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Relationship Between Years of Adventist Education and Adherence to the Health Message Among the Seventh-day Adventists

Safary Wa-Mbaleka¹

Shannon Trecartin² & Duane McBride³

¹Research and Evaluation Manager, Archives,
Statistics and Research, General Conference,
Maryland, USA

²School of Social Work, Institute for Prevention of Addictions

³Institute for the Prevention of Addictions, School of Social &
Behavioral Sciences

Andrews University, Michigan, USA



Background

It contributes to **sustainable development** (Elfert, 2019).



Education is a **human right** (UNESCO, 2016)



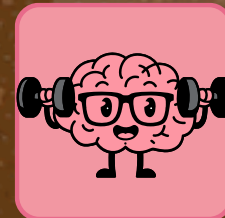
It promotes human **dignity** (Kleindienst, 2022)



It leads to more **employment opportunities and income stability** (Kim et al., 2023).



It leads to **improved health and quality of life** (Gil-Lacruz et al., 2020).



It supports **economic growth** (Wobbekind, 2012).





Wholistic Adventist education: mental, physical, social, and spiritual development (Kido, 2017; McGarrell, 2022; White, 1977).

Key factors: home environment & attendance at religious services (Bendanta & de Diego-Cordero, 2020; Dashefsky & Lebson, 2002; Figlio & Ludwig, 2012).

Research on Jewish schools, as well as Muslim and Catholic schools, **does not show a strong impact on doctrinal practice or substance use.**



There is a **link between education and health** (Zimmerman & Woolf, 2014).

Adventist health message: one of the pillars of the Adventist church (White, 1905, 2018):
NEWSTART/ CREATION health

**Existing
LITERATURE**



1 Corinthians 6:19-20

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.



Overall, members of the Adventist Church view the Health Message as core to being an Adventist and have had a high level of adherence to it in terms of substance use abstinence and eating plant-based diets

(McBride et al., 2021; 2024).

Gap: unknown relationship between years spent in Adventist schools & adherence to the Adventist health message



“Seventh-Day Adventist adolescents reported twice as many depressive symptoms than students from different religious affiliations (Roman Catholic and other religions)”

(Morris et al., 2010, p. 56).

***Existing
LITERATURE***



Research Questions



01

What are the practices of Seventh-day Adventists' health choices?

