

# Scientific Support for the Adventist Health Message



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# What is the “Health Message”?

1. It is not just a set of scientifically established health practices that prolong and preserve life.
2. It is more profoundly important than its component parts of balanced nutrition, exercise or rest.
3. It can do far more than modern science has discovered.

# What is the “Health Message”?

4. The “health message”, when rightly understood and linked with scripture and the God of Scripture, can bring the dead to life.
5. If we confine any part of the health message merely to its scientifically validated facts, we have tragically short-changed our audience of the eternal health benefits that only come from Jesus.

# REST

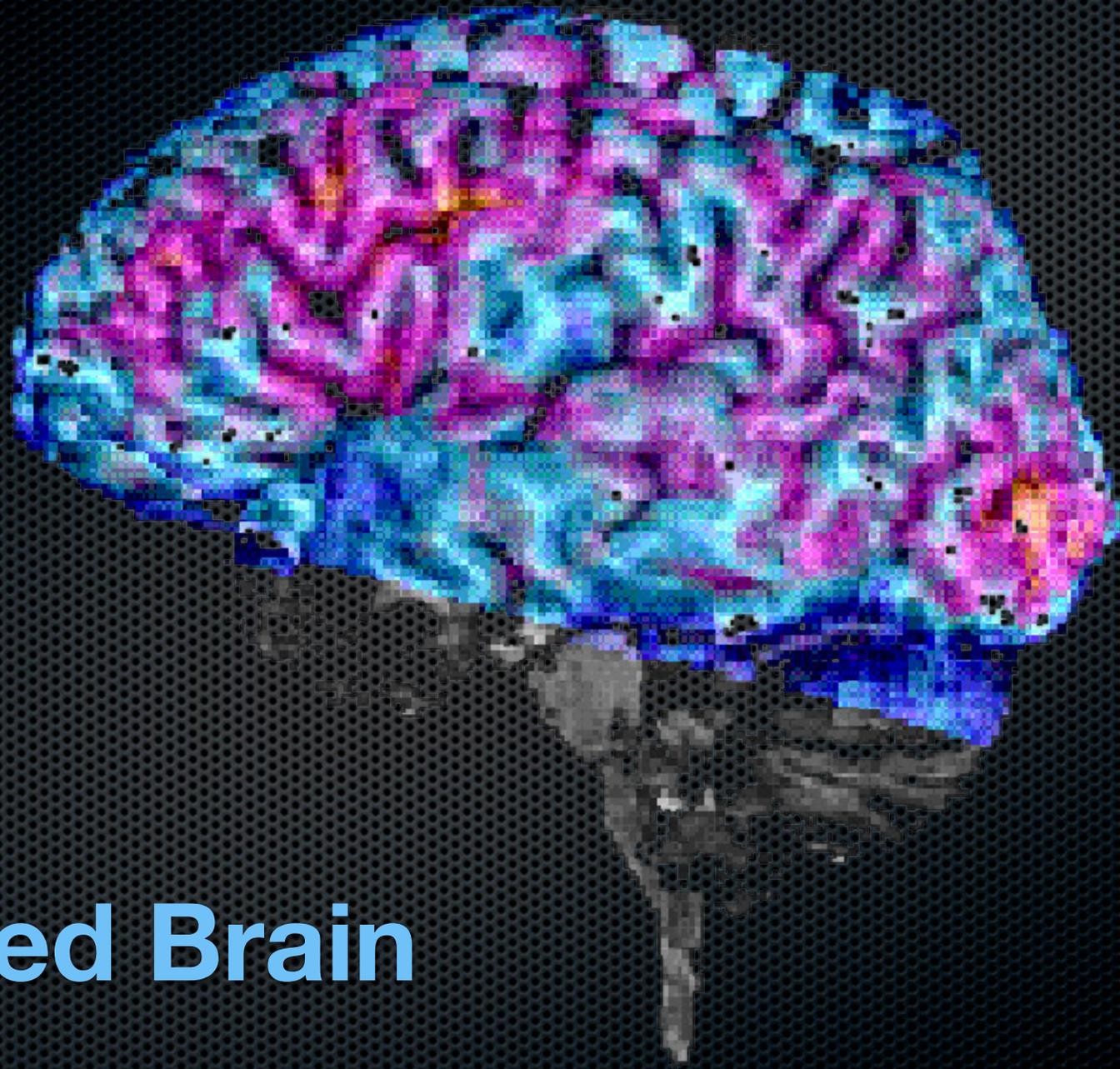
“Unreasonable hours are destructive to the physical, the mental, and the moral powers. If the brain were given proper periods of rest, the thoughts would be clear and sharp, and business would be expedited.” 7T 256

# REST

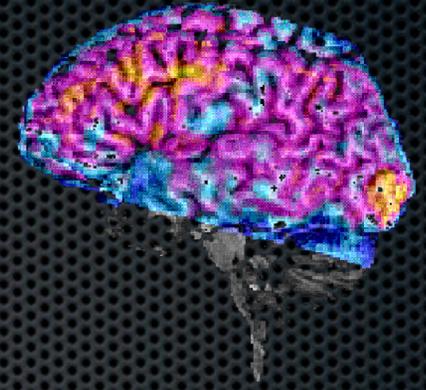
“You are God's workmanship, and with the full sense of your accountability to God you are to treat yourselves aright. Give yourselves proper time to sleep. Those who sleep give nature time to build up and repair the waste of the organism.” MM 5



# Rested Brain



# Tired Brain



"Fatigue selectively targets  
the highest order of  
cognitive mental functions.  
Critical thinking becomes  
*impossible.*"

# Executive Functions

- ✦ Discernment
- ✦ Judgment
- ✦ Initiative
- ✦ Creativity
- ✦ Forethought

Decision-making

# Current Trends

- ❖ Adults sleep 1.5 hours less per day than our grandparents
- ❖ Teens sleep 2.5 hours less per day than in 1962!



