

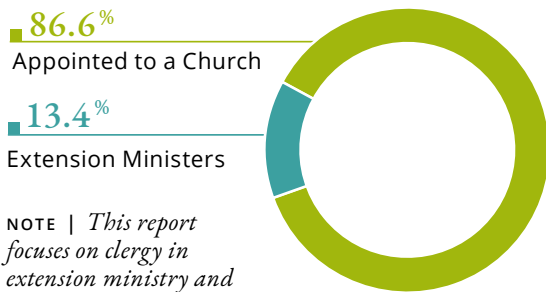
2019 Statewide Survey

of United Methodist Clergy in North Carolina

These findings are from the nearly 1,300 CLERGY with current appointments who responded between August and October, 2019. In future reports, we will examine findings from the 149 fully retired clergy who participated. The next survey will launch in 2021.

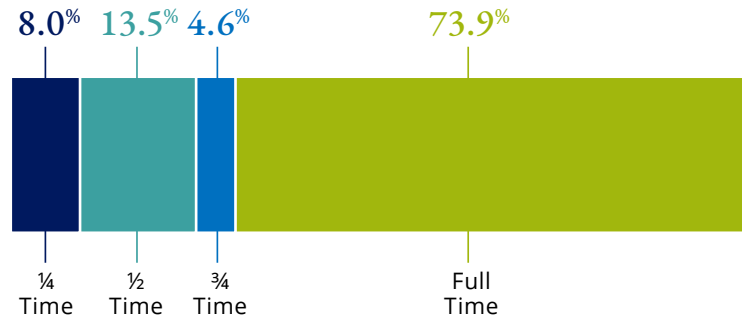
— SECTION ONE
Demographics

APPOINTMENT STATUS



NOTE | This report focuses on clergy in extension ministry and church appointments.

APPOINTMENT EFFORT



NUMBER OF CONGREGATIONS APPOINTED TO

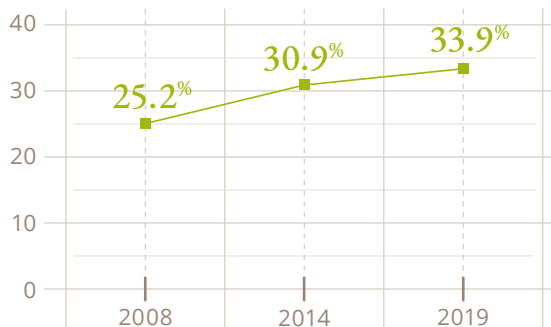


SECOND CAREER



NOTE | For the first time in 2019, we asked clergy whether they considered themselves to be a second career pastor, and 53.4% said yes.

FEMALE CLERGY



RACE OR ETHNICITY



NOTE TO INFOGRAPHICS | Source: 2019 Clergy Health Initiative Statewide Survey. Participants ranged in age from 21–82. The average age was 53.2 years and 80% of the clergy who took the

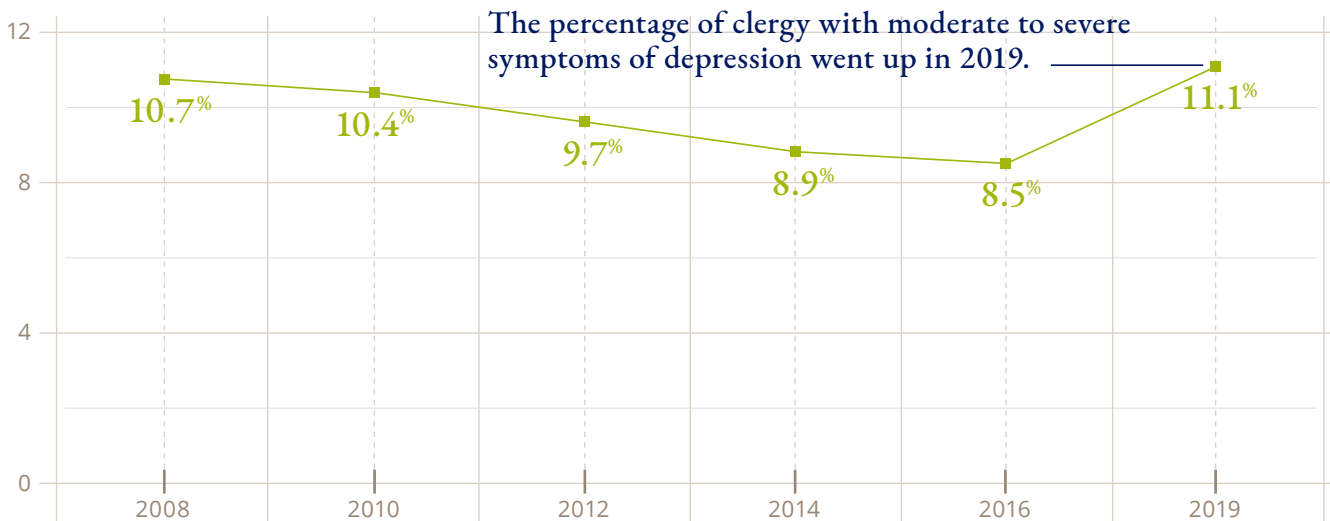
survey fell between ages 34 and 67. The range of number of years in ministry was 0–61. The average was 17.8 years and 80% had between 4 and 35 years of a paid salary in ministry.

