

# Health Ministries News



# THE HEALTH CONNECTION

AdventistHealthMinistries  
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Every church a center of hope and health.

REACH UP



Attendees at the Youth Alive in Colombia.

## Youth Alive Facilitators get Trained in Colombia

Northern Colombian Union and UNAC | Inter-American Division

The Adventist University de Colombia (UNAC) was the venue for the launch of the first Youth Alive in Spanish, a spiritual strengthening and empowerment strategy for young people of the Seventh-day Adventist Church, in which they learn to develop resilience, equip them so that they make healthy decisions and better understand their gifts and purposes. This event, which took place from May 1 to 7, not only marked a milestone in the history of the church in Colombia but also provided the nearly 200 attendees with tools to improve their communities. This first training provided seminars on various topics, such as active listening, emotional management, critical thinking, and interpersonal skills, among others. The importance of fostering these skills and attitudes among young people and youth leaders was emphasized. The topics were taught by doctors Katia Reinert and Julián Melgosa from the General Conference and doctors Hiram Ruiz, Pedro Iglesias and Cecilia Moreno de Iglesias, from the Inter-American Division. Pastor Mauricio Buitrago, director of the Health and Youth departments of the Northern Colombian Union (UCN), remarked: "Now our young people know this strategy for which they will have an immense responsibility; reproduce it in their own churches, in their local fields, form youth alive friendship groups. These youth will return empowered in the name of the Lord, with that burning flame in their hearts, saying: 'my choice is to live fully, now and for eternity.'"



Youth Participants Engage in the Health Challenge Project.

## Youth Alive Participants Promote Community Health Challenge

Albania Mission | Adriatic Union | Trans-European Division

During April and May, Albanian youth ran Health Challenge, inviting members of the Tirana and Korçe communities to understand and use the eight natural remedies (pure air, sunlight, temperance, rest, exercise, proper diet, the use of water, and trust in divine power). As part of this initiative, citizens were encouraged to complete a brief survey about their quality of life, health, and habits. Survey respondents who were willing to take part in the challenge received a magazine recently published in the Albanian language covering topics on health and well-being. The Health Challenge did not take place in a vacuum, but is part of an ongoing effort to reach Albanians for Christ. "Throughout the years, various outreach activities have been carried out to foster relationships, build trust, and support the community," reports Pr. Delmar Reis, mission president. Activities included lectures on physical and mental well-being, healthy cooking classes, health fairs, outdoor movies, and regular meetings that facilitated honest conversations on topics such as smoking, drugs, and sexuality. "Ministries like Youth Alive help adolescents and youth have better health, resulting in an increased quality of life," Adriell Henke, Youth Alive director in Korçe, said. "This also provides opportunities for them to develop as leaders and make a difference in the lives of others."



Attendees at the Youth Alive in Malaysia explore a learning activity in their friendship group.

## Hundreds of Youth Gather for Youth Alive in Malaysia

Malaysia Union Mission | Southern Asia Pacific Division

More than 300 young people from Malaysia and Brunei recently gathered together for a Youth Alive conference in Goshen, Sabah. Organized by the Adventist Church in Malaysia (MAUM), the Youth Alive Conference was a collaboration between the health and youth ministries departments intending to empower young people and offer them resilience skills to overcome risky behaviors such as addictions through the power and connection to Jesus Christ. The program was attended by distinguished representatives from Malaysia's Anti-Drug Enforcement Agency, who emphasized the value of the Youth Alive Program and its positive effect on the lives of young people and their families. "Through this ministry, we hope to instill in our youth the values of love, compassion, and self-discipline, thereby empowering them to become influential leaders in their communities," stated Pr Gara, the Youth Ministries director for MAUM.



Participants of the Adventist Recovery Ministries Training in Seoul, Korea.

## Addiction Recovery and Lifestyle Coaching Trainings Reach Korea

Korean Union | Northern Asia Pacific Division

Dedicated health professionals, educators, pastors, and health ministry directors from Conferences and churches in the Korean Union gathered to attend a week-long comprehensive health training. Organized by Pr. Park, health director, in collaboration with Dr. Ko, health director for the Northern Asia Pacific Division (NSD), both trainings were meant to enable leaders to offer addiction recovery and lifestyle coaching as a means to increase the opportunity to introduce them to God's love and power in the effort to break away from unhealthy compulsive behaviors or addictions, living healthier lives now and for eternity. During the COVID pandemic, there was an increase in the prevalence of addictions in Korea, reported Dr. Nami Kim, professor at Samhyook University and director of the Addiction Science department. "Our vision is to expand our capacity to train and minister to the needs of those struggling with substance use disorders," she added. Samhyook university aims to be a reference in Korea in the field of addiction prevention and recovery, using a whole-person health emphasis and a faith-based approach.

