

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

<http://health.euroafrica.org/>

EDITORIAL

Dear colleagues and friends:

Wherever we go or whatever we do, be it on the streets, in the bus, reading a journal, listening to the radio, or even receiving e-mails, we are bombarded by all sorts of advertisements. Powerful slogans and deceiving statements and promises are presented without discrimination or restriction. And they are very effective.

It reminds me the order God gave to His people in the past: "And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up" (Deut. 6:6,7).

Many think that medical-missionary work can only be done in hospitals or in old people's homes. However, we are advised to "seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. A word of cheer, an act of kindness, would go far to lighten the burdens that are resting heavily upon weary shoulders. It is in unselfish ministry that true happiness is found. And every word and deed of such service is recorded in the books of heaven as done for Christ. 'Inasmuch as ye have done it unto one of the least of these My brethren,' He declares, 'ye have done it unto Me.' Mt 25:40" (Testimonies, vol. 7, p. 50). This is true medical-missionary work!

May God continue to give you joy, courage and health as you work for HIM!

Yours, for better health

J. Hawlitschek

EUD Health Ministries Department

FACTS

Church Goers Live Longer

A study was done on 2,025 persons aged 55 and above to see what factors would be the best predictors of longevity. Regular church attendance was the best overall predictor of all factors studied. Researchers considered income, education, chronic diseases, other illnesses, health habits, exercise, smoking, drinking, body fat, social participation, and psychological status. But none of these explained the results, church attendance was still an independent predictor and the strongest predictor.

Church Goers Live Longer

- Studied 2,025 persons, aged 55 and up, to see what factors would be the best predictors of longevity.
- Follow-up: 5 years
- The most significant factor predicting who was still alive? "Attending religious services."



Ref. *Amer. Jour. of Public Health*, Vol. 88, No. 10, 1469-1475, 1998.

Dr. David B. Larson, president of the National Institute for Health Care Research, reporting on this study, concludes, "According to these data, attending religious services increases chances for living longer."

Reference: Oman, Douglas and Reed, Dwayne (1998) "Religion and mortality among the community dwelling elderly", *American Journal of Public Health*, Vol. 88, No. 10, 1469-1475.

Church Attendance and Mortality

Duke University studied some 4,000 people for six years. They found that those people who attended church weekly have a 28% lower risk of dying; even after controlling for health habits, age, education level, and medical problems.

Why would church attendees live longer? Some theories include:

- ♥ Churches provide social connections and support
- ♥ Members find comfort, forgiveness, and meaning in lives from faith in God
- ♥ Church attendees usually live healthier lives than non-church goers (although they adjusted for health practices in this study).
- ♥ Church support may help people cope better in times of stress

Source: Journal of Gerontology, July/August, 1999.

For more interesting facts see:

www.lifelonghealth.us/

FADS AND QUESTIONS ON NUTRITION

QUESTION: What are the daily requirements of calcium of an adult man?

- (a) 400 mg
- (b) 800 mg
- (c) 1200 mg
- (d) all above answers are correct
- (e) none is correct

The purpose of this question is NOT to give you the "correct" answer but to show some aspects related to nutritional requirements.

The expression usually found in the tables is RDA (recommended daily allowance). How is that value calculated? First of all, there are different possible target groups for such recommendations: the entire population (using an average), the individual, or specific populations at risk (for example diabetics, lactating women, growing children, sedentary adult men, etc). The purpose for making such recommendations, also called *nutritional goals*, is to be able to make political, agricultural, financial, and educational policies to reach and maintain the health of the population. It is easy to see the great responsibility that lies upon those individuals, or groups, who have to make such policies.

First of all, such recommendations must be accurate and safe from the medical standpoint. Not too less and not too much. Secondly, such goals must be reachable by rich and poor people alike. Any decision that requires changes will need the support of the educational system and of the food industry. Such changes may impact profoundly the agriculture of a country, the cattle farmers, import and export priorities, which will affect the entire economics of a country. Last, but not least, if changes must be made in the eating habits of the population, that will affect deeply rooted cultural traditions.

You see, that there are many hurdles to overcome in order to make changes in matters of nutrition. Although the group of experts of the World Health Organization may make some well founded recommendations, individual countries have come up with their own recommendations that may differ for various reasons. To make a nutritional recommendation that will affect an entire population is not just a medical matter.

Let's return to our initial question about calcium. The needs are different for a growing child, lactating mother, or an old man, for example. But in the same person, the metabolism of calcium is affected by other nutrients in the diet. It is well known, that a high amount of protein in the diet affects negatively the calcium storage in the body. The intake of foods or beverages containing lots of phosphorus, salt, sugar and alcohol, and even smoking, also have a negative influence upon the calcium metabolism. Another important factor for bone density is physical exercise.

Having considered all known variables, what would be a safe recommendation for calcium intake? Since it is hard, or even impossible, to make a recommendation just from the nutritional standpoint, that would be valid for an entire population, it is usually considered that the double amount of a minimum requirement could be regarded as "safe".

Once the medical/nutritional requirements are agreed upon, the committee has to make a final recommendation. This will be influenced by the other economical and political factors mentioned above. All this explains why there may be so much discrepancy, not only in the RDAs, but also in the implementation of the policies. You know the hot debates about calcium needs. A similar situation existed about the needs of protein, iron, and other nutrients.

In conclusion, we would say that the RDAs in the books should be considered as valuable guidelines, but never as absolute values applicable to all individuals. Besides that, individual nutrients behave differently according the presence or absence of other nutrients in the Diet. For this reason, there is the tendency to recommend complete "foods" instead of individual nutrients. General recommenda-

tions as suggested by the vegetarian food pyramid, in combination with other important lifestyle factors (exercise, avoiding intoxicants, temperance, appropriate use of water, fresh air, etc.) will contribute to a good health and are easily understandable by most individuals.

