



OCTOBER EVENTS

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

October 11, 2013

Project NAF Planning Advisory Committee Meeting

October 25, 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

Mrs. Belinda K. Grant
Executive Director
(828) 350-9821 mzcd@cs.com

Ms. Shari Smith
Coordinator, MZCD Programs
(828) 225-8155 projectnaf01@cs.com

Vacant Position
Project EMPOWER Outreach Worker

Ms. Rosa Hearst, Receptionist
(828) 252-0515

Mount Zion Community Development
47 Eagle St., Asheville, NC 28801
(828) 350-9821
www.MtZionMissionaryAsheville.org

Our Children Are Our Future

October is Sudden Infant Death Syndrome (SIDS) Awareness Month

More than 4,500 infants die suddenly each year in the United States. Approximately half of these unexplained deaths are due to Sudden Infant Death Syndrome (SIDS).

SIDS is defined as "the sudden death of an infant less than one year of age that cannot be explained after a thorough investigation is conducted, including a complete autopsy, examination of the death scene, and review of the clinical history," according to the Centers for Disease Control and Prevention (CDC).



SIDS is the leading cause of death among infants aged one to twelve months, and is the third leading cause of infant mortality overall.

Did You Know?

Infant mortality is the leading cause of child death, affecting close to 1,000 North Carolina babies and their families every year. While the state's rate is at a historical low (8.2 deaths/1,000 live births in 2002), North Carolina continues to post one of the highest rates in the nation. Racial and ethnic disparities in infant death rates persist: African American babies have a two to three times greater rate of death than white babies (14.2/1,000 and 5.9/1,000, respectively, in 2002).

N.C. Women's Health Division offers services through SIDS counselors whose goal is to help families after the loss

of a baby due to Sudden Infant Death Syndrome (SIDS), and to provide information, grief counseling, and resource/referral services. This program seeks to reduce SIDS through public awareness and education focusing on risk reduction methods and safe sleep practices. SIDS grief counseling is available through your local health department.

Young African American women have a worse health status (obesity, diet, exercise, exposure to disease) than young white women. Efforts to further reduce infant mortality should emphasize reduction in the glaring health disparities experienced by African Americans in North Carolina — especially children, teenagers, and women of childbearing years.

While death rates have declined over time, the major causes of infant death have remained fairly constant. North Carolina's babies, like those in other states, are most likely to die as a result of conditions related to prematurity and low-birth weight, congenital anomalies, and Sudden Infant Death Syndrome (SIDS).

Source: NC DHHS;

Julia L. DeClerque, DrPH, MPH, Janice A. Freedman, MPH, Sarah Verbiest, MSW, MPH, and Stuart Bondurant, MD

The Women's Health Branch develops and funds programs and services that protect the health and well-being of women during and beyond their childbearing years. This includes programs for before, during, and after delivery of their baby, and for the infants as well. The Branch develops medical guidance for health care providers and offers technical assistance, consultation, and training for staff who provide health services to women in the areas of nutrition, nursing, social work, education, and training.

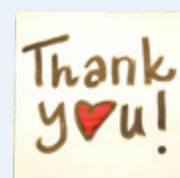
These programs and services improve the overall health status of women, increase planned pregnancies, reduce infant sickness and death, and strengthen families and communities. Contact your local health department for more information about availability of these services.

There are many statutes regarding



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

Special Thanks!



Mount Zion Community Development, Inc. would like to express heartfelt thanks and appreciation

to the Asheville City School System, Asheville City Schools Foundation's IRL Program, and the YMCA of Asheville, for continued advocacy and support for Project EMPOWER, Buncombe County's Teen Pregnancy Prevention Initiative.



Project EMPOWER

Project EMPOWER is presently collaborating with the Asheville City School System regarding classes. Classes will be held on Tuesdays and Thursdays, after school at Asheville Middle School. This is in collaboration with the Asheville City Schools Foundation's In Real Life (IRL) Program. Classes will be held on Mondays at Asheville High as part of their Health Education Classes.

Sudden Infant Death Syndrome. North Carolina General Statute 7B-1402 creates the North Carolina Child Fatality Task Force and specifies that a representative from a SIDS counseling and education program be a member.



**Remember,
The World
is Yours!**



Lay Your Baby **On Back to Sleep**
and **Stomach to Play**