

**Case Study:
Analysis of the health of
Bethany United Methodist Church
Austin, Texas**

(Still a work in progress)

Barry Sharp, MSHP, CHES
National Center Linking Public Health & Faith

And in order to prove that these words must be thus understood, the papists refer to Matt 28:19-20: "Go ye therefore, and make disciples of all the nations, baptizing them," etc. and "teaching them to observe all things whatsoever I commanded you." These last words, they say, also belong to the command Christ here gave to the disciples; therefore, this text must be interpreted to mean that it demands not faith alone, but also good works.

Martin Luther

Sermon on The Preaching of the Gospel in Itself

(From Luther: Selected Sermons, PC Study Bible formatted electronic database
Copyright © 2003 by Biblesoft, Inc. All rights reserved.)

Martin Luther, like John Wesley, believed that as Christians we are to practice our faith beyond sitting in a pew on Sunday mornings. It is through our faith that we are spurred to reach out to others in order to meet some unmet need whether it is spiritual, physical or mental, individual or corporate. John Wesley charged Methodists to “do all the good we can for all the people we can.”

This is the charge that Bethany United Methodist Church has taken since its inception approximately 30 years ago when it was founded in a semi-rural area northwest of Austin on the border of Travis and Williamson counties. When the church was founded, the area was predominately wooded and still being developed. On the Travis County side of the street the church is located on was an area being built around the Balcones Country Club golf courses. The Williamson County side was being developed as a middle class neighborhood of 3- and 4-bedroom starter homes. This has still set the tone for the cultural dynamics in the area surrounding the church and the dichotomy of the membership despite massive growth of both the church and the community during the past three decades and predicted for the next decade to come.

However, despite the cultural, financial and educational differences found within the congregation, inside the church everyone is equal. As Christians, we are all called to minister to each other and through the local congregation everyone has the opportunity to serve.

In this paper, the Bethany United Methodist Church (BUMC) will be examined through evaluation of the community surrounding the church (by examining the zip codes that make up the membership); the church itself, predicted growth and the activities of the church; and finally the health activities and health status indicators as they impact the Bethany congregation. The appendices will provide data sets from numerous sources that assisted in this evaluation.

❖ **The Bethany United Methodist Community**

Utilizing membership data published in the 2006 Bethany membership directory, it was found that only 23% of the church member’s households live within the same zip code as

the church, placing them within a few miles of the Bethany campus. (See Appendices 2 & 3) The second largest area of membership is from the Cedar Park area, located just north of Austin along U.S. 183 approximately five miles from the church. While Cedar Park is the home of the Cedar Park United Methodist Church, it is also the home of 21% of the families making up Bethany's membership. Together they represent 517 of the church's 1155 member households.

An additional 22% of the church member households are located in two zip codes located north of the campus. Nearly one-fourth of the church households are scattered in the zip codes located throughout the northwest Austin, Round Rock (a city located due north of Austin, east of Cedar Park approximately 12 miles from the church) and Leander (the city north of Cedar Park approximately 10 miles from the church). The remaining seven percent of the households are located within the Austin area, central Texas and across the United States with no one zip code containing more than nine households and 25 of the zip codes having only one household within it.

The demographics of these neighborhoods representing the top 11 zip codes representing nearly 93% of the Bethany households as reported through the 2000 U.S. Census finds that while each of the zip codes has various differences which make them unique, they have much in common. The areas have varying numbers of population ranging from 35,000 to as few as 3,600, all just about evenly split between men and women. (See Appendix 6)

The median age ranges from 33.7 to 37.1 years of age, thus this is a fairly young area. The population is split pretty evenly between the genders following the state and national trends with slightly more women than men. The age breakdown is roughly 70% of the population over the age of 18, less than 10% are preschool with the remaining 20% falling into school age range. Between 80 to 90% of the population in the membership zip codes are white (single race), 10 % are Hispanic and the remaining percentages include African American, Asian and Other followed by small percentages of American Native/Alaskan Native and Native Hawaiian and Other Pacific Islander.

The upper income neighborhoods are primarily owner-owned and occupied housing units. The lower income neighborhoods within the sample are split nearly evenly between owner-owned and rental housing units. Most of the church population lives in zip codes where the median home value is ranges from \$120,000 to \$183,000. However, some of the neighborhoods cited have a median home value of approximately \$400,000. The national average is \$119,000 while the state average is \$83,500.

The median family income within the sample zip codes is nearly two to three times the state average of \$40,000, ranging from \$59,000 to \$128,500. Per capita income for the zip codes in the membership lists range from \$24,000 to \$72,000, as compared to the state and national averages of \$19,000 and \$21,500 respectively.

Health indicators for this area as reported by the Centers for Disease Control and Prevention's 2005 Behavioral Risk Factor Surveillance Study showed that 23% of

residents in the Austin Metropolitan Statistical Area lack health coverage. Approximately 15% of the adults are limited in their activities because of a physical, mental and emotional problem. While this percentage may be smaller within the zip code represented by Bethany's membership, it does show a dramatic disparity between the "haves" and the "have-nots" who live in the study area. (See Appendix 4)

Other health indicators are shown in the appendices which indicate lifestyle issues that include less than 20% of the population reporting poor to fair health status, not being able to exercise, being a current smoker, participating in binge drinking and a Body Mass Index equal or greater than 30. Women's health issues include nearly 25% of women over the age of 40 who have not had a mammogram within the past two years and 12% who had not had a Pap test within the past 3 years.

These health issues have been linked statistically with lower social economic status and lack of access to health care. These health behavior risks result in an increased risk for developing heart disease, diabetes, cancers and other chronic diseases with the resulting impact upon the individual and family's physical and financial health.

Again, this striking difference within the Bethany membership zip codes where despite an overwhelming evidence of middle to lower-upper class incomes (income indicators, education levels, home ownership, etc.), there is a consistent pocket of about approximately two percent of the population who are living at or below the poverty level.

