



## Do Devout Women Enjoy Better Health?

*It's possible per a recent Harvard study.*



The study\* found that women who went to religious services at least twice a week were one-third less likely to die over the 20-year study period, compared to women who never attended services.

Previous research has found that personal religious or spiritual identity or practices don't seem to impact health as strongly, so attending service with community is the key. Tyler VanderWeele, a Harvard professor involved with the study said:

*"The results from our study suggest that there may be something important about religious service attendance beyond solitary spirituality."*

He added that the association doesn't seem to be as strong for men as it is for women.

Affiliated research also suggests that women who regularly attend religious services appear to benefit from a boost in social support and a heightened sense of self-discipline, along with a diminished risk for both smoking and depression—all of which contribute to longevity.

If this bulletin found you, and you are a woman, chances are you are at church. In addition to the many other things you may have received from today's service, a longer life might be in your future!

*\*The study spanned 20 years, and included information from almost 75,000 U.S. women. The researchers adjusted the data to account for a number of factors, including: diet, physical activity routines, drinking and smoking history, weight, depression, social life and race.*

Sources: Tyler J. VanderWeele, Ph.D., professor, epidemiology, Harvard T. H. Chan School of Public Health, Boston; Dan German Blazer II, M.D., M.P.H., Ph.D., professor, psychiatry and behavioral sciences, Duke University Medical Center, Durham, N.C.; May 16, 2016, JAMA Internal Medicine. Copyright © 2013-2016 HealthDay. All rights reserved.

Women who went to a religious service at least once a week had:

**27%** lower risk of dying from heart disease

**21%** lower risk of dying from cancer

**26%** lower risk of dying from any cause



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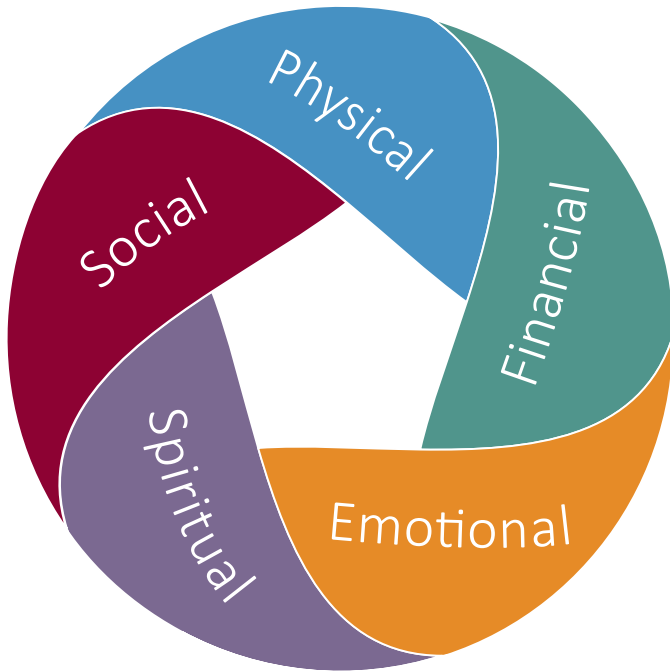
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# DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING



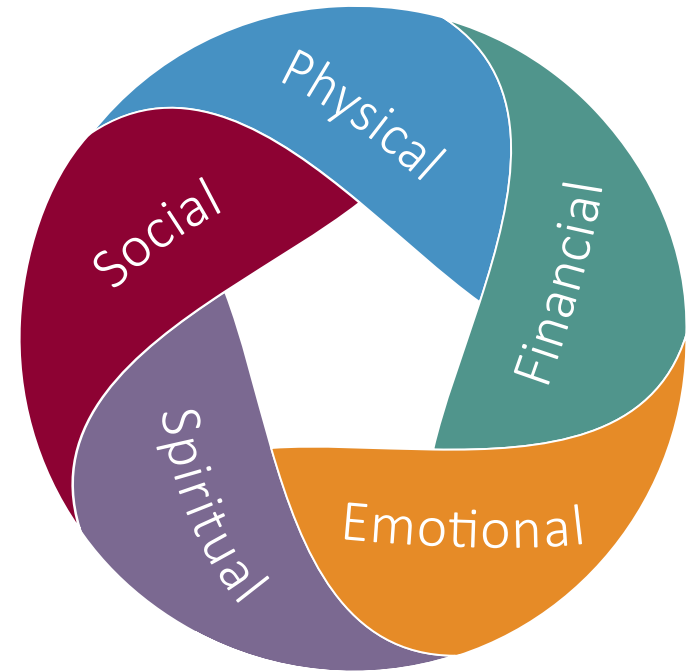
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