

Health Promotion NEWSLETTER

Health Department of the Euro-Africa Division

Number 23, First Quarter 2000

EDITORIAL

Dear colleagues and friends:

A new millennium just begun - did something change? How long will we continue to combat suffering in this sin-sick world, and teach a better lifestyle and preach the Gospel of a loving Savior? Only God knows, but one thing is certain, that we live in a borrowed time. And it is getting shorter each day.

During the past quinquennium we have tried to present you a balanced variety of articles, materials and suggestions for the most needed domains of health reform:

- department organization
- nutrition
- smoking cessation
- exercise
- alternative medicine
- NEWSTART© program
- physiotherapy
- Internet resources
- establishment of small lifestyle centers
- grief and crisis management
- etc.

We also have invited a variety of guest lecturers and experts from abroad to cover above mentioned areas during medical and nurses conventions, or with special seminars. To all who have participated in making this possible be our sincere thanks!

All those are important matters and should be our continual concern. There is, however, one aspect of medical-missionary work, which has increasingly been brought to our attention, and we would like to dedicate special emphasis to it during the next months. It has to do with the prevention and management of addictions among our youth in the churches and schools. This is not a simple matter for it involves parents, teachers, pastors, youth leaders, and church members in general.

Although "programs" do not solve all problems, they help to get organized and to give some shape

to our activities. It is from this perspective that we should regard the "Adventist Youth To Youth" (AY2Y) and the "Regeneration" programs.

The AY2Y program was developed by Dr. Patricia Mutch and the Regeneration by Pastor Hal Gates. Both programs have been used successfully in various parts of the world and are becoming increasingly known.

For years we have been trying to maintain the moral standards of our youth by making better rules of behavior and enforcing their implementation instead of providing them the necessary moral support and role models during their years of character development. "AY2Y" and "Regeneration" contribute to this purpose on different levels, as will be explained below.

Both programs have been updated and edited recently by a team of experts of the GC Health Department and are now ready to be implemented worldwide. Due to the importance and scope of this endeavor the three departments of Education, Health and Youth will join efforts to promote these programs in our Division.

We thank you for your continuing support and wish you God's blessings in your important ministry.

Yours, for better health

J. Hawlitschek

EUD Health Department.

RESEARCH ON CANCER

"The evidence that diets high in vegetables and fruits protect against cancers of many sites is strong and consistent..."

If plant-based diets consist of a variety of vegetables, fruits, pulses and minimally processed starchy staple foods, they are low in energy. These diets may prevent a variety of cancers, either directly, because of their inclusion of constituents commonly found in foods of plant origin that

are protective against cancer, or indirectly because of their exclusion of other constituents commonly found in foods of animal origin. Minimizing the consumption of red meat possibly protects against cancer at several sites. Plant-based diets also may protect against obesity, which probably increases the risk of some cancers.”

Food, Nutrition and the Prevention of Cancer: a global perspective, p. 509, World Cancer Research Fund and American Institute for Cancer Research, 1997

FADS AND QUESTIONS ON NUTRITION

QUESTION: Is it safe for Adventists to drink alcohol-free beer?

What do you mean by “safe”? Do you mean harmless, licit, adequate, convenient? Take a look at the label. You will find something like this: “Less than 0.48 per cent of alcohol.” That is really not much, but it is something. What about smoking only one cigarette a day? Or drinking only one cup of coffee a day? Would that really be harmful?

Let me transcribe a comment of Dr. Helmut Oberitter, scientific director of the German Association of Nutrition in Frankfurt:

“Alcohol-free beer may contain a maximum of 0.5% alcohol. It is produced like the normal beer. The alcohol is extracted afterwards through a process of reversed osmosis. The typical aroma of the beer is maintained. No other substances are added.

From the nutritional point of view the alcohol-free beer is preferable to the normal beer because it has up to 40% less calories and there are no undesired effects of the alcohol.

Fruit juices or malt beer may contain a similar amount of alcohol as alcohol-free beer. Despite the low content of alcohol it is certainly not recommendable to serve alcohol-free beer to children. It could lead to an early conditioning to the beer taste lowering therefore the threshold to use the normal beer.” (Medical Tribune, 13.09.91)

To answer your question I would suggest to consider the great responsibility of a health promoter, not only to teach the right matter but also to be a role model for our proxy. I certainly think that the apostle Paul had this in mind when he said: “All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.” (1Co 10:23)

QUESTION: Is decaffeinated coffee safe to use?

