

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division
No. 41, Third Quarter 2004

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

EDITORIAL

Dear colleagues and friends:

July and August are the months of vacation. Everyone needs a time to restore his/her energies to prepare for new challenges and tasks. That is good so. However, there is one who does not take vacation: "Satan is wide-awake; he never gives himself a vacation", stated Sister White in a speech to the Australasian Union Conference on March 21, 1910, talking about "The Work Before Us". Yes, time continues to run and the work before us continues to be there...

However, there is another One who also does not take vacation. He does not even sleep at night! "He [God] will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep." Psalms 121:3,4

What a wonderful assurance! I can "lie down and sleep in peace, for you alone, O LORD, make me dwell in safety." Psalms 4:8

With these promises we wish you and your families a wonderful vacation!

Yours, for better health

J. Hawlitschek

EUD

Health Ministries Department

Impressions from the Health Ministries Advisory of the South Pacific Division (Australia)

"It was my privilege to attend the Health Ministries Advisory of the South Pacific Division and their Health Professionals Conference that took place in a nice resort near Brisbane, mid July 2004.

For those who aren't acquainted with the term *advisory meeting* I must explain that this is a summit that takes place once in a quinquennium with the presence of all Union (and sometimes Conference)

health department leaders and representatives of the General Conference. It is the occasion for sharing reports and experiences and for laying strategies for the future work.

The traditional strong emphasis on health of the SPD was clearly reflected on the outstanding dedication of the entire team. Their commitment is admirable. Several of the leaders are retired but continue their work with enthusiasm. The president of the Adventist Health Professionals Association in Western Australia even stated jokingly that 'it is not true that I work for free, I do pay my membership fee to the association!'

I would be too long to recite all the inspiring experiences from the different fields but it was



impressive to notice the strong emphasis given to nutrition seminars. This may be due to the heritage of E.G. White's presence in Australia and the influence of the Sanitarium Health Food company in Australia. In fact, the Health Ministries Department, in conjunction with Sanitarium, prepared a modern **Vegetarian Nutrition Training Kit** that is being used successfully for training nutrition instructors. You may obtain more information about this material and how to use it from Sibilla Johnson sjohnson@adventist.org.au (☎ +61.3.9259 2100) or from Melissa Harris mharris@adventist.org.au (☎ +61.2.9847 3333).

The Health Department also created another modern course on healthy lifestyle called **“Taking Charge of Your Health”**. The seven short, high quality films on DVD present interviews with renown specialists on the following topics of interest for any modern individual: balance, priorities, maintenance, survival, acceptance, choice, connectedness. The intention is to make these resources available worldwide and in different languages. If you are interested in getting a translation, contact Jonathan Duffy jduffy@adventist.org.au (☎ +61. 2.9847 3333).

The South Pacific Division has many challenges, one of them being the need of primary health care and education in Papua New Guinea. Many villages in the jungle or mountains are accessible only by using small airplanes. They have in total 39 clinics and aid posts and very dedicated workers. However, the need for medications and medical supplies never ends in such places. Now they came up with the idea of inviting every church in the Australian continent to adopt one of the clinics or aid posts. This program will certainly be a blessing in both directions. I wonder if we couldn't come up with a similar system for some projects in our Division. For example there are orphanages, health centers, recovery groups, etc. in our less wealthy countries that will certainly appreciate support from a “big brother”.

Last, but not least, I was mostly impressed by the “laying on of hands” on the health workers. After finishing each session of reports from the field or hospital, the presenters were invited to come forward and kneel down surrounded by the entire congregation who also knelt down and laid their hands upon the workers. One different person was chosen to pray for each worker, requesting God's special blessing and protection for his/her personal life and ministry. These were the most solemn moments and highlights of each morning and afternoon session. Even the invited guests from other Divisions - including myself - were privileged to receive this special blessing after our interventions. It was the most wonderful assurance of unity and support!

It is my prayer that God may continue to bless the leaders and all health workers in the South Pacific Division and that we may soon be together in God's kingdom!”

By J. Hawlitschek, EUD

FACTS

Early Television Exposure and Subsequent Attentional Problems in Children

Much has been written about the negative influence on the character development of watching television and probably as much was written about the educational value in defense of that instrument. A study on 2500 children published in *Pediatrics* vol. 113 no. 4 April 2004 showed that early exposure to television (between ages 1 and 3) was associated with subsequent attentional problems by age 7, when the children entered school. According to their study, this is due to a disturbance in the development of the synapses that takes place during the early years of life. The *attention-deficit hyperactivity disorder* (ADHD) affects between 4% and 12% of US children and is the most common behavioral disorder of childhood. Many different factors have been claimed to contribute to that syndrome and much is still under research. However, it is certainly not natural and necessary for children under 3 years of age to watch TV or to learn computer skills. Although the TV keeps the children “busy” and allows the parents to concentrate on other activities, the children need the contact with their parents and nature for a harmonious development. Here are some wise counsels from E.G. White:

“Children should not be forced into a precocious maturity, but as long as possible should retain the freshness and grace of their early years. The more quiet and simple the life of the child – the more free from artificial excitement and the more in harmony with nature – the more favorable it is to physical and mental vigor and to spiritual strength.” *Child Guidance*, p. 139

“Many children have been ruined for life, and some have died, as the result of the injudicious course of parents and teachers, in forcing the young intellect while neglecting the physical nature. The children were too young to be in a schoolroom. Their minds were taxed with lessons when they should have been left untasked until the physical strength was sufficient to support mental efforts. Small children should be as free as lambs to run out-of-doors. They should be allowed the most favorable opportunity

to lay the foundation for a sound constitution.” Christian Education, p. 183

For further reading we suggest you to study the following research:
[http://www.seattlechildrens.org/home/pdf/early television and attentional problems.pdf](http://www.seattlechildrens.org/home/pdf/early_television_and_attentional_problems.pdf)

FADS AND QUESTIONS ON NUTRITION

Is moderate alcohol consumption good for the health? What does science say about?