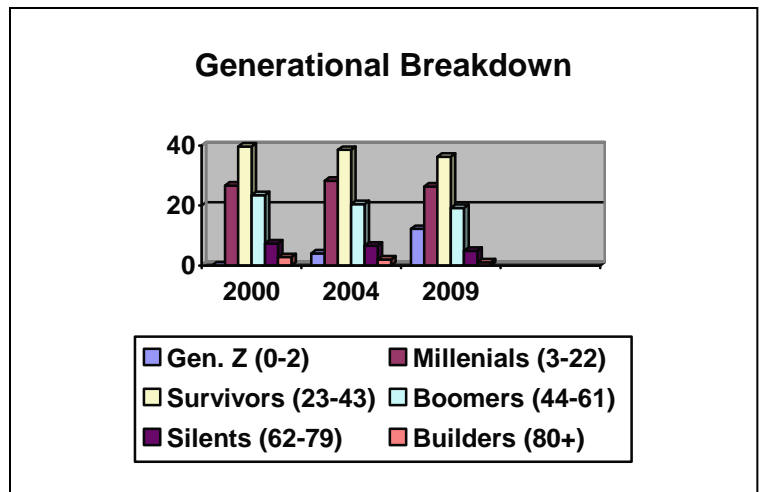
While not an indicator of fiscal ability, data shows the study area is at or below the national average and nearly half the state average for the percentage of households where a language other than English is spoken at home. The data does not show which language is spoken, but it can be assumed due to the ethnic and racial demographics of the area that for a majority of the household the second language is Spanish, indicating a first or second generation immigrant from Mexico, Latin or South America for which many are considered to fall within the realms of the working poor in which they do have an income but it may not be sufficient to be able to afford health care or health care insurance coverage beyond that provided by an employer. (Qualitative data from various human service and healthcare provider agencies in the area do paint a picture of a small but significant number of poor and working poor residents that require assistance living within the Bethany membership area.)

❖ **Bethany United Methodist Church**

Bethany United Methodist Church is a growing urban church with a membership of approximately 3,300 members. Like the surrounding community, the ages of the membership reflect the community with 73.04% being over 18, 21.01% being school age of 5 to 17 years old but with only 5.95% in the preschool range of being under the age of 5. Youth ages 13-17 are among the highest numbers of any specific age group. The adult population includes 9.32% of the church membership who are 65 years of age and older who may be either retired or nearing retirement. Approximately 63.72% are in their adult working years of 18 to 64 years of age. The largest adult age groups fall within the ages

ranging from late 30 through their 40s. The median age for the church membership is 34 with ages ranging from 1 month to 97 years of age. (See Appendix 5)

Worship services find approximately one-third or more of the church membership attending one of the six services held each weekend: a Saturday night casual service, two Sunday morning traditional services (8:15 and 11), two Sunday morning contemporary services (9:30 and 12:30), and a Sunday morning chapel service in the Taize style. Sunday school classes are held for children, youth and adults during the 9:30 and 11 worship times. In addition to the children and youth classes for each age/grade group, there are about a dozen adult Sunday school classes during each time frame. There is also a dedicated class to meet the needs of singles, women and those with learning disabilities. Nursery is provided at all services and can be arranged for during church sponsored events, such as a meeting or class event. While the nursery service is provided at no costs to the group, love offerings are accepted to offset the costs for paying nursery staff.



There are four ordained ministers on staff, 4 elders (senior pastor, senior associate pastor, associate pastor and care ministries pastor) and a deacon (children’s minister). In addition, there are 47 lay leadership, administrative, facilities management and support staff positions on the church staff. This does not include the volunteer lay positions that oversee the various Bethany outreach programs that serve the congregation and community. Bethany also operates a preschool that is self-sufficient with an independent management structure that functions underneath the Bethany umbrella. This school provides half to three-quarter day instruction to infants and children through age 5. School membership is not tied to church membership and thus brings in a number of families to the church campus who do not attend the church.

Bethany has an annual budget of approximately \$2.2 million. During the past two decades, the church has seen phenomenal growth, adding one or more families each week. There have been multiple capital campaigns which have added significant classroom space, sanctuary expansions and technology upgrades, office space, parking space, remodeling of existing spaces and the nearly doubling of acreage owned by the church. In addition, Bethany has provided financial resources to birth another United Methodist church approximately 10 miles north of Bethany within the city of Cedar Park and to provide upgrades to the Southwest Conference facilities at Mount Wesley near Kerrville, Texas. The church has consistently met its goal to provide expected and additional funding to the conference and overall UMC body.

Percept marketing data commissioned for Bethany UMC in 2004, based on 10 miles of the church, shows an expected growth within the area from 537,000 to more than 700,000. It is expected that at least 10 percent of those moving into the area will be Methodist. The data shows the growth will occur within four cultural trends: School age (5-17); families/empty nesters (35-54); enrichment years – singles and couples (55-64) and retirement years (65 and older). Other racial/ethnic, education and income variables are expected to remain constant with the 2000 U.S. Census data.

The primary concerns of those moving to the area, as it relates to current or future activities of the church include:

- Finding/providing aging parent care
- Dealing with divorce
- Finding a satisfying job/career
- Achieving a fulfilling marriage
- Developing parenting skills
- Achieving educational objectives
- Finding a good church
- Finding life direction

In addition, the data also shows the following preferences relating to church activities, as compared to the U.S. average, are:

- Church Program Preferences:
 - Spiritual Development (8.3 percent) and Personal Development (5.1 percent)
 - Community Social Services, though in need and quickly filled to capacity, was found to be nearly 15 percent less preferred in this geographical area as compared to the United States average.
- Worship Style:
 - Traditional and Contemporary style services were preferred 18.3 percent and 8.2 percent over the national average, respectively. Worship that is intellectually challenging was desired 21 percent above the national average and far above worship that is emotionally uplifting.
- Music style:
 - Contemporary music was preferred in this area 10.4 percent above the national average. Traditional music was preferred 6.1 percent. Participatory music is also preferred 15.5% above average.

Bethany has an extensive outreach/missions and ministry program. Looking at the budget for the church, the \$2.2 million annual budget includes: \$47,875 for administrative costs, \$1.137 million in staff salaries, \$287,430 on facility maintenance and improvements and \$345,136 in debt service. Missions/outreach and ministry functions account for 20.7 percent of the overall budget with \$261,008 and \$200,212 budgeted for each respective area.

