

Adventist Health Study 2

better health for everyone!

A Legacy for Life



Patti Herring, PhD, RN
Director of Black Recruitment

When I started writing this short segment a line from the song "My Tribute" kept playing over and over in my head "How can I say thanks?", because it shares my sentiments exactly... how do I say thank you to the conference administrators, pastors, members, and my team for helping us enroll over 46,000 Black Adventists into the study; with a return of more than 25,000 surveys.

In total we have enrolled over 158,000 Adventists into the study with a total return over 95,000. This was an awesome task and we did it. We did not quite reach our goal in numbers, but we were successful in so many other ways. I believe that Loma Linda University is no longer that institution so far away with nameless, faceless people working on the church's behalf. I believe we have bridged and built long-lasting relationships with members throughout the country, because we are working for a common cause, improving the health of our people while

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That thy Days may be Long upon the Land

By Yolanda Woodson

Honoring thy father and mother is surely one way to increase longevity, but we found a few other tips from our participants who have reached their 90s that may also help you to join one of the fastest growing segments of the population, the centenarians.

Lola Jones, 98, attributes her longevity to her faith in God, practicing healthy living and having a positive attitude. She believes in keeping active and enjoys getting out of the house often. She runs a branch Sabbath school at her apartment complex. Read about the Religion and Health Study on page 4.

Gertrude Williams, 99, believes in healthy beverages as well as healthy foods. One of her daughters, Bettye Sloan, never tasted a carbonated beverage until she was 16 because soda was never served in their home. Williams believes in hard work. Her children were taught to work their minds by memorizing scriptures and they had to work in the summers when they were out of school. Williams still works in the home by cleaning and cooking.

Dr. Geraldine Branch, 98, practiced as an OB-GYN for 61 years. She is still licensed and does volunteer

medical consultation. She was an active swimmer until 1994 when she had to give up swimming because the chlorine affected her eyesight. She walks for an hour each day. Even walking for 30 minutes per day, 3 times per week, can provide a boost to your health. Our study found that 43.5 % of our participants walked for at least one hour each week. Branch enjoys walking with buddies for extra motivation. Sometimes those buddies are children from the local daycare center.

Lucille Hall, 92, believes in pursuing her passion. She has been doing flower arrangements for her church for 35 years and still makes a lot of her own clothing. She has served as a deaconess for the Berean Seventh-day Adventist Church in Los Angeles for 42 years. Longevity runs in her family. Her father lived to be 100. G. Fraser and D. Shavlik, in their article, *Ten Years of Life* (Arch Intern Med, 2001), found that in the AHS-1, Adventist men live 7.3 years longer, and women lived 4.4 years longer, than other Californians. Since not many Black Adventists participated in the first study, we do not know if this applies to Black Adventists as well, making AHS-2 that much more important to Black Adventists.