— SECTION TWO

Mental Health



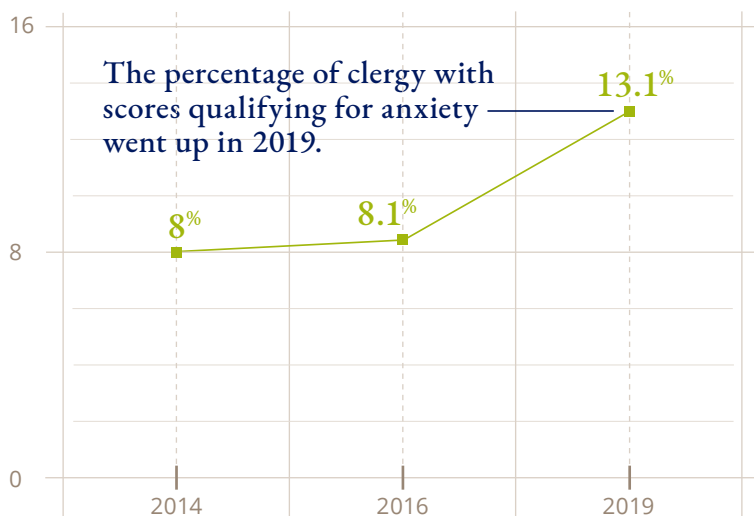
DEPRESSIVE SYMPTOMS



We measured depression by asking about nine depressive symptoms experienced in the past two weeks, including feeling down or depressed, finding little pleasure in doing things, and having trouble falling asleep, staying asleep, or sleeping too much.

NOTE | *The increase is explained by clergy endorsing just one or two more symptoms, rather than an increase of severe depression. The symptoms clergy were more likely to endorse in 2019 were worse sleep, energy, and concentration, and feeling badly about oneself.*

ANXIETY SYMPTOMS



We measured anxiety by asking about seven symptoms experienced in the last two weeks, including feeling nervous, not being able to control worrying, being restless, having trouble relaxing, and being irritable.

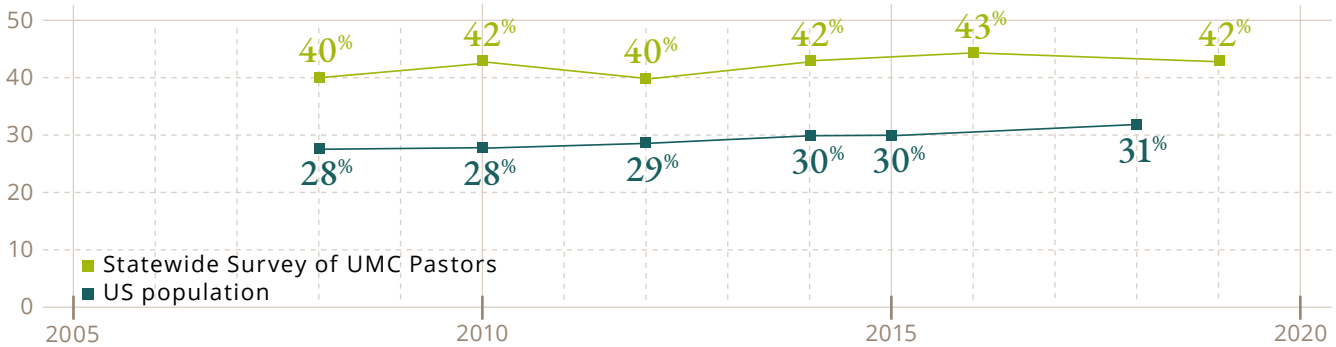
NOTE | *Because we used a different measure prior to 2014, this figure shows just 3 survey waves.*

2019 Statewide Survey of United Methodist Clergy in North Carolina

— SECTION THREE

Physical Health

OBESITY



The percentage of clergy with obesity has stayed relatively constant from 2008–2019.