Examples of the various outreach/missions/ministry programs and opportunities that support both the congregation and community currently being undertaken at Bethany include:

- Administrative
 - All-church workday
 - Attendance tracking
 - Bulk mail
 - Landscape and grounds maintenance
 - Paper recycling
 - Technical equipment maintenance (computers, office equipment)
 - Volunteer office support staff
 - Worship bulletin preparation
 - Bethany UMC Foundation
- Adult
 - Living Beyond Myself/First Serve ministry
 - Maximum Impact simulcast
 - Beth Moore simulcast
 - Servant Guide Team
 - Women's Ministry
 - Administrative Board
 - Trustees
 - Ushering
 - Guiding laity towards ministry – Bethany currently has four individuals who are recommended to the District Superintendent for candidacy for ministry
- Youth
 - Mountain TOP (Tennessee mission trip for high school students)
 - Vacation Bible School in Brownsville (Volunteer to assist in conducting VBS in Rio Grande Valley near the Texas-Mexico border)
 - Big House Texas (light construction mission trip to Alvin, Texas – southeast of Houston – for middle school students)
 - Chrysalis for senior high students
 - Poolside Parables – Bible study and fellowship opportunity
 - Sunday morning small groups
 - Sunday evening small groups
 - Wednesday evening small groups
 - Home-based groups
 - United Methodist Youth Fellowship
 - Confirmation – 10 week sessions in fall and spring
 - Souper Bowl Sunday
 - 30-Hour Famine
 - Retreats for middle school and high school groups
 - Southwest Texas UMC Conference camps
 - Scouting Ministries
- Children
 - Early Christian Awareness for nursery, toddlers and 2-year olds

- Nursery and Sunday School
- Acolyte program for 5th grade students, includes both service and mission aspects
- Bibles for all 3rd graders
- Quarterly Children's Mission projects to provide assistance to the Hill Country Community Ministries, Methodist Children's home, stocking a children's library in Africa
- Bible Bonanza for kids in Kindergarten through 5th grade
- Bethany School
- Children's Christmas Eve Service
- Live Nativity
- Rainbow ministry for children who's parents are divorced
- Human sexuality seminar for 5th graders and parents
- Vacation Bible School
- Scouting Ministries
- Mother's Opportunity to Meet – time for mothers to have fellowship and shared child play time and activities
- Music
 - SonShine Singers (8:30 a.m. Sunday worship)
 - Chancel Choir (11 a.m. Sunday worship)
 - Messengers of Grace – praise band (9:30 a.m. and 12:30 p.m. Sunday worship)
 - Saturday Praise (Saturday evening worship)
 - Chapel Musicians (Sunday morning chapel worship)
 - Grace Notes – women's ensemble
 - Journeymen – men's ensemble
 - Youth Jam – Grades 6-12
 - Pure Song – Grades 6-12
 - Kidz Fantastik – Grades 3-5
 - Joy Singers – Grades 1-2
 - Kinder Kids – Kindergarten
 - Four Runners – 4-year old choir
 - Bethany Bells – intermediate level hand bell choir
 - Hallelujah Ringers – beginning to intermediate hand bell choir
 - JuBELLation Ringers – Grades 6-12 hand bell choir
 - Celebration Ringers – Grades 4-5 hand bell choir
 - Chimes for Christ – Grades 2-4 chime choir
 - Bethany Orchestra – adults and youth with brass, woodwind, strings and percussion sections
 - All God's People Music – Chime choir from the "All God's People" Sunday school class for those with developmental disabilities
 - Opportunities to provide support activities exist for most choirs. These activities can range from copying and sorting music, caring for the choir robes to providing snacks during rehearsals or following special performances
- Caring

- Hill Country Christmas Bureau
- House of Friends – weekly 4-hour respite and support for those caring for loved ones with Alzheimer’s disease
- Alzheimer’s Care Giver’s Support Group
- Health Ministry – focuses on prevention of chronic diseases through increased awareness of healthy behaviors and promoting collaboration among faith communities for support groups and outreach by producing a comprehensive directory of services from faith communities within a 10 mile radius of Bethany
- Homebound visitations
- Home communion
- Hospital visitations
- Interfaith Hospitality Network – providing housing, meals and case management for three to four homeless families for one week per quarter. Opportunities exist for both hands-on and behind-the-scene activities to support this ministry.
- Church Under the Bridge – providing worship services at homeless camp underneath highway bridges near downtown Austin
- Bags of Grace ministry – provides necessity bags for homeless individuals that are purchased by individuals who hand them to the homeless at street corners
- Bible Study/Visitations at retirement and nursing homes
- Crisis Care food ministry
- CROP Walk
- Habitat for Humanity
- Hill Country Community Ministries – provides clothing, food bank, school supplies and shoes for school children and emergency assistance for those facing utility and housing financial emergencies
- Samaritan Health Ministries – provides clinical and psychiatric services for the underserved residents who are too poor to be able to afford health care and too rich to qualify for government assistance
- Stephen Ministry
- Prayer Ministry – provides specific prayer outreach including education, seminars, reminders, maintains a prayer room on campus, trains prayer ushers to staff church services and organizing prayer sessions to address congregational prayer concerns
- Worship transportation
- Bethany Job Seekers Support Group
- Grief Recovery Support Group
- Breast Cancer Survivor Support Group
- AARP Driver Safety Course
- Foster/Adoptive Parents Support Group
- Support for overseas Methodist missionaries
- CASA – Court Appointed Special Advocacy
- Blood Drives
- Samaritan counseling services

- Inviting
 - Primetimers – fellowship for older adults
 - All church retreat
 - Long-term studies – ALPHA, Disciple classes
 - Bethany Leadership Academy – three-year training program to develop laity to fill leadership roles within the church
 - Bethany Café (coffee shop located in fellowship hall) – provides fellowship on Sunday mornings and live music on weekends as a gathering place
 - First time visitor outreach – cookie bags
 - Greeter ministry
 - Hospitality desk
 - REACH ministry
 - Keep in Touch Team
 - Kitchen/Food team
 - Lenten Soup suppers
 - Membership class – orientation classes for individuals/families joining the church
 - Ministry Center
 - Round Robin dinners
 - Summer Celebration – summer festival for congregation and surrounding community
 - Wedding coordination
 - Educational mission cruises and tours (traditionally focus on missions of Paul’s journeys or John Wesley)
 - SpiritWalk – short term education classes offered during three sessions annually (fall, spring, summer). Classes cover a variety of topics related to Methodism, Bible study and Christian living and can range from one to 10 sessions.
 - Columbarium and Memorial Garden with outdoor chapel area
 - Photo directory
 - Bethany 30th anniversary celebration
 - Usher ministry – includes ushering for worship services and CPR/AED (Automated External Defibrillator) training for responding during church activities
 - Worship support – includes sanctuary flowers, banner, media support (sound and PowerPoint) and communion assistants

While church staff may assist in some of the administrative duties necessary to make these activities happen, the work actually falls on the shoulders of lay volunteers and long-term visitors who make up the congregation. Congregants are encouraged to identify gaps in service to the church and to take ownership in developing solutions, thus everyone can participate in being the hands and feet of Christ in reaching out. This is inline with the Bethany guiding documents (mission, vision, etc.) that call upon church members to take action as part of their Christian calling. (See Appendix 1)

Through the wide variety of outreach and ministry programs offered through Bethany, the needs of the various and multiple population groups within the Bethany membership area can be met directly or indirectly. This is particularly true when looking at addressing the needs for those who are under the age of 18, those over the age of 65 and individuals who are not in the mainstream of the membership area. Specifically, those ministries aimed at those with disabilities; support of Hill Country Community Ministries, Samaritan health care and counseling services which target those who earn well below the average incomes for the area; and those ministries targeting stage of life issues for children, youth, adults and older adults.

