

HealthWorks

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

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StepFast Seminars are Making an **IMPACT**

The *StepFast Lifestyle Series* is center stage at dynamic, life-changing health outreach seminars across the North American Division. The effectiveness of the 12-volume video series is attributed to the eighteen exceptional health educators who make presentations on topics ranging from weight control and osteoporosis, to heart disease, depression and cancer.

Handout materials are provided for each program on the *StepFast Resource Guide* on CD-ROM, which comes with the series. The *Seminar Guide* on the CD completes the package and makes health ministry practical for busy church members.

John and Sara Pitts recently conducted a *StepFast* seminar in Delaware, Ohio with tremendous success. They report that "Commitments to make lifestyle changes were made by participants, and when we followed up, we learned that indeed, they're still enjoying their healthy lifestyles!"

A pastor and his wife reported at the Southern Union Ministers' Convention that they conducted a *StepFast* seminar prior to an evangelistic series. Two families who attended the *StepFast* series also attended the evangelistic meetings and are now attending church. A tremendous testimony of the entering wedge at work!

In November, 2002, Rose Ann and Henry Campbell of the Patterson Avenue Seventh-day Adventist Church in Richmond, Virginia completed their third *StepFast*



In the *Step Fast* kitchen, Barbara Watson demonstrates how easy it is to actually have dinner ready for the table in 10 minutes.

seminar since its release in August, 2001. The attendees, who experienced good results from lifestyle changes and enjoyed the group camaraderie as well, now meet monthly for a fellowship meal, new recipes and Bible study. Pastor Bob Banks is beginning with a study on health from Daniel, chapter one, to be followed by a study of the prophecies of Daniel. The transition from health to Bible study is easily made!

To learn more about the *StepFast Lifestyle Series*, visit their website at www.stepfast.org. There you'll discover who the presenters are and the topics they present on these fast-paced programs, which are just under 30 minutes each. The series may be purchased for only \$149.⁹⁵ at the Adventist Book Center or directly from the Potomac Conference Health Ministries Department.

Barbara Watson (pictured above), originator and director of the program, is posting new *StepFast* recipes as they are developed. Look on page 5 for a new one, fresh from the *StepFast* kitchen, that's absolutely delicious and representative of the recipes on the series. Enjoy!

Barbara Watson may be contacted at stepfast@shentel.net or 888-682-5805. *StepFast* will be one of the courses offered at the North American Division Health Summit in Orlando, Florida, February 1-7, 2004. Mark these dates on your calendar now!

What About Those *New Years'* Resolutions?

What a busy year this has turned out to be! The Ministries Convention in California. Our Health Summit in Florida. A Mission Conference in Florida again. And several feet of snow on top of all of that!

This issue and the next will cover three months instead of the usual two in order to give me some breathing room. We had a wonderful Health Summit in Florida, but I will tell you more about that in the next issue. I wanted to talk to you about new years' resolutions. It almost seems inappropriate to talk about that now, but I believe new years' resolutions can start at any time, on any day of the year you want. We are told that most people make (and break) resolutions during the first week of the year.

But who says that January 1 is the only time we can make resolutions to do better? Any day is a day for doing better. Many people end up not making any resolutions because they know they will break them. Research shows that people who make a resolution and fail are much more likely to end up succeeding in the long run than people who don't try in the first place. Failure is only failure if you fail to try again. Knowing what you did wrong can help you get it right in the end.

Behavior change is hard work. Long-established bad habits are hard to correct because they are comfortable and ingrained in our daily living. And new healthful habits are hard to make a regular part of our lives. Researchers estimate that the average life span of 77 years could be lengthened by at least a decade and possibly two if we practiced all the good habits we know about and dropped all of the bad ones. Here are a few strategies that will help you.

Frame your resolution in positive words. Instead of saying "I won't watch so much television in the evening," replace that thought with the affirmative "I will." "I will spend 45 minutes each evening reading a book on (some good topic)." Write down your concrete, long-term goals in positive benefits.

Be as specific as you can. Instead of saying "I will lose 10 pounds by March 30," it is better to write down five specific things that are smaller and completely in your control. For example:

1. I will eat at least three servings of fruits and vegetables every day.
2. I will spend 15 minutes each evening walking briskly.
3. I will eat all my meals before eight o'clock in the evening.
4. I will eat only at mealtime.
5. I will eliminate two desserts that I usually eat.

These are simple actions that you can control and over time should help you easily eliminate those ten pounds.

Keep a record. A log boosts your awareness of what is happening. Are you doing your five specific actions each evening? If not, why not? What are the triggers that prevent you from those actions? Maybe staying that

extra hour at work is the trigger that you know will make you too tired to do 15 minutes of brisk walking. Write it down so that you can work a new strategy the next week. Remember, it's only failure if you fail to try again.

Get help from family or friends. If I didn't have a jogging partner I know I would not go jogging some of those cold, rainy mornings. There is somebody who wants to do the same thing you want to do. Keep asking until you find that person.

