"... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live."
Deuteronomy 30:19, NIV

What an exciting time to be engaged in Health Ministries! There are many opportunities to integrate health, healing, and wholeness into the mission of the church as never before. As the new NAD Health Ministries Director I am prayerfully seeking God’s wisdom and guidance so we can be effective in sharing God’s love as we extend the healing ministry of Christ to those in our communities.

For the next five years Health Ministries (HM) main goal is to: “Enable every Church in the NAD to be a Center for Health, Healing, and Wholeness in the Community.”


HM Areas of Focus will be to:
“REACH North America” as we “Reach Up, Reach Out, and Reach Across.”
• Reach Up: Encourage each health ministry leader and church members to seek deeper spiritual growth; focus on renewed revival and reformation through the outpouring of the Holy Spirit; seek a more intense devotional experience and connection with God through prayer, Bible study and reading of the Spirit of Prophecy.
• Reach Out: Promote integrated health outreach for the church and the community. Focus on building partnerships for collaboration and in leading individuals and communities from health to Him through integrated health promotion and health education outreach efforts.
• Reach Across: Equip Health Ministry directors and leaders at all levels and from all backgrounds. Focus on developing a leadership training curriculum to be used division wide, promote effective communication from division and conferences to the local church, and making resources available for directors, lay leaders, clergy, health professionals.

We invite you to be part of our division wide health ministry team so together we can REACH North America with Christ’s ministry of health, healing, and wholeness. The time is now! Check our website and join our facebook page for information on how you can participate.

Lastly, “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The One who calls you is faithful and he will do it.”
I Thessalonians 5:23-24, NIV

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Focus on a Spirit Led Revival
Join Seventh-day Adventists around the globe to pray for revival and outpouring of the Holy Spirit. Last October at the General Conference Annual Council, a number of “Revival and Reformation” initiatives were launched, including 777. That means 7th-day Adventists praying 7 days a week at 7 o’clock (am or pm) daily, without ceasing, until Jesus comes. For more information and resources (including an iPhone app), visit the website at www.revivalandreformation.org

Revive Us Again, by Mark Finley. Available at your local Adventist Book Center.

Lessons from the Water Lily devotional by Katia Reinert at: http://www.vimeo.com/19791009

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New Beginning
Health Ministries Resources

• **The Adventists**, the documentary film released in spring 2010 is now airing on PBS stations. The film tells the story of the Seventh-day Adventist approach to health and healing that has made its members some of the healthiest and longest living people on earth. To purchase a copy visit: [www.journeyfilms.com](http://www.journeyfilms.com)

• **Full Plate Diet Weight Loss Program**, an eight-session weight loss program by Lifestyle Center of America physicians. It’s a fully scripted, small group program that is very easy to facilitate. Available materials include: *The Full Plate Diet Book*, *Facilitator Guide*, *Participant Workbook*, audio book, and *12-Week Start Up Diary*. For sample chapters, ordering information, and other resources, visit [www.fullplatediet.org](http://www.fullplatediet.org).

• **HealthBites** is a free monthly bulletin insert featuring short, in-depth, easy-to-understand articles on current health topics along with practical tips to enhance health. Sign up at [www.positivechoices.com/healthbites](http://www.positivechoices.com/healthbites). You’ll receive a monthly reminder email to log-in and download the current issue, as well as access to an archive of all previous issues. Download, print, fold and distribute.

• **Monthly Health Ministry Teleconference** for conference and union health ministries directors. To join the next call, contact Katia Reinert at Katia.Reinert@nad.adventist.org

• **Facts with Hope** is a concept taught in the *Health Ministry Team Building* course. We have included some evidence-based health facts related to childhood obesity on page four of this newsletter, along with a few positive thoughts that bring hope to each fact. Our goal in health ministries is to not only create awareness of the need for lifestyle change, but to help them build confidence that they can change. You can print this page for bulletins or community handouts, or use them individually as health nuggets in church bulletins and newsletters, or during health minutes at church.

• Join us on **Facebook**: Adventist Health Ministries, North American Division

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**Dates to Remember**

**2011**

- **September 7-10**
  - Festival of the Laity
  - Dallas, TX
  - [www.festivalofthelaity.com](http://www.festivalofthelaity.com)
  - (Note the seminars specific to health ministries)

- **September 25**
  - NAD Let’s Move Day
  - (More details to follow)

- **October 12-15**
  - Global Emotional Wellness Conference
  - Loma Linda, CA
  - [www.globalemotionalhealth.org](http://www.globalemotionalhealth.org)

- **October 16-17**
  - NAD Abuse Summit
  - Loma Linda, CA

**2012**

- **January 15-18**
  - Adventist Ministries Convention
  - Innisbrook, FL
  - (Networking and training for union and conference directors)

- **January 27-February 5**
  - NAD Health Summit
  - Orlando, FL
  - We are planning for the biggest summit so far. Ted Wilson, GC President, and Dan Jackson, NAD President, will be keynote speakers. Also planned are community events such as a Health Expo for the Orlando area and evening health evangelism meetings by Mark Finley on “Health, Restoration and Wholeness,” and over 20 training tracks, including youth health and a special track for pastors.
NAD HEALTH MINISTRIES
Pastor Ted N.C. Wilson, president of the Seventh-day Adventist Church, participated in a meeting at the White House with United States First Lady Michelle Obama and the Faith Based and Neighborhood Partnership. The meeting launched “Let’s Move: Faith and Communities.” This initiative is Mrs. Obama’s commitment to solve the challenge of childhood obesity. For ideas of how your church can get involved, do an Internet search for Let’s Move Toolkit for faith communities. The NAD Health Ministries is also developing a Let’s Move initiative to launch April 1.

