



Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer



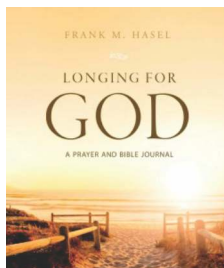
United in Prayer and *10 Days of Prayer* are programs in which thousands of people worldwide have participated. The goal is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer. Participants will be able to share and receive testimonies, prayer requests, inspirational messages, and practical prayer resources. Register today at www.tendaysofprayer.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

Books

Longing for God - by Frank Hazel. In this insightful book, find practical suggestions, which are tried, tested and refined in the crucible of experience. They will enrich your spiritual life with God and are meant to be suggestions that inspire you to try out new things in your relationship with God. www.adventistbookcenter.com/catalog/product/view/id/10019/s/longing-for-god-prayer-and-bible-journal/category/5/



Let Your Light Shine: Community Engagement



"... You shall love your neighbor as you love yourself." These words should become part of the very fabric of Christian life but unfortunately, they have not! Love for God and love for people, all people, are not mere suggestions, yet they don't seem to be the motive force behind ministry as they should, often because of other concepts which appear to preclude really loving others who are of the world; e.g. "be in the world but not of the world."

Adventists belong to the communities in which we live and are called to be salt and light there. We must not disengage from the very communities that we are called to serve. We are encouraged to work with others as far as possible if their mission is not contrary to ours. Jesus, when confronted by John who with his colleagues were in an "us versus them" mentality in Mark 9:39-40 bade them not stop the "others" who were doing good in His name and then declared "for whosoever is not against us is for us."

Very often neither we nor others have all the resources and skills to go it alone in community work. In many countries Adventists collaborate with organizations and agencies in selected areas (such as healthcare emergencies, religious liberty, public health and disaster relief) from loose co-existence, to communication, accommodation, cooperate, coordination, up to collaboration (a tight association). We engage with others to do good, but with no one to do evil.

However, no association or connection should ever impede our accomplishing our prime

mission – the proclamation of the third Angel's Message and prepare the people for the Coming of Our Lord through the ministry of healing! We are guided by the divine advice: two cannot walk together unless they be agreed (Amos 3:3)

God-led collaborative agreements demonstrate our commitment to work with external agencies for the good of the community and for the glory of Our Creator who said, "Let your light so shine before men that they might see your good works and glorify your Father who is in Heaven".

Seventh-day Adventist relations with other denominations is guided by the General Conference Working Policy, O 110, "Relationships With Other Christian Churches and Religious Organizations"

Zeno Charles-Marcel, MD

Associate Director
GC Health Ministries



Health Ministries Resources



- World Health Day (April 7). This year's theme is *Health For All* and focuses on Universal Health Coverage. At least half of the world's population still do not have full coverage of essential health services. About 100 million people are being pushed into "extreme poverty" (living on \$ 1.90 or less a day because they have to pay for health care. Over 800 million people (almost 12% of the world's population) spent at least 10 % of their household budgets to pay for health care. All UN Member States have agreed to try to achieve universal health coverage (UHC) by 2030, as part of the Sustainable Development Goals. For resources on the theme of this world health day go to: www.who.int/campaigns/world-health-day/2018/en/. #HealthForAll.

- SDA Guidelines on Immunizations (April 24-30 is World Immunization Week). Many people are misinformed about the risks of vaccines. The SDA Church has published guidelines for vaccinations encouraging members to be vaccinated and immunized following Centers for Disease Control

recommendations. These can be accessed at www.adventist.org/information/official-statements/guidelines/article/go/0/immunization

- World Malaria Day (April 25). This is an internationally recognized day, highlighting the global efforts to control malaria and celebrating the gains that have been made. Since 2000, the world has made historic progress against malaria, saving millions of lives. However, half the world still lives at risk from this preventable, treatable disease, which costs a child's life every two minutes. For resources on this go to: www.worldmaliariday2018.org

