



PROJECT NAF

Nurturing Asheville & Area Families

Healthy Living & Preventive Health

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

Are You Worth It?

"Eat your fruits and vegetables so you can grow up to be healthy and strong." More than likely you heard this statement while growing up. Research shows that this is good advice.

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.

- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.

- Most fruits and vegetables are naturally low in fat and calories and are filling.

Almost everyone needs to eat more fruits and vegetables. A growing body of research shows that fruits and vegetables are critical to promoting good health. To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat every day.

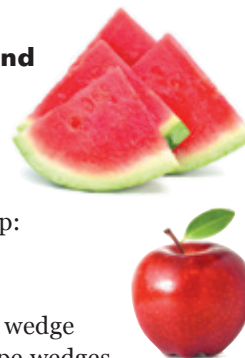
Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthy diet are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease.

Source: Centers for Disease Control

How many fruits and vegetables should we be eating each day?

The following examples count as 1 cup:

- 1 small apple
- 1 large banana
- 1 small watermelon wedge
- 2 medium cantaloupe wedges
- 1 medium grapefruit
- 1 large orange
- 1 large peach
- 1 medium pear
- 2 large or 3 small plums
- 8 large strawberries
- 2 small boxes of raisins or other dried fruit
- 3 spears of broccoli
- 1 cup of cooked greens or 2 cups raw
- 2 medium carrots or 12 baby carrots
- 1 large sweet potato
- 1 large ear of corn
- 1 medium potato
- 2 large stalks of celery
- 1 large bell pepper
- 1 large tomato
- 1/2 can of beans



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

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Are You Getting Your Zzzzz?

Celebrate National Sleep Awareness Week, March 5-11, 2015

Did you know that adults need seven to nine hours of sleep each night? The Centers for Disease Control and Prevention states that "insufficient sleep is a public health epidemic." Poor sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular diseases, obesity, and depression.

Sufficient sleep is increasingly being recognized as an essential aspect of chronic disease prevention and health promotion.

Source: Centers for Disease Control

Have You Had Your Colon Cancer Screening?

Colorectal (colon) cancer is the second leading cancer killer in the United States, but it doesn't have to be. Screenings can find precancerous polyps – abnormal growths in the colon or rectum – so they can be removed before turning into cancer. Screening also helps find colorectal cancer at an early state, when treatment often leads to a cure.

If you are 50 years old or older, schedule your colon screening now! Do It for Yourself, Do It for the Ones You Love... Talk to your doctor about this.

Source: Centers for Disease Control

Together We Can!

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.

HIV Facts

- Even when they know their status, about 1 in 4 women postpone medical care because of barriers such as family, depression, or threat of partner violence. Seek medical care and call the Domestic Hotline at 800-799 SAFE (7233)

- If you are pregnant and HIV-positive, take HIV medicine. If you take medicine, the risk of passing HIV to your baby is less than 1%.



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

Message from Shari L. Smith



Shari L. Smith

Breastfeeding: Nutrition for Babies

Benefits to Babies:

Breastfed babies have less risk of obesity, Type 2 diabetes, asthma, ear infections, diarrhea, vomiting, and Sudden Infant Death Syndrome (SIDS).

Benefits to Mothers:

Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances bonding with her baby, and speeds recovery from childbirth.

Child Care: Being breastfeeding friendly may lead to better daily attendance, healthier children, higher parent satisfaction, and more public recognition.

Everyone: Breastfeeding-friendly child care helps everyone by providing breastfeeding rates, leading to a healthier life.

Source: NC DHHS Nutrition Branch

MS. MINNIE E. JONES Thanksgiving & Appreciation Memorial

"Life's most persistent and urgent question is, 'What are you doing for others?'"

~ Dr. Rev. Martin Luther King Jr.

Mount Zion Community Development, Inc. expresses thanksgiving and appreciation for the late Ms. Minnie E. Jones, a community leader and advocate



Minnie E. Jones
(1934-2015)

who promoted health care for the citizens of Asheville, Buncombe County and beyond.