

HealthWorks

A newsletter published by the Health Ministries Department of the North American Division

Volume 7, Number 1

January-February 2005

What is Meatout?

On March 20—the first day of spring—thousands of caring people in all 50 US states and a host of other countries will hold informative and educational Meatout events. Events will include colorful ‘lifestivals,’ street theater, lectures, public dinners, cooking demonstrations, food samplings, leafleting, information tables called ‘steakouts,’ and a Congressional Reception in Washington, DC. Go to www.meatout.org for more information.

The occasion is the 20th Anniversary of the Great American Meatout, the world’s largest and oldest annual grassroots diet education campaign. Every spring, thousands of Meatout supporters educate their communities and ask their friends, families, and neighbors to pledge to “kick the meat habit (at least for a day) and explore a wholesome, nonviolent diet of fruits, vegetables, and whole grains.”

Meatout is an international observance helping individuals evolve to a wholesome, nonviolent diet of fruits, vegetables, whole grains. The purpose is to expose the public to the joys and benefits of a plant-based diet, while promoting the availability and selection of meat and dairy alternatives in mainstream grocery stores, restaurants, and catering operations.

Meatout has grown explosively since its inception in 1985 to become the world’s largest annual grassroots diet education campaign. Thousands of caring people in all 50 US states and a host of other countries welcome in the Spring with colorful educational events.



Why Meatout?

Kicking the meat habit holds lasting benefits for consumer health, world hunger, resource conservation, environmental quality and animal welfare.

Kicking the meat habit reduces our risk of heart disease, stroke, cancer, and other chronic diseases that cripple and kill nearly 1.4 million Americans annually.

Kicking the meat habit decreases our exposure to infectious pathogens like Salmonella, E. coli, and Campylobacter, which kill several thousand Americans annually and sicken millions more.

Kicking the meat habit raises our energy level, lowers our food budget, and simplifies food preparation and cleanup.

Kicking the meat habit frees up grains and other foods that can be used to feed the world’s hungry. Animals are extremely inefficient “protein converters;” it can take up to 16 pounds of grain to make 1 pound of beef.

Kicking the meat habit preserves our topsoil, water, and other food production resources vital to the survival of our children and their children.

Kicking the meat habit protects our forests, grasslands, and other wildlife habitats from encroachment by cattle ranchers while reducing the polluting effects of methane, soil particles, manure, and pesticides on our air and water.

Kicking the meat habit saves animals from caging, crowding, deprivation, drugging, mutilation, manhandling, and agonizing slaughter. Each person who adopts a plant-based diet saves over 80 innocent, sentient animals each year. Over a lifetime, an individual can save more than 6,000 animals just by going vegan.

The Delights of Spring

I always look forward to spring—flowers, sunshine, and warmer weather. My garden and green grass. I always put on a few pounds during winter and lose them in the spring. I don't know why I lose those few winter pounds, but it's good to be seven or eight pounds lighter without even trying. I look forward to spring and a slimmer me.

Another thing I have come to look forward to in the spring is the Great American Meatout. My friend, Alex Herschaft, PhD and founder of FARM and the Great American Meatout, started this organization 20 years ago with just an idea and a passion for saving animals. I have been over to his headquarters many times and he has visited our headquarters and eaten in our cafeteria on numerous occasions.

His vision and zeal have paid off and thousands around the world celebrate the coming of spring with some kind of emphasis on the vegetarian lifestyle. I hope you will look at [Meatout's web page](#) and select something you can do in your community and in your church to emphasize the delights of the diet that Adventists have promoted for more than 150 years.

I hope you take advantage of this special day in which thousands will be focusing on life without meat. We should share some of our knowledge and expertise to those who have never tried to go a single day without meat. Demosthenes said that "small opportunities are often the beginning of great enterprises." Enjoy this day. Share it and use it. This might be the start of something big.

I also hope you will look at the calendar of special events and notice that the Student Healthy Lifestyle Contest is still going strong. We hope every young person will participate in some facet of this program and then sign the temperance pledge.

And of course, I could not end this editorial without inviting you to read the news story about our fourth annual Health Summit in Florida (See our web site www.nadhealthministries.org). It was superb! Pastor Mark and Teenie Finley did such a wonderful job. Five hundred people were blessed by the courses and the activities. Please mark this training event on your calendar for next year—January 29-February 4, 2006 in the same place. We have started a Health Summit West for those who live on the other side of the continent. We encourage you to attend this outstanding event being held October 5-10, 2005 in Portland, Oregon.

May God bless you and have a wonderful spring!



DeWitt S. Williams, EdD MPH CHES
Health Ministries Director
North American Division

HealthWorks

**ONLINE
MPH**

Are you a busy health professional looking for a way to augment your current career with additional information and skills but find it difficult to return to school full time? Loma Linda University's Online Master of Public Health degree will give you the flexibility to combine work and study and may be just what you are looking for!

"Our Online program started in August 2004; it is accredited and recognized and is enabling professionals to implement the latest programs and practices, increasing their ability to provide higher quality care," says Dianne Butler, Director of the Office of Distance Learning at Loma Linda University School of Public Health.

"Taking the LLU-MPH is a dream come true, but more than that is the knowledge I have acquired already and have been able to implement. I am excited when looking forward to when I can bring more knowledge and changes to the practices that we usually use," says Leonard Uisetiawan, MD, who is employed by ADRA Cambodia.

"We have students from all over the US as well as in Thailand, Cambodia, Serbia and Iraq," says Butler.

This Master's program with a major in Public Health Practice will take three years to complete, and requires only two residential sessions of two weeks each. During this time students will become familiar with the technology used to manage online courses, complete condensed courses, plan their program of study, and get to know the other students.

