



# THE HEALTH CONNECTION



AdventistHealthMinistries

HealthMinistries

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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* 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](http://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](http://www.revivalandreformation.org/signup)

## Books

*Easy Steps for Better Health*, by Shawn Boonstra with Fred Hardinge. Millions of people today are turning to fad diets and quick fixes in an effort to prevent obesity and disease. But time after time, these "fixes" end in failure and frustration. In this book, you will discover the Bible's "full-coverage health plan." These principles of diet, exercise, temperance and rest can easily be applied to your lifestyle while enhancing your quality of life and reducing your risk of disease. [www.adventistbookcenter.com/easy-steps-for-better-health.html](http://www.adventistbookcenter.com/easy-steps-for-better-health.html)



## Educating Health Professionals: Our Mandate



"In the ministry of healing, the physician is to be a coworker with Christ. The Savior ministered to both the soul and the body. The gospel which He taught was a message of spiritual life and of physical restoration." —Ellen White, MH 111

Considering the high cost of training health professionals, the question is asked, "Why does the Seventh-day Adventist Church engage in medical education?" It is expensive, but the reason the Church currently has six medical schools, more than 70 schools of nursing, five dental schools, and numerous professional schools is to train Christian medical missionaries in the pattern and mold of the Chief Physician, Jesus Christ. The Seventh-day Adventist Church does not pursue the education of health professionals as a "franchise." It is not education for education's sake. It exists so that health professionals may minister to patients wholistic, touching body, mind, and spirit.

It has been a joy to witness the "White Coat Ceremony" of our first cohort of students at the Adventist University of the Philippines in 2015. It was a wonderful privilege to attend the inauguration and investiture of the first graduating class of the Benjamin S. Carson School of Medicine at Babcock University in Nigeria in February of 2017. The Adventist University of Central Africa is hard at work planning, building, and staffing a school of medicine based in Kigali, Rwanda. This will be the second Seventh-day Adventist school of medicine on the continent of Africa, servicing

this vast region. Many Adventist young people would love to serve as physicians, but they face difficulties and obstacles that preclude them from doing so. In secular universities classes and qualifying examinations that are held on Sabbath are frequent challenges to Adventists. Having our own schools eliminates this problem.

New schools are in the planning stages. At the same time our flagship school, Loma Linda University, is in the midst of rebuilding its adult and children's hospitals at great expense. Why would the church want to take on such expensive projects in the current economic climate? There simply is no choice if we want to continue the healing ministry God has set before us. The California building regulations require all hospitals to conform to earthquake specifications; those that do not comply must cease operations. Through a series of what we believe have been divinely-guided events, the bonds and mortgage were confirmed and raised, and the building program is underway. We are grateful and humbled by God's leading and provision, despite the many difficulties encountered.

The Seventh-day Adventist Church engages in educating health professionals to equip workers to meet the wholistic needs of a broken planet that longs to experience the touch of the healing ministry of Jesus. You can support this work by your prayers, your means, and by becoming one of the teachers or administrators who trains Christian health professionals. As people's lives are touched, they may also experience the healing of their souls! What a privilege, and what a responsibility it is to follow in the footsteps of the Great Physician.

**Peter Landless, MD**



Director  
Adventist Health Ministries  
General Conference  
[LandlessP@gc.adventist.org](mailto:LandlessP@gc.adventist.org)

# Health Ministries Resources



**1 in 5**  
In the workplace experience a mental health condition

World Mental Health Day October 10



- **World Humanitarian Day (Aug 19)**. August 19 is a day when the world pays tribute to aid workers who risk their lives in humanitarian service to mankind and seeks to rally support for people affected by crisis around the world. For decades ADRA has been touching the lives of people in more than 130 countries and across nine crucial impact areas. Its network of almost 6,000 people actively implement region-appropriate solutions for positive and sustainable change where it is needed the most. Consider supporting ADRA. More info at [www.adra.org/make-a-difference](http://www.adra.org/make-a-difference) [www.un.org/en/events/humanitarianday](http://www.un.org/en/events/humanitarianday)

