

“... 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 “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



Just Claim It / Ignition / Leadership Summit, 3-in-1 event - March 7-11 Youth leaders, youth

groups, young adults are urged to converge on Greensboro, N.C. to be trained and inspired. REGISTER NOW at: www.JCI3.org.



Reach NAD prayer calendar:
 March 4-10- Ohio Conference;
 March 11-17-Pennsylvania Conference;

March 18-24- Potomac Conference;
 March 25-31 – Illinois Conference



Radical Protection by Derek Morris. Put on the whole armor of God and discover the peace and protection that He alone can provide in this great cosmic battle between good and evil.

A Matter of Food

March is the National Nutrition month, and thus we are focusing this issue on the need to “Choose a Full Life” by choosing to eat more *plant foods* and a *balanced diet*. As a church we have been blessed with wonderful counsel about diet, and books like “Counsels on Diets and Foods” bring many important principles that highlight not only what are ideal food choices but also the benefits they brings to our physical, mental, emotional and spiritual health.

Studies confirm that the closer we get to God’s recommended diet, the less risk for illness and the best chance for longevity (see p. 4). Sadly, studies also report that the great majority of people do not follow the recommended healthy diet. Harvard School of Public Health stated in a recent report (1) that 80% of Americans do not eat the recommended servings of fruits (5 daily), 90% do not eat the recommended servings of vegetables (5), and 99% do not eat the recommended amount of whole grains (at least half of the grains should be whole grains = 3 to 5 servings). In addition, they recommend that people should “cut back on or eliminate refined grains, sugary snacks, soda, potatoes, cheese, butter, and red meat” (<http://www.hsph.harvard.edu>) (1).

It is so refreshing to see the scientific world confirming the message that has been given to the Seventh-day Adventist church long ago. However, many who have never heard of the “health message” or the Adventist church, but who are following the research, are sometimes better advocates and health promoters of the message which we were asked to “Tell the World” about. Isn’t that ironic?

Perhaps it is time for each of us to consider this question: “What am I doing with the message of health (which includes nutrition) that has been given by inspiration as a gift of grace to meas a child of God?” This is an important question because we may have sadly revealing

Message from the Health Ministries Director



answers. Some may in honest examination say, “I have been using this message as a hammer to knock people down as I judge those who are not following the proper message”, others may say “I have been ignoring this message because I don’t think it is important for my spiritual growth”, yet others may say, “I have neglected to spend time in seeking to learn more about it. I don’t want to become a fanatic and unbalanced person like some advocates of the health message I know.”

I don’t know what your true answer would be. I pray that you would say, “As I seek revival in my life, God has impressed me that as His child and creation I must care for my body physically, mentally and spiritually, and therefore I feel compelled to learn how to follow the special counsel He has given in my own life, growing in obedience to the One who loves me and wants me to live abundantly.” It is only once we recognize the benefits a balanced, plant based diet brings to us physically, mentally, and spiritually and the unconditional love of our Creator that we will be motivated to choose it and tell the world about it.

As we approach the last days, it is not only about “healthy bodies”, but more importantly, “healthy minds.” Inspiration says “Few... understand how much their habits of diet have to do with...their health, their characters, their usefulness in this world, and their eternal destiny.” CDF, p. 51. Let us be part of these “few” and help others to understand this truth in a patient, caring, non-judgmental, and loving way. 1 - Krebs-Smith SM et al (2010) *Journal of Nutrition*.

Katia Reinert

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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 **FREE webinar on March 15 at 8pm EDT** (register at <https://www1.gotomeeting.com/register/718777585>). 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.

• **Adventists InStep for Life Mobile Apps** are available for download for android and iPhone users. You must first register at the website listed above, download the app searching under the name of INSTEP or ADVENTIST INSTEP, and then start recording your physical activity.



• **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.

• **NAD HEALTH SUMMIT 2012 AUDIO FILES** Sermon and seminar presentations for the 2012 NAD Health Summit are available for download at www.NADhealthsummit.com thanks to www.audioverse.org.

• **March is National Nutrition Month!** The Academy of Nutrition and Dietetics is committed to improving the nation's health through research, education, and advocacy. Find helpful tips, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition at www.eatright.org/nmm and www.kidseatright.org.

• **Full Plate Diet** This is a simple plan for healthy eating and weight loss. Included are fun weight loss books, plans for programs and small group activities to enhance the use of natural fiber rich foods. The package includes textbook, on-line program support and recipes. Materials for individuals, group programs and small groups are available at: www.fullplatediet.org.

