Prescribing Service

We all have heard the phrase “it is better to give than to receive” or perhaps the Biblical text in Luke 6:38 which says “Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap” (NIV). But you might not have considered that giving can actually impact your health.

Yes, there are many benefits of giving but science has documented that the act of selfishly serving others and giving of your time and resources has positive lasting effects not only for eternity, or for improving someone else’s life but right here and right now for your own health.

Many research studies have shown that volunteering service to others is associated with better physical and mental health. In fact, those who volunteer frequently live longer, function better in life, have less depression, and less heart disease. Research findings indicate that volunteering service to others is associated with better physical and mental health.

For instance, as described on page 4 of this newsletter’s Facts with Hope, in one study those who volunteered for at least 100 hours per year were 24% less likely to report bad health as those who do not volunteer regularly and 66% less likely to die.

Yes, we know it is important to choose to eat the right food, to be fit and physically active, to sleep early, to avoid harmful substances, and to trust in God. But we must not neglect this important aspect of health and wellbeing. If you want to be whole and optimally healthy, choosing to volunteer and serve others may not only give you a sense of wellbeing for helping someone else but also it may in fact improve your mental and physical health.

Another important finding is among young people. When people engage in volunteer activities and service, they are also protected from engaging in at risk behaviors such as gangs, drugs and violence. Here is another good reason to motivate children and young adults to participate in adventurers, pathfinders, mission trips, and other volunteer service activities.

Let’s us today embrace this important choice for full life, which is to “Choose to engage in UNSELFISH SERVICE and VOLUNTEER regularly to assist others in need”. We will ultimately be answering God’s call to follow His method of ministry, which is our mission in life. This prescription for health has biblically and scientific evidence.

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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 October 29 at 8 pm EDT** (register at [https://www1.gotomeeting.com/register/9646766656](https://www1.gotomeeting.com/register/9646766656)). Learn about **LETS MOVE DAY** results, and the recent updates to the website including awards and other resources for coordinators. Register yourself or your site today at [www.adventistsinstepforlife.org](http://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 then download the app (INSTEP or ADVENTIST INSTEP), and start recording your physical activity right on your phone.

- **Vibrant Life Magazine Special Issue** You can order the newly released issue 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](http://www.adventistsinstepforlife.org) or [www.nadhealthministries.org](http://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](http://www.NADHealthSummit.com).

- **October is National Breast Cancer Awareness Month – October 1-31!** The National Breast Cancer Awareness month (NBCAM) is a collaboration of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to services. Since its inception more than 25 years ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Find resources and reliable information at [http://www.nbcam.org/](http://www.nbcam.org/) or [http://www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

- **October is Sudden Infant Death Syndrome Awareness Month – October 1-31!** While SIDS affects families of all ethnic, social and economic backgrounds, we do know that African American and Native American babies are two to three times more likely to die from SIDS than Caucasian babies. Babies born too early or at a low birth rate are at increased risk, as are babies born to mothers who smoke during pregnancy and those who do not receive good prenatal care. Most deaths happen between two and four months of age with 90 percent happening before six months of age. To help reduce the risk of SIDS always put your baby to sleep on his or her back. Side and tummy positions are not safe. Use a firm mattress in a crib that meets current safety standards. For guidelines visit [www.jpma.org](http://www.jpma.org).


- **Health Calendar Emphasis -OCTOBER**
  - **Canada:** [http://www.he-sc.gc.ca/ahe-asc/etable/index-eng.php](http://www.he-sc.gc.ca/ahe-asc/etable/index-eng.php)
  - **USA:** [http://www.healthfinder.gov/nho/nho.asp?m8](http://www.healthfinder.gov/nho/nho.asp?m8)

  **October 2012**
  - Oct 1-31 National Breast Cancer Awareness Month
  - Oct 1-31 National Bullying Prevention Month
  - Oct 1-31 National Domestic Violence Prevention Month

  **Looking Forward**
  - Nov 1-30 – American Diabetes Month
  - Nov 1-30 – Lung Cancer Awareness Month
  - Nov 1-30 – National Alzheimer’s Disease Awareness Month

**Dates to Remember**

**2012**
- **October 13-14**
  - NAD Health Ministries Training
  - New Jersey Conference
  - Andover, NJ
  - DnhmI1@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
- **September 22, 2013**
  - Let’s Move Day
  - [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)
- **September 22-28, 2013**
  - Let’s Move Week
  - [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)
- **September 25-27, 2013**
  - Aging Conference
  - Loma Linda, CA

**2014**
- **January 24-Feb 2, 2014**
  - NAD Health Summit
  - Orlando, FL
  - www.NADHealthSummit.com
- **July 8-12, 2014**
  - Second Global Conference on Health
  - Geneva, Switzerland
NORTH AMERICAN DIVISION - HM

Reaching Urban Cities and Let’s Move Day

On September 23 churches, schools and hospitals across the North American Division engaged in health awareness and fitness activities in dozens of cities in the US, Canada, and Bermuda through Let’s Move Day and Week. Kids, adults, and older adults invited their communities sending a message of hope, health, and wholeness. In New York City, the flagship event of the division took place as part of the NY13 Evangelistic Initiative launch. On Friday September 21 officials from the GC, NAD, Union and local conferences visited the New York city Mayor’s office to share about the Seventh-day Adventist health initiatives and programs, as well as build partnerships with the local communities for improving the health of New Yorkers in a wholistic way. Vibrant Life magazines and other publications were left with the Mayor’s staff, including The Great Hope and Adventists InStep for Life pedometers. Doors were opened and many health related programs will be happening across the city over the next year as the Division focus attention to the City of New York. Training will be provided during the NAD Regional Health Summit from March 13-17, 2013 (www.nadhealthministries.org to register.