Lola Jones



Gertrude Williams



Dr. Geraldine Branch



Lucille Hall



LOMA LINDA UNIVERSITY SCHOOL OF PUBLIC HEALTH
OAKWOOD COLLEGE, AND SEVENTH-DAY
ADVENTIST CHURCHES OF NORTH AMERICA

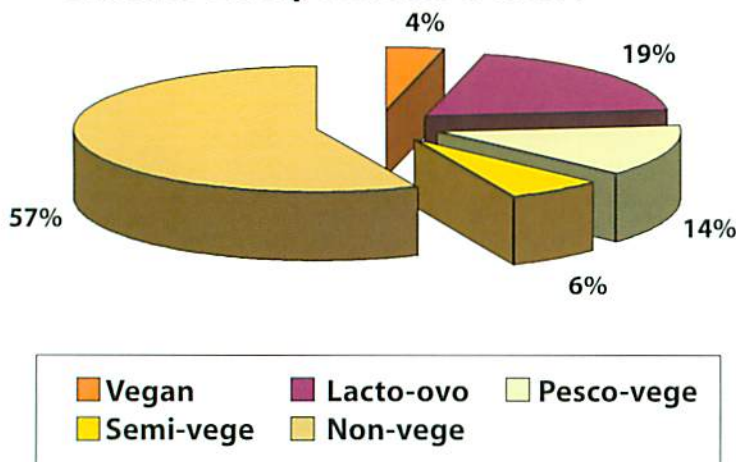


Exciting New Results from Black Adventists About a Plant Based Diet

	BEEF	POULTRY/FISH	DAIRY/EGGS
VEGAN	NONE	NONE	NONE
LACTO-OVO	NONE	NONE	
PESCO-VEGE	NONE		
SEMI-VEGE			
NON-VEGE			

For the purposes of our chart, this is how the members ate in general (also see pie chart below). If, for example, a vegan had an ice cream cone on vacation one summer, for purposes of our definitions, we still defined him/her as a vegan because the one scoop that summer was not a regular staple of his/her diet, and was a negligible part of the person's overall eating habits. In other words, we allowed a little bit of wiggle room and a dietary grace period.

Our AHS-2 respondents were...



Lower Weight

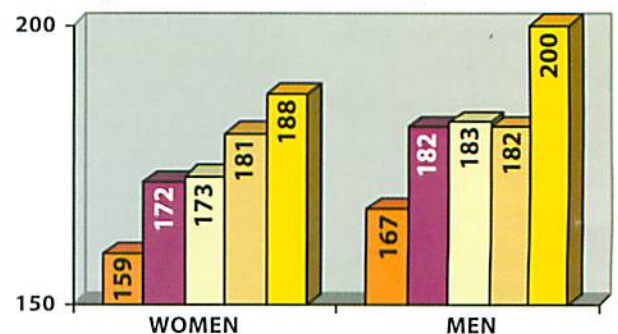
Want to be thin? Begin vegan. For example, consider Black women 5'6" tall, the average weight for the vegans in our study was 159 lbs. For the Lacto-ovo vegetarians, it was 13 pounds higher or a weight of 172, and for non-vegetarians, it was a whopping 29 lbs higher or a weight of 188 pounds. For men, the findings were similar. They, too, could lose weight just by consuming less flesh foods as the chart below shows. If the old saying "You are what you eat" is true, would you prefer a figure like a cow or a green bean? You choose with your fork.

Lower Cholesterol

Differences also showed up in cholesterol levels among participants. About 4.2% of vegans reported being diagnosed with high cholesterol, while 5.7% of lacto-ovos reported high cholesterol and 12.3% of non-vegetarians reported high cholesterol levels.

If you have high cholesterol, foods that may help to lower it are oatmeal, walnuts, almonds, kidney beans, Brussels sprouts, apples, pears, barley, prunes and flaxseed.

Weight differences between vegetarians and non-vegetarians



The chart above shows average weight differences for Black men, 5'10" tall, 55 years old and Black women, 5'6" tall, 55 years old. Vegan women reported weights 29 pounds less than non-vegetarian women of their same age and height. Vegan men reported weights 33 pound less than non-vegetarian men of the same age and height.

Vegan or Lacto-Ovo?

By Gary Fraser, MB, ChB, PhD

Lower Risk of Cancer

Researchers continue to look for foods that affect prostate cancer risk. Scientists have found some substances in tomatoes and soybeans that seem to be preventive, and they are trying to develop related compounds that might be used as dietary supplements.” (American Cancer Society website)

If enough Black men return AHS-2 questionnaires, the question of “Do tomatoes and soybeans really help?” can be answered. We may also find other foods that have an impact on the disease. Results for cancer in AHS-2 will take another 5 years of study.

Lower Risk of Diabetes

We asked, “Have you been treated for type 2 diabetes in the last 12 months?” (See chart below)

The response was that 3.8% of Black vegans reported having type 2 diabetes and 4.4 % of lacto-ovos, compared to 8.6% of non-vegetarian Black SDAs. Eating a low-fat vegan diet may also be better than traditional diets at managing type 2 diabetes, according to another new study. Researchers

found 43 percent of people with type 2 diabetes who followed a low-fat vegan diet for 22 weeks reduced their need to take medications to manage their disease compared with 26 percent of those who followed the diet recommended by the American Diabetes Association (ADA).