You have heard this very often. This is a deceiving question with a deceiving answer. Such misleading conclusions are frequent in scientific studies and may even be unintentional. The reason is that researchers are biased by their own world view, thus “interpreting” the results of their studies according to their beliefs. In fact, a Christian researcher is influenced in a similar way, but perhaps in the opposite direction. For this reason it is absolutely necessary to have a reliable standard to which compare all scientific findings in searching the truth. We read in *Ministry of Healing*, p. 462 that “he who has a knowledge of God and His word through personal experience has a settled faith in the divinity of the Holy Scriptures. He has proved that God's word is truth, and he knows that truth can never contradict itself. He does not test the Bible by men's ideas of science; he brings these ideas to the test of the unerring standard. He knows that in true science there can be nothing contrary to the teaching of the word; since both have the same Author, a correct understanding of both will prove them to be in harmony. Whatever in so-called scientific teaching contradicts the testimony of God's word is mere human guesswork.”

Let's now return to the original question, is moderate alcohol consumption good for the health? The fact is that “low to moderate alcohol consumption lowers the risk of coronary heart disease.”¹ Nevertheless, the true answer to the question will be NO, alcohol is not good for the health. Why? Because of other deleterious effects. This is the reason why the World Health Organization (WHO) finally concluded, that “other cardiovascular and health risks associated with alcohol do not favour a general recommendation for its use.”²

Our great challenge is to correct misinformation. But we must remember that education alone will not change people's behavior. People need to find something better, the power of God's love to transform their lives. This is our mission!

^{1,2} Diet, nutrition and the prevention of chronic diseases, WHO Technical Report Series, 2003.

Note: You may download the entire book (only 999 Kb) from <http://health.euroafrica.org/>

REPORTS FROM THE FIELD

Country Life School of Health - Czech Rep.

“Thanks for supplying us with new materials and information. Our school is finishing the first year after its moving to Nenacovice and the students are precious mission-minded people. 10 daily and 25 distant students will graduate on the 3rd of June and they will get 5 types of State recognized certificates (Massage therapist, Lifestyle Counselor, Health Food Store Assistant, Vegetarian Cook, and Humanitarian Worker). We can also give an Organic Agriculture Worker certificate, but we don't have enough hours for it in the school year. Some of our students want to stay in Country Life, some want to start missionary work on a white place, some will start vegetarian restaurants and health food stores and some will cook. One wants to start an organic farm and one considers a humanitarian help for the poor in Ukraine. Our 4 Ukrainian students will mostly be employed by the Ukrainian Conference and one - doctor Simonenko - still seeks a job, but God will show her, we believe.

For the new school year we have 15 daily students and 20 distant ones. The situation is quite different from the current class - because we have 6 non-Adventist students



- they are just starting to consider God and the Bible - so this will be a mission project for us. And we pray that God would use our school this way too."

Sent by Jana Konecna, Country Life School, www.mladez.net/izs

LITERATURE & MATERIALS



Abundant Living Health Nuggets (PowerPoint) - European versions now available

The Abundant Living Health Nuggets are a series of 26 short health talks of about ten minutes each, prepared originally by Wildwood Lifestyle Center in cooperation with ASI. They can be used in combination with an evangelistic meeting as well as any other setting. Each talk comes with professionally illustrated slides and an easy to use script.

Now there is also an European version of the presentations available. It includes updates in the pictures as well as some European statistics. The set is available in **English, Portuguese and Romanian**. In preparation are **Bulgarian, Russian, Ukrainian, German and Spanish** versions. See www.HEResources.com/ for more details.



Health EXPO - all materials you need

Everything you need to run a successful Health-EXPO: panels, training manual, flyers, handouts, software, instruments, PowerPoint presentations, etc. are available - some of them in several languages - at www.HEResources.com/ We specially suggest you to download the training manual that provides abundant information and advice for the organization of an EXPO.



Discover Your Health Age - Software

This is a small, very handy program to be used as a resource in Health Expos. It is available in several languages at www.HEResources.com/Healthage/



Important note: Concerning the products from HEResources, there are negotiations under way to obtain special prices for Europe through a local agent. So far, we have no final data yet but you may ask Anita Schleicher, phone +43-7744 - 6629, email: anita-schleicher@aon.at

Epi Info

"With Epi Info™ and a personal computer, epidemiologists and other public health and medical professionals can rapidly develop a questionnaire or form, customize the data entry process, and enter and analyze data. Epidemiologic statistics, tables, graphs, and maps are produced with simple commands such as READ, FREQ, LIST, TABLES, GRAPH, and MAP."

This excellent program can be downloaded FREE from www.cdc.gov/epiinfo/. The program includes a Spanish module.

KEY DATES 2004



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.

CONVENTIONS AND SEMINARS

AMALF Congress, France

Date: 29 Oct -01 Nov 2004

Place: Avignon, France

Topic: "La résilience"

Information: www.amalf.org/

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THOUGHT OF THE MONTH

“We shall see the medical missionary work broadening and deepening at every point of its progress, because of the inflowing of hundreds and thousands of streams, until the whole earth is covered as the waters cover the sea.”

Medical Ministry, p. 317

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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