

# marri *Findings*

FAITH & FAMILY

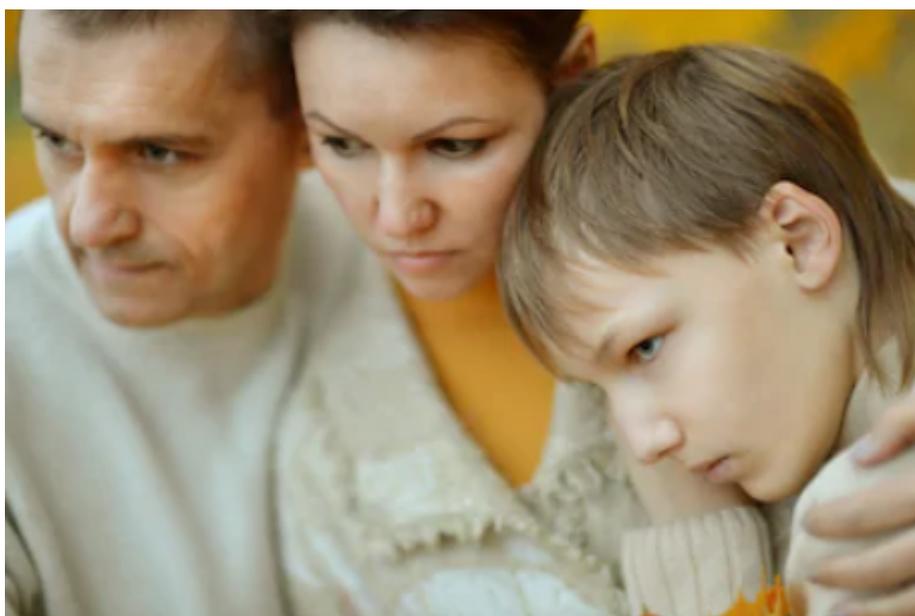
## When Religion Embarrasses "Modern Science"

“Science without religion is lame, religion without science is blind.”

- Albert Einstein, Physicist. Few would agree. Do you?

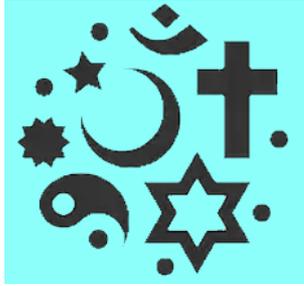
---

### An Embarrassing Truth



A few years ago, in Budapest, I delivered a paper at a major conference convened to find the best programs to increase fertility rates. All Europe was grappling with below-replacement fertility levels, some dire. Low fertility rates lead to labor force shortage which leads to economic slowdown. It is a serious issue and is changing the make-up of nations and driving migration patterns across the developed world, despite governments best efforts. Cabinet-level ministers and top civil servants of Western and Central Europe all spoke on “what each country had done to make it easy for mothers to exit the marketplace to give birth and reenter sometime later”, admirable, but the answer to a different problem. None of the countries had achieved replacement levels (nor has any nation since). [Continue Reading Here...](#)

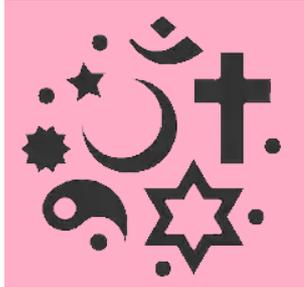
## **Religion Promotes Mental Health and Well-Being**



anxiety, and suicide.

A [2014 review](#) of the relationship between religion and spirituality and mental health found that they promote mental health through positive religious coping, community and support and positive beliefs. It also found that they are associated with greater well-being, higher quality of life, and lower rates of depression,

## **Religious Involvement Delays the Initiation of Substance Use**



participation in other religious activities was significant for delaying initiation of marijuana use. This protective effect of religious involvement was more robust for white than for black girls.

A [2020 longitudinal study](#) examined the association between religious involvement and the initiation of alcohol, cigarette, and marijuana use in black and white adolescent girls, aged 11 to 17 years and found that “the importance of religion” in their lives led to delayed initiation of cigarette use for white girls while actual

## **Race Mediates the Effect of Religiosity on Opioid Use Disorder**



A [2019 study](#) of non-Hispanic black and white adults participating in the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) investigated the effect of religious involvement on difference between blacks and whites in opioid use and also found that race moderated the positive outcomes.



**For More Information about [Healthy Marriages](#), please visit [Marrimedia.org](#)**



[View E-mail in Browser](#)

---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Marriage and Religion Research Institute · 8801 Kensington Parkway · Chevy Chase, MD 20815 · USA