



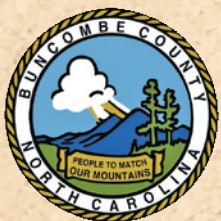
## Prevention is Power: Taking Action for Health Equity

**April is "National Minority Health Month," focusing on the powerful role of prevention in reducing health disparities.**



### 5 Ways to Take Action for Health Equity

1. Increase awareness about health disparities;
2. Become a leader for addressing health disparities;
3. Support healthy and safe behaviors in your community;
4. Improve access to health care; and
5. Create healthy neighborhoods.



#### Minority Health Equity Project

Buncombe County Health and Human Services

PO Box 7407  
Asheville NC 28802

Phone: (828) 250-5319  
or (828) 250-55342  
interpreter services

A health disparity is defined by the National Partnership for Action to End Health Disparities (NPA) as a health difference that has a strong correlation with social or economic disadvantage.

One of the most important aspects of taking action to ensure everyone has an equal opportunity to be healthy is raising awareness about the health disparities in our community that continue to affect racial and ethnic minorities. NPA's slogan for National Minority Health Month is "Prevention is Power: Taking Action for Health Equity."

The Buncombe County Minority Health Equity Project, coordinated by Buncombe County Department of Health, is working with community partners to improve health and reduce health disparities.

These important community partners are improving health in Buncombe County by providing health screenings and medical care referrals, offering classes to help individuals "take charge" of their chronic diseases, and offering special programs and classes for minority populations.

#### Mt. Zion Community Development, Inc.

- Project NAF, Nurturing Asheville & Area Families
- Minority Infant Mortality Program that provides advocacy and support services to African American pregnant and post-partum women and their babies.
- Project EMPOWER, Education Means Power
- Teen pregnancy prevention initiative; services in collaboration with Asheville City Schools System & Foundation.

**(828) 350-9821**

#### ABIPA

- Health outreach and health screenings at a variety of community locations
- Work with Faith Health Network to raise awareness about chronic disease.

**(828) 251-8364**

#### YWCA

- Diabetes Wellness Program: Designed for those who have already been diagnosed with Diabetes.
- Diabetes Prevention Program: Designed for those who are at risk of developing diabetes.

**(828) 254-7206, ext 212**

#### Land of Sky Regional Council

- Chronic Disease Self-Management Program (CDSMP): healthy living classes, a 6 week series designed to help people learn skills and tools to better manage chronic conditions
- Chronic Disease Self-Management Program (CDSMP): train leaders to facilitate healthy living classes
- Diabetes Self-Management (DSMP): classes specifically designed for participants with Diabetes
- Tomando Control De Su Salud: Healthy Living classes for Hispanic speaking individuals.

**(828) 251-7438**

**Take action for your health, and call one of these programs today!**



*Improving Health for Everyone ... Building a Better Future Together*