



## HEALTH FINDINGS FROM THE MAY 2010 SURVEY

The Presbyterian Panel consists of three nationally representative samples of groups affiliated with the Presbyterian Church (U.S.A.): members, elders serving on session (lay leaders), and ordained ministers. For most analyses, ministers are split into two groups based on current call: *pastors*, serving congregations, and *specialized clergy*, serving elsewhere. New samples are drawn every three years. These pages summarize major findings from the seventh survey completed by the 2009-2011 Panel, sampled in the fall of 2008.

### IN THIS SUMMARY

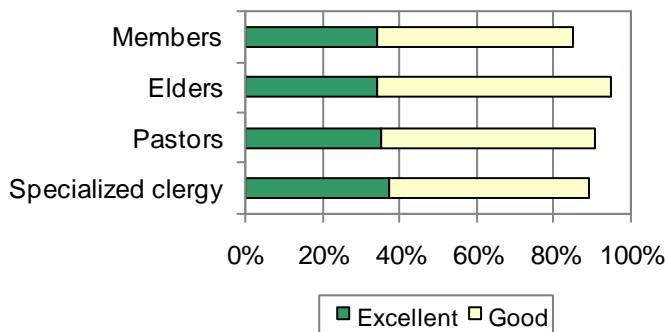
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## PERSONAL HEALTH

### General Health

- ✓ About nine in ten in each Panel group (members, 85%; elders, 95%; pastors, 91%; specialized clergy, 89%) rate their physical health as *excellent* or *good*.

**Figure 1. Self-Rating of Physical Health**



- ✓ The median number of prescription medications that members take is three. Two is the median for elders, pastors, and specialized clergy.

### Preventive Care

- ✓ During the 12 months before the survey, majorities of panelists in each group:
  - Had a general physical exam by a doctor or health-care provider (members, 86%; elders, 87%; pastors, 84%; specialized clergy, 83%).
  - Received a traditional flu vaccination (68%; 65%; 57%; 67%).

### Health-care Advice and Diagnoses

- ✓ During the ten years before the survey, half of members (49%) and elders (52%), two-thirds of pastors (64%), and five in nine specialized clergy (56%) were advised by a doctor or health-care provider to engage in more physical activity, improve diet, reduce weight, or make another lifestyle change.
- ✓ During the same period large minorities of panelists in each group:
  - Were diagnosed with hypertension (high blood pressure) (members, 37%; elders, 39%; pastors, 26%; specialized clergy, 29%).
  - Were diagnosed with high cholesterol or triglyceride levels that needed to be treated by medication (36%; 38%; 33%; 33%).
- ✓ At least one in ten panelists in each group had some responsibility for caring for a person:
  - With a serious physical limitation (members, 18%; elders, 17%; pastors, 14%; specialized clergy, 10%).
  - With a serious memory problem (14%; 12%; 11%; 13%).
- ✓ Majorities of panelists in each group (members, 58%; elders, 56%; pastors, 55%; specialized clergy, 60%) report that during the ten years before the survey a family member or close friend was advised by a doctor or health-care provider to engage in more physical activity, improve diet, reduce weight, or make another lifestyle change.

## LEGAL AND INSURANCE ISSUES

### Legal Issues

- ✓ About three in five members, elders, and specialized clergy, but only half of pastors:
  - Have completed a living will that specifies which treatments they would or would not want should they become incapacitated (members, 64%; elders, 60%; pastors, 53%; specialized clergy, 63%).
  - Have completed a durable power of attorney for health care, a designation of health-care surrogate, or a similar document appointing someone to make medical decisions for them should they become incapacitated (61%; 57%; 49%; 59%).

### Source of Health Insurance Coverage

- ✓ Almost all panelists report that they themselves (members, 99%; elders, 99%; pastors, 100%; specialized clergy, 98%) and other family members in their household (98%; 97%; 97%; 97%) have health insurance coverage.
- ✓ Half each of members and elders have health insurance through a current or former employer (members, 49%; elders, 51%) and/or Medicare (50%; 46%). One-quarter (25%; 25%) have insurance through a family member's employer or former employer. (Some have insurance from multiple sources.)
- ✓ Almost all pastors (97%) and seven in ten specialized clergy (71%) have health insurance through their employer or former employer.
- ✓ Family members in the households of at least two in five members and elders have health insurance through the panelist's employer or former employer (members, 46%; elders, 45%) or through Medicare (46%; 40%).
- ✓ Family members in the households of nine in ten pastors (90%) have health insurance through the pastor's employer or former employer. Family members in the households of three in five specialized clergy (59%) have insurance through the minister's employer or former employer.

### Types of Health-care Services Covered

- ✓ Almost all panelists in each group who have health insurance and know about their coverage say their insurance covers:
  - Visits to specialists (members, 99%; elders, 99%; pastors, 100%; specialized clergy, 100%).
  - Hospitalization (98%; 99%; 100%; 100%).
  - Routine doctor visits (98%; 98%; 100%; 99%).

