

PROJECT NAF

Nurturing Asheville & Area Families



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Project NAF's Planning Advisory Committee (PAC) provides technical support to the Project NAF Program. Meetings are held on the first Monday of even months (February, April, June, August, October, and December) at 9 a.m. Meetings are held at the office of Mount Zion Community Development, Inc. located in the Mount Zion Missionary Baptist Church, 47 Eagle St., Asheville, NC.

If you are interested in making a difference in the lives of African American pregnant and post-partum women by serving on Project NAF's Planning Advisory Committee, please contact Belinda K. Grant at (828) 350-9821 or Shari Smith at (828) 225-8155.

Contact Us

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Healthy Weight is Not a Diet, *It's a Lifestyle!*

WHAT IS A HEALTHY WEIGHT?

Although most of us would love a clear-cut answer, it is not that simple. Your "healthy" weight cannot simply be calculated from a general source — people's healthy weight, or ideal weight, depends on several factors, including their age, sex, body type, bone density, muscle-fat-ratio, overall general health, and height.

Your healthy weight may be different from friends and family, often even if you are the same sex and height. You should not compare yourself to people around you, because we are all different and you run the risk of either aiming for a body weight that is too high or too low. Even comparing yourself to people outside your immediate vicinity is not ideal. (*Center for Disease Control*)

WHAT IS OBESITY?

Obesity is a national epidemic, causing higher medical costs and a lower quality of life. Obesity means having excess body fat. Obesity is defined by body mass index, or BMI, which is calculated from your height and weight. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

Obesity is a contributing cause of many other health problems, including heart disease, stroke, diabetes, and some types of cancer. These are some of the leading causes of death in the U.S. Obesity can cause sleep apnea and breathing problems and make activity more difficult. Obesity can also cause problems during pregnancy or make it more difficult for a woman to become pregnant.

Obese persons require more costly medical care. This places a huge financial burden on our medical care system.

Calculate Your BMI

$BMI = \frac{\text{Weight (lb)}}{(\text{Height (in)})^2} \times 703$

- BMI greater than or equal to 30 means you are obese

- Non-Hispanic black women and Hispanics have the highest rates of obesity (41.9% and 30.7%).

2012 Adult Obesity

The adult obesity measure represents the percent of the adult population (age 20 and older) who have a BMI greater than or equal to 30 kg/m2.

- In Buncombe County, the obesity rate is 21.6%
- Range in North Carolina (Min-Max): 22-41%
- Overall in North Carolina: 29%
- National Benchmark: 25% (90th percentile)

County Health Rankings & Roadmaps

WHY IS THIS EPIDEMIC HAPPENING?

- Weight gain occurs when people eat too much food and get too little physical activity.
- Societal and community changes have accompanied the rise in obesity
- Some Americans have less access to stores and markets that provide healthy, affordable food such as fruits and vegetables, especially in rural, minority and lower-income neighborhoods.
- Restaurants, snack shops, and vending machines provide food that is often higher in calories and fat than food made at home
- There is too much sugar in our diet. Six out of 10 adults drink at least one sugary drink per day
- It is often easier and cheaper to get less healthy foods and beverages
- Foods high in sugar, fat, and salt are highly advertised and marketed
- Many communities are built in ways that make it difficult or unsafe to be physically active
- Access to parks and recreation centers may be difficult or lacking and public transportation may not be available
- Safe routes for walking or biking to school, work, or play may not exist



Belinda Grant, Executive Director of NAF.
Photo: Urban News

Upcoming Events

August 2012

- Project NAF Empowerment Session (NC Cooperative Extension)
- Goombay

October 2012

- October 2, Project NAF Planning Advisory Committee meeting
- October 16, Zumba Exercise with Rachel Blattner, Certified Personal Trainer

- Too few students get quality, daily physical education in school

During monthly one-on-one interviews, Project NAF staff follows-up with program participants to encourage healthy weight and exercise. This is accomplished by asking a series of questions set up by the NC Department of Health & Human Services in collaboration with a Senior Research Scientist, UNC-Greensboro.

Discussion questions are inclusive of but not limited to: fruit & vegetable intake; frequency of exercise; whether participants cook at home; portion sizes; and sweetened beverages intake. The goal is to enhance healthy eating initiatives through educational awareness, materials, and through guest speakers.

What Can I Do to Achieve a Healthy Lifestyle?

Physical activity helps to:

- Maintain weight
- Reduce high blood pressure
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
- Reduce arthritis pain and associated disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety



What do moderate- and vigorous-intensity mean?

Moderate:

While performing the physical activity, if your breathing and heart rate

is noticeably faster but you can still carry on a conversation — it's probably moderately intense. Examples include:

- Walking briskly (a 15-minute mile)
- Light yard work (raking/bagging leaves or using a lawn mower)
- Light snow shoveling

- Actively playing with children
- Biking at a casual pace

Vigorous: Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense. Examples include:

- Jogging/running
- Swimming laps
- Rollerblading/inline skating at a brisk pace
- Cross-country skiing
- Most competitive sports (football, basketball, or soccer)
- Jumping rope