Barnard, N. Diabetes Care, August 2006; vol 29: pp 1777-1783. News release, Physicians Committee for Responsible Medicine

Lower Blood Pressure

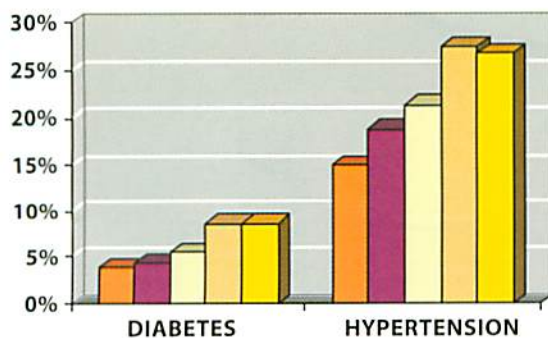
We asked, “Have you been treated for high blood pressure in the last 12 months?” As the chart below shows, 15% of Black vegans, 18.8% of lacto-ovos and 26.7% of non-vegetarians reported having high blood pressure.

Lower Risk of Arthritis

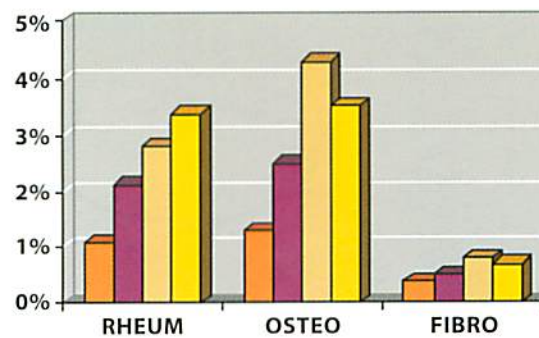
We asked, “Have you been treated for rheumatoid arthritis, osteoarthritis, or fibromyalgia in the last 12 months?” The vegan diet had the greatest impact on osteoarthritis and rheumatoid arthritis, and was also still the best diet for fibromyalgia.

That is a question that many Adventist vegetarians are interested in. Unfortunately as yet we do not have the answers, BUT AHS-2 is already easily the best study in the world to address this question. You can see from the charts that vegans do better as far as body weight, frequency of diabetes, hypertension and high cholesterol, but lacto-ovo vegetarians also do much better than non-vegetarians. What we do not know, which is even more important, is whether vegans do better than lacto-ovo vegetarians in risk of heart disease and cancer. Information from previous studies was very tentative (as these studies were much smaller) but they suggested vegans have about the same risk of heart disease, but just maybe experience more cancer. SO, we will have to wait for AHS-2 to give more definite results. In the meantime it is very clear that a lacto-ovo vegetarian diet is a healthful and very sensible choice to make!

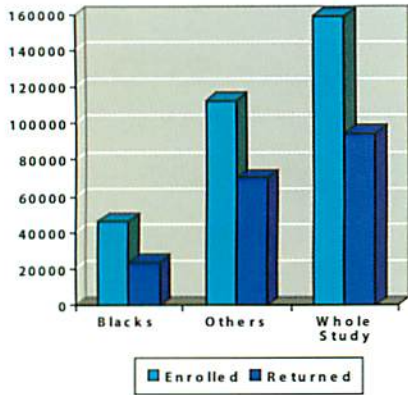
Risk of diabetes and high blood pressure



Risk of arthritis



■ Vegan ■ Lacto-ovo ■ Pesco-vege
■ Semi-vege ■ Non-vege



Black Members from Predominantly Black Churches

46,259 Enrolled
(members who requested questionnaires)
24,082 Returned questionnaires

Others

112,335 Enrolled
70,403 Returned

Whole AHS-2

158,861 Enrolled
94,544 Returned

Vegetarian Adventists are Older!

- Vegans are 1.76 years older than the lacto-ovo vegetarians
- Lacto-ovo vegetarians are 2.71 years older than the Non-vegetarians

Religion and Health

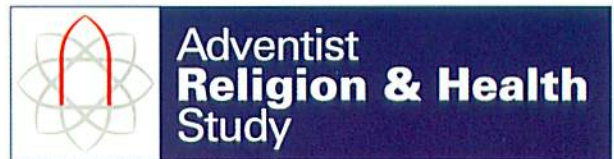
By Sandra Brooks

They say “an apple a day keeps the doctor away” but what about prayer and Bible study? Can church attendance and religious faith add years to your life and “health to your bones” (Prov. 3:8; Prov. 16:24)? A number of studies say “yes.” In fact, researchers have found that the health benefits of church attendance may be even greater for Blacks than for others! But why?