Cancer studies are being done using the decaffeinated coffee. It appears that the carcinogenic factors are there even when there is no caffeine. Caffeine is only one factor. But in coffee you have other factors that are problems. For example, at the same caffeine level, coffee when compared to tea is worse in increasing heart attack risk. This shows there are some other factors in the coffee that are increasing the risk other than the caffeine. Anytime you roast or burn a high fat bean you are likely to produce carcinogenic substances. This would be true of soybeans when used to make a coffee. A cereal or grain coffee made from barley would have a much lower risk of producing carcinogenic substances because they are low in fat and high in carbohydrate.

QUESTION: What about the cigarette without nicotine?

There is a tendency among humans to substitute something bad with something similar, hopefully better, without having to quit the beloved habit. This happens also with smoking. There is for example the wide-spread use of nicotine patch or spray. Now someone invented the nicotine-free cigarette. This cigarette does not contain tobacco but leaves from other plants without nicotine. The nicotine itself, which is responsible for causing the addiction, is not the worse substance contained in the common cigarette. By smoking a nicotine-free cigarette the person still gets all the cancerigenous substances produced by the combustion of the leaves. More than that, the smoker unconsciously inhales deeper, because of the system's desire to obtain nicotine, and therefore gets a much higher and life-threatening amount of carbon monoxide. This kind of cigarette has therefore already been banned in Austria. It is a really bad deal. If someone desires to avoid the bad effects of smoking, he/she should really make plans to quit smoking completely and forever!

Quoted from Dr. M. Lemaitre, Caen, France.

REPORTS FROM THE FIELD

ROMANIA

“Greetings to our friends everywhere! It has been a privilege to work for God in the ACTS 2000 series here in Bucharest. It has been a great series with God's blessings poured out continually. In Bucharest alone we have seen more than 4000

people come night after night from various sources. Some have been invited by friends, some have come from the inspirational music concerts that Steve Darmody and Jenifer LaMountain conducted prior to the meetings. The health exposition has certainly had a big impact as people all over Bucharest have come to the evening evangelistic meeting because of their contact through health evangelism. Public advertising for the Bible series, "Hope for Generation 2000" was limited because our Romanian church leaders feared that the Orthodox church may seriously oppose the meetings and thwart our satellite uplink from Bucharest. As a result of our health advertising many of the smaller auditoriums in the Palace Congress Hall were filled for classes on hydrotherapy, stress management, the cooking school, medical testing, blood pressure testing, stop smoking programs, and lectures on the 'New Start' Program. Students from Herghelia, (the health institute) gave health expo attendees free massages. These students have had outstanding opportunities to build wonderful relationships. Hundreds of our health contacts have attended the evangelistic meetings.

Wednesday of this week at the cooking school Donna demonstrated a Vegetarian entrée. The people loved it, in fact so many people attended they ran out of samples. Wednesday and Thursday I baked oatmeal raisin bread for my bread class. I went to the home of our Health and Temperance Director for the Romanian Union. The stove had no temperature gage. Try baking something as critical as bread without knowing whether the oven is 250 degrees or 450 degrees. We had around 500 that attended the class. Well over two hundred have come to the evangelistic meeting in the evening after attending our classes. Charles Cleveland and his wife Phoebe have been conducting many of the classes as well as Romanian doctors and health educators. A special thanks to Charles Cleveland and his health team for all the work in health ministry.

Reported by Denzil McNeilus, President of Outpost Centers Incorporated (OCI)

FIVE-DAY-PLAN EVALUATION

"The Consensus Conference For Smoking Cessation held in Paris in 1998 made an evaluation of the commonly used smoking cessation methods. It happens that the well known "Five-Day-Plan" (5DP) could not be promoted as an effective tobacco therapy because of lack of a randomized double-blind study.

One has to understand that behavioral methods such as the 5DP cannot be evaluated as drugs are by randomized double-blind study. The Ligue Vie et Santé that promotes the 5DP in France is setting up a scientific randomized trial scheduled for the year 2000 in Strasbourg after having received the ethic agreements by French ethic committees. This study will need, let's say about 200 or more participants. These individuals must then be divided randomly in two similar groups. One group would participate in a regular 5DP and the other group will receive a one day information about tobacco related diseases. The comparison after one year of participants in the two groups who have stopped smoking will give the effectiveness of the 5DP in smoking therapies. This study is made possible with the collaboration of several laboratories from French Universities such as from Montpellier, Clermont-Ferrand and Strasbourg. Moreover, inancial support is from the Association Contre le Cancer and the Ligue Vie et Santé."