- ✓ At least nine in ten panelists in each group who have health insurance and know about their coverage report that it covers:
  - Prescription medication (members, 96%; elders, 96%; pastors, 98%; specialized clergy, 99%).
  - Behavioral or mental health services (92%; 92%; 99%; 96%).
- ✓ At least nine in ten ministers (pastors, 97%; specialized clergy, 94%)—but only four in five members (82%) and elders (80%)—who have health insurance and know about their coverage have insurance that covers pregnancy and maternity care.
- ✓ Smaller majorities of panelists in each group who have health insurance and know about their coverage indicate that it covers:
  - Home health care (members, 80%; elders, 73%; pastors, 69%; specialized clergy, 72%).
  - Dental care (60%; 54%; 50%; 58%).

### Financial Issues

- ✓ One-third of specialized clergy (32%) and one-quarter of pastors (27%)—but only about one in eight members (14%) and elders (11%)—delayed making an appointment with their doctor or health-care provider or skipped an appointment for financial reasons at least once in the ten years before the survey.
- ✓ Due to financial reasons, one in eight pastors (12%) and specialized clergy (15%)—but fewer members (6%) and elders (8%)—did not take medication that a doctor or health-care provider had prescribed for them or took less medication than prescribed at some time in the ten years before the survey.
- ✓ Very few panelists in any group, at some point in the ten years before the survey:
  - Were denied health insurance due to a pre-existing condition (members, 3%; elders, 4%; pastors, 2%; specialized clergy, 4%).
  - Dropped their health insurance due to increasing costs (3%; 3%; 2%; 7%).
- ✓ During the 12 months before the survey, one in eight members (12%), one in ten elders (10%), and one in six ministers (pastors, 18%; specialized clergy, 18%) paid all or part of someone else's health-care bills that the other person could not otherwise afford (excluding panelists' children ages 25 or younger who live at home).

## INTEREST IN HEALTH-CARE RESOURCES AND PROGRAMS

### Interest in Possible Resources and Programs

- ✓ Half or more of pastors and specialized clergy involved in a PC(USA) congregation—but minorities of members and elders—would be *very interested* or *interested* in resources or programs that could be offered in their congregation on each of the following topics:
  - Living wills and other end-of-life issues (members, 46%; elders, 48%; pastors, 71%; specialized clergy, 72%).
  - Alzheimer's disease (and other memory illnesses) (43%; 44%; 59%; 62%).
  - Cancer (42%; 44%; 55%; 53%).
  - Care-giving (40%; 48%; 68%; 65%).
  - Navigating the health-care system (40%; 40%; 60%; 59%).
  - Nutrition and diet (39%; 42%; 52%; 50%).
  - Stress management (39%; 39%; 58%; 56%).
  - Depression (36%; 35%; 61%; 59%).
- ✓ More than one-third of members (37%) and elders (38%), four in nine pastors (44%), and half of specialized clergy (51%) would be interested in resources or programs in their congregation on heart disease.
- ✓ Minorities of panelists in each group would be interested in resources or programs in their congregation on the following topics:
  - Hypertension (high blood pressure) (members, 34%; elders, 36%; pastors, 44%; specialized clergy, 45%).
  - Diabetes (32%; 31%; 44%; 45%).
  - Preventing accidents and falls (30%; 30%; 38%; 40%).
  - Flu vaccinations (29%; 27%; 34%; 41%).
  - Managing medications (24%; 26%; 42%; 43%).

### Most Interesting and Least Interesting Topics

- ✓ From the same list, at least one in five panelists in each group identify each of the following topics as one of the two *most interesting* for resources or programs that could be offered in their congregation:
  - Living wills and other end-of-life issues (members, 32%; elders, 33%; pastors, 44%; specialized clergy, 42%).
  - Alzheimer's disease (and other memory illnesses) (24%; 25%; 25%; 21%).
  - Navigating the health-care system (24%; 22%; 24%; 24%).
  - Care-giving (21%; 24%; 32%; 26%).

- ✓ Half of pastors (51%) and four in nine members (43%), elders (46%), and specialized clergy (46%) identify flu vaccinations as one of the two *least interesting* health-related topics for congregational resources or programs during the next two years.

### Others' Interest in Resources and Programs

- ✓ Majorities of panelists in each group believe that others in their congregation would be *very interested* or *interested* in resources or programs that might be offered in their congregation on each of the following topics:
  - Care-giving (members, 77%; elders, 69%; pastors, 69%; specialized clergy, 77%).
  - Alzheimer's disease (and other memory illnesses) (74%; 73%; 72%; 74%).
  - Cancer (74%; 73%; 65%; 65%).
  - Living wills and other end-of-life issues (73%; 66%; 67%; 67%).
  - Heart disease (67%; 66%; 51%; 60%).
  - Navigating the health-care system (64%; 66%; 61%; 67%).
  - Nutrition and diet (64%; 54%; 50%; 52%).
  - Stress management (62%; 55%; 55%; 58%).
  - Depression (59%; 54%; 53%; 61%).
- ✓ Majorities of panelists in some groups and minorities in other groups report that others in their congregation would be *very interested* or *interested* in resources or programs on each of the following topics:
  - Hypertension (high blood pressure) (members, 63%; elders, 63%; pastors, 46%; specialized clergy, 56%).
  - Diabetes (59%; 55%; 45%; 56%).
  - Flu vaccinations (47%; 43%; 33%; 52%).
  - Managing medications (54%; 55%; 49%; 50%).
  - Preventing accidents and falls (51%; 49%; 40%; 51%).
- ✓ At least two in five ministers—but fewer members and elders—would be *very interested* or *interested* in each of the following aspects of a program to train volunteers in their congregation to provide assistance to people with chronic medical conditions who need assistance with following the treatment recommendations of their doctor or health-care provider:
  - Participating in the training (members, 24%; elders, 29%; pastors, 40%; specialized clergy, 36%).
  - Providing this type of assistance to others in the congregation (23%; 32%; 49%; 41%).
  - Providing this type of assistance to people in the community (18%; 25%; 43%; 40%).

