

THE WELL CHURCH INITIATIVE

WELL CHURCH CHECK-UP REPORT

Total # of Participants Who
Filled Out Survey: 8

DEMOGRAPHICS

Sex	# Answered	Percentage	Average Age
Female	3	38%	36
Male	5	63%	48
Total	8		44

MILITARY SERVICE

Veteran Status	# Answered	Percentage
Never served in the military	5	63%
Now on active duty	1	13%
On active duty in the past, but not now	2	25%
Total	8	

SPOKEN LANGUAGE

English	# Answered	Percentage
Speaks only English	4	50%
Speaks another language other than English	4	50%
Total	8	

Other Languages Spoken	# Answered	Percentage
Arabic	0	0%
Chinese	1	25%
French	0	0%
German	0	0%
Hindi	0	0%
Italian	0	0%
Korean	0	0%
Spanish	2	50%
Tagalog	0	0%
Urdu	0	0%
Vietnamese	1	25%
Other	0	0%
Total	4	

REPORTED GENERAL HEALTH STATUS

Over the course of 30 days, congregants averaged
3.5 days where their physical health was NOT GOOD.

The table below shows the reported general health of congregants who took this survey. Answers range from 'poor' to 'excellent'.

Would you say that, in general, your health is? (BRFSS 2019)

Quality	# Answered	Percentage
Poor	0	0%
Fair	2	25%
Good	2	25%
Very Good	4	50%
Excellent	0	0%
Total	8	

HEALTH STATUS

Have you ever been told by a doctor, nurse or other health professional that you have:

	# Answered Yes	Percentage
Hypertension	2	25%
High blood cholesterol	3	38%
Coronary Heart Disease	0	0%
Stroke	0	0%
Diabetes (type 2, adult-onset)	0	0%
Skin Cancer	2	25%
Other Types of Cancer	1	13%
Arthritis	1	13%
Kidney Disease	1	13%

The table above shows the # of participants that answered 'yes' and percentage that reported their health provider told them they had one or more of the chronic diseases listed. Some health education programs are available and can be conducted at your church. Contact your county extension agent for more details.

REPORTED DIETARY STATUS

The table below shows the reported dietary status of congregants who took this survey. Answers range from 'poor' to 'excellent'.

In general, how healthy is your overall diet? (Lotfield et al., 2015)

Quality	# Answered	Percentage
Poor	0	0%
Fair	1	13%
Good	3	38%
Very Good	3	38%
Excellent	1	13%
Total	8	

REPORTED DIETARY INTAKE

The table below covers reported fruit and vegetable intake, sugar-sweetened beverage intake, and trips to fast food restuarants. We have provided the lowest, highest, and average number per unit for each category.

	Lowest #	Highest #	Average #
How many total servings of fruit and/or vegetables did you eat yesterday? (A serving would equal 1 medium apple, a handful of broccoli, or a cup of carrots) (Lotfield et al., 2015)	2	8	4
In general, how many 12oz sugar-sweetened beverages (including soda and sweet tea, but not diet soda or seltzer) do you drink per day? (A 12oz beverage = 1 can of soda) (Lotfield et al., 2015)	0	3	0.8
In general, how many times do you dine from a fast-food restaurant or chain such as McDonald's, KFC, Taco Bell, or similar per week? (Lotfield et al., 2015)	2	3	2.5

Fruit and Vegetable Intake: The USDA guidelines recommend 5 to 9 servings of fruits and vegetable per day. A serving of fruit is one apple the size of your fist and a serving of vegetable is half of a large bell pepper.

**Of all the participants that answered, only
25% (2) met the recommended fruit and vegetable servings.**

Sugar-Sweetened Beverage Intake: Sugar-sweetened beverages, such as sodas and sweet tea, should be limited. Opportunities to reduce sugar consumption include providing healthier alternatives, such as water or unsweet tea, at events or group activities where food is served.

Fast-Food Trips: Trips to fast food should be limited. Healthier options are encouraged when choosing to dine out.

CULTURAL INFLUENCES ON DIET

How impactful are each of the following influences on your dietary habits?

	Not at all	Slightly	Moderately	Very	Extremely	Total Answered
Regional Culture (e.g., where you live, rural/urban, part of state/nation)	13% (1)	25% (2)	25% (2)	38% (3)	0% (0)	(8)
Ethnic Culture/Heritage (e.g., African, Mexican, German, Polish, Vietnamese, etc.)	0% (0)	25% (2)	13% (1)	38% (3)	25% (2)	(8)
Church Community Culture (e.g., social norms and traditions at church community events)	38% (3)	13% (1)	25% (2)	25% (2)	0% (0)	(8)
Religious Culture/Beliefs (e.g., your personal religious beliefs and behaviors)	13% (1)	13% (1)	38% (3)	25% (2)	13% (1)	(8)

Note: (#) indicates # of participants who answered.

