



THE HEALTH CONNECTION

AdventistHealthMinistries

HealthMinistries

FIRST QUARTER 2019

Volume 4, Number 1

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

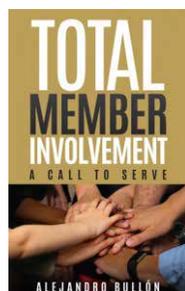
This quarter we are focusing on *World-Changing Prayer Warriors: Prayers That Change Our Perspective*. In the Bible we find stories of individuals who prayed, and the answer to their prayers changed the world. Our prayers may not change the entire world, but they will change the world around us—or even just the world of one person—for eternity. You can follow the prayer requests from around the world and join us in prayer and intercession. Find resources in English and Spanish at <https://bit.ly/2QoKCNg>

Believe His Prophets

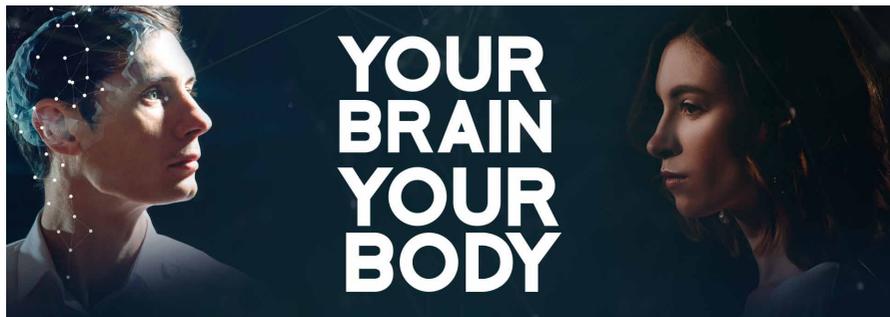
Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program reading through the Bible and selected Ellen White writings, including *Steps to Christ*, *Christ's Object Lessons*, *Patriarchs and Prophets*, *Prophets and Kings*, *The Desire of Ages*, *The Acts of the Apostles*, and *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

Total Member Involvement by Alejandro Bullón. More than simply a call to serve, this book presents simple and practical ways for each member to enlist as a worker for God, whether it is on the other side of the ocean or on the other side of the street. The beloved pastor and evangelist Alejandro Bullón makes a case for all to participate in this global movement that will lead to the soon return of Christ. <https://bit.ly/2UhaLSM>



Your Brain, Your Body



Twelve years ago then Director General of the World Health Organization (WHO) encouraged the Church to speak on Health and Lifestyle to the world. This invitation was directed to the Health Ministries Department of the Seventh-day Adventist Church through Dr. Margaret Chan's Office for Partnerships and UN Reform. This was following her initiative to welcome collaboration with faith-based organizations including churches. The First Global Conference on Health and Lifestyle took place in 2009! It is hard to believe that we are on the verge of the 3rd Global Conference on Health and Lifestyle – Your Brain, Your Body, July 9 through 13/14, 2019.

Why a global conference? It affords a wonderful opportunity for the meeting of minds, the sharing of ideas and the exploration of scientific developments together! Learning, debating, discussing and networking with people coming together from around the world is invigorating, encourages growth in our knowledge and our relationships, and serves as a reminder of our mission to share wholeness and serve all!

Why at Loma Linda University? Adventist Health Ministries and Loma Linda University are longtime partners in health work and education. Many exciting changes are taking place on the campus of Loma Linda including the erection of a modern, highly engineered new hospital. Loma Linda has been the center of much research on health, healing, lifestyle, nutrition, and health education. It continues its important role and focuses on working to bring health and healing to the world. Of all the universities in the United States that teach medicine, nursing, and health sciences, Loma

Linda University has the greatest global footprint. While it is not the largest university, it continues to reach out across the globe. A significant factor in this success story is the strong relationship which Loma Linda University enjoys with the global Seventh-day Adventist Church. It continues to be a blessed partnership with powerful synergy.

We look forward to having you join this international convocation as we look at some of the ways in which lifestyle impacts not only our bodies, but our emotional, mental and spiritual health and well-being. We will also celebrate Adventist Health Ministries' partnerships with Loma Linda University, the International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA), the WHO, and each of you.

Registration is now open. Catch the early bird discount and ensure your accommodation by visiting www.conference.healthministries.com and registering soon. We look forward to seeing you in just over 3 months' time. God bless and Godspeed.



