BEING EQUIPPED AND SETTING AN EXAMPLE

In the health calendar of this month we focus nationally on ‘Childhood Obesity awareness’ and ‘Fruits and Veggies-More Matters’ month. As individuals concerned with the physical, mental and spiritual health of our loved ones, our church members and our communities we have the opportunity to take these special calendar days and send a message to those around us.

This is one of the goals that our national initiative Adventists InStep for Life aims to accomplish. It is meant to give you a platform to do health education and health promotion as well as to apply the principles of healthy eating and active living in your own life. These two areas are central to our message of health and wholeness.

As many of you plan and prepare for Let’s Move Day this month, we pray that you will take this opportunity to first be active yourself and to also choose to eat more fruits and veggies in your diet. Once you do that, then invite others to join you. Teaching by example is one of the most effective ways. It is important that we focus on the reason behind our healthy lifestyle. It is all about us being God’s stewards of body, honoring Him, and then setting an example for our children.

The world is in crisis with an epidemic of chronic disease, obesity, diabetes, and so on. Like Christ we can help meet this urgent need and engage in our communities with a message of hope and wholeness. But we need to be equipped to do so. Below are opportunities that we have to learn more about the health crisis and how to respond:

• 2013 Childhood Obesity Prevention Summit – Sponsored by Leadership for Healthy Communities, a national program of the Robert Wood Johnson Foundation - Baltimore, MD - September 29th – October 1, 2013
• Adventist Recovery Ministries training – helping people break away from unhealthy habits. Co-sponsored by Columbia Union and Adventist Healthcare - Shady Adventist Hospital, Rockville, MD. October 4-6, 2013.
• Southern Obesity Summit - Omni Nashville Hotel -Nashville, TN - November 17th - 19th, 2013
• NAD Health Summit – Orlando Florida, Jan 24-Feb 2, 2014. Registration now open at www.NADHealthSummit.com
• The official comprehensive NAD Health Summit – Orlando Florida, Jan 24-Feb 2, 2014. Registration now open at www.NADHealthSummit.com

If you would like more information to attend one of these events or training contact us. There is also a toolkit available at the Health Calendar (US) link on page 2 which deals with “Fruits and Veggies – More is Best.” It is free for your download. May the resources in this newsletter be helpful to you and may you bless your family, your church and your community by becoming equipped to do teach it by word and by example! Sends us your pictures, stories or videos for your Let’s Move day. We look forward to your stories of how you and your church reached out to the community.

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Health Ministries Resources

- **Adventists InStep for Life** (AISFL) is a Divisionwide health initiative. The website provides information and resources on how your church, school, or healthcare organization can become involved. Motivate yourself, your family and your church to register and report miles of physical activity. Consider volunteering to be your church, school, or hospital coordinator so you can report miles for others. You can watch previous webinars explaining the initiative or register for upcoming webinars (next one on September will focus on healthy families) at 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.

- **F as in Fat Report – How Obesity Threatens America’s Future** Trust for America’s Health (TFAH) and the Robert Wood Johnson Foundation (RWJF) have released this 10th annual publication. The report examines strategies for addressing the obesity crisis, and includes annual rates and rankings of adult obesity and obesity rate trends by region, age, gender, education and income. It is filled with visuals, graphics and interesting data displays. See http://healthypamericans.org/report108/.

- **National Childhood Obesity Awareness Month (US):** One in 3 children in the United States is overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. The good news? Childhood obesity can be prevented. Communities, health professionals, and families can work together to create opportunities for kids to eat healthier and move more. http://healthfinder.gov/nho/SeptemberToolkit.aspx.

- **Arthritis Awareness Month (Canada):** The statistics are alarming – over 4.6 million Canadians live with arthritis and the annual economic burden is estimated at $33 billion. In the recent “Fit for Work” study commissioned by The Arthritis Society, one in three respondents reported that they stopped working due to their arthritis, with over 60 per cent of those individuals being of working age – between 18 and 54. These findings demonstrate the increasing economic, physical and psychological toll arthritis has on Canadians in the workplace. www.arthritis.ca/page.aspx?id=7175.

