



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

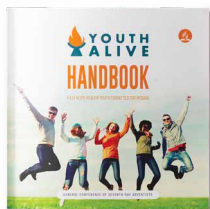
This quarter we are focusing on *World-Changing Prayer Warriors: Prayers That Change Our Perspective*. In the Bible we find stories of individuals who prayed, and the answer to their prayers changed the world. Our prayers may not change the entire world, but they will change the world around us—or even 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

Youth Alive Handbook by GC Health Ministries. This Handbook describes the Youth Alive program and gives examples of how schools and churches can launch a Youth Alive program. Download the Youth Alive Handbook at the leaders portal www.leaders.youthaliveportal.org/en



Building Resilience in Youth



According to the United Nations (UN) there are 1.8 billion young people between the ages of 10 and 24 in the world. They estimate this is the largest youth population that ever existed. Sadly, many of these young people live in risky environments and are often led to engage in at-risk behaviors that may ruin their health and shorten their lives. About 1 in 10 of the world's youth live in conflict zones and 24 million of them are out of school. Political instability, broken homes, poverty, and limited opportunity for leadership, have led to increasing isolation of youth in societies and in faith communities globally.

Education is a key factor in our progress towards the 17 Sustainable Development Goals (SDG). Accessible education can play a role in the prevention of conflict, in eradicating poverty and also in promoting good health and well-being among youth. Seventh-day Adventists schools play a major part in this effort focusing on wholistic education of mind, body and spirit.

One of the ways Seventh-day Adventists schools are impacting the lives of young people is through the Youth Alive (YA) program. YA focuses on building resilience among youth through intergenerational relationships that foster empowerment and also disciple youth. Young people can lead Youth Alive clubs and Friendship groups, impacting the lives of their peers in a positive way. Through Youth Alive, young people can build strong relationships with adult mentors and peers, grow spiritually and find their purpose through service opportunities. YA

focuses on educating youth about healthy living and empowering them to say no to at-risk behaviors, such as substance or behavioral addictions, violence, suicide and early sex. Youth Alive is built on scientific evidence, and this wholistic learning experience can build resilience for teens and young adults in schools, church and community settings where they live, learn and worship. (See www.YouthAlivePortal.org and page 2 of this newsletter for more Youth Alive resources).

On August 12, the UN observes the International Youth Day and in 2019 the theme is "Transforming education." Rooted in Goal 4 of the 2030 Agenda for SDGs, leaders around the world recognize the crucial role that quality education plays in youth development. Youth-led organizations, such as a Youth Alive club, together with educators/adult mentors, other stakeholders and Governmental institutions can partner in transforming education so young people can thrive and reach their utmost potential. This International Youth Day, may you take the opportunity to be intentional in empowering the youth in your sphere of influence. God can transform your intentional efforts into transformed resilient lives.



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Health Ministries Resources

• **International Day Against Drug Abuse and Illicit Trafficking is June 26.** The International Day against Drug Abuse and Illicit Trafficking is celebrated each year to strengthen global action and cooperation to achieve the goal of an international society free of drug abuse. www.un.org/en/events/drugabuseday/ The 2019 theme “Health for Justice. Justice for Health” highlights that justice and health are two sides of the same coin when it comes to addressing drug problems. Effective responses to the world drug problem require inclusive and accountable institutions of criminal justice, health and social services to work hand in hand to provide integrated solutions, in line with the international drug control conventions, human rights obligations and the Sustainable Development Goals. The United Nations (UN) encourages people to get involved using the social media campaign package. <https://bit.ly/2Nnnf96>

• **Youth Alive Leaders Portal and Mobile Apps.** Youth Alive is a youth discipleship program designed to build resilience among teens and young adults by inspiring and equipping them to make healthy choices. The Youth Alive online portal brings free courses, articles, books and other resources on relevant youth topics. A new Youth Alive app is now available on iOS and Android phones. Youth Leaders can access manuals and other Youth Alive resources to launch a Youth Alive club and Friendship Group in their local church, school, and community. Check www.YouthAlivePortal.org for more information or email YouthAlive@gc.adventist.org.

