



Dedicated to improving the health of African Americans and all people of color

Ladies Night Out

First Thursday of each month, 4 to 8 p.m.
FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

We are planning our event and education calendar for 2013. Please call (828) 251-8364 today to schedule an ABIPA event for your organization or church.

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Asheville Buncombe Institute of Parity Achievement

ABIPA promotes economic, social, and healthy parity achievement for African Americans and other people of color in Buncombe County through advocacy, education, research, and community partnerships.

www.ABIPA.org

ABIPA Health Highlights

Locate • Educate • Navigate • Advocate

The Dream Diet

by Je'Wana Grier-McEachin,
Executive Director

Photo by JaiEssence McEachin



As a New Year dawn, aspirations for a better life is our focus. Weight

loss is the number one resolution made, but not achieved. We know that diets can take off a few pounds; however, being successful is realizing that our lifestyle dictates our success in being healthy.

When you think about losing weight, what comes to mind? Do you think about what you can't eat, and your need to exercise? How about sleep? People never think about sleep, because it doesn't involve movement!

Studies reveal that people who sleep less, weigh more.

When sleep is restricted, leptin levels go down, and ghrelin levels go up. A joint study done by Stanford, and the University of Wisconsin shows a leptin-ghrelin blood chemistry. In males, the appetite increased proportionally, with a desire for high carbohydrate calorie-dense foods by a whopping 45%.

In this provocative research, 1,000 volunteers reported the number of hours they slept each night. Doctors then measured their levels of ghrelin and leptin, as charted by their weight. Those who slept less than eight hours a night had lower levels of leptin, and higher levels of ghrelin. They also had a higher level of body fat, specifically, those who slept the fewest hours per night, weighed the most. What's more, that level of body fat seemed to correlate with their sleep patterns.

"Aim to Dream," is my challenge to you! Make this one lifestyle assessment and adjustment

this month. I'm not suggesting that you daydream, but focus on getting more sleep, and a better quality sleep. Note how it effects not only your mood and effectiveness during the day, but how it impacts losing weight.

Let me know how successful your Dream Diet is! Write me at: P.O. Box 448 Asheville NC 28802 or at jewana@abipa.org.



Join the
**Living Healthy
CDSMP Workshop**

Shiloh Recreation Center
Wednesdays
12:30 – 2:30
**February 6th –
March 13th**
Call 251-8364 to Sign Up

**LUNCH WILL BE
SERVED**

Cervical Health

by Kathey Avery, RN



Kathey Avery, RN

January is National Glaucoma Awareness Month, Cervical Health Awareness Month, and Thyroid Awareness Month. My

focus is on cervical health, because this is especially important to our young women who are starting their social lives.

African American women develop cervical cancer more often than our white counterparts, and are twice as likely to die from it. Screening is very important to help reduce this disparity. Ladies Night Out is available to women with: Free Pap Smears for women who are 40 years old; and the uninsured and underinsured. Breast and Cervical Cancer Control Programs, (at Buncombe County Department of Health), is another program developed to help save lives

through early detection. The program provides free breast exams, PAP tests for cervical cancer, and mammograms for women who:

- are between the ages of 40 to 64,
- have little or no insurance, and
- meet certain eligibility requirements
- Other women ages 18 to 39 may also be eligible.

The screening resources are invaluable because six in 10 cervical cancers occur in women who have never received a Pap test, or have not been tested in the past five years.

ABIPA, along with these health care agencies, can make the difference in changing the outcome of women in our community. If we can change the disparity outcomes, we can change the outcome for all women in the Asheville-Buncombe community. Are WE ready? Knowledge is vital!



JANUARY 2013

On-Site Events

39. S Market St., Suite A

**Brother 2 Brother
Breakfast Club**

Sat., Jan. 12th 8:00 am
Prostate & Diabetes Health

Sista 2 Sista Lunch & Learn

Sat., Jan. 26th 12 noon
Breast Cancer Support Grp.

Dessert With A Doc

Sat., Jan. 26th 12 noon

Off Site Activities

**"Stay on Track"
Health Fair**

**Monday, January 14th
9am - 12 noon**

Healthy Breakfast
Options provided by



VESTA

by Byron Harnetiaux -
March 1-11, 2013

Vesta offers a warm and funny exploration of a family's struggle with a variety of end-of-life issues as they come to terms with the eventual loss of their matriarch.

Co-produced by Four Seasons
Hospice and ABIPA



In the U.S., two thirds of adults and almost one third of children are overweight or obese.
NORTH CAROLINA IS THE 14th MOST OBESE STATE IN THE NATION.

This problem impacts people from all walks of life.



**A COMMUNITY CONVERSATION
about OBESITY SOLUTIONS**

**Tuesday, January 15, 2013
5:30 pm - 8:00 pm**

The Wilma M. Sherrill Center, UNC Asheville
(Snow date: February 5, 2013)

- Join members of the WNC community including businesses, health care organizations, schools, faith organizations, agencies and policymakers for a conversation about solutions to the obesity epidemic in our region. Keynote speech by Mayor Terry Bellamy.
- View film clips from the HBO documentary *Weight of the Nation* and participate in discussions about how our region can respond to this problem.
- Make a pledge to improve healthy living and healthy weight in WNC.
- For more information call 828-775-7079 or email: mgonzalez@ymcawnc.org. There is no fee for this program but preregistration is required as space is limited. Register online at www.ashevillechamber.org/event/weight-nation