• **USDA Choose My Plate.gov** Provides information on popular topics in English and Spanish: Healthy Eating Tips, Educational Materials, and more. Printable Materials, Information for both consumers and professionals with related resources and links: www.choosemyplate.gov.

• **Health Calendar Emphasis - March**

Canada: <http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>

USA: <http://www.healthfinder.gov/nho/nho.asp#m8>

March 2012

- March 2012: National Nutrition Month: www.eatright.org/nmm materials available
- March 5-11: National Sleep Awareness Week
- March 27 – American Diabetes Alert Day: www.diabetes.org/in-my-community/programs/alert-day

Looking Forward

- April 2012 – Alcohol Awareness Month: www.ncadd.org; National Minority Health Month: www.minorityhealth.hhs.gov/; Sexual Assault Awareness and Prevention Month: www.rainn.org
- April 2-8 - National Public Health Week: www.nphw.org



2012

March 6-7

Healthy People 2012 Conference
Loma Linda, CA

www.healthypeopleconference.org

March 15

Adventists InStep for Life Webinar
www.AdventistsInStepforLife.org

www1.gotomeeting.com/register/718777585

March 17

Disabilities Awareness Sabbath

April 18

2012 Spring Health & Wellness Symposium

The Correlation of Lifestyle and Health

Wellness.wellness@khnetwork.org

May 7-10

2012 Annual Addiction Training
Institute for the Prevention of Addiction

Andrews University
baltazar@andrews.edu

May 10 - 13

Health & Fitness Symposium 2012

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

June 10-11

Southern University Wellness Summit

423.236.2852
garver@southern.edu

September 23

Let's Move Day

Division Wide
www.adventistsinstepforlife.org



REACH OUT

NAD HEALTH MINISTRIES

Health Ministries Advisory

On January 25-27 the NAD Health Ministries held its first Division wide advisory for this quinquennium. Nearly 40 Union and Conference Health Ministries from across the North American Division were in attendance. The General Conference Health Ministry team along



Health Ministries directors of NAD pose with leaders from GC, NAD, and Community guests.

with NAD Officers experienced moments of spiritual renewal, reaffirmation of vision, and learned about resources to equip their regions for effective ministry.

Messages presented served to motivate, inspire, and most importantly, engage leaders in aligning and uniting their efforts in mission. Reports were received from different regions and plans were reviewed. NAD President Dan Jackson charged leaders to demonstrate Christ's love as their primary goal, while GC President Ted Wilson called them to embark in medical missionary work following God's blue print for accomplishing the mission of the church. NAD Health Ministries director Katia Reinert praised God for what He accomplished in 2011 and encouraged the leaders to be ready for "even greater things" God is about to do for the advancement of the gospel as churches aim to become a center for healing and wholeness in each community. Health Directors were united in recognizing the benefits of the event which blessed them spiritually renewing their calling in ministry.

OREGON CONFERENCE

Medical Missionary Nurse recognized with NAD Health MExcellence in Ministry award

Self-proclaimed, energetic 85-year-old medical missionary to the "asphalt jungles," Molly Geddis, received an award for Excellence in Ministry at the NAD Health Summit in Lake Mary, FL., Saturday, January 28, during the Awards and InStep for Life Celebration. The award was presented by Chris VanDenburgh, president of the newly-organized Adventist Association of Faith Community Nurses



Molly Geddis receiving award from Chris VanDenburgh (AAFNCN) and Katia Reinert (NAD HM).

(AAFNCN), and Katia Reinert, NAD Health Ministries director, on behalf of the NAD Health Ministries. The award was given in recognition for her many years of service in Health Ministry as a parish nurse and Healthy Heart Team organizer - a lifestyle

improvement program of Portland, Oregon. As director, she has expanded the team to reach throughout the North Pacific Union including 27 churches. Her award also named her the number one charter member of the nurses' association which was established at this year's summit. "You're never too old to work for the Lord," said Molly. "I started the Healthy Heart Team in 2007 when I was 80."

FLORIDA CONFERENCE AND SOUTHWESTERN CONFERENCE

Adult and Kid's Health Expo

Both Conferences in the Orlando region were actively engaged in promoting an adult and Kid's Health Expo for the Orlando community



Kids raising their hands to answer questions about what they learned.

in partnership with the NAD Health Summit. Both were held on Sunday, January 29, and engaged both Summit attendees who used their new skills received in training and do some hands on work.