"After the two-week residential session, our students go home motivated to succeed and with a great sense of community and camaraderie. They are determined to support each other through the coming year and in this electronic age, distance is no barrier" says Butler.

Applications are being accepted now through May 15, 2005 for the August intake of students. Orientation for accepted students will begin on campus with a reception on Sunday, August 14. For information on the program and to apply, visit www.llu.edu/sphonline or contact Dianne Butler at dbutler@sph.llu.edu or 1-888-558-8703.

Indiana Employees take time to Exercise

Consistent, regular exercise is very important, but is often neglected in our fast-paced, modern-convenience-oriented society. The urgency of the gospel motivates many pastors, teachers, and other denominational employees to invest much time and energy in their work at the neglect of getting adequate exercise.

To help bring better health and balance, the Indiana Conference initiated a simple exercise incentive program to encourage its employees and their spouses to keep exercise a high priority. It is anticipated that the exercise initiative will also help reduce conference healthcare costs.

To qualify for the incentive, employees and/or spouses submit a monthly report documenting a minimum of 16 days with 30 minutes of continual exercise activity each day. Activities may include walking, jogging, swimming, biking, weight-bearing exercise, etc.

Qualified participants can earn incentives of up to \$100, awarded in January of the following year. While the incentive only amounts to 52¢ per exercise session or less, it serves as a way to give employees “permission” to take the time to exercise.

Archie Moore, Indiana Conference executive secretary and education superintendent, expressed great appreciation for the incentive program. “It helps me stay motivated even on those days I don’t feel like exercising. It also is very important in helping me to regulate my blood sugar.”

Julie Loucks, treasury department secretary, stated, “I always felt better [after exercising]. If the weather wasn’t very good, I would try to exercise with some equipment I have at home.”

Diane Kobor, Evansville Adventist School principal, wrote, “I know that I missed the bonus, but I would have exercised even less if I hadn’t turned in those sheets faithfully every month! I am so thankful for this program; my resting pulse has decreased, and I have been able to handle more stressful situations without getting depressed and discouraged. We appreciate this program!”

Ronnie Hackleman, secretary for the Health Ministries department said, “I always like to visualize results and have enjoyed keeping track of my daily exercise. When the sun was shining or the weather conducive, I walked outdoors. When it was not, I walked in my home to an exercise video tape. It has been gratifying to notice how well I sleep the majority of the time.”

Mary Ann Smith, Indiana Academy dietitian, found the incentive program helped her exercise more regularly. “Before I was a little more sporadic.”



Indiana Conference employees, Ronni Hackleman and Julie Loucks, appreciate the benefits of the new exercise incentive program.

Even those who didn’t keep track have expressed that it helped them think about exercising more.

I strongly believe that we are to be our own health care provider to keep ourselves as healthy as possible; and let physicians, nurses, and hospitals be our “sick care providers” for times when there are accidents, injuries, or when sickness does set in.

To inquire about the exercise incentive program, contact Clinton Meharry at 317-844-6201 or cmeharry@indianaadventist.org.

*by Clinton Meharry, Director
Indiana Conference Health Ministries*

MARK YOUR CALENDAR for these Health Ministries-Related Events



- March 20, 2005 Great American Meatout
- April 8 Student Healthy Lifestyle Contest (submission to NAD)
- May 17-18 Spirituality and Health Conference at Loma Linda University
- June 22-27 Seeds Plus (HIV/AIDS Call to Compassion) at Andrews University
- October 5-10 Health Summit West in Portland, Oregon
- January 29-February 4, 2006 Health Summit V in Orlando, Florida

IS THERE A RELATIONSHIP BETWEEN RELIGION/SPIRITUALITY AND HEALTH?



Can religion/spirituality help keep you well? Or even more so, can it make you healthier? Over the past century, medical science has viewed mind, body, and spirit as separate entities. Yet, the question remains: Can one function without the other relative to wholeness and optimal health?

The *Spirituality and Health Conference* will bring together leading researchers and practitioners with the latest findings on suggested biological mechanisms and their significance.

“It is only within the last decade that medical and health care researchers are examining more closely the relationship between religion/spirituality and health and its impact on wellness; specifically, stress, the immune system and mental health,” says Lee Berk DrPH, FACS, conference chair and professor, Loma Linda University School of Public Health.

Harold Koenig, MD is the returning keynote speaker, and is the director and founder of the Center for the Study of Religion/Spirituality and Health at Duke University Medical Center. He

has published extensively in the fields of mental health, geriatrics, and religion. His research on religion, health, and ethical issues in medicine has been featured on national and international television news programs.

The biomedical scientific orientation of the Spirituality and Health conference will apply not only to areas of clinical patient care, but also to research, religion, and community. By recognizing the relationship between religion/spirituality, physical health, stress hormones, and the immune system, practitioners involved in the process of healing and wholeness will be able to more clearly understand the connection between mind, body and spirit.

For more information or to register for this conference, visit www.llu.edu/sphevents or call Venice Brown at 1-800-854-5661.

CONTINUING EDUCATION
CONFERENCE

SPIRITUALITY AND HEALTH
SCIENCE, DISCOVERY
AND APPLICATION
LOMA LINDA UNIVERSITY
MAY 17-18, 2005

HealthWorks is published by:



VOLUME SEVEN
NUMBER ONE
JAN-FEB 2005

The Health Ministries Department
North American Division
Adventist World Headquarters
12501 Old Columbia Pike
Silver Spring, MD 20904-6600
www.nadhealthministries.org
301-680-6733

DeWitt S. Williams, Editor
DeWitt.Williams@nad.adventist.org
Deloris C. Bailey, Administrative Assistant
Deloris.Bailey@nad.adventist.org
Linda McLaughlin & Elizabeth Pettit,
Layout & Design
PerfectPageProductions@comcast.net