



PROJECT NAF

Nurturing Asheville & Area Families

Black History Month & Beyond

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

A Celebration of Black American History, Love & Health

Mount Zion Community Development, Inc. celebrates the importance for a continuing appreciation and celebration of Black History beyond February.

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated." ~ Carter G. Woodson

Changing habits to embrace a healthy lifestyle through heritage takes a community working together. (*African Heritage & Health*)

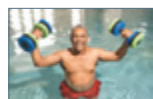
Loving Ourselves to Health...

Take steps every day to live a safe and healthy life.



Eat Healthy

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- Eat a balanced diet to help keep a healthy weight.
 - Fruits and Veggies
 - Healthy Weight
 - Nutrition for Everyone
 - Choose My Plate® (USDA)



Be Active

Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. Help kids and teens be active for at least one hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

Physical activity helps to:

- Maintain weight
- Reduce high blood pressure
- Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
- Reduce arthritis pain and associated disability
- Reduce risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety



Protect Yourself and Your Family

Physical activity precautions for everyone.

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing other people's, or (second hand), smoke.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Gather emergency supplies. Make a plan. Be informed. (*Centers for Disease Control, www.cdc.gov*)

Knowing your family history is important in knowing your risk for disease and helping your health providers to provide the best care!

Minority Health

Health Conditions

For blacks in the United States, health disparities can mean earlier deaths, decreased quality of life, loss of economic opportunities, and perceptions of injustice. For society, these disparities translate into less than optimal productivity, higher health-care costs, and social inequity.

The death rate for African Americans was generally higher than Whites for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, HIV/AIDS, and homicide. Factors contributing to poor health outcomes among African Americans include discrimination, cultural barriers, and lack of access to health care.



HIV/AIDS Awareness

Blacks/African Americans continue to experience the most severe burden of HIV, compared with other races and ethnicities.

Blacks represent approximately 12% of the U.S. population, but accounted for an estimated 44% of new HIV infections in 2010. They also accounted for 41% of people living with HIV infection in 2011.

Since the epidemic began, an estimated 265,812 blacks with an AIDS diagnosis have died, including an estimated 6,630 in 2013.

Unless the course of HIV in the United States changes, at some point in their lifetime, an estimated one in 16 black men and one in 32 black women will be diagnosed with HIV infections.

Source: Centers for Disease Control



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

Message from Shari L. Smith



What Are Some Ways to Help Prevent Birth Defects?

We know that not all birth defects can be prevented. But a woman can increase her chances of having a healthy pregnancy by managing health conditions and adopting healthy behaviors before becoming pregnant. This is important because many birth defects happen very early during pregnancy, sometimes before a woman even knows she is pregnant.

Here are some steps to get ready for a healthy pregnancy:

- Get 400 micrograms (mcg) of the B vitamin, folic acid every day before and during pregnancy.
- Don't drink alcohol at any time during pregnancy.
- Don't smoke.
- Talk to a healthcare provider about taking any medicine, both prescription and over-the-counter.
- Keep health conditions like diabetes under control.
- Eat a healthy diet and work to reach and maintain a healthy weight.
- See a healthcare professional regularly.

Increasing awareness of these steps offers hope for reducing the number of birth defects in the United States. (*Centers for Disease Control*)

Prenatal Infection Prevention

Pregnancy is an exciting time, but it also can be stressful. Knowing that you are doing all that you can to get ready for pregnancy, staying healthy during pregnancy, and giving your baby a healthy start will help you to have peace of mind.

Birth defects affect one in every 33 babies born in the United States each year. That translates into nearly 120,000 U.S. babies affected by birth defects.

These conditions are a leading cause of death in the first year of life, causing one in every five infant deaths. Babies who survive and live with birth defects can have lifelong challenges, such as problems with physical movement, learning, and social interaction. (*Centers for Disease Control & Prevention*)



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