



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



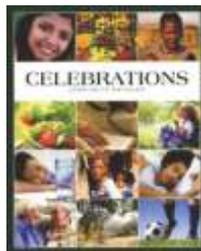
United in Prayer incorporates the 777 (praying at 7:00 a.m. and 7:00 p.m., 7 days a week) and 10 Days of Prayer, programs in which hundreds of thousands of people worldwide have participated. The goal in this new program is to have a broader focus to provide support for both a personal and an interactive 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

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

Celebrations. Celebrations offers a wealth of medical and health-education experience presented in a balanced, practical way to anyone who desires to live healthfully and thrive. Order today at your local Adventist Book Center or at www.adventistbookcenter.com/celebrations.html



Seventh-day Adventists and Nutrition



The Seventh-day Adventist Church encourages a balanced vegetarian diet. "The diet God ordained in the Garden of Eden--the vegetarian diet--is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain." — Seventh-day Adventists Believe, p. 286. There are different types of vegetarian diets including total (animal free), ovo-lacto (the most widely followed in the SDA church), and pesco (vegetarian with a little fish added). For those who live where there is an abundance of fortified food products, a healthy totally vegetarian diet may be the ideal with the following considerations:

- Choose ample whole grains, vegetables, legumes, fruits, nuts, seeds and berries.
- Avoid replacing animal foods with refined, sweet, fatty commercial products—even if these are from plant sources.
- Take a supplement of vitamin B12 regularly (remember, deficiency symptoms may take 4-6 years to appear).
- Obtain adequate sunlight, and emphasize high-calcium vegetables, and/or supplement your diet with calcium and Vitamin D.
- Consider the use of ground flax and or chia seeds or supplements high in omega-3 fatty acids, especially during reproductive years.

• Assure adequate dietary zinc, especially for young and adolescent boys.

Please remember: one diet does not necessarily fit all. The Seventh-day Adventist church promotes the avoidance of flesh foods wherever possible. The best diet will vary depending on many factors including geographic location, economics, specific health/medical conditions, knowledge, and food availability. We are a global church, and as such leave the decisions of the specific diet to the choice of each member.

Let us heed the words of Paul: "...those who don't eat certain foods must not condemn those who do...let us aim for harmony in the church and try to build each other up. Don't tear apart the work of God over what you eat..." (Romans 14:1-3).

The General Conference Nutrition Council is a global committee of nutrition professionals who are available to respond to the nutrition questions you or your constituents may have. We are currently updating our Fact Sheets and soon will have many topics available on the healthministries.com website.

Fred Hardinge, DrPH, RD

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Health Ministries Resources



- **Facts with Hope.** These one-minute videos that offer evidence-based counsel on healthy choices for a full abundant life have been produced by a collaboration between NAD Health Ministries, GC Communication and GC Health Ministries. A total of 36 Facts with Hope videos are available on Youtube.com , Facebook , and twitter in 8 languages. For new videos check the website www.FactsWithHope.com. If you would like to see these in your language contact Reinertk@gc.adventist.org

- **World Heart Day (September 29).** Heart disease remains the number one killer globally. World Heart Day is an event that takes place on 29 September every year. Each year's

celebrations has a different theme, reflecting key issues and topics relating to heart health. This year the theme is creating heart-healthy environments. To access resources go to: www.world-heart-federation.org/what-we-do/world-heart-day/about-world-heart-day

- **OECD Report.** The Organization for Economic Cooperation and Development has published a recent report with statistics from dozens of countries and helpful information to help raise awareness of the top major health issues troubling dozens of nations. Access this report at www.oecd.org/health/health-systems/health-at-a-glance-19991312.htm

WHO Health Calendar Emphasis



JULY-SEPTEMBER

- World Hepatitis Day – July 28
- International Day Against Drug Abuse and Illicit Trafficking - July 19-21
- World Breastfeeding Week - August 1-7
- World Alzheimer's Day - September 21

OCTOBER-DECEMBER *Looking ahead*

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

Dates to Remember

2016

August 8-13

SSD HM Advisory
Cavite, Philippines

September 5-8

EUD HM Advisory
Seville, Spain

September 29-Oct 2

NAD Health Summit Canada
Camp Hope, BC, Canada
www.NADhealthSummit.com

Oct 16-20

ESD HM Advisory
Moscow, Russia

Oct 21-23

ESD Health Professionals Conference
Zaosky, Russia

2017

February 3-5/2017

TED Health Professionals Conference
Oslo, Norway

May 16-18/2017

SAD HM Advisory
Brasilia, Brazil

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



A meta-analysis of data from three large population studies involving 133,468 men and women who were followed for up to 24 year. The studies found that eating more fruits and non-starchy vegetables is linked to modest weight loss. These benefits were strongest for berries, apples and pears, citrus fruits, tofu and soy, cauliflower, and other calciferous vegetables (such as broccoli and Brussels sprouts), and leafy vegetables. Starchy vegetables such as potatoes, corn, and peas did not convey these same benefits. Make a positive choice and focus on eating more fruits and non-starchy vegetables every day.

