



# THE HEALTH CONNECTION

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Every church a center of hope and health.

REACH OUT

## News

### Emotional Wellness Summit

United States | GC, North American and South American Divisions  
 Hundreds of people arrived in Orlando on January 13, 2016 to attend the First Emotional Wellness Summit co-sponsored by the Health Ministries department of the General Conference, North American Division and the South-American Division. Among attendees were researchers, health professionals, pastors, church leaders and lay members who came from more 10 different countries to share, learn, and get equipped in the area of mental and emotional wellness. The conference focused on themes such as trauma and resilience, addiction prevention and recovery, enhancing brain health and prevention of diseases like depression and anxiety, as well as the role of the church in removing stigma, raising awareness about mental health, and helping people find healing from mental and emotional illnesses. The US Surgeon General, Dr Vivek Murthy, was one of the keynote speakers and praised the Seventh-day Adventist church for organizing the event and raising this issue to the forefront. A white paper containing recommendations from every plenary session and seminar was developed and made available to attendees. The video presentations of the plenary sessions will be accessible free of charge at the website. [www.EmotionalWellnessSummit.com](http://www.EmotionalWellnessSummit.com).



### New Medical School

Rwanda, East-Central Africa Division  
 The countries of East Africa estimate about 3-6 per 100,000 population due to a significant "brain-drain" and under production of physicians and other healthcare professionals. So when the government of Rwanda approached the Adventist University of Central Africa (AUCA) and the Seventh-day Adventist church about developing a medical school and expanding the training of nurses, it was a Divine request. Since 2013 there has been a great advance in feasibility studies, planning and capacity building with the opening of the nursing school in 2015 and projected opening of the medical school in the fall of 2017. The General Conference Education and Health Ministries departments, the East Central Africa Division, AUCA and already existing SDA Medical and Nursing schools are all collaboration on the project.



### Adventist Medical Association Conference

Brazil, South American Division  
 Seventh-day Adventist physicians from all over Brazil met in November 2015 to formally organize as a body for the mutual support and encouragement to transform clinical practice into medical ministry. The Associação Médica Adventista (Adventist Medical Association) will hold its second annual meeting in August in So Paulo and promises to reach even more than the 150 doctors who attend the enormously inspiring inaugural meeting in Águas de Lindóia. Projects presented included: unique bible studies designed to engage secular physicians and medical students; indigent care and community development in poor neighborhoods; medical and nursing care projects from riverboats and vans; city center health and helping ministries among the Islamic immigrants who have great needs; lifestyle center work and innovative, funded clinical research. Healthcare professionals and students also form part of the organization membership.



### Washington Adventist Hospital to Have New Home

United States | Adventist Healthcare  
 After years of hard work assessing the needs of the community and building bridges with community leaders and residents, administrators from Adventist Healthcare, the health system that owns Washington Adventist Hospital, have finally received the approval for building a brand new hospital. The new hospital site will be the White Oak area of Montgomery County, by a beautiful lake near the General Conference and the Federal Drug Administration (FDA) research center. The ground breaking took place on February 7, 2016 with the presence more than 300 community members and elected officials. The new hospital will create jobs and expand access to patient care in the region. Washington Adventist Hospital will move its acute-care operations to the newly constructed 170-bed hospital, estimated to open in early 2019, while retaining its current location in Takoma Park to provide other healthcare services.



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### 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. 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



The sequel to Revived by His Word, is a five-year program reading through the Bible and selected Ellen White writings. You can receive daily Bible readings, participate in interactive blogs and read select inspirational writings. Sign up at [www.revivalandreformation.org](http://www.revivalandreformation.org)

### Books

Ministry of Healing Study Guide. (include book pie) written by -Jon Paulien. this book is meant to motivate people of all ages to "taste" the book Ministry of Healing and study it deeply individually or in a small group study. The study guide offers a summary of each chapter, followed by tweets of healing from the chapter and study questions. A special discount offer is available for bulk preorder from ABC in North America, and ends on March 31 Order today at [www.adventistbookcenter.com/ministryofhealing](http://www.adventistbookcenter.com/ministryofhealing)