# Executive Functions at Risk

- ❖ Sleep debt decreases the entire brain's ability to function, most significantly impairing areas responsible for:
  - ❖ attention,
  - ❖ complex planning,
  - ❖ complex mental operations, and
  - ❖ judgement.



# Sleep Impairment vs. Alcohol Intoxication

16-18 hours of wakefulness

COMPARABLE TO

legal alcohol intoxication (BAC >0.08%)

# Increasing Evidence

- ❖ Obesity
- ❖ Type 2 Diabetes
- ❖ Metabolic Syndrome
- ❖ Long-term sleep deprivation:
  - ❖ Cardiovascular disease
  - ❖ Cancer
- ❖ Depression and other mental health problems

# Strategies to Fight Fatigue

- ❖ Value adequate sleep: ~8-9 hours per night.
- ❖ Exercise 30-60 min. every day.
- ❖ Learn to control stress.
- ❖ Eat properly & drink plenty of water.
- ❖ Avoid caffeinated beverages, tobacco, and alcohol.
- ❖ Rest a day each week & annual vacation.
- ❖ Sleep disorder? Get evaluated.





# Sleep:

As Important as  
Diet and Exercise  
(Only Easier!)

National Sleep Foundation



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2013 LEAD CONFERENCE OCTOBER 11-12, 2013

# Physical Activity

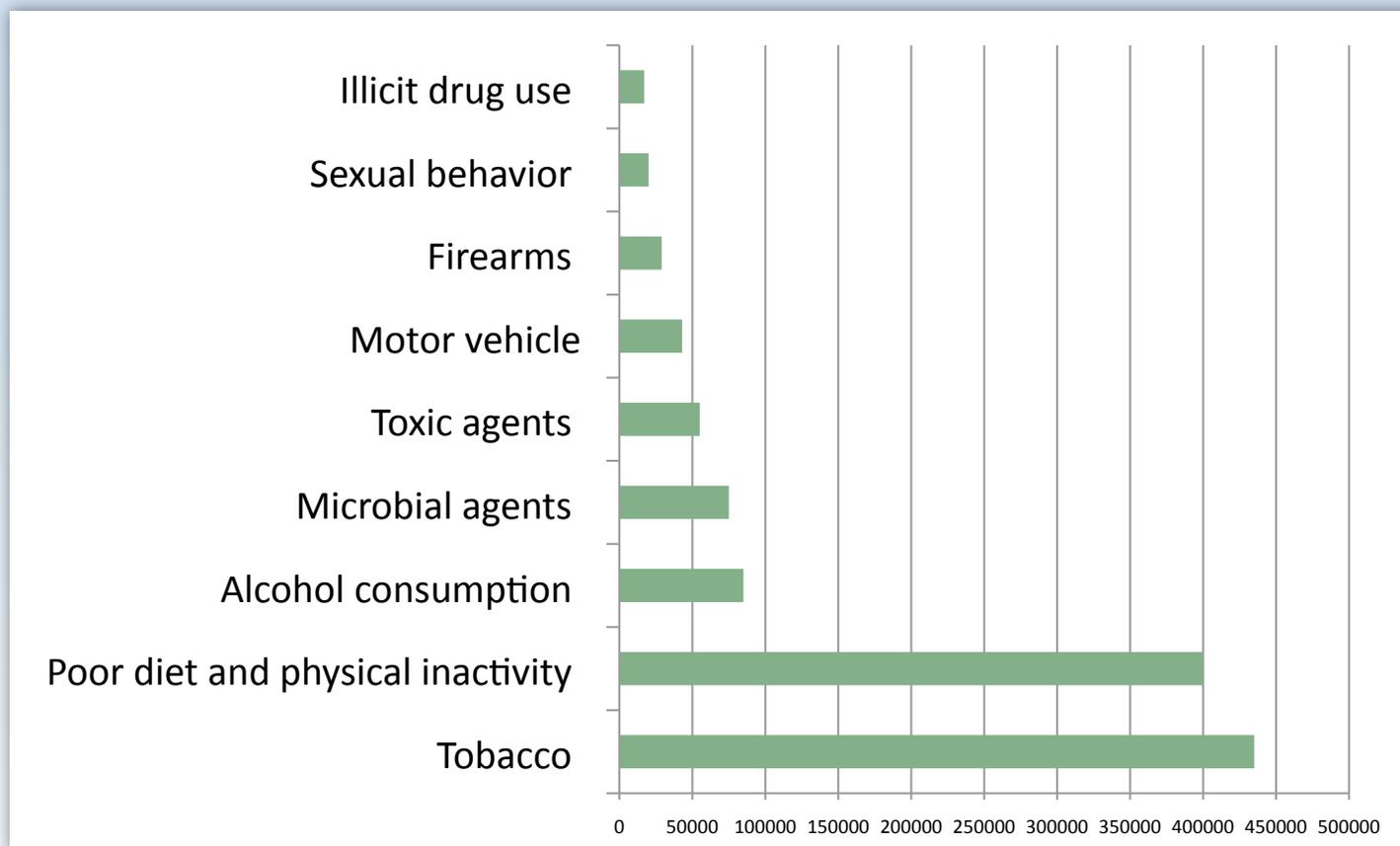
“The human body may be compared to nicely adjusted machinery, which needs care to keep it in running order. One part should not be subjected to constant wear and pressure, while another part is rusting from inaction. While the mind is taxed, the muscles also should have their proportion of exercise.”

