## A Healthy Family

September is childhood obesity awareness month and many in the community are finding ways to send a message about the importance of paying attention to this major public health issue. In the 2007-2008, 17% of US children were obese and about 70% of adolescents are either overweight or obese.

There is no simple solution to childhood obesity. Many different factors are part of the problem, including a lack of access to healthy food and drinks as well as limited opportunities for physical activity in the places where children live, play, and learn.

In order to make an impact on the health of children not only in our churches and schools, but also in the communities around us, we must work together and collaborate with families, faith groups, as well as State and governmental agencies ensuring that healthy choices may be the easiest choices for children and adolescents to make.

To help achieve that, we see the nation and many states taking action to change policies as well as encourage parents and leaders on how to make the healthy choice an easy one. Here is what some States are doing:

- Arizona is promoting the Let’s Move Salad Bars to Schools initiative.
- Massachusetts is featuring the Mass Children at Play initiative.
- Nevada is holding the 2012 Washoe County Obesity Forum.
- New York is limiting the selling of large sodas and setting more bike paths for commuters.

These are small efforts but in the right direction. How are Adventists contributing to the solution? Since 2010, Adventists have officially expanded our efforts to increase awareness about healthy living and reduction of childhood obesity by launching Adventists InStep for Life (AISFL) to motivate kids, families, churches, schools and hospitals to participate in a massive effort to increase physical activity and healthier food intake in our own faith community and surrounding neighborhoods. (see www.adventistsinstepforlife.org).

While this initiative is linked to the First Lady’s national Let’s Move initiative, it is broader than that. It involves promoting a healthier lifestyle to prevent and reduced risk of all chronic diseases as well as ensuring physical, mental, social and spiritual wellbeing.

As part of AISFL, Let’s Move Day and Let’s Move week were launched and added to the yearly calendar of churches and schools. The goal is that together we will send a message that God cares about our health and wellbeing and He calls us to make healthy choices and take care of our bodies – the temple where the Holy Spirit wants to abide.

If you have not yet registered to participate with us, don’t leave it for tomorrow. Register today and participate of a Let’s Move Day event close to you. Join us for the free webinar on Monday September 17 at 8pm EDT (see page 2 for more info) and do your part. Be active and invite your neighbors and friends to come also. Hundreds of churches and schools are activity planning community outreach events and you can help us reach our 2 million mile goal for the year by reporting your own physical activity miles on the website. A mobile app is also available.

Healthy kids and families will not happen by chance. It requires careful planning and intentional effort from the part of parents, children, church leaders revealing the secret of helping others see truth – through humility. Find new ways of present truth to others and in the process understand yourself more clearly.

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**The Power of Humility: What to do when you are “right”** In this book A. Leroy Moore tells true stories of early church leaders revealing the secret of helping others see truth – through humility. Find new ways of present truth to others and in the process understand yourself more clearly.
Reach Across

Health Ministries Resources

- Adventists InStep for Life (AISFL) is a Division wide health initiative. The website provides information and resources to explore ideas on how your church, school, or health care organization can become involved. To learn more participate in the FREE webinar on September 17 at 8pm EDT (register at https://www1.gotomeeting.com/register/73049225). Plan for LETS-MOVED4Y, ordershirts, caps and pedometers, and exploret the resources for coordinators on our website. Visit the website for more information or to register: www.adventistsinstepforlife.org.

- Adventists InStep for Life Mobile Apps are available for download for android and iPhone users. You must first register at the website listed above, download the app searching under the name of INSTEP or ADVENTIST INSTEP, and then start recording your physical activity.

- Vibrant Life Magazine Special Issue You can order the newly released edition of Vibrant Life on the topic of obesity and weight loss. Special pricing is available for bulk purchase to be given out on Let’s Move Day. For an order form go to www.adventistsinstepforlife.org or www.nadhealthministries.org.

- NAD HEALTH SUMMIT 2012 Audio and Video Files Sermon and seminar presentations for the 2012 NAD Health Summit are available for download at www.NADHealthSummit.com.

- September 29 is Family Health and Fitness Day Motivate families to become active by encouraging them to participate on LET’S MOVE DAY or on LET’S MOVE WEEK, which goes from Sept 23-29. This is the perfect opportunity to engage families on a fun filled day and invite your communities to participate as well. See www.adventistsinstepforlife.org for more info on upcoming Let’s Move Day or Week events. If you are planning or coordinating event please send us your event description or any promotional materials.

