

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

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

EDITORIAL

Dear colleagues and friends:

We are in the midst of the season of light. On the windows, on the trees, and across the streets there are large banners with thousands of lights proclaiming the good news of salvation from spiritual and physical suffering through our Lord Jesus Christ.

This reminds us of our reason to be here and the task before us. "We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. ...Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is, "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee." *Counsels on Diet and Foods*, p. 455

As we follow the light given to us it will continue to grow. "As the light of the sun shines with increasing power from morning till noonday, so, as you advance in the opening light of God's word, you will receive more light." *Counsels to Teachers*, p. 230

May God fill up your can of oil that your light might shine brighter and brighter until He returns!

Yours, for better health

J. Hawlitschek

EUD
Health Ministries
Department



More about Health-EXPOs

Health fairs or expos have been used for long years to call the attention of the public to the health message. However, as practical experience was gained and posters were developed explaining the NEWSTART or CELEBRATIONS factors, the expo techniques have evolved rapidly so that today we can consider the health-expo a quite formal and standardized method of health promotion. A well planned health-expo is a major adventure that requires the collaboration of a large team of experts and volunteers. A good preparation is therefore imperative. God has greatly blessed the efforts and the impact caused by health expos in different places has always been overwhelming.



In the following I transcribe the complete letter of Dr. Viriato Ferreira about the recent health expos done in several large cities in Portugal.

"When God instructed His servant Ellen White to write that 'medical-missionary work is the right hand of the Gospel', He wished we would take Him seriously! He is waiting to pour His blessings on the work done according to His will!

Early in 2003 the Portuguese Union of SDAs voted to invest time and means to reach out to the public through Health Expos.

Born in the USA years ago, the Health Expo concept has been used to reach thousands of people throughout the world with a message of better physical and spiritual health. During 4-7 days, church members and other volunteers do health checks and give health information in an Expo setting with booths, exhibitions and various activities such as cholesterol and glucose checks, blood pressure checks, fitness tests, heart disease risk assessments, medical counseling etc.

What are the benefits? Many! The public benefits from the best counseling in lifestyle medicine, in a non-threatening environment, given by caring people interested in their health. They may in time, be introduced to the "Giver of health". The Church also benefits from the Expos. Members work together like seldom seen, old and young, health professionals and lay-people working side-by-side. Prejudice is broken down and Adventists become more than just a religious group! They become "friends"!

When the Portuguese Union of SDAs decided to host a few Expos through ITA (International Temperance Association), there was great expectation regarding the public's response. One Health Expo had been conducted in the Azores in 2002, with an excellent response from the public but would people in mainland Portugal respond the same way?

Four large Expos were scheduled for 2003. These were to be "teaching Expos", to show the churches what Expos are and teach church members how to organize them.

The four target areas were Lisbon, Porto, Leiria (central region) and the Algarve. In all of these, the church worked very closely with the local government authorities that sponsored the project.

The Lisbon area was chosen to host the first Expo. Many questions ran through our minds: Would there be enough volunteers? Would people come to a hall in the middle of summer? After much praying and hard work the Expo opened its doors to crowds of people! Over 800 entries were recorded in 4 days! People lined up outside the hall long before opening time. The volunteers, mostly SDA lay people, health professionals and non-medical people were ecstatic! They could see God's hand working. Young and old, they felt useful, making a difference to someone.

The Expo needed 45 volunteers each night to work in the different booths but 70 came each night, even when they were not scheduled to come! They were kept busy. Vegetarian cooking classes, Coping with Stress seminars and others have already started, with many attending. Another

Health Expo is already scheduled for that area and will be largely financed by the government authorities.

After Lisbon came Porto, in the North, a city with over 3 million people. Through an influential church member a TV interview was staged for the day before the Expo. Our expectations were surpassed! Over 1800 entries were recorded in 5 days! Many people came repeatedly to hear the Health Seminars presented by an Adventist Health Professional after the booths closed each night. As a follow up in Porto, 75 people have signed up for 3 vegetarian cooking courses for November and December.

After Porto came Leiria (Central Region) and the Algarve (South). God again blessed the work. 800 and 650 entries were recorded in these 2 cities. Follow-up programs are being organized, involving lay-people and pastors.

