



THE HEALTH CONNECTION



AdventistHealthMinistries

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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

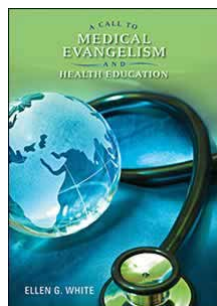
This quarter we are focusing on *World-Changing Prayer Warriors: Prayers That Change Our Perspective*. In the Bible we find stories of individuals who prayed, and the answer to their prayers changed the world. Our prayers may not change the entire world, but they will change the world around us—or even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

A Call to Medical Evangelism and Health Education, by EGW. This exceptional book by Ellen White is a call to—the church and to individuals—help others with medical and spiritual needs. In these last days of earth's history, those who meet the medical needs of others will have the door opened to meet spiritual needs as well <https://bit.ly/2s50BZE>



Grateful for Adventist Institutions of Higher Learning



Christmas is upon us, and 2020 is the reality of our planning and schedules. We look back with gratitude that the Lord has faithfully led us to this point, and by His grace, we may look forward with hope and confidence to the opportunities, challenges, joys, and duties of the New Year.

There is so much I could share with you in this year-end message. Many wonderful milestones have been reached in Comprehensive Health Ministry (CHM) around the world. I wish to express my gratitude to our health leaders worldwide for their dedication, commitment, and energy to promote, teach, instruct, implement, and practice grace-filled and balanced health ministry. I wish to highlight one facet of CHM that has featured prominently in 2019 as it relates to our institutions of higher learning.

A new medical school was dedicated on September 2, 2019. This school is situated in the city of Kigali, Rwanda, and forms part of the Adventist University of Central Africa (AUCA). President Kagame, guest of honor at the dedication of the state-of-the-art teaching building, commended the Seventh-day Adventist Church for its commitment and dedication to healthcare and to health education and training. He also committed to a partnership in the building of a new University Teaching Hospital for the new school. Please remember this important project in your prayers.

Two schools graduated their first cohorts of newly-minted physicians – in Peru (UPeU), and the Adventist University of the Philippines (AUP). We congratulate these two schools on attaining excellent results measured nationally. Both schools crafted inspiring and mission-focused graduation ceremonies.

Parents and immediate families of graduates were thoughtfully included. Additionally, it was a privilege to participate in the 25th Anniversary Celebration of the Adventist University of River Plate, Argentina in September 2019. This occasion turned into an opportunity to honor teachers, appreciate the alma mater, and rekindle the mission of students and graduates alike with many alumni in attendance.

These are but some of the highlights related to medical education this last year. We should never forget that our medical schools are not mere franchises of medical education. Their *raison d'être* is to train true medical missionaries whose focus is to extend the healing ministry of Jesus Christ. Adventist Health Ministries cherishes our partnership with Adventist Education as together we collaborate in guiding the founding and sustaining of our excellent medical schools across the globe. Our prayer is that every facet of Comprehensive Health Ministry will be blessed and prospered by God's Spirit in 2020 – and until Jesus comes.

Our entire team at GC Adventist Health Ministries wish you and your loved ones a Merry Christmas and a healthy, blessed New Year. Maranatha!



Peter Landless, MD

Director
GCHealthMinistries

Health Ministries Resources

• **World AIDS Day (Dec 1).** World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day. <http://www.worldaidsday.org>. Check out this year's campaign and resources. The Adventist church has a ministry aimed at ministering to those with HIV/AIDS in Africa and around the world. For more information, go to <http://www.aidsministry.com> and become involved.

• **International Day of Disabled Persons (Dec 3).** The annual observance of the International Day of Disabled Persons, proclaimed by the United Nations, aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic, and cultural life. The Adventist church is serious about ministering to those with special needs through the Possibility Ministries: Learn more and find resources at: <https://www.possibilityministries.org/>

• **World Cancer Day (Feb 4).** Created in 2000, World Cancer Day has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history. This year's

World Cancer Day's theme, 'I Am and I Will', is all about you and your commitment to act. Through positive actions, together we can reach the target of reducing the number of premature deaths from cancer and noncommunicable diseases by one third by 2030. For materials and free awareness resources go to <https://www.worldcancerday.org/>.

