Preventing and Reversing Diabetes

November is National Diabetes Month both in the US and in Canada, and every country in the world is also engaged in raising awareness of this debilitating disease on November 14 – World Diabetes Day. Why such a concern and effort? First because more than 340 million people worldwide have diabetes. It has been an increasing concern as we watch this epidemic take over young and old. Recognizing the urgency of this public health problem globally, this May the World Health Assembly adopted a global target to stop the rise in diabetes by 2025.

In the US, diabetes is the seventh leading cause of death in the United States, affects nearly 26 million Americans of all ages. Another 79 million adults are estimated to have pre-diabetes, a condition that places them at increased risk for developing type 2 diabetes, heart disease and stroke.

Diabetes is also the leading cause of kidney failure, lower-limb amputations not caused by injury, and new cases of blindness among adults in the United States, and a major cause of heart disease and stroke.

What is even more critical is that type-2 diabetes is preventable. However, due to the obesity epidemic more young people are at risk for type-2 diabetes. As a church we have a wealth of lifestyle community programs that have been successful at helping people prevent and reverse diabetes. And it does not have to be expensive. Simple lifestyle changes like having daily exercise and eating a healthy fiber-rich low-fat low-glycemic index diet are very effective.

How are you or your church involved in meeting this need in our country, community and family to stop and reverse this epidemic? We encourage you to come to our NAD Health Summit in January where we will have a workshop on Diabetes prevention, as well as several other sessions and training on effective programs that can be a powerful tool as your church becomes this center for health and healing addressing diabetes and all the other non-communicable diseases that go along with it. If you have not yet, register today to attend at www.NADHealthMinistries.org.

PS. Check out the available resources for Diabetes on page 2. May we take the opportunity to equipped to minister to people who are suffering and who are at greatest risk. There are many disparities when it comes to diabetes with African Americans and Hispanics having higher rates thank other ethnic groups. Particular attention is needed so we can reduce the health disparities related to this epidemic.

May we honor God as we reach out to improve the health of our children, adults, families and communities – meeting the needs right around us – so many can experience a more abundant life.

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**Health Ministries Resources**

- **NAD Health Summit Early Bird Registration** The NAD Health Summit early bird registration discount deadline is soon approaching. The summit will take place in Orlando FL, and will start with a Health Professionals Conference from Jan 24-26, 2014 (lay leaders can also attend), followed by 4 tracks of training through Feb 2, 2014. To register go to www.NADHealthSummit.com. Early bird discounts end in December 2, 2014.

- **Pathfinder’s InStep for Life $1000 award** Get your club to report your miles for InStep for Life and compete for $1000 awards that will be awarded for top clubs for maximum participation rates and miles. Miles can be reported from Jan 1-Dec 31, 2013. More awards will be given at Oshkosh during the 3-day. Adventists InStep for Life Awards for pathfinders and other groups will be given at the NAD Health summit special award celebration. To learn more or register go to www.AdventistsInStepforLife.org.

- **Pathfinder’s 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.

- **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 contact info. The site is www.ChooseFullLife.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 your registration system so people can print an entrance ticket, please send us how many seats you have available. The fee to register is $50.

- **Facts with Hope videos** The NAD Health Ministries has launched 1min videos with evidence based counsel on healthy choices for a full abundant life. These wholistic Facts with Hope videos are available on Youtube.com, Facebook, and twitter. You can also see the latest ones at the website www.FactsWithHope.com. This is a site designed to connect with the public and with young people in particular. The site links to the Choose Full Life site listed above where other health programs and spiritually related meetings are listed across the NAD.

- **Diabetes awareness month:** Take advantage of the several resources for diabetes prevention and control at www.YourDiabetesInfo.org or www.cdc.gov/diabetes. For information on the National Diabetes Prevention Program, please visit www.cdc.gov/diabetes/prevention. For a fraud alert for people with diabetes, see http://oig.hhs.gov/newsroom/news-releases/2012/alert20120309.asp.