- Let’s Move Day new videos and promos like tshirts, pedometers, caps, stickers, powerpoints are available for order or for download at www.adventistsinstepforlife.org.

- September is Healthy Aging® Month–Sept 1-30! Healthy Aging® Month is an annual observance month designed to focus national attention on the positive aspects of growing older. Help elderly adults take personal responsibility for their health physically, socially, mentally or financially. Encourage your older adults to participate on Let’s Move Day and provide them a category with awards. Contact NAD Adventist Elder Care Ministry Coordinator Marilyn Renk at eventsbymarilyn@comcast.net or search their website: http://www.adventistsinstepforlife.org for other ideas and resources.

- National Cholesterol Education Month A good time to get your blood cholesterol checked and educate the church members and community about lipid profiles and about food and lifestyle choices that help people reach personal cholesterol goals. For educational information visit: http://www.cdc.gov/cholesterol/cholesterol_education_month.htm.

- CDC’s and national Childhood Overweight and Obesity resources http://www.cdc.gov/obesity/childhood/index.html’s cid=govD_dnapo_186


- Let’s Move Salad Bars to School : http://saladbars2schools.org/

- The more they burn, the better they learn: http://makinghealtheasier.org


- Looking Forward
  - Oct 1 Child Health Day
  - Oct 1-31 National Breast Cancer Awareness Month
  - Oct 1-31 National Bullying Prevention Month

Dates to Remember

2012
- September 17
  Let’s Move Day Webinar
  www.AdventistsInStepforLife.org

- September 22
  NY13 Prayer Rally
  www.NY13.org

- September 23
  Let’s Move Day
  Division Wide
  www.adventistsinstepforlife.org

- October 13-14
  NAD Health Ministries Training
  New Jersey Conference
  Andover, NJ
  DnhmT@aol.com

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

- October 28
  NAD HM Board Meeting
  NADHM@nad.adventist.org

2013
- February 24-26
  6th International Congress on Vegetarian Nutrition
  Loma Linda, CA
  www.vegetariannutrition.org

- March 13-17, 2013
  NAD Health Summit NY13
  New York City
  www.NADHealthSummit.com

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Local Jail Starts Gardening at a Jail

Pastor Dean, from the Stuart SDA church in VA, reported that as he was extending his own garden this spring, he was impressed to ask the sheriff about the potential for the inmates to participate in similar endeavors. Pastor Dean shared his method of preparing the garden: if he ever considered starting a garden at the jail for the inmates. He shared how he had just extended his garden into what used to be a lawn by an inexpensive method and to his surprise the sheriff told him that he had been thinking about the same thing. He worked with the inmates that were trusted to work outside and told the sheriff his method of preparing the garden:

1. Cut the lawn short 2. Cover it with 5-6 layers of wet newspaper overlapping generously on the garden plot 3. Cover the area with 6 inches of rich topsoil or compost 4. Add a thin layer of manure if desired 5. Add 3 to four inches of wood chips on top. Every other item was donated. A local store donated a variety of garden plants and Pastor Dean directed the work as three inmates enjoyed their time in the sun. The garden was well kept during the summer and it has produced vegetables for the prison kitchen which all the inmates enjoyed. From that he taught the spiritual lessons that was gained from gardening. Pastor Dean said that deputies are talking about enlarging the garden for next year.

Teachers Enthusiastic About Health

On August 5-8 NAD Health Ministries was actively involved in the NAD Teacher’s Convention. Over 7000 teachers attended this special gathering in Nashville, TN and many of them left committed to find ways to incorporate physical activity, start gardens and use the new health related science curriculum. Katia Reinert held seminars on the Adventists InStep for Life initiative including the Lifestyle challenges added to the new science curriculum called By Design. Teachers and principals left motivated to participate in the initiative and use the new curriculum in their schools. In addition, another seminar focused on how schools K-8 could begin a community garden and get their students involved. Teachers and school administrators shared their best practice and expertise as others became enthusiastic about starting a similar project. NAD HM hopes that the new science curriculum By Design will become known by many teachers so they can take advantage of the health and wholeness content and the Lifestyle Challenges and activities for grades 1-8 contributed by NAD Health Ministries. The goal is for students to learn early on the healthier choices and ways to incorporate behaviors that will contribute to their physical, social, mental/emotional and spiritual wellbeing. Lastly, NAD HM sponsored exercise classes every morning of the convention. These were led by Faye Gregory - a certified Fitness Instructor, Personal Trainer & Life Coach. Educators got “moving” and active themselves modeling the very lifestyle trying are committed to teach their students to choose.