While Bethany's size as a large church with abundant fiscal resources provides it the ability to do many things, it is also held back by the normal constraints of limited volunteer hours, available funding (i.e. non-encumbered dollars) and greater demands than resources to meet those demands. To meet these needs, Bethany members have found ways to create small groups and collaborations that allow for innovative and non-traditional methods for outreach missions and ministries.

❖ Health Activities

The Bethany UMC Health Ministry Team conducted a survey of other ministry areas within the church. The goal of this survey was to determine, to at least a some extent, the amount of health activities being conducted within the church but outside of the health ministry team. Some of those ministries include:

- House of Friends a ministry that provides social respite care for individuals with beginning to mid-stage dementia. This model ministry also includes caring for those who are the caregivers of those with dementia.
- Breast Cancer support group provides support for any and all women with a breast cancer diagnosis.
- Youth ministries focuses on helping the youth grow in faith, connect to each other and to Youth Workers, and help the youth discover their gifts. Health issues covered in this ministry include sexuality education, issues surrounding youth with special needs and family support.
- Exodus ministries coordinate support and recovery groups for chemical and other dependencies by creating awareness of addictions and related mental illnesses
- Samaritan Health Ministries is a community organization that provides basic, non-emergency health care and medications for the uninsured, limited mental health and breast cancer/women's health treatment.
- Prayer Ministries provide individual and corporate prayers for the needs of the congregation/community and information/education on prayer.
- Save-a-Life provides interventions in the event of a cardiac emergency through CPR training and placement of Automated External Defibrillators on campus.
- Older Adult ministries serve approximately 400 people age 55 and older through support of House of Friends as a social setting and in addressing the problems associated with aging and health needs of older adults including debilitating arthritic conditions, sensory problems, limited mobility (walking and driving), physical problems related to physical jobs or sport injuries during working

- years/youth, and access to health care, i.e. doctors who take Medicaid and Medicare
- Interfaith Hospitality Network four times a year host 4 homeless families providing temporary shelter, meals for a week at a time. Many families are single mothers with small children. While some clients have health issues that need to be addressed part of the long-term ministry provides education on child raising issues, nutrition and preventive care
 - Missions within missions are many specific ministries and missions including HCCM, Samaritan Health Care, Magdeline (outreach to women in the sex industry), mentoring of school children, Bags of Grace, and Northwest Caregivers (outreach to homebound elderly).
 - Hope Presbyterian (a neighborhood church) has a health ministry coordinated by a parish nurse who produces a newsletter, teaches classes in the community, bulletin board and annual health fair supported by BUMC. The parish nurse also provides medical oversight at the BUMC House of Friends.

The BUMC Health Ministry Team focuses on preventive care through outreach programs at ongoing church activities which promote physical activity, including the development of multiple walking trails throughout the campus; good nutrition by working with the church's food service manager and educational outreach activities; promoting the campus' no-smoking policy and encouraging members to see their physician. By focusing on these four items, the team can address the risk factors for most chronic diseases that account for nearly 75% of all morbidity, according to the Centers for Disease Control and Prevention. Externally to BUMC, the team produces a bi-annual directory of outreach and support groups offered by faith communities within a 10-mile radius of the church. This directory is provided in printable versions to all participating faith groups, to local social and community groups and is available on-line through the Bethany website.

❖ Health Status Indicators

There is considerable health data from established public health surveillance systems that provides an in-depth look at the health of the members of Bethany United Methodist Church. While a comprehensive examination of all available data sources would fill volumes, below is sample of the information and how it applies to the health of the members of the church and can be applied to the health ministries of the church, both those with already existing programs and to new programming being developed by church leaders.

- Behavioral Risk Factor Surveillance System (BFRSS): Is an ongoing random dial telephone survey of adults over the age of 18 covering multiple health behaviors that is conducted at the state levels and is reportable by national, state and metropolitan statistical area levels. In some instances, information is also available for a specific city or county. For the purpose of this report, the data used is for the Austin-Round Rock Metropolitan Statistical Area which includes Travis, Williamson, Hays, Bastrop and Caldwell counties. Data is available

- Binge Drinking (regional prevalence of 19.2%):
 - 18-29 year olds: 262 members at risk/11.9% of BUMC adults.
- Heavy Drinking (regional prevalence of 8.2%):
 - 18-29 year olds: 111 members at risk/5.0% of BUMC adults.
- Arthritis of any type (regional prevalence of 18.8%):
 - 45-64 year olds: 215 members at risk/9.7% of BUMC adults.
 - 65+ year olds: 141 members at risk /6.4% of BUMC adults.
- Smoking (regional prevalence of 17.2%):
 - 18-29 year olds: 175 members at risk/7.9% of BUMC adults.
 - 45-64 year olds: 129 members at risk/5.8% of BUMC adults.
- High cholesterol (regional prevalence of 36.0%):
 - 30-44 year olds: 145 members at risk/6.6% of BUMC adults.
 - 45-64 year olds: 320 members at risk/14.5% of BUMC adults.
 - 65+ year olds: 152 members at risk/6.9% of BUMC adults.
- High Blood Pressure (regional prevalence of 24.1%):
 - 45-64 year olds: 234 members at risk/10.6% of BUMC adults.
 - 65+ year olds: 150 members at risk/6.8% of BUMC adults.
- Five days or more of poor mental health (regional prevalence of 17.7%):
 - 18-29 year olds: 161 members at risk/7.3% of BUMC adults.
 - 45-64 year olds: 136 members at risk/6.2% of BUMC adults.
- Five days or more of poor physical health (regional prevalence of 16.1%):
 - 45-64 year olds: 135 members at risk/6.1% of BUMC adults.
- Consuming less than 5 fruits/vegetables per day (regional prevalence of 73.1%):
 - 18-29 year olds: 471 members at risk/21.4% of BUMC adults.
 - 30-44 year olds: 423 members at risk/19.2% of BUMC adults.
 - 45-64 year olds: 491 members at risk/22.3% of BUMC adults.
 - 65+ year olds: 192 members at risk/8.7% of BUMC adults.
- No leisure time (regional prevalence of 18.5%):
 - 30-44 year olds: 111 members at risk/5.1% of BUMC adults.
 - 45-64 year olds: 132 members at risk/6.0% of BUMC adults.
- Overweight/Obesity (Body Mass Index 25 or greater)(regional prevalence of 58.4%):
 - 18-29 year olds: 279 members at risk/12.7% of BUMC adults.
 - 30-44 year olds: 317 members at risk/14.4% of BUMC adults.
 - 45-64 year olds: 469 members at risk/21.4% of BUMC adults.
 - 65+ year olds: 173 members at risk/7.8% of BUMC adults.
- No health insurance (regional prevalence of 18.7%):
 - 18-29 year olds: 194 members at risk/8.8% of BUMC adults.

