

HealthWorks

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New book on Adventist Health Study Outcomes

Results from four decades of the Adventist health study are now compiled in one book, *Diet, Life Expectancy, and Chronic Disease: Studies of Seventh-day Adventists and other Vegetarians*. It was recently released from Oxford University Press, the world's most prestigious university press.

"As far as I know, the evidence that links vegetarianism directly to health and life expectancy has not been comprehensively reviewed before," says the author of the book Gary E. Fraser, MD, PhD, professor, epidemiology/biostatistics, Loma Linda University, and director of "Adventist Health Study-2."

The book primarily focuses on cancer, heart disease and life expectancy. It describes what happens to Adventists compared to others. "Adventists really live a great amount longer," states Dr. Fraser.

The chapters are ordered to first discuss health and lifestyle comparisons between Adventists and non-Adventists living in the same areas. The next few chapters address the question of which facets of the diet might partly explain these differences. Because Adventists differ from non-Adventists in ways aside from what they eat, a chapter is set aside to deal with possible influence of psychosocial factors and differences in religious commitment on physical health.

The book also reports the evidence about health effects from studies of non-Adventist vegetarians and other health-conscious individuals. It also considers risk factor values in vegetarians as well as vegans compared to others. The last part of the book includes practical suggestions when shifting to a vegetarian diet.

Diet, Life Expectancy, and Chronic Disease should be of interest to members of the Seventh-day Adventist Church. Many individuals have spent a good deal of

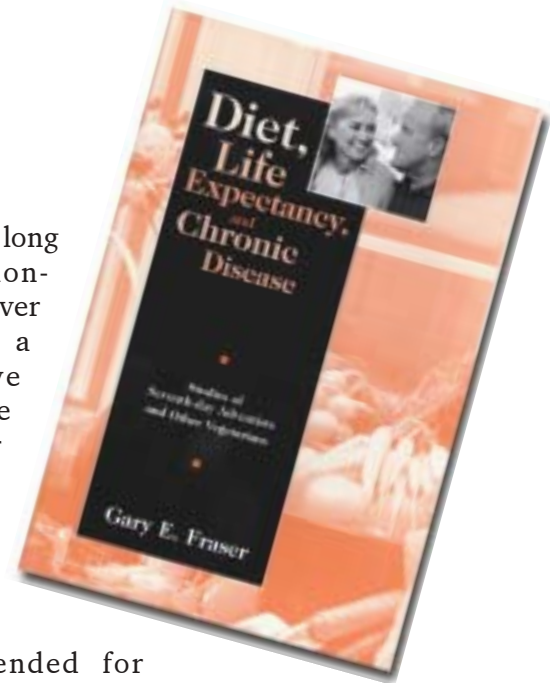
time filling out long dietary questionnaires without ever having had a comprehensive report on the results of their efforts. Now they can read all about the results in this book.

While intended for health professionals who may find it a useful reference, nonprofessionals may be interested in this book as well. The words are relatively nontechnical and where technical terms are unavoidable, a glossary explains them in the back of the book.

The book is being released as thousands of Adventists are participating in a new health study even more extensive than those mentioned in the book. The National Institutes of Health (NIH) granted LLU School of Public Health \$18 million for this research project titled "Adventist Health Study-2." It began last year and aims to examine health habits among 125,000 Seventh-day Adventists.

For those interested in purchasing *Diet, Life Expectancy, and Chronic Disease*, it is available at major bookstores including Barnes and Noble and www.Amazon.com.

For more information regarding the book, contact Loma Linda University's Office of University Relations at 909-558-4526.



Write the vision. Make it plain.

A presentation for the Southeast Tobacco Control Initiative
October 3 - 4, 2003

by Bishop Douglas I. Miles
Interdenominational Ministerial Alliance of Baltimore

When I look back over the road toward a tobacco-free society, I am encouraged to acknowledge, as did a psalmist of another era, “If it had not been for the Lord who was on our side...” The successes won in Maryland can (and should) be directly attributed to the faith community’s involvement in the tobacco struggle— involvement brought about by the movement of the Lord.

My own involvement in the fight for a tobacco-free society must be attributed to divine intervention. As I served as president of the Interdenominational Ministerial Alliance, I was faced with a myriad of problems confronting the faith community in general and the African-American community in particular. There was the spiraling epidemic of AIDS/HIV, a housing crisis for poor people in Baltimore,

more than 60,000 people addicted to drugs in a city with a population of a little more than 600,000, gun violence, lead-poisoned children, un- and under-employed adults, a failing school system in which 75 percent of African-American young men fail to graduate. Smoking and tobacco issues were not even on my radar screen, despite the fact that I had lost a brother to lung cancer directly attributed to him having smoked for 40 years and that I had suffered a heart attack at age 41, directly attributable to my smoking habit of more than 25 years.

One day Vinnie DeMarco began showing up at my office talking about the devastation smoking was causing Marylanders and his group’s attempt to raise the tax on cigarettes. Anyone who knows Vinnie knows that he has a way of showing up and showing up and showing up. After a while what Vinnie was saying about the impact of smoking on children and how smoking was impacting the African-American community in particular began to sink in. I was horrified to find that the tobacco companies were targeting the African-American community. One quote in particular arrested me—a quote from an executive of R.J. Reynolds:

*“We don’t use the stuff.
We reserve the right to smoke
for the poor, the black,
the stupid and the young.”*

As president of the IMA, I urged our group to become actively involved in the campaign to increase the tax on cigarettes. We were told by all the political pundits that this was a fight we could not win. The first reason offered was the tax was supported by an unpopular governor who was not likely to win re-election. Second, it was an election year and no candidate in his/her right mind would support new taxes in an election year. The third reason offered was that the state had an \$800 million surplus that would not justify a tax increase of any kind. But we pressed forward, believing Jehovah-Jireh—the Lord does provide!