S. of T., 1886, No. 33.

“They should go out and exercise every day...” 2T 931

# Actual Causes of Death

## U.S. 2004

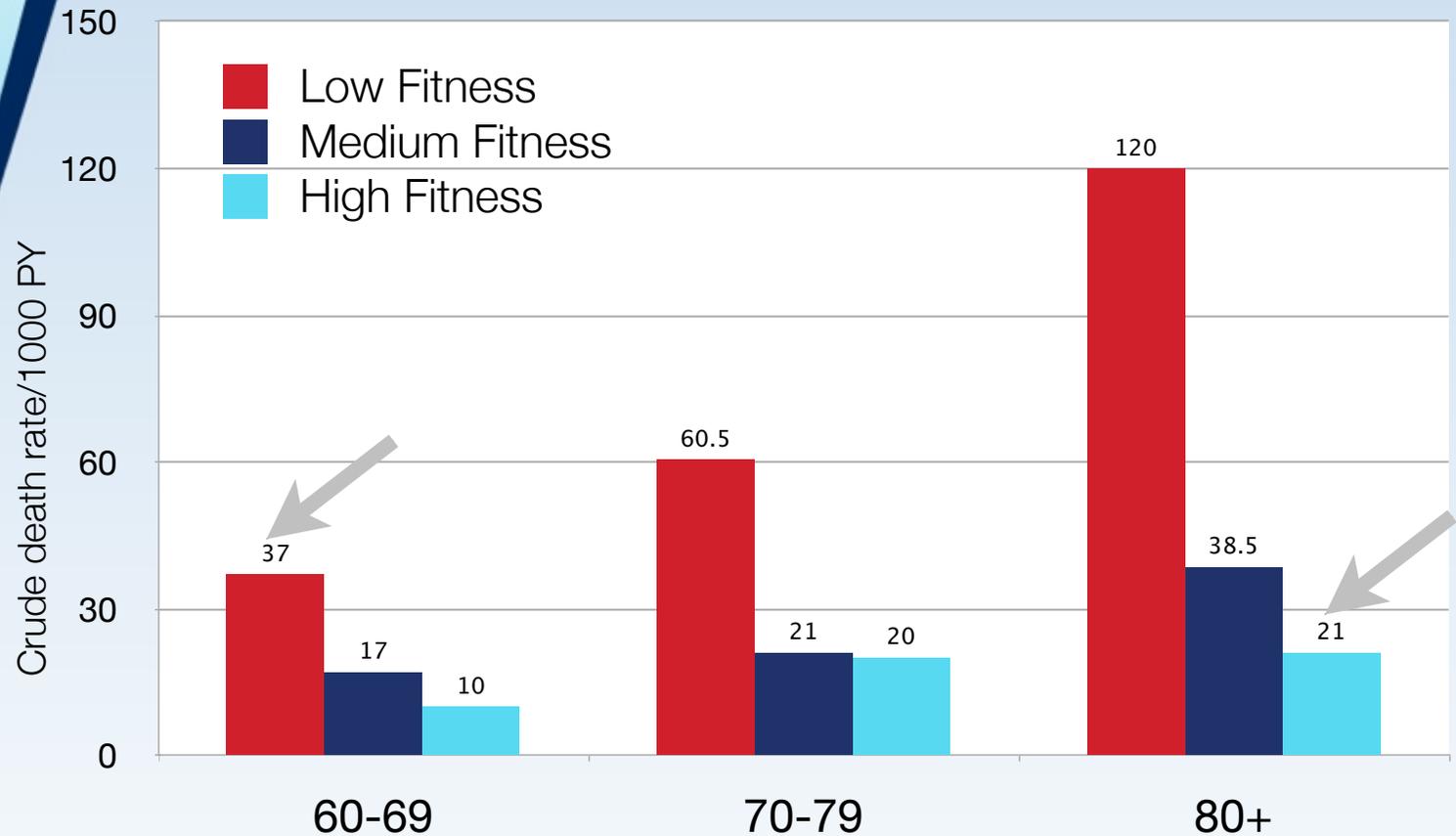


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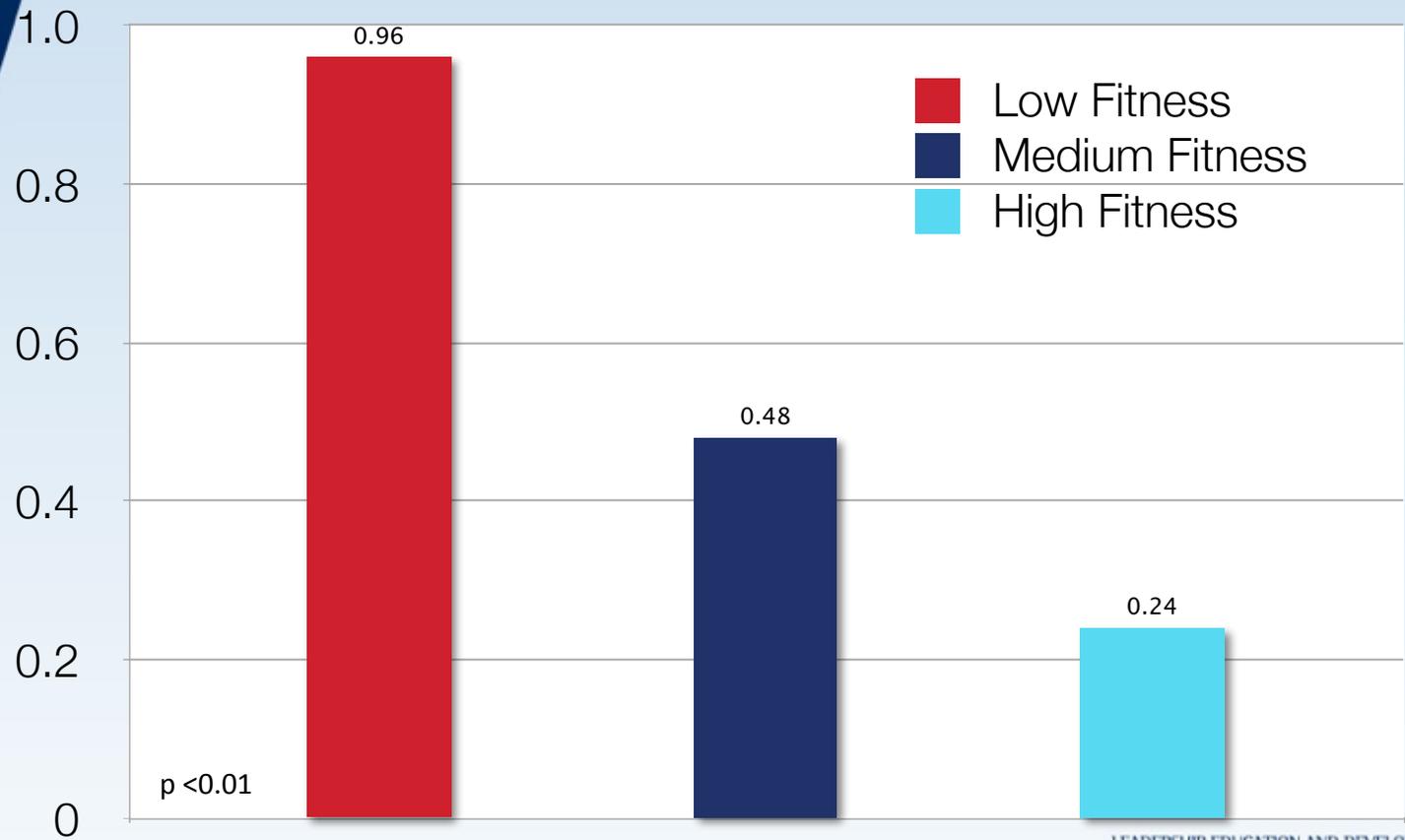