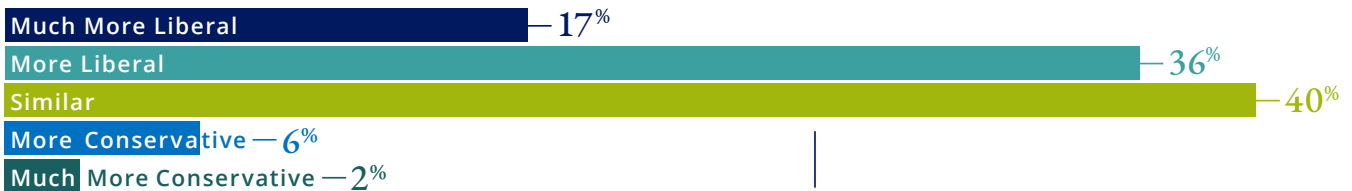
NOTE | Obesity rates among UMC clergy in North Carolina have stayed steady, within 3 percentage points across the years, albeit higher than the national percentage. The North Carolina UMC clergy obesity rates are similar to those observed in the national UMC clergy survey conducted by Wespath.

SOURCE | National Health Information Survey

— SECTION FOUR

Politics

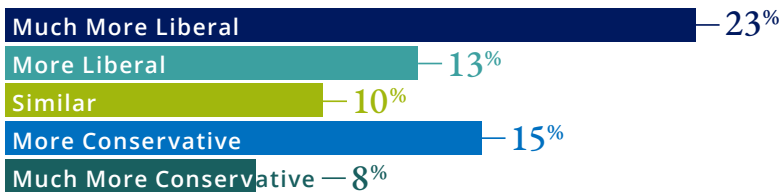
POLITICAL ORIENTATION OF THE PASTOR COMPARED TO THE CONGREGATION



We asked clergy to compare their own political views to those held by most people in their congregation.

About half of clergy said they were more liberal than most people in their congregation.

PERCENTAGE OF CLERGY WITH PROBABLE ANXIETY BY DEGREE OF POLITICAL DIFFERENCE



Differing politically from your congregation relates to more anxiety and depressive symptoms if you're more liberal. It may be difficult for clergy to serve a congregation that is much more conservative than they are.

Political differences matter. Although it is a challenge, we need to talk about our differences in non-threatening ways and respect and appreciate each other across divides.

NOTE | This same trend also occurs for depressive symptoms.

Resources

for Your Health

For resources available to you, please visit **Wespath** (www.wespath.org/health-well-being/health-well-being-resources) or your conference websites.

Enroll in Spirited Life: *Selah*



Building on the effectiveness of Spirited Life, but now paying specific attention to stress, Spirited Life: *Selah* is a program designed just for you. With the generous support of The Duke Endowment, we invite you to engage with an instructor and a small group of clergy over Zoom to become equipped with tools to manage and respond to the stresses of life and ministry.

— SIGN UP TODAY

Visit SpiritedLife.org

— QUESTIONS?

Email us at selah@duke.edu

— DAILY EXAMEN

A simple but powerful prayer that has been practiced by Jesuit clergy for over 500 years. It takes only 10-15 minutes and can be used to reflect on positive emotions, move past negative emotions, and align your work with God's work.

— STRESS PROOFING

Stress Proofing is a program focused on physiology that includes exercises that bypass the brain and work directly with the body — through breathwork, movement, and massage — to mitigate symptoms of stress.

— MINDFULNESS BASED STRESS REDUCTION

Mindfulness Based Stress Reduction (MBSR) is a method of using meditation to awaken, become fully alive, and be present for the richness of each moment of life. With this awakening comes access to one's deepest inner resources for living, healing, and coping with stress.



“Having the practice every day kept me sane through pandemic living and leading. I will continue with this practice as a way to connect with God and carry me through the storms of life.”

SELAH STUDY PARTICIPANT

This research is generously supported by The Duke Endowment. For questions or comments about this report, please email us at clergyhealth@div.duke.edu.