- World No Tobacco Day (May 31). Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and other risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption. The focus of World No Tobacco Day 2018 is "Tobacco and heart disease." For resources go to: www.who.int/campaigns/no-tobacco-day/2018/en/

Health Calendar Emphasis



January-March

- **World Cancer Day** – February 4
- **International Day of Zero Tolerance to Female Genital Mutilation** – February 6
- **World Kidney Day** – March 10
- **World TB Day** – March 24

April-Jun

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

Dates to Remember

2018

April 16-22
European Health Conference
Bucharest, Romania

April 23-26
MENAU Health Summit
Turkey

June 11-13
ESD ARMin Training
Zaoksky, Russia

June 17-19
ARMin Pastors Training
Kiev, Ukraine

July 1-6
AAIM Tri-Division Conference
Nairobi, Kenya

August 19-25
WM Health Feast
West Kenya Union Kisumu, Kenya

August 27-31
Health Professionals Convention
North Tanzania Union
Dar Es Salam, Tanzania

September 28-30
NAD Health Summit
Ontario, Canada

October 18-22
Global Healthcare Conference
Loma Linda, CA

2019

July 9-13
3rd Global Conference on Health and Lifestyle
Loma Linda, CA

RESEARCH UPDATES

Share Facts with Hope and Positive Choices

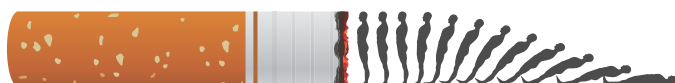


Family meals may improve health. Neglecting shared family mealtimes can keep you from achieving better health and weight control, positive social outcomes, better grades and can also increase the chances of involvement with drugs, cigarettes and alcohol. And these negative outcomes aren't just for kids. At the same time, numerous studies reveal that all ages, races, ethnic groups, levels of education, employment and income benefit by eating with family. We eat every day. Reclaim the family table and make it a habit to eat together. In the next week, select one meal when all the people in your household sit down and eat together. Turn off the television and focus on listening to each other, sharing the day's stories, and nurturing the family connection. Not only will you be fostering better health in your family, but you may find that no one wants to leave the table! www.factswithhope.org (video 3).

Salt and your health. Most adults don't know if they are consuming too much sodium in their diet—and many don't even care. The International Food Information Council found that 70% of the 1,003 U.S. adults surveyed did not know what the dietary guidelines for sodium were. Six in 10 were “not concerned” about their sodium intake, despite the fact that most Americans are consuming twice as much sodium as recommended. Try reducing your daily consumption to less than 2,300 mg of sodium or less than 1,500 mg if you are over 51, of African descent of any age, or if you suffer from hypertension, kidney disease or diabetes. The good news is that taste for salt is acquired. By gradually cutting down on processed foods and adding salt to foods, your taste buds will adjust—and so will your blood pressure! www.factswithhope.org (video 6)

- Tobacco and heart disease. The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing more than 7 million people a year. Around 80% of the 1.1 billion smokers worldwide live in low- and middle-income countries, where the burden of tobacco-related illness and death is heaviest. The growing popularity of smokeless tobacco products, especially among teen boys, is concerning. All of these deaths and costs are entirely preventable. There are immediate and long-term health benefits of quitting for all smokers: Within 20 minutes, the heart rate and blood pressure drops; in 12 hours, the carbon monoxide level in the blood drops to normal. For help quitting go to www.breathefree2.com. www.factswithhope.org (video 28)

Cigar Smoking Raises All-cause Mortality. All forms of combustible tobacco pose health risks to the user. There are some who smoke cigars because they think they are not as harmful as cigarettes. A 26-year study of almost 360,000 U.S. adults, found those who exclusively smoked cigarettes experienced twice the risk of never-smokers. The all-cause mortality of those who exclusively smoked cigars was 20% higher than never-smokers, but each group of smokers had a significantly elevated risk of dying from tobacco related cancers. Remember: No safe form of tobacco exists! www.positivechoices.com/tips/2018/03/16



Health Ministries News



Attendees of the NEWSTART program in Tonegun Minakami City, Japan.

