A Web-based survey was conducted of Buddhist practitioners’ religious practices and beliefs, health history and practices, social support, community service, psychological characteristics and demographic characteristics. Eight-hundred eighty-six Buddhists participated, of whom 82% resided in the U.S. and had practiced Buddhism an average of 12 years. Sixty-eight percent rated their health as excellent/very good; 85% were nonsmokers, 50% had followed a vegetarian diet for the past year; 37% had a depressive disorder; 61% had engaged in vigorous leisure time physical activity in the past 30 days. The results of analysis of association between Buddhist practices and health practices will be presented.

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