



SHOUT OUT!

Mount Zion Community Development, Inc. would like to thank our Planning Advisory Committee and Community Partnerships who remain committed and dedicated in serving pregnant and post partum women and their families through the Project NAF Program, and teens and their families through the Project EMPOWER Program.

Project NAF's Planning Advisory Committee Members: Denise Duckett, Charlene Galloway, ZaKiya Bell-Rogers, Royanna Williams, Cynthia Yancey, Rachel Blattner.

Project EMPOWER's Planning Advisory Committee: Sarah Green, Michelle Lemell, Michele Martin, Johnnie Grant, Keynon Lake.

In addition, Mount Zion Community Development, Inc. would like to give a Thanksgiving shout out to: The Asheville City School System, Asheville City Schools Foundation's "In Real Life" (IRL), The Delta House Life Development of Asheville, ABIPA and WRES 100.7 FM, Asheville, for your continued advocacy and support for/ with Project EMPOWER (Education Means Power), Buncombe County's Teen Pregnancy Prevention Initiative.

Project NAF's Planning Advisory Committee provides technical support to the Project NAF Program. Meetings are held on the second Friday of even months (February, April, June, August, October, and December) at 9 a.m. at the Office of Mount Zion Community Development, Inc. Contact Belinda K. Grant or Shari Smith.

Project EMPOWER's Planning Advisory Committee provides technical support to the Project EMPOWER Program. Meetings are held on the fourth Friday of even months (February, April, June, August, October, and December) at 12 p.m. at the Office of Mount Zion Community Development, Inc. Contact Belinda K. Grant or Jasmine Shepard.

Mount Zion Community Development, Inc. Board of Directors:

Verita Woods, Vice-Chair; Sophie Dixon, Treasurer; Marion Thompson, Secretary; Sarah Wilcher, Fund-Raising Co-Chair; Meryl McDonald, Member; Vanessa Pennix, Member

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Healthy Weights through Healthy Living

During the month of November, our minds think of the upcoming Thanksgiving Holiday. Thanksgiving is often a time of reflection, giving thanks and often consuming massive amounts of food.

The Buncombe County Community Health Assessment Steering Committee engaged 68 community leaders from throughout Buncombe County to review the evidence, listen to community members' input, and select priorities that will help us attain our community health vision. One of the priorities is to Promote Healthy Weights through Healthy Living.

Healthy Weight: A range of weight that is appropriate for an individual based on height, bone structure, and other body physiology.

Healthy Living: Behaviors that support healthy weights, emotional/physical well-being, productivity, and longevity. These include eating healthy foods, portion sizes, leisure and work levels of physical activity, managing stress, etc.

Data Insights

- Among Buncombe County children, 28% of Kindergarteners are overweight (>85th percentile), increasing each year to 39% of 5th graders.
- 57% of Buncombe adults are either overweight or obese; and 1 out of 4 is obese.

Weekly Health Tip

Eat at least five servings of fruits and vegetables per day. Fruits and vegetables are packed with beneficial fibers, vitamins and antioxidants. They fill up your stomach fast and are low in calories!

~ from Laurie Kaufman

- 80% of Buncombe non-white adults are either overweight or obese.
- 1 out of 10 adults reported NO exercise in past week, and 3 out of 10 adults earning less than \$50,000 reported NO exercise in past week.
- Slightly more than 25% of adults got exercise 1 or less times a week; and for Buncombe non-whites, 68% got exercise 1 or less times per week
- 1 out of 4 adults ate less than 1 servings of vegetables per day, and 2 out of 3 non-white adults ate less than 1 servings of vegetables per day. Improving healthy weight (preventing obesity) was one of the top 5 health concerns people cared most about.

You may ask. "Why is this important? Portion size is one of the most important decisions that we make on a daily basis. Understanding how much food to put on our plate is important and essential, and is one of the key steps for optimal health. Often we consume portions that are far too large resulting in negative health effects.

So why is portion size important?

Many people can admit to having no breakfast, then a big lunch and an even bigger dinner. If you think of your metabolism as a fire then you can realize what you are doing to your body.

When you have huge meals it is like throwing a log onto the fire you suffocate it and it can't function properly

When you skip a meal there isn't enough nourishment to keep it going.

In both cases the fire doesn't respond well. This is why it is essential to eat small portions regularly; throwing a bunch of small twigs on your fire at regular intervals will result in optimal well-being.

Controlling portion sizes and eating smarter can help you and your family



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

We Can!

We Can! is designed to assist parents in helping children between the ages of 8 and 13 maintain a healthy weight through improving food choices, increasing physical activity and reducing television and recreational computer time.

For a free parents' handbook and other resources, visit wecan.nhlbi.nih.gov or call 1-866-35-WECAN.

avoid extra calories. Here are some tips from the NIH:

- Bring a healthy, low-calorie lunch to work and pack a healthy "brown bag" for your children.
- When eating out, order an appetizer instead of an entrée, share an entrée or eat half of a meal and bring the rest home.
- Cut high-calorie foods like cheese and chocolate into small pieces and eat fewer pieces.
- Substitute a salad for french fries.
- For snacks, serve fruits and vegetables instead of sweets.

EAT-A-TUDE for Youth

Eat Smart

When you are a youth, it is easy to take being healthy for granted. However, ensuring you'll stay healthy into old age requires good habits while you are still young. Living healthy can be fun, easy and make you feel better about yourself as you grow older. In addition, your body will thank you by allowing you to live a longer, happier life. You will decrease your chances for having chronic illnesses such as diabetes, cancer or heart disease. Read more at www.livestrong.com

- Healthy eating is associated with reduced risk for many diseases, including several of the leading causes of death: heart disease, cancer, stroke, and diabetes
- Healthy eating in childhood and adolescence is important for proper

growth and development and can prevent health problems such as obesity, dental caries, iron deficiency, and osteoporosis.

Before putting something in your mouth, think about it. Make sure that you are not selecting food that is high in calories and low in nutrition. Try to select food that is good for your body. Increase your fruits and vegetables. Choose food high in fiber and that contains whole grains. Pick lean proteins such as chicken or fish or tofu. Instead of full fat dairy products, try low fat milk and cheese.

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Eating smart when you are young, leads to healthy eating habits for your future.

Centers for Disease Control & Prevention, Adolescent Health; Adolescent and School Health, Nutrition Facts