



Fact Sheet

Strong relationships improve health

Hundreds of research projects agree: people in a continuous, healthy marriage have a lower risk of heart disease, fewer chronic conditions (like diabetes), and consider themselves to be healthier than other people.

Women in healthy marriages are emotionally and physically healthier, have more money, and have a better relationship with their children. Men in a healthy marriage are more likely to live longer, healthier lives, have more stability at work, and make more money. They have better mental health and are more likely to have a stronger relationship with their children.

Other positive relationships also impact health. The opportunity for better health begins with all our social connections – at home, at work, at church, and in our communities.

Studies show positive support from friends and family can reduce stress and give a sense of meaning and purpose. Friends provide us with health information and influence our decisions. Healthy social relationships can actually keep your blood pressure lower, slow your heart rate, and reduce stress. Strengthening your circle of friends not only improves your health, but also impacts the health of those around you.

Research shows that children who are raised by parents in a healthy marriage are healthier physically and mentally. They are more likely to succeed in school and go to college. They have a better relationship with their parents, and they are more likely to grow up to be healthy adults in long-term marriages.

Communities also benefit when more people are in healthy relationships. They experience higher property values, lower crime rates, fewer teen pregnancies, and less domestic violence – and they have healthier residents.

The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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