



Health Ministries News



Participants at the global nursing workshop in Tanzania.

Global Nursing Gathering in Africa

Arusha, Tanzania | Tri-Africa Divisions (WAD, ECD, SID)

Nursing faculty from across three African divisions came together in Arusha, Tanzania, in December 2024 to attend a dynamic nursing gathering as part of the 2024 East Central Africa Division (ECD) Teachers Convention. They attended a plenary on the mission of Adventist nursing and many workshops focused on global nursing. African PhD students from Loma Linda University (LLU) School of Nursing global track with faculty mentors, led sessions on faith integration, leadership, competency-based education (CBE), and simulation. A highlight was the five-year World Health Organization-funded LLU-General Conference Health Ministries project, which advanced midwifery education in four schools—positioning two Adventist institutions as leaders in CBE and simulation. With 63 nurse educators from 11 ECD schools in attendance, the gathering affirmed that the expertise and spiritual leadership to transform nursing in Africa already exist in our schools, signaling a shift toward shared leadership and global partnership in Adventist nursing education.



Participants convened in Paris for the first Lifestyle Coaching Workshop

Lifestyle Coaching Workshop Comes to Franco-Belgium Union

Paris, France | Inter-European Division (EUD)

On March 7-9, 2025, the Northern French Conference hosted a Lifestyle Coaching Skills workshop. The training was the first of its kind for the Franco-Belgium Union, convening pastors, health professionals, ministry leaders and volunteers passionate about health evangelism. Pr. Ruben Abreu, Union president and Health Ministry director, welcomed attendees with a call to be the hands of Jesus for the many secular people living across French cities. Pr. Emile Lazar, evangelist for the Conference and training organizer and host, joined pastors and their church leaders who expressed a desire to follow Christ's method of reaching people by using the coaching skills they learned in the workshop. Dr Katia Reinert from GC Health Ministries gave the training and spoke at the conference pastors' meeting, where they considered how coaching and health outreach can be an effective tool integrated alongside gospel preaching.



Presenters and participants at the Addiction Recovery Facilitator training in South Africa.

South Africa Union Equips Leaders for Addiction Recovery Ministries

Bloemfontein, South Africa | Southern-Africa Indian Ocean Division (SID)

South Africa Union hosted their first Adventist Recovery Ministries Facilitator Training in Bloemfontein on February 21-23, 2025. The training was part of a plan to meet a felt need among youth, adults and seniors struggling with addiction and other dependencies. Dr Mosae Phatsoa, Health Ministries director in South Africa Union, organized the event sponsored by the Union in collaboration with the General Conference Health Ministries department. A community assessment revealed this major concern, and the Union leadership supported equipping leaders, health professionals, chaplains, and pastors to join hands in offering 12-step Christ-centered support groups to address this major issue. Over one hundred participants joined from across South Africa under the theme Journey to Wholeness. This training was timely in further equipping church leaders who already started a ministry for those struggling, including those imprisoned. Participants learned principles of recovery and healing supported by the biblical principles, the counsels in the Spirit of Prophecy and evidence-based science. "The church has an opportunity that no one else has to offer a holistic solution for addiction recovery," said Dr. Dr Kebogile Mokwena, research chair for substance abuse and population mental health at the local university. Attendees share their testimonials of how God is bringing people to church who are seeking healing and God is transforming their lives through this ministry. Attendees left inspired to start support groups and continue expanding the ministry to the broken among us.



Photo of the newly acquired Adventist Health System Headquarters and its employees.

Hospitals and Clinics in Brazil form a Unified Adventist Health System.

Brasilia, Brasil | South America Division (SAD)

After several years of planning, consultations, and study, the South American Division (SAD) acted to bring together all the health institutions owned by the Church in Brazil into one system headquartered in the country's capital, Brasilia. Eight hospitals, five health clinics, five lifestyle centers, and four health insurance plans are now under one institution called Adventist Health. Their vision is to "become a health system known for excellence in health care, disease prevention, and the promotion of a healthy lifestyle, while integrating faith and science." Their mission is to "serve, heal and save, promoting physical, mental, social and spiritual health and wellness, following on Christ example." Their goal is to have a health care experience that is patient-centered, focusing on following the patient throughout their journey in the system. Adventist Health will prioritize disease prevention, health promotion, and treatment of communicable and non-communicable diseases at the primary care level integrating lifestyle interventions to mainstream medical practices, leaving the hospital setting for acute and emergency interventions. The step to unify these institutions was seen as essential for long-term survival of these health institutions, saving in costs and strengthening the mission as they speak with one voice. The goal is to expand the system to include other SAD institutions in the future.