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## Focus on a Spirit Led Revival



## United in Prayer

Are you hungry to have brothers and sisters to pray with? Are you feeling a bit isolated with all the social distancing regulations and longing for fellowship and spiritual support? We invite you to join 24/7 United Prayer, a revival movement, where you can unite daily with brothers and sisters around the world in prayer. [bit.ly/3RNKfOp](https://bit.ly/3RNKfOp)

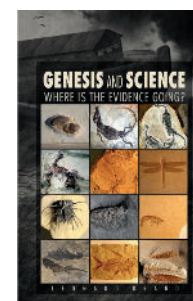


## Believe His Prophets

Believe His Prophets, the sequel to Revived by His Word, is a five-year program of 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 [bit.ly/46CqcGR](https://bit.ly/46CqcGR).

## Books

Genesis and Science: Where is the Evidence Going? By Leonard Brand. Accumulating research, even in geology, is providing more evidence in favor of a biblical worldview, and the theory of biological macroevolution is facing deadly new challenges. [bit.ly/46urktu](https://bit.ly/46urktu)



## Advocating for Temperance



The Seventh-day Adventist Church has long worked with the issues of addiction and addictive substances. In 1848, even before the Church was formally established and named (1863), Ellen White, one of our co-founders, received instruction about the dangers of tobacco, tea, and coffee. Independently in the late 1820s, Joseph Bates, a ship's captain, and another co-founder, had given up the use of alcohol, tobacco, tea, coffee, flesh foods, and grease. When asked why, he answered that he had enough of those things.

With an increasing awareness of the damaging effects of alcohol since the 1780s and the birth of Temperance societies as well as Prohibition, it is not surprising that the Seventh Day Adventist Church enthusiastically embraced the Temperance movement. The Adventist Health Message is a holistic message that includes physical, mental, spiritual, emotional, and relational well-being. This is strongly supported by Scripture and significantly amplified by the writings of Ellen G. White.

We have the duty and privilege as well as the tools to share a message of hope and liberation from the shackles of addiction. Breathe Free 2.0 has assisted many to give up smoking around the world, and Adventist Recovery Ministries Global, a Christ-centered addiction recovery program, is helping people find help for all forms of addictions and unhealthy compulsions. Writing about recovery from addictions, Ellen White appealed: "This is a class that demands help. Never give them occasion to say, 'No man cares for my soul'." Ministry of Healing, 171.

The evidence is robust and compelling that resilience is key to the prevention of addictions and at-risk behaviors in all age groups and especially in young people. The Youth Alive program is ideally suited to foster resilience and continues to be successfully implemented in many regions. (see page 2 for more details on these resources)

There is a huge need globally. We have the tools. We must act. "If not us, who? If not now, when?" May the Holy Spirit stir and strengthen our resolve.





# Health Ministries Resources



• **World Mental Health Awareness Day (October 10).** Mental health is a basic human right for all people. Everyone, whoever and wherever they are, has a right to the highest attainable standard of mental health. This includes the right to be protected from mental health risks, the right to available, accessible, acceptable, and good quality care, but also the right to liberty and freedom of thought. The theme of this year's awareness day is *Our Mind, Our Rights*. For more on the WHO World Mental Health Awareness Day, visit [bit.ly/3FOP8Mc](http://bit.ly/3FOP8Mc).

• **Youth Alive campaign on addiction awareness.** Many youth and young adults are increasingly facing tough choices in a world where risky behaviors seem to be sometimes promoted as desirable. Addictions related to smoking, vaping, drinking alcohol, sexting, or pornography use often carry negative consequences. The Youth Alive program has launched a social media awareness campaign aimed at shedding light on some of these practices. Check out the Youth Alive Instagram @youthfullyalive for the special social media posts or go directly to the Youth Alive portal magazine page for the articles series entitled "Getting smart about addictions." Read and share it widely. For an article on sexting go to [bit.ly/46jLJ7u](http://bit.ly/46jLJ7u).

• **Journey to Wholeness.** Survivors of abuse have an increased risk for substance use disorder and behavioral addictions. Adventist Recovery Ministries Global brings resources to facilitate healing from traumatic experiences and support people recovering from addictions. Through the 12-step Journey to Wholeness program, those struggling with addictions can find a safe space to share their struggles and find support to walk the journey to healing and healing in Christ. Materials are available for training facilitators in various languages. Learn more at [bit.ly/3t8xRhq](http://bit.ly/3t8xRhq) and [bit.ly/48D5bxl](http://bit.ly/48D5bxl).

