



Community of Christ

CHRIST'S MISSION, OUR MISSION

## Health and Wholeness Needs Assessment Survey Results

**N = 876 participants, though many skipped questions/ parts of questions**

**Gender: Female: 526 64.3% Male: 292 35.7%**

Total Responded to this question: 818 93.38%

Total who skipped this question: 58 6.62%

### **Age range:**

21 or under: 9 1.1%;

22-35: 60 7.31%;

36-50: 104 12.67%;

**51-65: 277 33.74%;**

**66-80: 290 35.32%**

81 or over: 81 9.87%

Total Responded to this question: 821 93.72%

Total who skipped this question: 55 6.28%

### **Membership:**

Community of Christ member: 356 **43.52%**

Community of Christ friend: 23 2.81%

**Community of Christ member and  
priesthood member: 432 52.81%**

Other: 7 0.86%

Total Responded to this question: 818 93.38%

Total who skipped this question: 58 6.62%



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## In what location do you reside

Australia: 43	5.28%
Canada: 113	13.88%
Europe: 7	0.86%
Latin America: 2	0.25%
Mexico: 0	0%
<b>United States: 645</b>	<b>79.24%</b>
Other: 4	0.49%
Total Responded to this question: 814	92.92%
Total who skipped this question: 62	7.08%
Total: 876	100%

## What ethnicity do you identify with? - qualitative

Total Responded to this question: 663	75.68%
Total who skipped this question: 213	24.32%
Total: 876	100%

## Please indicate your Mission Center - qualitative

Total Responded to this question: 741	84.59%
Total who skipped this question: 135	15.41%
Total: 876	100%

## Please share any questions or thoughts you would like to share with the Health and Wholeness team = qualitative answers/comments

262-

Total Responded to this question: 262	29.91%
Total who skipped this question: 614	70.09%
Total: 876	100%

**NOTE: estimating close to 50% of 262 = wrote comments about confusion about wording: "personal concerns" in questions 2- 5**



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## I. Physical, emotional, spiritual, relationship concerns

	OK with it currently	I would like to improve it	Not happy with it/am I am not
<b>working on</b>			
	<b>improvement</b>		
My physical health: 270(30.96%)	<b>376(43.12%)</b>		179(20.53%)
<b>happy with it</b>			
47(5.39%)      872			
My emotional health: <b>485(56.4%)</b>	282(32.79%)		73(8.49%)
20(2.33%)      860			
My spiritual health: 322(37.31%)	<b>455(52.72%)</b>		67(7.76%)
19(2.2%)      863			
My relationships/relational health:			
	<b>449(52.51%)</b>	321(37.54%)	64(7.49%)
21(2.46%)      855			
Total Responded to this question: 873 99.66%			
Total who skipped this question: 3 0.34%			
Total: 876 100%			



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2. The following physical health issues are of personal concern to me (please provide one response for each item).

	Extremely Important	Very Important	Neutral	Not Important	Not at All
<b>Important Total</b>					
Weight: 187(21.59%) 866	<b>473(54.62%)</b>	163(18.82%)	29(3.35%)	14(1.62%)	
Physical fitness: 177(20.44%) 866	<b>541(62.47%)</b>	128(14.78%)	16(1.85%)	4(0.46%)	
Blood pressure: 160(18.48%) 866	<b>379(43.76%)</b>	212(24.48%)	64(7.39%)	51(5.89%)	
Digestive issues: 109(12.7%) Arthritis/inflammatory	<b>319(37.18%)</b>	289(33.68%)	88(10.26%)	53(6.18%)	858
issues: 152(17.67%) Diabetes: 108(12.59%) 858	<b>281(32.67%)</b>	263(30.58%)	95(11.05%)	69(8.02%)	860
Lack of Sleep issues: 106(12.35%) 858	<b>275(32.05%)</b>	273(31.82%)	117(13.64%)	87(10.14%)	
Need for Exercise/Physical					
Fitness: 177(20.58%) 860	<b>522(60.7%)</b>	120(13.95%)	25(2.91%)	16(1.86%)	
Drug use: 54(6.3%) <b>477(55.66%)</b> 857	52(6.07%)	162(18.9%)	112(13.07%)		
Alcohol use: 49(5.71%) 858	44(5.13%)	148(17.25%)	119(13.87%)	<b>498(58.04%)</b>	
Tobacco use: 57(6.65%) 857	35(4.08%)	124(14.47%)	98(11.44%)	<b>543(63.36%)</b>	
Other: 26(4.48%) <b>274(47.16%)</b> 581	31(5.34%)	206(35.46%)	44(7.57%)		
Total Responded to this question: 871 99.43%					
Total who skipped this question: 5 0.57%					
Total: 876 100%					



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3. The following mental/emotional health issues are of personal concern to me (please provide one response for each item).

