

HealthWorks

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

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Changing Times Changeless Mission Health Summit 2006

Depression. One in three patients seen by an internal medicine physician in an outpatient clinic is depressed. Obesity, defined as being 30 percent above ideal body weight, is a growing epidemic in America. The number of obese adult Americans increased more than 50 percent between 1980 and 2000, according to a Center for Disease Control and Prevention study. The increase of overweight young people has been even more dramatic.

“You can’t tell people about salvation and Jesus Christ until you address their practical needs,” states DeWitt Williams, EdD, director of Health Ministries for the North American Division.

“That’s why we have trained and certified more than 5,000 members for community health outreach. We lift up Jesus in health by learning how to care for our bodies,” says

Williams. “There is a need for ministering to those who are not aware of the advantages of good health. We’ve had four national Health Summit training sessions with the Inter-American Division and had the second Health Summit West this year. Jesus did more healing than He did preaching. Health evangelism prepares the soil for the seeds of truth.”

More than twenty in-depth workshops teach our members to do community health outreach including hydrotherapy, *Vegetarian Food Instructors*, forgiveness, *Regeneration* (addiction ministry), *Breathe Free Smoking Cessation*, *Lifelong Weight Management*, *Financial Freedom*, grief recovery, diabetes, depression, puppets, stress management, and *Eight Weeks to Wellness*.

We invite you to this special event.

FLASHBACK TO SUMMIT 2005



ICPA—THE NEXT FIVE YEARS

DR. PETER LANDLESS, EXECUTIVE DIRECTOR



Over the last three years ICPA (International Commission for the Prevention of Alcoholism) has established or re-established a presence in a number of areas, and consolidated in geographical territories where it has remained strong over the years. We have learned much from our international congress in 2002. We plan to have regional conferences in the future, as opposed to one large, international meeting. This approach will make the conference more accessible to more people, and it is a far more viable method of functioning. We have had two to three mini-conferences each year since 2002, and these have served both to stimulate interest in prevention as well as to educate in the important principles and process of prevention.

Advocacy has been identified as an important strategy for the next five years. We are presently refining our advocacy program, and plan to propagate this in all territories where we have a presence. We have been privileged to have the cooperation of legal and social policy experts to help in its development, and who will assist in the teaching process.

ICPA has developed an excellent relationship with the Institute for the Prevention of Addictions (IPA). This group does epidemiological and behavioral research, which provides ICPA with both information and strategy regarding our programs.

We are excited to be a part of the Drug-Endangered Children Initiative, which has been formally established during the last year. The focus is particularly on children affected by environmental and domestic pollution related to illegal manufacture of methamphetamine.

College/university drinking remains a significant problem, and ICPA – with its partners – plans to work both in North America and worldwide on this pervasive issue. We have identified donors who are particularly interested in fostering this specific initiative.

Tobacco seems to have been placed on a lower priority by many organizations; ICPA continues to recognize the importance of both prevention and tobacco-cessation programs. We are presently actively involved in lobbying for a smoke-free Cricket World Cup in 2007, will identify other functions and areas where anti-tobacco advocacy can be implemented.

Our first large regional conference in this quinquennium is planned for the Philippines in May 2006. Significant interest has been shown from territories extending from Mongolia to Australia, and the presentations will be varied and topical. The theme is *Prevention Now – Risks and Relationships*.

We look forward to an exciting and busy five years!

Dr. Peter Landless, Executive Director of ICPA, is also the Associate Director of the Health Ministries Department at the Seventh-day Adventist World Headquarters in Silver Spring, Maryland.



On-Going Health Activity

The Union City Spanish Seventh-day Adventist Church in New Jersey has an ongoing program called “A Healthy and Active Life.” Approximately 20 people meet every other Sunday morning in the multi-purpose room of the church to receive free nutritional instruction and exercise classes in Spanish.

Participants range in ages from 4 to 70 years. Each participant is measured to receive his/her BMI and is encouraged to keep a healthy weight, eat healthfully, and practice exercise at least three times a week to combat the epidemics of obesity.



Dear HealthWorks Reader:

WITH THIS ISSUE you will find a copy of our beautiful brochure announcing our Fifth Health Summit in Orlando, Florida, January 29 through February 4, 2006. Please read it carefully. You will see that we have planned a wonderful health certification week again. As in years past, both the North American and Inter-American Divisions are sponsors. We have wonderful new courses along with tested and tried older ones. Our Summit will be held in the same Hilton hotel and we look forward to seeing you there. It should be the best year yet!

This year Florida Hospital is also one of our sponsors and, each morning and evening through the devotionals, they will teach us how to combine health and evangelism and how to reach the secular mind. On Wednesday evening they will take us to Celebration City for a special program with Dr. John Harvey Kellogg. Listen to a few quotes from Ellen White: "The gospel of health is to be firmly linked with the ministry of the word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message." (*Medical Missionary* page 259)

We are providing a wonderful opportunity for our members to be trained and get involved in health evangelism. I'm getting excited already! It is true that the courses, the hotel, transportation, and manuals will be expensive but if each attendee can lead one soul to Christ with the knowledge gleaned from these courses, it does not cost too much. Many churches and conferences are helping with the expenses. Check with yours!

This year we are trying something new. We are investing our advertising dollars in previous attendees and word of mouth. We will give \$50⁰⁰ to any previous attendee who brings a new participant. If you have never attended and know someone who has come before you can help that person out by registering with them.

This mailing contains a form for a previous attendee to write the name(s) and phone number(s) of the new individuals that will register for the summit. So, you can see if a previous attendee brings five new people, his/her registration is FREE (for early bird). Five x \$50⁰⁰ = \$250⁰⁰! Fax (301-680-6734) or mail your sheet to: NAD Health Ministries, Seventh-day Adventist World Headquarters, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600, before January 25, 2006 to take advantage of this special offer. Please bring a photo copy of the sheet with you to the summit for extra precaution. When you and your Orlando Health Summit friends are registered and confirmed at the summit, then claim your \$50⁰⁰ per person gift. This offer is invalid without the completed form being sent to the Health Ministries office before January 25. This can include your spouse if your spouse has never attended before. It would be wonderful to invite your pastor to come. Please make a special effort to get him to attend.

I am looking forward to seeing you in Orlando (with your invited guests)! Keep the Summit in your prayers.



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FLASH- BACK TO SUMMIT 2005



"What have I told you to do? I have told you to be strong and full of courage. Don't be afraid. Don't become discouraged or give up, because you don't have to do all this alone. The Lord your God will be with you every step of the way."

-Joshua 1:9

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Bring a friend to the Summit, and get \$50⁰⁰!

Write the name(s) and phone number(s) of the **new** individuals that will register for the Summit. Fax or mail this page to the North American Health Ministries Department, **bring a copy** with you to the Summit, and claim your \$50⁰⁰ per new registrant. (New means someone who has never attended a Florida Health Summit.) Fax this form to 301-680-6734 or mail it to North American Division Health Ministries Department, 12501 Old Columbia Pike, Silver Spring MD 20904-6600 before January 25, 2006.

Your Name: _____ **phone:** _____

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