- **Advertise your health program for free:** The NAD has developed a website with listings of health programs for the public. Anyone can advertise their health outreach program in any city or state in the NAD and use the free online registration system that allows you to know ahead of time who will attend along with their name and contact info. The site is www.Adventistsinstepforlife.org. To advertise your event, simply send information with name and contact info for coordinator, location, time and description of event. If you wish to use our registration system so people can print an entrance ticket, please send us how many seats you have available. The info may be sent to NADHM@nad.adventist.org or click on ‘contact us’ at the website.

- **Health Calendar Emphasis - AUGUST**
  Canada: http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php
  USA: http://www.healthfinder.gov/nho/nho.asp/m8

  **September 2013**
  - Child Cancer Awareness Month (Canada/US)
  - Men’s Cancer Awareness Month (Canada)
  - Fruit and Veggies—More Matters Month
  - National Childhood Obesity Awareness Month
  - National Recovery Month
  - Whole Grains Month
  - 8 - 14 National Suicide Prevention Week
  - 10 World Suicide Prevention Day
  - 15 - 21 National Rehabilitation Awareness Celebration
  - 28 Family Health & Fitness Day USA®
  - 29 World Heart Day

  **Looking Forward (October 2013)**
  - Domestic Violence Awareness Month (US)
  - Breast Cancer Awareness Month (Canada)
  - 6 - 12 Mental Illness Awareness Week (US and Canada)
  - 16- World Food Day

Dates to Remember

**2013**
- **September 22**
  Let’s Move Day
  www.adventistsinstepforlife.org
- **September 22 - 28**
  Let’s Move Week
  www.adventistsinstepforlife.org
- **September 24**
  AAFCN Membership Meeting
  www.adventistsinstepforlife.org
- **September 28-29**
  Pacific Union HM Training
  NADHM@nad.adventist.org
- **October 5-6**
  Columbia Union ARMin Training
  NADHM@nad.adventist.org
- **October 15**
  Let’s Move Day Reporting Webinar
  www.adventistsinstepforlife.org
- **October 28**
  NAD HM Committee Meeting

**2014**
- **January 24-Feb 2**
  NAD Health Summit
  Orlando, FL
  www.NADHealthSummit.com
- **January 26**
  NAD HM Committee Meeting
- **January 31**
  ARMin Committee Meeting
- **March 7-9**
  Northern California HM Training
  NADHM@nad.adventist.org
- **July 8-12**
  Second Global Conference on Health
  Geneva, Switzerland
  www.healthministries.com
During the month of August NAD Health Ministries Director Katia Reinert had the opportunity to experience cross training in the Southern Africa Indian Ocean Division (SID). This exchange experience is designed by the GC Health Ministries department to expose Division Health Ministries directors to successful programs being conducted in other Divisions. Reinert attended the Youth Alive program sponsored by the Southern African Union, held at Windhoek, capital of Namibia. Hundreds of young people and youth leaders gathered for a week and participated of presentations related to addictions, healthy behaviors, emotional healing and spiritual health, as well as seminars dealing with relationships, healthy choices, leadership, devotional life, witnessing, study skills, among others. The youth also engaged in fun games and community outreach to kids in orphanages and the hospital. The successful program will be available in the North American Division Health Summit so youth leaders can be prepared to replicate the Youth Alive program in the NAD region as well.

**SOUTHERN UNION**

**Health and Healing to Women**

The Southern Union held its Union wide Women’s Ministries Conference on September 5-8 of 2013 with over 1000 in attendance. During the inspiring weekend women heard messages that ministered to their physical, mental, emotional, social and spiritual health. Health concerns is one of the six common issues Women face around the world and the women’s ministries department in NAD have partnered with Health Ministries in the Adventists InStep for Life and ENDitNOW initiatives to bring a message of hope and wholeness to our sisters. Among several seminars at the Conference, NAD Health Ministries Director Katia Reinert presented a seminar about emotional health and many were called to “choose a full life” in Christ and then minister to those around them. The Conference is held every 5 years and the women are looking forward for a NAD wide conference in 2014. Several “health related plenary and workshops are planned”, says Carla Baker, NAD Women’s ministries director.

