DEXA Scan

The Alaska Conference is partnering with DexaFit to offer an important opportunity for clergy and conference leaders to invest in their long-term health and well-being during the 2026–2027 appointive year. Please sign up!

Through this partnership, 10 leaders will receive a series of three DEXA scans at no cost (one during Annual Conference, one during the Fall Learning Event, and one during the Spring Learning Event). These scans provide a meaningful way to track health over time and make informed decisions that support vitality, strength, and longevity in ministry.

A DEXA scan is a quick, non-invasive assessment that provides detailed information about:

- Bone density
- Lean muscle mass
- Body fat composition
- Visceral fat patterns
- Overall body composition in relation to height and age

Unlike a traditional scale, a DEXA scan helps us understand what is happening inside the body. A person can appear thin and still be at significant risk for health concerns related to bone loss, muscle decline, or metabolic health. The scan offers a fuller picture of wellness and can help identify concerns long before symptoms appear.

This is particularly important for women. In the United States, approximately 80% of people diagnosed with osteoporosis are women, and nearly half of all women over the age of 50 will experience a bone fracture in their lifetime. One of the primary reasons is the decline of estrogen during menopause, which accelerates bone loss. Early awareness and intervention can make an enormous difference in preserving mobility, strength, and independence.

Physician and longevity researcher Peter Attia considers DEXA scans one of the core tools for extending healthspan. This is not simply lifespan, and includes the ability to remain strong, active, and engaged throughout life and ministry. He highlights three measurements in particular:

1. **Lean Muscle Mass**
   DEXA scans measure muscle mass relative to height through metrics such as Lean Mass Index (LMI) and Appendicular Lean Mass Index (ALMI). Lower muscle mass is strongly associated with increased risk of injury, frailty, and all-cause mortality as we age.
2. **Visceral Fat and Metabolic Health**
   DEXA scans help identify patterns of fat distribution, including the Android/Gynoid fat ratio, which can reveal elevated risks related to inflammation and metabolic disease.
3. **Bone Mineral Density (BMD)**
   DEXA is considered the gold standard for assessing bone health and fracture risk. Strong bones are foundational to maintaining independence, mobility, and resilience throughout the aging process.

As people entrusted with ministry, service, and care for others, we are also called to care for our own sacred bodies. This opportunity is an invitation to practice stewardship of health with wisdom, compassion, and intentionality.

We encourage you to take advantage of this opportunity and sign up for one of the available DEXA scan series during the 2026–2027 conference year.

