

“... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.”  
Deuteronomy 30:19, NIV



# health UNLIMITED

ADVENTIST HEALTH MINISTRIES | NORTH AMERICAN DIVISION

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## REACH UP

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### Join Seventh-day Adventists around the globe to pray for revival and outpouring of the Holy Spirit.

Join us in the “777” prayer, seeking “Join us in the “777” prayer, seeking “Revival and Transformation” as 7th-day Adventists praying 7 days a week at 7 o’clock (am or pm) daily, without ceasing until Jesus comes. For more information visit [www.revivalandreformation.org](http://www.revivalandreformation.org)



### Reach NAD prayer calendar:

- April 1-7 - Indiana
- April 8-14- Lake Region
- April 15-21-Michigan
- April 22 – 28-Wisconsin
- April 25-May 5-Central States



**Journey to Wholeness** This is a series of 4 booklets for people who are struggling with things that are hurting them or the people they love. It presents a 12-step model for understanding God and ourselves as God’s creation.

This program is for anyone who finds him or herself in the grip of unhealthy dependence upon substances or other destructive behaviors. (<http://www.nadhealthministries.org/store/product/48>)

## When Abstinence is called into Question

The Full Life choice we are highlighting this month is likely one of the most obvious and historically known choices for health that the Seventh-day Adventist church has embraced: “Choose to say NO to ALCOHOL, DRUGS and ANY HARMFUL SUBSTANCE.” Since the 19th century we have joined others in the community to make known the harmful effects of alcohol and other substances. A little history is needed here:

Sarepta Henry, the founder of Adventist Women’s Ministries in 1898, along with sister Ellen White, said we should unite with the “Women’s Christian Temperance Union” (WCTU) back then and never lose interest in their cause. The WCTU was organized by women who were concerned about the destructive power of alcohol and the problems it was causing to their families and to society. They met in churches to pray and then marched to the saloons to ask the owners to close their establishments. These activities, known by many as the “Women’s Crusades”, motivated the call of WCTU members to invite others to “choose total abstinence” from all alcohol as their lifestyle, and they adopted this definition of temperance: “Moderation in all things healthful; total abstinence from all things harmful (Xenophon -Greek philosopher 400 BCE).”

Most of us will recognize this definition since Ellen G. White uses it in her writings. What motivated our early leaders and WCTU was the “protection of the home.” Their slogan “For God, Home and Every Land” matched the health message God gave EGW in vision. They engaged in health education obtaining pledges of total abstinence from alcohol, and later also tobacco and other drugs. (see [www.wctu.org](http://www.wctu.org) or our resource page for more info). Their influence is noted in many history books as they were successful in getting liquor laws passed nationwide. However, after the 18th Amendment of the Constitution was passed outlawing prohibition this “temperance movement” lost its power. Since then Alcoholic Anonymous has been the next group to advocate abstinence, and of course, the 7th-day Adventist church has continued from its inception to do the same.

Message from the Health Ministries Director



However, today it is not unusual to see people (including SDA members, leaders or even some pastors) questioning whether abstinence is really necessary. Should we really abstain from alcohol? How about caffeine? They may say... “Abstinence is too radical. It was ok then because it was a social and economical issue as industries lost money in productivity because of absenteeism and violence related to alcohol...but this is not needed today.” Others say “...with scientific studies saying that a little wine is good for the heart why should I abstain? Besides, the Bible is not clear... didn’t Jesus turned water into wine in his first miracle?” Others say, “This should be a personal matter.”

The questioning goes on...and what many forget is that alcohol consumption today continues to be a major public health problem in any country of the world. It is connected to crime, car accidents, violence (in the home and outside), broken families, other addictions, mental disorders (like depression), and other physical health problems to mention a few. Laws are being advocated on increase alcohol taxes by others who recognize it as a public health issue. The truth is that when we get deeply connected to Christ, we begin to set aside excuses for why abstinence is unnecessary, and start to see the link of abstinence of harmful substances to not only our physical and mental health, but also to the quality of our relationship with God and with the ones around us. Beyond any studies, our connection with Christ is the answer to such questions. For professional help to say NO to damaging substances please go to [www.AdventistRecovery.org](http://www.AdventistRecovery.org) (see resource page for more on this NAD HM ministry and sign up for a free newsletter on how to break away from hurting habits) God has shown to us the path of LIFE (Psalm 16:1). It is our choice to walk on it. What will you choose?