NORTHERN CALIFORNIA CONFERENCE
The Northern California Conference Health Ministries department held Full Plate Diet training sessions for their health ministry leaders and team members across the conference on February 12-13, 2011. Dr Gordon Botting, Health Ministry Director for the Conference, escorted the presenters Dr Diana Fleming and Ricky Seiler from the Lifestyle Center of America, and Katia Reinert, NAD Health Ministries Director, by car to an intense schedule to hold four training sessions over two days in four different locations: Carmichael, Fairfield Community, Ukiah, and Chico. Over 120 people completed the training, including several Faith Community Nurses from Northern California. Over 25 sites have been scheduled to hold Full Plate Diet programs this year.”

ALASKA CONFERENCE
Alaska Adventist Health Ministries (www.alyeskahealthquest.org) is one of the leading faith based organizations that partner with State DHSS and Alaska Native Tribal Health Consortium and impact the health of Alaskians in a significant way. Suicide Prevention and CHIP are major programs offered. They partner with the Alaska State Fair, the biggest fair in Alaska, so that a tent is available for NEWSTART, CHIP and Depression Recovery. Local churches also participate in fairs in their own locality using the NEWSTART health expo materials. In addition, they have partnered with KACN television for a one hour block time per weekday to broadcast selected Adventist health videos. ACS and HM Director Ephraim Palmero, MD, received President Obama’s Volunteer Service Award for Adventist Community Services collaboration with the Dept of Homeland Security to provide mental health post-disaster relief services and donations following the Yukon flooding of 2009.

TEXAS CONFERENCE
At the Cleburne, Texas church, the H.O.P.E. Medical and Dental Clinic celebrated its fifth year of operation and of seeing more than twelve thousand patients four to five days a week along with conducting diabetic management, weight reduction and smoking cessation classes for the uninsured community of Johnson County. The Baylor Dental School sends its third and fourth year dental students to do their preceptorship at the H.O.P.E. Dental clinic. The impact on the community was reflected in the nomination of Dr. Tony Torres, pastor and health ministries leader, as “Man of the Year” by the Cleburne Times Review and the local Rotary Club. In addition, the clinic received the Chamber of Commerce city award for best care in the community.
Putting Our Children on the Path to a Healthier Future

**FACT** The journal *Obesity Reviews* (July 14, 2008), reporting on a study of 367 children’s food products, revealed that nine out of ten foods aimed at children had nutritional deficits due to high levels of sugar, fat or salt. (Even though 62% of them made health claims!)

**HOPE** Findings from a study published in the *Wisconsin Medical Journal* (August 2008) shows that children are more likely to select produce over other, less healthy options, when they are regularly exposed to fresh fruits and vegetables. And a five-year study published in the journal *Preventive Medicine* (July 2008) found that the amount of fruit and vegetables the children ate directly correlated with the amount their parents ate. So the next time your child asks for an unhealthy snack, put out a plate of apple slices—and sit down to enjoy them together.

**FACT** The American Psychological Association reports that children who are overweight feel more stressed than their normal-weighted peers. Most of the children interviewed said they used sedentary activities such as listening to music, playing video games, and watching TV, to manage their stress, and 48% reported disordered eating (either too much or too little) when stressed out, compared with only 16% of children at a healthy weight.

**HOPE** Parents can make a lasting impact on the lifestyle behaviors that lead to weight gain by helping children recognize stressors and effective ways of coping. You can also be a role model for your children in handling your own stress in a healthy way. If your children do not exercise often, encourage family activities like bike riding, hiking, playing ball, or swimming. Planning active family events keeps your entire family fit and healthy.

**FACT** Researchers have found that, at ages 9 and 11, more than 90 percent of children met the recommended levels of moderate to vigorous physical activity recommended for children. By age 15, however, only 31 percent met the recommended level on weekdays and 17 percent met the recommended level on weekends. The researchers estimated that physical activity declined by about 40 minutes per day each year. (*JAMA*, July 16, 2008)

**HOPE** Even walking for as few as 15 minutes a day provides health benefits. If your children do not get enough sleep are more likely to be overweight than their well-rested peers. The researchers determined that a one-hour reduction in daily REM sleep nearly tripled a child’s odds for overweight and obesity.

**FACT** A study in the *Archives of General Psychiatry* (August 2008) finds that children who do not get enough sleep are more likely to be overweight than their well-rested peers. The researchers determined that a one-hour reduction in daily REM sleep nearly tripled a child’s odds for overweight and obesity.

**HOPE** Bring back the bedtime story, prayers, and tuck-in time. Establishing a regular bedtime routine can ensure that your child gets adequate sleep and help to reduce their risk for obesity.

“... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” *Deuteronomy 30:19*, NIV

This free newsletter is published by Health Ministries, North American Division of Seventh-day Adventists. To learn more or subscribe, visit our website www.nadhealthministries.org, email Katia.Reinert@nad.adventist.org or call (301) 680-6733.