



PROJECT NAF

Nurturing Asheville & Area Families

Let's Take Control of Our Health

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR



• Schedule your well-woman visit every year. Thanks to the Affordable Care Act, it's considered a preventive service and must be covered by most health plans at no cost to you.

During your well-woman visit, you can receive many screenings free of charge, such as screenings for blood pressure, cholesterol, cervical cancer, and more. And if your health care provider says you need more than one well-woman visit in a year, the additional visits are also covered.

Source: Women'sHealth.org

Sleep well

Insufficient sleep is associated with a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression

Manage stress

Stress can be beneficial by helping you develop skills to cope with and adapt to new and potentially threatening situations throughout life.

Share history

Know and pass on your family health history. Family members share genes, behaviors, lifestyles, and environments that together may influence their health and their risk of chronic disease.

Source: Centers for Disease Control, www.cdc.gov

It's never too early or too late to work toward being your healthiest you! During National Women's Health Week, let's take control of our health.

National Women's Health Week is an observance led by the U.S. Department of Health & Human Services Office on Women's Health; its goal is to Empower Women to make their health a priority. This week also serves as a reminder to understand steps we can take to improve our health.

What steps should you take for good health? To improve your physical and mental health, you can:

- Visit your doctor or nurse to receive regular checkups and preventive screenings
- Get Active
- Eat Healthy
- Pay attention to your mental health, including getting enough sleep & managing your stress
- Avoid unhealthy behaviors such as smoking, texting while driving and not wearing your seatbelt or bicycle helmet



Source: Centers for Disease Control

Text AWAY!

Sign up for text4baby. It's a free service that provides pregnant women and new moms with a free cell phone text messages each week sharing tips on having a healthy pregnancy and raising a healthy baby the first year.

The messages are timed to a woman's due date or the baby's date of birth. Text BABY to 511411 (or BEBE in Spanish) to start receiving messages right away.

Show your love by planning your next pregnancy and engaging in healthy behaviors before becoming pregnancy.

National Alcohol & Other Drug-Related Birth Defects Awareness Week

Alcohol, drugs and childbirth do not go together. Yet, in the U.S., 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 75,000) drink alcohol during pregnancy, and another 6% (225,000) use an illicit drug at least once while carrying a child to term.

Starting on Mother's Day, National Alcohol & Other Drug Related Birth Defects Awareness Week is a reminder that alcohol and drug use during pregnancy can be detrimental to a mother and her child. Prenatal

alcohol and drug use can result in a spectrum of adverse conditions.

Approximately one in every 100 children born nation-wide is adversely affected by prenatal alcohol and drug exposure, including children with the full fatal alcohol syndrome, as well as children who may not have all of the external features of the syndrome, but whose brains have been injured.

Source: National Council on Alcoholism and Drug Dependence (NCADD)



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

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Staff

Mrs. Belinda K. Grant
Executive Director
(828) 350-9821
mzcd@cs.com

Ms. Shari Smith
Project Coordinator
(828) 225-8155
projectnaf01@cs.com

Ms. Caryn B. Monroe
Project EMPOWER Outreach Worker
(828) 225-8157
carynbmonroe@gmail.com

Ms. Rosa Hearst
Receptionist
(828) 252-0515

Mount Zion Community Development

47 Eagle Street
Asheville, NC 28801
(828) 350-9821
www.mtzionmissionaryasheville.org

Message from Shari L. Smith



Shari L. Smith

When was the last time you had an annual check-up or a well visit check-up? This check-up is a time to:

- Discuss your health habits and family history.

- Get or schedule necessary screenings and exams.
- Set health goals.

What is Preeclampsia?



Preeclampsia is a condition that can happen after the 20th week of pregnancy or right after pregnancy. It is when a pregnant woman has

high blood pressure and signs of that some of her organs, like her kidneys and her liver, may not be working properly.

Some of the signs include having protein in her urine, changes in vision and severe headaches, pain in the upper right belly area, nausea or vomiting, sudden weight gain or swelling in the legs, hands and feet.

Many of these signs and symptoms are normal discomforts of pregnancy. However, if you have severe headaches, blurred vision, or severe upper belly pain, call your health care provider right away.

Source: March of Dimes

May 31 is No Tobacco Day



Did You Know?

Smoking harms nearly every organ of the body. Some of these harmful effects are immediate.