*Katia Reinert*

Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC  
Director, Adventist Health Ministries – NAD  
[Katia.Reinert@nad.adventist.org](mailto:Katia.Reinert@nad.adventist.org)

REACH ACROSS

Health Ministries Resources



• **Adventists InStep for Life (AISFL)** is a Division wide health initiative. The website provides information and resources so exploring ideas on how your church, school, or health care organization can become involved. To learn more participate in this month's **May 29, 8pm EDT** (register at <https://www1.gotomeeting.com/register/442695617>). Plan for LETS MOVE DAY now, order materials, and explore the resources for coordinators in our website below. The photos in the website of the most recent Adventists InStep for Life Award ceremony held at the NAD Health summit are also available. Visit the website for more information: [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org).

- **CHOOSE FULL LIFE Resources** A set of resources to boost your health ministry's visibility and provide your church with the latests information on the 10 ways to Choose a full life. Resources include booklets, posters and calendar/bookmar containing the themes explored in the 2012 monthly newsletters. Orders can be placed in the online store of the website site below. The **Choose Full Life theme song** you can teach your church to sing is also available FREE at [www.nadhealthministries.org](http://www.nadhealthministries.org).
- **NAD HEALTH SUMMIT 2012 AUDIO FILES/SAVE THE DATE 2013** Sermon and seminar presentations for the 2012 NAD Health Summit are available for download at [www.NADhealthsummit.com](http://www.NADhealthsummit.com) thanks to [www.audioverse.org](http://www.audioverse.org). Save the date for NAD Health Summit 2013 (March 13-17, 2013 – New York City).
- **April is National Minority Health Month!** This year's theme, "Health Equity Can't Wait. Act Now in Your CommUNITY!" is a call to action and unity for the regions, the state and local offices of minority health, the health departments and all the organizations and partners involved and invested in reducing health disparities. [www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov).
- **April is National Alcohol Awareness Month** The National Council on Alcoholism and Drug Dependence works to increase public awareness and understanding so that the stigma associated with alcoholism can be reduced and individuals and families can seek help. Information is available for men, women, parents, families, and youth at [www.ncadd.org](http://www.ncadd.org).
- **National Institute on Drug Abuse** Provides facts on drugs, the brain and behavior. Information is available on marijuana, prescription meds, alcohol, trends and statistics, and the science behind drug abuse. Site includes info for parents and teachers. [www.drugabuse.gov](http://www.drugabuse.gov).



• **Adventist Recovery Ministries** Provides Trainings and Educational resources to help people lead in different areas of this ministry, as well as helping individuals their source of strength in Christ to overcome any addictive behavior. [www.adventistrecovery.org](http://www.adventistrecovery.org).



- **Health Calendar Emphasis -April**  
Canada: <http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>  
USA: <http://www.healthfinder.gov/nho/nho.asp#m8>

April 2012

- April 2012: National Minority Health Month: [www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)
- April 2012: Alcohol Awareness Month: <http://samhsa.gov>
- April 2012: Sexual Assault and Awareness and Prevention Month: <http://www.nsvrc.org/saam>

Looking Forward

- May 1-31 – Mental Health Month
- May 13-19 - National Women's Health Week
- May 30 – National Senior Health & Fitness Day

2012

April 18

2012 Spring Health & Wellness Symposium

The Correlation of Lifestyle and Health  
[Wellness.wellness@khnetwork.org](mailto:Wellness.wellness@khnetwork.org)