# Death Rates by Fitness Level

2135 Age-grouped Men



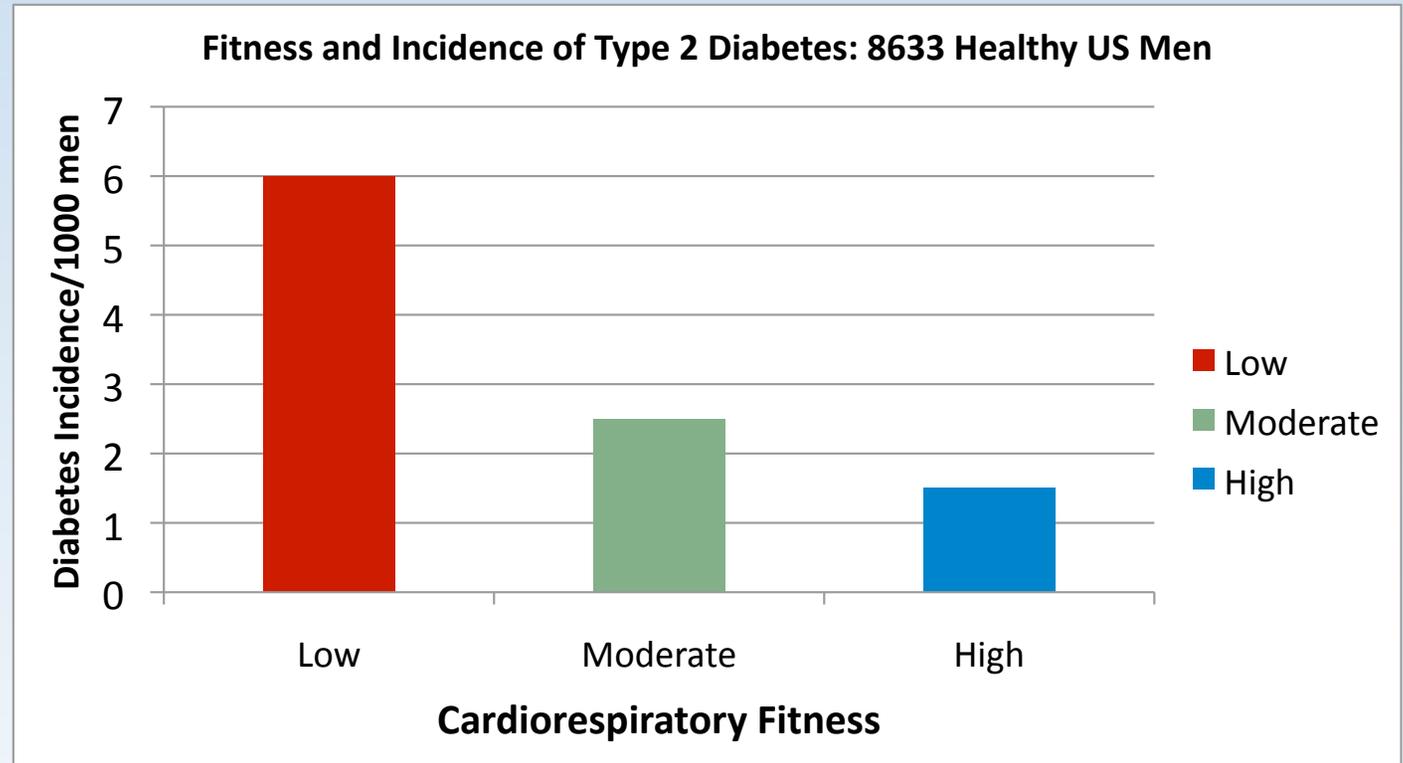
# Fitness & Hypertension Risk



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# Fitness & Type 2 Diabetes Risk





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# What is more important, Fitness or Fatness?

