



# THE HEALTH CONNECTION



AdventistHealthMinistries  
HealthMinistries

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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



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

A Time to Forgive. In this book, Darold Bigger tells us the story of his daughter's death and how he found what he needed to carry on. The book provides an in-depth look at love and forgiveness: what it means, why God requires it, and how to do it. The perspective it provides enables us to more easily love our enemies and forgive them. [www.adventistbookcenter.com/a-time-to-forgive.html](http://www.adventistbookcenter.com/a-time-to-forgive.html)



## Another Year for Thee



This year has sped by at an amazing speed. Time certainly flies—more so as I get older (and the more I fly!). Early October already saw the introduction of Christmas decorations in malls and shopping outlets, yet most of the world hurried on, forgetting that “Jesus is the reason for the season.” How is it with you and me?

As busy health workers, we are totally occupied and engrossed, as we daily encounter the physical, emotional, and spiritual needs of people. We are so deeply engaged in our work that we ourselves become physically and emotionally exhausted, and sometimes even spiritually jaded. Jesus foresaw this scenario; this is why He invited the disciples to “come . . . apart and rest awhile.” We should strive to do this daily as we rest from our works and are immersed in His righteousness and healing. My prayer is that you will make such an opportunity daily, especially during this festive season.

I would like to thank you all for your untiring ministry to a world in need. Thank you for being His hands to touch lives and alleviate all kinds of suffering. The recipients of your care and effort are drawn into a tangible understanding of the love of Jesus through your life. As you move into 2017 with its uncharted terrain, challenges, and new personal resolutions, may you be ever encouraged by God's promise when He said, “Never will I leave you; never will I forsake you,” and that “Jesus Christ is the same yesterday and today and forever.” Hebrews 13: 5, 8 NIV. As the General Conference Adventist Health

Ministries Team, our prayer for each one of you can be summarized in the beautiful hymn: Another year is dawning, dear Father, let it be In working or in waiting, another year with Thee; Another year of progress, another year of praise, Another year of proving Thy presence all the days.

Another year of mercies, of faithfulness and grace, Another year of gladness in the shining of Thy face; Another year of leaning upon Thy loving breast; Another year of trusting, of quiet, happy rest.

Another year of service, of witness for Thy love, Another year of training for holier work above; Another year is dawning, dear Father, let it be On earth, or else in Heaven, another year for Thee. Frances Ridley Havergal, 1874

Let us move forward in confidence and, empowered by His Spirit, embrace the world's brokenness through Comprehensive Health Ministry, sharing wholeness, serving all, and with every member engaged and involved. The intensity and frequency of daily events and catastrophes, not to mention the relentless thrust to exclude God from government and society, leave us in no doubt that we are indeed living in “. . . grand and awful times.” But we have hope, “hope in the coming of the Lord.” Even so, come, Lord Jesus!



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## Health Ministries Resources



- **Facts with Hope.** These one-minute videos offer evidence-based counsel on healthy choices for a full abundant life. They 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 eight languages. For new videos check the website [www.FactsWithHope.com](http://www.FactsWithHope.com). If you would like to see these in your language contact [ReinertK@gc.adventist.org](mailto:ReinertK@gc.adventist.org).

- **World AIDS Day (December 1).** AIDS continues to mine the lives of many, particularly women of reproductive age. Shame and stigma is still a problem in churches and communities. Adventist AIDS International Ministry (AAIM) continues to provide resources for HIV/AIDS. Its mission is to coordinate activities and develop resources to bring comfort, healing, and hope to those infected and affected by HIV/AIDS. It also aims to share a message of education and prevention to the general population through churches functioning as centers of hope and healing. For more information go to: [www.aidsministry.com](http://www.aidsministry.com). For a digital tool kit go

to [www.aids2016.org/Get-Involved/World-AIDS-Day](http://www.aids2016.org/Get-Involved/World-AIDS-Day).

