

Dear Friends,

The research is clear: both parents and children in non-intact families have weaker health. Though the ideal for individuals and society is the intact married family that worships God weekly there is good news for non-intact families: religious affiliation yields many health benefits. The more they worship the better their health!

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Prepare for Super Tuesday!

The family is rapidly disintegrating in America, and we need a president who will support and encourage Americans to revive the intact married family. Make sure to check out the [state of the family in your state](#) before heading to the polls next week!

RESEARCH HIGHLIGHTS



Single Parents Are the Most Sleep Deprived

According to the National Center for Health Statistics, single mothers, followed by single fathers, are most likely to have trouble falling and staying asleep. Read the report [here](#), and learn about some other challenges single parents face on [Marrimedia](#).



Effects of Divorce on Children's Health

Research analysis published in *The Family in America* challenges the claim that children do not suffer long-term consequences from their parents' divorce. Read the [brief](#) and dig deeper into the research on [Marrimedia.org](#)!



Health and Well-Being by Religious Affiliation

R. David Haywood of the University of Michigan and his colleagues found that religious affiliation (note: not "religious attendance"—a much more accurate indicator of religion's benefits) is especially beneficial for psychological functioning. Read the study [here](#) and check out the Marrimedia entry, the [Effects of Religious Practice on Health](#).

Sincerely,

Patrick Fagan

Director of the Marriage and Religion Research Institute (MARRI)