The Both Expos provided stations of activity that related to the eight laws of health. The children and adults rotated around the room as they learned about (1) nutrition, (2) exercise, (3) water, (4) sunshine, (5) air, (6) temperance, (7) rest, and (8) trust in God. At the Kids Health Expo the instructor was Valerie Dafour, Euro African Division Health Ministries Associate Director, who created this wonderful resource. Candy DeVore, editor of Kids' Ministry Ideas Magazine, commented that the Expo was intended



Kids pose with their "health ministry volunteer" certificates next to Valerie Dafour (EAD) and Katia Reinert (NAD) Division Health leaders.



Adult Health Expo attendee having Blood Pressure checked.

to not only educate children to make good choices regarding their physical health and activity now, but was designed to create an interest in the principles of health so they might become future leaders of the ministry. A Kids Health Expo can be offered in communities by local churches. Kids were then given a certificate as "Health

Ministry Volunteers" and charged to teach what they learned to their family and friends.

Adventist Association of Faith Community Nurses (AAFNCN)

The second Preparation Course for Faith Community Nurses sponsored by NAD Health Ministries was held during a week long course at the NAD Health Summit. Seven Registered Nurses from the US and Haiti completed the 40 contact hour course preparing them to begin working as Faith Community Nurses in the



Students pose with NAD leaders and Course Instructors.

local church. Content included modules on: History and Philosophy of Faith Community Nursing, Spiritual Care, Prayer, Healing and Wholeness, Assessment, Ethical Issues, Legal Issues, Documentation, Health Promotion, Advocacy, Resources and Referral, Domestic Violence, Grief and Loss, Self Care, Empowering the Congregation, Care Coordination, Beginning the Practice. For more information on Faith Community Nursing and to join the newly formed Adventist Association of Faith Community Nurses (AAFNCN) go to www.NADHealthMinistries.org and click on Faith Community Nursing.

Choose to eat more PLANT FOODS and a BALANCED DIET

FACT Data from the National Center for Health Statistics show that children are getting 322 calories a day from added sugar, or about 16% of calories they consume each day. A study found that 59% of added-sugar calories come from food and 41% from beverages. About 65% of such calories are consumed at home.

HOPE As we face an epidemic of obesity, it is critical to model and teach our children the principles of a healthy diet. Last summer the U.S. Department of Agricultural developed a new visual aid to help in choosing healthier foods. A four-part plate of fruit, vegetables, protein, and grains is simple enough for children to understand and use. Download the *What's On Your Plate?* poster from www.myplate.gov and begin the discussion today.

FACT The latest nationally-representative surveys find that 80 percent of Americans don't eat enough fruit, 90 percent don't eat enough vegetables, and 99 percent fall short on whole grains.

HOPE Dr. Joel Fuhrman, a physician and author of *Eat for Health*, coined the term "nutritarian" as a person who strives for more micronutrients per calorie in their diet. Make a game of choosing colorful, natural, plant foods over processed foods and animal products. Getting the most nutrients in the fewest calories possible is the recipe for disease prevention and reversal and for permanent weight loss.

FACT Research shows that a single serving of green leafy vegetables every day lowers the risk of cardiovascular disease by 11 percent and diabetes by 9 percent.



HOPE Don't particularly like green leafy vegetables? Try adding them to other foods. Toss a handful of spinach in a pasta dish, soup, or even a smoothie. You'll hardly notice the taste difference, but your body will enjoy the added health benefits.

FACT Individuals who eat high levels of saturated fats tend to develop type 2 diabetes and other chronic diseases at high rates, while those who eat more polyunsaturated fats tend to have better cardiovascular and metabolic health. A recent study funded by the American Diabetes Association discovered that fat cells are capable of sensing and discriminating between the types of fatty acids that reach its membrane. Researchers observed that increases in saturated fatty acids in the cell membrane trigger a response that activates enzymes that interfere with insulin function, while mono- and polyunsaturated fatty acids in the cell membrane elicit an opposite effect that

blocks this pathway and prevents insulin resistance.

HOPE We can help to prevent diabetes and cardiovascular disease by paying attention to the type of fats in our diet. The best sources of monounsaturated and polyunsaturated fats are found, not surprisingly, in vegetable oils, nuts, seeds, and fish. Easy ways to eat more of these good fats include using vegetable oils for cooking and baking, creating your own healthy salad dressings, and eating more avocados, nuts and olives.

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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,

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