We realize that the success of these Expos was the result of God's blessing for the commitment and dedication of church leaders and lay people, working together for the good of others. Their ultimate goal is to help people physically and spiritually and through this the Church is experiencing a great blessing.

A 21-year-old volunteer who had gone through the training sessions for the Expos, was going through a time of depression, far from his family and with financial difficulties. He had been raised as an Adventist but had not been baptized. When he arrived at the first Expo night and saw all the volunteers happy and cheerful, he thought they were "mad" and that it wasn't the place for him. He went home after 5 minutes. The following day a friend encouraged him to go again and help. He reluctantly went and started helping people at one of the booths. That day God started operating a miracle in his life. He started feeling a fraternal love for these people, something he had never felt before. He met Jesus and was baptized 1 month later. This is a miracle of the Expos. By helping we are helped!

Requests for Health Expos are now pouring into the Union office. Two people are being appointed to help the churches organize these events nationwide as well as the follow-up programs after each Expo. The goal is to have an Expo organized by each church or group of smaller churches in 2004-2005, a total of approximately 60 Expos. This is a huge task but the Lord has told His people to "go...!" "We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teachings in our history."

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Included in this issue are two pages filled with color pictures from the Health EXPOs in Portugal. The panels are available in different sizes and many languages. You will find more information and how to obtain the materials on www.heresources.com/

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The Austrian Union is planning a training seminar from 27-29 February 2004 in Bogenhofen. Dr. Viriato Ferreira will explain personally all necessary matters for the preparation and realization of a Health EXPO. Although the places are limited you may write to Oliver Fichtberger for more details: o.fichtberger@adventisten.at

FADS AND QUESTIONS ON NUTRITION

QUESTION: Does dietary fiber reduce the risk of colorectal cancer?

Since the observations of Dr. Denis Burkitt we enthusiastically proclaim that high fiber diets reduce the risk of several chronic diseases, including colorectal cancer. Although such assertion has been questioned by some researchers, other studies do support it. The European Prospective Investigation into Cancer and Nutrition (EPIC), came to the conclusion that "dietary fiber in foods was inversely related to incidence of large bowel cancer." *The Lancet*, vol. 361, May 3, 2003.

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In the following are some statements taken from the book "Food, Nutrition and the Prevention of Cancer: a global perspective", by the World Cancer Research Fund and the American Institute for Cancer Research.

1) The following factors possibly increase the risk of colorectal cancer:

- S frequent eating
- S obesity, particularly in men
- S diets high in refined sugars, especially sucrose
- S diets high in saturated fat
- S high alcohol consumption
- S eggs

2) The following factors possibly reduce the risk of colorectal cancer:

- S physical activity, especially when lifelong
- S diets rich in vegetables
- S diets high in starch

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Finally, here is what we received by inspiration through Ellen G. White:

"Cancers, tumors, and all inflammatory diseases are largely caused by meat eating.

From the light God has given me, the prevalence of cancer and tumors is largely due to gross living on dead flesh." *Counsels on Diet and Foods*, p. 388 (1896).

REPORTS FROM THE FIELD

9th Adventist Owned Vegetarian Restaurant Opens in Portugal!

"A new Adventist owned vegetarian restaurant opened in Portugal. The new restaurant is located in Pombal, a small city in the central region of Portugal. Customers are rapidly increasing in number, a great encouragement for the owners, Dr Gouveia, a retired dentist, his wife and daughter.

Portugal is a small country in Western Europe, where deep Roman Catholic values are now being challenged by secularism. The Adventist Church was established in the country 100 years ago. The greatest challenge it now faces is to reach the millions of people who are increasingly urbanized, living hectic lives and more critical of religious values.

Church members are aware that one of the most effective ways to minister to people is through "health". Over 10 years ago, the first Adventist owned vegetarian restaurant opened in Oporto, the second largest city, with over 3 million people. The experience was very successful and since then 8 more Adventist-owned vegetarian restaurants have opened, one of them being owned and operated by the Portuguese Union of SDAs and the others by private individuals.

The great interest in vegetarian cuisine reflects the needs of a country plagued with cardiovascular diseases, cancer and other medical problems common to westernized nations. Most people are aware that lifestyle really matters but don't know how to improve it. Adventists are playing a major role in providing the answers. In Pombal, for example, Mrs Gouveia and her team are already planning nutrition and cooking seminars for the public.

