

The Adventist Health Message: Is it worth it?

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Meat consumption and incident type 2 diabetes: an individual-participant federated meta-analysis of 1.97 million adults with 100 000 incident cases from 31 cohorts in 20 countries

[https://pubmed.ncbi.nlm.nih.gov/39174161/#:~:text=Greater%20consumption%20of%20each%20of,\(12%3D68%25\).](https://pubmed.ncbi.nlm.nih.gov/39174161/#:~:text=Greater%20consumption%20of%20each%20of,(12%3D68%25).)

Li, C., Bishop, T. R. P., Imamura, F., et al, *The Lancet Diabetes & Endocrinology*, 12(9), 619–630. [https://doi.org/10.1016/s2213-8587\(24\)00179-7](https://doi.org/10.1016/s2213-8587(24)00179-7)

Interpretation: The consumption of meat, particularly processed meat and unprocessed red meat, is a risk factor for developing type 2 diabetes across global populations.

These findings highlight the importance of reducing meat consumption for public health and should inform dietary guidelines.



Sedentary Behaviors, Light-Intensity Physical Activity, and Healthy Aging

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2819832>

Shi H, Hu FB, Huang T, et al. *JAMA Netw Open*. 2024;7(6):e2416300.
doi:10.1001/jamanetworkopen.2024.16300

Conclusion: Replacing television time with light physical activity, moderate to vigorous physical activity, or sleep (in participants with inadequate sleep) were associated with better odds of healthy aging.

Meaning: These findings expand on the literature reporting that replacing sedentary behavior with light or moderate to vigorous physical activity is associated with decreased mortality by suggesting that this increased lifespan might be accompanied by better overall health.



Healthy Lifestyle and the Likelihood of Becoming a Centenarian

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2820220>

Li Y, Wang K, Jigeer G, et al. *JAMA Netw Open*. 2024;7(6):e2417931.
doi:10.1001/jamanetworkopen.2024.17931

Meaning: The findings of this study suggest that adhering to a healthy lifestyle could be beneficial even at a very advanced age.

This is an important study from China that basically says that non-smoking, a modest level of exercise, and a diet with a wide variety of vegetables and fruits gives one the best odds of reaching 100 when one is 80. This is an important adjunct to the Adventist Health Studies that shows the benefits of the Adventist Health Message in a non-Seventh-day Adventist population.



Trends in Deaths of Despair by Race and Ethnicity, From 1999 to 2022

<https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2817597>

Friedman J, Hansen H. *JAMA Psychiatry*. 2024;81(7):731–732.
doi:10.1001/jamapsychiatry.2024.0303

Definition of Deaths of Despair: These deaths from suicide, drug overdose, alcohol caused liver disease. It is thought that these types of death reflect a kind of general mental health, stress level population indicator.

Meaning: Deaths of despair have generally more than doubled in the last 25 years. And these types of death have contributed to the declining life span. The data imply that human beings have lost a sense of purpose of being that the Gospel can bring.



Proportion and number of cancer cases and deaths attributable to potentially modifiable risk factors in the United States, 2019

<https://acsjournals.onlinelibrary.wiley.com/doi/full/10.3322/caac.21858>

Islami, F. et al. (2024) *CA: A Cancer Journal for Clinicians* [Preprint]. Available at: <https://doi.org/10.3322/caac.21858>

Conclusion: Large numbers of cancer cases and deaths in the United States (and globally) are attributable to modifiable risk factors, underscoring the potential to substantially reduce the cancer burden through broad and equitable implementation of lifestyle and health behavior preventive initiatives, especially related to smoking, alcohol and obesity.



Alcohol Consumption Patterns and Mortality Among Older Adults With Health-Related or Socioeconomic Risk Factors

<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2822215>

Ortolá R, Sotos-Prieto M, García-Esquinas E, Galán I, Rodríguez-Artalejo F. *JAMA Netw Open*. 2024;7(8):e2424495. doi:10.1001/jamanetworkopen.2024.24495

Conclusions and Relevance: In this cohort study of older drinkers from the UK, even low-risk drinking was associated with higher mortality among older adults with health-related or socioeconomic risk factors (they did not have a never consumed alcohol category and that maybe because there are very few of these folks).



“Alcohol is a **group-1 carcinogen**, linked to cancers of the mouth, pharynx, larynx, esophagus, liver, colorectum, and breast. In 2023, the World Health Organization declared there is **no safe amount of alcohol** to consume—adding that there’s no evidence that the potential cardiovascular benefits of a glass of red wine outweigh its cancer risks.”

-Amy McKeever, *National Geographic*, September 6, 2024



Great and encouraging information...
But *who is listening?*



2023 Global Church Member Survey

Between 81 and 92 percent agreed or strongly agreed that the health message is

- Wholisitic;
- Core to Adventism;
- Supported by science;
- Increases the probability of a longer life;

Clearly, the global church accepts the health message as core to who we are as a people and recognizes that peer reviewed science has shown the validity of our health message.

In other words – regards that it IS worth it!



2023 Global Church Member Survey

- However, the data also showed that only 20 percent of the global Adventist population is vegetarian or total vegetarian (vegan) with about one-third eating meat at least a few times a week.
- In addition, almost 40 percent felt that they can pick and choose which parts of the health message to follow.
- Of some concern also is that 45 percent of the global church believes that following the health message ensures salvation. About 60 percent or more believed this in the SPD, SUD, ECD, WAD, SSD.

Is this, perhaps, the knowledge-behavior disconnect?



Can I change my lifestyle?