	Extremely Important	Very Important	Neutral	Not Important	Not at All
<b>Important Total</b>					
Anxiety:	101(11.76%)	243(28.29%)	<b>266(30.97%)</b>	131(15.25%)	118(13.74%)
Memory issues:	102(11.85%)	<b>294(34.15%)</b>	260(30.2%)	100(11.61%)	105(12.2%)
861					
Mood swings:	49(5.71%)	139(16.2%)	<b>307(35.78%)</b>	173(20.16%)	190(22.14%)
858					
Mental disorders (bipolar, schizophrenia, etc.):	48(5.63%)	62(7.28%)	233(27.35%)	144(16.9%)	
<b>365(42.84%)</b>					
852					
Depression:	86(10.12%)	176(20.71%)	<b>240(28.24%)</b>	123(14.47%)	225(26.47%)
850					
Seasonal Depression:	60(7.1%)	149(17.63%)	248(29.35%)	133(15.74%)	<b>255(30.18%)</b>
845					
Emotional Stress:	85(10.01%)	<b>301(35.45%)</b>	224(26.38%)	107(12.6%)	132(15.55%)
849					
Suicidal thoughts:	32(3.79%)	46(5.45%)	203(24.05%)	123(14.57%)	
<b>440(52.13%)</b>					
844					
Other:	18(3.09%)	17(2.02%)	214(36.77%)	39(6.7%)	<b>294(50.52%)</b>
582					
Total Responded to this question:	866 98.86%				
Total who skipped this question:	10 1.14%				
Total:	876 100%				



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## 4. The following spiritual issues are of personal concern to me (please provide one response to each item).

	Extremely Important	Very Important	Neutral	Not Important	Not
<b>at All Important Total</b>					
Alienation: 46(5.46%) 201(23.84%) 843		170(20.17%)	<b>265(31.44%)</b>	161(19.1%)	
Loneliness or feeling of emptiness: 63(7.39%) 172(20.16%) 853		222(26.03%)	<b>237(27.78%)</b>	159(18.64%)	
Feeling of being lost: 44(5.18%) 229(26.97%) 849		150(17.67%)	<b>255(30.04%)</b>	171(20.14%)	
Lack of hope: 54(6.44%) <b>239(28.52%)</b> 838		144(17.18%)	236(28.16%)	165(19.69%)	
Seeking more of a relationship with God: 261( 30.46%) 857		<b>417(48.66%)</b>	116(13.54%)	33(3.85%)	30(3.5%)
Need for spiritual direction or mentoring: 110(12.9%) 63(7.39%) 853		<b>308(36.11%)</b>	302(35.4%)	70(8.21%)	
Desire to learn more about spirituality: 163(19.04%) 39(4.56%) 856		<b>403(47.08%)</b>	201(23.48%)	50(5.84%)	
Spirituality: 227(26.71%) 29(3.41%) 850		<b>413(48.59%)</b>	150(17.65%)	31(3.65%)	
Spiritual Practices: 193(22.68%) 36(4.23%) 851		<b>409(48.06%)</b>	182(21.39%)	31(3.64%)	
Other: 30(5.55%) 197(36.41%) 541		31(5.73%)	<b>261(48.24%)</b>	22(4.07%)	
Total Responded to this question: 860 98.17%					
Total who skipped this question: 16 1.83%					
Total: 876 100%					



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5. The following relationship issues are of personal concern to me (please provide one response for each item).