- ✦ Answer: It is really IRRELEVANT because the treatment is the same for both!
- ✦ **Physical Activity**

**What is the most frequent reason given for not being more physically active?**

**LACK of TIME**

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**“What fits your busy schedule better, exercising  
30 minutes a day or being dead 24 hours a day?”**

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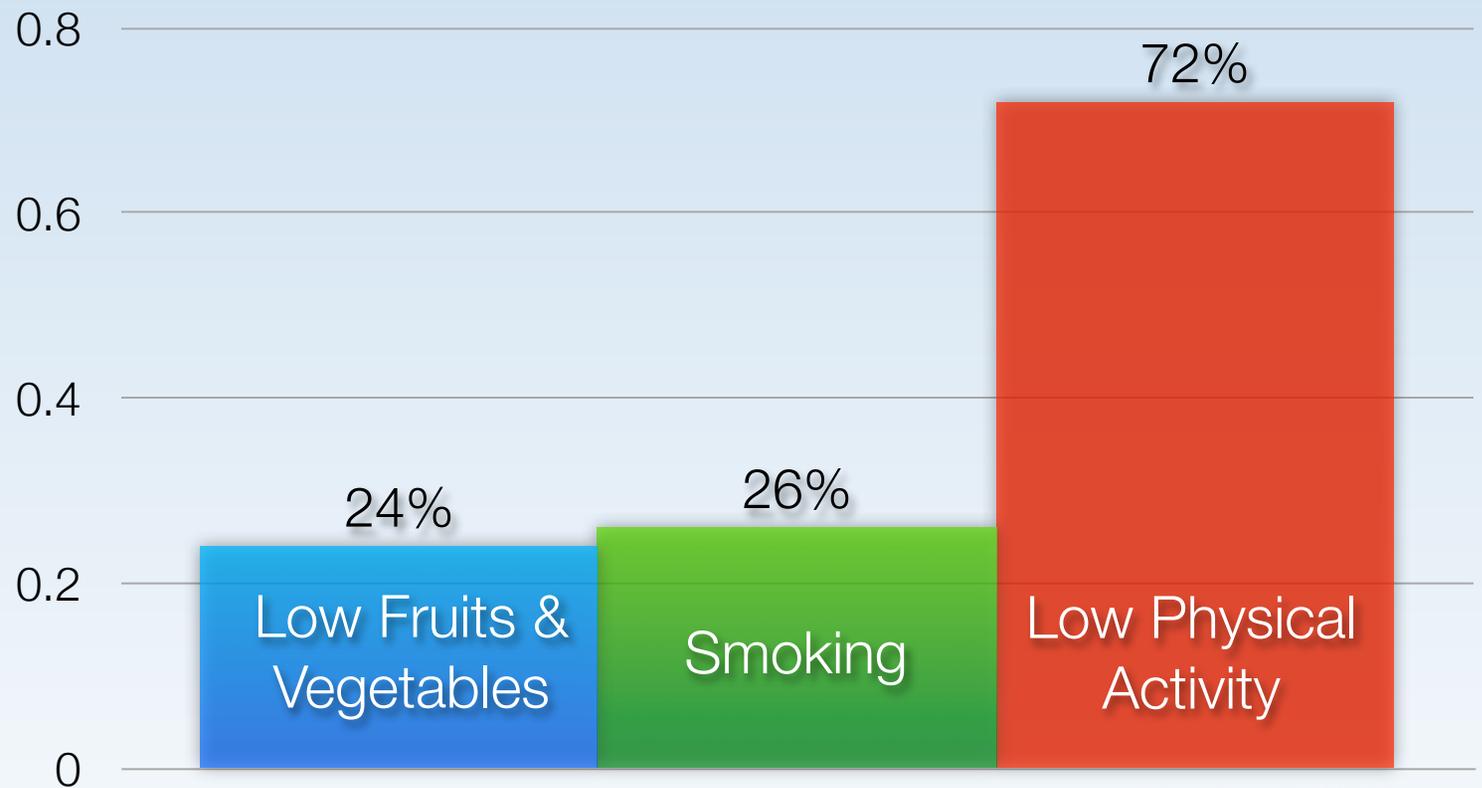
# FINAL ADVICE

