

# Health Ministries News



Participants at the Youth Alive Malawi 2024

## Youth Alive Draws Young People in Malawi

Lilongwe, Malawi | South Africa Indian Ocean Division (SID)

Youth from Malawi and beyond, came together during their vacation from July 29-August 3, 2024 to participate of the first Youth Alive Training and Conference held in the country. Organized as a collaborative effort between Malawi Union, Southern Africa-Indian Ocean Division, and the General Conference, the training and conference offered expert plenaries and workshops on mental health, sexuality, addictions, healthy relationships, growing in faith and practical ways to engage in mission. Leaders were keen to start Friendship groups in their churches and schools, as a way to help build resilience among youth and young adults.



Participants of the Coaching and Addiction Recovery training

## Health Systems Sponsor Addiction Recovery and Coaching Training

Cavite, Philippines | Southern Asia Pacific Division (SSD)

The Adventist Health System at SSD sponsored a week-long training for health professionals, health ministry directors, public health students, chaplains, and health leaders from August 27-September 1, 2024. The venue was the Hope Lifestyle Center in Cavite, Philippines. Participants were trained in addiction recovery and lifestyle coaching skills for health outreach and ministry. An important goal was to implement the skills gained in assisting people through lifestyle change, as well as to know how to introduce spiritual conversations in the process of assisting someone through making healthy changes. Participants left inspired to start addiction recovery groups in their local community, church, and school. At the end of the training, they also felt more comfortable having coaching conversations and strategies to assist people of other faiths in their spiritual journey and the discipleship process.



Attendees of the WAD Health Summit

## WAD Health Summit

Ghana | West Africa Division (WAD)

WAD Health Ministries organized a Health Ministries International Congress from September 2-8, 2024 with 550 delegates from the WAD territories. The Congress theme was Comprehensive Health Ministries: The Key to the Heart of the Broken World. Some key events that took place were. Over one dozen experienced speakers came from across the globe to address the core health needs of the Division. The WAD 500,000 Heart Health Project was launched, where 10 ECG machines were distributed to Unions to screen 150,000 Adventists and people from the community to know about their cardiovascular health and make decision decisions for preventing and reversing cardiovascular disease. To assist in the effort, 3,262 young medical missionaries graduated and were charged to serve as medical missionaries. Attendees of the Summit left encouraged and inspired to engage in Comprehensive Health Ministries as part of their mission outreach.



Participants of the Youth Alive in Khunti, India.

## Youth Alive Comes to Sri Lanka and India

Sri Lanka and India | Northern Asia Pacific and Southern Asia Divisions (NSD and SUD)

The Adventist Church in SUD and NSD brought together several ministries to collaborate in launching the Youth Alive Conference for Hindu and Buddhist students attending Adventist Schools in Sri Lanka from August 19-24 and India from October 28-Nov 2. At the Lakpahana Adventist College in Sri Lanka, the NSD Health, Family, Youth Ministries, Global Mission director, and local mission, along with General Conference Education and Health Ministries leaders, presented seminars to meet the needs of youth and introduced them to Jesus Christ. Youth participated in Youth Alive Friendship groups, playing, learning, and worshipping in their preferred language (Tamil or Sinhalese). At the SDA Secondary School in Khunti, India, SUD leaders from the Division and Union were joined by the General Conference Health, Education, and the Center for South Asia Religions leaders to present relevant topics to the local church and community's Hindi-speaking youth. Pr Daniel Thaime, Youth Leader, referred to Youth Alive and its speakers as "very practical, meaningful, and the need of the hour. I am immensely blessed." Some participants shared, "We have never experienced such an impactful program." The leaders were enthusiastic about using the materials now available in their language to continue to expand this impact and help students who are struggling with addictions, depression, and other risky behaviors.



# THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

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## Focus on a Spirit Led Revival



## United in Prayer

Join the Ten Days of Prayer in 2025. We invite you to pray with your local church family from January 8-18, 2025. Download resources in several languages so your church can be involved. Begin your year right on your knees spending considerable time in prayer. Learn more and sign up at <https://bit.ly/4gObhOV>



## 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 <https://bit.ly/4bnrkQj>.

## Books

Conflict and Courage, by Ellen G. White. Prophets and priests, kings and apostles, parade through the inspired pages of this daily devotional for 2025. Arranged roughly in chronological order, each reading focuses on some decisive moment in salvation history, and shows how the lessons of the past illuminate our future. In the exploits and failures of saints and sinners we find counsel, comfort, and hope for today—a passing of the torch—so that the same faith that blazed in God's servants of old might burn anew in us. <https://bit.ly/3ZJAltP>



## Embracing Biblical Shalom



As we embark on a new season of ministry and witness, it is with great joy and renewed purpose that we re-envision Health Ministries within the global Church. Rooted in the biblical concept of Shalom, we stand at the threshold of hope and healing, Health Ministries emerges with a transformative vision rooted in the profound biblical concept of Shalom – a holistic understanding of wellness that transcends mere physical health and embraces complete wholeness, peace, and restoration.