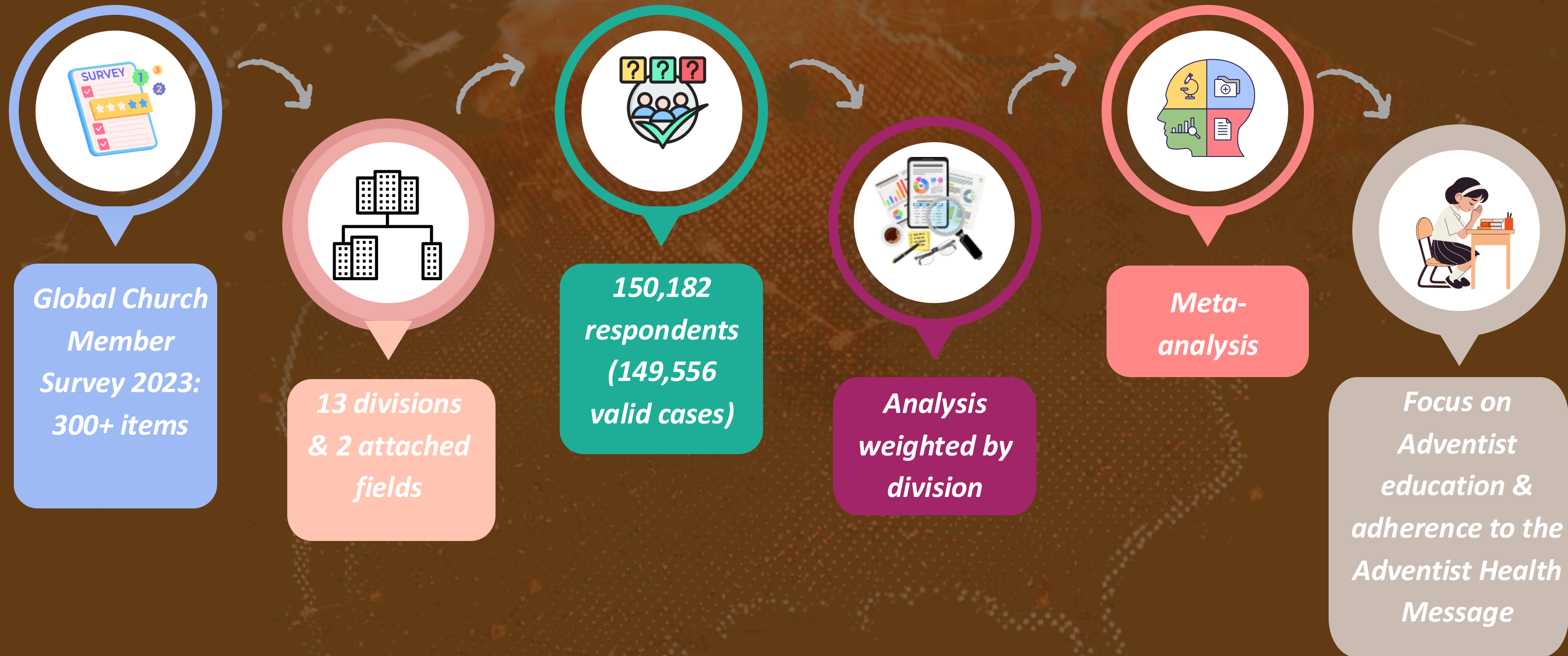
02

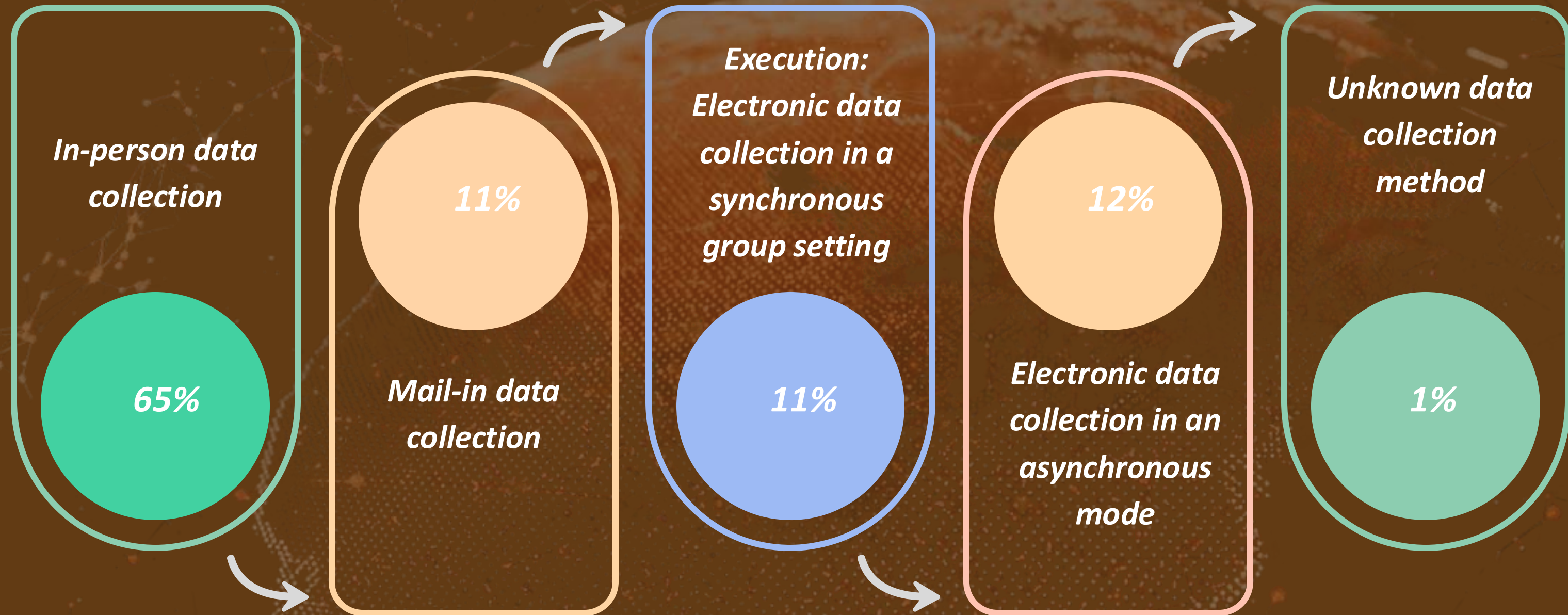
Is there any relationship between Adventists' education level and their health choices?

03

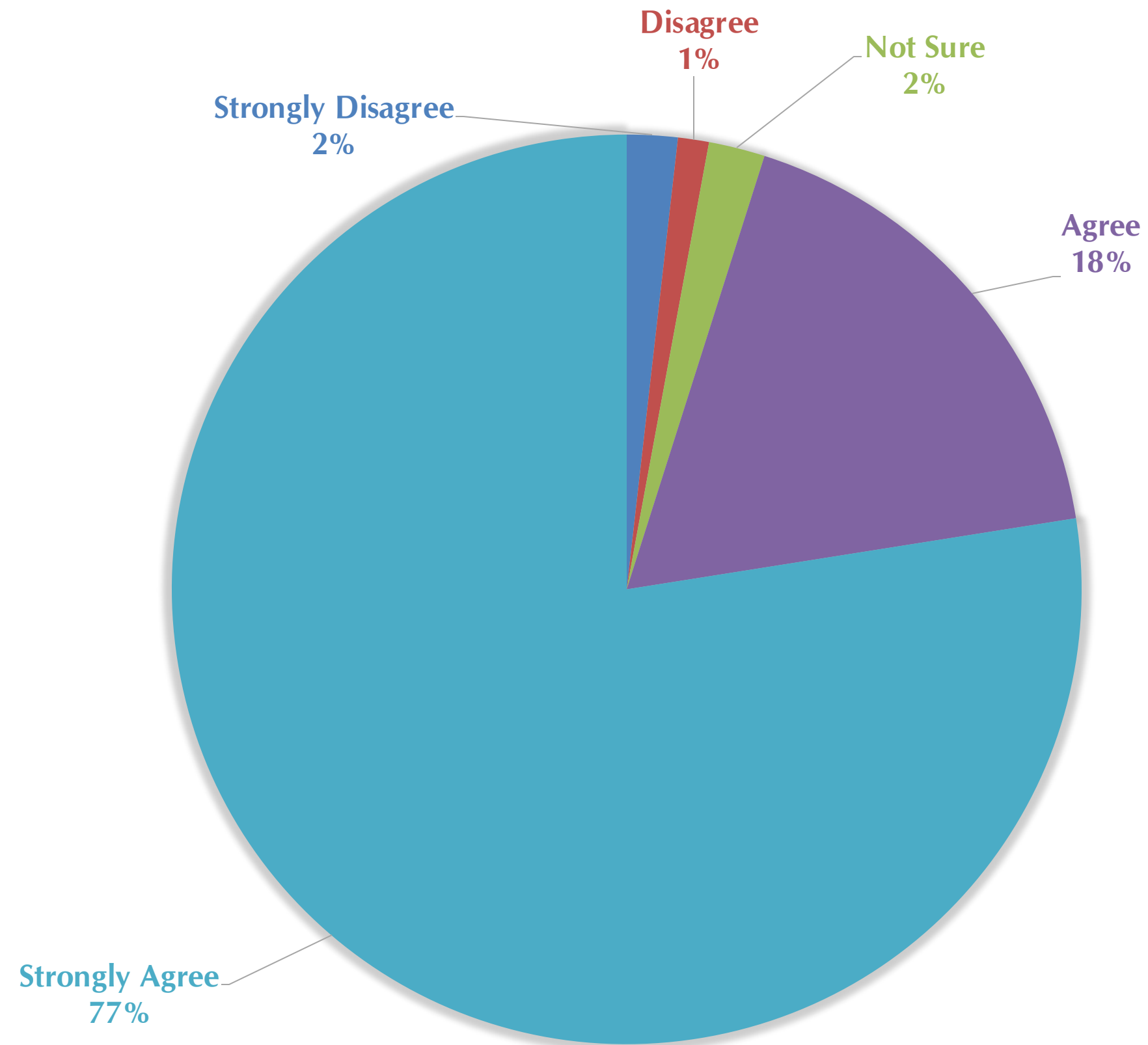
Is there any relationship between years spent studying in Adventist schools and the health choices of the Seventh-day Adventists?

Methodology

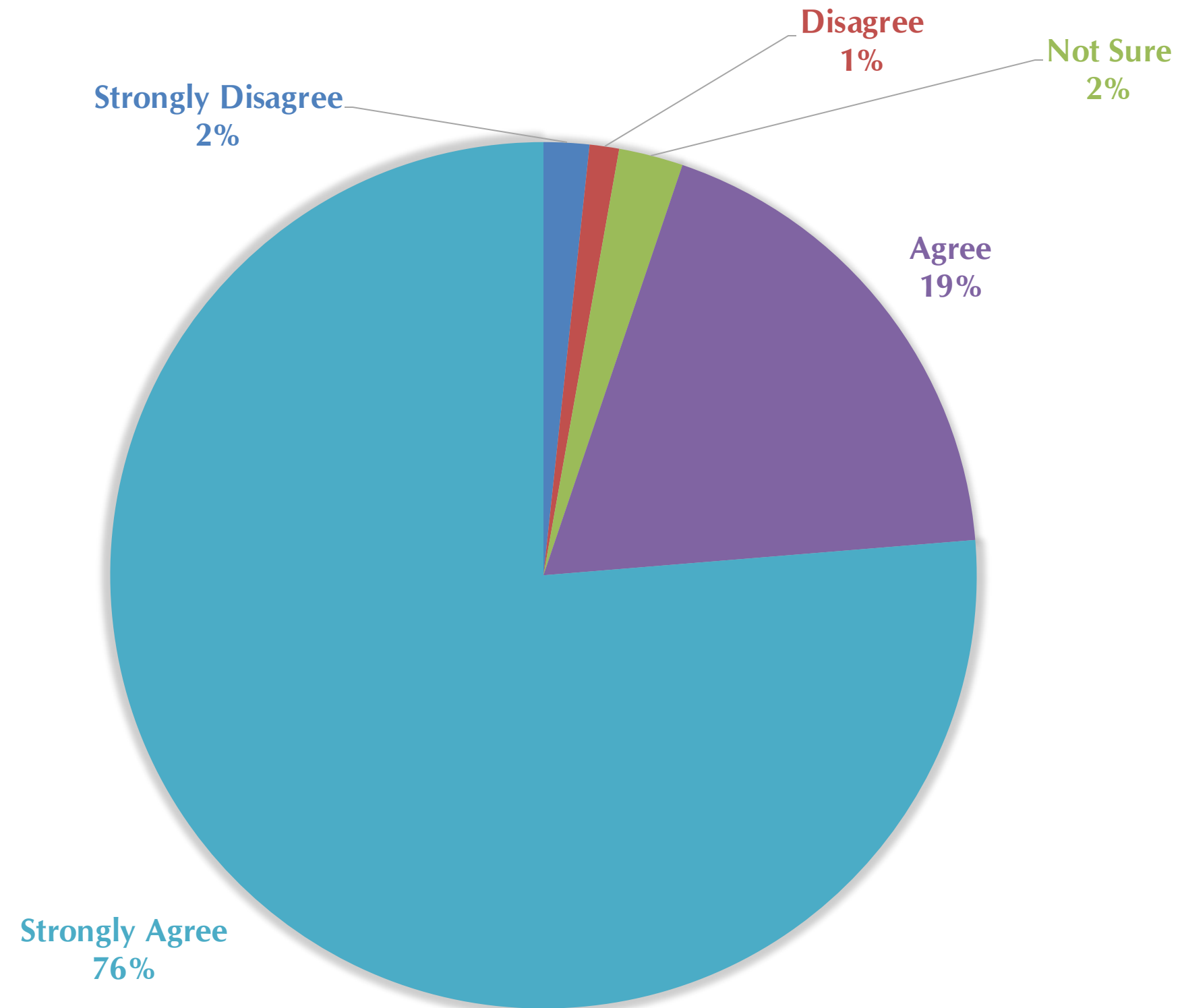




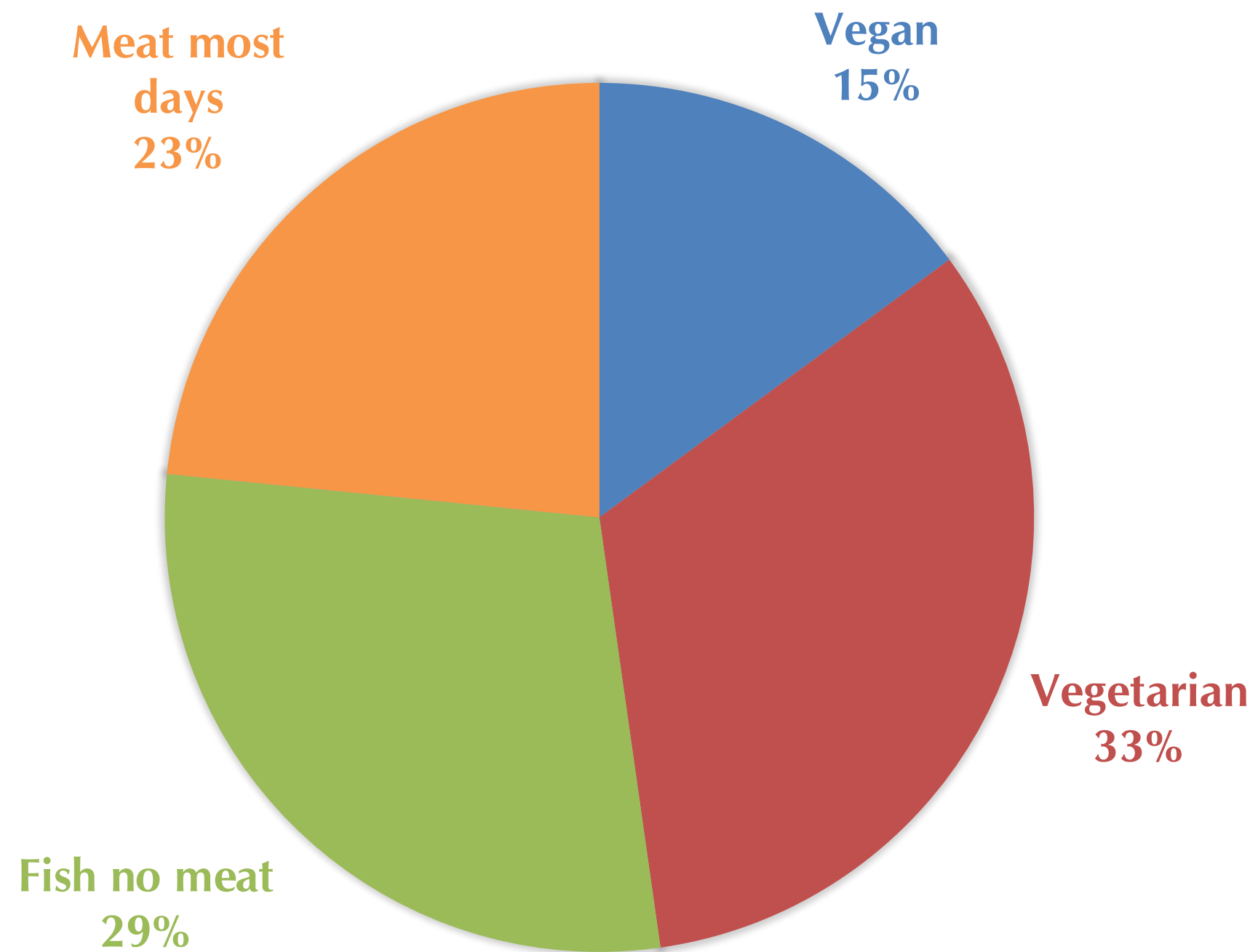
Findings



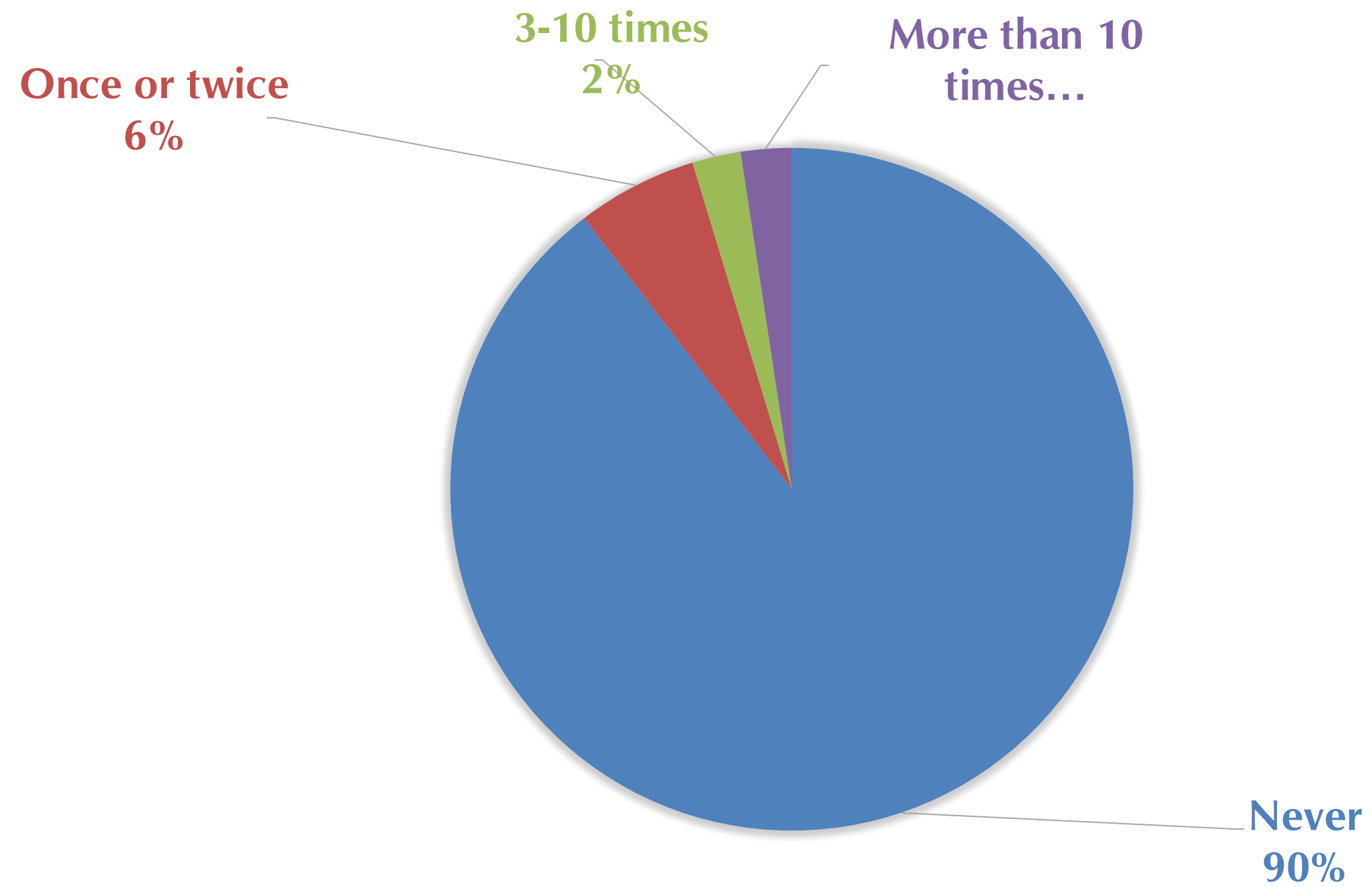
Findings



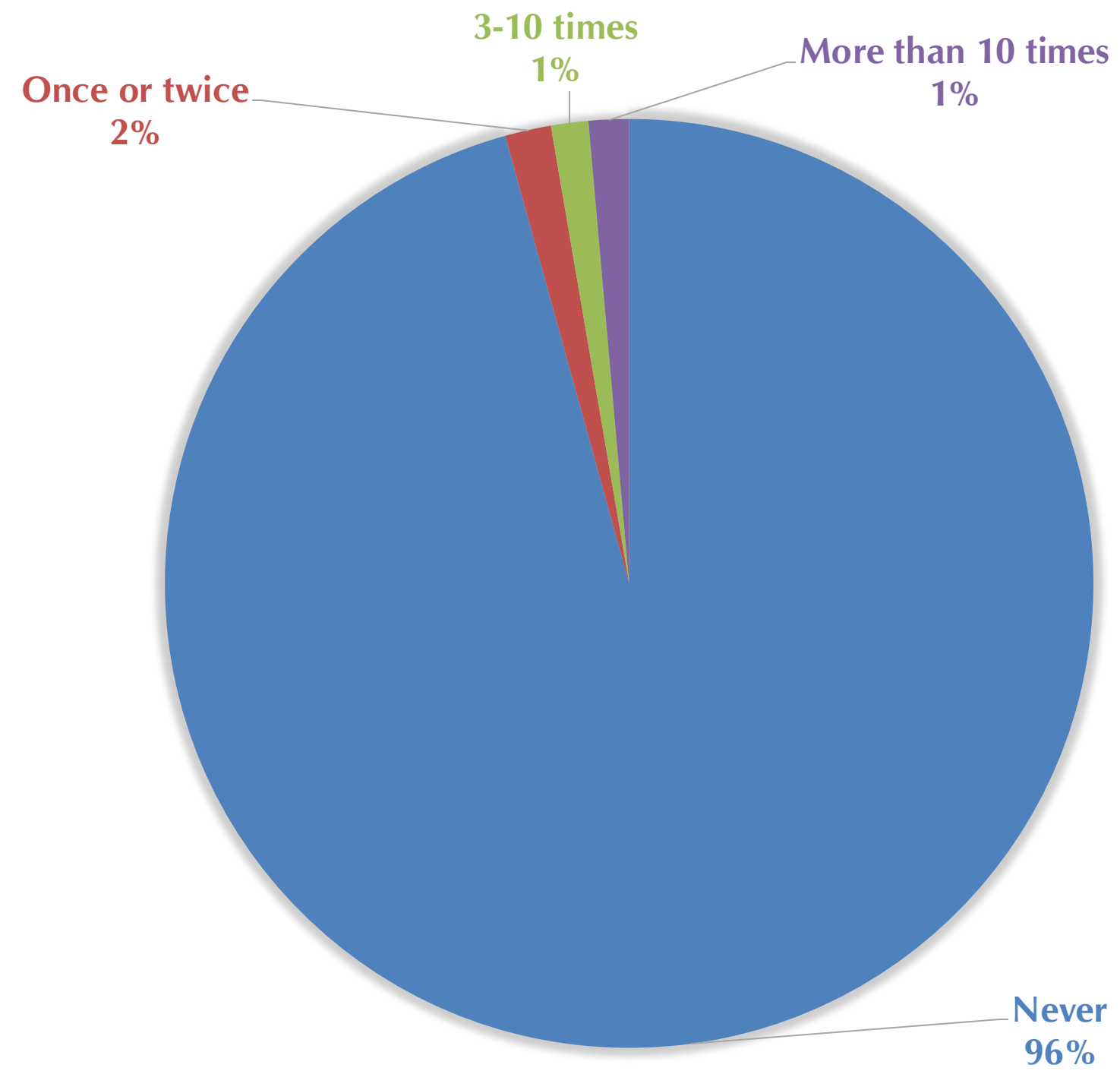
Findings



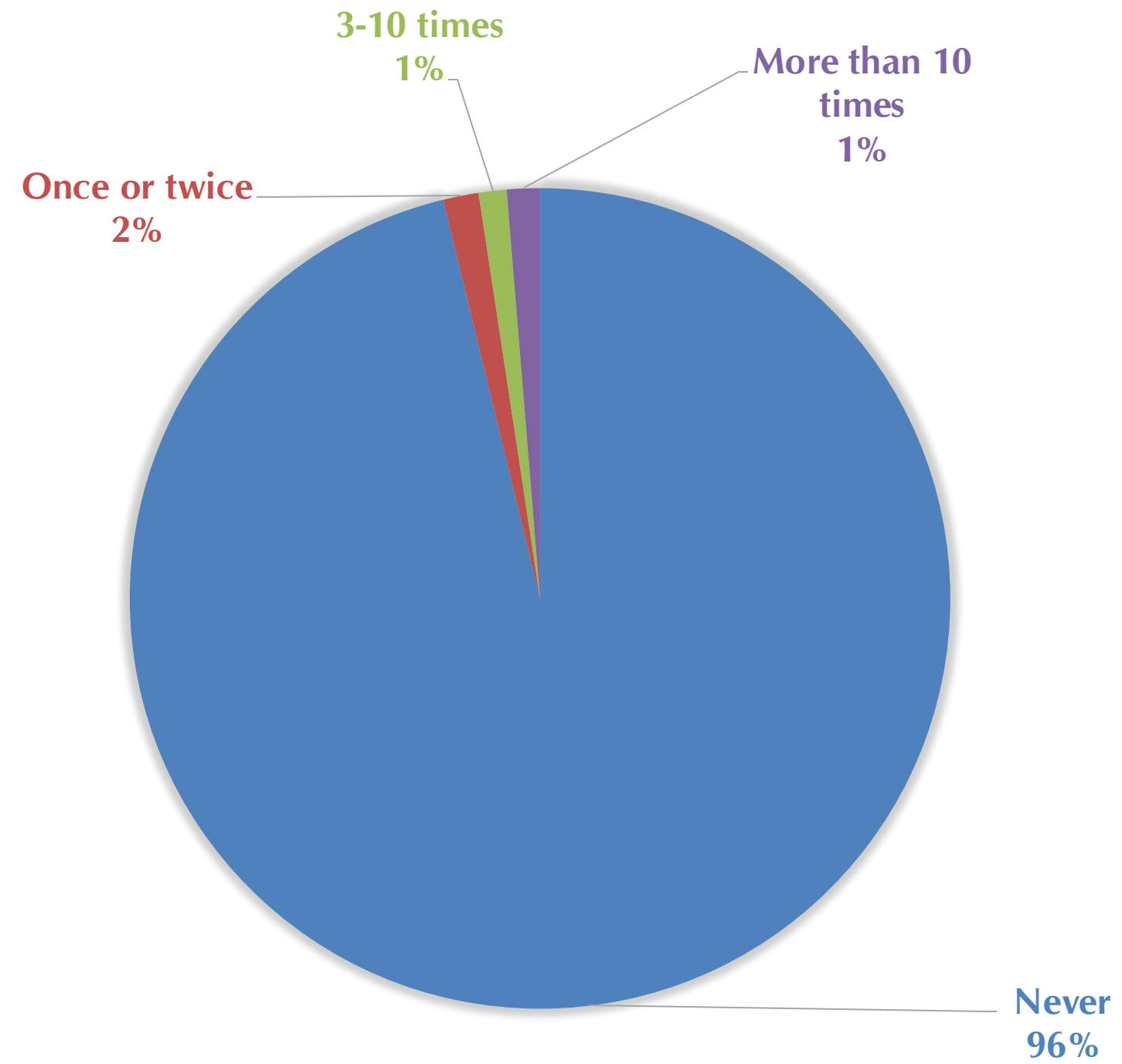
Substance Use



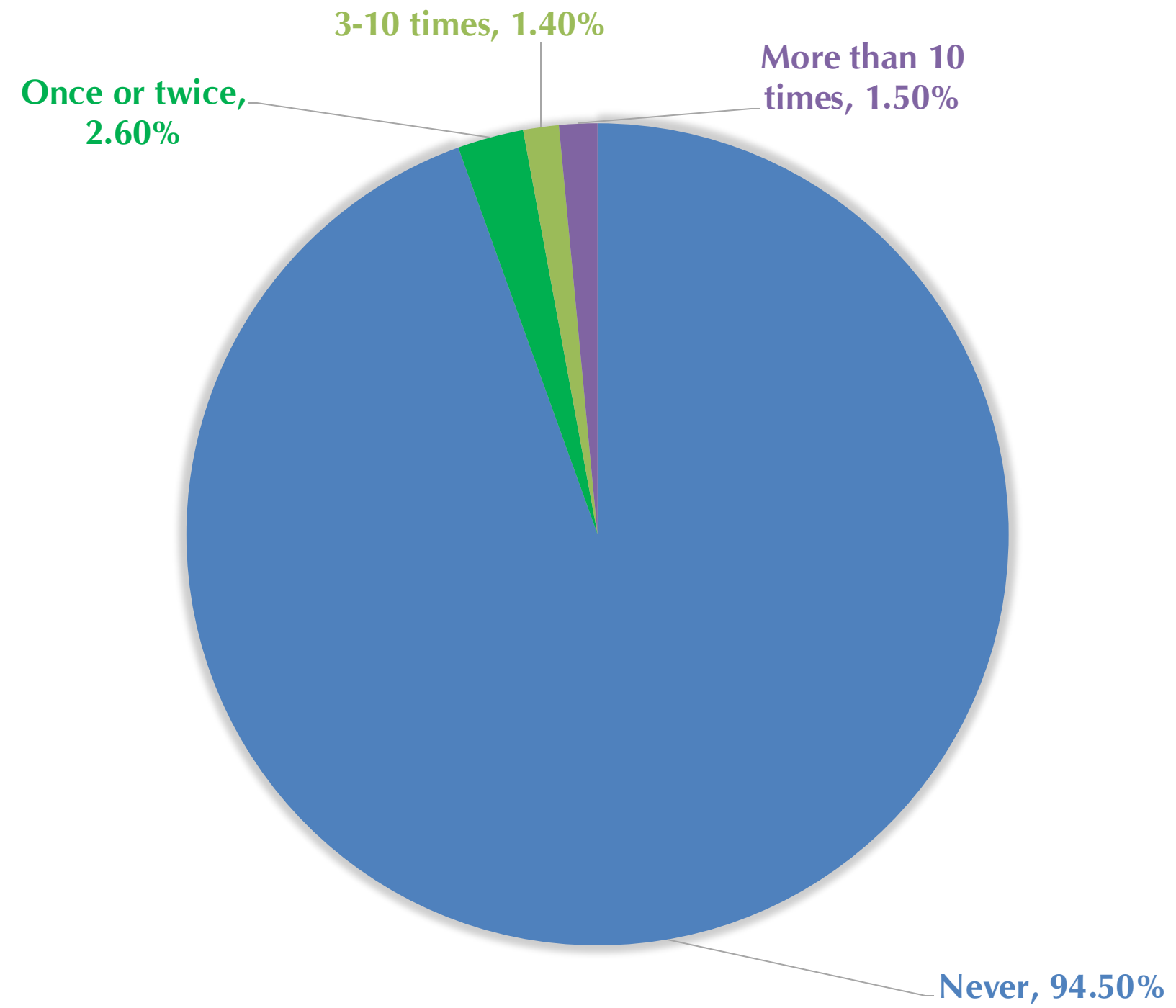
Substance Use

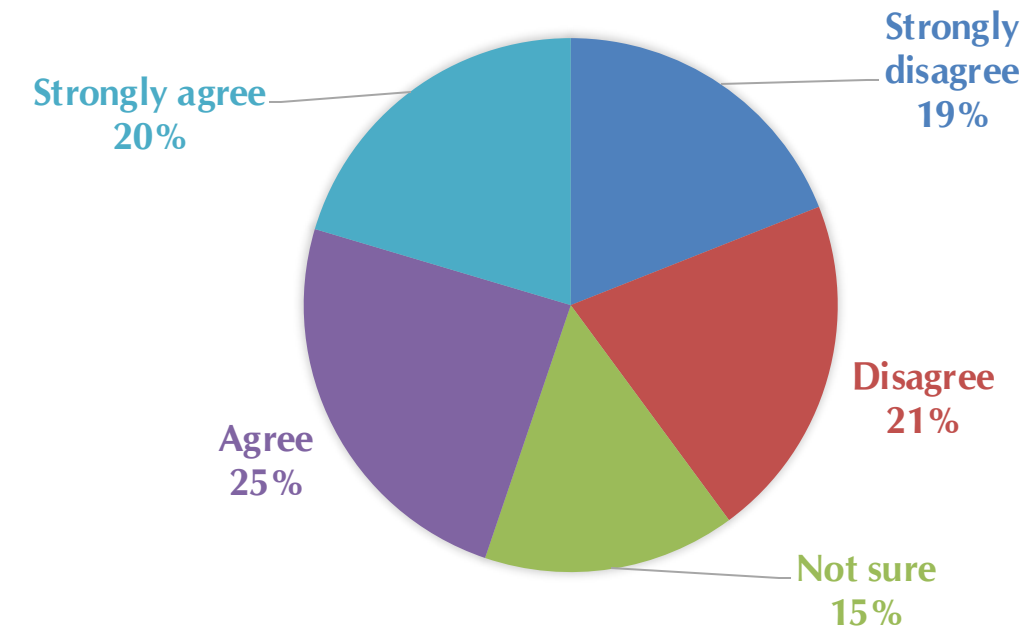
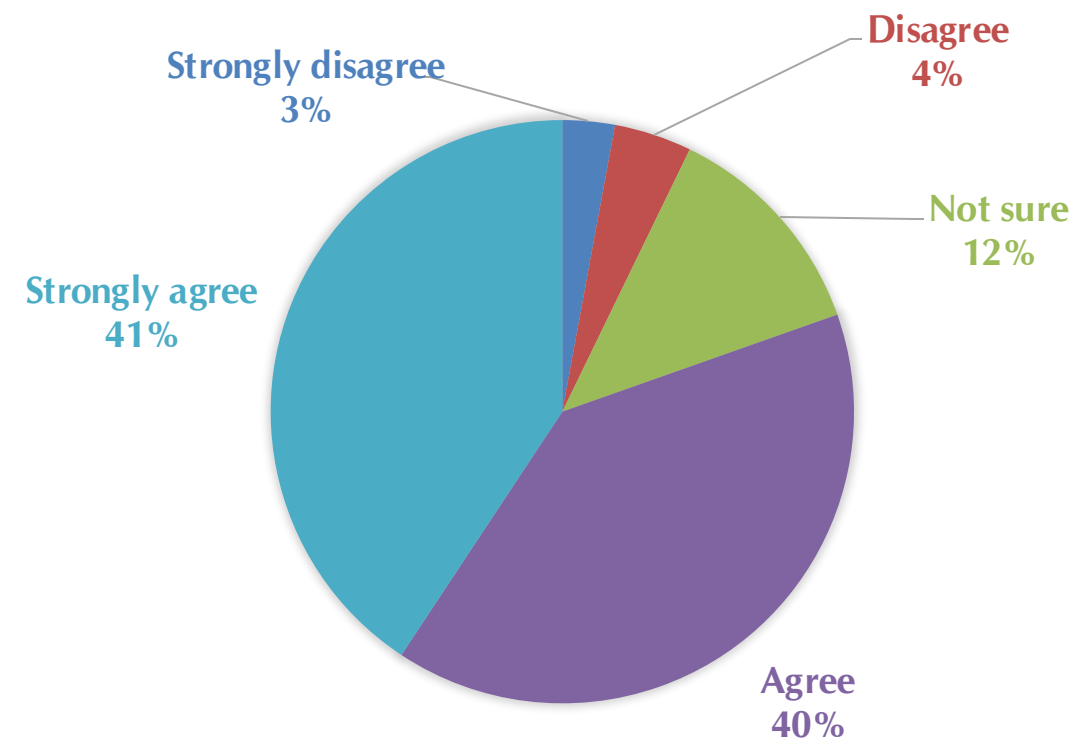
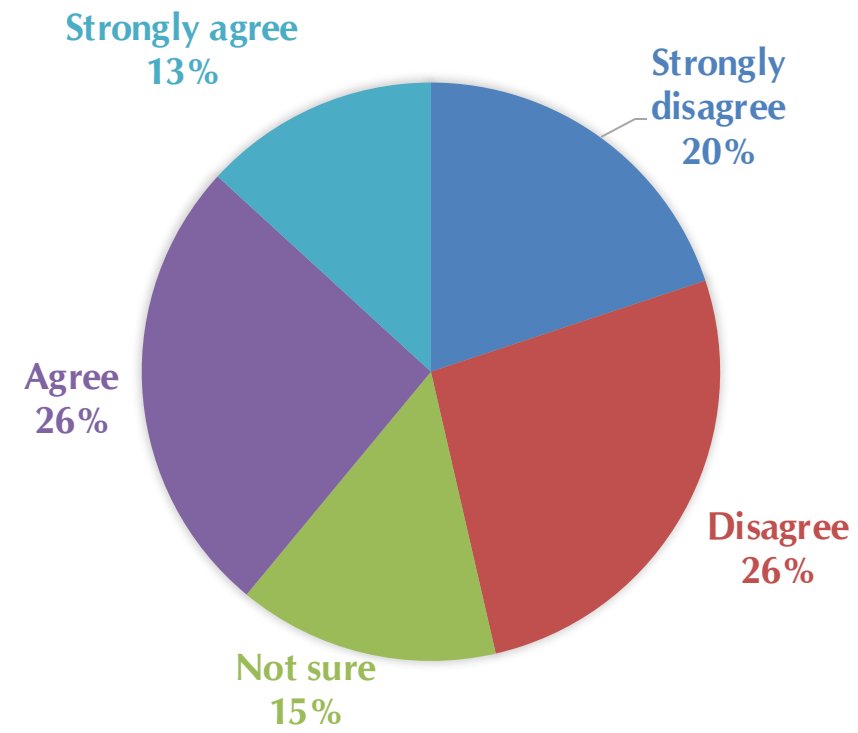
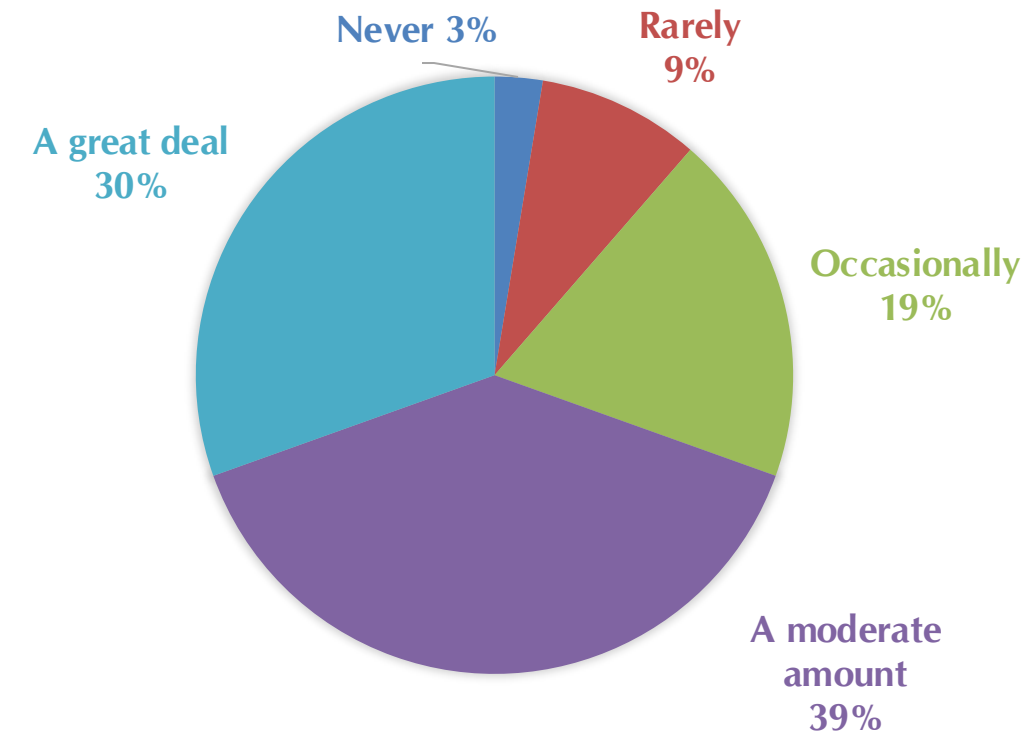
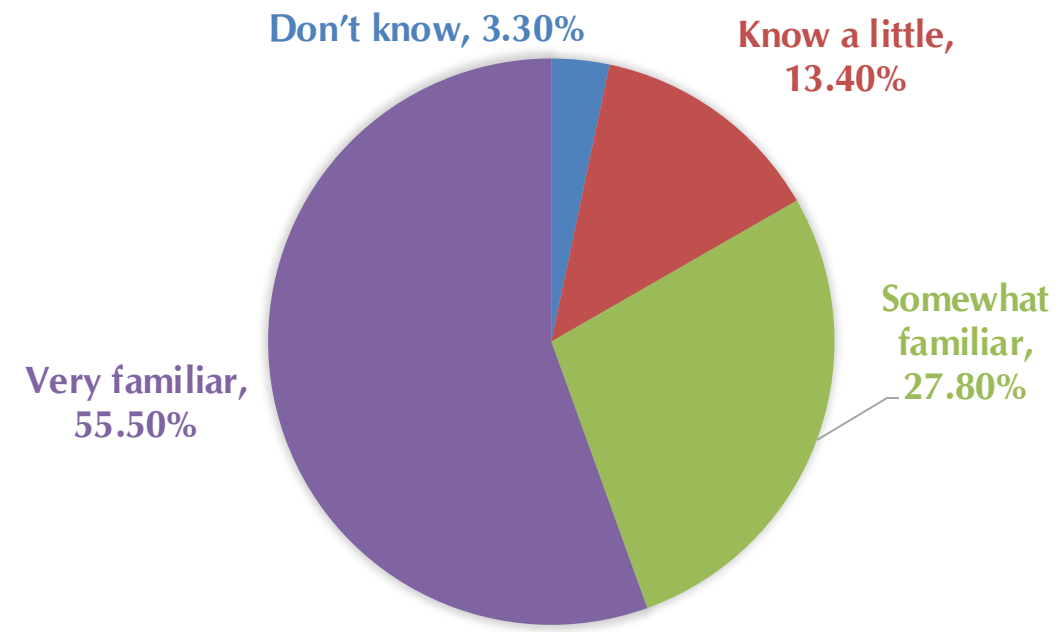


Substance Use



Substance Use







	Including No SDA Education	Years of SDA Education	Earliest Exposure				Latest Exposure			
			None	Primary	Secondary	Tertiary	None	Primary	Secondary	Tertiary
God wants me to take care of my body										
Strongly Disagree	2.81 (4.78)	7.17 (5.20)	1.80%	2.10%	1.30%	1.50%	1.80%	2.30%	1.40%	1.90%
Disagree	2.72 (4.85)	6.89 (5.55)	0.80%	2.10%	0.80%	0.40%	0.80%	1.00%	0.90%	2.10%
Not Sure	3.05 (5.21)	7.59 (5.75)	1.90%	2.90%	1.90%	1.10%	1.90%	2.10%	1.90%	2.70%
Agree	2.66 (4.66)	7.36 (5.06)	18.10%	17.80%	17.00%	11.10%	18.10%	18.50%	18.10%	14.80%
Strongly Agree	2.80 (4.63)	7.19 (4.84)	77.50%	75.10%	79.00%	85.90%	77.50%	76.10%	77.70%	78.50%
The Body is the Temple of the										
Strongly Disagree	2.85 (4.82)	7.43 (5.17)	1.60%	1.90%	1.30%	1.30%	1.60%	2.10%	1.30%	1.80%
Disagree	1.92 (3.97)	6.01 (4.96)	0.90%	1.90%	0.80%	0.40%	0.90%	1.00%	0.90%	1.80%
Not Sure	2.68 (4.59)	6.88 (5.02)	2.30%	3.10%	2.30%	1.60%	2.30%	2.60%	2.20%	2.90%
Agree	2.74 (4.76)	7.45 (5.15)	18.90%	19.00%	17.20%	11.80%	18.90%	19.70%	18.40%	16.00%
Strongly Agree	2.81 (4.63)	7.19 (4.84)	76.30%	74.10%	78.30%	85.00%	76.30%	74.60%	77.20%	77.50%
Diet										
Vegan	3.19 (5.02)	7.61 (5.15)	6.00%	7.00%	5.80%	5.60%	6.00%	5.90%	6.80%	6.50%
Vegetarian	3.63 (5.35)	7.90 (5.34)	12.90%	15.20%	16.70%	16.00%	12.90%	12.90%	14.70%	17.00%
Fish, no other meat	2.95 (4.80)	7.38 (5.00)	12.00%	11.10%	12.90%	13.30%	12.00%	10.50%	11.10%	12.70%
Meat once a week or less	2.78 (4.55)	7.03 (4.74)	34.80%	35.90%	36.40%	40.80%	34.80%	34.00%	36.00%	38.20%
Meat a few times a week	2.34 (4.33)	6.98 (4.85)	23.70%	21.10%	19.90%	17.80%	23.70%	25.00%	21.50%	18.00%
Meat most days	2.27 (4.21)	6.97 (4.67)	10.70%	9.70%	8.40%	6.50%	10.70%	11.60%	9.80%	7.50%



