No fooling matter

Remember those New Year's resolutions you made at the start of the year? Particularly the ones about exercising more, eating healthier and getting more sleep? If you're still going strong in your endeavours, congratulations—keep it up! But for most of us, it seems when we enter into the second quarter of the year such resolutions have been well and truly forgotten. Our health, however, is not something we can afford to dismiss. As we enter into the second quarter of 2013, RECORD would like to encourage you to revisit those New Year's commitments to look after your health. See below for some health-related news and insights.
New CHIP greeted with enthusiasm

More than 110 churches across Australia and New Zealand committed to conducting Complete Health Improvement Programs (CHIP) in their local communities this year at the conclusion of two CHIP summits in February.

Dietary guidelines pro legumes, against red meat

Sanitarium Health & Wellbeing has welcomed newly-revised Australian Dietary Guidelines (ADG) that encourage Australians to eat more legumes and less red meat. The guidelines recommend an increased intake of legumes across all age groups.

Read RECORD

Back-to-back! That's right—there's another new issue of RECORD arriving in churches this Sabbath. Be sure you get your hands on a copy!

Watch/download InFocus

Kiwi churches disappointed at moves towards same sex marriage. Aussie charities under scrutiny by new watchdog. And is Ben Carson headed for the White House?

Become a friend of
Too fat for church

According to the UN’s World Health Organization (WHO), the South Pacific is one of the fattest regions on earth. So what can we do as individuals, and as a Church, to counter this issue? James Standish shares his thoughts.
New CHIP greeted with enthusiasm

More than 110 churches across Australia and New Zealand committed to conducting Complete Health Improvement Programs (CHIP) in their local communities this year at the conclusion of two CHIP summits in February.

The Australian and New Zealand summits saw the launch of new CHIP resources, a video series and books which received an enthusiastic response from an unprecedented number of participants.

“Word has got out that the new CHIP really is an exciting package and people wanted to see it,” said Pastor Paul Rankin, CHIP in Churches program director for the South Pacific Division (SPD).

While organisers initially planned for about 100 participants at the Australian summit, 340 attended and 280 completed the facilitator training. In New Zealand, there were 190 participants, with 160 completing the training.

Dr Darren Morton, co-presenter of the new CHIP DVD series, speaks at the Australian CHIP summit.

In 2011, the SPD purchased CHIP with a plan for it to be renewed and relaunched under the leadership and management of Sanitarium Health & Wellbeing in Australia.

“The initial response has greatly exceeded our expectations,” said Cathy McDonald, general manager, Sanitarium Health and Wellbeing Services.
“The research results for the CHIP program have always been impressive, but the program itself was becoming tired and outdated. So people are excited that the new program—still based on the same core principles—now has a contemporary look and feel, and draws from the latest scientific research.

“I also believe people are keen for a contemporary, relevant health ministry program to offer through their local church that can make a meaningful difference in people's lives. People want to be ‘medical missionaries' in their own communities—and the new CHIP program offers them a great option to be able to do that.”

Along with good reports from initial programs in the United States, where the new CHIP was launched late last year, the response in Australia and New Zealand has been overwhelmingly positive, according to Pastor Rankin.

“At both summits there was a real sense of excitement at the quality of the new CHIP,” he said, “and a real sense that it will become a valuable tool for interacting with the local community and changing people's lives.”

With fewer sessions in the first phase of the program, the new resources have been simplified for the volunteer facilitators and have a more wholistic health focus. “The video series has more time devoted to not just the physical element of health, such as optimal eating and moving more as part of the optimal lifestyle, but also to the psychological, emotional, social, spiritual and vocational elements of health,” Ms McDonald said.

The CHIP team anticipates that support will continue to grow as churches run programs in their communities. “The stories of CHIP facilitators and participants will drive further enthusiasm and growth in CHIP,” Ms McDonald said. “There is nothing more inspiring than hearing what CHIP has done to change people's lives.”

Training programs are planned for all conferences in Australia and New Zealand throughout the remainder of 2013. “Contact your local conference health director for information on when your next facilitators' training program will be conducted in your conference,” Pastor Rankin said.
More information is available from <www.CHIPhealth.org.au> or <www.CHIP.org.nz> or contact Paul Rankin at <PaulRankin@adventist.org.au>.

Nathan Brown is book editor of Adventist Media Network.
More legumes, less red meat

Berkeley Vale, New South Wales

Sanitarium Health & Wellbeing has welcomed newly-revised Australian Dietary Guidelines (ADG) that encourage Australians to eat more legumes and less red meat.

The guidelines recommend an increased intake of legumes across all age groups. The recommendation, which informed the guidelines’ revisions, indicated that legume intake should be increased by almost five times the current intake (470 per cent).

Trish Guy, Corporate Nutrition manager at Sanitarium Health & Wellbeing, welcomed this increased emphasis on the health benefits of legumes, which are listed as both a vegetable and a source of protein.

