

# PROJECT NAF



*Nurturing  
Asheville &  
Area Families*

## SEPTEMBER EVENTS

On-going outreach and collaboration to heighten community awareness about minority health disparities.

### September 11, 2013

Project EMPOWER and other programs will be presented to Board Members of the Buncombe County Service Foundation.

### September 20, 2013

Project NAF Planning Advisory Committee Meeting.

### September 27, 2013

Project EMPOWER's Planning Advisory Committee Meeting.

### WRES Broadcast

Time to be determined

## 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

## COMMUNITY PARTNERSHIPS

Mount Zion Missionary Baptist Church of Asheville, Inc., The Asheville City School System, 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  
Sarah Wilcher, Fund-Raising Co-Chair  
Meryl McDonald, Member  
Vanessa Penix, Member

#### Staff

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**Vacant Position**  
Project EMPOWER Outreach Worker

**Ms. Rosa Hearst, Receptionist**  
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## Fruits & Veggies – More Matters

*Have you said it before?*

**Most of us at some time or another have probably said, "Healthy eating? Hmph! That is not for me!"**

September is designated as "National Childhood Obesity Awareness Month" and "Fruits & Veggies – More Matters Month." The national emphasis on childhood and adult obesity has encouraged many parents and groups to seek out ways to encourage healthy eating. Nationwide, many schools have started school gardens and added healthy options for lunchtime and at school events.

The emphasis on healthy weight is to promote health and to reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights. The Nutrition and Weight Status Objectives for Healthy People 2020 reflect strong science supporting the



health benefits of eating a healthful diet and maintaining a healthy body weight.

The objectives also emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, work sites, health care organizations, and communities. (Healthy People.Gov).

One of Project NAF's activities for this fiscal year is the promotion of Healthy Eating & Exercise. During one-on-one sessions with Project NAF staff, program participants are encouraged to complete a one-on-one survey which rates a participant's eating habits, healthy weight, and exercise.

Participants are asked to rate their frequency of fruit and vegetable consumption. This encourages healthy eating practices for program participants and their families.

## Overweight Adolescents and Obesity

### Among North Carolina's Adolescents in Grades 9-12:

**14.6%** were overweight (>85th and < 95th percentiles for BMI by age and sex)

**13.4%** were obese (>95th percentile for BMI by age and sex)

### Childhood Obesity

"Parents are a critical and willing force to improving children's health," according to a report from Action for Healthy Kids, a national nonprofit organization that promotes better nutrition and more physical activity in schools.

While teachers can teach children about food and nutrition, parents can put what kids learn in the classroom into action at home and at school. (PTO Today). There are many ways parents can encourage healthy eating with their children and/or to start a parent organization's healthy eating program:

1. Plant a vegetable garden.
2. Take a field trip to a farm or a farmer's market. Many farmers are thrilled to share their passion and livelihood with students. A farmer's market can be a learning adventure and a scavenger hunt.
3. Hold a food pyramid potluck. Host a family luncheon or dinner with all the food groups represented. Ask each grade or class to bring something representing a different component of the food pyramid. Challenge students and their parents to come up with creative, colorful, and healthy offerings using in-season foods when possible.
4. Turn healthy snacks into a learning experience. Students can help prepare the foods in the classroom and then get to sample them. Parents help out in the classroom.

**5.** Celebrate fall with a harvest festival. A school festival can demonstrate how tasty and versatile items like apples and pumpkins can be.

**6.** Sponsor an educational puppet show about healthy eating

**7.** Host a nutrition night for parents, with activities for kids. I am sure you are aware that eating well helps children do better in school.



**8.** Offer healthy alternatives at events. Kids love pizza night, but encourage them to try pizza with vegetable toppings and a whole-wheat crust and ask them to top their own pizza.

Our minds maybe in the right place, however, a lot of us do not eat enough fruits and vegetables.

### Did You Know?

◆ Eating fruits and vegetables provides many health benefits. For example, people who eat a healthy, balanced diet



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

### Project EMPOWER Collaboration with the Asheville City School Foundation's In Real Life Program

Plans are underway for Project EMPOWER classes to resume this semester at Asheville Middle School! Please be on the lookout for calls for your son, daughter, or other relatives or students in your care to participate.

Discussions include making positive life decisions, and sensitive topics for teens such as goal-setting, mapping out your future, teen relationships, teen pregnancy, and how this impacts your generation. On the flip-side, teens will also have lots of fun and participate in college tours, field trips, and other cultural events.

Classes will be offered after school on Tuesday, Wednesday, and Thursday afternoons. Students can sign up for one of the three days. You will receive a gift card at the end of a completed session.

*Note: Students who have participated in Project EMPOWER in the past are NOT eligible to participate.*

– including plenty of vegetables and fruits – can lower their risk for some chronic disease, like heart disease and type 2 diabetes.

- ◆ Only 1 in 3 adults eat the recommended amount of fruits every day.
- ◆ Only 1 in 4 adults eat the recommended amount of vegetables every day.
- ◆ The good news! Communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables.
- ◆ Make a difference: Spread the word about tips for healthy eating and encourage communities, organizations, families, and individuals to get involved.

We can raise awareness about the importance of eating fruits and vegetables. Let's encourage our families, friends, and loved ones to make small changes, like keeping fresh fruit within their children's reach or fresh cut carrot sticks in the fridge.