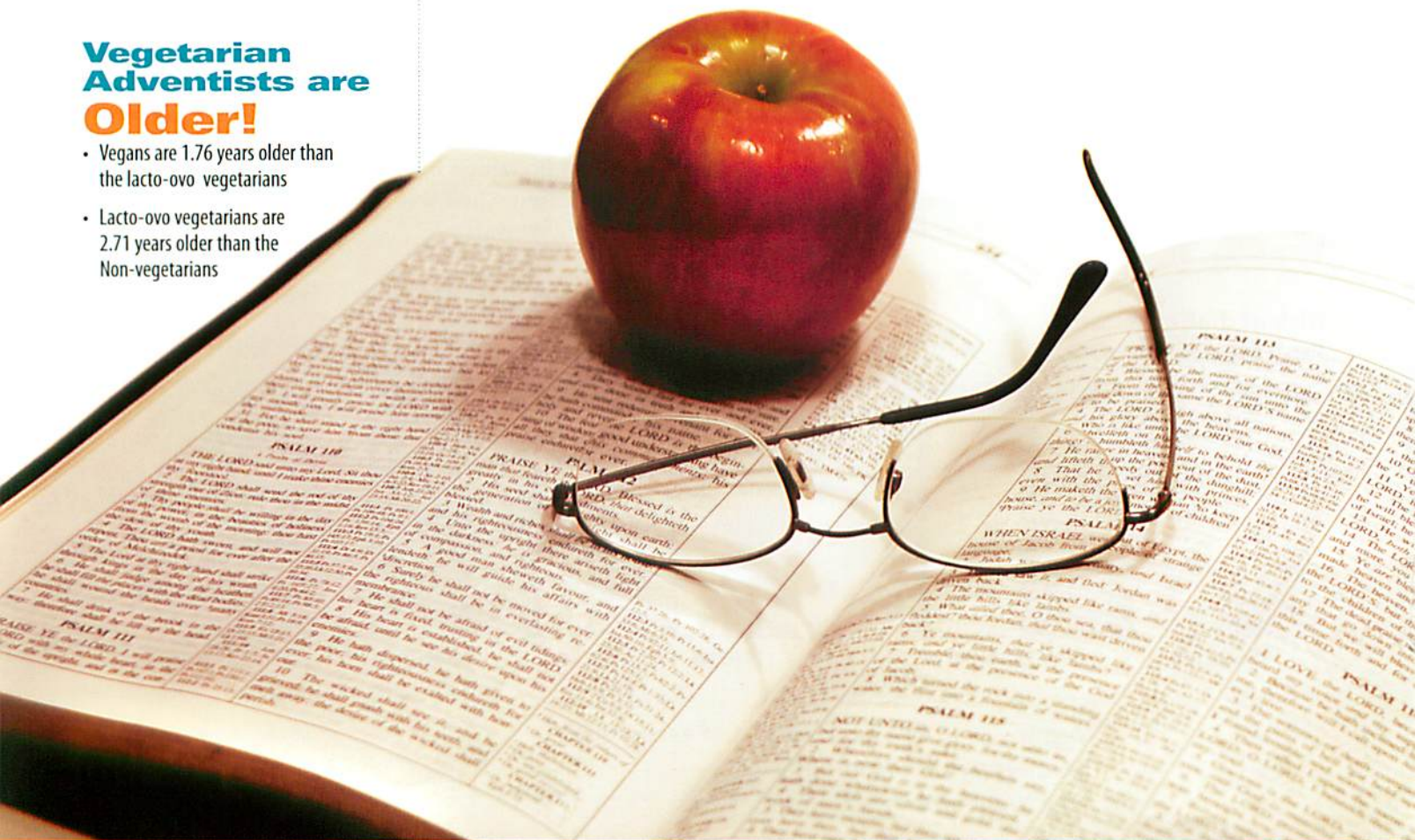
- Does religion help people face difficulties in life?
- Do religious beliefs impact people’s health? Their happiness?
- Is there something different about our church communities?

The new Adventist Religion and Health Study will help us answer some of these important questions by focusing on the unique experiences of both Black and other Seventh-day Adventists across North America.

This promises to be one of the largest and most important studies ever conducted on the faith-health connection! As an AHS-2 member you may be among the 10,000 people across the country who have been randomly chosen to participate in this exciting new study. If you receive the survey in the mail, please take the time to fill it out. You may be providing information that will be a blessing, not only to you, but also to your entire community!