On the one side were all the negatives:

- An unpopular governor seeking reelection.
- An election year in which candidates avoid the “T” word.
- A state with an \$800 million surplus.

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Presentation for the Southeast Tobacco Control Initiative

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On the other side was the perfect confluence of events to secure victory:

- The perfect anti-candidate for governor as an opponent.

Arch-Conservative, Ellen Sauerbrey, was anti-tax, anti-control, pro-tobacco and pro-gambling in a state overwhelmingly democratic and moderate to liberal on social issues.

- A governor in need of those able to rally his core constituency.

To that end, IMA held press conferences endorsing the governor, sponsored a \$40,000 radio ad to educate the community about Sauerbrey's stances on key issues and created a broad coalition of religious leaders and groups for the new tobacco tax.

The governor won in a landslide in an election he was projected to lose. He attributed his victory to the efforts of the religious community and vowed to push forward on the new tobacco tax. Additionally, the governor appointed several religious leaders to the commission created to determine how the tobacco settlement dollars would be used in Maryland. The tax, supported by the governor, won in the next legislative session.

The faith community won because we demonstrated that it indeed is a giant that has to be dealt with on social issues. Our children won because the new tax decreased the number of teens smoking. The state of Maryland won because tobacco farmers were bought out with tobacco settlement money. Jehovah-Jirah—the Lord does provide!

The faith community can and should be central to the fight against tobacco. We have the values to do as the Lord told Habakkuk:

*“Write the vision, make it plain,
so that he that runneth shall be able to read it.”*

We, the faith community, must write the vision of the tobacco-free society, of communities in which youth are not led to addiction and adults do not die prematurely from addiction. Tobacco can and should be an issue around which we can all coalesce.

Listening last evening to Betty Bailey's presentation speaking to the dilemma many of the faith community face, it became even more apparent to me that the faith community must lead the struggle in tobacco growing states.

1. It's the right and the moral thing to do

As stated last evening, even those who grow tobacco products recognize the havoc tobacco brings to the lives of people; particularly the young. This is one issue around which Democrats and Republicans; Liberals and Conservatives; uptown and downtown; rural and urban can unite.

“Write the vision, make it plain,”

2. The faith community must help those victimized by the tobacco industry.

On one hand, the growers and manufacturers who are now facing a transition to a life outside of the tobacco industry. And on the other hand, the addicted, who are suffering health and a myriad of illnesses. Let our gospel read:

You saw Me growing tobacco and you helped Me obtain an equitable buy-out; you saw Me earning a living in manufacturing tobacco products and you helped Me find substantive employment elsewhere; you saw them trying to hook Me on tobacco products and you blocked their every move; you saw Me suffering from tobacco-related illnesses and you came to My aid. And when we ask “When Lord?” the Lord shall reply, “In that you did for the least of these, my children, you have done it unto Me.”

*“Write the vision,
make it plain,”*

3. The faith community has the political muscle to make not a difference, but the difference in both the discussion and the struggle:

- In Women's Ministries, instead of all the focus being on “Waiting to Exhale,” tell them what happens when you inhale.

- In Health Ministries, develop an anti-tobacco policy for your faith community.

- As ministers and pastors, make your place of worship a tobacco-free zone. Develop anti-tobacco campaigns in your local clergy gatherings.

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Southeast Tobacco Control Initiative Presentation

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We should have access to the most people on the most consistent basis of any group of leaders in the nation. We have the platforms from which to raise the issue, keep it before the people and to rally support. The battle against tobacco billboards in Baltimore was a fight that we thought we could not win; but we won.

“Write the vision, make it plain.”

In his marvelous book, *When God Interrupts*, M. Craig Barnes reminds us that we are not called to be the smartest, to be the strongest, to be the best at anything. Our challenge is to just show up, available and willing to be used.

Show up as Noah did when God called him to build the ark. Show up as Moses did in Pharaoh's court proclaiming liberty for God's people. Show up as David did in the valley to face Goliath. Show up as Jesus did for a death on the Cross. If we show up, God's promise is that He will show off, that He will reveal over and over again that our problems are nothing more than platforms on which He can stand to reveal to an unbelieving world what a Mighty God He is.

“Write the vision, make it plain.”

Kick Butts Day March 31, 2004

Kick Butts Day is back, with new materials and creative ideas for 2004! This Kick Butts Day (KBD) thousands of kids in every state and around the world will **STAND OUT...SPEAK UP...** and **SEIZE CONTROL** in the fight against “Big Tobacco.” We hope you will get involved and continue to use the KBD Activity Guide and web site as a year-round resource. Kick Butts Day is the Campaign for Tobacco Free Kids' annual celebration of youth leadership and activism. March 31, 2004 will be the ninth annual KBD. Youth advocates from around the country have contributed to the new and improved Activity Guide, sharing activity and event ideas for youth of all ages. For more information, visit www.KickButtsDay.org.

No Tobacco Day May 31, 2004

World No Tobacco Day is celebrated around the world every year on 31 May. The Member States of WHO created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. Every year tobacco kills some 3.5 million people, say ADRA health officials, quoting WHO statistics. In other words, some 10,000 people around the world die from tobacco every day. The WHO estimates that 1 million of these deaths currently occur in developing countries. In many of these countries, cigarettes are often sold for less than they are in Britain and North America, possibly encouraging more consumption of tobacco. There is also less of a public stigma to tobacco use in some places, with restaurants, bars and cafés often permitting smoking on their premises.

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