

The Spiritual Reason This Demographic Is Reporting Excellent Mental Health

For black women looking for ways to improve their mental health, some researchers say religion and spirituality bring health benefits such as a longer life and a decreased risk for heart disease.

According to the Black Women's Health Study, which was further analyzed in the April 2017 issue of the American Journal of Epidemiology, black women who said they were very involved in their church, mosque or another place of worship tended to report excellent or very good mental health.

According to a 2011 nationwide survey conducted by The Washington Post and the Kaiser Family Foundation, black women are one of the most religious demographics in America, with 74 percent of black women and 70 percent of black men saying that "living a religious life" is very important, compared to 57 percent of white women and 43 percent of white men.

Read an article about the study at this link. {eo}

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