SECTION ONE

Demographics

APPOINTMENT STATUS

- 86.6% Appointed to a Church
- 13.4% Extension Ministers

NOTE | This report focuses on clergy in extension ministry and church appointments.

APPOINTMENT EFFORT

- 8.0% ¼ Time
- 13.5% ½ Time
- 4.6% ¾ Time
- 73.9% Full Time

NUMBER OF CONGREGATIONS APPOINTED TO

- 1: 844
- 2: 215
- 3: 36
- 4: 13

SECOND CAREER

- 53.4%

NOTE | For the first time in 2019, we asked clergy whether they considered themselves to be a second career pastor, and 53.4% said yes.

FEMALE CLERGY

- 2008: 25.2%
- 2014: 30.9%
- 2019: 33.9%

NOTE TO INFOGRAPHICS | Source: 2019 Clergy Health Initiative Statewide Survey. Participants ranged in age from 21–82. The average age was 53.2 years and 80% of the clergy who took the survey fell between ages 34 and 67. The range of number of years in ministry was 0–61. The average was 17.8 years and 80% had between 4 and 35 years of a paid salary in ministry.

RACE OR ETHNICITY

- White: 89.7%
- African American: 6.1%
- Asian American / Pacific Islander: 1.5%
- Hispanic / Latinx: 1.4%
- American Indian / Alaskan Native: 1.1%
- Other: 0.2%
We measured depression by asking about nine depressive symptoms experienced in the past two weeks, including feeling down or depressed, finding little pleasure in doing things, and having trouble falling asleep, staying asleep, or sleeping too much.

**Note** | The increase is explained by clergy endorsing just one or two more symptoms, rather than an increase of severe depression. The symptoms clergy were more likely to endorse in 2019 were worse sleep, energy, and concentration, and feeling badly about oneself.

We measured anxiety by asking about seven symptoms experienced in the last two weeks, including feeling nervous, not being able to control worrying, being restless, having trouble relaxing, and being irritable.

**Note** | Because we used a different measure prior to 2014, this figure shows just 3 survey waves.
The percentage of clergy with obesity has stayed relatively constant from 2008–2019.

*Note* | Obesity rates among UMC clergy in North Carolina have stayed steady, within 3 percentage points across the years, albeit higher than the national percentage. The North Carolina UMC clergy obesity rates are similar to those observed in the national UMC clergy survey conducted by Wespath.

*Source* | National Health Information Survey

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**Politics**

**Political Orientation of the Pastor Compared to the Congregation**

- **Much More Liberal** — 17%
- **More Liberal** — 36%
- **Similar** — 40%
- **More Conservative** — 6%
- **Much More Conservative** — 2%

We asked clergy to compare their own political views to those held by most people in their congregation.

About half of clergy said they were more liberal than most people in their congregation.

**Percent of Pastors Who Are Anxious, by Match Between Pastor and Congregant Politics**

- **Much More Liberal** — 23%
- **More Liberal** — 13%
- **Similar** — 10%
- **More Conservative** — 15%
- **Much More Conservative** — 8%

**Anxiety Rate of 2019 Full Sample** — 13%

*Note* | This same trend also occurs for depressive symptoms.

Differing politically from your congregation relates to differences in anxiety and depressive symptoms. In particular, it may be difficult for clergy to serve a congregation that is much more conservative than they are.

Political differences matter. Although it is a challenge, we need to talk about our differences in non-threatening ways and respect and appreciate each other across divides.
Resources — for Your Health

Enroll in Spirited Life: Selah

Building on the effectiveness of Spirited Life, but now paying specific attention to stress, Spirited Life: Selah is a program designed just for you. With the generous support of The Duke Endowment, we invite you to engage with an instructor and a small group of clergy over Zoom to become equipped with tools to manage and respond to the stresses of life and ministry.

— **SIGN UP TODAY**
Visit SpiritedLife.org

— **QUESTIONS?**
Email us at selah@duke.edu

— **DAILY EXAMEN**
A simple but powerful prayer that has been practiced by Jesuit clergy for over 500 years. It takes only 10-15 minutes and can be used to reflect on positive emotions, move past negative emotions, and align your work with God’s work.

— **STRESS PROOFING**
Stress Proofing is a program focused on physiology that includes exercises that bypass the brain and work directly with the body — through breathwork, movement, and massage — to mitigate symptoms of stress.

— **MINDFULNESS BASED STRESS REDUCTION**
Mindfulness Based Stress Reduction (MBSR) is a method of using meditation to awaken, become fully alive, and be present for the richness of each moment of life. With this awakening comes access to one’s deepest inner resources for living, healing, and coping with stress.

“Having the practice every day kept me sane through pandemic living and leading. I will continue with this practice as a way to connect with God and carry me through the storms of life.”

SELAH STUDY PARTICIPANT

This research is generously supported by The Duke Endowment. For questions or comments about this report, please email us at clergyhealth@div.duke.edu.