April 27-29

Wellness Weekend

Northern California Conference  
Health Ministries Department  
925-603-5073

May 4-6

Sanando al mundo un cuerpo a la vez

Southern California Conference  
951-313-8958

May 10 - 13

Health & Fitness Symposium 2012

Andrews University  
<http://www.andrews.edu/cas/nutrition/symposium>

May 18-20

Reverse Diabetes, Obesity & Heart Disease-Naturally

Southern California Conference  
818-546-8461  
Email: [bcooney818@sbcglobal](mailto:bcooney818@sbcglobal)

May 29

Adventists InStep for Life Webinar

8pm (EDT)  
[www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)

June 10-11

Southern University Wellness Summit

423.236.2852  
[garver@southern.edu](mailto:garver@southern.edu)



REACH OUT

**NAD HEALTH MINISTRIES**

On March 9 the NAD Health Ministries department participated in the North American Division “Just Claim It” Youth Conference (sponsored by the NAD Youth Department). Katia Reinert, HM Director, presented a workshop to attendees to raise awareness



Picture by David Turner

of youth’s mental health. Over 100 youth participants and some of their leaders packed the break out room to engage

in conversation about depression and suicide in teens, and how to prevent as well as offer help to those in need. Mental Health is an often neglected area in Health Ministries and the openness in which youth shared about their own struggles with depression reaffirmed the need for ongoing conversation and health education in this needed area. A march in downtown also provided some physical activity and displayed how health and energy of pathfinders attending.

**SOUTH ATLANTIC CONFERENCE**

**Shiloh SDA Church, North Charleston, SC**

The Shiloh SDA Church Health Ministries has devoted the first quarter to hold health programs. The focus in January was increasing awareness of childhood obesity and a seminar where all attendees participated in BMI screenings. The team of Barbara Daniels and Charmaine Cohen prepared a very tasty meal, and a beautiful fruit and vegetable display. The *My Plate* guidelines were emphasized, and everyone was encouraged to make half of their plates fruits and vegetables, and the other half grains and healthy proteins. The Shiloh Soldier Men’s Basketball Team received physical activity awards for contributing over 200 miles of physical activity towards our *Adventists InStep for Life* campaign, and a graph of the physical activity miles achieved thus far was on display. On Sunday morning at 7:30 a.m., the Shiloh Health Ministries Department continued the wellness festivities with its second bridge walk. Twenty-One members completed the 6.2- mile walk on the Cooper River Bridge and 130.2 miles were added to our *Lets Move Day* physical activity miles goal. The Shiloh AYS is sponsoring Obesity: It Can Be Controlled with special nutritional *My Plate* guidelines for the youth. This is an intergenerational healthy church!



Shiloh Soldier’s Men’s Basketball Team  
Sent by Charmain Cohen – HM director

**ALASKA CONFERENCE**

The Homer SDA Church The Homer SDA Church celebrated its 7th CHIP class on March 6th. Among the 31 graduates, heartfelt



Sent by Butch Palmero, HM director

testimonies were given of weight loss, normalized blood sugar, and cholesterol levels plunging, as gratitude was expressed for new friendships and team support. Several had weight

loss results between 10-14 lbs; one student’s cholesterol level dropped 130 points from 357 to 227; another’s blood pressure improved from 172/111 to 111/79! Another class is scheduled to begin April 2. News travels fast as evidenced by a CEO of a Sitka area hospital called to request a CHIP Program for his hospital!



**SOUTHERN CALIFORNIA CONFERENCE**

On March 25, the Corona SDA Church opened its arms to the public for a Gardening Seminar. Member and Master Gardener, David Stottlemeyer provided information and tips on issues regarding what to plant, where to plant, how to plant – even making the more complicated topics of pest control and soil fertility easy to understand. Soon, the church plans to open its community gardens to share friendship and the benefits of fresh air, sunshine, exercise and healthy choices with the public.

