

Health Ministries News



Participants at the Lifestyle Coaching Skills Workshop in the Czech-Republic.

Lifestyle Coaching Skills Workshop is Launched in Eastern Europe

Poland and Czech Republic | Inter-European and Trans-European (TED and EUD) Divisions

Pastors, church leaders, health professionals and other lay members came together in Eastern Europe to learn helpful ways to build trusting relationships with people through coaching skills. They attended the Lifestyle Coaching Skills workshop developed by General Conference Health Ministries, offered in Poland for the first time from October 4 to 6, 2024. The training was held at the church's retreat and training center in Wisla and was sponsored by the Polish Union. The second training took place in the Czech Republic from October 18 to 20, 2024, at a beautiful lodge and conference center in Strazovice and was sponsored by the Czech-Slovakia Union. Participants learned why coaching is important for ministry and discipleship, and how it aligns with biblical values following in Jesus' method of ministry. Topics included skills for listening well, asking powerful questions of people leading them to reflect about their life/health priorities and assisting people to become self-motivated to grow in whole person health by designing a lifestyle change plan. Participants left inspired and enthusiastic about walking beside people through the process of change and building positive relationships that can lead spiritual conversations opening the door for discipleship.



Participants at the Youth Alive Kenya at Baraton University in December 2024

First Youth Alive in Kenya Draws Young People

Baraton University, Kenya | East Central Africa Division (ECD)

Youth people and youth leaders from the East and West Unions in Kenya joined students at Baraton University from December 9-14, 2024, to participate of the first ever Youth Alive Training and Conference held in the country. It was a "transforming experience," reported Pr. Daniel Tirop, Health Ministries director for the West Kenya Union. The program attracted over 280 participants including youth facilitators who were eager to grow spiritually, socially, and intellectually. A team of 50 facilitators, coordinated by Dr. Katia Reinert, GC Health Ministries Associate director, guided the sessions, equipping the youth with practical tools to navigate life's challenges. The youths visited the Great Hope Children's Home at Mososriot and the Kapsabet County Referral Hospital where they shared needed food items and numerous donations during a Sabbath community outreach. The Youth Alive Conference featured dynamic plenary sessions and workshops designed to equip young people with essential life skills, spiritual growth, mental and emotional wellness skills, and leadership development. "These sessions provided a platform for interactive discussions, expert insights, and personal reflections on key issues affecting today's youth. The conference served as a platform for mentorship, networking, and discussions on pressing youth-related issues, making it a landmark event in the country's youth development landscape," Tirop added.



AMA congress participants and leaders meet at UAP

Adventist Medical Association Congress in South America

Entre Rios, Argentina | South American Division (SAD)

Hundreds of physicians and medical students from across South American Division came to the Adventist University La Plata (UAP) in Argentina, for the Adventist Medical Association (AMA) annual meeting. Since its founding AMA has aimed at inspiring medical practitioners and medical students to dedicate themselves, their skills, and their practice to God and join in His mission. Every year AMA has seen its membership increasing and the enthusiasm has also expanded exponentially. The weekend took place in October 2024 where passionate medical practitioners shared inspiring presentations and experiences. Doctor and medical students reported on mission trips organized by AMA and other mission initiatives where they joined together to serve underserved populations in Brazil, Argentina, Peru, Chile and other countries.



Some of the pastors who participated of the training in Scupin, Romania.

Lifestyle Coaching Skills for Pastors

Australia and Romania | South Pacific and Inter-European Divisions (SPD and EUD)

Pastors in Australia and Romania are seeking to gain new skills for advancing God's mission. They came together in Sydney, Australia, on November 5 to 7, 2024, for a workshop sponsored by the Greater Sydney Conference. Likewise, the Romanian Union organized a similar event on January 13 to 16, 2025, at Stupin near Brasov. Both workshops were presented by Dr. Katia Reinert, Health Ministries' Associate Director, with the goal of equipping pastors in the skills of coaching with application for pastoral ministry and discipleship. "This has been the most practical training I have attended since starting my ministry," said one pastor, recounting his own conversion and call ministry. He spoke about his passion to reach youth and young adults and how these skills will make a difference. "Every pastor in the Romanian Union should attend this workshop," he added. "Pastors that participated felt deeply blessed and inspired, reported Dr. Ana Maria, Romanian Union Health Ministries Director. They wish to train their church leaders and health professionals to improve the way we reach people with the message of health. Pastors attending the training in Sydney agreed, and a train-the-trainer program was organized to train church leaders and others in Australia and other parts of the South Pacific Division.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