Adventist Religion & Health Study



Friendship is Good Medicine

If you are one of the 12% of our respondents who get colds 3-4 times per year, the solution may not be in your diet, but in your address book. People with a diverse network of social relationships were less susceptible to colds than people with very few social relationships.

“... Our work has shown that those having more types of social relationships including family but also neighbors, friends, work mates, and members of religious and social groups were less likely to develop a cold when exposed to a rhinovirus,” according to Sheldon Cohen, Ph.D. at an NIH Office of Behavioral and Social Science Research (OBSSR) seminar.

Stress can also cause an increase in susceptibility to illness. So the next time you are bundling up, juicing up and covering up in order to prevent a cold, do not forget to also dial up a friend for a relaxing visit.

Fun Exercise is Possible

If you are a person who hates exercise, you can get around the hatred by wrapping the routine up in something you love.

Take a course in it. Your new skating program will be a lot more fun if you learn who the most famous skaters are, the helpful hints, the latest skating fashions and meet other people who love to skate.

Start with what you love. If you love the ocean, snorkel. If you love the circus, get a trampoline. If you love action movies, kick box.

Take it outside. No one wants to do the same aerobic routine staring at the same four walls day after day. Take your routine to a park, a beach, a mountain path or some other four walls at least.

Disguise it. Remember when you had to take some foul tasting medicine as a child? Your mother probably hid it in applesauce or some other tasty treat so that you could get it down. If you ride a bicycle for exercise, don't think, “It's 4pm, I have to ride that awful bike again.” Instead, ride the bicycle to a sale at your favorite store. That way you can think about getting to the store and not about riding the bike. Also you can't buy as much if you are on a bike because you won't be able to carry it. Other ways to disguise exercise are to add your favorite music, watch a video, or have a conversation while you exercise.

Thank You | *continued from page 1*

helping to reclaim our health message.

There are several champions who by their extraordinary devotion and dedication have tremendously assisted the AHS-2. You should know their stories as we induct them into the Adventist Health Study-2 Legion of Honor.

We induct the conference presidents who allowed us time on their tightly scheduled workers meetings to talk to pastors about the study. Many went out of their way to encourage pastors to promote the study at their local churches. I have been blessed because—many I now call my friends.

We induct the pastors who took the AHS-2 to their churches and encouraged the members to complete the questionnaire; they convinced many members that the long hours of filling out the survey was a worthwhile endeavor.

We induct the church consultants who went through long training sessions, called members, made announcements, distributed materials and answered questions on our behalf.

And finally, the most important inductees are the more than 25,000 Black church members who completed the long survey. We know it was a tremendous sacrifice of your time, and some might believe in some ways an invasion of your privacy; nonetheless we appreciate your efforts beyond measure. So with sincerity I say “thank you” again and I hope to see you in the

years to come as I travel throughout the country sharing the results of the study.

Another outstanding inductee to the AHS-2 Legion of Honor is Donna Richards. She traveled extensively all over the United States and parts of Canada training pastors and church consultants to conduct the AHS-2 at their local churches. She went wherever she was sent at a moment's notice, never complaining of the rough scheduling or remote regions. Many of you who have not had the opportunity to meet her in person,

have still been blessed by her teaching through the AHS-2 training video. She has also volunteered to lead a group of volunteers in making reminder phone calls to members. She has manned the AHS-2 booth at Oakwood College Alumni weekend for five years. We want Donna to know how valuable she is and that we could never have done it without her. We are looking forward to her working with us over the next several years, in reporting our findings.



Donna Richards

Patti Herring

Churches that Crossed the

Allegheny East

Berean Fellowship—Philadelphia
Bethel—Jersey City
Bethel French—Lawrenceville
Capernaum—Suffolk
Cedars of Lebanon
Cherry Hill
Faith—Cambridge
First—Coatesville
First—Franklin
First—Newtonville
Genesis—North Plainfield
Germantown
Glenridge
Macedonia—Chester
Mitchelleville
Mt. Calvary—Williamsburg
New Hope—Tappanock
New Jersey Ghana
New Life—Salisbury
Pine Forge
Seashore
Willow Grove

