

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

Number 28, Second Quarter 2001

EDITORIAL

Dear colleagues and friends:

I just returned from attending two advisory meetings at the General Conference headquarters in Silver Spring, USA; one of the Health Ministries Department and the other of Chaplaincy (which also belongs to my responsibility). It was inspiring to meet our fellow colleagues from all world divisions and to share our experiences and challenges among ourselves and with our leaders. In the following pages you will find a resumé of the impressions and main features of our discussions. The GC Health Ministries Department is planning to put all presentations and PowerPoints on a CD which we will then include in our next Newsletter package.



[From left to right: Dr. Allan Handysides, Dr. Peter Landless, Dr. Kathleen Kuntaraf, Dr. Gary Hopkins - final song "We Have This Hope"]

A common concern was to be closer connected in active networking. One way to achieve this is through the Internet which most of us are already using. We therefore strongly suggest you to visit regularly the following homepages because they are made for OUR benefit. These homepages are continuously being improved and will become an important source of information from our headquarters.

<http://www.health20-20.org/>
<http://www.adventistchaplains.org/>

The tonic note of our Advisory Council was an excellent spirit of fellowship and mutual support. The meeting was closed with all of us holding hands in a great circle and singing "We Have This Hope".

May God continue to bless your efforts in promoting the principles of healthier living to God's glory!

Yours, for better health

J. Hawlitschek

EUD Health Department.

ICPA - New Executive Director

After the retirement of Elder Thomas Neslund, Dr. Peter Landless, a cardiologist from South Africa, was elected Executive Director of the International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA).

See more details about Dr. Landless in the enclosed ICPA Reporter.

Reflections from the World Health Ministries Advisory Silver Spring, March 2001

1. The Health Ministries Team - A Large Group

First of all, the Health Ministries Advisory impressed by being the largest group among all other departments. This was due to the presence of representatives from all three medical schools, Loma Linda, Montemorelos (Mexico) and River Plate (Argentina), and from several (self-) supporting institutions like Weimar, Wildwood, Uchee Pines and Lifestyle Center of America. This shows that we all work together as a team with different capacities.

An important feature of our Advisory was the opportunity to meet in small groups with our leaders from the GC, with representatives from Loma Linda, "The Health Connection", AIMS, Griggs University,

GC Nutrition Council and others. The purpose was to discuss our concerns and ideas and to better integrate our strengths. It is a real privilege to be part of such a wonderful team.

2. Reports from World Divisions

Everywhere there are great challenges and opportunities for the work of health reform. The "entering wedge" may find soft or hard walls to penetrate. No work is easy but God promised to be with his disciples until the end of the world (Mat. 28:19,20).

"In the heat of the conflict, unseen agencies will be on our side, commanded of heaven to aid us in our wrestlings; and in the crisis, strength and firmness and energy will be imparted to us, and we shall have more than mortal power." (Counsels to Teachers, p. 237)

Each Division was asked to present one method of outreach which works and which may be duplicated in other fields. I'm glad to say that the family health camp meetings being used in several countries of our Division have been among the most appreciated methods to demonstrate the benefits of a healthy lifestyle to church members and friends.

3. "CELEBRATIONS"

The word *celebration* may remind us of some charismatic churches but this is not the case here. It is the acronym for the topics of our daily worships featuring the various aspects involved in our wholistic health message. The concepts are self-explanatory so I will only mention them here by name. More details will be found in the CD-ROM and are a good resource for sermons or worships on total health.

- C choices
- E exercise
- L liquids
- E environment
- B belief
- R rest
- A air
- T temperance
- I integrity
- O optimism
- N nutrition
- S social relations (and service)

Note that the word CELEBRATIONS is in plural. The last "S" emphasizes the social aspect of health which includes the responsibility of service to our neighbors.

4. Networking

A common concern of all participants was about obtaining more materials (specially Powerpoint presentations) and ideas to improve our work. The clear answer is NETWORKING at all levels: networking among different departments in the same building; networking between Conferences, Unions and Divisions; and networking with recognized supporting organizations. The old tradition of each one remaining in his/her own box or not crossing frontiers only hinders progress. Sharing experiences and materials benefits both partners. Today most of us have e-mail and are therefore just a few minutes apart from each other. Let us join efforts to finish the work God has assigned us to do!

The GC Health Ministries leaders offered to send representatives to the Divisions' Advisory meetings to become more acquainted with our local needs. In order to do this, a list of suggested dates was established for each Division according to dates when representatives from the GC can be present. The scheduled dates for our Division will be June 2003.

Another effort to share expertise was the establishment of the **Adventist Professionals' Network**. The Adventist Professionals' Network (APN) is a global registry of Seventh-day Adventist professionals who hold the minimum of a master's degree or its equivalent (5 years of postsecondary studies) in any field. Housed at the world headquarters of the Church, APN will help locate candidates for positions, consultants with expertise, and volunteers for short mission assignments. It will also foster international networking among Adventists in various professions. For more information and registration please go to <http://apn.adventist.org/>

FADS AND QUESTIONS ON NUTRITION

Take a look at the following statements which are quite common and think what would be your observations:

1. All plant-based diets are about the same
2. There are very few vegetarians
3. A diet without meat is nutritionally deficient
4. One can't possibly get enough protein without meat and/or milk and eggs
5. Certain combinations of foods have to be eaten at the same meal to get the right amino acids
6. All vegetarian diets are low in fat

7. Vegetarian diets are dull and boring
8. Vegetarian diets can cure cancer and heart disease

To see the pertinent comments see the homepage of the Seventh-day Adventist Dietetic Association: <http://www.sdada.org/>

The SDA Dietetic Association is an active missionary minded group of highly professional dieticians. They are available for consultations and advice for SDA institutions or for lectures on nutrition. Their history, mission, objectives and many other useful data about nutrition are available on their excellent above cited website.

