stress.