Reported by Prof. Raymond Romand during the AMALF Congress in Caen, France, 29 Oct.-1 Nov, 1999.

MATERIALS

Adventist Youth To Youth (AY2Y)

AY2Y is a positive peer prevention program using young people in a positive environment to help other young people to

- improve their self-esteem
- learn how to resist positively to negative peer pressure, and to
- enjoy life without drugs.

The young people are divided into small working groups for best results. All group members treat each other with *Honor, Dignity and Respect*, valuing each other as a child of God regardless of their background. As a result of this a bonding takes places, and the people will feel accepted by one another, making them feel good about themselves. Thus the need of using drugs to make them feel better is no longer there. It is an ideal program for prevention and can easily be integrated in the youth activities.

Both manuals (trainer's and participant's) including PowerPoint presentations were recently updated by the GC Health Ministries Department. They have already been translated into French and Spanish. The EUD Youth Department is actually working on the arrangements for translation into other languages as needed.

Regeneration

Regeneration is a Confidential Christ-Centered Fellowship program for chemically dependent persons and their families.

The Regeneration program is a type of small group ministry which uses the Twelve Steps to Recovery developed by Alcoholics Anonymous with spiritual tools such as Scripture study and prayer. The program has been developed by Hal Gates and been used successfully for over 15 years. It benefits not only chemically or otherwise addicted people but helps also "normal" people to better understand human nature. It has been shown to be an excellent evangelistic tool.

Both programs, Youth to Youth and Regeneration, complement each other and contribute to the spiritual growth and healing of all church members who participate in them.

Stop Smoking Program in Turkish

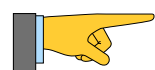
There is a great need for stop smoking programs in Turkish for Turkey and other countries as well. The translation of the German "Endlich Frei" plan to stop smoking, which is a hybrid of the "Breathe Free" (USA) and "Quit Now" (Australia), is under way. We just finished the translation of the accompanying 9 slide series but there is still a lot of work to prepare the overhead transparencies. With God's help we expect to have everything ready by next summer.

CONVENTIONS AND SEMINARS

Loma Linda University

March 01 - 07, 2000 Medical Annual Convention

March 08 - 11, 2000 Public Health Convention



Topic: Dairy Products and Human Nutrition

NEWSTART programs in Romania

All year round. There are also special programs for German and English groups.

Place: Health Center in Herghelia.

Phone +40-65-169 169, Fax +40-65-168 007, E-mail: herghelia@netsoft.ro

NEWSTART programs in Germany.

May 07 - 26, 2000

Aug 27 - Sep 15, 2000

Landhaus Die Arche. For these and other seminars call +49-39924-7000

GERMANY - Friedensau Nurses Congress

May 31 - June 4, 2000

Place: "Waldpark" retreat center, close to Chemnitz

Phone +49-711-448 19 50

E-mail: zentrale@dvg-online.de

FRANCE - AMALF Annual Congress

October 27-29, 2000

Place: Montpellier

Subject: Food borne Allergies

Phone +33 (1) 360.68.62.32

KEY DATES 2000



May 31 World No Smoking Day



October 01-07 Week of Health

Prepare a special program for the church.



December 1 World AIDS Day

Distribute the SDA AIDS-pamphlet. Focus on Biblical principles of prevention.

THOUGHTS OF THE MONTH

"Great opportunities to help others seldom come, but small ones surround us every day."

Sally Koch

"Kind words, looks of sympathy and expressions of appreciation, would be to many a struggling and lonely one, as a cup of cold water to a thirsty soul."

Ellen G. White [Christian Service, p. 190]

The **Health Promotion NEWSLETTER** is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

Our address is: Health Department, Euro-Africa Division, Schosshaldenstr. 17, 3006 Bern, Switzerland. Phone +41-31-359 15 15, FAX +41-31-359 15 66. Jochen Hawlitschek, director, e-mail JHawlitschek@compuserve.com; Monica Braun, secretary, 104100.71@compuserve.com