• **International Day of Persons with Disabilities (December 3).** Disability inclusion is essential for upholding human rights and sustainable development globally. [bit.ly/48Aexdi](http://bit.ly/48Aexdi) The Adventist church has advocated for inclusion, respect, and dignity for all, regardless of abilities. While we recognize the reality of disabilities and loss through the Adventist Possibility Ministries, we view these through the transforming lens of possibilities, what individuals can do and what they can become because of God's grace. On this special day, check the resources available via this ministry at [www.possibilityministries.org](http://www.possibilityministries.org) and [bit.ly/3PYhZXY](http://bit.ly/3PYhZXY).



## HM CALENDAR

### 2023

- September 24-30**  
SSD Faith Community Nursing Course  
Bali, Indonesia
- October 8-11**  
Annual Council  
GC Auditorium, MD, USA
- October 12-14**  
Health and Wholeness Conference  
Andrus University, MI, USA
- October 12-15**  
Global Healthcare Conference  
Loma Linda, CA, USA

- October 20-29**  
SPD Lifestyle Coaching Skills Workshops  
Australian and New Zealand

- November 3-5**  
Lifestyle Coaching Skills  
Weimar, CA

### 2024

- February 2-9**  
IAD Coaching and Addiction Recovery Training  
Miami, FL

- February 23-26**  
Swedish Union Lifestyle Coaching Training  
Sweden

- March 1-9**  
SUD Health Ministries Advisory  
Bangalore, India

- March 24-30**  
Faith Community Nursing Foundations Course  
UAP, Argentina

- April 12-14**  
EZUC Lifestyle Coaching Trainin  
Harare, Zimbabwe

- April 15-20**  
EZUC Youth Alive Conference  
Zimbabwe

## RESEARCH UPDATES

# Share Facts with Hope in many languages



• **Grateful people take better care of themselves.** Researchers in one study found that participants who kept a weekly gratitude journal exercised 1.5 hours more than the group who recorded daily hassles. In another study with adults having congenital and adult-onset neuromuscular disorders, participants who jotted down their blessings nightly reported more hours of sleep each night, falling asleep faster, and feeling more refreshed upon awakening. Each of us has a list of health habits that could use improvement. This week, enhance your lifestyle by spending a few quiet moments each day counting your blessings. After all, positive behaviors are driven by a positive attitude. <https://rb.gy/66wbb> [video 4]

• **Diabetes, and obesity may shrink your brain.** As if there weren't already enough good reasons to keep your weight, blood sugar levels, and blood pressure all under control, a new study from the University of California found that these risk factors, along with smoking in middle age, were linked to potentially dangerous vascular changes in your brain, leading to faster drop in brain volume and declines in function up to a decade later. This study adds to the evidence that good living preserves mental abilities and that there are things we can do in middle age that can have effects 10, 20, and 30 years down the road to improve cognitive health. So don't wait. Walk, drink more water, and improve your diet. A healthy retirement starts today. <https://rb.gy/66wbb> [video 5]

• **Salt and your health.** Most adults don't know if they are consuming too much sodium in their diet—and many don't even care. The U.S. International Food Information Council found that 70% of the 1,003 adults surveyed did not know what the dietary guidelines for sodium were, 59% were "not concerned" about their sodium intake, despite the fact that most Americans are consuming twice as much sodium as recommended. Try reducing your daily consumption to less than 2,300 mg of sodium or less than 1,500 mg if you are over 51, if you suffer from hypertension, kidney disease, or diabetes. The good news is that the taste for salt is acquired. By gradually cutting down on processed foods and adding salt to foods, your taste buds will adjust—and so will your blood pressure. <https://rb.gy/66wbb> [video 6]



• **Time with God may decrease cognitive decline.** Have you or a loved one been diagnosed with Alzheimer's disease? Personal time with God may slow the progression of Alzheimer's disease. A longitudinal study at the Behavioral Neurology Clinic at Bayside (Canada) assessed 70 patients ages 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. <https://rb.gy/66wbb> [video 9]



## Global Health Calendar Emphasis 2023



### July-September

- September 29**  
World Heart Day
- October 10**  
World Mental Health Day
- November 14**  
World Diabetes Day
- November 18**  
World Day for Prevention of Violence Against Children
- December 01**  
World AIDS Day
- December 3**  
International Day of Persons with Disabilities