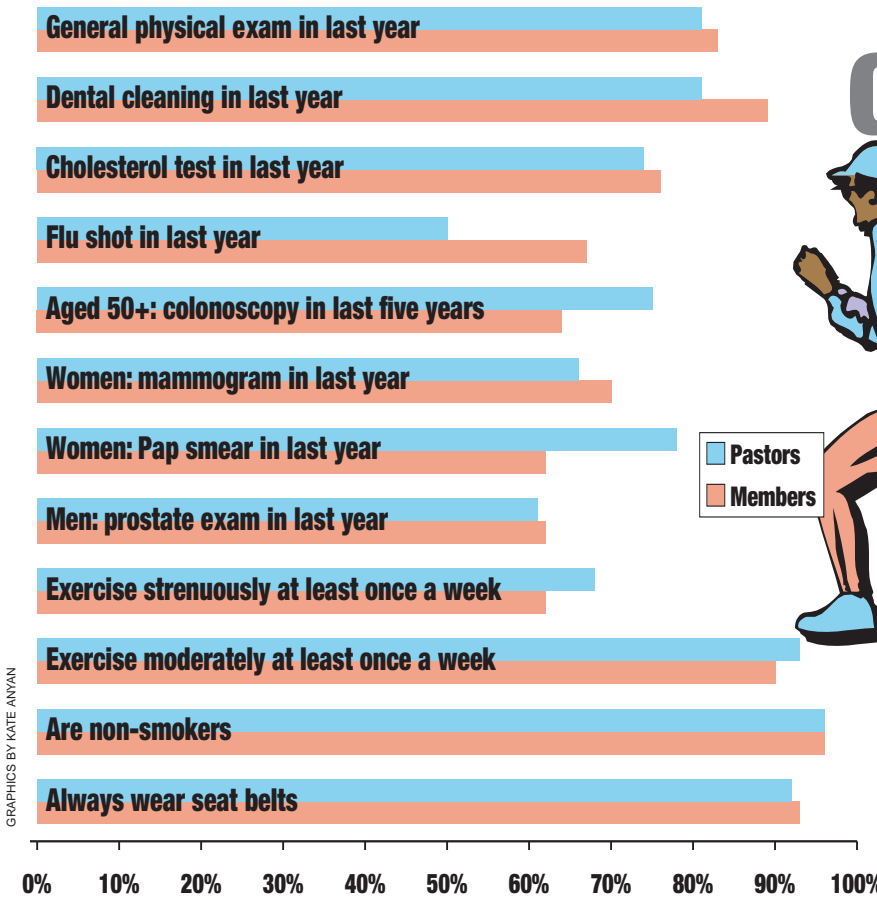


GO FIGURE

JACK MARCUM



GRAPHICS BY KATE ANYAN

■ Pastors
■ Members

What the research shows

On one indicator after another, a sizable majority of Presbyterians report taking preventive measures to facilitate health. Hence, it's not surprising that, on the same survey, large majorities also describe their health as "excellent" (members, 27 percent; pastors, 27 percent) or "good" (59 percent; 60 percent).

Still, there's room for improvement, especially for younger Presbyterians. Among those aged less than 50 years, 27 percent of members and 22 percent of pastors chose the less-healthy response to more than half of the health-related indicators on the survey. That compares to 11 percent of members and pastors age 50 or older.

John Wesley argued that Christians should maintain their health because physical vigor is essential for carrying out many of God's purposes. Presbyterians may be more the heirs of John Calvin, but when it comes to health behaviors, most are living in ways that would please the Methodist founder. □

How healthy are Presbyterians?

What steps are Presbyterians taking to maintain and improve their health? Some answers are provided by a 2007 Presbyterian Panel survey:

- **Most Presbyterians had a general physical exam** in the previous year (members, 83 percent; pastors, 81 percent) and a **routine dental cleaning** (89 percent; 81 percent).
- **Somewhat fewer had a cholesterol check** (members, 76 percent; pastors, 74 percent) or a **flu shot** (67 percent; 50 percent).
- **Three-fourths of those aged 50 or older** report a **colonoscopy or sigmoidoscopy** in the past five years (75 percent; 75 percent).
- **Around two in three women had a mammogram** (members, 70 percent; pastors, 66 percent) or a **Pap smear** (62 percent; 78 percent) in the preceding year; **six in ten men had a prostate exam** (62 percent; 61 percent).
- **On average, Presbyterians exercise** strenuously two days a week (members, 1.9; pastors, 2.0) and exercise moderately three days a week (3.2; 2.8).
- **Few Presbyterians are smokers** (members, 4 percent; pastors, 4 percent), although many are former smokers (35 percent; 25 percent).
- **Most describe their diets as "excellent" or "good"** (members, 77 percent; pastors, 66 percent).
- **Almost all wear seat belts "always"** (members, 93 percent; pastors, 92 percent).

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