



THE HEALTH CONNECTION



AdventistHealthMinistries

HealthMinistries

APRIL/JUNE 2016

Volume 1, Number 2

Every church a center of hope and health.

REACH UP

TABLE OF CONTENTS

Reach Up.....	1
Message from the GC Health Ministries Team	
Reach In.....	2
Health Ministry Resources	
Dates to Remember	
Reach In.....	3
Health Research Updates	
Reach Out.....	4
Health Ministries News	

Focus on a Spirit Led Revival



United in Prayer



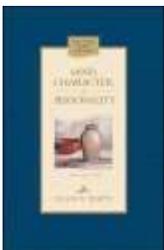
United in Prayer incorporates the 777 (praying at 7:00 a.m. and 7:00 p.m., 7 days a week) and 10 Days of Prayer, programs in which hundreds of thousands of people worldwide have participated. The goal in this new program is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer. Participants will be able to share and receive testimonies, prayer requests, inspirational messages, and practical prayer resources. Register today at www.100daysofprayer.org

Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program reading through the Bible and selected Ellen White writings, including Steps to Christ, Christ's Object Lessons, Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles, and The Great Controversy. You can receive daily Bible readings, participate in interactive blogs and read select inspirational writings. Sign up at www.revivalandreformation.org/signup

Books

Mind, Character, Personality (Vol 1 & 2) by Ellen G. White. This collection of inspired writings deals with a wide range of counsel, including emotional stress, mind-body relationships, and human sexuality. Order today at your local Adventist Book Center or at www.adventistbookcenter.com/mind-character-and-personality-vols-1-2-set.html



Comprehensive Health Ministry



Comprehensive Health Ministry (CHM) is a term used to reflect and embrace in modern language the term "medical missionary work," a term used by Ellen G. White urging the Church to engage in wholistic caring and healing. CHM includes not just health workers but also pastors, teachers, administrators, and every church member. As CHM is embraced and implemented, the result could be "the setting in operation of a mighty movement such as we have not yet witnessed" (*Medical Ministry*, p. 304). CHM is about sharing wholeness in a practical, grace-filled way by meeting people's needs, serving all, and demonstrating God's compassionate love. A primary objective is to keep Jesus as our "Pattern Man" and to follow Christ's method, ministry, and mission alone.

What does Comprehensive Health Ministry really look like?

- When put into practice, it appears as if Jesus is amongst us! The sick are being cared for, the hungry are fed, the naked are clothed, sympathy, love and inclusivity abound
- It is not merely a method-it is much more a ministry and a mission - extending the healing ministry of Jesus

Christ "to make men whole".

- It is concerned as much with wellness and wholeness, not just the treatment of disease. Preventive lifestyle initiatives are vitally needed.
- The continuum of care addresses the wholistic being in every aspect including physical, social, mental and spiritual.

The Adventist Health Message when practiced with balance has as many mental and emotional benefits as it does physical.

As every church member embraces Comprehensive Health Ministry, every church may become a center for health promotion, practicing Christ's method of mingling, sympathizing, meeting needs, winning confidence, and then sharing timeless spiritual truths of salvation and eternal life. We must all get involved!

Together, and with God, we can make the difference!



Peter Landless, MD

Director
Adventist Health Ministries
General Conference
LandlessP@gc.adventist.org

Health Ministries Resources

- **Unhooked.** Unhooked is a 10-DVD series focusing on common addictions and unhealthy behaviors. Hear survivors tell their stories, clinical experts explain behaviors and treatment options, and pastors point to Jesus who brings emotional and spiritual strength. 30 programs include Addictions 101; Pills, Booze and Drugs; One Drink Too Many; Betting on a Losing Game; The Plate of an Addict; Porn and Sex; Me, Myself and I; Family Impact; Abuse Recovery and Wholeness; and Unhooked: Hope for Healing and Recovery. The DVD set is produced by Adventist Recovery Ministries and Hope Channel, To see trailers go to www.unhooked.hopetv.org or place your order at www.nadhealthministries.org/store/product/80.

- **World No Tobacco Day (March 24)** is an opportunity to raise awareness about the use and control of Tobacco. For this year's World No Tobacco Day, WHO and the Secretariat of the WHO Framework Convention on Tobacco Control are calling on countries to get ready for plain (standardized) packaging of tobacco products. Plain packaging refers to "measures to restrict or prohibit the use of logos, colours, brand images or promotional information on packaging other than brand names and product

names displayed in a standard colour and font style". To learn more download the brochure or resources at www.who.int/campaigns/no-tobacco-day/2016/brochure/en.

- **BREATHE-FREE 2.** Breathe-Free 2 is the revised version of the known Stop Smoking Program that has been used successfully by many committed to quit the use of Tobacco. The program now includes pharmacological advice, as well as motivational interviewing techniques that have been shown to be helpful in assisting and motivating people to quit. For free access of the materials please go to www.BreatheFree2.com.

- **Booklet Adventists and Healthy Living.** Health ministry leaders and health professionals have developed a resource that contains the basic Adventists beliefs on healthy living. This booklet is available in several languages to be shared with the public and those who may want to know what Adventists believe in regards to health behaviors and why. The content is evidence-based with references to scriptural texts. The access or order contact ReinertK@gc.adventist.org.