Peter Landless, MD

Director
GCHealthMinistries

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Watching TV May Shorten Your Life.** Every hour spent watching TV may shorten the viewer's life by 21.8 minutes. New research published in the *British Journal of Sports Medicine* tracked data from 100,000 Australians over the age of 25 found that those who watch television six hours a day "can expect to live 4.8 years less than a person who does not watch TV," and concluded that watching too much TV is as dangerous as smoking or being overweight. You can extend your life expectancy by the push of a button—the TV remote button, that is. Consider alternative forms of relaxation and entertainment that reduce sedentary time and introduce more physical activity to your family's daily life. So, don't wait! Turn off the TV and live a healthier and longer life. <https://factswithhope.org/> (video 21).

• **Having a pet may impact your heart health.** According to an *American Heart Association* scientific statement, having a pet might lower your risk of heart disease. A review of previous studies on the influence of pets on human health found that pet owners tend to have lower blood pressure and cholesterol levels, stress, and incidence of obesity. One study of over 5,200 adults showed that dog owners were 54 percent more likely to reach recommended levels of physical activity. As you consider your leisure time activities, think about the loving relationship you have with your dog or cat. Not only can pets pull at your heartstrings, but they improve your heart health so that you will live a longer and happier life. <https://factswithhope.org/> (video 19)



• **Marijuana Addiction Growing.** It is estimated that 2.7 million Americans are dependent on marijuana. A Pew Charitable Trust investigation found that marijuana addiction does exist and is growing. While hard numbers are hard to come by, data suggests about 9 percent of all users become addicted to marijuana (17 percent among those who start as adolescents). Some treatment centers report increases in those requesting help which may be due to higher concentrations of THC levels. Selective breeding has increased the potency today to 20 to 30 percentage, up from 2 to 4 percent several decades ago. The best policy is to never start, but if you are dependent, get qualified help immediately. <https://bit.ly/2uuvXGv>

• **Taxing Tobacco.** A majority of the world's 1.6 billion smokers live in low- and middle-income countries. Increasing the excise tax on tobacco three-fold in many low- to middle-income countries would cut tobacco deaths by about one-third worldwide. Because 50 percent of young men and 10 percent of young women become smokers, and few quit, predictions are that tobacco-related deaths will rise from about 5 million today to more than 10 million a few decades out. Large tax increases in France and South Africa have cut cigarette consumption by half in less than 15 years. Support every legitimate effort to reduce tobacco use! <https://bit.ly/2HYRQW8>



Health Ministries Resources



•**World Health Day (April 7).** Universal health coverage is WHO’s number one goal. Key to achieving it is ensuring that everyone can obtain the care they need, when they need it, right in the heart of the community. Progress is being made in countries in all regions of the world. But millions of people still have no access at all to health care. Millions more are forced to choose between health care and other daily expenses such as food, clothing, and even a home. This is why WHO is focusing on universal health coverage for this year’s World Health Day, on 7 April.: <https://bit.ly/2X8P85G>

•**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: <https://bit.ly/2TEGbhx>

•**SDA Guidelines on Immunizations (April 24–30 is World Immunization Week).** Immunization saves millions of lives every year and is widely recognized as one of the world’s most successful and cost-effective health interventions. Yet, there are still nearly 20 million unvaccinated and under-vaccinated children in the world today. This year’s theme for the WHO World Immunization Week is Protected Together: Vaccines Work! Many people are misinformed about the risks of vaccines. The Adventist Church has published guidelines for vaccinations encouraging members to be vaccinated and immunized. These can be accessed at <https://bit.ly/2JOF4fu> For WHO’s Immunization Week resources go to <https://bit.ly/2DfWgFC>



•**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 2019 is "tobacco and lung health." The campaign will increase awareness on the negative impact that tobacco has on people’s lung health, from cancer to chronic respiratory disease, the fundamental role lungs play for the health and well-being of all people. For resources go to: <https://bit.ly/2U5InAU>

WHO and UN Health Calendar Emphasis



April–June

- 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

2019

March 12–17

General Conference Nutrition Council
Tasmania, Australia

May 9–11

Latin America Nursing Congress
& AINEC Latin America
UNASP-SP, Brazil

July 9–13

3rd Global Conference
on Health and Lifestyle
Loma Linda, CA

August 14–18

TED Youth Alive Training Conference
Albania, Adriatic Union

August 20–24

TED Youth Alive Training Conference
Lithuania, Baltic Union

August 26–31

SID Youth Alive Training Conference
Botswana Union

December 2–8

ECD Youth Alive Training and Conference
Northern Tanzania Union

Health Ministries News

Breathe Free Program Helps People Quit Smoking

Beirut, Lebanon | Middle East and North African Union (MENAUI)

