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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.
Visit the website at www.revivalandreformation.org

Prayer, by Ellen G. White. When Ellen White wrote about prayer—its power and its necessity for the Christian—she was writing from personal experience. Often she was driven to her knees by the demands of the special work she had been called to do and her need for strength from God. This book includes her most familiar and treasured statements dealing with prayer, as well as many others that are less known.

A Let’s Move Day Challenge

September is National Childhood Obesity Awareness month. This is it! Let’s Move Day, September 25, is only a few weeks away. Are you ready? Have you found room in your busy schedule to participate on Let’s Move Day? There are many reasons to be involved: helping us reach our 1 million mile goal, raising awareness of the childhood epidemic of obesity -after all this month is “childhood obesity awareness” month, and Let’s Move day at its core is about Adventists Saying Yes! to healthy kids and families.

However, here is a personal reason. Personally, being physically active daily and planning to participate on Let’s Move Day has been a challenge. As someone who is working more than fulltime, and studying “fulltime-a-half”, there is nearly not enough time in 24hrs to include daily physical activity, much less venture training for a 5K run on Let’s Move Day. I had to challenge myself to train and get ready to run the 5K sponsored by Vibrant Life at the Review and Herald. Truth is I enjoy walking, hiking, biking, etc, but running is not my favorite “thing”. I could walk the 5K comfortably, but this time I decided to do something different that would keep me on track and improve my fitness. Leaving my fears aside, I faced my dislike for running, and proposed in my mind to have a different experience by making it fun.

How? I decided to come up with a 21-day challenge to prepare and not skip one day of physical activity until Let’s Move Day, no matter what. My challenge started on September 5. Ideally, one needs at least 2 months to prepare to run a 5K, but for someone fit and able to run 1-2 miles without much difficulty, running 3.1 miles might not be an impossible task. So, I started. I began to video tape my days and share my daily experiences on our Health Ministries facebook group site, and that kept me accountable to myself. I have to make time regardless of how busy I am. I am now on day 8 of this challenge and I have 13 days left. I don’t know if I will be ready to run the entire 5K – but that is not the point, I will be happy to run/walk – but here is the point: challenging myself to do it made it fun! Besides keeping me on track with prioritizing for physical activity, this challenge is also relieving the stress of my long days filled with responsibilities.

How about you? The truth is, unless we make the commitment to include physical activity daily, our busy schedules will swallow us alive. Let’s Move Day is one good reason to start, if you have not already. Inspiration says that “both our mental and spiritual vigor (yes! spiritual vigor) is in a great degree dependent upon our physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and well-balanced character” (Education, 195).

We are God’s family and Let’s Move Day will not be the same if you, my brother or sister, do not participate! The pathfinders are on board and have launched a 1 million mile challenge just for pathfinders. There are many reasons to join your Division wide family. Make your plan, challenge yourself, and invite your family and friends. God will be honored and you will experience renewed spiritual vigor as a result.

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... 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
Health Ministries Resources

- **Adventists InStep for Life Webinar Series** are opportunities for anyone interested in participating in this Division wide health initiative. You can watch previous webinars that cover a general overview of the initiative, what is *Lets Move Day*, and another webinar only for educators. The next webinar is scheduled for September 21, 2011 at 8pm EST, and it will cover how individuals, churches, schools, and hospitals can register to participate, and more importantly, how to report the activities so you or your institution can get credit towards our 1 million mile goal. To sign up go to www.adventistsinstepforlife.org and register today.

- **Health Calendar Emphasis - September**
  - USA: [http://www.healthfinder.gov/nho/nho.asp#m8](http://www.healthfinder.gov/nho/nho.asp#m8)
  - Sept 24 - Family Health & Fitness Day USA®
  - Sept 1-7: National Childhood Obesity Awareness Month
  - Sept 1-30: National Whole Grains Month
  - Sept 1-30: National Fruit and Vegetables Month
  - More information and resources for these and other health days in September can be found at the website listed above for USA.

