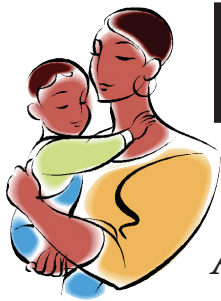


# PROJECT NAF



*Nurturing  
Asheville &  
Area Families*

## PROJECT NAF

### Planning Advisory Committee

Denise Duckett,  
Buncombe County Health Center  
Charlene Galloway, Mount Zion  
Missionary Baptist Church of Asheville  
ZaKiya Bell-Rogers,  
Buncombe County DSS  
Royanna Williams,  
Business Owner, N'Tyced  
Cynthia Yancey, MD  
Western NC Community Health Services

### SCOPE OF WORK

*Inclusive of but not limited to:*

- Case Coordination, Advocacy and Support
- Breastfeeding initiation and maintenance up to at least 6 weeks
- Eliminating use and exposure to tobacco
- Safe sleep
- Folic acid consumption
- Reproductive life planning
- Healthy Weight & Exercise

### COMMUNITY PARTNERSHIPS

Mount Zion Missionary Baptist Church of Asheville, Inc.  
The Asheville City School System  
Asheville City School Foundation's In Real Life Program (IRL)  
Buncombe County Dept. of Health  
The Urban News  
"My Daddy Taught Me That"  
Western NC AIDS Project  
YMCA of Western North Carolina's 21st Century Programs

### Mount Zion Community Development, Inc.

#### Board of Directors

Verita Woods, Vice-Chair  
Sophie Dixon, Treasurer  
Marion Thompson, Secretary  
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## Are You Getting Your ZZZ's?

### SLEEP & ADULT HEALTH: THE TAKEAWAY!

It can be tempting to trade sleep for a few precious hours of wakefulness, but it is important to consider the hidden costs. Sleep is precious, too.

Numerous studies have found that insufficient sleep increases a person's risk of developing serious medical conditions, including obesity, diabetes, and cardiovascular disease.

Lack of adequate sleep over time has been associated with a shortened lifespan.

### MENTAL HEALTH: THE HIDDEN COSTS OF INSUFFICIENT SLEEP

Sleep is often one of the first things to go when people feel pressed for time, and many of us view sleep as a luxury and think that the benefits of limiting the hours we spend asleep outweigh the costs.

We often overlook the potential long-term health consequences of insuf-



ficient sleep, and the impact that health problems can ultimately have on one's time and productivity.

Many of the costs of poor sleep go unnoticed. Some medical conditions, such as develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise.

Medical conditions, such as obesity, diabetes, and cardiovascular disease, develop over long periods of time and result from a number of factors, such as genetics, poor nutrition, and lack of exercise.

Insufficient sleep has also been linked to these and other health problems, and is considered an important risk factor. ([Healthysleep.med.harvard.edu](http://Healthysleep.med.harvard.edu))

Although scientists have just begun to identify the connections between insufficient sleep and disease, most experts have concluded that getting enough high-quality sleep may be as important to health and well-being as nutrition and exercise.



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

## Are You Taking Care of You?

May is inclusive of but not limited to the following:

- Mental Health Month
- Children's Mental Health Month
- National Physical Fitness & Sports Month

## BACK-to-Sleep!

**If you knew that your baby's risk to die was up to 40 times greater while sleeping in an adult bed, rather than a safe crib, where would you place your baby to sleep?**

The North Carolina Infant Safe Sleep Program (formerly the NC Back to Sleep Campaign) is a public education and awareness initiative designed to increase understanding about both Infant Safe Sleep and Sudden Infant Death Syndrome (SIDS). The goal is to reduce SIDS and infant sleep related deaths of babies in North Carolina.

Since the American Academy of Pediatrics (AAP) recommended all babies be placed on their backs to sleep in 1992, deaths from Sudden Infant Death Syndrome have declined dramatically. Although, nationally, sleep-related deaths from other causes, including suffocation, entrapment and asphyxia, have increased.

In North Carolina, SIDS is the third leading cause of infant deaths overall. For infants ages 1-12 months of age, SIDS is the primary cause of death.

### INFANT SAFE SLEEP/SIDS

- **Sleep related infant death:** Deaths that occur to babies while sleeping from causes such as accidental suffocation, strangulation, and entrapment.
- **Suffocation** – Smothering from soft bedding, blankets, pillows, crib bumpers, or from overlay (when a person rolls onto a baby).

## Lay Your Baby on Back to Sleep



- **Strangulation** – Suffocation from constricting a baby's airway. This can occur if a cord or piece of fabric becomes wrapped around a baby's neck.
- **Entrapment** – A baby being trapped or wedged in a small space or between two objects.
- **Sudden Infant Death Syndrome (SIDS)** – Also known as crib death, SIDS is the unexpected death of a seemingly healthy infant, up to one year of age, when no known cause of death can be determined.

While these are distinct causes for infant mortality, many of the risk factors and prevention strategies are the same.

### Facts

SIDS is the leading cause of death for infants ages one month to one year. In North Carolina, from 2000-2009 there were an average 100 deaths a year attributed to SIDS.

This number dropped by half, with 53 SIDS deaths in 2010, and 50 in 2011.

Currently, there is an average of 15 infant deaths each year due to accidental suffocation and strangulation in bed.

Research has identified practices and behaviors that can put a baby at risk for both SIDS and infant sleep related death, including:

- Tummy or side sleeping
- Sleeping on a soft sleeping surface
- Cluttered sleeping area (crib bumpers, pillows, fluffy blankets or stuffed animals in crib)
- Sleeping with parents or anyone else
- Not sleeping alone in a crib or bassinet
- Overheating or excessive swaddling
- Exposure to secondhand smoke or to mother smoking during pregnancy
- Premature birth (baby born before 37 weeks gestation)
- Low birthweight (baby born less than 2,500 grams or 5 lbs. 8 oz.)
- Multiple births (twins, triplets, etc.)
- Not breastfeeding or receiving human breast milk
- Exposure to alcohol or illicit drug use during pregnancy and after birth
- Pregnant women not receiving regular prenatal care

*First Candle's Bedtime Basics for Babies, a National Infant Safe Sleep Campaign.*

**Each year in North Carolina, approximately 100 families experience the tragedy of SIDS.**