

Spirituality and Well-Being: Community Perspectives from The Flint Women's Study

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What Is the Purpose of this Study/Review?

- The Flint Women's Study was conducted to understand the needs, strengths, hopes, and solutions of women in Flint.
- This sub-study aims to 1) explore how spirituality influences women's well-being and 2) elicit participants' suggestions for how spirituality can be used to address gaps in women's mental and physical health needs.

What Is the Problem?

- Spirituality is important for the well-being of marginalized women, offering strength amid adversity.
- Still, spirituality does not appear to fully overcome racial and ethnic health disparities.
- More empirical evidence on how spirituality plays a role among women experiencing multiple adversities is needed.
- Understanding the role of spirituality in marginalized communities can help practitioners address community well-being.

What Are the Findings?

- Three key themes were identified.
- Participants shared how spirituality promotes women's well-being, physical and mental health in a variety of ways.
- Participants discussed structural hurdles inherent to spirituality that hinder access to meeting women's needs, calling attention to the role of faith-based spaces.

Who Should Care Most?

- Health care providers, faith leaders, practitioners like social workers, and community health researchers.

Recommendations for Action

- Faith-based communities and health practitioners are encouraged to work together to promote women's aspirations, prioritize reproductive needs, and create supportive spaces that amplify women's voices.