A Community Outreach for Christ

When the Better Living Center in Spokane was looking for a way to grow beyond being a food bank serving Spokane and offering other household and baby supplies as reported by Jay Winterneyer (Upper Columbia Conference Communication Director), Gretal Cromwell, a board member and fan of gardening, began exploring options to start a community garden. “We serve more than 500 people a month at the Better Living Center,” says Gretal. “We wanted to do more because we see more need. We’ve been looking for ways to grow. Just giving food is not enough.” Gretal thought a garden was fitting with the center’s and the Seventh-day Adventist Church’s mission to help people discover ways to live healthy lives-body and soul. We want the outside to reflect what happens inside,” she says. Gretel got the idea for the community garden and found resources at the 2011 Second Harvest conference she attended. Funding for the project became available when Hope for Humanity provided $6,800 to the center. A local Adventist Family gave the center use of three acres for the community garden. This spring, after receiving the grant Gretel organized a planning meeting and twenty people committed to see the process through. The community garden outreach is a volunteer effort with individuals coming from four Spokane Adventist churches. The garden is divided up into two sections. One section provides food for the Better Living Center to donate fresh produce to families in need. The other section is divided up into family plots where people can come and grow food for their individual needs. In addition to improving the nutrition intake of families in need, Gretel hopes the garden will cultivate relationships, allowing volunteers to interact with the people they serve.

Filipino Capital SDA Church – Health Fair Day

On July 29, 2012, the grounds and the fellowship hall of the Filipino Capitol Seventh-day Adventist Church in Beltsville, Maryland bustled with activity—it was the Family Health Fair Day. As reported by Ana T. Faigao, it was a day of giving: donors gave away 23 bags of blood; it was a day of screening: 274 people got checked and screened for bone density, blood, body fat and facial skin. It was a day of relaxation: massage for those who were tired and stressed; it was a day of information and making new friends; it was a day of fun: children could choose from face painting, finger printing, animal exhibits and games while they waited for their parents. All for free! It was also a day filled with volunteers: American Red Cross, Adventist Healthcare, Terrapin Chiropractic Clinic, Adventist Community Services, and Prince George’s County Police Department, Steve Gatz for the animal exhibit, consultation by Dr. John Kelly of the American College of Lifestyle Medicine, Dr. Sannie Castro, Nurse Practitioner Czaryna Carcellar and Physician Assistant, Stephanie Mazal. The Family Health Fair of 2012 was the second of what organizers hope to be a yearly activity to support the government’s drive for healthful living.
Choose to Spend more time with FAMILY and FRIENDS cultivating HEALTHY RELATIONSHIPS

**FACT** In a fascinating study, researchers at the University of Virginia took 34 students to the base of a hill and fitted them with heavy backpacks. They were then asked to estimate the steepness of the hill. The students who stood with friends gave lower estimates of the steepness than those who stood alone. And even more interesting was that the longer the friends had known each other, the less steep the hill appeared.

**HOPE** God created us for community, to function at our best in the nourishing companionship of others. Reserve some time each week to connect with others to give—and receive—the benefits of friendship.

**FACT** Research has found that more people fail in weight loss because of a lack of a good support system than because of a poor weight loss plan. In several studies, friendships had a more positive impact on health than relationships with a spouse or family member. And notably, proximity and frequency of contact with a friend wasn’t as significant as just having friends.

**HOPE** The apostle Paul understood the benefits of a good support system when he urged readers to “not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.”

Hebrews 10:25, NIV. Who’s on your list of “best supporting friendships”?

**FACT** Research shows that attending faith-based services four times per month will add 4-14 years of life expectancy. When National Geographic Explorer Dan Buettner traveled the world to research places where higher percentages of people enjoy remarkably long, full lives, he found that all but five of the 263 centenarians interviewed belonged to some faith-based community. They find well-being by spending time together, sharing each other’s values and supporting each other’s healthy behaviors.

**HOPE** The world’s longest-lived people either are born into or choose to create social circles that support healthy behaviors. Ikarians enjoy tight-knit communities that socialize frequently, while Okinawans build “moais” groups of five friends that commit to each other for life.

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**FACT** Research from the Framingham Studies show that smoking, obesity, happiness, and even loneliness is contagious. Assessing who you hang out with, and then proactively surrounding yourself with the right friends, will do more to add years to your life than just about anything else.

**References:**