## Welcome to the Health Connection

Despite the rigors of security checks, cramped seats, and multiple time zone changes, it appears to me that more and more people are traveling within their countries, and around the world. I spend much time in airports as do many of you. As I observe the milling crowds, the push and the shove, the laughter and even the ire, I often ponder, pray and even agonize as to how will the gospel reach so many people who, it appears, seem to be interested, absorbed and in fact consumed, by many and varied pursuits, tasks and burdens, few of which relate to salvation and a close and fulfilling walk with Jesus? How can we best connect with a world which is obsessed with communication via iPhones, Androids, smart watches and an ever burgeoning variety of devices, and is possibly the most "disconnected" generation? We need to adapt our approaches to the ever-decreasing attention span, and the growing craving for sound bytes, short videos, tweets and twitter!

purposed in my heart that we would move in this direction after the 2015 GC Session. Facilitated by faithful donors, I am pleased to report that we are working with a vibrant team, both inside and outside our office, to build, nurture and strengthen communication and sharing of resources. The General Conference Health Ministries Team looks forward to connecting with you on a regular basis with our quarterly news letter, The Health Connection. We will be sharing news items, resources, conference dates, and reports, in an electronic format which will be "print ready". We pray that this connection will be a tool to facilitate the growth and proliferation of grace-filled and Christ-centered Comprehensive Health Ministry which will ultimately blend with the Loud Cry, sharing wholeness and allowing countless precious souls to discern the loving Savior's plan of salvation and make their stand as His disciples!

Connections and connectedness are so important in cementing relationships and building trust. These relationships build resilience and confidence; they pave the way for sharing ideas, information, methods and resources. Mission is thereby empowered. Regular communication is key to collaboration and effective networking. The 2014 Geneva Conference on Lifestyle and Health was a "Damascus Road" experience for me as far as witnessing and better understanding the benefits and efficacy of well planned and executed social media, and at that point I

Connection and communication represent a two-way process. Please connect with us - share your news, resources, joys and even concerns. We would love to hear from you as we together connect and converse. Thank you for reading, sharing, caring and connecting! May you be blessed, inspired and invigorated in His service.

Maranatha!

**Peter Landless, MD**

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## Health Ministries Resources

**Facts with Hope videos.** These 1min videos with 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. These wholistic Facts with Hope videos are available on Youtube.com, Facebook, and twitter in several languages. For new videos check the website [www.FactsWithHope.com](http://www.FactsWithHope.com). They are also available for purchase in DVD format with all the 12 videos. For more information, contact [NADHM@nad.adventist.org](mailto:NADHM@nad.adventist.org).

**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](http://www.who.int)

**SDA Guidelines on Immunizations.** April 24-30 is World Immunization Week. Many people are misinformed about the risks of vaccines. The SDA Church has published guidelines for vaccinations encouraging members to be vaccinated and immunized following Centers for Disease Control recommendations. These can be accessed at [www.adventist.org/information/official-statements/guidelines/artide/go/0/immunization](http://www.adventist.org/information/official-statements/guidelines/artide/go/0/immunization)

**Faith Community (Parish) Nursing Training.** The General Conference and NAD Health Ministries are partnering with Southern Adventist University (SAU) to co-co-sponsor this annual training, which will take place on June 10-14, 2016 in the campus of the SAU. This course prepares nurse to practice in their faith communities and churches, leading out in a healing ministry to both members and the community at large. To learn more and register go to [www.AdventistFCN.org](http://www.AdventistFCN.org) or email [ReinertK@gc.adventist.org](mailto:ReinertK@gc.adventist.org).

## Dates to Remember

**Jan 13-17**  
**Emotional Wellness Summit**  
Wyndham Orlando Resort, FL, USA  
[www.EmotionalWellnessSummit.com](http://www.EmotionalWellnessSummit.com)

**March 8-9**  
**Healthy People in Healthy Communities Conference**  
Loma Linda University, CA, USA  
[www.adventsource.org](http://www.adventsource.org)