- **A National Prevention Strategy** was recently released by the U.S. government to reduce preventable death and illness. Download the report at www.healthcare.gov/center/councils/nphpc/strategy/report.pdf and note the actions that faith-based organizations can do to contribute to and support prevention in their communities. Through health ministries, we have the opportunity to partner with our community in these efforts and to also connect people to the Creator and help them to apply His ‘prevention’ strategies for living healthier and more fit lives.

- **Coaching Lasting Lifestyle Change** is a DVD-based training program designed to provide a basic introduction to Christian wellness coaching and its application to health ministry. DVD, facilitator guide, and participant workbooks available. Visit www.coachinglifestylechange.com for details.

- **The NEWSTART® Lifestyle Club** offers free up-to-date health resources based on the NEWSTART® principles. The club features video, expert health advice, wellness tips, recipes, tools and more. The website also includes a sponsorship program designed for schools, churches, and health care organizations to post local events on the club website. Visit [http://sponsors.newstartclub.com](http://sponsors.newstartclub.com). You can also see programs specifically for reversing diabetes and obesity at [www.reversingdiabetes.org/](http://www.reversingdiabetes.org/).

- **TakeTEN** is a new physician-directed, evidence-based, ten-day residential program at St. Helena Hospital in St. Helena, CA that combines medicine, lifestyle, fitness, nutrition and health into a personal lifestyle prescription to help you get and stay healthy for a lifetime. This program may be reimbursed in part by your health insurance plans. Check with your carrier. For more information, visit [www.napavalleytaketen.org](http://www.napavalleytaketen.org).

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### Dates to Remember

**2011**

- **September 21**
  - Free Lets Move Day Webinar
  - [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)

- **September 25**
  - NAD Let's Move Day
  - [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)

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

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

- **October 19-23**
  - Annual Wildwood Medical Seminar
  - Wildwood, GA
  - [www.wildwoodhealth.org](http://www.wildwoodhealth.org)
  - (Includes 18 CME)

- **October 27-30**
  - Annual AMEN Conference
  - Hilton Head, SC
  - [www.amensda.org](http://www.amensda.org)

- **November 16-20**
  - Annual CHIP Summit
  - Loma Linda, CA
  - [www.sdchip.org](http://www.sdchip.org)

**2012**

- **January 15-18**
  - Adventist Ministries Convention
  - Innisbrook, FL
  - [www.adventistministriesconvention.com](http://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 2012
  - Orlando, FL
  - [www.NADhealthsummit.com](http://www.NADhealthsummit.com)

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**www.NADhealthministries.org**

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On September 7-10, 2011, the North American Division held its Festival of the Laity in Dallas, TX, where hundreds of lay members, ministry directors, and pastor came together to be equipped for ministry. Among the over 40 ministries represented, Health Ministries was pleased to sponsor 6 seminars which were counted among the most attended seminars of the event. Vicky Griffin presented on “The Attitude Factor: The Mind/Body Connection in Health and Disease”, Dr. Diana Fleming presented “Eating a Full Plate to Loose Weight”, Dr. Don Hall presented “How to Make Health Ministries Come Alive”, Dr. Errol Price presented on “NewSteps to Health and Lifestyle Evangelism” and Katia Reinert presented “Every Church a Center for Health, Healing, and Wholeness” and “Emotional Intelligence for Whole Person Health”. Lay members left the event having embraced the challenge to “Choose Full Life, and Tell the World.

Feather River Hospital’s Cancer Center in Paradise, CA, reached out to their community with a Spring Celebration of Life event. Over 100 people attended this special cancer survivor event held in a pavilion at Bille Park. The hospital invited cancer survivors to tell their story, meet other cancer survivors and celebrate life. The event also featured an art show with works painted by local artists, cancer patients and survivors.