THE HEALTH CONNECTION

AdventistHealthMinistries

HealthMinistries

2ND QUARTER 2025

Volume 10, Number 2

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

Join the 40 Days of Prayer until GC Session. The worldwide Seventh-day Adventist Church has been holding a 100 days of prayer event from April 4-July 12 ahead of and during the upcoming General Conference session. 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 channel Learn more at <https://www.backtothealtar.org/>



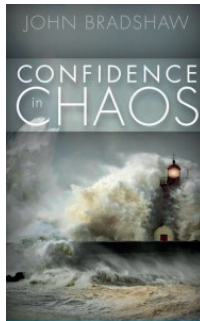
Believe His Prophets

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

Confidence in Chaos, by John Bradshaw. In this book, the author reveals not only the depth of the chaos facing our world and the issues coming in the future, but also the certainty of the solutions offered us by the God of heaven. You can have confidence in chaos!

<https://adventistbookcenter.com/confidence-in-chaos.html>



Flourishing in a Broken World



We are constantly reminded that we are living in a broken world. As I write this message, major war is ongoing in at least six countries with thousands of people affected. Uncertainty, chaos, hopelessness, and despair are a reality for many people living under fire. But the brokenness of this world affects us all. For some, it is the grief over the loss of a loved one, of a job, or lack of purpose in living. For others, it may be the reality of living with a terminal illness, or the emotional pain felt in a dysfunctional home where abuse and violence abound.

The natural result of this brokenness is for people to seek answers or relief in worldly things. From substances (food, alcohol, etc), to activities (shopping, browsing social media, pornography, working, gambling, etc) or toxic relationships that in the end will not bring peace and healing but only further pain and destruction.

Is it possible to find joy, happiness and longevity in such a broken world? Researchers have studied this and identified critical ways to flourish, such as cultivating character strengths, serving others, nurturing supportive relationships, recovering from depression, anxiety and addictions, cultivating gratitude, forgiveness and religious faith.

Indeed, God has provided a way for us to live with hope and to flourish despite living in a broken world. As Adventist Christians we have a message that not only helps us to cope with the chaos and misery of this life and find healing from emotional despair here and now, but also to help others do the same.

We have the promise that we are not alone when we face adversity. While we feel pain and brokenness, Christ has experienced this too and understands. He is with us

when we walk the valley of the shadow of death (Psalm 23:4). He offers protection (Isaiah 41:10) and healing for our brokenness (Jeremiah 30:17). He promises to comfort us in all our troubles and calls us to comfort others in their troubles with that same comfort we received (2 Corinthians 1:3-4). What a beautiful call to mission!

Through a ministry of health and healing we can share hope, healing and wholeness (Shalom) with a world that is facing an epidemic of loneliness, hopelessness, addictions, and despair. We have helpful ways to support people as we take hold of resources that have been developed (e.g. Journey to Wholeness, Youth Alive, and others), while using a coaching approach modeled after Christ's method of ministry.

Many have not yet heard the three-angel's message of God's plan to restore people from brokenness to wholeness. There are unreached people groups in secular post-Christian societies or of other faiths who are yet to find healing in Christ. Let us answer the call to go and comfort others in their pain, sharing hope and wholeness, helping people flourish! May we say, Yes! I will go! and equip myself and my church to share hope and wholeness in the cities, reaching the unreached in practical ways while demonstrating God's love and compassion!



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Health Ministries Resources

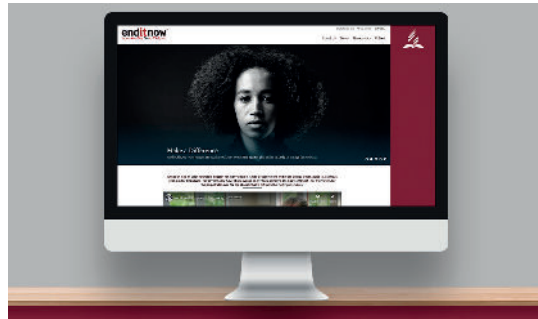
• **World Day Against Trafficking in Persons (July 30).** This year's global campaign for World Day Against Trafficking in Persons theme is "Human trafficking is Organized Crime – End the Exploitation." This year's campaign highlights the vital role of law enforcement and the criminal justice system in dismantling organized trafficking networks while ensuring a victim-centered approach. As faith communities let us do our part.
<https://www.unodc.org/unodc/en/endht/index.html>.



• **World Humanitarian Day (August 19).** Over 130 million people throughout the world are currently in crisis, either through war or natural disasters, and need humanitarian aid. The purpose of World Humanitarian Day is to raise awareness of the plight of civilians around the world who have become caught up in conflicts and also honor and raise support for the humanitarian workers who risk, and sometimes lose, their lives to help. Among them are ADRA workers and volunteers. This day gives us an opportunity to join hands with them by donating to at least one of many ADRA projects. With recent changes in funding from USAID, ADRA needs greater support and donations from Adventist members. Consider donating and learn more at <https://adra.org/>.