• **International Day of Zero Tolerance for Female Genital Mutilation (FGM) (Feb 6).** UNFPA, jointly with UNICEF, leads the largest global program to accelerate the abandonment of FGM, currently focusing on 17 African countries and also supporting regional and global initiatives. Female genital mutilation (FGM) comprises all procedures that involve altering or injuring the female genitalia for non-medical reasons and is recognized internationally as a violation of the human rights of girls and women. Resources at <https://bit.ly/390zm2Q> #EndFGM www.enditnow.org



WHO and UN Health Calendar Emphasis



December-March

- World AIDS Day - **December 01**
- International Day of Persons with Disabilities - **December 3**
- World Cancer Day - **February 4**
- International Day of Zero Tolerance for Female Genital Mutilation - **February 6**
- World Kidney Day - **March 10**
- World TB Day - **March 24**

Dates to Remember

2020

January 22-27

IAD Health Summit
Punta Cana, Dominican Republic

March 15-17

ESD ARMin Global Training
Almaty, Kazakhstan

March 20-22

SAD ARMin Global Training
Centro de Treinamento
Cofia, São Paulo, Brazil

April 18-19

SPD ARMin Global Training
Trans-Pacific Union
Suva, Fiji

May 8-10

EUD ARMin Global Training
Lisbon, Portugal

June 26-July 4

GC Session
Indianapolis, Indiana, USA

August 10-18

Youth Alive Training Conference
Middle-East North-Africa Union
Cairo, Egypt

August 24-30

Youth Alive Training Conference
Franco-Belgium Union
Collonges Sous Salève, France

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Children and Sleep.** 16. Children and Sleep - A study reported in the Archives of General Psychiatry found that children who do not get enough sleep are more likely to be overweight than their well-rested peers. The researchers determined that a one-hour reduction in daily REM sleep nearly tripled a child's odds for overweight and obesity. Bring back the bedtime story, prayers, and tuck-in time. Establishing a regular bedtime routine can ensure that your child gets adequate sleep and help to reduce their risk for obesity. So for the little ones, more sleep equals healthier weight and better fit. <https://factswithhope.org/>(video 16).

• **Healthy relationships.** A lack of social ties is associated with increased mortality. Researchers at Brigham Young University and the University of North Carolina at Chapel Hill analyzed data from 148 studies on health outcomes and social relationships, involving more than 300,000 men and women across the developed world, and found that those with poor social connections had on average 50% higher odds of death in the study's follow-up period (an average of 7.5 years) than people with more robust social ties. Regularly spending time with others may be one of the most important things you can do for your health. The influence of social relationships on the risk of death was as powerful as smoking and alcohol consumption and exceeded the influence of other risk factors such as physical inactivity and obesity. So, make some new friends, and increase your odds to have a longer life. <https://factswithhope.org/> (video 30).

• **Religious people live longer.** Self-reported attendance at religious services is linked with longevity. Ohio State University scientists have examined two samples of more than 1600 obituaries looking for religion, marital status and social activities. They found religious people lived an average of 5.64 years longer than nonbelievers. When controlled for gender and marital status the advantage was 3.82 years. Religious values, prayer and meditation, and volunteerism may all help contribute to this advantage. Go to church! involvement in religious groups may extend your life! <https://bit.ly/2EE49e>



• **Sad Facts About Opioids.** Opioid deaths are higher than those due to hypertension, pneumonia and HIV/AIDS combined. You hear a lot about this on the news. Deaths attributable to opioids have increased by 292% in the last 15 years. These amounted to 1.68 million person-years of life in 2016 alone--higher than those due to hypertension, pneumonia and HIV/AIDS. During 2016, 20% of young adult (aged 24-35 years) deaths involved opioids. There are good medical reasons to use opioids in certain circumstances for short time periods, but using them recreationally in combination with other substances can be deadly. <http://www.positivechoices.com/tips/2018/06/08>



Health Ministries News



Medical students at their graduation.