**Walk the dog  
every day\* ...**

**...\*Even if you  
do not own a  
dog!**



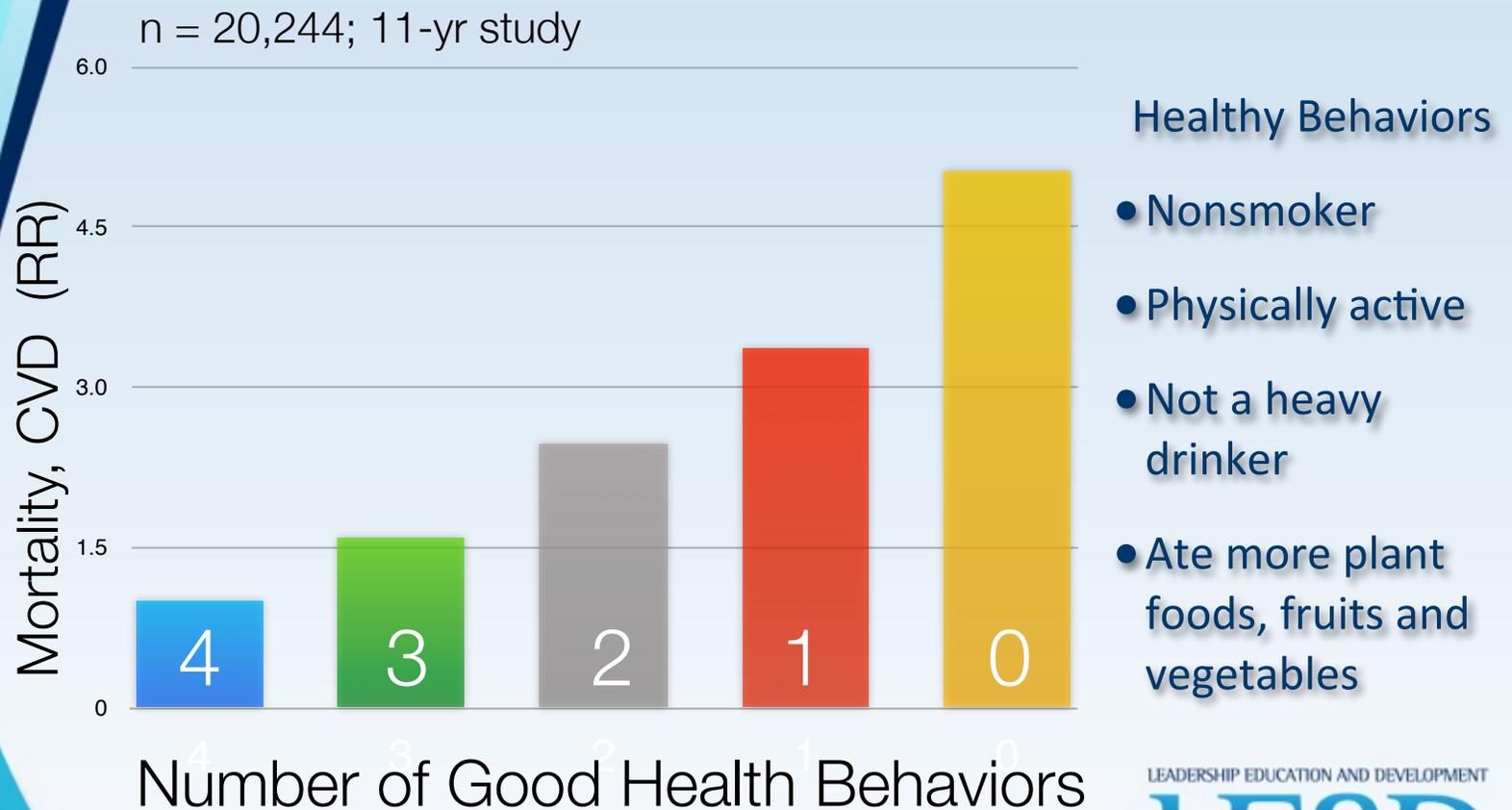
# Excess Disability & Lifestyle Choices



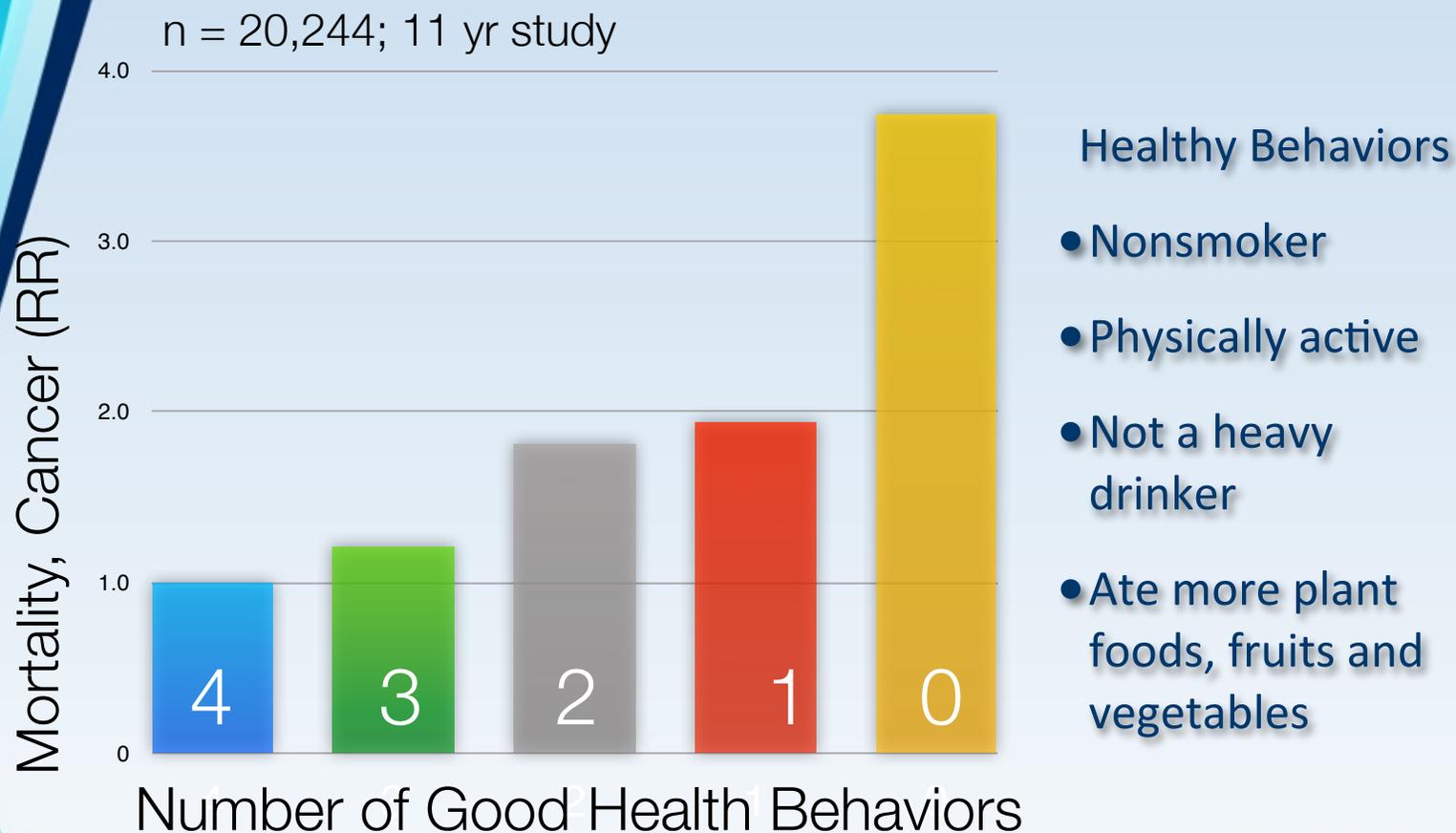
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# Healthy Behaviors and Cardiovascular Disease



