



## PROJECT NAF

Nurturing  
Asheville &  
Area Families



Mount Zion Community Development, Inc. would like to thank the **Buncombe County Service Foundation** for providing funding

for the Project NAF Program and this news article!

### Message from Shari L. Smith



#### Remember: Back-to-Sleep and Stomach to Play!

Place your baby to sleep in a safe crib, bassinet, or portable crib. Never let your baby sleep on

a chair, sofa, water bed, cushion, or anywhere else.

#### A Safe Crib Should:

- Have a firm mattress that is the correct size
- Be less than 10 years old
- Have slats that are no more than 2 3/8 inches (60mm) apart
- Be assembled according to manufacturer's instructions

#### Cribs Should NOT:

- Having missing, broken, or loose parts
- Have chipped, cracked, or peeling paint
- Have a drop side
- Have corner posts that protrude above the sides of the crib
- Have cut-out designs in the headboard or footboard

Source: Centers for Disease Control

### PROJECT NAF

#### Planning Advisory Committee

Charlene Galloway, Mount Zion Missionary Baptist Church of Asheville

Cynthia Yancey, MD, Western NC Community Health Services

Denise Duckett, Care Partners of Western NC

Karla Ambrose, MD, WNC Community Health Services

Luci Sparks, WNC Community Health Services

Royanna Williams, Business Owner, N'Tyced

Steffie Duginske, Mission Fullerton Genetics Center

ZaKiya Bell-Rogers, Buncombe County DSS

## Sudden Infant Death Syndrome

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene and review of the baby's clinical history.

While overall rates have declined, disparities persist. African American babies are still more likely to die from SIDS as Caucasian babies. Babies ages 0-6 months are at the highest risk. It is believed that better investigations of unexpected infant deaths and greater adoption of safe sleep practices have contributed to lower SIDS deaths.

#### Did You Know?

SIDS is one of the leading causes of infant death in North Carolina. In addition to SIDS deaths, many babies die from accidental suffocation, asphyxiation or entrapment while sleeping.

These preventable deaths are often related to babies being placed in unsafe sleep environments, sleeping with excess bedding or soft toys or from parents sharing a bed with their babies

Many parents do not follow all of the necessary safe sleep recommendations of putting their infant to sleep alone in a crib or bassinet and on their back.

Although the overall rate of SIDS in the United States has declined by more than 50% since 1990, rates for non-Hispanic black and American Indian/Alaska Native infant infants remain disproportionately higher than the rest of the population.

### Lay Your Baby on Back to Sleep



### and Stomach to Play

Reducing the risk of SIDS remains an important public health priority. In addition to SIDS deaths, many babies die from accidental suffocation, asphyxiation or entrapment while sleeping.

Source: NC Healthy Start Foundation

In North Carolina SIDS Grief Counseling is available in each county through local health departments.

#### What Are Some Infant Safe Sleep Recommendations?

Health care providers and researchers don't know the exact causes of SIDS, but they do know certain things to help reduce the risk of SIDS and other sleep-related Sudden Unexpected Infant Deaths, includes the following:

- Always place babies on their backs to sleep for every sleep.
- Use a firm sleep surface, covered by a fitted sheet.
- Practice room-sharing without bed-sharing.
- Keep soft objects, such as pillows and loose bedding, out of your baby's sleep area.

Prevent exposure to smoking during pregnancy and after birth because these are important risk factors for SIDS. The risk of SIDS is even stronger when a baby shares a bed with a smoker. To reduce risk, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.

For help in quitting, call the quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit Women.Smokefree.gov

Source: Centers for Disease Control

**NOTE: All cribs sold after June 28, 2011 meet current safety standards. For more information visit [www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs/](http://www.cpsc.gov/Safety-Education/Safety-Education-Centers/cribs/)**

## Domestic Violence

The U.S. Surgeon General recently declared domestic violence to be the number one health concern in our country today. According to the United States Department of Justice Office on Violence Against Women, the definition of domestic violence is a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain control over another intimate partner.

Many forms of abuse are included in the definition of domestic violence. Physical abuse, sexual abuse, emotional abuse such as constant criticism, economic abuse such as withholding access to funds, and cyberstalking can inflict substantial emotional distress.

Psychological abuse involves the abuser invoking fear through intimidation; threatening to physically hurt himself/herself, the victim, children, the victims family or friends, or the pets; destruction of property; injuring



the pets; isolating the victim from loved ones; and prohibiting the victim from going to school or work.

Learn more at [family.findlaw.com/domestic-violence/what-is-domestic-violence.html](http://family.findlaw.com/domestic-violence/what-is-domestic-violence.html)

Source: FindLaw.com



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.

Photo: Urban News

## Breast Cancer Awareness Month

Breast cancer is the most common cancer among African American women, and the most common cancer among American women. Getting mammograms regularly can lower the risk of dying from breast cancer.

Many factors can influence your breast cancer risk. If you are 50 to 74 years old, be sure to have a screening mammogram every two years. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

Source: Centers for Disease Control

#### Have You Scheduled Your Mammogram?

Don't forget to remind your friends and family to schedule a mammogram! Worried about the cost? Please contact ABIPA at (828) 250-6006 and ask about the Ladies Night Out Program.

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#### Staff

**Mrs. Belinda K. Grant**  
Executive Director

(828) 350-9821 [mzcd@cs.com](mailto:mzcd@cs.com)

**Ms. Shari Smith**  
Coordinator, MZCD Programs  
(828) 225-8155 [projectnaf01@cs.com](mailto:projectnaf01@cs.com)

**Ms. Caryn B. Monroe**  
Project EMPOWER Outreach Worker  
(828) 225-8157 [carynbmonroe@gmail.com](mailto:carynbmonroe@gmail.com)

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

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

[www.MtZionMissionaryAsheville.org](http://www.MtZionMissionaryAsheville.org)