**March 13-17**  
**GC HM Global Advisory**  
Silver Spring, MD, USA

**March 18-20**  
**GC Global Health Expo Training**  
Calverton, MD, USA

**April 18-19**  
**IAD HM Advisory**  
Miami, FL, USA

**April 21-28**  
**MENA Health Expo**  
Amman, Jordan

**May 20-22**  
**AINEC (Nursing Education Consortium)**  
Loma Linda, CA  
[P.Jones@llu.edu](mailto:P.Jones@llu.edu)

**May 17**  
**TED Advisory**  
UK

**May 13-28**  
**ECD Health Evangelism**  
Kigali, Rwanda

**May 31-June 3**  
**SID HM Advisory**  
South Africa

**May 31-June 3**  
**ECD HM Advisory**  
Nairobi, Kenya

**June 10-14**  
**Faith Community Nursing Training**  
Southern Adventist University  
Ooltewah, TN, USA  
[www.AdventistFCN.org](http://www.AdventistFCN.org)

**June 26-28**  
**GC Nutrition Council**  
Silver Spring, MD – USA  
[HardingeF@gc.adventist.org](mailto:HardingeF@gc.adventist.org)

## Resources Updates



Children who don't get adequate vitamin D could be more likely to succumb to heart disease when they're adults, according to a recent Finnish study. Researchers found that among 2,148 children, ages 3-18, those with the lowest levels of the vitamin showed a thickening of the arteries in adulthood—a sign of heightened risk for cardiovascular disease. Because the body makes vitamin D when exposed to sunshine, kids shouldn't skip on time outdoors. It's also important to regularly check their levels of vitamin D—ask your doctor to do the test during your child's annual exam—and you may have to provide a supplement. As the adage goes, an ounce of prevention is worth a pound of cure! [www.FactsWithHope.org](http://www.FactsWithHope.org).

Most of us love smartphone apps! Yet, Instant Blood Pressure, which has sold over 148,000 copies was carefully evaluated for accuracy at Johns Hopkins University School of Medicine. Researchers found it significantly underestimated those with high blood pressure and overestimated those with lower readings. Almost 80% of hypertensives were falsely reassured their BP was normal. There is a need to certify the accuracy of apps that claim to give health information. Evaluate carefully what you purchase and be cautious in believing everything an app reports to you. [www.positivechoices.com](http://www.positivechoices.com)

Adolescent girls and young women who consumed a healthier diet had less breast cancer as they aged. Researchers found those who ate the highest amounts of dietary fiber had a 25% lower risk when compared with those who ate the lowest amounts. Both insoluble and soluble fiber consumption were beneficial. For each 10 gram increase in daily fiber intake the risk fell by 13%! Healthy eating early in life may protect against later breast cancer. Young women should eat plenty of fiber-rich foods like fruits, vegetables and whole grains. [www.positivechoices.com](http://www.positivechoices.com)

It is no secret that drowsy drivers are more likely to have accidents. In fact, 20% of fatal accidents are caused by sleepy drivers. Boston researchers tested 16 night-shift workers while they drove on a special track following 7 hours of sleep or after a night of working. Near crashes occurred in 38% of tests following a night of work and none following sleep. Night-shift workers are at considerable risk for auto accidents. To be a safe driver get a good nights sleep before getting behind the wheel. [www.positivechoices.com](http://www.positivechoices.com)

How do you get your protein? It's a question asked almost anyone who forgoes meat for a plant-based diet. Truth is, those eating western diets are consuming up to twice as much protein as they need. 5 All that extra protein gets turned into sugar, then fat, which leads to decidedly unhealthy results. Protein is found in most plant-based foods, from tofu to spinach to whole grains, so vegetarians and vegans don't need to stress about missing out. Plus, fruits and vegetables provide a whole slew of additional nutrients that are vital to good health. In the Garden of Eden, God said, "Behold, I have given you every plant yielding seed ... and every tree with seed in its fruit. You shall have them for food. ... And, behold, it was very good." (Gen. 1:29-31) [www.FactsWithHope.org](http://www.FactsWithHope.org)

## WHO Health Calendar Emphasis

### MARCH

World TB Day - 24 March

### APRIL-JUNE

Looking ahead

**World Health Day** - 7 April  
**World Immunization Week** - Last week of April  
**World Malaria Day** - 25 April  
**World No Tobacco Day** - 31 May  
**World Blood Donor Day** - 14 June