“Legumes are a perfect protein choice, and it’s important that Australians understand the value of enjoying more legumes in their diet,” she said.

Ms Guy believes, however, that more can be done. “Given the many nutrition and health benefits of legumes, they are an ideal choice of protein for all Australians, but listing them after lean meat as a protein source doesn’t reflect this priority,” she said.

The dietary modelling and dietary guideline document also recommends a 20 per cent decrease in red meat intake for adult males.

“In fact, the guidelines reveal a recommended maximum amount of red meat... of no more than 455g per week,” Ms Guy said. “This recommended maximum amount... equates to a
very small 65g serve each day, or several red meat-free days each week. What better way to reduce red meat intake than by including more legume-based dishes on the menu? Sanitarium believes the foods listed in the protein group should be given in priority order, with legumes topping the list.”

Ms Guy said much had been made, in public discussions, of the idea that young women need to eat more red meat. “However, it’s well established that if women choose to eat little or no red meat, a plant-based diet offers many iron-rich foods sufficient to meet their requirements,” she said.

“When looking at nutrition, it’s vital to also consider how our food choices impact the environment. It’s disappointing to see that this has been included in an appendix to the ADG, and not fully integrated into the guidelines themselves.”

The ADG also include recommendations for eating a variety of core foods, including grain foods, preferably wholegrains and high cereal fibre varieties, such as breakfast cereals, polenta, couscous, oats, quinoa and barley. Sanitarium supports the Grains & Legumes Nutrition Council recommendation to consume 48g of wholegrains each day.

Sanitarium has a range of resources to help people enjoy more wholesome plant foods. Visit <www.sanitarium.com.au>.
RECORD.net.au – Article – Too fat for church

Note: If you are struggling with an eating disorder or your body image, please don’t read this article.

People in the South Pacific live well. Apparently too well. According to the UN’s World Health Organization (WHO),¹ who I suppose should know about such things, we are one of the fattest regions on earth. Really? Yes!

How fat? Nauru has the distinction of having the highest percentage of its adult population overweight of any nation on earth; a whopping 93 per cent, and they are in good company. Cook Islands (91 per cent of adults overweight), Tonga (88 per cent), Samoa (86 per cent) and Kiribati (81 per cent) are all in the winners’ circle when it comes to heft. And, according to the UN, roughly two-thirds of Aussies, Kiwis, Fijians, Vanuatans and Solomon Islanders are overweight. Only PNG comes out looking good—with less than half its population in the portly department.

Don’t believe the UN? Well, having done a little travel in the Pacific of late, I am sorry to confirm the WHO report. Everywhere I’ve been, there are inches to pinch, love handles to hold, muffin tops aplenty, big tummies and, here’s a news flash, it isn’t that the seats are getting narrower, it’s that our bottoms are getting wider!

WHO estimates there are now well over a billion people on earth who are overweight.

Unfortunately, I am one of them.
Let’s face it, none of us would choose to be overweight if we could wave a wand and have the body of our choice. And for good reason. Forget about the aesthetics, the impact of obesity on our health is catastrophic. In 2010 it was announced that obesity had overtaken tobacco as the leading cause of premature death and illness in Australia.\(^2\) It contributes to everything from heart disease to stroke, from cancer to dementia. The cost of managing lifestyle diseases is breaking health budgets around the world, and the human cost is simply staggering.

So, what to do about all of this? Give up and go back for a little more pavlova? Hardly. I’ve decided to make getting into good shape my top priority. Why make it my top priority? Because I don’t want to spend the second half of my life sick—or expire unnecessarily prematurely. My aim is simply to lose half a kilo a week, every week, for a year. How? The old-fashioned way: eliminating most processed food from my diet; eating lighter for tea; and exercising more before work, at lunch and after work. I’ve even installed a stand-up desk, as apparently slouching in my chair thinking deep thoughts isn’t the way to a fitter me. They aren’t huge changes—they are incremental changes I can live with and not feel deprived. How is it working out? So far I’m on track. Is it sustainable? Check back with me in December!

Individual efforts are all well and good, but how do we as a Church address this enormous challenge? The good news is that the revamped Complete Health Improvement Program (CHIP) has been launched, and every church has an opportunity to join the front-lines in getting our health back. Our part of the world is drowning in its own blubbery excess. But through CHIP, we now have the means to fight back.

We have to be honest with ourselves. Adventists can no longer pretend to be living our health message, even as we waddle from our cars into church on Sabbath. We can’t think ourselves better than the smokers or the drinkers, when we are killing ourselves just as effectively through processed foods and inactivity. We can’t look down our noses at carnivores when we ourselves have turned into tubs of lard. We have a responsibility—a moral responsibility—to take care of the temple God has given us.

Maybe it’s time for obesity to be added to abstinence from alcohol and tobacco as tests of church membership and leadership. But, please, wait a year—I need the time!


James Standish is editor of RECORD.