



PROJECT NAF

Nurturing Asheville & Area Families

Message from Shari L. Smith



Shari L. Smith

Although the decision to breastfeed is an individual and/or family decision, the Project NAF Program promotes breastfeeding education and provides advocacy and support to participants that breastfeed.

August is also **National Immunization Awareness Month**. For a printable version of the Immunizations Schedule for 2014, please contact Shari Smith at (828) 776-1427.



PROJECT NAF

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During the Month of August, We Celebrate National Breastfeeding Month & National Immunization Awareness Month

There are many ways that communities can support mothers and babies who breastfeed, and everyone plays a role. The Center for Disease Control Breastfeeding Report Card (www.cdc.org) helps tell the story of breastfeeding practices and supports.

Why Breastfeeding is Important

Every woman's journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child.

When you choose to breastfeed, you make an investment in your baby's future. Breastfeeding allows you to make the food that is perfect for your baby. Your milk gives your baby the healthy start that will last a lifetime.

Why Should I Breastfeed?

Breastfeeding is normal and healthy for infants and moms. Breast milk has disease-fighting cells called antibodies that help protect infants from germs, illness, and even sudden infant death syndrome (SIDS). Breastfeeding is linked to a lower risk of various health problems for babies, including:

- Ear infections
- Stomach viruses
- Respiratory infections
- Atopic dermatitis
- Asthma
- Obesity
- Type 1 and type 2 diabetes
- Childhood leukemia
- Necrotizing enterocolitis, a gastrointestinal disease in preterm infants

*Source: Office of Women's Health, WomensHealth.gov



Breastfeeding Benefits to Moms

Breastfeeding is linked to a lower risk of type 2 diabetes, breast cancer, ovarian cancer, and postpartum depression. Infant formula cannot match the exact chemical makeup of human milk, especially the

cells, hormones, and antibodies that fight disease.

For most babies, breast milk is easier to digest than formula. It takes time for their stomachs to adjust to digesting proteins in formula because they are made from cow's milk.

Immunization Awareness

Does my breastfed baby need vaccines? Is it safe for me to get a vaccine when I'm breastfeeding?

Yes. Vaccines are very important to your baby's health. Breastfeeding may also enhance your baby's response to certain immunizations, providing more protection. Follow the schedule your doctor gives you and, if you miss any, check with him or her about getting your baby back on track.

Breastfeeding while the vaccine is given to your baby — or immediately afterwards — can help relieve pain and soothe an upset baby. Most nursing mothers may also receive vaccines. Breastfeeding does not affect the vaccine. Vaccines are not harmful to your breast milk.

*Source: Office of Women's Health, WomensHealth.gov



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.
Photo: Urban News

Supportive dads and family members can make a big difference in a mother's breastfeeding experience. Many mothers who want to breastfeed say several factors impede their efforts, including a lack of:

- Support at home
- Family members who have experience with breastfeeding
- Breastfeeding information from health care clinicians
- Time and privacy to breastfeed or express milk at the workplace
- Connection to other breastfeeding mothers in their communities

*Source: U.S. Department of Health & Human Services

Where Are They Now?

Thank You Buncombe County Service Foundation for Helping Me to Reach My First Birthday and Beyond!

Zaniya R. Smith



Then



Now

Jaylen Mekhi Lytle Burgin



Then



Now

The Buncombe County Service Foundation generously provided funding for the Project NAF Program.

Support for Breastfeeding

It's Only Natural

The Surgeon General's Call to Action to Support Breastfeeding identifies ways that families, communities, employers, and health care professionals can increase support for breastfeeding and improve breastfeeding rates.

The Call to Action also documents disparities in breastfeeding practices. The **It's Only Natural** campaign was developed to help African-American women and their families understand the health benefits of breastfeeding—not just for babies, but for moms too.

You can find facts about breastfeeding and get practical tips on how to make breastfeeding work for you while getting the support you need by visiting www.womenshealth.gov/itsonlynatural.

World Breastfeeding Week is celebrated August 1-7. Show the world that you support breastfeeding by pledging

on the World Breastfeeding Week website, www.worldbreastfeedingweek.org, hosted by WABA, the World Alliance for Breastfeeding Action. You can also download or order materials to help your WBW celebration on www.ncbfc.org (NC Breastfeeding Coalition).

What is WIC?

Women, Infants and Children (WIC) is a Supplemental Nutrition Program, which improves the health of low income pregnant, breastfeeding and postpartum women, infants and children up to age five who are at nutritional risk.

For more information on WIC, contact Georganna Cogburn, MS, RD, LDN, IBCLC, RLC, Nutrition Program Manager at (828) 250-5000; email: georganna.cogburn@buncombecounty.org.

*Buncombe County Department of Health