Eight new non-smokers have reason to celebrate after receiving their "Bachelors of Non-Smoking" certificates in Beirut, Lebanon, this past October. The Breathe Free 2 smoking cessation program ran for three weeks near Middle East University (MEU) with 15 regular attendees between the ages of 20-60+ years. "I love how people are running after my health!" said one participant. Because the program was offered free, many couldn't believe the support was real. "Honestly, I came here putting in mind that I needed to quit smoking, but I didn't really believe I could do it," said another. "They care about my health more than I do, so this encouraged me to start looking after my health." In Lebanon, almost half of the men and more than one-third of the women aged 15 years and up are smokers, reflecting the increasing trend of smoking in developing countries in the east. However, the community support for those wanting to quit smoking is usually minimal and costly. Because of this, the Breathe Free 2 program has become a significant tool to reach out to the communities in Lebanon. Organized by the Middle East and North Africa Union (MENAUI) Health Ministries, the program used the talents of Adventist youth currently living in Beirut. "Establishing kingdom friendships are what our community programs are about," says Rick McEdward, MENAUI president, summing up the effort.



Non-Smoking graduates and facilitators.

Master's in Health and Mission

Adventist University, Chile | South American Division (SAD)

The Adventist University of Chile (UNACH) Seminary is partnering with the GC Health Ministry department in offering a graduate program in Mission with a focus on Health. January 2019 was the second year that students experienced intensive classes covering healthy lifestyles, mental health, addiction prevention and recovery, as well as other core mission content. Twenty-three motivated students, mostly pastors along with three healthcare professionals, have found the blended focus of the course critical for their ministry and also deeply helpful in their own life. "This has been one of the best courses I have had in seminary," said a student, "I wish all pastors could be exposed to this content." The Adventist Health Professionals Association of Chile had their annual meeting at UNACH during the same time and seminary students took advantage of the rich presentations that focused on depression and suicide. Part of the course requirement in this Health and Mission Master's program is for the graduate students enrolled to plan and implement mission projects using comprehensive health ministry tools with a wholistic focus to bless the communities and regions they serve.



UNACH Students with GC Health Ministries Presenters

Church Leaders Renew Commitment to Healthy Lifestyle

Montego Bay, Jamaica | General Conference

On February 1-10, 2019, Adventist church world leaders gathered in Montego-Bay, Jamaica, for their annual leadership conference. This time a major focus of the meeting was on comprehensive health ministry and personal health. Nearly 200 attendees and their spouses representing 13 divisions and Israel field were offered health screening tests before and after the week-long conference. Presentations and group discussion covered various whole health topics each morning, as well as in depth workshop seminars which focused on cardiovascular health, weight management, mental health, nutrition and diabetes. Attendees were offered a total vegetarian diet and encouraged to rest, engage in physical activity daily in the sunshine. At the end of the week they were counseled on their lab results and many had not only lost weight but were happily surprised to learn that their blood pressure and/or cholesterol levels were lower. They left the conference committed not only to implement the principles of health in their life but also to bring a message of healing and hope to the cities using comprehensive health ministry.



Participants of GC Global Leadership Conference.

General Conference Nutrition Council in Action

Tasmania, Australia | General Conference

The General Conference Nutrition Council (GCNC) had its annual meeting in Tasmania, Australia on March 12-17, 2019. During the first four days, the nutritional experts reviewed papers in preparation for publication of various Nutritional Fact Sheets. They also listened to presentations by experts on current nutritional issues. A unique aspect of the meeting this year was the collaboration with Tasmania Conference to engage in community outreach. The GCNC members were divided in three groups and spread across Tasmania to preach on Sabbath in various churches and also participate in health expos reaching the community. They helped with screenings, health counseling, food demonstrations and specific presentations covering topics on health and nutrition. Pr. Cosmo, Conference Treasurer and pastor of the Glenorchy SDA Church, along with his wife, organized the Health Expo in Hobart and several church volunteers from neighborhood churches joined in. "This was the most successful health expo we have had so far, with great response from the community," said Pr. Cosmo. "We have a plan to follow up with each one and meet their identified health needs." Most attendees came from the community asking questions about being healthy and were interested in making lifestyle changes. Many took home free literature and asked to have prayer before leaving. To learn more about GCNC and access the Fact Sheets on Nutrition, go to: <http://healthministries.com/gcnc>



GCNC members and spouses near Sydney, Australia.