

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

Belinda K. Grant
(828) 350-9821
mzcd@cs.com

Jasmine Shepard
(828) 225-8157
tppi01@cs.com

Shari Smith
(828) 225-8155
projectnaf01@cs.com

Nanci Farmer
(828) 225-8155
projectnaf98@cs.com

Mrs. Rosa B. Hearst, (828) 252-0515

Mount Zion Community Development

47 Eagle St., Asheville, NC 28801
(828) 350-9821

www.MtZionMissionaryAsheville.org

Smoking During Pregnancy

Why is This Important?

Smoking during pregnancy can have a negative impact on the health of women, infants, and children by increasing the risk of complications during pregnancy, premature delivery, and low birth weight-some of the leading causes of infant mortality (DHHS, Women's Health Report, 2010)

TOBACCO FACTS FOR PREGNANCY



When a pregnant woman smokes, so does her baby. Smokers take in poisons such as nicotine and carbon monoxide (the same gas that comes out of a car's exhaust pipe). These poisons keep

the unborn baby from getting the food and oxygen needed to grow

When a pregnant woman smokes, nothing can protect her baby from danger

If a woman smokes during pregnancy she takes a big chance with her baby's health. There is a greater chance that she will lose the baby during pregnancy. The baby could also be born too early, before the lungs are ready, so the baby will have trouble breathing

Mothers who smoke while pregnant

are more likely to have their babies die of SIDS (Sudden Infant Death Syndrome)

When a breast feeding mother smokes, the baby drinks the poison in her breast milk.

TOBACCO FACTS FOR WOMEN

- Women who smoke and use oral birth control are up to 40 times more likely to have a heart attack than women who neither smoke nor use birth control
- The risk of developing lung cancer is 13 times higher for women who smoke compared to lifelong non-smokers
- Smoking reduces a woman's fertility
- Women have a more difficult time quitting smoking than men, and have lower cessation rates
- The health benefits of quitting smoking far outweigh any risks from weight gain
- In the 1980's, lung cancer overtook breast cancer as the leading cause of cancer death of women. Since 1950, lung cancer death rates for women have increased 600%

TOBACCO FACTS FOR TEENS

- Nearly every adult who smokes (almost 90 percent) took their first puff at or before the age of 18, which means that almost all smokers started smoking in their teens.



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

- The average age when someone tries tobacco for the first time is 13. As many as half of the kids who experiment become regular smokers.
- Nearly 4 out of 10 high school teens in western North Carolina use some form of tobacco.
- Every year in North Carolina, there are 52,700 kids under 18 who try cigarettes for the first time.
- About 24,000 of those kids become new, daily smokers each year.
- Most adolescents who smoke are addicted to nicotine. When young people try to quit smoking, they experience withdrawal symptoms very similar to those experienced by adults.
- More than 5 million children living today will die prematurely because of a decision they will make as teens... the decision to smoke cigarettes.

What You Can Do IF You Are Pregnant & Smoke

1. Stop, and kick bad habits

Habits are things we do over and over again without thinking about it. "Bad habits" are things we do over and over again that can cause harm. Using cigarettes, alcohol, and other drugs harm women and can lead to sickness and even death in babies.

2. Tobacco - Nix the Smokes!

Smoking is the single most preventable cause of death and illness. Now is the time to quit smoking. Women who are pregnant and smoke are more likely than non-smokers to have babies born too early and too small to be healthy.

Smoking during pregnancy can cause:

- A miscarriage
- Bleeding in your womb
- Labor that starts too early

What smoking during pregnancy does to the baby:

- Increases the risk of the baby being born dead
- Slows the baby's growth so it may be born too small to be healthy
- Increases the risk of Sudden Infant Death Syndrome (SIDS).

Source: N. C. Healthy Start Foundation:
Women's Health

3. Stay Away from Secondhand Smoke

Research shows you don't have to be the one smoking to be hurt by cigarettes. Secondhand smoke is dangerous for non-smokers, especially babies.

- Make a plan to stay away from secondhand smoke – especially if you are trying to get pregnant!
- Ask your partner, co-worker or friend to smoke outside
- Eat in smoke-free restaurants or non-smoking sections
- Say "no thanks" when friends offer you a cigarette

October Events

10-6-2012 Banquet at Crowne Plaza: Collaboration with the National Save the Family Movement, Inc.

10-12-2012 Project NAF Planning Advisory Committee Meeting

10-16-2012 Project NAF Empowerment Session



Stay Tuned: Information forthcoming on Project EMPOWER (Education Means Power), Buncombe County's Teen Pregnancy Prevention Initiative