- **World Cancer Day (February 4)** is a day when the world's population unites to fight Cancer, the second leading cause of death in many countries. A campaign on this day aims to save millions of preventable deaths by raising awareness and education about the disease, including how to prevent it and find treatment. Find resources at: [www.worldcancerday.org/world-cancer-day-2017-campaign-webinar](http://www.worldcancerday.org/world-cancer-day-2017-campaign-webinar)

- **World Tuberculosis Day (March 24)** is an opportunity to raise awareness about this major disease worldwide and encourage prevention and control of tuberculosis by people everywhere. It is also an opportunity to advocate for laws that may reinforce preventive measures and practices. Many graphics, multimedia links, and facts/figures are available to help spread the word about this public health issue. Access resources and more information at: [www.who.int/mediacentre/factsheets/fs104/en/](http://www.who.int/mediacentre/factsheets/fs104/en/)

## WHO Health Calendar Emphasis



### OCTOBER-DECEMBER

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

### JANUARY-MARCH *Looking ahead*

**World Cancer Day** - February 4  
**World Kidney Day** - March 10  
**World TB Day** - March 24

## Dates to Remember

# 2017

February 3-5  
**TED Health Professionals Conference**  
 Oslo, Norway

February 10-25  
**TMI Health Evangelism**  
 Romania

March 19-21  
**SSD ARMin Training**  
 Philippines

April 17-29  
**WAD HM Advisory**  
 Philippines

April 28-May 1  
**Health Meetings**  
 Szeged, Hungary

May 7-9  
**TED Union HM Directors Meeting**  
 Budapest, Hungary

May 10-13  
**Global Conference on Family, Women and Children**  
 Budapest, Hungary

May 16-18  
**SAD HM Advisory**  
 Brasilia, Brazil

May 17-20  
**AHSRA Conference**  
 Loma Linda CA, USA

May 22-25  
**SSD Medical Missionary Conference**  
 Bali, Indonesia

June 16-18, 20-22  
**ESD ARMin Training**  
 Russia and Ukraine

## RESEARCH UPDATES

# Share Facts with Hope and Positive Choices



**Exposure to loud noise levels can damage your ears.** WHO recommends limiting audio device use to under an hour a day. WHO estimates 1.1 billion teens and young adults are putting their hearing at risk by exposing themselves to damaging sound levels from personal audio devices, bars, nightclubs, and other entertainment venues. Exposure to noise levels of 100 dB for longer than 15 minutes is not safe. Hair blow dryers and subway trains are associated with those levels! As many as half of noise-restricting headphones don't limit volumes as advertised. Limit exposure by using earplugs in loud venues, turning down the volume on audio devices, and taking short breaks from listening. [www.positivechoices.com/tips/2016/12/07](http://www.positivechoices.com/tips/2016/12/07)

**Sleep deprivation is associated with excess weight.** Increasing evidence demonstrates inadequate sleep may significantly influence obesity rates. Researchers with the Wisconsin Sleep Cohort Study found participants who routinely get less than eight hours per night experienced changes in the appetite regulatory hormones. Leptin (which tends to suppress appetite) levels were reduced and ghrelin (which tends to increase appetite) levels were increased. Chronic sleep restriction combined with an abundance of food availability contributes to excess body weight. Sleeping around eight hours each night may help curb your appetite. [www.positivechoices.com/tips/2016/11/21](http://www.positivechoices.com/tips/2016/11/21)

**Exercise helps prevent cancer.** According to research presented at a meeting of the American Association for Cancer Research, if you sit a great deal of the day, you have a greater risk of developing colon cancer down the road, even if you do exercise regularly. That's a fact. But there's hope! You can further decrease your risk of cancer and other disease by paying attention to how much you move during the day. Set a timer so that you don't sit more than an hour at a time, then get up and move around. Not only will you be improving your health, but the short break may even help you to finish that task sooner. So don't give up on regular exercise, and walk away from cancer. [www.factswithhope.org/videos/exercise](http://www.factswithhope.org/videos/exercise)