- 30-44 year olds: 117 members at risk/5.3% of BUMC adults.
 - Eye disease, cataracts, glaucoma or macular degeneration in adults over the age of 40 (regional prevalence of 17.7%):
 - 40+ year olds: 213 members at risk/9.6% of BUMC adults.
- Texas Cancer Registry collects information such as the types of cancer, their locations in the body, the extent of cancer at the time of diagnosis, and the kinds of treatment that patients receive. Information for this report comes from county reports produced by the Texas Cancer Registry. While the number of BUMC members impacted are very small due to the incidence rates per 100,000 residents, prevention and early screening should be stressed due to the levels of these types of cancer compared to the state incidence rates.
 - Cancer incidents reported at levels higher than the state levels in Travis and/or Williamson counties:
 - Male: prostate, melanoma of the skin, non-Hodgkins lymphoma and urinary bladder.
 - Female: breast, lung and bronchus, colon and rectum, thyroid, corpus and uterus and all sites combined.
- HIV/AIDS data from the HIV/STD program.
 - 1 in 387 Texans are living with HIV/AIDS which means there are approximately 8 BUMC adults living with HIV/AIDS.

Other data from the state that sheds light on the health of BUMC members, but was not analyzed for this specific report includes:

- Injury Statistics: Highest age ranges for injuries in Travis and Williamson counties are, in order, 25-34, 35-44, 45-54, 20-24 and 15-19.
- Birth defects: Both counties are at 75% of the state incidence rate.
- Unintentional fall: Highest age ranges for falls in Travis and Williamson counties are, in order, 75-84, 85 and older, 45-54, 35-44 and 65-74.
- Assault: Highest age ranges for assaults in Travis and Williamson counties are, in order, 25-34, 35-44, 20-24, 15-19 and 45-54.
- Unintentional motor vehicle injuries: Highest age ranges for unintentional injuries from motor vehicle accidents are, in order, 25-34, 35-44, 45-54, 20-24 and 15-19.
- Vital statistics which report natality, mortality, marriages and birth. For example, in 2006 there were 7,775 marriages and 3,025 deaths in Travis County and 1,939 marriages and 786 deaths in Williamson County.

Mining for data at the public health departments (federal, state and local) can provide rich veins of information that can be applied to any population group. This report is just a small snapshot of the breadth and width of information available to health care providers, researchers and the general public at no cost.

Appendix 1

Bethany United Methodist Church Guiding Statements

Bethany's Historical Purpose Statement

Create Disciples of Jesus Christ

Help the last, the least and the lost

Rejoice in workings of Holy Spirit

Inspire all people with the joy of Christian living

Seek God's will through prayer

Teach the Word of God

Mission Statement

Our Mission is to reach into the world around us to make disciples¹ of Jesus Christ.

¹ Fully devoted follower of Jesus Christ

Vision Statement

Bethany is called by the powerful living presence of Christ to invite, involve, inform and inspire all people to know Christ, experience His love and grow in His image to the end that we become His disciples. We *will* answer that call.

I⁴ I Am 4 Christ

I am an invitation to know Jesus Christ.

I am involved and involving others in the ministry of Christ.

I am informed and informing others of the Good News of Christ.

I am inspired and inspiring others to grow in Christ.

Together, we are the hands and heart of Christ.

Appendix 2

Bethany UMC Membership by Zip Code

Zip Code	# of Households	% of Membership	Group % of Membership	Zip Code location
78750	270	23.14%	44.31%	Northwest Austin (home of church)
78613	247	21.17%		Cedar Park
78729	141	12.08%	21.93%	Northwest Austin
78759	115	9.85%		Northwest Austin
78726	84	7.20%	25.37%	Far Northwest Austin
78641	46	3.94%		Leander/Northwest Travis County
78681	42	3.60%		Round Rock
78717	42	3.60%		Far Northwest Austin
78727	39	3.34%		North Austin
78732	31	2.66%		West Austin
78730	12	1.03%		West Austin
78734	9	0.77%		7.37%
78664	8	0.69%	Round Rock	
78758	8	0.69%	North Austin	
78728	7	0.60%	North Austin	
78660	5	0.43%	Pflugerville	
78628	3	0.26%	Georgetown	
78630	3	0.26%	Cedar Park P.O. Boxes	
78654	3	0.26%	Marble Falls	
78720	3	0.26%	Austin (P.O. Boxes)	
77840	2	0.17%	College Station	
78626	2	0.17%	Georgetown	
78704	2	0.17%	Downtown Austin	
78733	2	0.17%	West Austin (south of river)	
78749	2	0.17%	Southwest Austin	
78756	2	0.17%	Central Austin	
20189	1	0.09%	Dulles, Va.	
72947	1	0.09%	Mulberry, Ar.	
75044	1	0.09%	Garland	
75082	1	0.09%	Richardson	
75094	1	0.09%	Plano	
75204	1	0.09%	Dallas	
75205	1	0.09%	Dallas	
76011	1	0.09%	Arlington	
76542	1	0.09%	Killeen	
77379	1	0.09%	Spring	
77983	1	0.09%	Seadrift	
78254	1	0.09%	San Antonio	
78653	1	0.09%	Manor	
78701	1	0.09%	Downtown Austin	
78702	1	0.09%	Downtown Austin	
78735	1	0.09%	Southwest Austin	

78738	1	0.09%	Far West Austin (south of river)
78745	1	0.09%	South Austin
78746	1	0.09%	West Austin (south of river)
78752	1	0.09%	Central Austin
78753	1	0.09%	Northeast Austin
78754	1	0.09%	Northeast Austin
78945	1	0.09%	La Grange
81230	1	0.09%	Gunnison, Co.
84096	1	0.09%	Herriman, Ut.

