

More Than 150 Years Ago

The first sanitarium doors opened in Battle Creek, Michigan, through the effort of a small group of Seventh-day Adventist church pioneers who believed in a new way to live healthy and whole. This unique approach was grounded in caring for the mind, body and spirit has served as a foundation for Adventist health care through the years. Today, wholeness remains foundational to how we extend the healing ministry of Christ.

Team Member Series Objectives

- Help every team member understand the history of Adventist health care, and provide a framework for our mind, body, and spirit approach to care.
- Inspire thoughts as to how everyone contributes to this shared legacy.
- Foster innovation by learning from key pioneers and milestones in our legacy story.

How to Use This Series

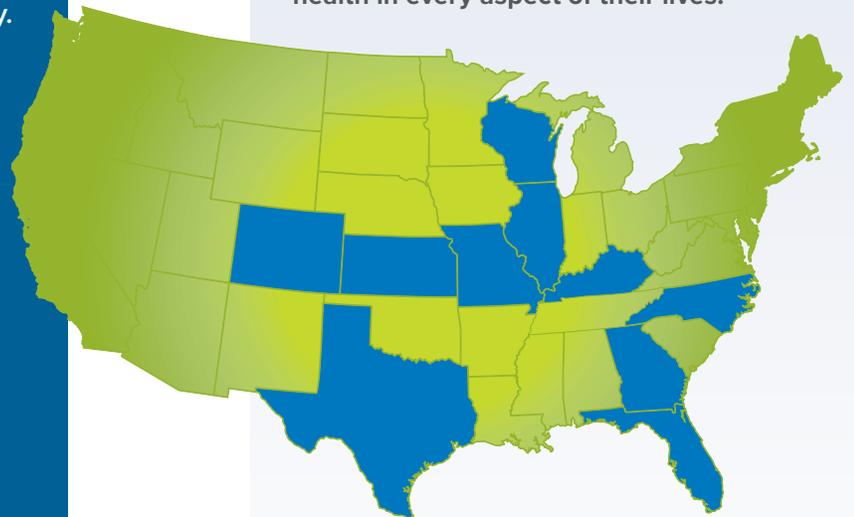
- Plan 5 to 7 minutes for each session, at a time when your team typically meets.
- Get acquainted with the sections outlined for each of the sessions and follow the plan.
- Personalize by adding your own stories.
- Talk about the discussion points, then give the group a few moments to think. Silence is okay.
- Invite other leaders, chaplains, or team members from another area to contribute to the discussion.

Regardless of personal faith backgrounds, every AdventHealth employee plays a critical role in continuing our care legacy. Each and every interaction is an opportunity to bring health, healing, and hope.



ADVENTHEALTH LOCATIONS

Today, AdventHealth is one of the largest health care providers in the United States. Our network extends across 10 states and delivers care for every stage of life through services including hospitals, physician offices, urgent care centers, home health and hospice providers, and skilled nursing facilities. As we continue to expand and innovate, we remain true to our legacy of helping patients achieve whole health in every aspect of their lives.



AN OVERVIEW

The Story of Adventist Health Care

Imagine recovering from illness while lying in a dark, stuffy room, with no sunlight or fresh air. Or what if you had a lung disease, and the most widely accepted treatment involved inhaling smoke? These may seem like outrageous medical practices today, yet they were common treatments more than 150 years ago. Back then, health tonics were often made from substances that are now considered harmful or illegal, and treatments for a variety of common conditions involved painful procedures that would be deemed inhumane by today's standards.

In 1866, a small group of Seventh-day Adventist believers opened the Western Health Reform Institute in Battle Creek, Michigan (later known as the Battle Creek Sanitarium), and they began pioneering health practices that altered society's fundamental understanding of medicine and healthy living. In sharp contrast to the seemingly barbaric medical practices of the day, they taught new principles like sunshine, daily physical exercise, a nutritious diet, rest, good hygiene, and fresh air. These were just a few of the many innovations that helped communities avoid illness and live healthier lives.

As members of the newly formed Seventh-day Adventist Church, the health care pioneers believed God had called them to follow the example of Jesus Christ. They dedicated themselves to continuing Christ's ministry of healing the physical, emotional, and spiritual needs of others, while pursuing innovative ways to make health care safer and more effective. Their approach to caring for the whole person, and not just treating illness, was revolutionary back in 1866.

The Battle Creek Sanitarium attracted thousands of patients over the years including such notables as Henry Ford, Thomas Edison, Dale Carnegie, and Amelia Earhart. Under the guidance of medical director John Harvey Kellogg, patients received innovative care for illness and injury while, through cooking and exercise classes, and lectures on health and temperance, also learn about healthy living. Kellogg was an advocate of a plant-based diet and, along with his brother, would later become known for the invention of Kellogg's Corn Flakes.



The Sanitarium would be the first of many health care facilities built by the Seventh-day Adventist Church, and thus herald the beginning of an Adventist legacy of Christ-centered, compassionate, whole-person health care. Since the beginning, the philosophy of Adventist health care has never been for the status quo; instead we rigorously strive to be better than we were yesterday and to evolve in unexpected ways.

This legacy of innovation continues today—more than 150 years later—and we celebrate this milestone. Our emphasis on treating the whole person has become the foundation for today's health care industry practices, and lifestyle studies worldwide recognize that this approach plays a critical role in longevity.



The health principles found in the Bible's creation story—Choice, Rest, Environment, Activity, Trust in God, Interpersonal Relationships, Outlook, and Nutrition—provide a lifestyle blueprint that works naturally to improve one's health, reduce risk of disease, and help people discover more enjoyment in life. This CREATION Life wellness philosophy is the foundation for tending to the mental, physical, and spiritual needs of each person in our care.

Extending the Healing Ministry of Christ



For additional legacy resources, email:

AdventHealth Mission and Ministry at
AH.MissionandMinistry@AdventHealth.com