



ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
February 14**

Prostate & Diabetes
Health. 8 a.m. at the
ABIPA office.

Healthy Breakfast
Options provided
by



Call (828) 251-8364 to schedule
ABIPA for your organization or
church events.

Donate to ABIPA

Tax deductible donations
can be made by sending a
check to: ABIPA, PO Box
448, Asheville, NC 28802;
or click the donation tab at
www.abipa.org. Thank you
for your support!

*Thank you to our funding partner
and community partner agencies for
making our work possible.*



and the

**Buncombe County
Service Foundation**

ABIPA

56 Walton Street
Asheville, NC 28801

Office: (828) 251-8364
Fax: (828) 251-8365

Mailing address:
PO Box 448
Asheville, NC 28802

Asheville Buncombe Institute of Parity Achievement

*ABIPA promotes economic,
social, and healthy parity
achievement for African
Americans and other people
of color in Buncombe
County through advocacy,
education, research, and
community partnerships.*

www.ABIPA.org



More PRAISE in 2015!

by Je'Wana Grier-McEachin, Executive Director

Photo by JaiEssence McEachin

**ABIPA is committed to making a
larger impact on the community
culture of health in 2015.**

One of our new initiatives that
we are kicking off this month is
PRAISE, offered in collaboration
with UNC Asheville and Mission
Hospital. The acronym PRAISE
stands for Preventive Health
Education Resulting in Action
Inspiring Success for Everyone.

We are building on our cur-
rent work through our Church
Health Network partner churches
in Buncombe and Henderson
counties. We currently have 12
churches that are a part of the
network, and our goal is to expand
the network to 25 churches by the
end of 2015.

Utilizing current congrega-
tional support, the PRAISE proj-
ect will offer the opportunity for
church members to grow together
in wellness as they do in faith.

Through PRAISE, members
have access to preventive resourc-
es, information about chronic
conditions, free screenings, and
support to make changes toward a
greater wellness.

Another exciting layer to this
project is that participating con-
gregations will be eligible to win
cash awards to support the health
ministry of the church.

To be designated as a PRAISE
church, participating congrega-
tions must:

- Complete a church assessment
- Complete two surveys of the
congregation (January &
August)
- Participate in two Know Your
Numbers screenings provided
by Mission Health (January,
February, March, and July/
August)
- Hold Preventative Health
Education classes at the
church
- Improve or initiate a church
food policy
- Conduct a weekly physical
activity opportunity for
members

As you can see, it doesn't take

much for the designation, but if
you feel like your church is not
equipped to participate, don't
worry: ABIPA will be providing
congregations with individual-
ized support to be successful.

If you are interested in
making sure that your church
is more actively involved in
impacting the culture of health
in our community and want to
participate in PRAISE, send me
an email at jewana@abipa.org or
call us at (828) 251-8364.

PRAISE

FREE Community Health Screenings

Preventive Health Education
Resulting in Action Inspiring
Success for Everyone

Saturday, January 24 from
10 a.m. to 2 p.m. at the Wesley
Grant South Side Center.

Saturday, February 28 from
10 a.m. to 5 p.m. at UNCA's
Sherrill Center.

Saturday, March 14 from 10
a.m. to 2 p.m. at Tried Stone
Missionary Baptist Church.

Saturday, March 28 from 10
a.m. to 2 p.m. at Shiloh Center.

Cervical Cancer Awareness Month

by Kathey Avery, RN

Risks Include

**Human Papilloma
Virus** - low-risk types
and seldom linked to
cancer, such as HPV-6
and HPV-11. High-risk
types of HPV 16 and 18
cause two-thirds of can-
cers, including cancer of
cervix. Doctors believe
women must be infected
by HPV before developing cervical
cancer.

Completely avoiding contact
of certain areas of your body (like
the mouth, anus, and genitals)
with those of an infected person,
may be the only way to prevent
becoming infected with HPV.

Smoking exposes women to thou-
sands of cancer-causing chemi-
cals that go into the lungs then
throughout the body and have
been found in the cervical mucus
of women who smoke.



Kathey Avery, RN

Diet - Increase
fruits and vegetables.
Overweight women are
more likely to develop
adenocarcinoma of the
cervix.

Oral Contraceptives -
Taking OC's longer than
five years may increase
the risk cervical cancer.
Stopping shows risk
returned to normal after
10 years.

Talk to your doctor about the
potential risks. Use condoms if
you have multiple sexual partners
to lower risk of sexually transmit-
ted illnesses.

Multiple full-term pregnan-

cies - Three or more full-term
pregnancies increases the risk
of developing cervical cancer.
The theory is that women having
unprotected intercourse to get
pregnant are exposed to HPV.

**Young age at first full-term
pregnancy** - If 17 years old at

the time of the first full-term
pregnancy, women are two times
more likely to get cervical cancer
later in life than women who
waited to get pregnant until they
were 25 years or older.

Family History - If mother or
sister had cervical cancer your
risk is two to three times higher.
Some women are less able to
fight off HPV infection than
others due to inherited familial
tendencies.

Poverty - Low income and hav-
ing limited access to adequate
health care services, including
Pap tests, may prevent screening
and treatment for cervical pre-
cancers. Get screened; if found
early, cervical cancer may be
easier to treat.

For more education and dis-
cussion in your church or com-
munity contact me at ABIPA,
(828) 251-8364.

Community Lunch & Learns

Every Wednesday

From 12 noon to 2 p.m. at
the Linwood Crump Shiloh
Recreation Complex.

Every Thursday

Living Healthy with Chronic
Conditions - Now through
February 12 from 12 noon
to 2:30 p.m. at the Wesley
Grant South Side Center.

Ladies Night Out



First Thursday of each month from 4-8 p.m.

FREE physicals,
mammograms,
and health
education for
qualifying unin-
sured or under-
insured women.
Transportation

provided. Free childcare,
refreshments, blood-
pressure checks, cho-
lesterol screenings, and
pap smears. Call (828)
250-6006 to make your
appointment.

Thyroid Awareness



Neck Check™

To detect a thyroid abnor-
mality early, or lumps that
may indicate potential
thyroid cancer, follow these
steps to perform your own
Thyroid Neck Check:

1. Stand in front of a mirror
2. Stretch neck back
3. Swallow water
4. Look for enlargement
in neck (below the Adam's
Apple, above the collar
bone)
5. Feel area to confirm
enlargement or bump
6. If any problem is detect-
ed, see a doctor

Note: The Neck Check is
not conclusive. A thorough
examination by a physician
is needed to diagnose or
rule out thyroid cancer.



**If your thyroid
isn't working
properly,
neither are you!**