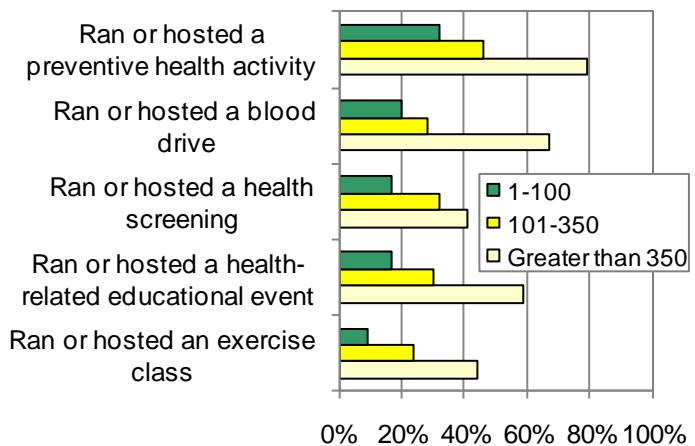
## HEALTH-PROMOTING ACTIVITIES

### **Health-promoting Congregational Activities**

- ✓ Majorities of pastors report that their congregation, congregational staff, or a group in the congregation was engaged in each of the following types of health-related activities during the 12 months before the survey:
  - Visited people in the congregation when they were sick, homebound, or in the hospital (100%).
  - Prayed publicly during Sunday worship for people in the congregation or community who were in need of prayers because of health concerns (98%).
  - Gave rides to people in the congregation who needed transportation when they were going to the doctor's office, health-care provider, or hospital (94%).
  - Provided information via an announcement, newsletter, church bulletin, or website about people in the congregation or community who were in need of prayer because of health concerns (94%).
  - Visited people in the community when they were sick, homebound, or in the hospital (87%).
  - Ran or hosted a support group or preventive health activity (other than an exercise class) such as an Alcoholics Anonymous group or a Weight Watchers meeting (55%).
- ✓ Large minorities of pastors report that their congregation or a group in their congregation during the 12 months before the survey:
  - Had a worship service that focused on restoring emotional, physical, or spiritual health (49%).
  - Ran or hosted a blood drive (39%).
  - Provided information in a newsletter, church bulletin, or website on preventing or managing chronic conditions such as Alzheimer's disease, cancer, or diabetes (37%).
  - Ran or hosted a seminar or educational event on a health-related topic (37%).

- ✓ Three in ten pastors report that over the same period their congregation or a group in their congregation:
  - Ran or hosted a health screening (31%).
  - Ran or hosted an exercise class (28%).
- ✓ More pastors of large congregations than of medium-sized or small congregations report that their congregation ran or hosted each of five health-related activities during the 12 month before the survey (see Figure 2).

**Figure 2. Congregational Participation in Selected Health-promoting Activities During the 12 Months Before the Survey, by Membership Size**



0% 20% 40% 60% 80% 100%

### **Paid Health-care Work**

- ✓ One-quarter of specialized clergy (25%)—but only about one in ten members (10%), elders (7%), and pastors (8%)—are paid to do health-care work.
- ✓ One in eight specialized clergy (13%) work as counselors, psychologists, social workers, or therapists.

	Members	Elders	Ministers
Number of surveys sent.....	661	929	1,274
Number of undeliverable surveys and ineligible respondents .....	3	0	6
Number of surveys completed.....	354	492	715†
Response rate .....	53%	52%	56%

†Of the 715 returned surveys, 463 came from pastors and 251 from specialized clergy; 1 minister could not be classified.

**The survey was mailed on May 6, 2010,** with returns accepted through July 13, 2010. Results are subject to sampling and other errors. Small differences should be interpreted cautiously. In general, differences of less than 8% between samples are not statistically meaningful.

**For more numbers and interpretation** of these results, a longer report with more charts will be available on the web ([www.pcusa.org/research/panel](http://www.pcusa.org/research/panel)) or for \$15 from PDS (800-524-2612; order PDS# 02056-10307). It will include tables with percentage responses to each survey question separately for members, elders, pastors, and specialized clergy.

### **LISTENING TO PRESBYTERIANS SINCE 1973**

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