Allegheny West

Berean—Uniontown
Bethel—Akron

Calvary—Gordonsville
Emmanuel—So. Boston
Ephesus—Martinsville
Fellowship—Beckley
Hilltop
Melrose
Mt. Zion—Erie
Parkwood
Smyrna—Lynchburg

Central California

Seaside Community
Westside—Modesto

Central States

Allon Chapel
Berean—St. Louis
Claremont
Covenant
Ebenezer Fellowship—Minneapolis
Highland Crest
Linwood Boulevard
New Life Christian Ministries
Palace of Peace
Philadelphia—Des Moines
Shiloh—Leavenworth
South 18th

Greater New York

Crossroads

Illinois

Broadview

Lake Region

All Nations Holy Temple
Altgeld Gardens
Bethany Chapel
Calvin Center
Community Fellowship—
Lathrop Village
Conant Gardens
Cornerstone—Jefferson
Emmanuel—Indianapolis
Ephesus—Marion
Faith Fellowship—Dowagiac
Haughville
Hyde Park
London
Metropolitan—Evansville
Mt. Sinai—Peoria
New Jerusalem—East St. Louis
New Life—Chicago
Nouvelle Jerusalem
Southfield

Southside—Pontiac
Summit
Wood Street
Ypsilanti

Northeastern

Beulah—Mt. Vernon
Bridgeport Tabernacle
Ebenezer Freeport
Emmanuel—Providence
Mt. of Olives—Brooklyn
Pilgrim Tabernacle
Queensboro Temple
Sharon—Bronx
Smyrna—Bronx
Trinity Temple—Poughkeepsie

Northern California

Market & E St.—Stockton

South Atlantic

Anderson First
Antioch—Greenville
Beaufort Temple
Berean—Atlanta
Berean—Lillington
Bethany—Rome

Bethel—Bucksport
Burgaw
Canaan Heights
Ebenezer—Greenville
Ebenezer—Milledgeville
Emmanuel—Greenville
Ephesus—Darlington
First—Dublin
First—Ridgeland
Fort Valley First
Gethsamane—Kinston
Hickory New Life
Hope Tabernacle
Lighthouse—Denmark
Maranatha—Manning
McClellanville
Mountainside
Mt. Olive—Athens
Mt. Olive—Marion
Mt. Sinai—Thomaston
Murfreesboro
Myrtle Grove
New Life—Lake City, SC
New Life—Travelers Rest
Pageland
Philadelphia—Council, NC
Praise Tabernacle—Whiteville



What's Next for the Adventist Health Study-2?

When you finish, we get started. The Adventist Health Study-2 has several sub studies. Some participants are asked to take part in the Religiosity and Health sub study, where they are asked to fill out a questionnaire about how

religion affects health. Other participants are asked about their vitamin D intake as it pertains to sunshine exposure. Most everyone receives a Biannual Hospitalization History, which asks about changes in health, such as a serious illness that required

Finish Line: 100% of Goal or Above

Shiloh-Spartanburg
Smyrna-Rocky Mountain
Tri City
Trinity-La Grange
Victory-Rieglewood
Voice of Hope-Toccoa
Washington-GA
West Broad Street
Zion Temple-Greenwood

South Central

Bethany-Atmore
Better Living-Phenix
Emmanuel-Leeds
Ephesus-Hattiesburg
Ephesus-Meridian
First-Dechard
First-Fayetteville
First-Prattville
First-Sylwarena
Macedonia-Laurel
Mt. Zion-Tallegada
New Heights-Jackson
New Jerusalem-Radcliff
Norwood
Pine Hill-Sylacauga
Pleasant Acres

Real Truth-Chattanooga
South Jackson
South Park
Trinity-Knoxville
Word of Life

Southeastern California

Imani Praise Fellowship
Perris Fifth Street

Southeastern (Florida/Georgia)

Berean-Brunswick
Bethany-Palatka
Deland Emmanuel
Ebenezer-Bartow
Ephesus-Bainbridge
Grace Fellowship
Maranatha-Waycross
Mission Station
Mt.Olive-Apopka
Mt. Pleasant
Refuge Temple
Zion Hill

