



# 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.