

Marriage Increases Health*

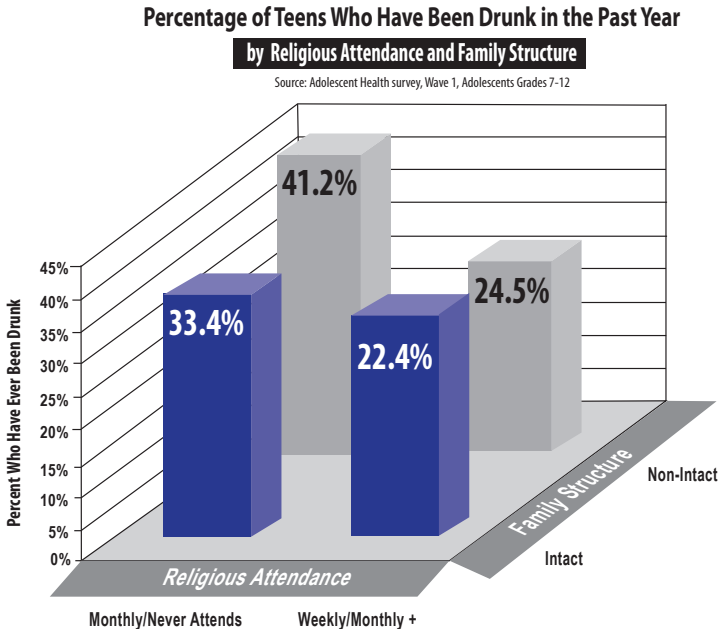
“But from the beginning of creation, ‘God made them male and female.’ ‘Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.’ So they are no longer two but one flesh. What therefore God has joined together, let not man pull asunder.”
Mark 10:6-9

Social science research details numerous health benefits that are associated with marriage.

- Men and women who stay married look younger.
- Married individuals tend have better health overall than those who are not married.
- Married adults smoke and drink less frequently than cohabiters do.
- Married women who are diagnosed with breast cancer are diagnosed earlier and have higher survival rates.
- After being diagnosed with prostate cancer married men live longer than unmarried men do.

What is one thing you can do for your marriage today? If you are not married, your church community can provide you with many benefits. Do you have good friends in your community?

The following chart shows that children from intact families that worship God weekly are the least likely to get drunk. Intact family and weekly worship is important for developing good habits and leading a healthy lifestyle.



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

*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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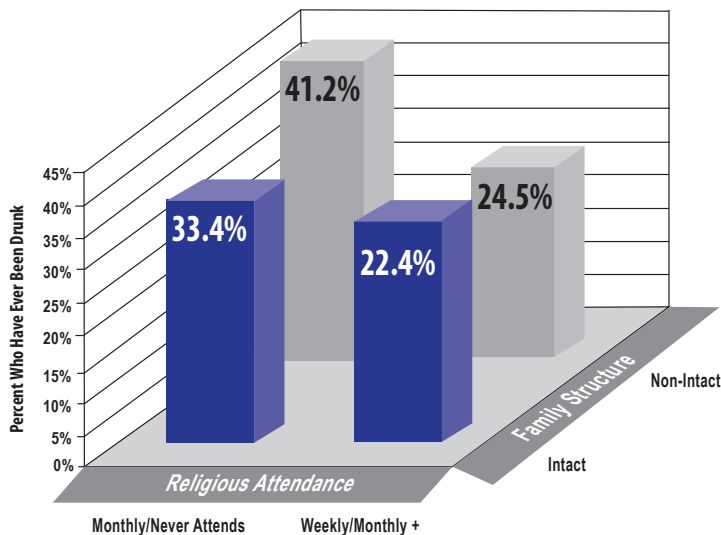
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Percentage of Teens Who Have Been Drunk in the Past Year

by Religious Attendance and Family Structure

Source: Adolescent Health survey, Wave 1, Adolescents Grades 7-12



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