Besides vegetarian restaurants, church members are deeply involved in the Union's program to promote Health EXPOs and other activities. An outpatient medical clinic has just opened in Lisbon, the capital city and they dream of having a NEWSTART in-patient clinic where many people can participate in live-in programs and not only find better health but also the Giver of health.

Sent by Dr. Viriato Ferreira, Portugal.

CONVENTIONS AND SEMINARS

Health & Evangelism School in Switzerland

17 May - 29 Aug 2004. Full lay evangelism training program with Carol & Louis Torres, integrating the health principles with Dawna Sawatzky. All three are internationally renowned and experienced teachers. Certificates will be given to students. Lodging and food is all included in the registration fee. Places are limited - register now!

For more details and registration write to Susanne Ulltjärn: SchoolOfEvangelism-CH2004@gmx.ch
See also www.stanet.ch/school-of-evangelism/

Loma Linda School of Public Health

The annual congress "Healthy People" will be from 9-12 March 2004.

Special topics are: Spirituality and Health. Culture in Health Care. Child Health.

For program details and registration see the internet: www.llu.edu/llu/sph/cpe/events.html

KEY DATES 2004



Jan 24 - Health Ministries Day

Prepare a special program for the church.



May 31 - World No Smoking Day



Sept 25 - Oct 02, 2004

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

"Success is three things: doing what God calls you to do, doing what you do best, and doing what makes you happy."

John Croyle

LITERATURE & MATERIALS

Book - We want you to know that the book "Diet, Life Expectancy, and Chronic Disease: Studies of Seventh-day Adventists and Other Vegetarians", by Gary E. Fraser, can be bought through the Internet at: www.amazon.com/

FAREWELL TO MONICA BRAUN



After 28 years of faithful and very efficient labor as secretary to Dr. Stöger, my antecessor, and myself, Monica Braun is retiring in excellent health and mood. She understands the secret of successful stress management using *Felis catus* in all possible varieties. We wish her God's blessings!

Here are her own words:

"Dear friends, although I don't know personally many of you, we were somehow linked in matters of the Health Department. Over the past years I have appreciated in particular contacts with missionaries who are serving in sometimes difficult and dangerous areas.

Some of you might be confronted with negligence and indifference in health matters inside and outside the church. I wish that you do not look in the first instance for visible success, but that you are convinced of doing God's work. In this sense I wish you perseverance wherever you are and whatever your duties might be. Your ministry IS important."

M. Braun

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Iris-Deborah Mory will assist in the Health Dept. beginning January. She speaks French, German and English and paints with water and acrylic (see picture).



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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Health EXPOs in Portugal, 2003



Many hands in the massage section.



A 300 seat auditorium packed full every night.



View at the crowd. This is only half of the Expo.



Brother J. Costa, a businessman, enthusiastically talking about the benefits of water.



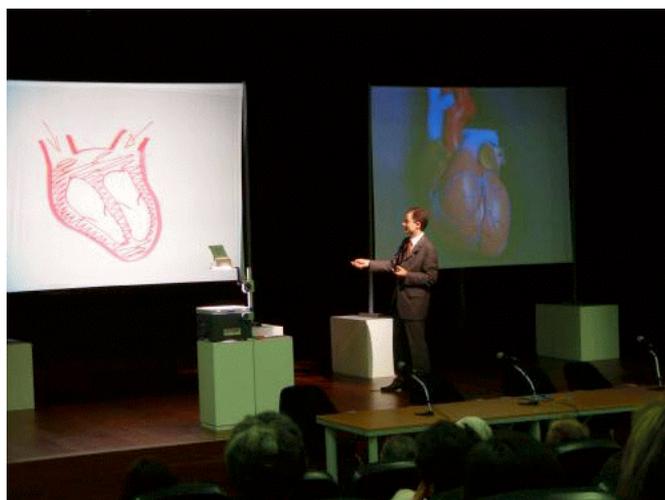
Checking pulse after exercise.



How good are your lungs?



Doctors for health counseling.



Dr. Ferreira getting to the heart of the matter.



Childrens' corner.



In Porto everybody was highly enthusiastic.



Blood pressure check-up.



People waiting for entrance, already halve an hour before opening.

Learn more about Health-EXPOs at:
www.heresources.com/