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

**November 2013**
- National Diabetes Month (US and Canada)
- COPD Awareness Month (US)
- Lung Cancer Awareness Month (US and Canada)
- Osteoporosis Month (Canada)
- National Alzheimer’s Disease Awareness Month (US and Canada)
- 3-9 – National Pain Awareness Week (Canada)
- 14 – World Diabetes Day
- 21 – Great Smokey Day (US)
- 18-24 – National Addictions Awareness Week (Canada)
- 23 – International Survivors of Suicide Day

**Looking Forward (December 2013)**
- 1 – World AIDS Day Day (US and Canada)
- 3 – International Day of Disabled persons (Canada)
- 1-7 – National Hand washing Awareness Week (US)
- 10 – Human Right’s Day (Canada)
- 6 – National Day of Remembrance and Action on Violence Against Women in Canada

**Dates to Remember**

- **2014**
  - **January 24-Feb 2**
    - NAD Health Summit
    - Orlando, FL
    - www.NADHealthSummit.com
  - **January 26**
    - NAD HM Committee Meeting
  - **January 31**
    - ARMin Committee Meeting
  - **February 15**
    - NAD Mental Health Sabbath
    - www.NADHealthMinistries.org
  - **March 7-9**
    - Northern California HM Training
    - NADHM@nad.adventist.org
  - **July 8-12**
    - Second Global Conference on Health
    - Geneva, Switzerland
    - www.healthministries.com
  - **August 28-31**
    - Southwestern Union HM Training
    - NADHM@nad.adventist.org
  - **September 21**
    - Let’s Move Day
  - **September 21-28**
    - Let’s Move Week

**Health UNLIMITED**

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Comprehensive Health Ministries – NAD Year End Meetings

In October the General Conference held its annual Fall Council with leaders coming together from all 13 Divisions of the World. A special highlighted was the official launch of Comprehensive Health Ministries (CHM) – a renewed emphasis on reaching people by meeting the whole person care needs of those around us in a practical way showing God’s love and compassion. In this first phase of the CHM the different divisions of the general conference around the word will be have an intentional effort to work in collaboration with every ministry of the church (children, youth, women, family, community services, etc) as well as with health professionals, healthcare institutions and supporting ministries to reach out and reach across with a message of healing and wholeness. During the NAD Year End Meeting in October Reinert, Health Ministries director, reported to delegates that in North America CHM will be introduced at the annual NAD Health Summit to be held in Orlando, FL, from Jan 24-Feb 2, 2014 as part of the Transformational Evangelism building block. The goal is to foster an opportunity for discussion, planning and collaboration as we unite in mission through sharing a message of hope and wholeness. A partnership with Loma Linda University and Adventist Healthcare, the training brought together several leaders of Recovery ministries in that region. Many attendees had been leaders of recovery programs in SDA Church for nearly 20 years. Others were eager to be trained to initiate an ARMin ministry in their local church or community. But all left inspired and equipped, reported Leah Scott, Columbia Union Health Ministries and ARMin director. Among presenters were Dr Ricardo Whyte from Loma Linda, Dr David Sedlacek and Dr Duane McBride from Andrews University, Dr Peter Landless director for Health Ministries and the International Commission for the Prevention of Addictions and Katia Reinert, Health Ministries and ARMin director for North America. Adventist Healthcare kindly donated not only the venue (Shady Grove Adventist Hospital in Maryland) and healthy meals, but also sent 5 chaplains to be trained. The next ARMin training will be held on Jan 31-Feb 2, 2014 at the NAD Health Summit.

PACIFIC UNION CONFERENCE
Health Ministries Training

The Pacific Union Conference (PUC) held a Union wide training on September 27-29, 2013 at the Glendale Medical Center in Glendale, CA, which brought together health professionals and lay leader from every Conference in that territory. They all came eager to be equipped and engaged in health ministries. Nearly 90 people participated of the official NAD Health Ministries training entitled “Creating a Vibrant Health Ministries.” Among presenters were Dr Fred Hardinge, General Conference Health Ministries associate director, as well as the training team – Dr Don Hall, Lilly Tryon and Katia Reinert. According to Lorayne Barton, Union Health Ministries director, the training was possible due to a partnership between the Union, the NAD Health Ministries department and Adventist Health. The PUC is now carefully planning the health outreach in the San Francisco area, where the focus for urban evangelism called BRIDGES. The goal is to build bridges in the community and with people, Arnold Trujillo, PUC Vice-president, “and health ministries outreach is at the core of what we will do. God will do something beautiful.”

