Choose to SLEEP EARLY

A recent Australian study suggests that part of the reason why kids who stay up late are fatter than kids who go to bed early and get up early was because, when they were watching TV, they ate more. By watching TV, eating more and burning less calories, they are more likely to have weight gain. As the amount of time watching TV, using the computer, or playing video games increases, the amount of physical activity decreases.

**FACT**

**A Matter of SLEEP**

sleep is very important for our health. Who would have thought back in the days when we used to sleep more that it was the diet of the times that mattered? Now, it is known that diet and lifestyle are important factors in health. So, who would have thought that when we say, “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) we are referring to sleep? Today, we will discuss the importance of sleep and how it affects our health.

**Every church a center for health, healing and wholeness in the community**

**Choose to SLEEP EARLY**

**FACT**

Short sleep duration and circadian rhythm disruption are linked with a higher risk of metabolic syndrome and diabetes. In a 39-day study designed to mimic shift work for night workers, researchers from Brigham and Women’s Hospital in Boston found that prolonged inadequate sleep at irregular times lowers the resting metabolic rate and leads to deficits in pancreatic insulin secretion and impaired glucose regulation.

**HOPE**

Want to decrease your risk for obesity and diabetes? Start by getting adequate sleep at regular times each day. Feeling rested will also help you make more positive food and exercise choices.

**FACT**

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**FACT**

Teens whose parents insist on 10 p.m. or sooner for lights out were 25 percent less likely to be depressed and 20 percent less likely to have suicidal thoughts, compared with kids who go to bed at midnight or later. The data on more than 15,000 adolescents in grades 7-12 who participated in the National Longitudinal Study of Adolescent Health, which is produced in the gastrointestinal tract, stimulates appetite. In the study, the shorter the amount of sleep a person had experienced the hunger they were, which set the stage for overeating. In addition, researchers found that staying awake for one complete night reduced the amount of energy used by the body when resting. Eating more while burning less calories is a recipe for weight gain.

**HOPE**

Consider bedtime limits for your teenage child similar to setting limits on other activities that adversely affect health, such as cigarette smoking. Insisting on earlier bedtimes is one key to having healthy, happy and less depressed children.

**FACT**

German researchers found that short-term sleep deprivation increased how hungry participants felt and also raised the amount of the “hunger hormone” ghrelin detected in their blood. Ghrelin, which is produced in the gastrointestinal tract, stimulates appetite. In the study, the shorter the amount of sleep a person had experienced the hunger they were, which set the stage for overeating. In addition, researchers found that staying awake for one complete night reduced the amount of energy used by the body when resting. Eating more while burning less calories is a recipe for weight gain.

**HOPE**

Make sleep a part of your weight management strategy. More sleep may help you control your weight by keeping ghrelin levels at normal levels and helping you burn more calories at rest.

**FACT**

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**HOPE**

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Health Ministries Resources

REACH ACROSS

Health Ministries Resources

2012
August 5-8
NAD Teachers Convention
Nashville, TN

August 5-10
ADVENTIST INSTEP and Hydrotherapy Workshop
www.andrews.edu/ehs/infw

August 23
Abuse Prevention Day
www.nadwm.org

August 27
Let's Move Day Webinar
www.adventistsinstepforlife.org

Let's Move Day
Division Wide
www.adventistsinstepforlife.org

September 29
NY13 Prayer Rally
www.NY13.org

Let's Move Week
Division Wide
www.adventistsinstepforlife.org

October 14-14
NAD Health Ministries Training Conference
Andover, NJ

October 18-21
Global Health Professionals Conference
Loma Linda, CA

2013
February 24-26
4th International Congress on Veterinary Nutrition
Loma Linda, CA

March 13-17, 2013
NAD Health Summit NY13
New York City

October 2-14
National Bullying Prevention Month
Division Wide
www.adventistsinstepforlife.org

November 4
National Diabetes Awareness Month
Division Wide
www.adventistsinstepforlife.org

NAD Health Ministries

This summer was witness of many camp meetings and gatherings where Adventists across NAD engaged in health ministries activities and training. NAD Health Ministries was involved in 4 trainings in July alone. The first one took place in the Greater New York Conference camp meeting in Camp Berligh, NY, where people got motivated to get ready for NY13 health outreach. Next, Katu Reint, NAD HM director, held health seminars and training at the Manitoba-Saskatchewan Conference camp meeting at the beautiful Whitesand Camp.

Passionate health directors and ministry sessions. Reint then participated at the first NY13 Health Ministries training for the Atlantic Union in preparation for the urban outreach and evangelism in 2013. Lastly, the final training was at the Gladstone Camp meeting where hundreds of participants attended and members attended the health ministries lectures. The NAD HM department praises God for the wonderful dedicated leaders and lay members who are eager to expand their health outreach extending Jesus love and healing ministry to the many communities in North America.

ATLANTIC UNION CONFERENCE

In New York City, the first NY13 Health Ministries training took place in New York from July 13-22. 87 students from 38 churches and 4 Conferences completed the training. NAD Health Ministries director participated along with several other presenters. The training was coordinated by Pr Leroy Daley, Health Ministries Director for Northeastern Union Conference in partnership with Pr Ruben Merino, Health Ministries director of the Greater New York Conference.

During this summer the Man-Sask Conference was intentional in getting people from all ages physically active during their camp meeting. Besides the week long health seminars and training, they sponsored their yearly 5K run on July 8 where dozens of people participated and recorded their miles towards the Adventists InStep for Life initiative. The course record for men is 21:51, set in 2011 by Serge Uwimana. In 2010, Olga Schwab (Shippowick) set the women's record of 25:38. During the course of the week kids were seen swimming, playing ball, canoeing and even rock climbing. A fun day of many activities kept kids, adults and the elderly active and healthy throughout the week. Man-Sask Conference has had the lead in Canada on miles of physical initiative and participation rates in the InStep initiative compared to other Canadian Conferences. Kudos to Elder Ron Nelson (Conference president) and Dr Carol Henry (health ministries director) for their visionary work and dedicated support of health filled activities at the Whitesand Camp meeting.

OREGON CONFERENCE | ADVENTIST HEALTH

At Gladstone camp meeting thousands gathered bringing together members from Oregon and Washington States. Besides a week filled with several morning and afternoon health ministries training and seminars attendees also participated on the yearly 5K fun walk/run entitled “InStep for Life” sponsored by the Oregon Conference and Adventist Health. Hundreds of people signed up and parents brought their children making it a family event.

The InStep for Life 5K at Gladstone has been a yearly event and many look forward to registering their miles towards the Adventists InStep for Life initiative. Adventist Health also sponsored several health screenings for the participants at Gladstone. Kudos for Cheryl Comer and Linda Schrader for their dedicated health ministries leadership at the Oregon Conference and for Adventist Health andthe ongoing collaboration and effective ministry of healing in that region.