• **World Hepatitis Day (WHD) is July 28.** Viral Hepatitis is a global threat. Worldwide, 300 million people are living with viral hepatitis unaware. Without finding the undiagnosed and linking them to care, millions will continue to suffer, and lives will be lost. On World Hepatitis Day, 28 July, we call on people from across the world to take action and raise awareness to find the “missing millions.” The elimination of viral hepatitis is not just a public health goal—it is an individual goal for millions of men, women, and children across the world. For resources go to www.worldhepatitisday.org/.

• **International Youth Day is August 12.** International Youth Day is an initiative that celebrates the qualities of young people and that recognizes the challenges that today’s youth can face. This year’s theme is “Transforming Education.” International Youth Day 2019 will examine how governments, young people and youth-led and youth-focused organizations, as well as other stakeholders such as faith-communities, are transforming education so that it becomes a powerful tool to achieve the 2030 Agenda for Sustainable Development. For more information: www.un.org/en/events/youthday/.



WHO and UN Health Calendar Emphasis



June–August

- World Blood Donor Day – **June 14**
- World Elder Abuse Awareness Day (UN) – **June 15**
- World Refugee Day – **June 20**
- International Day Against Drug Abuse (UN) – **June 26**
- World Hepatitis Day – **July 28**
- World Breastfeeding Week – **August 1–7**
- International Youth Day – **August 12**
- World Humanitarian Day – **August 19**

Dates to Remember

2019

July 18–22

IAD 2nd Congress of Young Adventist University Students and Professionals
Panama City, Panama.

August 14–18

TED Youth Alive Training Conference
Albania, Adriatic Union

August 20–24

TED Youth Alive Training Conference
Lithuania, Baltic Union

August 23–25

SPD Lifestyle Summit
Castle Hill, Australia
www.eliawellness.com/summit2019

August 26–31

SID Youth Alive Training Conference
Botswana Union

August 26–30

SSD Medical Missionary Boot Camp
Manila, Philippines

September 8–11

SSD Health Professionals Summit
Taipei, Taiwan

September 26–29

Whole and Holy:
NAD Women’s Convention
Orlando, Florida
www.nadwm.org/2019-convention

December 2–8

ECD Youth Alive Training and Conference
Northern Tanzania Union

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Underage Drinking.** A recent study of 295 high school students suggests that drinking and getting drunk at an early age are key risk factors for alcohol abuse. The participants who had their first drink at a very young age progressed more quickly to heavy drinking than those who started drinking or had their first binge drinking experience later. Parents can play a key role in helping their children avoid this at risk behavior. If age of any use is the primary risk factor, our efforts should be primarily focus on preventing initiation of ANY harmful substance. This study amounts to the evidence that it is best to say NO to alcohol, No matter your age. www.factswithhope.org/ (video 26).

• **Video Games.** According to a two-year study of more than 3000 school-age children, video game addiction has been associated with problems in youth including depression, anxiety, social phobias and lower school performance. Those who stopped playing video games ended up with lower levels of these same symptoms, but still higher levels than the control group of children who never became addicted. The American Academy of Pediatrics recommends that parents limit screen time to no more than two hours per day including television, videos/DVDs, and video games. In doing so, you decrease your child's risk for poor school performance and mental health problems. So turn off the screen and give your kid a brighter and happier future. www.factswithhope.org/ (video 25).



• **Moderate Alcohol Use Linked to High Blood Pressure.** Even minimal levels of alcohol may influence both short- and long-term health. A large meta-analysis of over 360,000 adults and 90,000 newly diagnosed hypertensives found that men who averaged 1-2 alcoholic drinks per day had an increased risk for high blood pressure. As their alcohol intake increased, so did their hypertension risk. In the women, risk began to increase at 3 or more drinks per day. Evidence is growing that any level of alcohol is not safe. www.positivechoices.com/tips/2018/06/27



• **Suicide rates rising.** Forty-nine states in the US saw significant increases in suicide rates in the last two decades. The U.S. Centers for Disease Control and Prevention (CDC) report the suicide rate in the U.S. has increased by almost 25% between 1999 and 2016. North Dakota and Vermont saw the highest increases and Delaware the lowest. Nevada was the outlier with a slight decrease. Rates for both men and women are increasing, and more than 50% of people who committed suicide had no known mental health conditions. Know someone depressed, anxious, and abusing substances? Please encourage them to see a mental health professional immediately. www.positivechoices.com/tips/2018/06/10

Health Ministries News



Theological Seminary Faculty and Health Professionals joined at the Health Expo effort in Lima.