**POTOMAC CONFERENCE**

The Potomac Conference held its annual Women’s Ministries Retreat in Chantilly VA, on September 13-14, 2013. Focusing on the theme “Glimpses of Grace,” women heard healing messages that focused on Christ and His gifts, including health. Between seminars women experienced graceful movement and stretches under peaceful songs of praise. Rae Lee Cooper, General Conference (GC) Nurse, led the group in these delightful breaks every few hours. Kathleen Kuntaraaf, MD from GC Health Ministries and Katia Reinert from NAD Health Ministries presented health and healing messages that challenged women to choose a full life and to celebrate God’s grace by choosing to live a healthful lifestyle.

**ATLANTIC UNION COLLEGE**

**NETS Program**

The Northeast Evangelism Training School (NETS) is having its second class of students this Fall. Since August they have been involved in training that will allow them to engage in effective health evangelism. NETS is envisioned as a non-accredited, non-higher education diploma pastoral and lay training institute conducted on the campus of Atlantic Union College (though a separate program from AUC) to equip each student (pastors & lay persons) to become an effective soul-winning witness for Jesus. NAD Health Ministries director Katia Reinert met the current class and provided health ministries training and resources being offered by NAD. The students are getting ready for outreach in the nearby cities and the course should go through December 2013. A new class begins in January 2014. For more info about NETS contact NADHM@nad.adventist.org.
**Facts with Hope**

**FACT**  Residents of long-term care facilities who volunteered regularly had an overall higher well-being (life satisfaction, depression, and self-rated health) in comparison to residents who did not volunteer. Forty-nine residents at five different long-term care facilities were randomly assigned to either volunteer in an English-as-a-second-language program for three months or receive usual care at their nursing home. Positive effects of the volunteer program on well-being was seen both at the end of the program and three months later.¹

**HOPE**  Looking for volunteers for a service project or outreach activity? Don’t forget family or church members currently living in long-term care facilities. It’s a win-win for everyone!

**FACT**  Teens can protect their heart by doing something nice for others. Researchers found that tenth-grade students who volunteered for ten weeks to help younger students with homework and clubs showed significantly lower levels of inflammatory markers and a reduced body mass index (BMI) compared with controls. Volunteering also improved mood and self-esteem.²

**HOPE**  Obesity has tripled in adolescents in the last 30 years, and with it comes a higher risk for diabetes, cardiovascular disease, bone and joint problems, sleep apnea, and poor self-esteem.³ One way we can help is by developing opportunities for teens to volunteer in their schools, churches and communities.

**FACT**  New research from Carnegie Mellon University shows that older adults who volunteer for at least 200 hours per year decrease their risk of hypertension by 40 percent. The specific type of volunteer activity was not a factor—only the amount of time spent volunteering led to increased protection from hypertension.⁴

**HOPE**  High blood pressure is a major contributor to cardiovascular disease, the leading cause of death in the United States. Volunteering is a simple activity that benefits others while reducing your risk of disease.

**FACT**  According to the 2013 Health and Volunteering Study conducted by Minnesota-based UnitedHealth Group, doing good for others is good for you. Researchers found that out of 3,351 adults surveyed, 76% of volunteers reported feeling physically healthier, 78% reported lower stress levels, 80% felt more in control of their personal health, and 94% said volunteering improved their mood. Better yet, the benefits of volunteering were experienced by members of any age group, regardless of chronic health conditions.⁵

**HOPE**  This research shouldn’t surprise us. Scripture reminds us “we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do” (Ephesians 2:10, NIV).

**References:**