**NEW YORK CONFERENCE**

145 members from Rochester SDA Church, New York, joined together on September 25, 2011 to get moving and show their commitment to living healthy, productive, and active lives. With



the help of James Bowman and Christopher McDonald, Adventist Youth Director, flyers were posted and distributed. Their efforts paid off as members from Jefferson Avenue , Breath

of Life, Genesee Park Boulevard, Antioch, Rochester First Hispanic, Haitian, and Bayknoll churches arrived in their Let’s Move T-shirts and sneakers...ready to move! They walked, ran, and strolled on the trail – and all completed the course. The local media captured the event, featuring the good news of the gospel and health! they are now getting ready for the 2012 Lets Move Day event

## Choose to Say NO to ALCOHOL, DRUGS and any HARMFUL SUBSTANCE

**FACT** New data compiled by Students Against Destructive Decisions (SADD) and the insurance industry indicates that marijuana smoking is up among teens, and use is higher among high school kids than it has been in three decades. This is concerning because, according to a study published in the *British Medical Journal*, “people who use marijuana before driving are nearly twice as likely to cause a car crash as those not under the influence of alcohol or drugs.”

**HOPE** Good communication between parents and their teenagers can have a positive influence on risk-taking behavior by teens. You can download *Guidelines for Good Family Communication* from <http://sadd.org/pdf/FamilyGuidelines.pdf>. Start the conversation today.

**FACT** Energy drinks such as Red Bull, Monster, Amp, and Rockstar are used daily to stimulate physical and mental activity. The downside to the supposed health effects of increased energy, however, include high sodium and sugar content which can cause health problems like dehydration, weight gain, diabetes, insulin resistance, high blood pressure, and kidney problems. In addition, too much caffeine can lead to stomach problems, anxiety, panic attacks, irregular heart rate, and cardiac arrhythmias. Caffeine can also mask the symptoms of fatigue so that you continue to do activity even when your body is already overworked, therefore putting strain on your heart and immune system.

**HOPE** Looking to increase your energy? To get more done? God’s health plan of a wholesome diet, regular physical activity, daily rest, and trust in Him still offers the best strategies for our health and well-being. Deuteronomy 6:24 assures us that “The Lord commanded us to obey all these decrees and to fear the Lord our God, so that we might always prosper and be kept alive.”



**FACT** Tobacco use is associated with a wide variety of diseases, cancer and is the leading preventable cause of disease and death in the United States. The vast majority of tobacco users and smokers are hooked as children and adolescents, when they are most easily influenced by peer pressure and advertising. Nearly 20 percent of high school students smoke cigarettes and an estimated 9 percent of high school students use smokeless tobacco.

**HOPE** The faith community can be a powerful force in protecting our children and reducing the terrible toll of tobacco as we partner with schools, Sabbath School classes, AY and Pathfinder leaders to promote the negative effects of tobacco and explain the reasons behind the warnings on the tobacco products. Make it fun by engaging youth (and adults) in signing temperance pledges and role-playing situations in which tobacco might be offered.

**FACT** Moderate alcohol consumption (compared to no alcohol consumption) has been associated with a lower incidence of coronary heart disease in a large number of observational studies.

The link between alcohol and reduced risk of heart disease is thought to be due to the fact that alcohol interferes with blood clotting. However, this effect is valuable only in a person consuming a dangerous, heart-disease-promoting diet.

**HOPE** Overall, it is safer to eat a diet that will not permit heart disease rather than to rely on alcohol to decrease the potential of blood to clot. Following a healthful eating style rich in the unrefined plant foods that our Creator has provided will give us a high level of protection against heart disease. Thinning the blood by consuming alcohol won’t add any further protection and may even present considerable risk.

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This free newsletter is published by Health Ministries, North American Division of Seventh-day Adventists.

To learn more or subscribe, visit our website [www.nadhealthministries.org](http://www.nadhealthministries.org),

email [Katia.Reinert@nad.adventist.org](mailto:Katia.Reinert@nad.adventist.org) or call (301) 680-6733

EDITOR: Candace Huber  
FACTS WITH HOPE: Lilly Tryon