Substitute activities that you find pleasurable to fill the vacuum left by a bad habit. We tend to talk about all of the bad things we shouldn't do. But there are so many things that we can do. If we do all of the things we can we can crowd out the bad. I heard a health lecturer say that if we concentrated on the good things like drinking several glasses of water in the morning, and eating five fruits and vegetables, adding some nuts to our diet, and making sure we eat whole wheat bread instead of white bread, and ... you get the idea. Crowd out the bad with the good.

And remember some of the Bible promises. One that I particularly like is Philippians 4:13 "I can do all things through Christ which strengtheneth me."



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

StepFast in Delaware, Ohio

by Sara R. Pitts, RN and Health Care Administrator, Tampa, Florida

For the last year or more, my husband has been planning to return to Columbus, Ohio for his 50th high school reunion (the first he has attended since graduation in 1952). My hometown, Delaware, Ohio, is just 24 miles north of Columbus and some of my brothers and sisters still live there. His reunion was scheduled just one week after our annual family reunion, and preceded the marriage of our niece by one week.

When my sisters learned that we would be in the area for several weeks, they asked if it would be possible to come to Delaware to do some health classes while we were in the area. At the "Festival of the Laity" in Orlando, Florida in April, 2002, we looked at several groups who provided health-related tapes, but they were all more expensive than we could afford. However, my husband saw an old friend, Pastor Louis Preston (pictured), who overwhelmingly convinced him that he needed these tapes, and could afford them. So we purchased the tapes to prepare us to present a *StepFast* seminar, thanks to Pastor Preston. As a result, we were prepared and said that we would gladly present a health seminar. We decided to call it the *Delaware Health Investment Seminar*.

Thanks to the material in the *StepFast Resource Guide* (on CD-ROM), we were able to tell them in advance just how to advertise the seminar, how to prepare a budget, and just how much staff we would need. We faxed them a copy of the advance registration form, and a prototype of the newspaper article to announce the upcoming seminar.

Even though the optimum plan is to do the seminar one night a week for twelve weeks, we did not have that kind of time, so we decided to run it Tuesday, Wednesday, and Thursday for two weeks and present two video tapes each evening. We realized that that might result in information overload, but we wanted to give the attendees as much information as possible in the time allotted (each tape is less than 30 minutes).

We spent several days putting copies of the manual together, determining where to buy food, seasonings and other material, and then purchasing and arranging all of the things we would demonstrate and serve to the participants. Because of work schedules we decided to start the classes at 6:00 and end them at 8:30 p.m. at the Victory Seventh-day Adventist Church in Delaware, Ohio.

At 6:00 p.m. on Tuesday, August 6, we started our first meeting and ended the seminar at 8:30 on Thursday, August 15. We gave graduation certificates to 30 participants (some were workers). Everyone declared that it was the best health seminar that they had ever attended. Many called it "excellent," "very informative," "very professional." They even told us, "We must do this again next year and we will advertise for you."

Our two guest speakers wanted to know what they had to do to get us to come to their church. We said, "Just invite us." The first week, Steven Burkes, MD, an internist, was our guest speaker, and the second week J. Paul Monk, III, MD, an oncologist, spoke to us. Both are graduates of Ohio State University medical school. They gave excellent information, were well received and answered numerous questions. (While it is not necessary to have guest presenters, in this case it proved to be an added blessing.)

Every night we showed one *StepFast Lifestyle Series* video at the beginning of the meeting and one at the end, after everyone had eaten the food that had been prepared and demonstrated for the night. Along

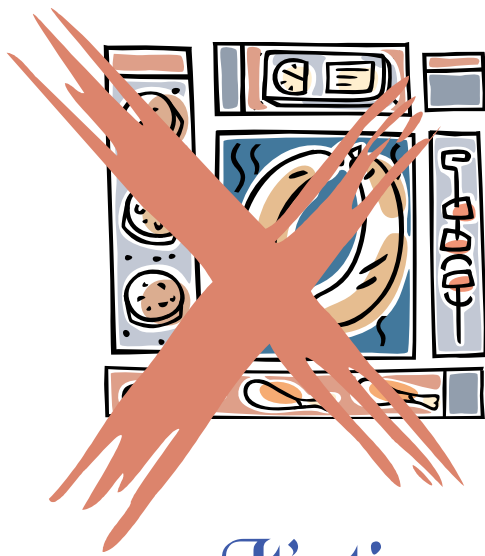


In the *StepFast* series, Louis Preston shares principles of a healthy lifestyle, including how to schedule in morning devotions. Preston is Health Ministries and Ministerial Director for the Potomac Conference.

with the foods demonstrated in the videos, we prepared and demonstrated additional recipes from the *StepFast* handout provided.

Most of those attending were having problems with hypertension, diabetes or other ailments and were anxious to receive the information. Some were experiencing severe problems. We took blood pressures the first night and the last night, and though the time was short, we saw some measurable improvements.

continued on page 5



Great American Meatout 2003

It's time for Meatout 2003!