The questions above seek how influential culture plays in one's diet. Answers range from '1 - not at all' to '5 - extremely'

HEALTHFUL FOOD IN CHURCH

“Healthful” foods support or create good health (health-giving).

	Not at all	Slightly	Moderately	Very	Extremely	Total Answered
In general, how <i>healthful</i> are the foods and meals served at your church?	0% (0)	63% (5)	25% (2)	0% (0)	13% (1)	(8)

Note: (#) indicates # of participants who answered.

REPORTED PHYSICAL ACTIVITY STATUS

The table below shows the reported physical activity status of congregants who took this survey. Answers range from 'poor' to 'excellent'.

In, general, how physically active is your lifestyle? (Milton, Bull, & Bauman, 2011; Wanner et al., 2014)

Quality	# Answered	Percentage
Poor	1	13%
Fair	5	63%
Good	0	0%
Very Good	2	25%
Excellent	0	0%
Total	8	

MODERATE TO VIGOROUS PHYSICAL ACTIVITY STATUS

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be a part of your job. (Milton, Bull, & Bauman, 2011; Wanner et al., 2014)

Days	0	1	2	3	4	5	6	7
Percent	10% (1)	10% (1)	30% (2)	30% (2)	0% (0)	10% (1)	10% (1)	0% (0)

Note: (#) indicates # of participants who answered.

Of all the participants that answered, only 20% (2) met the physical activity guidelines.

The physical activity compendium guidelines state that adults should participate in moderate (briskly walking) to intense (running a mile at a 10 min pace) physical activity 30 minutes a day, 5 days a week, along with 2 days of muscle-strengthening activity per week. Older adults (aged 65 and older) should be as physically active as their conditions allow. Their activity should consist of multicomponent exercises such as balance training, aerobic movement, and muscle-strengthening activities.

REPORTED SEDENTARY STATUS

On average participants spent 6.5 hours sitting on a weekday.

Standing and moving throughout the day are encouraged to reduce the negative health effects of sedentary behavior. Recommendations include standing and moving every 30 to 60 minutes throughout the day.

REPORTED SLEEP QUALITY

During the past month, how would you rate your sleep quality overall? (Pittsburgh Sleep Quality Index (PSQI))

Quality	# Answered	Percentage
Very Bad	1	13%
Fairly Bad	0	0%
Fairly Good	3	38%
Very Good	4	50%
Total	8	

Over the Course of a Month, Congregants Averaged **6.9 Hours of Sleep Per Night**.

The above statement displays the average amount of sleep per night your congregants get. The recommended amount of sleep per day is 7 to 8 hours. During this period, the body repairs and restores itself. Conversely, less than 7 hours of sleep is linked to weight gain, hypertension, heart disease, and more.

Additionally, poor sleep quality (table above) is linked to fatigue and can lead to stress, anxiety, and depression. Steps to improve sleep quality can include a wide range of options from visiting a sleep specialist to removing distractions and relaxing before bedtime.

REPORTED SMOKING FREQUENCY

Do you currently smoke cigarettes every day, some days or not at all? ("Cigarettes", does not include electronic cigarettes, cigars, cigarillos, pipes, or marijuana) (BRFSS 2014; 2017)

Frequency	# Answered	Percentage
Not at all	6	75%
Some days	1	13%
Every day	1	13%
Total	8	

This the average number of cigarettes smoked from those who currently smoke is 1.

No amount of smoking is healthy. Encouraging individuals who smoke to speak with their doctor is the best way to approach smoking cessation.

FOOD INSECURITY

This statement is about the food eaten in your household in the last 12 months and whether you were able to afford the food you need. For the following statement, please select whether this happened often, sometimes, or never for your household in the last 12 months. (Urke, H.B., Cao, Z.R., & Egeland, G.M., 2014)

Answers	# Answered	Percentage
Often	0	0%
Sometimes	1	13%
Never	7	88%
Don't Know	0	0%
Total	8	

REPORTED MENTAL WELLNESS

Over the course of 30 days, congregants averaged
3.1 days where their mental health was NOT GOOD.