Adventist University in Peru Celebrate their First Graduates in Medicine

Lima, Peru | South American Division

The last weekend of January 2019 saw the graduation of the inaugural class of the UPeU (Universidad Peruana Union) Medical School. There was celebration and rejoicing as 29 graduates received their MD qualifications. Parents, teachers, administrators, and students joined in with great enthusiasm. The commencement convocation included the messages from the University President, Gluder Quispe, and the General Conference Health Ministries Director, Peter Landless. During the weekend activities, the graduates “gowned” their parents in a touching and heart-warming ceremony that honored the families of this inaugural class. The academic scores of the graduates ranked amongst the best in the nation. We praise God for yet another milestone in extending the healing ministry of Jesus. We pray for each of the graduates as they will begin their healing ministry as physicians in Peru and around the world.



Singing graduates perform during graduation weekend.

School of Medicine in the Philippines Graduate their Inaugural Class

Cavite, Philippines | Southern Asia-Pacific Division

The hard work of the 16 graduates of the Adventist University of the Philippines College of Medicine (AUPCOM) culminated in their receiving their MD degrees in June 2019. They constituted the first fruits of this fledgling School of Medicine, and named their class Prima Lux 2019 (the first light of the day is so special and the context very meaningful). Families, graduates, administrators, teachers, and guests celebrated the excellent accomplishments of this diverse and talented class. The class formed an acclaimed choir during their student years and it was inspiring to hear them sing at their commitment ceremony. We pray they will be richly blessed as they extend the reach of Comprehensive Health Ministry in the Philippines and the various countries they will serve. Soli Deo Gloria – to God be the glory.



Alumni medical students sing praises to God.

Adventist University in Argentina Celebrate a Silver Anniversary

Entre Rios, Argentina | South American Division

A 25-Year Celebration at Universidad Adventista del Plata (UAP) took place on September 20-22, 2019. Many joined in as the UAP School of Medicine celebrated its existence over a quarter of a century! Teachers and administrators were honored for their dedicated service. Gratitude was liberally expressed. A specific scholarship fund was started in the name of the founding Dean, Dr. Pedro Tabuenca, who was present at the celebrations. This dedicated pioneer, along with other committed and focused role models, have left an indelible legacy in the training of true medical missionaries. The ongoing loyalty of the inaugural class was evident – not only to their alma mater but to the Great Physician, Jesus Christ, whom they love and serve! Alumni students joined in joyful singing. We pray the 50-year celebration will be in the Earth Made New.



The Solomon Islands ARMin training participants poses for a picture.

The 10,000 Toes Campaign brings Addiction Recovery Training to Honiara

Honiara, Solomon Islands | South Pacific Division

On November 22-25, the Island of Honiara in the Solomon's was the bed for an Adventist Recovery Ministries (ARMin) Global training that brought together over one hundred health professionals, pastors and other church leaders and members from the Pacific islands. The training was sponsored by the 10,000 Toes campaign promoted by the Seventh-day Adventist in the South Pacific Division, and embraced by the National Minister of Health. The 10,000 Toes campaign aims at reducing the non-communicable diseases that plague many in the Pacific. Dr. Chester Kuma, Health Ministry director for the South Pacific Division, summarized the plan: “We have divided the country in regions and assigned regional health promoters who will lead health promotion programs in the community. After receiving this addiction recovery training they will return to their cities to equip others and start 12-step groups, bringing healing from addictions to anyone who seeks recovery.” Dr. Paul Woods, Trans-Pacific Union health director, also participated along leaders from Vanuato and Fiji. They left committed to bring Addiction recovery training to their territories in an attempt to grow exponentially those equipped to help the many in need of addiction recovery in the Islands.