Shalom is more than an absence of physical disease; it is the abundant life Christ promises – a comprehensive well-being that integrates physical, mental (cognitive), emotional, and spiritual dimensions. It embraces environmental wellness as well. Our mission is not about perpetuating a restrictive or punitive approach to health as some have been prone to do, but about reintroducing people to a loving Savior who desires abundant life for every individual.

In this season of reflection and renewal, we extend a heartfelt Christmas greeting and New Year blessing. As we celebrate the birth of Jesus – the ultimate embodiment of healing and hope – let us recommit ourselves to a ministry that reflects His compassionate character. We stand together as humble servants, teachers, and learners, positioned at the foot of the cross, understanding that true wellness flows from our relationship with Christ.

Our commitment is to walk alongside other

ministries, creating a holistic approach to mission that demonstrates God's comprehensive care for humanity. We aim to reduce unnecessary suffering by empowering individuals with knowledge, compassion, and divine health principles that honor God in body, mind, and spirit.

Health Ministries will be a bridge – connecting people to Jesus through practical, loving care that addresses their deepest needs. We are not merely providing health information but introducing people to a loving Savior who offers something better: a restoration that brings joy, purpose, and ultimate healing in harmony with Him.

As we anticipate Christ's return, we invite every member of our global church family to join us in this transformative journey. May God's Shalom – a complete, profound, life-giving message of health – guide our steps and illuminate our path.

Merry Christmas and a Blessed New Year! May God's perfect peace reign in your heart, home, and community.



Zeno Charles-Marcel, MD Director, GC Health Ministries CharlesMarcelZ@gc.adventist.org

# Health Ministries Resources



• **World Cancer Day (February 4).** Cancer touches millions of lives in countless ways. The new World Cancer Day campaign 2025-27 "United by Unique," places people at the center of care and will explore new ways of making a difference. It offers a three-year journey from raising awareness to taking action for prevention. Download resources at <https://bit.ly/4gLVqjO> and share important cancer prevention lifestyle principles. Learn more at <https://bit.ly/3ZNYtAJ>.

• **Female Genital Mutilation (February 6).** Since 2012, the UN General Assembly has designated February 6th as the International Day of Zero Tolerance for Female Genital Mutilation to amplify and direct the efforts to eliminate this practice by 2030. Abuse comes in many forms, and female genital mutilation is one of them. The Seventh-day Adventist Church has spoken against all forms of abuse through its ENDITNOW initiative for over two decades. Because female genital mutilation threatens physical, emotional, and relational health, Adventists are opposed to this practice. The church has created a statement about female genital mutilation and recommends that its departments share it widely. Access the statement at <https://bit.ly/3VNehtM>. Learn more at <https://bit.ly/49PSQ9Z>.

• **Adventist Human Sexuality Resources.** Human sexuality is one of the most beautiful gifts ever given by God to His creation. Join us as we explore the magnificent beauty

and profoundness of this gift to discover God's love, truth, and life. Many questions arise in the middle of mixed messages shared through the media. On this website, you will find resources to share and statements voted by the Adventist global church based on God's lasting principles shared in the Bible. Learn more at <https://bit.ly/402uDtM>.



• **Official Adventist Health statements.** The Adventist church has voted on several official statements and guidelines about whole-person health and healing. These statements are related to physical, social, behavioral, and mental health. These include reproductive health, care of the dying, addictions, domestic violence, human cloning, poverty, sexuality, immunizations, and more. Check the GC Health Ministries website link at <https://bit.ly/3ZEvxvA> and help share these statements widely so they can help bring balance and a biblical approach to some of these vital themes.



## HM CALENDAR

### 2025

**January 10-12**  
**Lifestyle Coaching Training**  
Herghelia Lifestyle Center  
Romania

**January 13-15**  
**Lifestyle Coaching Training**  
Ministerial team  
Romania Union

**January 17-19**  
**Lifestyle Coaching Training**  
Health Professionals  
Romania Union

**February 5-8**  
**Enliven Wellness Training and Retreat**  
Gulf Field  
United Arab Emirates

**February 21-23**  
**Addiction Recovery Training**  
South Africa Union  
South Africa

**February 28- March 5**  
**Lifestyle Coaching Training**  
French-Antilles  
Guadelupe Union (FAGU)  
Martinique & Guadelupe