The SDA Dietetic Association works closely together with the General Conference Nutrition Council and the Loma Linda School of Allied Health Professions.

REPORTS FROM THE FIELD

Great Challenges in Bangladesh

"On December 1 I presented a special program on AIDS using the AIDS pamphlet you sent me. We translated it into Bangla. Thank you also very much for the Hardinge slides series for health promotion. They are very useful here.

Here are very big needs. There is a former hospital building in Gopalganj which is ready to be used again. Brothers asked me to reopen this institution but this is too much for me. After my furlough I will be reopening 2 dental clinics but for the hospital we need additional people. If you know somebody willing to go to Bangladesh as a missionary, he will be very welcomed."

Reported by Dr. Milan Moskala, Adventist Dental Clinic in Dhaka [adc@dhaka.agni.com]

QUACKERY

Methods that are not based on established scientific knowledge have received many different names. Current dictionaries define "quack" as

"A pretender to medical skill: an ignorant or

dishonest practitioner." – *Merriam-Webster's Medical Dictionary*

"One who fraudulently misrepresents his ability and experience in the diagnosis and treatment of disease or the effects to be achieved by the treatment he offers." – *Dorland's Illustrated Medical Dictionary*

These definitions imply an intent to deceive, which would not fit promoters of unproven methods who believe in what they are doing. In 1984 the late Congressman Claude Pepper and his staff defined a "quack" as "anyone who promotes medical schemes or remedies known to be false, or which are unproven, for a profit." This definition eliminates the question of intent to deceive.

You see that even with good will a practitioner may fall into a trap to promote something which belongs into the category of quackery. There are still many gray zones in medicine and it would be dangerous to make generalizations. There are, however, many diagnostic methods being used and many products on the market being sold which are definitely unproven or dubious. Where can a person find correct information? Hundreds of methods have been examined and evaluated by experts and are described in pertinent books. For further reading we recommend the following:

"Reader's Guide to Alternative Health Methods" by the American Medical Association, ISBN 0-89970-525-1

<http://www.quackwatch.com> This homepage is available in English, German, Spanish, French and Portuguese. It covers hundreds of topics and gives answers to many questions.

ALCOHOL / TOBACCO

Is moderate (controlled) drinking a feasible goal?

The Forel-Clinic, Ellikon, Switzerland, specialized in alcohol dependency, examined this question and found the following results: About 15% managed to control their drinking habits (to drink moderately) but 77% turned alcoholics. Conclusion: It is possible to control the drinking but chances are very great to end up being an alcoholic. It's much safer to be abstinent!

Taken from Swiss Center for Alcohol and other Drug Problems, February 2001. See also: <http://www.sfa.ispa.ch>

Tobacco is the greatest killer on earth!

Daily smoking kills more people than AIDS, car accidents, airplane accidents, and wars all together. According to the World Health Organization 1 out of every 12 people will die as a result of smoking.

Idem.

LITERATURE & MATERIALS

Spirituality and Health

There are good articles and PowerPoints on "Spirituality and Health" on the website of the National Institute for Healthcare Research:

<http://www.nihr.org/>

Health Promotion Materials in French

Two years ago the *Ligue Vie et Santé* from Switzerland has developed a CD with the 5-Day Plan to stop smoking (see our Newsletter Nr. 21). Now the updated version with additional materials is ready. Ask Michel Grisier

Fax: +41-22-793 68 36

E-mail: mgrisier@bluewin.ch

CONVENTIONS AND SEMINARS

Medical Congress, Romania

Date: September 06-09, 2001

Place: Bucharest

Subject: Diverse topics

☎ +40-1-312 92 53

E-mail: gily@fx.ro

AMALF Congress, France

Date: 1-4 November, 2001

Place: Collonges-Sous-Salève

Subject: To be announced soon

☎ +33 (1) 360.68.62.32

Regeneration Seminar, Bulgaria

Date: 23 Sept. - 6 Oct. 2001, Sofia

Speakers: Hal Gates and Dr. Gary Hopkins

NEWSTART programs in Romania

All year round. There are also special programs for German-speaking groups and soon there will be English speaking groups. Ask for more information.

Place: Health Promotion Center in Herghelia.

☎ +40-65-169 169

Fax +40-65-168 007

E-mail: herghelia@netsoft.ro

NEWSTART Health Week in Austria

August 12-26, 2001 in Bogenhofen.

Ideal for individuals and families. Lectures and practice with Dr Oskar Sommer, Dr Klaus Gstirner and Dr Kurt Sternberger.

☎ +43-7722-631 25 0

E-mail: fnusime@ssb.at

KEY DATES 2001



May 31 World No Smoking Day

(corrected)



~~October 07-14~~ **Sept 29 - Oct 6**

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

"People don't take drugs for bad reasons, but to be strong. - Don't take drugs away without first substituting with something more powerful. The only greater power is Jesus Christ."

"Knowledge alone will not change behavior. Programs without a spiritual component will not be successful."

Dr. Gary Hopkins

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!

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