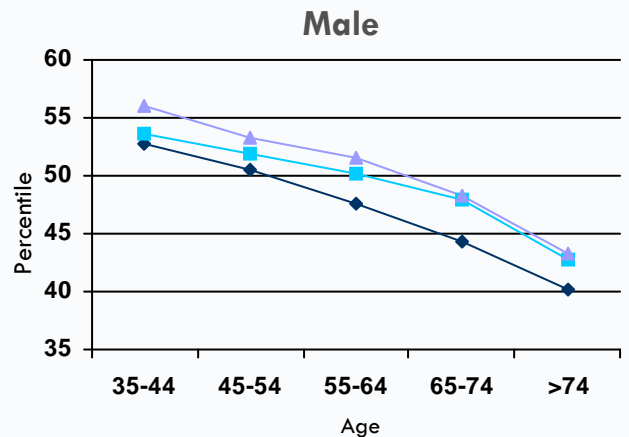
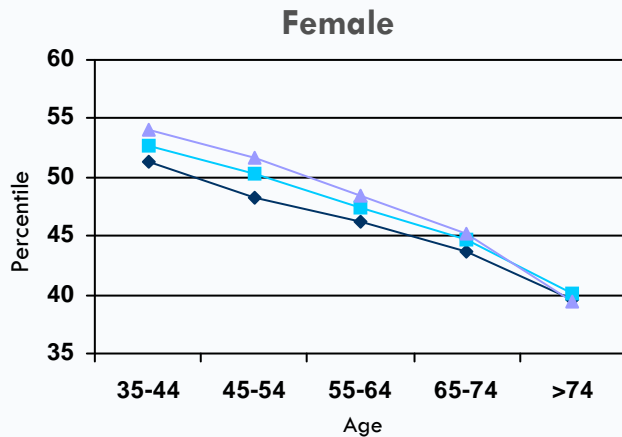


Quality of Life: Seventh-day Adventists

Overall, Black and non-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.

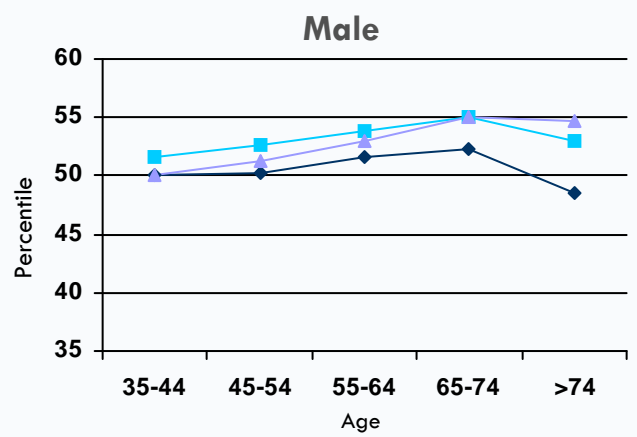
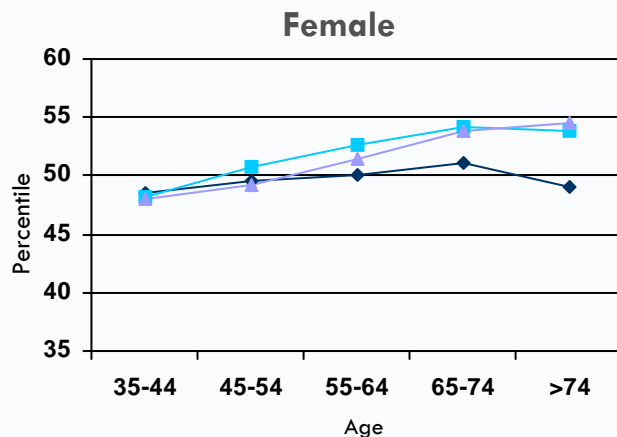
Perceived Physical Quality of Life

■ = Black Adventist ▲ = Non-Black Adventist ◆ = U.S. Norm



Perceived Mental Quality of Life

■ = Black Adventist ▲ = Non-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