NORTHEASTERN & GREATER NEW YORK CONFERENCES

Let’s Move Day NY

Over 1000 people gathered at Flushing Meadows Park, in Queens New York for Let’s Move Day. Pr Ruben Merino and Pr Leroy Daley partnered with the NAD to organize the event and more than 800 people walked/run a 5K under a beautiful sunny day. Health Expo and screenings were done and literature was also distributed. Dr Ian Smith from the White House President’s Council on Fitness, Sports and Nutrition, as well as Dr Michelle Davis from the New York Health and Human Services Office participated along with GC, NAD, Union and Conference church leaders and pastors. People from all ages came including 103 years old Mary Richardson who walked the entire 5K and run across the finish line praising God for her health. Every participant received a medal for completing the race.

ARKANSAS-LOUISIANA CONFERENCE

Lake Charles SDA Church

In a spirit of unity and celebration, several members Lake Charles SDA church members and surrounding community members came to Lake Charles Civic Center to help participate on Let’s Move Day. Mayor Randy Roach honored the event with his presence and an American Press news representative was present on the day of the Run to take pictures and to write other stories about Let’s Move Day and SDA Church outreach. KPLC TV interviewed pastor Sorin Munteanu after the race and put the video on the morning news the following day giving a an positive report and praising SDA local church for its contribution to the community of Lake Charles. Many organizations collaborated to make this event meaning and impactful in the community including Wallmart, Lake Charles Women and Children’s Memorial Hospital, Albert Sons. Capital One Bank, First Federal Bank of Louisiana, Mid-South Bank, Target, Southwest Beverages, Coca-Cola, Kentwood Water, Christian Book Center and Acme-Sign Company LLC. Pr Sorin and his team praised God for the blessings to make friends and connect with many in their community sharing a message of health, hope and healing.

TEXICO CONFERENCE - TEXAS

Huguley Hospital - Burleson, TX

Huguley Hospital in Burleson, Texas, hosted Let’s Move Day on Sunday, September 23 from 7 a.m. until noon. The track around the hospital’s campus was buzzing with activity as people of all ages participated in a 1K run/ walk and six activity stations, where participants learned proper techniques for sit-ups and other exercises. The event was a collaborative effort of several entities, including Huguley Hospital, Creation Health, the conference of Seventh-day Adventists, Southwestern Adventist University, Joshua Adventist Multi-grade School, and the Joshua and Fort Worth First Seventh-day Adventist churches. The City of Burleson and a number of area businesses helped to sponsor the event, and “Buddy,” the mascot of H.E.B., which is a Texas grocery chain, greeted visitors and handed out bottled water and jump ropes. Nursing students from Southwestern Adventist University assisted at the health fair and students from Southwestern’s kinesiology department ran the activity stations outside.

103 year old Mary Richards completes the 5K race
Choose to engage in UNSELFISH SERVICE and VOLUNTEER regularly to assist others in need

**FACT** Findings from a review of over 30 research studies indicates a significant correlation between volunteering service to others and our physical and mental health. Those who volunteer have lower mortality rates, greater functional ability, lower rates of depression, and less incidence of heart disease – even when controlling for socioeconomic status, education, marital status, age, gender, and ethnicity.

**HOPE** Find a volunteer opportunity that best suits your skills, availability, and personality by contacting your church pastor, nonprofit community organizations (library, parks, senior centers, etc), or sites like www.Serve.gov or www.getinvolved.gov. There are so many benefits to volunteer service that once you begin you’ll wonder why you didn’t get involved sooner!

**FACT** Research findings indicate that volunteers who devote a “considerable” amount of time to volunteer activities are most likely to exhibit positive health outcomes. Those who volunteered for at least 100 hours per year were two-thirds as likely as non-volunteers to report bad health, and also one-third as likely to die.

**HOPE** You could view this level of commitment like joining a different kind of health club. In exchange for two hours a week in community service you’ll improve your own health and life. Perhaps that’s what Galatians 6:9 means when it reminds us to “give away your life; you’ll find life given back . . . with bonus and blessing” (The Message Bible).

**FACT** Can’t find time to volunteer? Not surprisingly, volunteers and non-volunteers in general tend to spend their time in very similar ways, including in work, leisure, and other activities. However, volunteers trade off more than an hour a day of TV watching to engage in service. On average, those who have never volunteered watch 436 more hours of television than volunteers each year.

**HOPE** In addition to evaluating use of downtime, you can work volunteering into an already busy schedule by making a list of volunteer activities you can do when you have unexpected free time, combining family time with volunteering, or even taking a volunteer vacation like a mission trip to help those in need.

**FACT** According to the Bureau of Labor Statistics, only about a quarter of the population aged 16 and older volunteered in 2009, and those who volunteer are most often Caucasian, female, college educated, and between the ages of 35 and 55. In fact, the most likely person to volunteer is a woman with a job and children.

**HOPE** 1 Peter 4:10 (ESV) reminds us that “As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.” Everyone has skills, abilities and interests that can help others. What gets you really excited? What issues do you care about? Figure out what moves you and you’ll find that a place for your interests exists in the world of volunteering.

References:

“... 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