- **World Alzheimer's Day (Sep 21)**. September 21st of each year is a day on which Alzheimer's organizations around the world concentrate their efforts on raising awareness about Alzheimer's and dementia. Alzheimer's disease is the most common form of dementia, a group of disorders that impairs mental functioning. Download a planning toolkit at [www.awarenessdays.com/awareness-days-calendar/world-alzheimers-day-2017](http://www.awarenessdays.com/awareness-days-calendar/world-alzheimers-day-2017)

- **World Heart Day (Sep 29)**. Created by the World Heart Federation, World Heart Day informs people around the globe that Cardiovascular Disease (CVD), including heart disease and stroke, is the world's leading cause of death, claiming 17.5 million lives each year. It aims to educate people about the importance of controlling risk factors such as tobacco use, unhealthy diet, and physical inactivity. At least 80% of premature deaths from heart disease and stroke could be avoided. To download a toolkit go to [www.worldheartday.org](http://www.worldheartday.org)

- **World Mental Health Day (Oct 10)**. World Mental Health Day is observed on 10 October every year. Its overall objective is to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. The theme this year is mental health in the workplace. One in five people in the workplace experience a mental health issue. Mental health issues have been shown to increase employee absenteeism, lower rates of productivity, and increase workplace costs. This year's packet will contribute to taking mental health in the workplace out of the shadows so that people and companies have the tools to help employees and increase the overall mental wellbeing of their workforce. Download resources at [www.wfmh.global/wmhd-2017](http://www.wfmh.global/wmhd-2017)

## WHO Health Calendar Emphasis



### JULY-SEPTEMBER

- World Breastfeeding Week - August 1-7
- World Humanitarian Day - August 19
- World Alzheimer's Day - September 21
- World Heart Day - September 29

### OCTOBER-DECEMBER *Looking ahead*

- World Mental Health Day - October 10
- World Diabetes Day - November 14
- World AIDS Day - December 01

## Dates to Remember

### 2017

Aug 30-Sep 8  
**Jordan Field Health Expo**  
Amman, Jordan

October 25-29  
**SUD Health Ministries Advisory**  
Hosur, India

November 4-6  
**Dutch Union ARMin Training**  
Netherlands

### 2018

February 8-11  
**Gulf Field HM Training**  
Dubai, United Arab Emirates

February 26-28  
**7th Vegetarian Congress**  
Loma Linda, CA

March 14-16  
**SAD HM Advisory**  
Brasilia, Brazil

March 17-18  
**SAD ARMin Training**  
Brasilia, Brazil

October 18-21  
**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



**Regular Exercise protects brain function.** Ever wish you didn't have to fold laundry, mow the lawn, or take out the trash? A study published in the *Archives of Internal Medicine* found that seniors who expended the most energy on daily duties were 91 percent less likely to experience declines in memory, concentration and language abilities after five years than those in the least active group. While a regular exercise program is an important part of a healthy lifestyle, don't overlook physical activity throughout the day. The seniors in the most active group burned most of their calories in activities of daily living—reporting more walking, climbing more stairs, engaging in more caregiving, volunteering, and just moving more overall. Although not typically thought of as exercise, these physical activities get our heart rate up and improve circulation while also protecting brain function. [www.factswithhope.org/videos/physical-activity](http://www.factswithhope.org/videos/physical-activity)

**Salt impacts your blood pressure.** 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 percent of the 1,003 U.S. adults surveyed did not know what the dietary guidelines for sodium were. And 59 percent were “not concerned” about their sodium intake. 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 regardless of 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 less salt to foods, your taste buds will adjust—and so will your blood pressure! [www.factswithhope.org/videos/salt-and-your-health](http://www.factswithhope.org/videos/salt-and-your-health)

**Dietary patterns are established in the first two years of life.**

A study published in the *Journal of the American Dietetic Association* found that toddlers aged 12 months and older consumed a third of their daily calories from snacking between meals, with the snacks becoming less nutritious as the children get older. Dietary patterns low in fruits and veggies and high in sweets and saturated fats began to develop between the ages of 12 months and 24 months, and this pattern tended to be established by 24 months. Parents can establish the foundation for a healthy diet early in life when eating habits and preferences are being formed. Simple dietary changes such as offering more nutritious snacks can help prevent obesity and chronic disease in our children. So, switch the candies for blueberries, and see the children grow healthier and happier. [www.factswithhope.org/videos/healthy-eating-early-in-life](http://www.factswithhope.org/videos/healthy-eating-early-in-life)

