



## 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. Call (828) 251-8364 today to schedule an event for your organization or church.

## Churches With Heart

Thank you for February Donations From The Heart of over \$2,000.  
Bethel Seventh-day Adventist Church  
Greater Works COGIC  
Rock Hill Missionary Baptist Church  
Shiloh AME Zion Church  
St James AME Church  
St Paul AME, Hendersonville  
Sycamore Temple COGIC  
Tabernacle Missionary Baptist Church  
The Lord's Church of Asheville  
Varick Chapel



## ABIPA

39 S. Market, Suite A  
Asheville, NC 28801

Office: (828) 251-8364  
Fax: (828) 251-8365

Mailing address:  
PO Box 448  
Asheville, NC 28802

## 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](http://www.ABIPA.org)

# ABIPA Health Highlights

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

MARCH 2013



## ABIPA On The Move

by Je'Wana Grier-McEachin,  
Executive Director

Photo by JaiEssence McEachin

Did you know that next year will be ABIPA's 10th anniversary? It is our goal to reach this milestone in a position that would make our founder, Dr. Charles Blair, proud. This will require us to redesign our business model due to a changing revenue mix, new constituent needs, and a more competitive landscape.

One of the immediate changes that will put us on the path of organization debt reduction and revitalization is a physical move. On April 1, 2013 we will be reopening our office at a new location.

Yes, we are moving from our space in the YMI Cultural Center. I know many people will ask "Why?" There are many layers to that answer, but in short, it makes more economic sense to acquire space that allows us to focus on the services we render rather than exorbitant overhead.

Nestled near housing communities, numerous churches, and the South French Broad neighborhood,

our new office location at 56 Walton Street positions us to have the ability to truly serve the community in the community. We are



LaDavia Drane, Executive Director of the National Black Caucus, accepted the YMCA Champion Award for U.S. Representative Marsha Fudge.

to Washington DC to learn more about a new REACH grant that was received to support the work of the SCA on their 2025 plan.

During the trip I attended the YMCA's Champions Breakfast on Capitol Hill honoring senators who have been advocates. I had the

truly excited about being walking distance from many of our constituents. This new partnership with one of our star supportive churches, Tabernacle Missionary Baptist Church, promises to be ground breaking for future efforts.

One of our other remarkable partnerships is with the Shiloh Community Association (SCA) and the YMCA of Western North Carolina. March 3-6, 2013 we traveled

opportunity to meet and thank LaDavia Drane, the Executive Director of the National Black Caucus, for the work she and her colleagues are doing to advance health equity.

Because this was a part of Advocacy Day for YUSA, we also had appointments to speak with Senator Kay Hagan and Representative Richard Burr. However, those meetings were canceled due to the threat of snow in DC.

ABIPA is on the move locally and nationally. It is our ultimate goal to be the innovative preventative health champion of the region. It has been said that the greatest challenge is not just

seeing the opportunity, but finding a way to seize it. We look forward to making that happen with your help.



Mary Michael, Sophie Dixon, Je'Wana Grier-McEachin.



YUSA REACH Grantees at the MLK Memorial.

## Colorectal Cancer Awareness Month

by Kathey Avery, RN



Kathey Avery, RN

First let me thank the community for a successful American Heart Month. The involvement of the community in learning and supporting our efforts was heartwarming. Thank you for letting us know you took away knowledge and are making meaningful lifestyle changes. This is truly why Je'Wana, our ABIPA Board, and I do what we do. One of our main purposes is for our community to have a long and healthy life.

March is National Colorectal Cancer Awareness Month. Here is what you need to know.

First: African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. The link between diet, weight, exercise, and colorectal cancer risk are some of the strongest of any types of cancer.

Obesity raises the risk of developing and dying from colorectal cancer. The link seems stronger in men.

Second: Minorities benefit from more sophisticated colon cancer screening. Current guidelines may be inadequate in at-risk African American and Latino populations. African Americans should be screened at an earlier age according to two separate studies.

Our people, age 40 to 49, were more likely than those age 50 to 59 to develop high-grade dysplasia, while older African Americans, age 75, were at increased risk of adenomas. This information is from an article from Cancer Care Practice & Policy, by Alice Goodman.

African Americans with private health insurance have a 30% higher five year survival compared with that of uninsured African Americans. The deaths from colon

## What You Need To Know

cancer could be avoided through effective screening techniques. In 2011 colorectal cancer ranked third in cancer-related incidence and mortality in both men and women.

### Risk Factors

- Age
- Personal history of colorectal polyps or colorectal cancer
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer
- Inherited syndromes such as Familial Adenomatous Polyposis (FAP)
- Racial and ethnic background
- Lifestyle-related factors such as physical inactivity, obesity, and diet
- Certain types of diets

A diet high in red meats (beef, lamb, or liver), and processed

meats (hot dogs and some luncheon meats), can increase colorectal cancer risk.

Cooking meats at high temperatures (frying, broiling, and grilling), create chemicals that might increase cancer risk. It is not clear how much it contributes to the risk.

## We're Moving!

ABIPA's new address will be 56 Walton Street in Asheville beginning April 1, 2013.

### At Our NEW Location

56 Walton Street

## Brother 2 Brother Breakfast Club

**Saturday, April 13**  
Prostate & Diabetes Health.  
8 a.m. at the ABIPA office.

Healthy Breakfast  
Options provided by

