

**Target Audience:** Church Health Leaders, Pastors, and Persons interested in Health Ministries

**Session & No:** SM06

**Title of Session:** The Church and Health Myths

**Presenters:** Olusimbo Ige, MD, MS, MPH [oige@umcmmission.org](mailto:oige@umcmmission.org)  
Global Health & UMCOR Executive Director  
Global Ministries, Atlanta, GA  
Sabrina Rodgers, MPH, BSN, BSBA [srodgers@umcmmission.org](mailto:srodgers@umcmmission.org)  
US Health Program Manager  
Global Ministries, Atlanta, GA

**Description:**

For thousands of years and perhaps even since the beginning of time, the church has been very influential in the history of health and healthcare. Modern hospitals, clinics and respite care centers can be traced back to Christian institutions. Over time, the church has appeared to have taken a backseat to health promotion. Jesus Christ was and is a healer. He instructed his followers to heal the sick. This means as United Methodist we have a mandate to be health conscious and health promoting. This session will focus on dispelling myths around health and explore ways in which United Methodist Churches can engage in health promotion and transform communities.

# The Church and Health Myths

Dina Imbidge, MD, MS, MPH and  
Sabrina Rodgers, RN, MPH, BSBA  
Global Health Unit, Global Ministries



## What is Health?



- Take out your phones
- Please text: SABRINARODGE286 to 22333 to join the session and share your response

## The Church and Health Myths

- Poll Everywhere Results
- Please enter your responses

## The Church and Health Myths

- Vital Signs
- What are the vital signs of UMC Clergy and the communities served?



Ministry Matters, 2017

## The Church and Health Myths

### Clergy Health

- The Center for Health (CFH), a division of Wespeth Benefits and Investments, conducts a biennial survey of The United Methodist Church (UMC) active U.S. clergy to gather comparative data on clergy well-being.

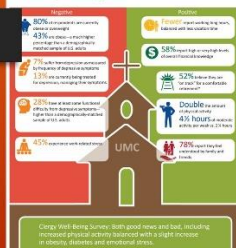
Here are the results

## The Church and Health Myths

- 1,360 clergy responded
- Representing a 34% response rate

<http://www.wespeth.org/assets/1/7/856.pdf>

### 2017 Key Findings



## Clergy Health



## Our Communities



## Our Communities



## The Church and Health Myths



## The Church's Response

- Become Health Promoting
    - Include information on health in sermons
    - Establish a Health Ministry
  - Provide Opportunities for:
    - Increased Physical Activity
    - Improved Diet and Nutrition
    - Substance Abuse Prevention
    - Mental Health Awareness and Promotion
- Join the Abundant Health Initiative
- Abundant Health Global Ministries**  
THE UNITED METHODIST CHURCH

## The Abundant Health Initiative