	Extremely Important	Very Important	Neutral	Not Important	Not at All Important	Total
Domestic violence:	64(7.54%)	95(11.19%)	199(23.44%)	125(14.72%)		366(43.11%)
Separation or divorce:	44(5.16%)	114(13.38%)	220(25.82%)	127(14.91%)	347(40.73%)	849
Being alone:	69(8.12%)	149(17.53%)	241(28.35%)	137(16.12%)		254(29.88%)
Troubled relationship(s):	44(5.21%)	180(21.3%)	217(25.68%)	138(16.33%)		266(31.48%)
Alienation from family:	63(7.43%)	149(17.57%)	210(24.76%)	130(15.33%)		296(34.91%)
Alienation from friends or community:	55(6.52%)	140(16.59%)	220(26.07%)	146(17.3%)		283(33.53%)
Trouble with work relations:	29(3.44%)	106(12.56%)	237(28.08%)	121(14.34%)	351(41.59%)	844
Concerns for children or other family members:	184(21.65%)	352(41.41%)	161(18.94%)	56(6.59%)		97(11.41%)
Other:	20(3.72%)	27(5.02%)	233(43.31%)	25(4.65%)		233(43.31%)
Total Responded to this question: 858 97.95%						
Total who skipped this question: 18 2.05%						
Total: 876 100%						



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## 6. Community of Christ promotes good health and wholeness of body, mind, spirit and relationships as an important value.

Strongly Agree: 274 31.93%  
 Agree: **379 44.17%**  
 Neutral: 135 15.73%  
 Disagree: 58 6.76%  
 Strongly Disagree: 12 1.4%  
 Total Responded to this question: 858 97.95%  
 Total who skipped this question: 18 2.05%  
 Total: 876 100%

## 7. Community of Christ scriptures teach that good health and well being are important values.

Strongly Agree: 317 36.99%  
 Agree: **391 45.62%**  
 Neutral: 111 12.95%  
 Disagree: 29 3.38%  
 Strongly Disagree: 9 1.05%  
 Total Responded to this question: 857 97.83%  
 Total who skipped this question: 19 2.17%  
 Total: 876 100%

## 8. Community of Christ provides effective support to its members and friends as they work toward a:

opinion	Strongly Agree Total	Agree	Disagree Strongly	Disagree	Have no
Healthy body: 853	66(7.74%)	<b>313(36.69%)</b>	304(35.64%)	59(6.92%)	111(13.01%)
Healthy mind: 848	96(11.32%)	<b>424(50%)</b>	202(23.82%)	32(3.77%)	94(11.08%)
Spiritual well being: 848	229(27%)	<b>517(60.97%)</b>	59(6.96%)	11(1.3%)	32(3.77%)
Strong, healthy relationships: 840	155(18.45%)	<b>478(56.9%)</b>	131(15.6%)	23(2.74%)	53(6.31%)

Total Responded to this question: 854 97.49%  
 Total who skipped this question: 22 2.51%  
 Total: 876 100%





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**9. In comparison to the culture that I live in, Community of Christ advocates for healthy and holistic living.**

More than the culture: 289 34.08%  
About the same as the culture: **451 53.18%**  
Less than the culture: 108 12.74%  
Total Responded to this question: 848 96.8%  
Total who skipped this question: 28 3.2%  
Total: 876 100%

**10. I believe that Community of Christ members and friends are, in general, healthier than others in their communities.**

Strongly Agree: 38 4.44%  
Agree: 167 19.51%  
Neutral: **382 44.63%**  
Disagree: 233 27.22%  
Strongly Disagree: 36 4.21%  
Total Responded to this question: 856 97.72%  
Total who skipped this question: 20 2.28%  
Total: 876 100%

**11. Community of Christ members and friends, in general, have stronger, healthier relationships than those in their communities.**

Strongly Agree: 65 7.77%  
Agree: **299 35.72%**  
Neutral: **328 39.19%**  
Disagree: 132 15.77%  
Strongly Disagree: 13 1.55%  
Total Responded to this question: 837 95.55%  
Total who skipped this question: 39 4.45%  
Total: 876 100%



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**12. When it comes to health and wholeness of body, mind, spirit, and relationships I look to the following for support (check all that apply):**