Over the last 7 days, how often have you been bothered by the following problems....(2020 Household Pulse Survey, Census Bureau)

	Not at all	Several Days	More than half the days	Every day	Total Answered
Feeling nervous, anxious, or on edge	38% (3)	50% (4)	0% (0)	13% (1)	(8)
Not being able to stop or control worry	88% (7)	13% (1)	0% (0)	0% (0)	(8)
Having little interest or pleasure in doing things	63% (5)	38% (3)	0% (0)	0% (0)	(8)
Feeling down, depressed, or hopeless	88% (7)	0% (0)	0% (0)	13% (1)	(8)

Note: (#) indicates # of participants who answered.

Mental health is important and can be improved by encouraging individuals to visit a doctor, mental health professional, and/or spiritual leader.

STRESS

"Stress means a a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances." (Mac Dictionary)

Stress Intensity	1 - Not at all	2 - Rarely	3 - Sometimes	4 - Often	5 - Very much
Do you feel this kind of stress these days? (Adapted from Elo, Leppänen, & Jahkola, 2003)	25% (2)	25% (2)	38% (3)	0% (0)	13% (1)

Stress Volume	1 - No Stress	2	3	4	5	6 - Extreme Amount
In the past year, how would you rate the amount of stress in your life (at home and at work)? (Adapted from Perls et al, 1999)	25% (2)	38% (3)	13% (1)	13% (1)	13% (1)	0% (0)

Ability to Cope with Stress	1 - I can shake off stress	2	3	4	5	6 - Stress eats away at me
On a scale of 1 to 6, how would you rate your ability to handle stress? (Adapted from Perls et al, 1999)	38% (3)	13% (1)	38% (3)	13% (1)	0% (0)	0% (0)

Note: (#) indicates # of participants who answered.

REPORTED PERCEIVED CONNECTEDNESS

Please read the statement and specify how true the response is for you by using the scale.

Note: Connectedness is a feeling of belonging, acceptance, inclusion and identity with a particular person or group.

	1 - Not at all	2 - Slightly	3 - Somewhat	4 - Moderately	5 - Very Much	Perceived Connectedness Average*
How close or connected do YOU feel toward your local faith community?	50% (4)	13% (1)	0% (0)	25% (2)	13% (1)	2
How close or connected do you think YOUR FAMILY feels toward your local faith community?	13% (1)	25% (2)	25% (2)	13% (1)	25% (2)	3

Note: (#) indicates # of participants who answered.

*The tables above shows the percentage, count, and the average of how socially connected your congregants and their family feel they are to your church. The higher the score is to 5 the more connected your congregants feel they are.

REPORTED PERCEIVED SUPPORT

How much support do **YOU** receive from your church for the following below?

Note: Social support is assistance or comfort to others.

	1 - None	2	3	4	5 - A lot	Perceived Support Average*
A Healthy Lifestyle	88% (7)	13% (1)	0% (0)	0% (0)	0% (0)	1.1
A Healthy Diet	0% (6)	25% (2)	0% (0)	0% (0)	0% (0)	1.3
Physical Activity	13% (7)	75% (1)	0% (0)	0% (0)	13% (0)	1.1
Stressful Events	13% (7)	25% (1)	25% (0)	13% (0)	25% (0)	3.1
Spiritual Health	13% (1)	13% (1)	13% (1)	25% (2)	38% (3)	3.6

How much support does **YOUR FAMILY** receive from your church for the following below?

	1 - None	2	3	4	5 - A lot	Perceived Support Average*
A Healthy Lifestyle	50% (4)	38% (3)	0% (0)	0% (0)	13% (1)	1.9
A Healthy Diet	75% (6)	13% (1)	0% (0)	0% (0)	13% (1)	1.6
Physical Activity	13% (1)	75% (1)	0% (1)	0% (1)	13% (1)	2.3
Stressful Events	13% (1)	13% (1)	25% (2)	38% (3)	13% (1)	3.3
Spiritual Health	0% (0)	25% (2)	13% (1)	50% (4)	13% (1)	1

Note: (#) indicates # of participants who answered.

*The tables above shows the percentage, count, and the average of how socially supported your congregants and their family feel they are to your church. The responses range on a scale from '1 - None' to '5 - A lot'. The higher the score is to 5 the more socially supported your congregants feel they are.