# Healthy Behaviors and Cancer



# Scientific Dietary Recommendations

- ✦ Lower
  - ✦ cholesterol and saturated fat intake
  - ✦ animal fat intake
- ✦ Increase
  - ✦ fiber in the diet
  - ✦ complex carbohydrates
  - ✦ phytochemical and antioxidant intake
- ✦ Get adequate
  - ✦ amounts of the essential fatty acids
  - ✦ protein, but not too much

# Vegetarian Dietary Advantages

- ✓ Lower heart disease
- ✓ Lower cancer rates
- ✓ Lower diabetes
- ✓ Less obesity
- ✓ Less hypertension
- ✓ Less dementia
- ✓ Less osteoporosis
- ✓ Longer life expectancy!



# Dietary Guidelines

“Use plant foods as the foundation of your meals. ... Eating a variety of grains (especially whole-grains), fruits and vegetables is the basis of healthy eating.”



# SDA Church Position

“The diet God ordained in the Garden of Eden--the vegetarian diet--is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain.”

*Seventh-day Adventists Believe...*

# Church Working Policy

day Adventist Church.

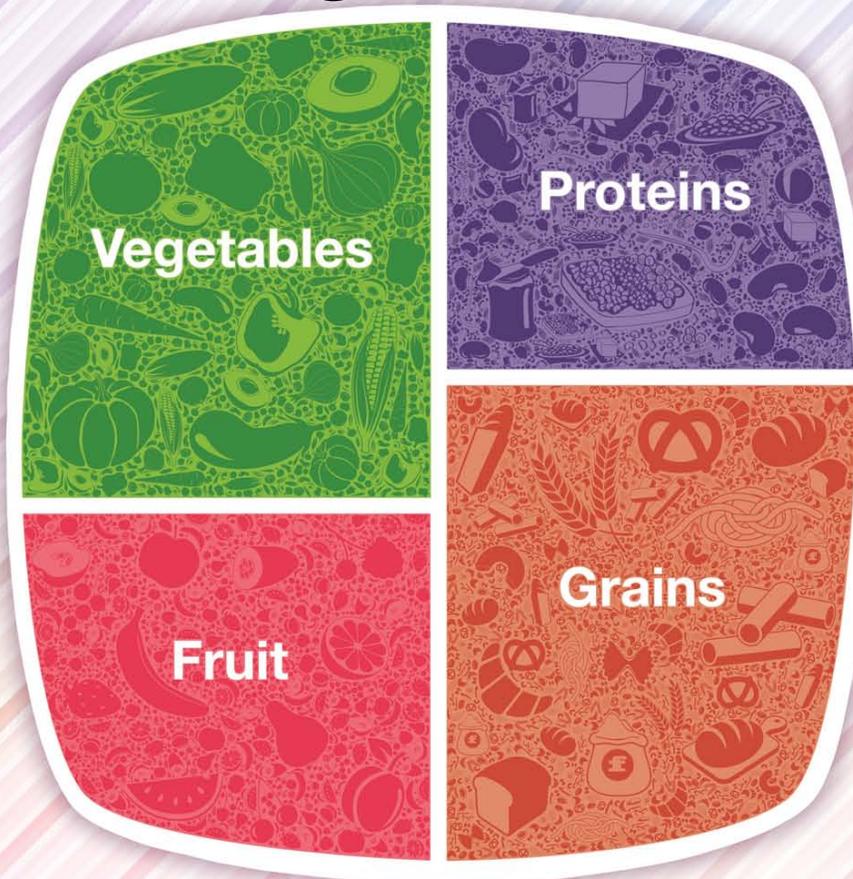
3. The Church advocates that positive steps be taken to develop a healthful life-style, and encourages a balanced vegetarian diet. It requires of its members the nonuse of alcoholic beverages and tobacco. It also requires the nonuse of other drugs, except in a recognized evidence-based therapeutic context. The Church encourages the avoidance of flesh foods. The use of coffee, tea, and other caffeinated beverages and all harmful substances are discouraged. Physical well-being and clarity of mind are usually interdependent; clarity of mind is essential for discernment between right and wrong, between truth and error.

4. Out of its deep concern for human need, the Church has developed

SDA Working Policy, Health Ministries, p. 303

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet”. MH 296

# my Vegetarian plate



**Keep Moving:**  
10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.



**Think Your Drink:**  
Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.



**Vary the Vegetables**  
2½ cups daily

**Choose More:** Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.  
**Limit:** French fries, breaded and fried vegetables.

**Feature the Fruits**  
2 cups daily

**Choose More:** Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.  
**Limit:** Sweetened juices, fruit pies and tarts with added sugar.

**Protect with Proteins**  
6½ ounces daily

**Choose More:** All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.  
**Limit:** High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

**Go whole Grains**  
6 ounces daily

**Choose More:** Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.  
**Limit:** Processed grains, white pasta and rice, refined crackers, cereals and pastries.

**Calcium-rich Dairy & Equivalents**  
3 cups daily

**Choose More:** Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.  
**Limit:** Whole-fat dairy such as milk, ice cream, cheese and cream.

“We don't make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don't be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them.” 1SAT 12

# “Willful Blindness”

- ✦ A legal concept that means there is information we should know or could know but somehow manage not to know.
- ✦ Is ignorance really bliss...?

# “Willful Blindness”

"Many are so devoted to intemperance that they will not change their course of indulging in gluttony under any considerations. They would sooner sacrifice health, and die prematurely, than to restrain their intemperate appetite." CDF 158

# Our Mission in Health

- ✦ The Seventh-day Adventist health message loses its power and effectiveness if it is in any degree separated from the gospel message.
- ✦ If a person attends a health program in a Seventh-day Adventist church, understands and applies the principles, they will have gained a few years of life.
- ✦ If they did not learn that the power to change comes from Jesus, then the church has failed in its mission to the community.