The Faith Community Nurse and health ministry team of the Kettering Adventist Church had a twist on the community garden concept. They collected garden produce from their congregation and community gardens and shared the bounty with the McKinley United Methodist Church in downtown Dayton. Bread was also donated by Big Sky Bakery in Kettering. The donations were collected on Saturday afternoon and a “Farmer’s Market” was set-up in the parking lot of the McKinley UMC Sunday afternoon for the members to collect their produce following the church service. In addition to smiles, heartfelt “thank-yous,” and a few zucchini recipes exchanged, the team felt that the friendships that developed were the most rewarding outcome of the event.

Luis Mejia, an avid runner and member of the Palm Harbor church, took on the Adventist InStep for Life initiative by challenging fellow church members to participate in the Blue Moon Half-Marathon & 5k, a local Palm Harbor race whose proceeds go to benefit the Childhood Obesity Foundation. Luis provided nutrition guides and training schedules for running, run/walking, or walking the event. Ten members have been meeting weekly since March to practice together for the race. The age, physical condition, objective and motivation of each participant varies greatly. For instance, one of the participants is nearly 80 years old. Another runs to lose weight. Children, who won’t be entering the race, join the training just for fun. The group has found that at the end, “we all motivate each other.”

Members from 17 churches in the Oregon Conference have formed a Healthy Heart Team. Started in 2007 by retired nurse Molly Geddis, the teams conduct blood pressure screenings in local Fred Meyer grocery stores. The teams provide information on upcoming health, nutrition, and stress reduction classes offered at the local Adventist churches. Those with elevated blood pressure are offered follow up counseling and encouraged to see a physician. A website, www.healthyheartteam.net, was created to promote the lifestyle programs offered to the community. After the first three months in the initial store, the corporate director of pharmacy operations came to Molly and asked, “This is a wonderful program. Could you do it for us in more stores?” The program has grown to 140 volunteer team members who screen an average of 1200 people a month in 12 stores.
What, When and Who We Eat With Makes a Difference

**FACT** Shared family mealtimes lead to better health and weight control, positive social outcomes, improved grades and less use of drugs, cigarettes and alcohol. And these positive outcomes aren’t just for kids. Numerous studies reveal that all ages, races, ethnic groups, levels of education, employment and income are benefited by eating with family.

**HOPE** We eat every day. Reclaim the family table and make it a habit to eat together. In the next week, select one meal when all the people in your household sit down and eat together. Turn off the television and focus on listening to each other, sharing the day’s stories, and nurturing the family connection. Not only will you be fostering better health in your family, but you may find that no one wants to leave the table!

**FACT** Kids who skip breakfast tend to gain more weight. A new study in the *International Journal of Obesity* evaluated the relationship between skipping breakfast and change in weight over a two year period among 68,606 Chinese grade school children. Researchers found that those kids who were skipping breakfast in grade 4 tended to gain significantly more weight by grade 6 than those who ate breakfast.

**HOPE** Does the morning rush shortchange breakfast at your house? Talk to your kids about the importance of the morning meal and together explore ways you can save time while still making breakfast a priority, like make-ahead meals and breakfast-to-go options.

The time invested can go a long way in maintaining good health and preventing obesity.

**FACT** More than 25% of daily calorie intake now comes from snacks. A study published in *The Journal of Nutrition* found that between 1977 and 2006 the percent of adult Americans that snack rose from 71% to 97%, while the number of snacks per day, snack size, and calories per snack also increased. Total snack calories per day now average 579 calories per day, with beverages accounting for 50% of the calories consumed through snacking.

**HOPE** If you’re struggling with weight or health issues, consider what is motivating you to snack. Often snacking is a result of skipped meals or staying up too late. Then scrutinize the snacks and beverages you tend to grab. Snacking can be part of a balanced and healthy diet by replacing high-calorie snacks and drinks with good-tasting foods that provide dietary fiber and nutrients.

**FACT** An hour between eating and sleep 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%.

**HOPE** 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 (another risk factor for stroke).

E v E r y  C h u r c h  a  C e n t E r  f o r  h E a l t h ,  h E a l i n g  a n d  W h o l E n E s s  i n  t h E  C o m m u n i t y

“... 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.