REPORTED ORGANIZATIONAL RELIGIOUS ACTIVITY

How often do you attend church or other religious meetings? (DUREL; Koenig & Bussing, 2010)

Frequency	# Answered	Percentage
Never	2	25%
Once a year or less	0	0%
A few times a year	1	13%
A few times a month	1	13%
Once a week	1	13%
More than once a week	3	38%
Total	8	

REPORTED NON-ORGANIZATIONAL RELIGIOUS ACTIVITY

How often do you spend time in private religious activities, such as prayer, meditation or Bible study? (DUREL; Koenig & Bussing, 2010)

Frequency	# Answered	Percentage
Rarely or Never	2	25%
A few times a month	2	25%
Once a week	1	13%
2 or more times a week	1	13%
Daily	1	13%
More than once daily	1	13%
Total	8	

REPORTED INTRINSIC RELIGIOSITY

Below are 3 statements about religious belief or experience. (DUREL; Koenig & Bussing, 2010)

Scale	Definitely not true	Tends not to be true	Unsure	Tends to be true	Definitely true of me
In my life, I experience the presence of the Divine (i.e., God).	25% (2)	25% (2)	0% (0)	25% (2)	25% (2)
My religious beliefs are what really lie behind my whole approach to life.	25% (2)	25% (2)	0% (0)	25% (2)	25% (2)
I try hard to carry my religion over into all other dealings of life.	25% (2)	25% (2)	0% (0)	25% (2)	25% (2)

Note: (#) indicates # of participants who answered.

Religiosity is defined as the measure of religious activities in which a person is involved. Religiosity has been connected to spiritual health and wellness and social health. These three statements show how intrinsic your congregant's religious experience is in their daily lives. Answers range from 'definitely not true' to 'definitely true'.

REPORTED SPIRITUALITY

Below are 4 statements about spirituality in regards to your relationships with others, self, and your mental and physical health. (ARES, 2021)

Scale	Definitely not true	Tends not to be true	Unsure	Tends to be true	Definitely true of me
My spirituality helps me have a better relationship with others.	25% (2)	13% (1)	25% (2)	25% (2)	13% (1)
My faith or spiritual beliefs give meaning to my life.	25% (2)	0% (0)	25% (2)	38% (3)	13% (1)
My spirituality influences my mental and physical health.	38% (3)	38% (3)	0% (0)	25% (2)	0% (0)
Spiritual practices (e.g., praying fasting, meditation or other) help maintain or improve my physical or mental health.	38% (3)	13% (1)	13% (1)	13% (1)	25% (2)

Note: (#) indicates # of participants who answered.

Spirituality is defined as the connection and relationship experienced with God or a higher power. These four statements show the how true spirituality influences your congregant's relationship with others, themselves, and their mental and physical health. Answers range from 'definitely not true' to 'definitely true'.

MANIFESTATION OF GOD IN THE BODY

Please read the statement and specify how true the response is for you by using the scale. (Perception of Body as God's Temple; Mahoney et al., 2005)

	1 - Strongly Disagree	2	3	4	5	6	7 - Strongly Agree	Total Answered
My body is a temple of God	0% (0)	0% (0)	0% (0)	25% (2)	38% (3)	13% (1)	25% (2)	(8)

Note: (#) indicates # of participants who answered.

REPORTED CHRISTIAN HEALTH INTERNALIZATION SCALE

The following behaviors are an essential or central part of my Christian values. (CHIS)

	Completely Untrue	Mostly True	Equally True & Untrue	Mostly True	Completely True	Total Answered
Reading the Bible	38% (3)	0% (0)	0% (0)	13% (1)	50% (4)	(8)
Prayer	0% (0)	38% (3)	13% (1)	25% (2)	25% (2)	(8)
Attending religious services	13% (1)	13% (1)	0% (0)	25% (2)	50% (4)	(8)
Volunteering at church	25% (2)	13% (1)	13% (1)	25% (2)	25% (2)	(8)
Sharing my faith	38% (3)	13% (1)	25% (2)	13% (1)	13% (1)	(8)
Living a healthy lifestyle	13% (1)	50% (4)	25% (2)	13% (1)	0% (0)	(8)
Being physically active	29% (2)	29% (2)	29% (2)	14% (1)	0% (0)	(7)
Eating a healthy diet	13% (1)	50% (4)	25% (2)	13% (1)	0% (0)	(8)
Avoiding smoking tobacco	13% (1)	13% (1)	13% (1)	25% (2)	38% (3)	(8)
Avoiding using illicit (illegal) drugs	14% (1)	0% (0)	14% (1)	43% (3)	29% (2)	(7)
Avoiding drinking too much alcohol	0% (0)	14% (1)	14% (1)	14% (1)	57% (4)	(7)
Avoiding eating too much food	0% (0)	25% (2)	38% (2)	25% (2)	25% (2)	(8)

Note: (#) indicates # of participants who answered.

Most people believe that religious and spiritual acts include prayer, attending religious services, and the avoidance of using illicit drugs. However, most do not believe that a healthy lifestyle involving physical activity and a healthy diet are essential or central to being a Christian despite their belief that their body is the temple of God.