

Religious Fatalism and Its Association With Health Behaviors and Outcomes

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Objectives: To examine the association between religious fatalism and health care utilization, health behaviors, and chronic illness. **Methods:** As part of Nashville's REACH 2010 project, residents (n=1273) participated in a random telephone survey that included health variables and the helpless inevitability subscale of the Religious Health Fatalism Questionnaire. **Results:** Religious health fatalism was higher among African Americans and older

participants. Some hypotheses about the association between fatalism and health outcomes were confirmed. **Conclusions:** Religious fatalism is only partially predictive of health behaviors and outcomes and may be a response to chronic illness rather than a contributor to unhealthy behaviors.

Key words: health disparities, fatalism, REACH 2010, African-American health, religion

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