Relationships	Physical health	Mental health	Spiritual health	Healthy
<b>Community of Christ (my church):</b> 1414	99(7%)	187(13.22%)	<b>715(50.57%)</b>	413(29.21%)
<b>My congregation:</b> 1359	90(6.62%)	180(13.25%)	<b>620(45.62%)</b>	469(34.51%)
<b>Personal research:</b> 1645	<b>526(31.98%)</b>	399(24.26%)	391(23.77%)	329(20%)
<b>Health professionals:</b> 125(9.89%)	<b>689(54.51%)</b>	386(30.54%)	64(5.06%)	
<b>Friends and family:</b> 1730	337(19.48%)	<b>414(23.93%)</b>	369(21.33%)	<b>610(35.26%)</b>
<b>Others:</b> 109(29.62%)	97(26.36%)	75(20.38%)	87(23.64%)	
<b>Total Responded to this question:</b>	826	94.29%		
<b>Total who skipped this question:</b>	50	5.71%		
<b>Total:</b>	876	100%		

**13. Christian disciples should set an example when it comes to healthy habits and relationships.**

### Responses Percent

Strongly Agree: 473 57.06%

Agree: 318 38.36%

Neutral: 34 4.1%

Disagree: 2 0.24%

Strongly Disagree: 2 0.24%

Total Responded to this question: 829 94.63%

Total who skipped this question: 47 5.37%

Total: 876 100%



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## 14. The Community of Christ should provide resources on or support in the following areas of health and wholeness:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Healthy lifestyle: 290(35.32%) 821	<b>391(47.62%)</b>	109(13.28%)	21(2.56%)	10(1.22%)	
Nutrition: 180(22.03%) 817	<b>322(39.41%)</b>	245(29.99%)	60(7.34%)	10(1.22%)	
Healthy relationship: 370(45.18%) 4(0.49%) 819	<b>389(47.5%)</b>	47(5.74%)	9(1.1%)		
Health care tips and recommendations: 164(20.2%) 812	<b>323(39.78%)</b>	253(31.16%)	55(6.77%)	17(2.09%)	
Spiritual practices: 539(66.38%) 3(0.37%) 812	<b>231(28.45%)</b>	35(4.31%)	4(0.49%)		
Locating spiritual directors and mentors: 405(50.19%) 807	<b>287(35.56%)</b>	94(11.65%)	17(2.11%)	4(0.5%)	
Healthy mental health: 202(25.03%) 12(1.49%) 807	<b>384(47.58%)</b>	180(22.3%)	29(3.59%)		
Local/Mission Center classes on health and wholeness: 208(26%) 800	<b>338(42.25%)</b>	206(25.75%)	32(4%)	16(2%)	
Local/Mission Center consultants on health and wholeness: 170(21.12%) 19(2.36%) 805	<b>300(37.27%)</b>	254(31.55%)	62(7.7%)		
Priesthood expectations related to health and wholeness: 225(27.95%) 805	<b>339(42.11%)</b>	182(22.61%)	45(5.59%)	14(1.74%)	
Total Responded to this question: 828 94.52%					
Total who skipped this question: 48 5.48%					
Total: 876 100%					



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## 15. I would like to have health and wholeness resources and support from the following:

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
<b>Total</b>					
Local congregation: 155(19.14%) 810		<b>337(41.6%)</b>	252(31.11%)	50(6.17%)	16(1.98%)
Mission Center: 137(17.12%) 800		<b>334(41.75%)</b>	259(32.38%)	52(6.5%)	18(2.25%)
World Church: 189(23.6%) - 801		<b>337(42.07%)</b>	214(26.72%)	48(5.99%)	13(1.62%)
Other: 18(4.49%) 401	75(18.7%)	83(20.7%)		<b>212(52.87%)</b>	13(3.24%)
Total Responded to this question: 821 93.72%					
Total who skipped this question: 55 6.28%					
Total: 876 100%					

## 16. Focusing on health and wholeness is a good use of the resources of the Community of Christ.

Strongly Agree: 192 23.53%  
 Agree: **363 44.49%**  
 Neutral: 189 23.16%  
 Disagree: 56 6.86%  
 Strongly Disagree: 16 1.96%  
 Total Responded to this question: 816 93.15%  
 Total who skipped this question: 60 6.85%  
 Total: 876 100%