• **ENDitNOW Sabbath (August 26).** Enditnow® Emphasis Day is on the Adventist church's calendar and falls

on the fourth Sabbath of August. General Conference Women's Ministries coordinates the production and distribution of the Enditnow® Emphasis Day resource packets with contributions from six additional co-sponsoring departments of the General Conference: Children's Ministries, Education, Family Ministries, Health Ministries, Ministerial Association, and Youth Ministries. Do not miss the opportunity to be part of this awareness movement fostering violence prevention also recovery for survivors. Materials for a sermon and an afternoon seminar are available in several languages for free download at: <https://women.adventist.org/enditnow-day>.



• **Fun wellness video spots for use.** Facts with Hope are a series of 49 one-minute video spots featuring various topics of whole person health. These videos offer a health-related "fact" based on scientific evidence, and then the "hope" enforcing healthy living principles and a call to action. The videos can be shared on social media, in church services, on Hope Channel or several other settings. The purpose is to inspire people to start on a wellness journey one step at a time. The videos are animated with fun graphics and can be culturally appropriate for different people groups. They are available in more than 20 languages at the website factswithhope.org. Some of the content for these videos are featured in the research section of this newsletter.

Global Health Calendar Emphasis 2025



July-September

July 31
World Day Against Trafficking in Persons

August 1-7
World Breastfeeding Week

August 19
World Humanitarian Day

August 23
Enditnow Sabbath

September 17
World Patient Safety Day

HM CALENDAR

2025

July 3-12
General Conference Session
St Louis, Missouri

July 20-August 3
LifeMedics Training
Inter-European Division
Penela, Portugal

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

August 14-17
Mental Health Conference
Malaysia Union Mission
Johor, Malaysia

August 18-21
Lifestyle Coaching Workshop
Singapore Mission
Singapore

August 22-24
Addiction Recovery Training
Chinese Union Mission
Kuala Lumpur, Malaysia

August 25-27
Lifestyle Coaching Workshop
Chinese Union Mission
Kuala Lumpur, Malaysia

September 26-28
Addiction Recovery Training
Romanian Union
Romania

October 3-5
Addiction Recovery Training
Malawi Union
Malawi

October 17-19
Addiction Recovery Training
Polish Union
Poland

October 21-23
Lifestyle Coaching Workshop
Polish Union
Poland

October 24-26
Addiction Recovery Training
Czech-Slovakia Union
Czech Republic

RESEARCH UPDATES

Share Evidence-Based Health Information



• **Video Game Addiction.** According to a two-year study of more than 3000 school-age children, video game addiction has been associated with problems affecting youth including depression, anxiety, social phobias and lower school performance. Those who stopped playing video games ended up with lower levels of these same symptoms, but still higher levels than the control group of children who never became addicted. The American Academy of Pediatrics recommends that parents limit screen time to no more than two hours per day including television, videos, and video games. In doing so, parents can decrease a child's risk for poor school performance and mental health problems. So, turn off the screen and give your kid a healthier and happier future. <https://www.factswithhope.org/> (video 25).

• **Youth Drinking Effects.** A study of 295 high school students suggests that drinking and getting drunk at an early age are key predictors for alcohol abuse. The participants who had their first drink at a very young age progressed more quickly to heavy drinking than those who started drinking or had their first binge drinking experience later in life. Parents can play a key role in helping their children avoid this risky behavior. If age of any use is the primary risk factor, our efforts should focus first on preventing initiation of ANY harmful substance. This study amounts to the evidence that it is best to say NO to alcoholic beverages, no matter your age. <https://www.factswithhope.org/> (video 26).

• **Depression Among Adolescents.** According to the National Survey on Drug Abuse and Health, 1 in 10 adolescents (10.7%) had a major depressive episode the previous year and 1.4% had a substance abuse disorder combined with depression. Sadly, only 38% of those who experienced depression received treatment. Knowing common depression symptoms among adolescent can help parents and friends offer help in a loving and non-judgmental way. Connecting depressive adolescents with adequate health care and treatment is a critical first step in reducing the high prevalence of depression and suicide in this age group. So, let's judge less and help more. <https://www.factswithhope.org/> (video 36).

• **Sleep Impact on a Child's Behavior.** The amount of time a child spends sleeping may influence their behavior. A study of 5–6-year-old kids found that those who slept less than 9 hours a day were more likely to develop attention problems, behavioral issues and other psychiatric symptoms. In fact, those who slept less, were 3-5 times more likely to experience those issues. Children need lots of sleep but figuring out how much isn't rocket science. Although needs vary, on average infants require 13-18 hours per day; 1-3-year-olds 12-14 hours; 3-5-year-olds, 11-13 hours; 5-12-year-olds 10-11 hours and 12-18-year-old 8.5-9.5 hours. Figure out what time your child needs to go to bed by counting back from the time they wake up. Then adjust their bedtime and see them growing healthier and happier. <https://www.factswithhope.org/> (video 47).