Japan Union Conference NEWSTART Program

Tokyo, Japan | Northern Asia Pacific Division (NSD)

On October 22-25, 2017 the Japan Union Conference sponsored a NEWSTART Experience Program in the Gunma Prefecture of Tonegun Minakami City. The beautiful Japanese hot spring and delicious vegetarian meals attracted dozens of participants. Despite the threats of a hurricane weather heavy rain stopped, and the group enjoyed the beauty of Autumn leaves. Dr. Miyagi Shizen, Health Promotion Department Director at Tokyo Adventist Hospital, was the speaker and shared the latest information on preventive medicine. The program ended on a high note with a special baptism ceremony for one of the participants and many attendees shared their testimonies of how blessed they were to be there. Yamaji Hiroshi, Director for the Japan Union Conference Health Department, shared that "this program is easy for people to invite their non-Adventist friends. They are eager to retreat to God's natural environment from their busy and crowded city life in order to experience rest and restoration."



Vibrant Life Wellness Clinic Inauguration

Vibrant Life Clinic Opens its Doors

Bangalore, India | Southern Asia Division (SUD)

On January 4, the leadership team of the Southern Asia Division (SUD) joined community leaders, government officials, and health professionals for the inauguration of the Vibrant Life Wellness Center in Bangalore, India. "We praise God for this opportunity", said Dr Nurandra Rao, clinic director. Along with his wife, Dr Rani Rao, they envisioned this clinic becoming a center of healing and positive influence in that urban area of Bangalore where many are suffering from physical and mental chronic conditions. God has answered their prayers. The plan is to have a Café and Health Food store started in the near future on this same site. Division, Union and Conference leaders were present and grateful to God for the beautiful location that will be a positive center of influence. They continue to rely on generous donations, the work of volunteers and the prayers of others who share in this vision.



Participants of the SAD HM advisory and ARMin Global training in Brasilia.

Health Ministries Advisory and ARMin Global Training

Brasilia, Brazil | South American Division (SAD)

On March 13-15 the South American Division (SAD) held its first Health Ministries Advisory, bringing together Union Health Directors, medical directors of several hospitals and other important collaborators representing eight countries and territories. The GC Health Ministries team shared messages of inspiration and relevant content to equip the leaders in comprehensive health ministry (CHM). The 3-day advisory took place in Brasilia at the SAD headquarters and focuses on a balanced CHM and its mission. Many resources were discussed as well as a strategies for discipleship. Following the Advisory, an Adventist Recovery Ministries (ARMin) Global training was conducted from March 16-18 and dozens of local church leaders and health professionals joined in to become facilitators of 12-step recovery groups in their communities. The group left motivated to share Jesus healing ministry in vibrant and effective ways.



Attendees take a break to stretch and move during the Congress.

7th Congress on Vegetarian Nutrition

Loma Linda University, CA | USA

The 7th International Congress on Vegetarian Nutrition took place in Loma Linda, CA, from February 26-28. Globally recognized as the world's premier scientific congress on the effects of vegetarian and other plant-based diets, it showcased recent advances from basic science, epidemiology and clinical trials in vegetarian nutrition from around the planet. Hundreds of people came to hear experts share the latest research findings on the benefits of a healthy vegetarian diet. The theme this year included population health and "the often-unexpected ways plant-based nutrition benefits the health of the ecological environment", noted Dr Joan Sabaté, director of the Center for Nutrition, Lifestyle and Disease Prevention and chair of the event. The congress is held every five years and is the main time when the world's leading scientists, researchers and scholars versed in the study of plant-based diets gather to unveil research findings and raise provocative ideas. For more information, including viewing previous congresses, visit www.VegetarianCongress.org