Southern California

Mananatha-Los Angeles
Philadelphian-Long Beach
Spirit of Life

Southern New England

Mt. Horeb

Southwest Region

Baytown United
Berean-Baton Rouge
Berean-Muskogee
Bethel-Corsicana
Bethel-Tulsa
Camden
Dallas Fellowship
Emmanuel-Cleburne
Faith Temple-Dallas
First-Lake Providence
First-Natchitoches
First-Tallulah
Friendship-McAlester
Glad Tidings
Kenner
Lone Star
Love's Chapel
Maranatha-Alexandria

Maranatha-Okmulgee
Maranatha-Winsboro
Metropolitan-Houston
Mosier Valley
New Hope-Kileen
New Life-New Orleans
New Start
Philadelphia-Enid
Philadelphia-Sapulpa
Philathea
Present Truth-Monroe
Rayvill
Sharon-Hot Springs
Shiloh-Little Rock
Smyrna-Navasota
Wyatt Street

Upper Columbia

East Central Spokane

Washington

Maranatha-Seattle

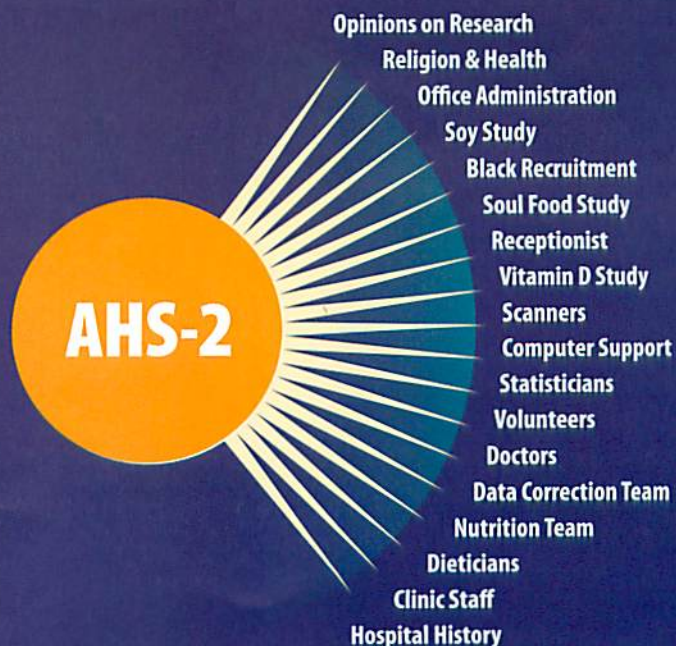


"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset [us], and let us run with patience the race that is set before us..."
Heb. 12:1.

hospitalization in the last two years. This is a very short form. It takes only about five minutes to complete.

Still another study asks about soy intake. A few members received those questionnaires in the fall of 2006. A part of our research even includes members' opinions about being involved in research. A small percent of our participants have been asked to be a part

of a clinic recently. Dr. Jacky Chan and Sonya Robinson took a mobile clinic throughout the country collecting specimens (i.e., urine, blood, etc.). In 2007 you can look forward to more clinics, and as preliminary results are available, you will begin to see where the evidence is leading. Be sure to update us if you move or change your phone number, so that you can be informed of the latest news.



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Probation Has Not Yet Closed

If your wayward survey has not yet made it into the office fold of the 100,000, it's not too late. We would still like yours to be in that number when the stats go marching in. So if it's at the back of your junk drawer, we encourage you to unclutter it. If it's at the back of a closet shelf, just wipe off the dust bunnies, complete it and mail it in. If it's under the car seat, as soon as your cell conversation has ended, pull to the side of the road, toss the old french

fry you were using as a book marker and return it. Don't worry about it if the pages have turned yellow because you received it in 2002. We believe in "Just as I am" and "Come just as you are" when it comes to surveys. Some joker sent their questionnaire in with granola spilled in the breakfast section. One of our data entry guys ate it, raisins and all and just kept on scanning. He says, "Thanks for breakfast." It takes all kinds to make a good study.

Address Correction Please correct any mistakes or changes in your name and address. Cut along the dotted line, place in an envelope and mail back to AHS-2.

FIRST NAME MIDDLE INITIAL LAST NAME

STREET APT#

CITY STATE/PROVINCE ZIP/POSTAL CODE

E-MAIL ADDRESS TELEPHONE

Adventist
Health Study 2



A
Legacy
for
Life

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www.adventisthealthstudy.org