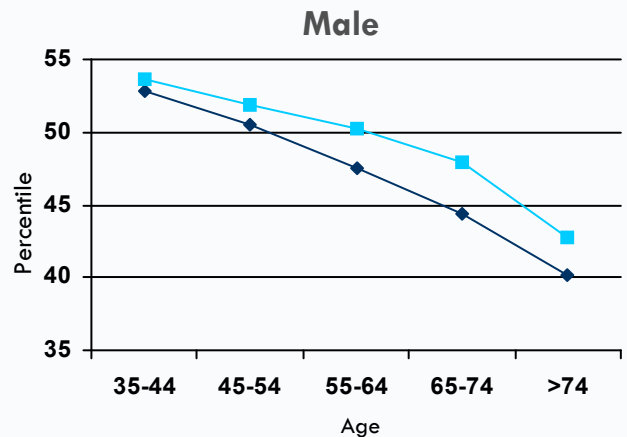
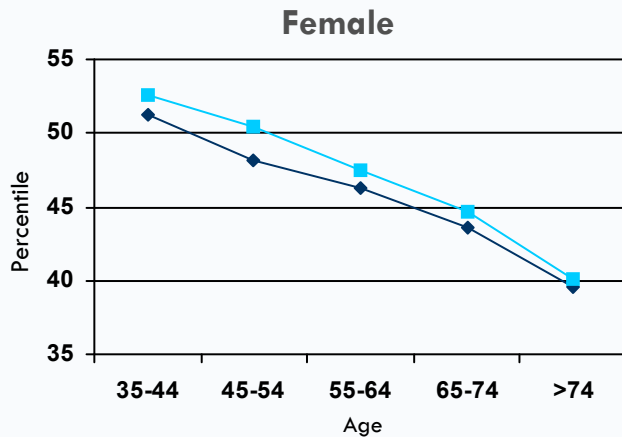


Quality of Life: Black Seventh-day Adventists

Overall, Black Adventists report better physical and mental quality of life than the average American, based on self reports from SF-12v2 Physical and Mental Health composite scores, nationally recognized measures of quality of life.

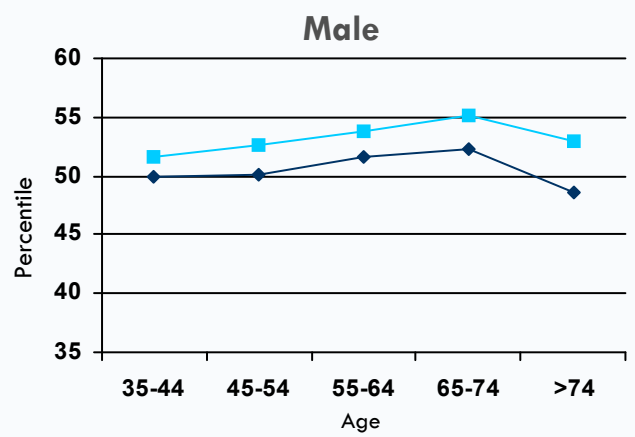
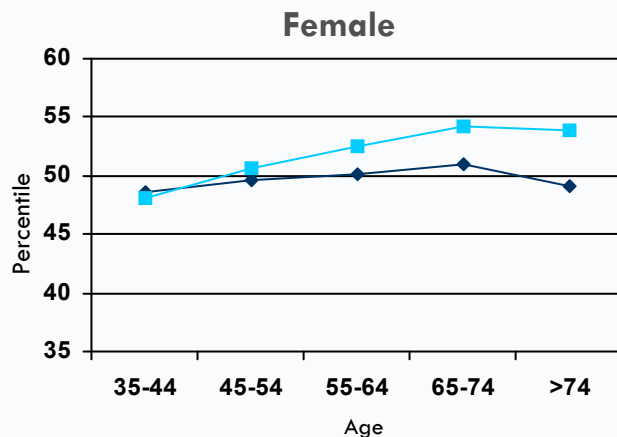
Perceived Physical Quality of Life

■ = Black Adventist ◆ = U.S. Norm



Perceived Mental Quality of Life

■ = Black Adventist ◆ = U.S. Norm



Data Source: Lee JW et al. "Cohort Profile: The biopsychosocial religion and health study (BRHS)." *Int J Epidemiol* 2009; 38:1470-8.

Lifestyle: What do Seventh-day Adventists do?

One of the basic tenets of Adventism is it's important to take care of your health in order to serve God and the community. Adventists have a variety of practices in diet and lifestyle that revolve around the following recommendations:

Diet

Things to consume generously

Fruits
Vegetables
Whole Grains

Things to consume moderately

Low-Fat Dairy
Legumes
Nuts

Things to consume sparingly

Saturated Fat
Cholesterol
Sugar
Salt

Things to abstain from

Meat
Tobacco
Alcohol
Caffeine

Lifestyle

- Reserve Saturday for a day of rest and worship, spent in communion with God and family
- Get regular exercise, fresh air, and sunshine
- Stay focused on God, family and community