

Unique Caribbean approaches to NCDs

“The Church and NCDs”

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Objectives

- *Review how the Church has been addressing CNCD*
- *Determine if changes need to be made as we move forward*

Expected Outcomes



- *Re-affirmation of the Role of the Church*
- Advocating a Sustainable Church-Public-Private Sector System



**STATE
CHURCH**

PLACE OF THE CHURCH

MISSION - TO MAKE MAN WHOLE

The church is not just a destination; the role of the church is to equip, train and empower its members to be change agents in their communities



1. WORK OF TWO CHURCHES: ANGLICAN & SDA



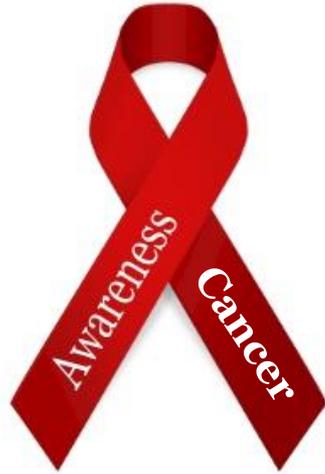
- **Advocating and practicing prevention and control**
- **Training Members**
- **Establishing Partnerships**
- **Using churches as Lifestyle Centers**
- **Conducting Research**

RESEARCH
**ADVENTIST MORTALITY STUDY: 1958-
1966**

23,000 California Adventists ages 25+
**Conducted at the same time as the American
Cancer Society study of non-Adventists.**
**Comparisons were made for many causes of
death between the two populations.**



Key Results:



- The risk of **coronary heart disease** (CHD) was significantly lower in vegetarian compared to non-vegetarian Adventists.
- All-cause mortality showed a significant positive association with egg intake and a negative association with consumption of green salads.
- Compared to other Californians, Adventists experienced lower rates of death for: **all cancers** (60% [of non-Adventist rates] for Adventist men, 75% for Adventist women); lung cancer (21%); colorectal cancer (62%); breast cancer (85%); CHD (66% for Adventist men, 98% for Adventist women).



Adventist Health Studies

Risk & Protective Factors 2002 – Present

better
health for
everyone!

Adventist Health Study

96,000 U.S. and Canadian Adventists ages 30+ One of the largest and most comprehensive studies of diet and cancer in the world. Also one of the largest studies of Black/African Americans, with 26,000 Black participants.



Adventist Health Studies

2002 – Present

better
health for
everyone!

Preliminary Key Results:

- Data show a progressive weight increase from a total vegetarian diet toward a non-vegetarian diet. For instance, 55-year-old male and female vegans weigh about 30 pounds less than non-vegetarians of similar height.



Adventist Health Studies

2002 – Present

*better
health for
everyone!*

- Levels of cholesterol, diabetes, high blood pressure, and the metabolic syndrome all had the same trend – the closer to being a vegetarian, the lower the risk in these areas. True for Black as well as non-Black participants.
- High consumption of cooked green vegetables, brown rice, legumes and dried fruit was linked to a decreased risk of colon polyps, a precursor to colon cancer.
- A vegetarian diet was not associated with lower levels of vitamin D. Other factors, such as amount and intensity of sun exposure, had a greater influence on vitamin D levels in blood than diet.



Adventist Health Studies

Adventist Religion and Health
Study : 2006 - present

better
health for
everyone!

11,000 U.S. and Canadian Adventists ages 30+ A sub-study of Adventist Health Study-2 examining which aspects of religion account for better or worse health, as well as tracing some of the bio- psychosocial pathways to health.



Preliminary Key Results:

- Black and non-Black Adventists reported better physical and mental quality of life than the U.S. norm. The advantage for mental quality of life is greater in older age groups.
- Individuals who experienced childhood poverty are more religious. However, childhood poverty also relates to more abusive and conflicted families in childhood, particularly in non-black participants. Those who experienced an abusive home as a child are less likely to be religious.
- Not surprisingly, divorced individuals had more depressive symptoms than non-divorced individuals, but divorced individuals who used positive religious coping had fewer depressive symptoms than those who did not use positive religious coping.

From Research to Lifestyle Centers



ALABAMA: Uchee Pines Lifestyle Center

Treatment of lifestyle related disorders by board-certified physicians, including obesity, diabetes, heart disease, hypertension, stress, substance abuse, and chronic diseases.

Lifestyle modification includes an emphasis in hydrotherapy, herbs, and faith in God.





**GEORGIA: Wildwood
Lifestyle Center and Hospital**

17- or 10-day lifestyle program using natural healing.

Includes medical clinic and 13-bed hospital; also offers a 6-month lifestyle educators' course.

Risk Reduction: Primary (smoking, poor diet, lack of exercise) and Intermediate risk factors (hypertension, obesity and diabetes)



CALIFORNIA:
Weimar Institute

NEWSTART®
lifestyle education
(nutrition, exercise,
and hydrotherapy
under medical
supervision),
reversing diabetes,
cooking schools,
medical examinations
and screening.

❖ Attracting Volunteer Leaders

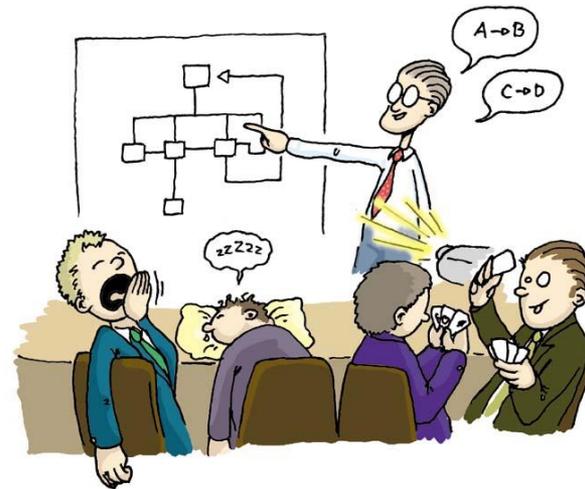


❖ Reaching under 40s with lifestyle change messages



II. CHALLENGES

❖ Financing - Financing mechanism



❖ Indigenously created and authored materials, messages

III. Opportunities & Lessons Learned

OPPORTUNITIES:

- COLLABORATION
- FAITH BASED NETWORK



World Health Organization

LESSONS LEARNED:

- Behavior modification is still a complex undertaking
- The mission of the Church remains: ***Making man whole***

IV. FUTURE PLANS/GOING FORWARD

- ✓ **ESTABLISH INTERFAITH DIALOGUE**
- ✓ **ENGAGE IN POLICY FORMULATION & BEST PRACTICES**
- ✓ **FOCUS ON HEALTHY CITIES**
- ✓ **INCREASE RESOURCES**
- ✓ **MEASURE CHANGE**

Thank you