COLUMBIA UNION CONFERENCE
Adventist Recovery Ministries (ARMin) Training

On October 4-6 the Columbia Union Conference (CUC) held its first ARMin training. A partnership among the Union, the NAD Health Ministries department and Adventist Healthcare, the training brought together several leaders of Recovery ministries in that region. Many attendees had been leaders of recovery programs in SDA Church for nearly 20 years. Others were eager to be trained to initiate an ARMin ministry in their local church or community. But all left inspired and equipped, reported Leah Scott, Columbia Union Health Ministries and ARMin director. Among presenters were Dr Ricardo Whyte from Loma Linda, Dr David Sedlacek and Dr Duane McBride from Andrews University, Dr Peter Landless director for Health Ministries and the International Commission for the Prevention of Addictions and Katia Reinert, Health Ministries and ARMin director for North America. Adventist Healthcare kindly donated not only the venue (Shady Grove Adventist Hospital in Maryland) and healthy meals, but also sent 5 chaplains to be trained. The next ARMin training will be held on Jan 31-Feb 2, 2014 at the NAD Health Summit.

SEVENTH-DAY ADVENTIST CHURCH IN CANADA
Manitoba-Saskatchewan Conference

Pinehouse Drive SDA church participated in a 5K run/walk on Sunday, Sept. 22, 2013, Let’s Move Day. Members young and young at heart ran, biked, or walked 5 kilometers along the Meewasin Valley Trail next to the South Saskatchewan River beginning 11:00 AM, enjoying the fresh air, sunshine, and company of each other! The pastor, the elders, pathfinders, and other church members had a fabulous time outdoors getting fit together! “Pinehouse Drive Seventh-day Adventists were “In Step for Life” on Sept. 22, and are aiming to make physical activity and gardening a more consistent part of their lives throughout the year”, said Dr Pekka Maattanen, Health Ministries director.
Choose to Say YES to Physical Activity

Facts with Hope

**FACT** The Diabetes Prevention Program, a major federally funded study of 3,234 people at high risk for diabetes, showed that people can delay and possibly prevent the disease by losing a small amount of weight, regular exercise, and healthier eating.1

**HOPE** The timing of our exercise has a big impact on lowering the blood sugar spike after meals. In a recent study, a 15-minute walk immediately after each meal was significantly better than one 45-minute walk in improving blood sugar control. Worried about type 2 diabetes? Walk after every meal!2

**FACT** One out of three older adults (those aged 65 or older) falls each year. In fact, falls are the leading cause of both fatal and nonfatal injuries among older adults.3

**HOPE** Researchers compiled data from 17 studies and found that exercise prevents falls in older adults. The estimated reduction is 37% for all injurious falls, 43% for severe injurious falls, and 61% for falls resulting in fractures. Although the type of exercise varied in type and location, the key to preventing falls seems to be moving more!4

**FACT** According to research presented at a meeting of the American Association For Cancer Research, if you sit a great deal of the day and you’re sedentary, you have a greater risk of developing colon cancer down the road, even if you do exercise regularly.5

**HOPE** Don’t give up on regular exercise. However, you can further decrease your risk of cancer and other disease by paying attention to how much you move during the day. Set a timer so that you don’t sit more than an hour at a time, then get up and move around. Not only will you be improving your health, but also the short break may even help you to finish that task sooner.

**FACT** How fast you move throughout the day is more important for preventing weight gain than how long you move. In fact, researchers found that every minute per day spent engaging in high-intensity movement is associated with a five percent decreased chance for obesity in women, and a two percent decrease in men.6

**HOPE** Struggling to find time for a long walk or workout at the gym? Try focusing on intensity instead of duration. You can help prevent obesity by walking up stairs instead of using an elevator, parking at the far end of a parking lot, walking to the store, or doing anything else actively and intensely.

References: