



Community of Christ

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After Health and Wholeness Survey, What's Next?

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The Health and Wholeness Team thanks those who responded to the Needs Survey. The results will guide work to support members in making responsible health and wholeness choices.

The 876 survey participants responded from the USA, Canada, Australia, Europe, and Latin America between March and August 2015. Ages ranged from 21 or under (9.1 percent), to 81 or over (9.87 percent). A little over half (52.8 percent) came from priesthood members. This sample, though small, provides good information to help the team decide how to proceed.

Key responses:

- About 74 percent are OK with or would like to improve their physical health; 26 percent are not happy with it.
- Top physical issues were physical fitness (62.47 percent), need for exercise (60.7 percent), weight (54.62 percent), and blood pressure (43.76 percent).
- Many are OK with or would like to improve their emotional health (89.19 percent), spiritual health (90.03 percent), and relationship health (90.05 percent).

Several items asked how our church promotes health and wholeness. Responses included:

- *The church promotes values of health and wholeness of body, mind, spirit, and relationships.* About 76 percent strongly agreed or agreed.
- *Community of Christ scriptures teach that good health and well-being are important.* More than 82 percent strongly agreed or agreed.
- Responses varied about whether the church effectively supports physical and emotional health and wholeness. But big majorities strongly agreed or agreed the church does well in supporting spiritual (88 percent) and relationship (75 percent) health and wholeness.
- Between 70 and 80 percent would like the church to provide support from all levels. The areas with most interest were healthy lifestyles, relationships, and spiritual development.



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- Seventy percent expressed a desire to provide resources on priesthood expectations related to health and wholeness.
- Seventy percent thought providing support or resource materials would be a good use of church resources and finances.
- Ninety-five percent felt Christian disciples should set an example in healthy habits and relationships.

Besides survey answers, the team received 262 narrative comments.

Since the beginning of the church, health and wholeness have been important values. In recent years, we have been reminded to make Responsible Choices, which lead us to greater “...wholeness of body, mind, spirit as a desirable end toward which to strive” (Doctrine and Covenants 156:5c).

World Conference Resolution 1305, “Wholeness and Well-being,” urges our response. We can support each other’s wholeness journeys within the loving community that is our church! The Health and Wholeness Team invites you to join in moving toward this goal.