www.positivechoices.com/tips/2016/09/06

Have you or a loved one been diagnosed with Alzheimer's disease? Personal time with God may slow progression of Alzheimer's disease. A longitudinal study at the Behavioral Neurology Clinic at Bayside (Canada) assessed 70 patients aged 49 to 94 for quality of life, spirituality, and religiosity. Researchers found that higher levels of private religious activities and of spirituality predicted slower cognitive decline in patients with Alzheimer's disease. Include regular meditation, prayer, and scripture reading in your treatment regimen as a coping strategy—and to enhance brain function and slow down cognitive decline. A healthier brain might be just a prayer away.

www.FactsWithHope.org.

Are you part of the majority of Americans who believe a mixture of oats, sugar, vanilla flavor, and maybe a few nuts and raisins is a healthy food? If so, think again! Most commercial granolas tend to have enough sugar that they rival an ordinary slice of chocolate cake or a cup of ice cream. Read a fascinating history of granola on the New York Times website. Make your own granola, but beware of putting too much sugar, honey, maple syrup, and other sweeteners in it. www.positivechoices.com/tips/2016/08/31

The World Health Organization's International Agency for Research on Cancer (IARC) has found growing evidence that losing weight may prevent obesity-related cancers. Those include postmenopausal breast, colorectal, and esophageal cancers. The American Institute of Cancer Research estimates that if every American were at a healthy weight, 130,000 or more cases of cancer could be prevented. Remember, intentional weight loss, when needed, can help lower cancer risk. www.positivechoices.com/tips/2016/08/26



Health Ministries News



CHM and Evangelism Bring Healing to Thousands

Rwanda | East Central Africa Division (ECD)

Thousands of volunteers gathered in Rwanda in the month of May for a massive effort to reach people in search of hope. Church leaders and lay members young and old sought to share Christ through Comprehensive Health Ministry—meeting people's needs in a practical way while showing God's love and compassion. Thousands of people attended health lectures, health screenings throughout more than 2000 sites in big cities and rural areas feeling loved and accepted. The result was that once their practical needs were met, more than 100,000 embraced the message of hope preached from the Word of God at these sites. The Rwanda Union and ECD leadership praise God for all who came to assist, and for the many who have joined the church. They ask prayer for the important follow-up being done to disciple these precious souls.



Adventist Human Subject Research Association (AHSR) Conference

Alabama | United States (NAD)

Dozens of researchers came together in April at Oakwood University for the AHSR annual conference. Various research presentations dealing with ministry, health, human behavior, and faith were warmly received and strategies were discussed on how to increase network and dissemination of the research results among the Adventist community across the globe. We must continue to improve dissemination of the important information we are gathering through research affirms Dr Duane McBride, president of the Association. A website, Facebook page, and newsletter are available for that purpose, as well as to form a means of networking among researchers. The website continues to be developed to function as a portal for all Adventist research around the world. Researchers are welcome to join the association and to submit papers\abstracts for next year's Conference, which will take place in Loma Linda, CA, in the Spring of 2017. For more information contact mcbride@andrews.edu



SID HM Advisory

Johannesburg | Southern-Africa Indian Ocean Division (SID)

Health Ministries leaders, hospital administrators and health professionals involved in Health Ministries joined together to attend the SID Health Ministries advisory held in Johannesburg on May 29-June 2, 2016. Dr Bangwato Sikwa, SID HM director, coordinated the event. A highlight was the joint collaboration in the elaboration of the new Health Ministries Strategic Plan for the quinquennium. Attendees were inspired by the presentations and contributed to the joint Strategic Plan. All four leaders from the GC HM team presented messages to inspire and empower the local leaders for effective comprehensive health ministry and total-member involvement. Several recommendations were submitted to expand the influence of health ministries in the SID territory engaging church, hospitals and partnering with the communities at large.



ECD HM Advisory

Kenya | East Central Africa Division (ECD)

Following the SID HM advisory, the GC HM team arrived in Nairobi, Kenya, for the ECD HM Advisory. HM leaders came across the ECD territory filled with enthusiasm and eager to be inspired and to share challenges and opportunities for reaching communities for Christ through a healing ministry in their territories. Dr Fesaha Tsegaye, HM Director for the region, coordinated the event. He praised God for the blessings seen in Rwanda and presented the ECD Strategic plan for HM in the region. Leaders left motivated to engage in Comprehensive Health Ministry and to turn challenges into opportunities. Dr Ruguri, president of the ECD, shared the blessings of how has blessed the plans of the Medical School in Rwanda, and made appeals for all Union leaders to become involved in praying, praising, and fundraising. A division-wide campaign was launched to assist in next phases of the project.