**March 7-9**  
**Lifestyle Coaching Training**  
Franco-Belgium Union  
Paris, France

**March 28-30**  
**Lifestyle Coaching Training**  
German Unions  
Germany

**April 4-6**  
**Nursing Conference**  
North American Division  
United States

**April 14-19**  
**Youth Alive**  
MENAU

**May 2-4**  
**Nursing Conference**  
South American Division  
UNASP-I, Brazil

**May 9-14**  
**AINEC-LA Conference**  
UnAC, Colombia

## RESEARCH UPDATES

# Share Evidence-Based Health Information

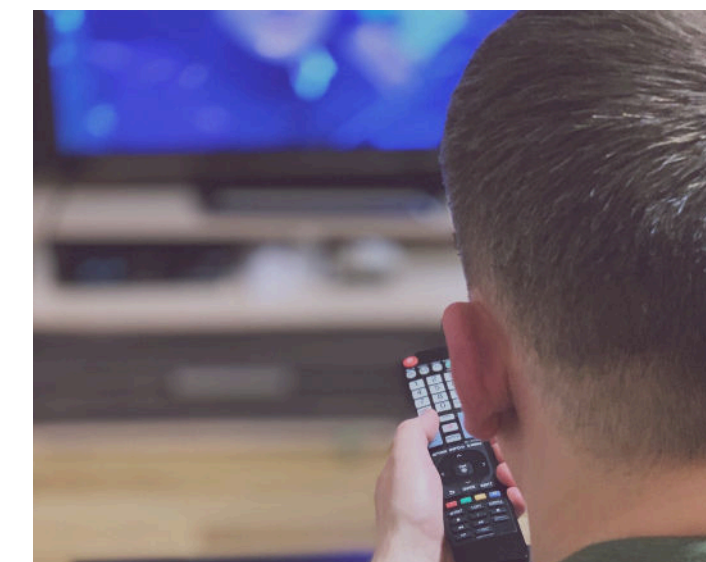


• **Reducing your stroke risk. Fact:** An hour between eating and sleeping may lower stroke risk. A 1000-patient study presented at this year's European Society of Cardiology Congress found that waiting 60-70 minutes before going to bed after eating reduced the risk of stroke by 66%. And for every 20 minutes more that you wait, stroke risk drops another 10%. Here's a health tip that takes little effort... wait at least an hour to go to sleep after eating. Not only will you cut your risk of stroke, but previous research has shown that you'll also decrease your risk of acid reflux disease and sleep apnea. So, have an earlier dinner, a better night's sleep., and reduce your stroke risk. <https://bit.ly/4gru210> (video 15).

• **Forgiveness can help you live longer.** After analyzing data from the Religion, Aging, and Health Survey of over 1200 people over 25, researchers found that an attitude of forgiveness toward others is associated with a decreased risk for all-cause mortality. Nearly everyone has been hurt by the actions or words of another. But in holding grudges, we may be the one who pays the most dearly for higher levels of anxiety, hypertension, depression, substance abuse, and more. On the other hand, "forgiving one another, even as God for Christ's sake hath forgiven you" (Ephesians 4:31) will lead you down the path of physical, emotional, and spiritual well-being. <https://bit.ly/4gru210> (video 18).

• **Setting boundaries for your work hours can help heart health.** A recent study found that regularly working overtime increases the risk of heart disease by 60 percent. Yet the typical American works 47 hours a week—164 more hours per year than only 20 years ago—and one-third don't even take all their earned vacation days. And that doesn't even count additional work responsibilities at home or a second job. Research suggests that it is not the intensity of energy expenditure that produces burnout but rather the duration of expenditure without recovery. God foresaw our dilemma and gave us the Sabbath—a weekly gift of physical, mental and spiritual renewal in our demanding lives.. <https://bit.ly/4gru210> (video 20).

• **Your screen time may shorten your life.** Every hour spent watching a screen (TV, phone etc) may shorten the viewer's life by 21.8 minutes. Research published in the British Journal of Sports Medicine tracked data from 100,000 Australians over 25. They found that those who spend six hours a day "can expect to live 4.8 years less than a person who does not watch TV or a screen, and concluded that watching too much time watching something on a screen is as dangerous as smoking or being overweight. You can extend your life expectancy by reducing your time watching TV or any screen. Consider alternative forms of relaxation and entertainment that reduce sedentary time and introduce more physical activity to your family's daily life. So, don't wait! Turn off your screen and live a healthier and longer life. <https://bit.ly/4gru210> (video 21).



## Global Health Calendar Emphasis 2025



### January-March

**January**  
WHO Cervical Cancer Awareness Month

**February 4**  
World Cancer Day

**February 6**  
International Day of Zero Tolerance for Female Genital Mutilation

**March 10**  
World Kidney Day

**March 24**  
World TB Day

**EDITORIAL**  
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