Calculations based on membership information in the 2006 Bethany United Methodist Church Membership Directory

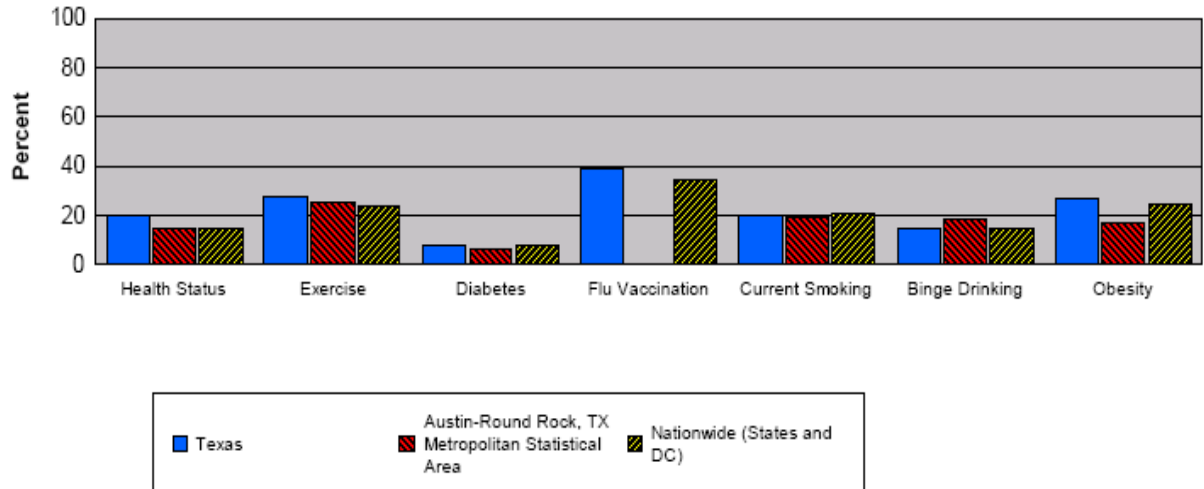
Appendix 4

SMART BRFSS

(Selected Metropolitan/Micropolitan Area* Risk Trends from the Behavioral Risk Factor Surveillance System)

Austin-Round Rock, TX Metropolitan Statistical Area

Percentage of Adults Reporting Selected Health Risks - Austin-Round Rock, TX Metropolitan Statistical Area, BRFSS 2005.



Survey Definitions

Health Status - Percentage of adults reporting general health as fair or poor

Exercise - Percentage of adults reporting doing no leisure time exercise or physical activity in the past 30 days

Diabetes - Percentage of adults told by doctor they have diabetes

Flu Vaccination - Percentage of adults aged 65 or older reporting not having had a flu shot within the past 12 months

Current Smoking - Percentage of adults reporting having smoked at least 100 cigarettes in their lifetime and currently smoke

Binge Drinking - Percentage of adults reporting having five or more drinks on an occasion, one or more times in the past month

Obesity - Percentage of adults reporting Body Mass Index greater than or equal to 30.0

* Metropolitan statistical area - Group of counties that contain at least one urbanized area of 50,000 or more inhabitants. Micropolitan statistical area - Group of counties that contain at least one urban cluster of at least 10,000 but less than 50,000 inhabitants. Metropolitan Division - Smaller group of counties within a metropolitan statistical area which contains 2.5 million or more inhabitants. (Source: U.S. Office of Management and Budget)

Appendix 5

Bethany UMC Membership by Age*

* Does not include all Bethany members. Members who did not have an age associated with their membership information were not included in the analysis.

Age	Number
1 month	2
3 month	2
4 month	3
5 month	1
6 month	1
7 month	3
8 month	2
9 month	2
10 month	4
11 month	6
1 year	41
2 years	29
3 years	33
4 years	44
5 years	45
6 years	55
7 years	49
8 years	59
9 years	57
10 years	55
11 years	45
12 years	67
13 years	70
14 years	67
15 years	69
16 years	51
17 years	59
18 years	46
19 years	68
20 years	62
21 years	39
22 years	44
23 years	32
24 years	36
25 years	25
26 years	11
27 years	14
28 years	18
29 years	18
30 years	20
31 years	20
32 years	27

33 years	26
34 years	28
35 years	34
36 years	40
37 years	43
38 years	52
39 years	32
40 years	32
41 years	50
42 years	52
43 years	50
44 years	43
45 years	57
46 years	32
47 years	50
48 years	50
49 years	29
50 years	37
51 years	35
52 years	40
53 years	43
54 years	34
55 years	43
56 years	38
57 years	36
58 years	31
59 years	33
60 years	39
61 years	28
62 years	35
63 years	32
64 years	32
65 years	16
66 years	25
67 years	18
68 years	19
69 years	23
70 years	16
71 years	16
72 years	9
73 years	9
74 years	8
75 years	10
76 years	5
77 years	5
78 years	12
79 years	5
80 years	13
81 years	10
82 years	3
83 years	8
84 years	8
85 years	4

86 years	2
87 years	6
88 years	4
89 years	4
90 years	4
91 years	4
94 years	1
95 years	1
96 years	2
97 years	1