TABLE OF CONTENTS

Reach Up.....	1
Message from the GC Health Ministries Team	
Reach In.....	2
Health Ministry Resources	
Dates to Remember	
Reach In.....	3
Health Research Updates	
Reach Out.....	4
Health Ministries News	

Focus on a Spirit Led Revival



United in Prayer

The worldwide Seventh-day Adventist church is holding a 100 days of prayer event ahead of the upcoming General Conference Session from April 4 to July 12. The focus of the prayer is: 1) Praying for the Holy Spirit, 2) Growing as disciples of Jesus, 3) Preparing for His soon return. Download resources and get involved by joining the whatsapp global prayer team [see QR Code]. Learn more at: <https://www.backtohealthar.org/>



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 <http://www.revivalandreformation.org/signup>

Books

Steps to Christ - Recovery Edition, by Ellen G. White. This recovery version of the book Steps to Christ integrates the 12 steps to addiction recovery to each chapter of this classic book. Anyone struggling with compulsions, addictions and character flaws can find hope and power to recover in Christ. Free downloadable versions in English, Spanish and French can be found at: www.safeliz.com/gb/content/14-steps-to-christ-recovery-edition



Expanding the Mission of Healing

Adventist colleges and universities that offer health professions education programs serve as extraordinary spaces where "preaching, teaching, and healing" harmoniously converge. They hold the potential to mirror the way Jesus ministered to humanity's needs during His time on earth noted in the biblical account: "And Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people." Matthew 4:23

What an incredible privilege it has been for my family and me to serve in Adventist health professions education for more than two decades and to join the Health Ministries team at the General Conference. We have been blessed to witness, firsthand, how the Lord transforms the lives of young people through these institutions, equipping them for a life of service.

In May 1909, at a General Conference session, Ellen G. White made a heartfelt appeal: "If ever the Lord has spoken by me, He speaks when I say that the workers engaged in educational lines, in ministerial lines, and in medical missionary lines must stand as a unit, all laboring under the supervision of God, one helping the other, each blessing each." 9T 169.3. Truly, this embodies the essence of "Comprehensive Health Ministry." Following this profound statement, she issued a clear call: "The Lord calls upon our young people to enter our schools and quickly fit themselves for

service. In various places outside of cities, schools are to be established where our youth can receive an education that will prepare them to go forth to do evangelical work and medical missionary work." 9T 170.2

Adventist Health Ministries has supported the establishment of health professional educational programs. With a total of over 80 nursing schools, 9 medical schools (we celebrate the most recent addition in Brazil), five dental schools, and numerous other health professions programs where young people can be equipped to share hope and wholeness for a broken world in need of restoration. For a list visit our website at <https://www.healthministries.com/health-professional-education/>

May God's blessings be with all health professional educational programs, especially the most recent addition at UNASP-HT, Brazil, so that it may continue to inspire and prepare medical missionaries to carry forward His mission of healing and hope.



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Health Ministries Resources

• **World Health Day (April 7).** This year's special day will kick off a year-long campaign on maternal and newborn health. The campaign, titled Healthy Beginnings, Hopeful Futures, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being. The health of mothers and babies is the foundation of healthy families and communities, helping ensure hopeful futures for us all. This gives us a great opportunity for outreach in the communities we serve. Learn more and get resources at <https://www.who.int/campaigns/world-health-day/2025>



• **World Immunization Week (April 24-30).** World Immunization Week, celebrated in the last week of April, aims to promote the life-saving power of immunization to protect people of all ages against vaccine-preventable diseases. Since 1974, vaccination has saved 154 million lives – that's more than 3 million lives a year or six people every minute for five decades. In the same period, vaccination has reduced infant deaths by 40%, and more children now live to see their first birthday and beyond than at any other time in human history. Measles vaccine alone accounts for 60% of those lives saved. Find resources at <https://www.who.int/campaigns/world-immunization-week/2025> and help create more awareness by widely sharing the Adventist statement on vaccines: <https://www.adventist.org/official-statements/immunization/>.

• **World No Tobacco Day (May 31).** World No Tobacco Day 2025 will give a platform to young people around the world who are calling for the tobacco industry to stop targeting them with products that are harmful to their health. Young people globally are calling on governments to adopt policies that shield them from the manipulative practices of tobacco and related industries, including the relentless marketing of their dangerous products through social media and streaming platforms. Learn more at: <https://www.who.int/campaigns/world-no-tobacco-day/2024>. Motivate young people to say no to Tobacco by sharing social media messages available at the youth alive portal or Instagram <https://youthaliveportal.org/magazine/articles/vaping-and-tobacco>.