Theological Seminary and Adventist Clinic Build Strategic Alliance

Adventist University, Peru | South American Division (SAD)

The Peruvian Union University Theological Seminary has established an alliance with the Good Hope Seventh-day Adventist Clinic to carry out Health Expos in different places of the city of Lima, Peru. On Sunday April 28, a first experience was held in a shopping center south of Lima, a sector where a new church is planned. A team of health professionals was led by the general director of the Clinic, Dr. Norca Huamalies. They organized a Health Expo with the support of a team of 25 students from the Faculty of Theology, led by their dean, Dr. Walter Alaña. Leaders of the local Conference also offered their support. An average of 100 people were served and most of them signed up to receive information on future programs that promote a healthy lifestyle. On Saturday, May 4, all of them received a home visit and were given a missionary book on Healthy Families. "We are sure that this alliance between the Faculty of Theology and the Clinic Good Hope will be an important support for evangelism in Metropolitan Lima," affirmed Dr. Alaña.



Participants pose for a picture.

Health Professionals Conference Focuses on Emotional Health

Zaoksky, Russia | Euro Asia Division (ESD)

On early May 2019, the Euro-Asian Division hosted 4th Annual Health Conference called "Assistants of the Great Doctor." This year the theme of the conference was "Emotional and Mental Health." According to Nadia Ivanova, Health Director for ESD, this theme was chosen due to its urgent relevancy. "We have been talking a lot about a healthful lifestyle..., but we lose sight of the emotional and spiritual components of health. Our challenge today is to know what exactly is happening with us, how God cares about our emotional well-being and how we can help others become more prosperous, content with ourselves, with our environment, dealing properly with everyday issues." In total, 243 participants that included volunteers and lifestyle counselors and who came from all over Russia, Belarus, Moldova, and Ukraine. The conference featured highly informative and practical workshops presented by a number of medical professionals. They were instructed to follow the principle of "doing no harm", and that their counseling should be advisory in nature, and their actions be motivated by humility, meekness, love and the desire to have a good influence on people. We believe and hope that such meetings will continue to be held every year and at such a high level.



Faculty, students and alumni nurses join for a picture.

Fifty Years of Adventist Nursing in Brazil

UNASP-SP, Brazil | South American Division

The São Paulo Adventist University – Campus SP (UNASP-SP), celebrated the 50th year anniversary of its Nursing School on May 9-12, hosting the 5th International Nursing Congress for Latin America. The Nursing School was the first Nursing program in an Adventist Institution in Brazil and among the pioneer nursing schools in the Country. Over 500 attendees came together to join in the celebration and International Congress. Plenary sessions dealt with practical clinical nursing topics. Drs. Patricia Jones and Edelweiss Kamal presented the unique Adventist Model for Nursing Education that was developed through an evidence-based approach with input from nurse educators from around the world. Dr. Rogerio Gusmao, Division HM director, recounted how the Halliwells – nursing couple who came to South America - and served as missionaries and touched many lives. The spiritual celebration came on Sabbath with a special worship as Dr. Katia Reinert, GC Associate Director, reviewed the History of Nursing in the Adventist church and challenged attendees to accept the call to blend their healing skills for mission. At a special Banquet, past pioneer Deans and faculty of the Nursing school were recognized. "More than 4000 nurses graduated from this school since its inception in 1969 and are extending Jesus healing ministry around the world. We praise God for what He has done and continue to do to prepare nurses for caring service," noted UNASP-SP Director Martin Kuhn.



AINEC-LA members attending its 5th meeting in Brazil.

Latin American Adventist International Nursing Education Consortium (AINEC-LA)

São Paulo, Brazil | General Conference

On May 13-15, Deans for the Nursing Schools across Latin America came together for an important gathering. Representatives from Mexico, Columbia, Peru, Chile, Bolivia, Argentina, Brazil, among others, joined the 5th International Nursing Congress for Latin America, followed by the AINEC-LA (Adventist International Nursing Education Consortium in Latin America). The group discussed challenges and opportunities among their respective institutions and shared ideas and goals to grow their focus and mission by collaborating together. Reports from the schools described mission activities being promoted by the schools and the impact of these in the communities served. Programs for Student learning exchanges among sisters schools were discussed and new leadership chosen. The next AINEC-LA meeting will take place in Bolivia.