**Forgive yourself and live happier.** In a study of young, middle aged and older adults, forgiving oneself was associated with less psychological distress such as feeling nervous, restless, hopeless, worthless, or being sad compared to those with low levels of self-forgiveness. However, this benefit was stronger for older adults (more than 65 years old) than younger ones (less than 45 years old). It seems as one ages, one becomes more accepting of one's own faults, and less critical of oneself. We can start practicing self-forgiveness at any age, and parents can help even young kids to allow room for not being perfect. That may translate to less psychological distress in people at a younger age. So forgive yourself and live happier. [www.factswithhope.org/videos/forgiveness](http://www.factswithhope.org/videos/forgiveness)

## Health Ministries News



### NSD Health Ministries Advisory

*Ilsam, Korea | Northern Asia-Pacific Division (NSD)*

Health Ministries leaders met for a Division wide advisory on July 4-6 in Ilsam, Korea, under the theme "Health is not Talk. Health is Walk." The primary focus was motivating leaders to inspire church members to become involved in medical missionary work. Pr. Lee, the Division president, set the tone reinforcing the Health Ministries vision globally noting that "every church can be a center for medical missionary church and every church member can be a medical missionary." Presentations were centered on a Comprehensive Health Ministries approach to meet the needs of people. Dr. Choi Youngil, Division HM Director, planned an inspiring dedication service reminding attendees of their calling and assuring them that God's presence would be with them always.



### SSD Health Ministries Advisory

*Philippines | Southern Asia-Pacific Division (SSD)*

Dozens of enthusiastic health ministry leaders came together on August 8-11 for an inspiring time of training and fellowship. Dr. Lhalaine Albanoso, Division Health Ministries director, planned the Advisory with the vision to build momentum for partnerships and outreach in the larger communities across the territory. Government public health officials and researchers made presentations, inviting the church to join hands and collaborate to make communities healthier. Stop smoking programs, addiction prevention, and recovery were among the areas identified as needed in the Philippines. Leaders from other countries shared reports of how health is opening to way to serve and meet the needs of community members and to share God's love and compassion. Training for division wide addiction prevention and recovery is scheduled to take place in 2017. The goal is to prepare and equip health workers and lay members to be actively involved in reaching the cities through comprehensive health ministries.



### Adventists Lead Out and Join others in Temperance Movement

*Ottawa, Canada | General Conference*

On August 18-23 the 40th World Convention of Women's Christian Temperance Union (WCTU) took place in Ottawa, Canada. Since WCTU's founding over a century ago, Adventists have been involved in the leadership of this movement, which brings together women across Christian faith traditions. Ellen White herself attended the meetings and urged the church to be supportive and join hands in the temperance movement with love and compassion. At the World congress this year Adventist members and leaders not only attended the meeting, but also led out on presentations and reports. GC HM representatives Dr. Peter Landless, Dr. Alan Handysides, Dr. Katia Reinert and Dr. Kiti Frier-Randall taught plenary sessions on effects of e-cigarettes, drug prevention, alcohol among youth, and the effect of drugs on children. GC Women's Ministries director Heather Dawn-Small also presented. In addition, reports were given by Joy Butler, an Adventist missionary in Papua New Guinea (PNG) and WCTU 2ND Vice-President, and from other Adventists leaders from PNG, Australia, and Africa, demonstrating how important it is for women to reach out for prevention in communities around the world.



### Celebration and Expansion for Healing Opportunities

*Loma Linda, CA | United States (NAD)*

On August 31, Loma Linda University Behavioral Medicine Center celebrated 25 years of service meeting the mental health needs of the local community. During the celebration speakers reflected on the journey from the opening of the Behavioral Health Institute in 2010, to over 4,600 inpatient visits and another 37,473 outpatient visits. Today more than 700 patients are being treated for drug dependency and pain. It is one of only five institutions in the US that offers treatment for chronic pain. Across the street, the Loma Linda Center for Genomics at the School of Medicine, has received new equipment and technology that allows researchers to map the effects of lifestyle choices on health and longevity. The studies so far confirm that over time, choice and circumstances can indeed shape our health. The new machine can sequence 12 whole human genomes in less than four days. It will be able to analyze specimens from the Adventist Health Studies to determine the effects of lifestyle on genetics and longevity. Dr. Richard Hart noted that the purchase of the equipment was possible due to a generous donation.