WHO Health Calendar Emphasis



APRIL-JUNE

World Health Day - 7 April
World Immunization Week - Last week in April
World Malaria Day - 25 April
World No Tobacco Day - 31 May
World Blood Donor Day - 14 June

JULY-SEPTEMBER *Looking ahead*

World Hepatitis Day - July 28

Dates to Remember

April 18-19
IAD HM Advisory
 Miami, FL, USA

April 21-28
MENA Health Expo
 Amman, Jordan

May 20-22
AINEC (Nursing Education Consortium)
 Loma Linda, CA
PJones@llu.edu

May 17
TED Advisory
 UK

May 13-28
ECD Health Evangelism
 Kigali, Rwanda

May 31-June 3
SID HM Advisory
 South Africa

May 31-June 3
ECD HM Advisory
 Nairobi, Kenya

June 10-14
Faith Community Nursing Training
 Southern Adventist University
 Ooltewah, TN, USA
www.AdventistFCN.org

June 26-28
GC Nutrition Council
 Silver Spring, MD – USA
HardingeF@gc.adventist.org

August 8-13
SSD HM Advisory
 Cavite, Philippines

September 5-8
EUD HM Advisory
 Seville, Spain

September 28-Oct 2
NAD Health Summit Canada
 Camp Hope, BC, Canada
www.NADhealthSummit.com

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



According to the Center for Disease Control, men die on average 5 years earlier than women. While women are expected to live an average of 81 years at birth, men are expected to live an average of 76 years, with non-Hispanic Blacks having the lowest life expectancy at nearly 71 years compared to White and Hispanic males. One of the factors contributing to worse health in men is the higher prevalence of cigarette smoking among males than among females at any age. By quitting the habit, males can reduce their chances of dying from any cause and experience a longer and happier life. www.FactswithHope.org Breathe Free 2 can be a helpful way to help people quit. For more info go to www.BreatheFree2.com

Researchers randomized 220 healthy, non-obese adults and assigned them to 2 years of 25% calorie restriction (CR) or the usual calorie intake (AL). The CR group received individual and group counseling. At 24 months the CR group had lost 7.6 kg (16.8 pounds) compared to the 0.4 kg (0.9 pounds) of the AL group. The CR group experienced significant improvement in mood, sleep quality, sexual drive, relationship satisfaction, and quality of life. Try eating less to enhance your quality of life and maybe extend your lifespan, too. www.positivechoices.com/tips/2016/05/29

On May 31, World No Tobacco Day, UN Secretary-General Ban Ki-moon urged all governments around the globe to require plain packaging of tobacco products in order to save lives. Restricting or prohibiting the use of logos, colors and brand images save for brand and product name displayed in a standard color and font would save lives by reducing demand for tobacco products. It would also help families retain more of their income. Tobacco use is still one of the largest causes of preventable non-communicable disease. www.positivechoices.com/tips/2016/06/01

Too little sleep and the resulting disruption of our circadian rhythms are linked to a higher risk of metabolic syndrome and diabetes. In a study designed to mimic shift work for night workers, researchers found that prolonged inadequate sleep at irregular times lowers the resting metabolic rate and leads to defects in pancreatic insulin secretion and impaired glucose regulation. You can decrease your risk for obesity and diabetes by getting adequate sleep at regular times each day. Feeling rested will also help you make more positive food and exercise choices. www.FactsWithHope.org

Health Ministries News



Global HM Advisory

United States | General Conference

On March 13-20, thirteen divisions of the global church and MENA each sent their Health Ministries representative to Silver Spring, Maryland for the Health Ministries Global Advisory. "Every Church, A Center of Hope and Healing – Every Member Sharing Wholeness and Serving All" was the overall theme of the first set of meetings. These focused on the strategic plan of the Church, **Reach the World**, emphasizing our personal walk with God, reaching the Church community, and reaching out to the communities we serve. The second set of meetings covered the importance of specific outreach including health expos and intentional collaboration with supporting ministries, "One Mission – All Serving". This was a blessed time of spiritual refreshing, sharing of resources, and review of key performance indicators related to the strategic plan. Networking was key, and the Advisory concluded with an inspiring Agape supper and foot washing ceremony by Elder Mark Finley.



TED Health Ministries Advisory

UK | Trans-European Division (TED)

Health Ministry directors from around Europe met outside London on May 17th to 19th 2016 for the TED Combined Advisory focusing on answering the question of what Health Ministries should look like in their territory. The TED has defined Comprehensive Health as a top-5 priority for the current quinquennium and TED Health Ministries Director, Dr. Torben Bergland, presented a strategic plan outlining five areas: Establishing churches as community health centers, establishing health associations to equip and support Adventist health professionals in health ministry, improving the health and well-being of pastors, leaders and their families, and an increased focus on mental health and the vast array of addictions. Leaders from across the Division were blessed and left inspired to accept the charge they received.



Health Impact Day Touches the South American

Brazil | South American Division (SAD)

On May 14-15, two million Adventist members in South America went to the streets to share hope and health through literature and health education as part of the project "Hope Impact." They shared millions of missionary health books to people in eight countries. In addition, more than 1,200 Health Expos took place in cities throughout the South American Division. Through these health expos thousands of people underwent screenings and education about healthy living. Volunteers mingled with people, shared their warm smiles, empathizing with their needs and making new friends in the many communities where the Health Expo's took place. Thousands were touched with a message of hope and restoration.



Loma Linda University Breaks Ground for New Hospital

United States | Loma Linda University Health (NAD)

On Sunday, May 22, the groundbreaking ceremony took place in Loma Linda, CA, for a new hospital. Loma Linda University Medical center and related hospitals have grown since the early days of the so called "College of Medical Evangelists" into a large referral center, serving the Inland Empire of California. Due to the earthquake prone location, the State of California mandated that all hospitals in vulnerable areas be "Earthquake compliant" – or close their doors – with a 2014 deadline for plans to be in place. Through numerous providential, and indeed miraculous interventions, the Lord blessed the dedicated leadership team of Loma Linda to the point where the mortgage was secured, the plans approved, and the State subsidy granted! The words of EG White to John Burden and her on still echo in the halls "This is the very place..." God's hand remains over "This very place" ... and to Him be all the glory!