Some consider health ministry to be hospitals and churches extending the healing ministry of Christ to those in need of health. However the unique calling for Health Reform actually began to be a reality first in schools. In the first decade following the official formation of the church, God impressed Ellen White and other pioneers with the vision that students should learn more about physiology and health, and receive training on how to teach health principles, relieve sickness, and introduce people to the Great Physician.

Adventist education was unique with its wholistic approach and led the way in striving for a well-rounded education which highlighted excellence in intellectual abilities, as well as an equal focus on physical and spiritual matters. Inspiration stated that “Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, his fellow being and his Creator” (Education, p. 195).

As we seek revival and renewal of our spiritual experience both as individuals and as a church, educational leaders recognize the need for renewed commitment to a balanced wholistic approach in education. In their last Advisory, NAD Union and Conference education directors partnered with health ministries in Adventists InStep for Life as we look for ways to engage students (and teachers) in increasing physical activity, eating healthier, and understanding the connections between faith and health.

As the right arm of the gospel, the message of health must regain its ascendance in the heart of leaders in every line of work for God. Only through the power of the Holy Spirit can all branches of Adventist ministry (teaching, healing and preaching) be united in proclaiming the three angel's message so Jesus can return.

Katia Reinert, MSN, CRNP, FNP-BC, PHCN--BC
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Health Ministries Resources

- **Adventists InStep for Life** toolkit, physical activity log, PowerPoint, bulletin inserts, brochures, posters, logos and more can be found at www.AdventistsInStepforLife.org. Look for a package sent to your church this month. For more information, contact our office at 301-680-6733 or delorisbailey@nad.adventist.org.

- **Parker’s Puzzle**. A series of six-minute videos produced by Hope Channel that includes guided fun physical activity and cooking for kids ages 6-12 by kids. To order go to www.parkerspuzzle.com.

- **Balanced Living Health Tracts** are new sharing tracts small enough to carry in your purse or pocket. Each tract has a blank area to print your church contact information. An optional PowerPoint program is also available. For more information, call 1-866-624-5433 or visit www.balancedlivingliterature.com.

- Interested in becoming trained as a Faith Community Nurse? Upcoming **Parish Nurse Preparation Courses** are being offered by the following Adventist organizations:
  - Adventist HealthCare, August 12-18 in Comus, MD. Contact Sue Heitmuller at 301-315-3141 or sheitmul@adventisthealthcare.com.
  - Adventist WholeHealth Network, 6 consecutive Fridays from October 14-November 18 in Wyomissing, PA. Contact Joyce Christman at 610-685-9900 or jchristman@awhn.org.
  - Florida Hospital, October 14-21 in Orlando, FL. Visit www.parishnursing.net or contact Candace Huber at candace.huber@flhosp.org.
  - Kettering Health Network, October 16-21, 2011 in Kettering, OH. An online course is also available. Contact Chris VanDenburgh at 937-395-8021 or Chris.VanDenburgh@khnetwork.org.

- Join us on **Facebook**: Adventist Health Ministries, North American Division. You’ll find links to current health news like the new USDA food plate guide, as well as NAD Health Ministries announcements, resources, and events.

### Dates to Remember

**2011**

- **August 27**
  - Abuse Prevention Emphasis Day
  - www.nadhealthministries.org/abuse_prevention.php

- **September 7-10**
  - Festival of the Laity
  - Dallas, TX
  - www.festivalofthelaity.com
  - (Health ministries seminars offered)

- **September 25**
  - NAD Let’s Move Day
  - www.adventistsinstepforlife.org

- **October 12-15**
  - Emotional Health & Wellness Conference
  - Loma Linda, CA
  - www.globalemotionalhealth.org

- **October 16-17**
  - NAD Abuse Summit
  - Loma Linda, CA
  - www.nadwm.org/article.php?id=251#

**2012**

- **January 15-18**
  - Adventist Ministries Convention
  - Innisbrook, FL
  - www.adventistministriesconvention.com

- **January 25-27**
  - NAD Health Ministry Advisory
  - Orlando, FL
  - (Held every 5 years. If you are a HM Director of a Union or Conference, please plan to attend)

- **January 27-February 5**
  - NAD Health Summit
  - Orlando, FL
  - www.NADhealthsummit.com
During the NAD Education Advisory meeting held in May, Union education directors and superintendents enthusiastically embraced the Division-wide *Adventists InStep for Life* initiative in an effort to renew the commitment for a wholistic educational approach. The plan is to continue to engage schools, faculty and students in more physical activity programs and healthier choices and join hands in the prevention of childhood obesity. *Let's Move Day* events will be planned to assist in the 1 million mile goal. Many schools are already actively engaged in excellent programs motivating students to achieve the President’s Active Lifestyle and Physical Fitness Awards and be physically active at least one hour a day as part of their routine. The following stories are just a sample of the reports. For more resources (and to share your stories) visit www.AdventistsInStepforLife.org.

**TEXAS CONFERENCE**

The Cleburne Adventist Christian School, located in Cleburne, Texas, proves that even a small church school with 22 students can make a big difference in the health of our youth. School Principal Cindy Read and teachers Bette Hambright and Maryon Westerman have developed an excellent physical activity program, including an hour a day of physical activity that begins with running one mile and then moves into playing basketball or other activities. Students accumulate credits and earn awards for participation.

**LOMA LINDA UNIVERSITY**

Students from the School of Nutrition and Dietetics have started a garden committee and a vegetable garden on the campus of Loma Linda University. The idea for the garden, named the Nichol Hall Sprouts Garden, came out of a student project and has inspired support from the LLU President, the School of Public Health, the School of Allied Health Professions, LLU landscaping services, and many others. With the support of faculty like Dr. Bert Connell, students also prepare a delicious free community meal using produce from the garden as a way to promote more servings of vegetables and healthier eating in their community. As student Anny Hung stated during the groundbreaking, “This is a way to establish community building. It’s amazing what you can do with just food.”

**CHESAPEAKE CONFERENCE**

Atholton Adventist Academy, a K-10 school in Columbia, Maryland, received first place in the state of Maryland for the President’s Physical Fitness Challenge during the 2009-2010 school year. More than 50% of the students met or exceeded the criteria in the designated categories. Principal Marilyn Peeke, MPH, states that they are aiming for an even higher percentage this school year. Led by teachers Randy Nomura and Marty Chedalavada, 80 students ages 6-17 won the President’s Physical Fitness Award. Physical education is required for all students, and participation encouraged in the after-school intramural sports program. Another factor contributing to the school’s emphasis on physical fitness is teacher involvement. Peeke reports that “more than half of our teachers now have regular workout programs, which have allowed them to achieve goals such as weight loss and strength improvement.” She is very enthusiastic about *Adventists InStep for Life* and hopes that more schools will renew their commitment for teaching and living health principles.
Health Facts with Hope

**FACT** Researchers at Northwestern University found that older women who are obese are more likely to experience memory problems, especially if their excess weight is located around their hips. The study showed that for every one-point increase in a woman’s BMI, her memory score dropped by a point on a 100-point memory test called the Modified Mini-Mental Status Examination.

**HOPE** Losing weight may be more than just good for your heart. According to another study at Kent State University, weight loss may improve concentration and overall cognitive ability. As the body becomes healthier, and risk factors such as high blood pressure, type 2 diabetes and sleep apnea are improved, the brain becomes healthier also. Another reason to fight the epidemic of obesity: to maximize brain power!

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