PS: The goal of 1000-1200 mg of daily calcium intake recommended by the US and Switzerland can only be reached by including plenty of milk and cheese in the diet. The WHO just released its newest recommendation of 400-500 mg daily. (See "Literature & Materials" at the end of this newsletter.)

REPORTS FROM THE FIELD

Changed lives through the health message

"Because Mr M (administrator, Orthodox) and his family were interested in health issues, they subscribed to "Life & Health" magazine. Mr M and his daughter attended a meditation meeting of the New Age Movement. His daughter was already vegetarian. Reading the magazine, they found out about H.M.P.-C. from Herghelia. And because he was physically exhausted, he decided to come to Herghelia for recovery.

In the beginning of the session, he was very reclusive and wasn't participating at medical or spiritual lectures; only for treatments. He had been reading many New Age books, which were alienating him more and more from the world, his family and even himself.

Little by little he began to unburden his soul to the therapist and tell about his sad condition: tired, hopeless and powerless.

He didn't have serious health problems, but he didn't have peace of soul and had lost the meaning of life. The therapist began to pray for him and gave him "The Great Controversy" book. He stopped reading his books and began to read the book he received because the others he could read at home. His life began to change immediately. He became more active in all the programs. He also became very interested at health and spiritual lectures, asking questions or giving comments. He bought about \$50 worth of books (which in America is like buying \$500 worth of books) for himself and his friends. He read the "Great Controversy" with so much interest that he finished it in less than two weeks.

After returning home he continued to follow Herghelia's lifestyle program with all his family. At 6:30 in the morning they do warm-up exercises, at 7:00 breakfast and so on... For his wife it was a little hard but she decided to try. They plan to build a greenhouse to always have fresh, healthy vegetables and a place for physical activity. He became more

thoughtful and sensitive with others. Now he helps his wife in the kitchen, brings his child home from school and does other things that he never did before.

Wife: "I don't know what happened to my husband at Herghelia but he is totally changed!"

After two weeks his wife came to Herghelia. He told her to participate at the lectures that he didn't attend, learn new recipes in order to continue the vegetarian diet at home, and begin a new lifestyle. His wife was already trained in Herghelia's exercise program because her husband did them with his family at home. Mr M likes the fact that here we pray for special subjects and not just for general ones."

Sent by Herghelia Lifestyle Center, Romania.

LITERATURE & MATERIALS

French PowerPoints - 9 Tobacco slide series

The famous slide series on tobacco and smoking by Dr. Mervyn Hardinge are now available also in French. Ask your local Health Ministries Director.

The **Italian** version is almost ready.

Joint FAO/WHO Expert Consultation on Diet, Nutrition, and the Prevention of Chronic Diseases, WHO Technical Report Series 916, WHO, Geneva, 2003. ISBN 92-4-120916-X. This is one of the most useful books for nutrition lectures. The recommendations of the expert group come closer and closer to E G White's counsels.

Health Ministries Advisory at Friedensau 2003 - PowerPoint presentations on 2 CDs are now available. Consult your local Health Ministries Department leader or write us (address at the end of the newsletter).

CONVENTIONS AND SEMINARS

AMALF Congress, France

Date: 07-10 November 2003

Place: Paris

Subject: Still open. ☎ +33 (0)2 31 80 63 38

German-speaking Medical Convention

Date: 28 May - 1 June 2003

Place: Bischofsgrün

Several interesting topics: Stammzellenforschung. Fertilitätstherapie. Psychische Erkrankung vs. Besessenheit. Wie kann man Menschen in ethischen Konflikten Hilfe geben? U.a.m.

☎ +49 (0)711 4481950

International SDA Nurses' Conference

Organized by the General Conference and Loma Linda School of Nursing. The purpose is to unite all European SDA nurses in our God-given ministry for the suffering souls. The convention will focus on the *unique values of whole person care*.

Place: Bucharest, Romania, 09-12 July 2003.

Food and lodging FREE. The attending nurses only have to provide their own travel expenses.

For registration write to Ms Dr Anca Enache: ancaenache@xnet.ro



NOTICE: At the same place (Cernica Theological Seminary, Bucharest, Romania) there will be 3 consecutive events. You may consider to participate in more than one.

(1) Birth Companion Training - July 01-03, 2003, with Dr. Allan Handysides, Obstetrician-Gynecologist and Pediatrician, General Conference.

(2) Romanian SDA Medical Convention - July 04-07, 2003, with Dr. Allan Handysides, GC.

(3) European Nurses' Congress - July 09-12, 2003, with Dr. Patricia Jones, Loma Linda University.

Visit the Waldensian Valley - CANCELLED!

Very unfortunately, due to the uncertain war situation, many potential American participants cancelled their registration. This led the organizers to postpone the event to a future occasion. It will NOT be during this year.

NEWSTART Health Week in Austria

August 03-17, 2003 in Bogenhofen. Ideal for individuals and families. Health lectures, exercise, leisure time, treatments, etc. Special emphasis will be placed on diabetes and hypertension.

☎ +43-7722-631 25 0

E-mail: admin@bogenhofen.at

NEWSTART programs in Romania

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

Place: Health Promotion Center in Herghelia.

☎ +40-65-324 010

Fax +40-65-168 007

E-mail: herghelia@fx.ro

KEY DATES 2003



May 31 World No Smoking Day



Sept 27 - Oct 4, 2003

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.

THOUGHT OF THE MONTH

"Medical missionary work is the pioneer work. It is to be connected with the gospel ministry. It is the gospel in practice, the gospel practically carried out."

General Conference Bulletin, April 12, 1901

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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