Appendix 6

2000 U.S. Census Data for Zip Codes Containing 12 or More Bethany UMC Members

	U.S.	Texas	78750		78613	
			Number	Percent	Number	Percent
General Characteristics						
Total Population			23,476		34,250	
Male	49.1%	49.6%	11,564	49.3%	16,999	49.6%
Female	50.9%	50.4%	11,912	50.7%	17,251	50.9%
Median Age	35.3	32.3	37.1		31.4	
Under 5 years	6.8%	7.8%	1,470	6.3%	3,691	10.8%
5-17 years	18.9%	20.4%	2,931	12.4%	7,716	22.5%
18 and over	74.3%	71.8%	17,231	73.4%	22,843	66.7%
65 and over	12.4%	9.9%	1,844	7.9%	1,386	4.0%
One Race	97.6%	97.5%	22,954	97.8%	33,528	97.9%
White	75.1%	71.0%	20,138	85.8%	29,616	86.5%
Black/African American	12.3%	11.5%	649	2.8%	1,144	3.3%
American Indian/ Alaska Native	0.9%	0.6%	69	0.3%	112	0.3%
Asian	3.6%	2.7%	1,456	6.2%	903	2.6%
Native Hawaiian/ Other Pacific Islander	0.1%	0.1%	24	0.1%	28	0.1%
Other	5.5%	11.7%	618	2.6%	1,725	5.0%
Two or more races	2.4%	2.5%	522	2.2%	722	2.1%
Hispanic/Latino	12.5%	32.0%	2,294	9.8%	4,528	13.2%
Household Population	97.2%	97.3%	23,285	99.2%	34,060	99.4%
Group Quarters Population	2.8%	2.7%	191	0.8%	190	0.6%
Average household size	2.59	2.74	2.65		3.00	
Average Family Size	3.1%	3.28	3.04		3.28	
Total housing units			8,970		11,661	
Occupied housing units	91.0%	90.6%	8,791	98.0%	11,336	97.2%
Owner-Occupied housing units	66.2%	63.8%	6,316	71.8%	9,980	88.0%
Renter-Occupied housing units	33.8%	36.2%	2,475	28.2%	1,356	12.0%
Vacant housing	9.0%	9.4%	179	2.0%	325	2.8%

units						
Special Characteristics						
Population 25 years and over			15,451		20,970	
High School Graduate	80.4%	75.7%	14,849	96.1%	19,736	94.1%
Bachelor's Degree or Higher	24.4%	23.2%	8,520	55.1%	8,156	38.9%
Civilian veterans	12.7%	11.8%	2,326	13.5%	3,206	14.0%
Disability Status	19.3%	19.2%	2,096	9.5%	3,022	10.0%
Foreign Born	11.1%	13.9%	2,249	9.5%	2,032	5.9%
Speak a language other than English at home	17.9%	31.2%	3,347	15.2%	3,994	13.1%
Economic Characteristics						
In labor force	63.9%	63.6%	13,437	74.3%	18,846	79.1%
Median household income in 1999 dollars	\$41,994.00	\$39,927.00	\$78,428.00		\$69,542.00	
Median family income in 1999 dollars	\$50,046.00	\$45,861.00	\$88,484.00		\$71,691.00	
Per capita income in 1999 dollars	\$21,587.00	\$19,617.00	\$35,887.00		\$25,573.00	
Families below poverty level	9.2%	12.0%	169	2.5%	215	2.3%
Individuals below poverty level	12.4%	15.4%	912	3.9%	1,030	3.0%
Housing Characteristics						
Single family owner-occupied homes			5,939		9,493	
Median value	\$119,600.00	\$82,500.00	\$185,000.00		\$128,400.00	

	78729		78759		78726	
	Number	Percent	Number	Percent	Number	Percent
General Characteristics						
Total Population	24,561		40,547		6,480	
Male	12,264	49.9%	20,214	49.9%	3,267	50.4%
Female	12,297	50.1%	20,333	50.1%	3,213	49.6%
Median Age	30.9		34.2		33.4	
Under 5 years	1,826	7.4%	2,168	5.3%	600	9.3%
5-17 years	7,463	30.3%	5,165	12.7%	1,621	25.0%
18 and over	18,272	74.4%	33,214	81.9%	4,259	65.7%
65 and over	1,035	4.2%	3,450	8.5%	228	3.5%
One Race	23,982	97.6%	39,816	98.2%	6,352	98.0%
White	19,659	80.0%	34,496	85.1%	5,481	84.6%
Black/African American	1,217	5.0%	1,070	2.6%	163	2.5%
American Indian/ Alaska Native	90	0.4%	119	0.3%	18	0.3%
Asian	1,894	7.7%	3,012	7.4%	546	8.4%
Native Hawaiian/ Other Pacific Islander	12	0.0%	21	0.1%	8	0.1%
Other	1,110	4.5%	1,098	2.7%	136	2.1%
Two or more races	579	2.4%	731	1.8%	128	2.0%
Hispanic/Latino	2,859	11.6%	3,481	8.6%	427	6.6%
Household Population	24,386	99.3%	40,223	99.2%	6,480	100.0%
Group Quarters Population	175	0.7%	324	0.8%	-	0.0%
Average household size	2.44		2.04		2.93	
Average Family Size	3.08		2.81		3.33	
Total housing units	10,265		20,648		2,632	
Occupied housing units	9,988	97.3%	19,675	95.3%	2,215	84.2%
Owner-Occupied housing units	5,187	51.9%	8,839	44.9%	1,613	72.8%
Renter-Occupied housing units	4,801	48.1%	10,836	55.1%	602	27.2%
Vacant housing units	277	2.7%	973	4.7%	417	15.8%
Special Characteristics						
Population 25 years and over	15,932		28,716		3,992	
High School Graduate	15,202	95.4%	28,146	98.0%	3,892	97.5%

Bachelor's Degree or Higher	7,155	44.9%	18,416	64.1%	2,513	63.0%
Civilian veterans	1,935	10.6%	3,265	9.9%	429	10.0%
Disability Status	2,610	11.5%	4,129	10.8%	435	7.3%
Foreign Born	2,544	10.4%	4,349	10.8%	752	11.5%
Speak a language other than English at home	3,954	17.4%	6,363	16.6%	856	14.3%
Economic Characteristics						
In labor force	15,349	81.0%	26,375	78.1%	3,379	74.9%
Median household income in 1999 dollars	\$59,497.00		\$61,284.00		\$89,891.00	
Median family income in 1999 dollars	\$68,348.00		\$82,550.00		\$99,917.00	
Per capita income in 1999 dollars	\$27,430.00		\$38,403.00		\$35,024.00	
Families below poverty level	164	2.7%	187	1.9%	49	2.7%
Individuals below poverty level	974	4.0%	1,783	4.4%	233	3.6%
Housing Characteristics						
Single family owner-occupied homes	4,777		7,991		1,529	
Median value	\$134,400.00		\$191,900.00		\$226,200.00	