Heavenly intelligences are waiting to co-operate with human instrumentalities, that they may reveal to the world what human beings may become, and what, through union with the Divine, may be accomplished for the saving of souls that are ready to perish. *There is no limit to the usefulness of one who, putting self aside, makes room for the working of the Holy Spirit upon his heart and lives a life wholly consecrated to God. All who consecrate body, soul, and spirit to His service will be constantly receiving a new endowment of physical, mental, and spiritual power.*



By God's empowering Spirit, yes!

The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own Spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in mind and heart. Through the grace given us we may achieve victories that because of our own erroneous and preconceived opinions, our defects of character, our smallness of faith, have seemed impossible.

-Ministry of Healing, page 159.4



Transformation and usefulness

To everyone who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results. For these God will do great things. He will work upon the minds of men so that, even in this world, there shall be seen in their lives a fulfillment of the promise of the future state.

-Ministry of Healing, page 160.1



What does that look like?

...you are a letter from Christ, ...not written with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts.

2 Corinthians 3:3 NIV



What does that look like?

Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on the merits of the Savior. *By prayer, by the study of His word, by faith in His abiding presence, the weakest of human beings may live in contact with the living Christ, and He will hold them by a hand that will never let go.*

-Ministry of Healing, page 182.1



Is it Worth It?

For it is by grace you have been saved, through faith – and this not of yourselves, it is the gift of God-not by works so that no one can boast.

Ephesians 2:8,9 NIV



Is it Worth *it*?

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:24,25 NIV



God's plan for us and our wish for you:

- The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 10:10 NIV

- Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3 John 2 NIV

- Maranatha!



Attitude of gratitude

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?

-Ministry of Healing, page 251.3



We express appreciation to Dr. Duane McBride, Dr. David Trim, and the ASTR team for the research and statistical support of this data.



Table I
Church Member View of the Health Message

		Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
Health Message Wholistic	2022/2023	1%	1%	5%	34%	58%
	2017/2018	1	1	6	33	59
Health Message Core	2022/2023	3%	5%	10%	41%	42%
	2017/2018	2	4	9	39	46
Following Health Message means longer life	2022/2023	1%	2%	6%	38%	52%
	2017/2018	1	1	6	34	58
Health Message supported by science	2022/2023	3%	4%	12%	40%	41%
	2017/2018	3	4	12	39	42

Support of the Health Message and Health Practices in a Global Sample of Seventh-day Adventists
Duane C. McBride, Alina M. Baltazar, Karl Bailey, Shannon Trecartin, Peter Landless, David Trim, & Galina Stele



Table II
Dietary Patterns

	Vegan	Vegetarian	Pescatarian	Meat 1 X a week	Meat few X a week	Meat most days
2023/2023	6%	14%	12%	35%	23%	10%
2017/2018	5	14	11	32	24	14

Table III
Substance Use in Last 12 Months

		Alcohol	Tobacco	Marijuana	Opiates
Yes	2022/2023	10%	4%	4%	6%
	2017/2018	9	3	NA	NA

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Table IV
Pick and Choose Parts of Health Message to Follow
&
Following the Health Message Ensures Salvation

		Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
Can pick and choose which parts of HM to follow	2022/2023	20%	26%	15%	26%	13%
	2017/2018	17	23	14	29	17
Following HM ensures salvation	2022/2023	19%	21%	15%	24%	21%
	2017/2018	19	19	15	24	23

Correlation between pick and choose and salvation 2017/2018 = r=.21
2022/2023 = r=.23

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Table V
Dietary Patterns by Region of the Seventh-day Adventist Church
 (Row %)

	<u>Vegan</u>	<u>Vegetarian</u>	<u>Pescatarian</u>	<u>Meat once week or less</u>	<u>Meat few X week</u>	<u>Meat most days</u>
ECD	11%	24%	18%	30%	13%	4%
WAD	5	7	16	31	21	19
SID	5	9	12	36	29	10
SAD	3	10	5	27	33	23
IAD	2	10	9	51	22	7
NAD	11	29	9	23	18	10
TED	8	23	12	30	20	6
EUD	4	19	7	40	26	4
UUC	2	13	12	32	31	11
ESD	5	11	8	32	33	12
NSD	2	19	14	39	18	8
CHUM	14	20	10	34	18	5
SSD	7	11	16	39	20	7
SUD	11	16	12	37	18	6
SPD	13	7	16	26	25	14

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Table VI
Health Message Salvific by Region of the Seventh-day Adventist Church
 (row %)

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
ECD	9%	12%	12%	33%	34%
WAD	10	12	18	32	27
SID	13	16	18	30	23
SAD	24	34	16	16	9
IAD	30	31	16	13	11
NAD	60	29	6	4	2
TED	56	29	10	4	1
EUD	44	33	11	6	5
UUC	28	30	25	10	7
ESD	31	29	20	14	6
NSD	17	33	24	18	9
CHUM	28	38	19	10	5
SSD	9	10	18	30	34
SUD	5	11	19	43	22
SPD	13	15	12	30	30

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Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion. Those who take a mournful pleasure in all that is melancholy in the natural world, who choose to look upon dead leaves rather than to gather the beautiful living flowers, who see no beauty in grand mountain heights and in valleys clothed with living green, who close their senses to the joyful voice which speaks to them in nature, and which is sweet and musical to the listening ear—these are not in Christ. They are gathering to themselves gloom and darkness, when they might have brightness, even the Sun of Righteousness arising in their hearts with healing in His beams.

-Ministry of Healing, page 251.4

