

# MINISTRY RESOURCES



Undertake relevant health initiatives such as:

- *Breathe Free* seminar for women (GC Health Ministries resource)
- Cancer awareness workshops
- Cooking and nutrition classes
- Emotional resilience and mental well-being seminars
- Exercise classes for women
- Grief and loss support groups
- Health awareness classes for female-related issues
- Health expos
- Health screening
- HIV/AIDS awareness programs
- Lifestyle health intervention programs
- Menopause awareness
- Stress management classes
- Support groups and referral to external agencies
- *Thinking Well, Living Well* (GC Women's Ministries mental health training seminars)
- Weight management classes

# THE BENEFITS

*"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."*

3 John 2

*"Today we are combining the work of ministry and of healing as we have never done before. We are working to educate our people how to treat the body in sickness, how to regain health, and how to keep well when health is restored."*

E. G. White, *Medical Ministry*, p. 63



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# HEALTH THREATS

Poor health blights all aspects of a woman's life



# THE CHALLENGE

Poor health blights all aspects of a woman's life and undermines her ability to be a fully productive participant in God's work.

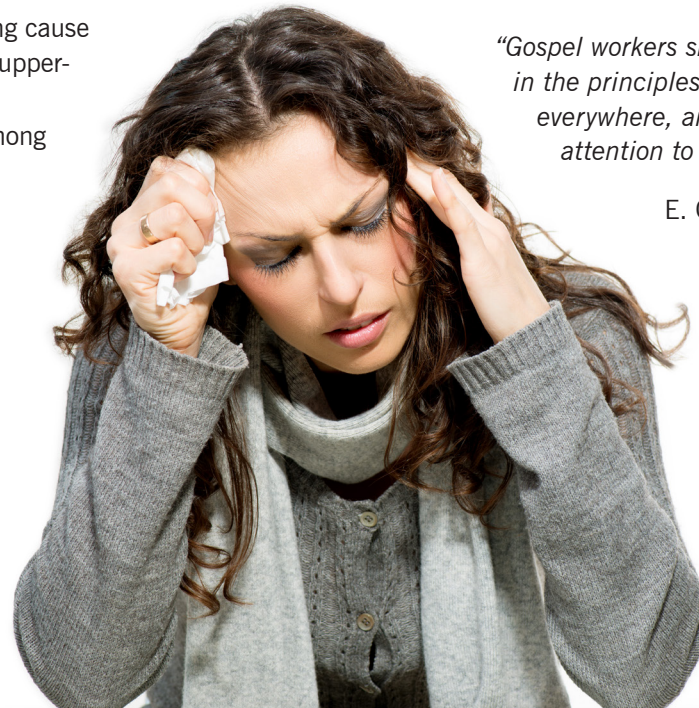
Globally, women face many threats to health, such as social inequalities, economic deprivation, poor nutrition, inadequate housing, disability-related discrimination and political instability. Being born female in some cultures exposes women to a devalued social status, and reduced access to basic necessities such as food, health care and education.

"Twenty years after countries signed pledges in the 1995 Beijing Declaration and Platform of Action, women still face many health problems and we must re-commit to addressing them"  
*(Dr. Flavia Bustreo, Assistant Director General for Family, Women's and Children's Health through the Life-course, World Health Organization).*

## HEALTH CHALLENGES INCLUDE:

- **Abuse** - Girls are much more likely to suffer sexual abuse than are boys.
- **Accidents** - Road traffic injuries are the leading cause of death among adolescent girls in high- and upper-middle-income countries.
- **Breast cancer** - is the leading cancer killer among women aged 20–59 years worldwide.
- **Cardiovascular disease** - is the number one killer of women globally.
- **Maternal deaths** - Almost all (99%) of the approximate 287,000 maternal deaths every year occur in developing countries.
- **Reduced longevity in developing countries** - In 2011, women's life expectancy at birth was more than 80 years in 46 countries, but only 58 years in the WHO African Region.

(Source: WHO Women's Health Fact Sheet No. 334, September 2013)



## DISEASES IMPACTING WOMEN'S HEALTH

- AIDS/HIV
- Alzheimer's Disease
- Arthritis
- Breast cancer and inflammatory breast disease
- Coronary artery disease
- Chlamydia
- Chronic Fatigue Syndrome
- Diabetes
- Depressive disorders
- Drug abuse
- Hepatitis A, B & C
- Hypertension
- Lupus
- Malnutrition
- Osteoporosis
- Ovarian cancer
- Sexually Transmitted Disease
- Smoking
- Stress related illnesses
- Stroke
- Vaginitis and vaginal infections

## GOD'S REQUEST

*"Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health."*

E. G. White, *Ministry of Healing*, p. 146

*"Greater efforts should be put forth to educate the people in the principles of health reform.... Teach the people that it is better to know how to keep well than how to cure disease."*

E. G. White, *Testimonies for the Church*, Vol. 9, p. 161



## OUR RESPONSE

*"The suffering and destitute are our neighbors, and when their wants are brought to our knowledge it is our duty to relieve them as far as possible"* (E. G. White, *Testimonies for the Church*, Vol. 4, p. 229).

## PRAYER OF COMMITMENT

Thank you, God, for gifting us with Jesus whose healing ministry while He was on earth teaches us the importance of restoration and healthy living. Help us to reach out in compassion as we seek to bring healing to those sick in body, mind and spirit. Amen

## HOW TO BEGIN

- Research the health needs of women in your church and local community.
- Work with your Health Ministries department to address these needs through relevant programmes and health seminars.
- Use the expertise of health professionals in your church.
- Schedule health training updates for volunteers and church members to enable them to participate in health programs and to minister effectively to the sick.
- Use local health agencies where appropriate to assist you in running health programs in your church and community.