	78641		78681		78717	
	Number	Percent	Number	Percent	Number	Percent
General Characteristics						
Total Population	19,224		31,958		8,146	
Male	9,722	50.6%	15,919	49.8%	4,010	49.2%
Female	9,502	49.4%	16,039	50.2%	4,138	50.8%
Median Age	35.2		32.6		32.3	
Under 5 years	1,636	8.5%	2,945	9.2%	878	10.8%
5-17 years	4,367	22.7%	7,587	23.7%	1,929	23.7%
18 and over	13,221	68.8%	21,426	67.0%	5,339	65.5%
65 and over	1,038	5.4%	1,444	4.5%	267	3.3%
One Race	18,859	98.1%	31,336	98.1%	7,999	98.2%
White	17,051	88.7%	26,378	82.5%	6,710	82.4%
Black/African American	416	2.2%	1,533	4.8%	352	4.3%
American Indian/ Alaska Native	148	0.8%	102	0.3%	24	0.3%
Asian	170	0.9%	1,254	3.9%	675	8.3%
Native Hawaiian/ Other Pacific Islander	20	0.1%	29	0.1%	10	0.1%
Other	1,054	5.5%	2,040	6.4%	228	2.8%
Two or more races	365	1.9%	622	1.9%	149	1.8%
Hispanic/Latino	2,534	13.2%	4,685	14.7%	789	9.7%
Household Population	19,212	99.9%	31,836	99.6%	8,081	99.2%
Group Quarters Population	12	0.1%	122	0.4%	87	0.8%
Average household size	2.95		3.06		3.03	
Average Family Size	3.28		3.30		3.38	
Total housing units	6,881		10,617		2,764	
Occupied housing units	6,514	94.7%	10,395	97.9%	2,670	96.6%
Owner-Occupied housing units	5,729	87.9%	8,676	83.5%	2,120	79.4%
Renter-Occupied housing units	785	12.1%	1,719	16.5%	550	20.6%
Vacant housing units	367	5.3%	222	2.1%	94	3.4%
Special Characteristics						
Population 25 years and over	11,796		19,669		4,939	
High School Graduate	10,478	88.8%	18,208	92.6%	4,826	97.7%

Bachelor's Degree or Higher	2,946	25.0%	8,752	44.5%	2,918	59.1%
Civilian veterans	1,856	14.2%	2,775	12.9%	492	9.2%
Disability Status	2,559	14.9%	3,407	11.7%	509	7.0%
Foreign Born	860	4.6%	2,601	8.1%	783	9.5%
Speak a language other than English at home	2,093	12.2%	4,882	16.6%	1,067	14.6%
Economic Characteristics						
In labor force	10,364	75.9%	17,150	75.3%	4,363	77.2%
Median household income in 1999 dollars	\$57,294.00		\$74,889.00		\$87,290.00	
Median family income in 1999 dollars	\$60,885.00		\$77,776.00		\$91,820.00	
Per capita income in 1999 dollars	\$24,442.00		\$26,947.00		\$30,199.00	
Families below poverty level	183	3.5%	244	2.7%	22	1.0%
Individuals below poverty level	994	5.3%	1,202	3.8%	81	1.0%
Housing Characteristics						
Single family owner-occupied homes	3,976		8,308		2,037	
Median value	\$111,000.00		\$145,500.00		\$183,300.00	

	78727		78732		78730	
	Number	Percent	Number	Percent	Number	Percent
General Characteristics						
Total Population	22,212		3,629		4,885	
Male	11,335	51.0%	1,888	52.0%	2,558	52.4%
Female	10,877	49.0%	1,741	48.0%	2,327	47.6%
Median Age	31.7		33.7		36.4	
Under 5 years	1,577	7.1%	422	11.6%	488	10.0%
5-17 years	3,423	15.4%	606	16.6%	746	15.3%
18 and over	17,212	77.5%	2,601	71.7%	3,651	74.7%
65 and over	915	4.1%	146	4.0%	186	3.8%
One Race	21,573	97.1%	3,553	97.9%	4,826	98.8%
White	16,904	76.1%	3,287	90.6%	4,464	91.4%
Black/African American	1,369	6.2%	53	1.5%	53	1.1%
American Indian/ Alaska Native	117	0.5%	13	0.4%	17	0.3%
Asian	1,935	8.7%	159	4.4%	232	4.7%
Native Hawaiian/ Other Pacific Islander	9	0.0%	2	0.1%	2	0.0%
Other	1,239	5.6%	39	1.1%	58	1.2%
Two or more races	639	2.9%	76	2.1%	59	1.2%
Hispanic/Latino	3,246	14.6%	274	7.6%	300	6.1%
Household Population	22,095	99.5%	3,629	100.0%	4,885	100.0%
Group Quarters Population	117	0.5%	-	0.0%	0	0.0%
Average household size	2.37		2.63		2.48	
Average Family Size	3.01		3.03		2.98	
Total housing units	9,593		1,488		2,101	
Occupied housing units	9,333	97.3%	1,378	92.6%	1,967	93.6%
Owner-Occupied housing units	5,373	57.6%	1,227	89.0%	1,457	74.1%
Renter-Occupied housing units	3,960	42.4%	151	11.0%	510	25.9%
Vacant housing units	260	2.7%	110	7.4%	134	6.4%
Special Characteristics						
Population 25 years and over	15,138		2,710		3,322	
High School Graduate	14,192	93.8%	2,603	96.1%	3,311	99.7%

Bachelor's Degree or Higher	7,863	51.9%	1,767	65.2%	2,366	71.2%
Civilian veterans	1,730	10.0%	259	9.3%	328	9.1%
Disability Status	2,618	12.6%	284	8.5%	213	4.8%
Foreign Born	2,775	12.4%	277	7.3%	394	8.1%
Speak a language other than English at home	4,621	22.2%	367	11.0%	512	11.6%
Economic Characteristics						
In labor force	14,360	80.3%	2,186	77.5%	2,775	75.0%
Median household income in 1999 dollars	\$62,648.00		\$103,951.00		\$128,524.00	
Median family income in 1999 dollars	\$68,924.00		\$106,631.00		\$161,971.00	
Per capita income in 1999 dollars	\$31,037.00		\$46,009.00		\$72,110.00	
Families below poverty level	157	2.8%	-	0.0%	-	0.0%
Individuals below poverty level	1,098	4.9%	36	0.9%	94	1.9%
Housing Characteristics						
Single family owner-occupied homes	5,104		1,266		1,389	
Median value	\$123,200.00		\$222,500.00		\$397,200.00	