- 🕒 It's time to visit our updated web site at www.meatout.org.
- 🕒 It's time to start planning your Meatout 2003 activities.
- 🕒 It's time to join the world's largest annual grassroots diet education campaign.

Meatout is your best, once-a-year opportunity to tell your friends and neighbors about the health, environmental, and ethical benefits of plant-based eating.

Meatout is your best, once-a-year opportunity to have your friends and neighbors “kick the meat habit and explore a more wholesome, less violent diet of grains, vegetables, and fruits.”

Meatout is your best, once-a-year opportunity to help the animals. Every 1% reduction in national meat consumption prevents the agony and death of 100 million innocent, feeling animals—more than the number of animals victimized by all other human activities combined.

If your event turns one person away from animal products, you will be directly responsible for saving 1,500 animals!

Join thousands of caring activists in all 50 states and around the world on March 20 by hosting a Meatout event in your area. Participating is easy and we are here to help you.

Register online www.meatout.org or call 1-800-MEATOUT, even if your plans are not finalized yet. Once you register, you can download your free Action Kit, and we will send you outreach and display materials, as well as publicize your event to other activists and the media.

Join us and be part of the solution! The animals need ALL of us working for them!

Proclamation

- ♥ **WHEREAS** a wholesome plant-based diet of whole grains, vegetables, and fresh fruits reduces the risk of heart disease, stroke, cancer, diabetes, and other chronic and infectious diseases that cripple and kill nearly 1.4 million Americans annually, and
- ♥ **WHEREAS** such a diet helps preserve topsoil, water, energy, and other food production resources that are essential to human survival, and
- ♥ **WHEREAS** such a diet helps preserve our forests, grasslands, and other wildlife habitats and reduces pollution of our waterways by soil particles, debris, manure, and pesticides, and
- ♥ **WHEREAS** such a diet helps prevent the suffering and death of over nine billion sentient animals each year in the US, and
- ♥ **WHEREAS** for the past 18 years, many dedicated Great American Meatout volunteers have encouraged neighbors to explore such a diet,
- ♥ **THEREFORE**, the Seventh-day Adventist Health Network hereby proclaims March 20, 2003 the “Great American Meatout Day,” and encourages citizens to explore a wholesome diet of whole grains, vegetables, and fresh fruits.

Beyond that, we received declarations from many that they were committed to changing their lifestyles as a result of being there and the information they received.

Many who attended were good friends or relatives, and we made it clear to them that we are really concerned about their health, and that is why we did the seminar. We have made contact with many of them since being back in Florida and they have assured us that they are following through with their commitment.

That was our first experience using the *StepFast* material, though we have been involved with health-related educational materials for many years. We were pleased with the material and have committed ourselves to doing such seminars as often as the opportunity is presented. In fact, our pastor has asked us to do a seminar in October of this year here at our church.

We wish to close with a big thank you to those who made this material available. We are sure that many lives have been, are being, and will be improved as a result of it, and that we will meet some in the kingdom who will confess that this program played a major part in their being there.

Health CALENDAR

March 2003

20 Great American Meatout

April 2003

1 Student Healthy Lifestyle Contest entries due at your conference

November 2003

7 Sabbath in Hawaii—Health & Family Cruise; for info call 1-888-588-7432

December 2003

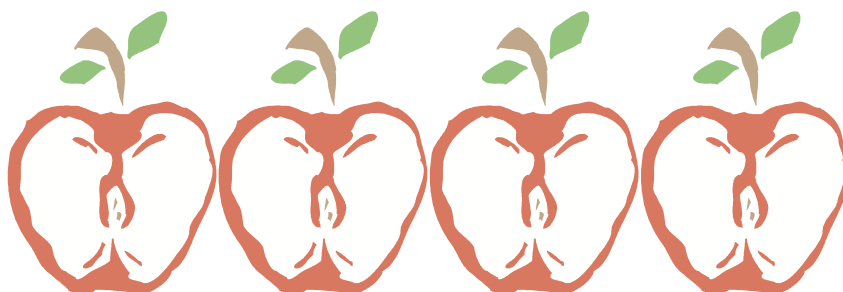
1 World AIDS Day

February 2004

1-7 3rd NAD Health Summit, Orlando, Florida

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Better Yet Cookies a recipe from the *StepFast*kitchen



3 cups English walnuts	1 teaspoon salt
½ cup + 2 tablespoons maple syrup	¼ cup flax meal
1 tablespoon light olive oil	⅔ cup whole wheat flour
1 teaspoon vanilla extract	⅓ cup dairy-free carob chips
2 teaspoons maple extract	

Grind 2 cups of the walnuts to a fine meal in food processor or blender and place in mixing bowl. Blend ½ cup of the walnuts in blender with maple syrup, oil, extracts and salt. Pour blended mixture into bowl with walnuts and add flax meal, flour carob chips and the remaining ½ cup of walnuts which have been coarsely chopped. Mix well. Form and flatten cookies on oiled cookie sheet. Bake at 350° for 15 minutes. Turn down to 300° and continue baking 3-5 minutes. Watch closely as oven temperatures may vary.