# Jesus is the Life Giver

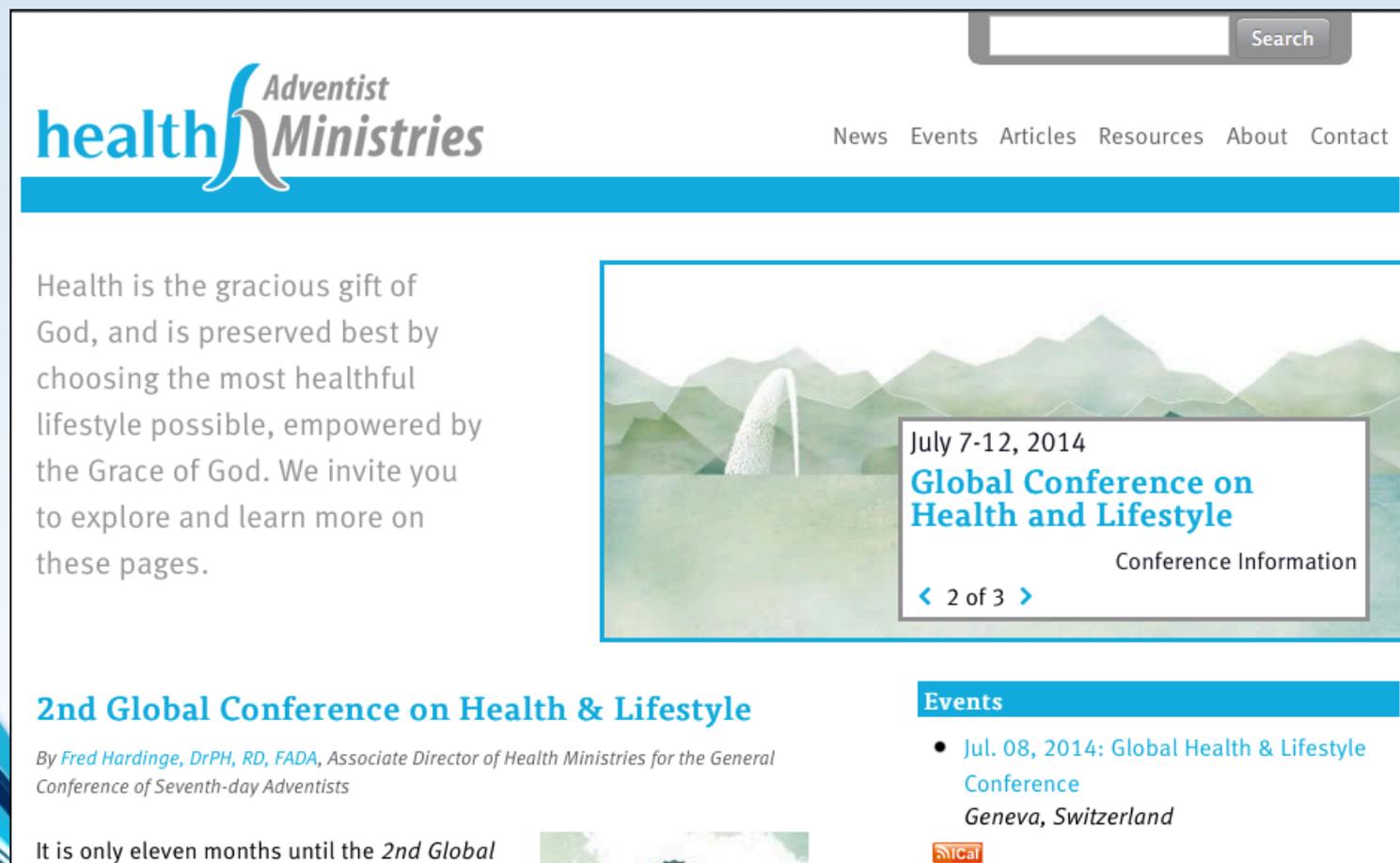
- ✦ This message is not to be separated from the gospel message.
- ✦ Some the health promoting effects of the health message have been confirmed by science, but today's most skillful and perceptive scientist cannot bring the dead to life.
- ✦ Only the Gospel actually brings the dead to life and the health message expands the Gospel and brings life more abundantly.
- ✦ Jesus is the life giver and He is the health giver.

# God Works Miracles!

“To arouse those spiritually dead, to create new tastes, new motives, requires as great an outlay of power as to raise one from physical death. It is indeed giving life to the dead to convert the sinner from the error of his ways; but our Deliverer is able to do this; for He came to destroy the works of the enemy.” RH March 12, 1901

# healthministries.com/ LEAD2013-HM

## Full Presentation & Script Available



The screenshot shows the website's header with a search bar and navigation links: News, Events, Articles, Resources, About, Contact. The main content area features a large text block on the left and a featured article on the right. The featured article includes a date, title, and a link to conference information. Below the featured article is an 'Events' section with a list of upcoming events.

**health** Adventist Ministries

News Events Articles Resources About Contact

Health is the gracious gift of God, and is preserved best by choosing the most healthful lifestyle possible, empowered by the Grace of God. We invite you to explore and learn more on these pages.

July 7-12, 2014  
**Global Conference on Health and Lifestyle**  
Conference Information  
< 2 of 3 >

**2nd Global Conference on Health & Lifestyle**  
By *Fred Hardinge, DrPH, RD, FADA*, Associate Director of Health Ministries for the General Conference of Seventh-day Adventists

**Events**

- Jul. 08, 2014: Global Health & Lifestyle Conference  
Geneva, Switzerland

It is only eleven months until the 2nd Global