**Water is the perfect beverage.** Researchers have identified sugar-sweetened beverages (SSB) as the primary source of added sugars in the American diet, contributing to the pandemic of obesity. SSBs are also linked to insulin resistance, impaired B-cell function, and belly fat—precursors to metabolic syndrome and type 2 diabetes. In addition, recent studies have found that these beverages increase inflammation, which contributes to arteriosclerosis, plaque stability, thrombosis, and risk for heart attack and stroke. God gave us a perfect beverage that does not promote weight gain or chronic disease: water. It has no calories or additives and is widely available, inexpensive, and generally safe. So do your health a favor and go pour yourself a tall glass of God's perfect beverage! [www.factswithhope.org/videos/benefits-of-water/](http://www.factswithhope.org/videos/benefits-of-water/)

# Health Ministries News



Participants of the No Tobacco Day parade in Timor Leste

## No Tobacco Day Awareness Event

*Timor Leste Mission | Southern-Asia Pacific Division (SSD)*

Timor Leste (TL) is one of the world's newest countries. Among its population of 1.2 million a devastating 69.5 percent of adults and 40 percent of youth smoke. On May 31, TL Adventist Health Ministry joined the Ministry of Health of the government and other NGOs for the No More Tobacco Day parade. The local high school marching band brought their parade orchestra, which arrested the attention of participants and observers. According to Becky House, HM director, over 250 marched in the parade and at least 1,000 spectators watched. The parade ended with exercise, talks about the harm of smoking, and featured the testimony of a business owner, Mr. Zelindo Lai, who had quit smoking. Mr. Lai runs a bus service from his town seven hours away. He is proud to offer the only no-smoking bus service. This and many other steps are being taken by the Adventist Church in Timor Leste to help the country become more educated about the harmful effects of tobacco.



Attendees in the ARMin training held in Ukraine and Armenia

## Ukrainian and Transcaucas Union ARMin Training

*Euro-Asia Division (ESD)*

Dozens of health professionals, pastors, and lay ministry leaders attended the Adventist Recovery ministries (ARMin) training sessions in Ukraine and Armenia from June 20-28. Sponsored by the local Unions and the Euro-Asia Division, these ARMin training sessions equipped participants to start 12-step Christ centered groups to assist people struggling from harmful practices and addictive behaviors. Nadia Ivanova, ESD HM director, ensured all materials were translated into Russian. Resources needed were made available free of cost for all who attended the training. The leaders and attendees left motivated to create a loving and healing environment in their local churches, embracing those in need of hope and help for their traumatic experiences and brokenness to find healing in these small group meetings.



Appreciative inquiry team with hospital staff at Ishaka Hospital

## Hospitals Appreciative Inquiry

*East Central Africa Division (ECD)*

A team of leaders from the General Conference visited five mission hospitals and respective nursing schools in the East Central Africa Division during the month of August. The goal was to show appreciation and evaluate the needs and the care provided to patients. Hospitals visited included Kendu Bay in Kenya, Muganero in Rwanda, Ishaka in Uganda, Heri in Tanzania, and Gimbie in Ethiopia. Despite the great financial needs, these hospitals continue to serve the needy in communities that experience extreme poverty in remote areas. Dedicated staff have extended Jesus' love and healing ministry and are known for their differentiated wholistic care. Nursing and Allied health schools train students who are known for their superior clinical skills compared to students from other institutions. In order to keep the hospital care sustainable and financially viable the need for surgeons, doctors, nurses, faculty and administrators with a heart for mission remains great. For information on how you can help contact our GCHM office.



Vision exam mobile truck offered by the Jordanian Ministry of Health

## Health Expo and Breathe-Free Outreach

*Jordan | Middle East North-Africa Union Mission (MENAUI)*

Several volunteers from Europe, North America, and the Middle East participated in a health outreach effort for the cities of Amman and Madaba, Jordan from Aug 30-September 8. Six health expos and vision clinics along with a Breathe-Free stop-smoking program made a difference in the lives of over 1,000 people who attended the programs. The events were a collaboration with the Ministry of Health in Jordan, and dozens of people around the globe helped sponsor this important initiative. "Our deepest appreciation and gratitude to each volunteer and sponsor," noted Anees Abdelnour, whose vision to help the people in his home country and share with them health, hope and healing, helped make this outreach possible.