• **Breathe-Free2.** Now updated, this powerful and informative community program helps smokers kick the habit! Its roots extend back to the Five-day Plan to Stop Smoking—the first community-based smoking cessation program. This enhanced, nine-day program provides a comprehensive physical, mental, social, and spiritual approach proven to assist smokers to free themselves of the tyranny of tobacco. Training videos and all program materials are available online--without cost--to all registered facilitators. www.BreatheFree2.com

HM CALENDAR

2025

March 25-27
Lifestyle Coaching Training
HOPE Clinic
Lima, Peru

April 4-6
Nursing Conference
North American Division
United States

April 11-13
Addiction Recovery Training
Adriatic Union
Croatia

May 2-4
Adventist Nurses Association Conference
South American Division
UNASP-SP, Brazil

May 8-11
Addiction Recovery Training
Central-West Union
Brazil

May 16-18
Addiction Recovery Training
Central Union
UNASP-EC, Brazil

May 23-25
Addiction Recovery Training
Northern Union
Sao Luis, Brazil

June 6-8
Lifestyle Coaching Training
PNG Union
Papua New Guinea

June 13-15
Addiction Recovery Training
GSC | Australian Union
Sydney, Australia

June 25-28
AHSRA Annual Conference
Andrews University
Michigan, USA

July 3-12
General Conference Session
St Louis, Missouri

August 3-9
Lifestyle Centers Conference
Tri-Africa Divisions
AUA, Kenya

RESEARCH UPDATES

Share Evidence-Based Health Information



• **Tobacco Prevention.** According to the Centers for Disease Control, 20.6 percent of adults and 19.5 percent of high school students still smoke. Tobacco use is still the number one cause of preventable death around the world, killing more than 400,000 people in the US alone and over 6.32 billion around the world, costing billions in health care bills and lost productivity each year. Furthermore, the growing popularity of smokeless tobacco products, especially among teen boys, is concerning. All of these deaths and costs are entirely preventable. Tobacco control has been identified as one of the "ten great public health achievements" of the first decade of the 21st century. Leaders from many religious denominations have launched Faith United Against Tobacco to reduce tobacco use, protect our children and decrease the terrible toll of tobacco. Visit www.tobaccofreekids.org to learn how you too can help. <https://www.factswithhope.org/> (video 8).

• **Vegetables and Heart Health.** Are you taking heart medicines? Medications can give us a false sense of security. Even if a person takes heart medicines, eating a lot of saturated or trans fats, fast and junk foods, red and processed meats, sweets, and processed foods will still increase inflammation and make cardiovascular disease worse. A study of more than 31,000 adults found that you can substantially reduce cardiovascular recurrence beyond drug therapy alone by eating a diet rich in vegetables, fruits and fish and low in meats. A heart-healthy diet reduced their risk of dying from cardiovascular disease by 35 percent, a new heart attack by 14 percent, heart failure by 28 percent and stroke by 19 percent. So, eat your veggies. A healthy heart starts with a healthy meal. <https://www.factswithhope.org/> (video 22).

• **Diabetes and whole grains.** The American Diabetes Association estimates that one in four Americans older than 20 have prediabetes. Researchers examined the 8–10-year incidence of prediabetes in 5,477 participants aged 35 to 56 years old who kept food diaries of how much whole and refined grains they ate. A higher intake of whole grain was associated with a 34% lower risk of developing prediabetes. Eating whole grains is associated with a decreased risk of prediabetes, a blood sugar elevation that can precede diabetes. You can lower your risk by making the switch from refined wheat products to eating more steel cut

oats, brown rice, whole wheat, popcorn, and other grains in which the entire kernel is consumed. <https://www.factswithhope.org/> (video 26).

• **Exercising at school boosts test scores.** Researchers led students in grades 1 and 2 in Charleston, South Carolina, through physical activities while learning basic academic skills like geography. They found that the percentage of kids who reached their goal on standardized tests increased from 55% to 68.5%, compared with students who were not participating in the program. While exercising at school or while learning might improve children's test scores, this study also adds to growing evidence that exercise is good for the mind as well as the body. What can you think about, solve, or learn while you are exercising today? <https://www.factswithhope.org/> (video 27).



Global Health Calendar Emphasis 2025



April-June

7 April
World Health Day

24-30 April
World Immunization Week

25 April
World Malaria Day

31 May
World No Tobacco Day

14 June
World Blood Donor Day