

Marriage Benefits Health*

“Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.”
Ephesians 5:31

The benefits of marriage are numerous, even extending to a person’s health. Social science research shows that:

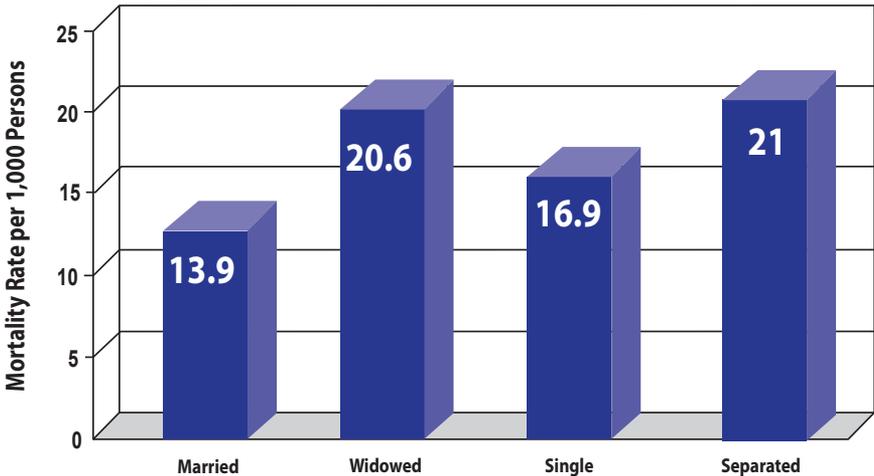
- Married people spend less time in the hospital and are released more quickly.
- Married men have a decreased risk of dying of cirrhosis of the liver, and a lower overall mortality risk.
- Married women are less likely to be obese.
- Married people are more likely to survive after a diagnosis of cancer or heart disease.

Good health is not the reason to get married, but it is a natural benefit. Is there some special way you can show your gratitude to God for your marriage?

The following chart shows that the mortality rate for men is lower among those who are married, compared to those who are widowed, single, or separated.

Mortality Rate Men Aged 40-64 by Marital Status

Source: Chris M. Wilson and Andrew J. Oswald, May 2005



For links to the research behind these statements, please visit www.marri.us/one-pagers/

*It bears emphasizing that these patterns hold for the groups involved, not for all the individuals who make up each group. There is naturally a wide variation among individuals.



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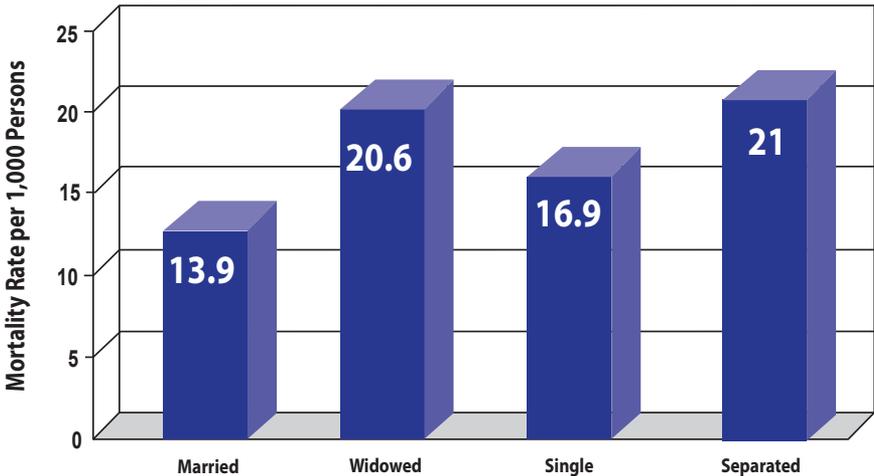
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