

PROJECT EMPOWER

Education Means Power



Buncombe County's Teen Pregnancy Prevention Initiative



**A very special thank you
to Project EMPOWER's
Planning Advisory Council:**

Chrysta Burris, Buncombe County
Health & Human Services

Johnnie Grant, *The Urban News*

Michele Lemell, Asheville City Schools
Peggy Weil, WNC AIDS Project (WNCAP)

Sara Green, Buncombe County
Health & Human Services

Keynon Lake, "My Daddy Taught Me
That" (Former Member)

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Mrs. Cynthia Selling, Principal,
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Ms. Joyce Best, Principal,
Asheville High School

Mr. Greg Townsend, Principal, SILSA

Mr. Rocky Cunningham, Coach, AHS

Ms. Sonita Warren-Dixon, Coach, AHS

Buncombe County's Community
Health Advisory Committee,
and our community partnerships.

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The Importance of Prevention

"An ounce of prevention is worth a pound of cure."

There is an increased focus on preventive care in our communities to improve America's health, quality of life and prosperity.

Seven out of ten deaths among Americans each year are from chronic diseases such as cancer and heart disease. And, almost every two adults have at least one chronic illness, many of which are preventable.

Today, one in three children in our nation are overweight, which predisposes them to chronic disease, and the numbers are even higher in African American and Hispanic communities.

Focusing on preventive disease and illness before they occur will create healthier homes, workplaces, schools, and communities, so that we can live long and productive lives and reduce our healthcare costs. Better health positively impacts our communities and our economy.

Source: Centers for Disease Control

How Much Sleep Do I Need?



Poor sleep habits go hand-in-hand with unhealthy diets.

Sleep guidelines from the National Heart, Lung, and Blood Institute have noted that sleep changes as we age, although there is no 'magic number,' as individual sleep needs vary.

Did You Know?

During adolescence, a change in the body clock keeps most teens from feeling sleepy until 10 p.m. or later.

See: sleepeducation.blogspot.com

Eating Behaviors of Young People



Most U.S. Youth:

- Do not meet the recommendations for eating 2 1/2 to 6 1/2 cups of fruits and vegetables each day
- Do not eat the minimum recommended amounts of whole grains (2-3 ounces of vegetables each day)
- Eat more than the recommended maximum daily intake of sodium (1500-2300 mg each day)

With Better Health:

Children are in school more days and are better able to learn.

Numerous studies have found that regular physical activity supports better learning. Student fitness levels have been correlated with academic achievement, including improved math, reading and writing scores.

Adults are more productive and at work more days.

Preventing disease increased productivity—asthma, high blood pressure, smoking and obesity each reduce annual productivity by between \$200 and \$440 per person

Seniors keep their independence.

Support for older adults who choose to remain in their homes and communities and retain their independence ("aging in place") helps promote and maintain positive mental and emotional health.

Investments in prevention complement and support treatment and care. Prevention policies and programs can be cost-effective, reduce health care costs and improve productivity.

Recommended Amount of Sleep

Age	Hours a Day
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

Adolescents drink more full-calorie soda per day than milk. Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents aged 2-18 years, affecting the overall quality of their diets.

Diet and Academic Performance

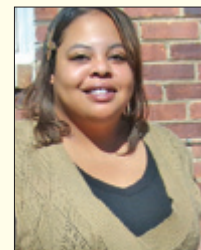
Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood.

Source: Centers for Disease Control

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



A Message from Caryn B. Monroe



Caryn B. Monroe

HIV/AIDS can happen to any race, ethnicity, age or sexual orientation.

Protect yourself by using a condom correctly every time you have sex,

and avoid contact with your partner's fluids and blood.

Get Tested!

Under the Affordable Care Act, you may be able to get tested for HIV and counseling at no cost to you. To learn more, visit: HealthCare.gov; Office of Women's Health, womenshealth.gov; U.S. Department of Health & Human Services, www.hhs.gov.

What Every Woman Needs to Know About HIV/AIDS

About one in four people living with HIV are women, and about 217,000 women – 80% of whom are childbearing age (15-44) – are HIV-positive.



Together We Can!

Be part of a community that stands together to fight HIV/AIDS.

Office of Women's Health, womenshealth.gov; US Department of Health & Human Services.

National Youth Violence Prevention Week: March 23-27

Prevention of Youth Violence:

- Has immense benefits for our health, safety, and prosperity
- Lowers the rise for other youth-related problems such as alcohol and substance abuse, obesity, and academic failure



Community members, parents, youth, adults, and the faith community have important roles to play in preventing violence. Our actions can contribute to the development of safe and supportive communities where young people can reach their full potential.

Refer your youth/teen to the Project EMPOWER Program. For more information, contact Caryn (Bree) Monroe at (828) 225-8157 or (828) 776-1427.