Alcohol Use in the last 12										
Never	2.76 (4.62)	7.22 (4.88)	90.10%	86.40%	89.70%	93.30%	90.10%	89.30%	87.70%	88.30%
Once or twice	2.65 (4.37)	7.03 (4.95)	5.60%	6.70%	5.60%	3.50%	5.60%	5.50%	6.70%	5.60%
3-10 times	3.36 (5.18)	7.48 (5.37)	2.00%	3.30%	2.40%	1.60%	2.00%	2.20%	3.00%	2.90%
More than 10 times	3.52 (5.32)	7.45 (5.52)	2.10%	3.60%	2.30%	1.50%	2.10%	3.00%	2.60%	3.20%

	Including No SDA Edu	Years of SDA Edu	Earliest Exposure				Latest Exposure			
			None	Primary	Secondary	Tertiary	None	Primary	Secondary	Tertiary
Tobacco Use in the last 12										
Never	2.77 (4.65)	7.24 (4.90)	96.40%	93.50%	95.50%	97.20%	96.40%	95.80%	95.10%	93.80%
Once or twice	2.86 (4.71)	6.89 (5.07)	1.40%	2.60%	1.80%	0.90%	1.40%	1.50%	2.00%	2.40%
3-10 times	3.60 (5.59)	7.65 (5.95)	1.00%	2.10%	1.20%	0.80%	1.00%	1.20%	1.50%	2.00%
More than 10 times	2.69 (4.30)	6.42 (4.48)	1.30%	1.80%	1.60%	1.10%	1.30%	1.50%	1.30%	1.80%
Marijuana Use in the last 12										
Never	2.76 (4.64)	7.24 (4.90)	97.10%	93.80%	96.10%	97.60%	97.10%	96.40%	96.00%	93.80%
Once or twice	3.33 (5.32)	7.50 (5.70)	1.10%	2.20%	1.70%	0.90%	1.10%	1.00%	1.50%	2.30%
3-10 times	3.40 (4.78)	6.90 (4.71)	0.80%	1.90%	1.00%	0.50%	0.80%	1.00%	1.20%	1.80%
More than 10 times	3.30 (5.11)	7.00 (5.43)	1.00%	2.10%	1.20%	1.00%	1.00%	1.50%	1.30%	2.10%
Opiate Use in the last 12 months										
Never	2.76 (4.66)	7.26 (4.91)	95.10%	92.40%	94.90%	96.50%	95.10%	94.00%	93.10%	92.80%
Once or twice	2.59 (4.31)	6.51 (4.61)	2.50%	3.30%	2.20%	2.00%	2.50%	3.20%	2.20%	3.10%
3-10 times	3.16 (5.12)	7.13 (5.55)	1.10%	2.10%	1.40%	0.80%	1.10%	1.30%	1.10%	2.20%
More than 10 times	3.00 (5.00)	7.18 (5.47)	1.30%	2.10%	1.60%	0.80%	1.30%	1.40%	1.60%	2.00%



	Including No SDA Education	Years of SDA Education	Earliest Exposure				Latest Exposure			
			None	Primary	Secondary	Tertiary	None	Primary	Secondary	Tertiary
Health Message supported by science										
Strongly disagree	2.35 (4.18)	6.75 (4.53)	2.90%	2.70%	2.70%	1.80%	2.90%	3.00%	2.90%	2.20%
Disagree	2.35 (4.46)	6.93 (5.19)	4.20%	4.50%	4.80%	2.70%	4.20%	3.90%	4.80%	4.10%
Not sure	2.30 (4.27)	6.90 (4.81)	13.20%	12.20%	11.80%	7.40%	13.20%	13.10%	13.20%	9.70%
Agree	2.82 (4.74)	7.38 (5.01)	40.20%	39.70%	39.20%	36.10%	40.20%	40.20%	40.40%	37.80%
Strongly agree	2.97 (4.73)	7.24 (4.86)	39.60%	40.80%	41.50%	52.00%	39.60%	39.80%	38.80%	46.20%
Following the Health message										
Strongly disagree	3.85 (5.45)	8.11 (5.31)	16.60%	22.90%	20.30%	30.10%	16.60%	17.10%	18.20%	28.70%
Disagree	2.65 (4.51)	7.04 (4.82)	21.30%	20.60%	20.60%	27.00%	21.30%	20.50%	20.90%	22.60%
Not sure	2.43 (4.23)	6.65 (4.58)	16.00%	14.00%	16.00%	13.20%	16.00%	14.60%	16.30%	13.00%
Agree	2.60 (4.57)	7.27 (4.96)	25.20%	23.20%	22.50%	17.50%	25.20%	25.90%	24.90%	19.30%
Strongly agree	2.37 (4.19)	6.71 (4.54)	20.80%	19.40%	20.50%	12.20%	20.80%	22.00%	19.80%	16.40%

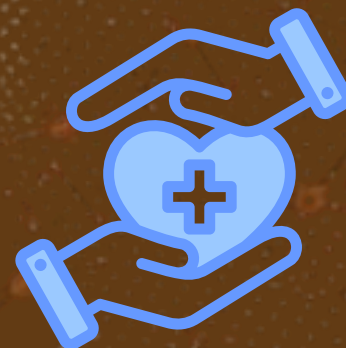
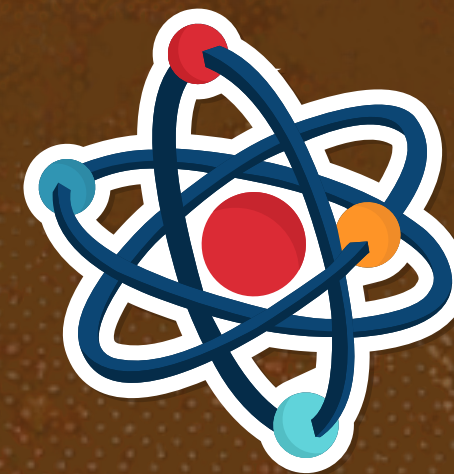


Conclusion



Exposure to the Adventist Health Message has a positive impact, particularly when it is at the tertiary level.

Later exposure (at tertiary levels) to the Adventist Health Message also correlated with most people believing in the scientific evidence of the Adventist Health Message, being more likely to eat plant-based diets and less likely to view the Adventist Health Message as Salvific.



There is minimal impact of parochial education at the primary and secondary level on adherence to the Adventist Health Message.



Implications

The substantive percentage of church members who believe that there is salvation in keeping the Adventist Health Message is concerning.



Scientific knowledge must be provided when teaching the Adventist Health Message if the audience can understand it.



Promoting the Adventist Health Message must continue to be intentional and theologically sound.



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Safary Wa-Mbaleka¹

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¹Research and Evaluation Manager, Archives,
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Maryland, USA

²School of Social Work, Institute for Prevention of Addictions

³Institute for the Prevention of Addictions, School of Social &

Behavioral Sciences

Andrews University, Michigan, USA

www.AdventistResearch.info
Research@gc.Adventist.org



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