



# PROJECT NAF

*Nurturing Asheville & Area Families*

## Fruit and Veggies – More Matters

### Message from Shari L. Smith



#### Important Message to Parents!

Ask for your baby's newborn screening results. If your baby does not pass the screening tests, get additional tests or necessary treatments. Newborn screening identifies conditions that can affect a child's long-term health or survival. Early detection, diagnosis, and intervention can prevent death or disability, and enable children to reach their full potential.

### Project NAF Planning Advisory Committee

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Mount Zion Missionary Baptist Church  
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*"Eat your fruits and vegetables."*

More than likely, you've heard this statement since childhood. In actuality, research shows why 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.

Source: Centers for Disease Control & Prevention.



Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries. You can still eat a full bowl, but with fewer calories.

#### Lighten Up Your Lunch

Substitute vegetables such as lettuce, tomatoes, cucumbers, or onions for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The vegetables will help fill you up, so you won't miss those extra calories.

#### Dinner

Add in 1 cup of chopped vegetables such as broccoli, tomatoes, squash, onions, or peppers, while removing 1 cup of the rice or pasta in your favorite dish.

Source: Centers for Disease Control

Here are some simple ways to cut calories and eat fruits and vegetables throughout your day.

#### Breakfast: Start the Day Right

Substitute some spinach, onions, or mushrooms for one of the eggs or half of the cheese in your morning omelet. The vegetables will add volume and flavor to the dish with fewer calories than the egg or cheese.

## Childhood Obesity

Childhood obesity is a serious problem in the United States. Despite recent declines in the prevalence among pre-school-aged children, obesity among children is still too high. For children and adolescents aged 2-19 years, the prevalence of obesity has remained fairly stable at about 17% and affects about 12.7 million children and adolescents for the past decade.

#### Why is childhood obesity considered a health problem?

Doctors and scientists remain concerned about the rise of obesity in children and youth because obesity may lead to the following health problems: Heart disease caused by high cholesterol and/or high blood pressure; Type 2 diabetes; Asthma; Sleep apnea and social discrimination.

Childhood obesity is associated with various health-related consequences. Obese children and adolescents may experience immediate health consequences and may be at risk for weight-related health problems in adulthood.



## Youth Suicide

Suicide (taking one's own life) is a serious public health problem that affects even young people. For youth between the ages of 10-24, suicide is the third leading cause of death; it results in approximately 4600 lives lost each year.



Although suicide affects all youth, some groups are at higher risk than others. Boy are more likely than girls to die from suicide; however, girls are more likely to report attempting suicide than boys.

Source: Centers for Disease Control



#### A Very Special Thank You to Project EMPOWER's Community Advisory Council

Cameron Edmonds-Raley, WNC AIDS Project (WNCAP)  
Chrysta Burris, Buncombe County Health & Human Services  
Johnnie Grant, *The Urban News*  
Michele Lemell, Volunteer Mgt., Curriculum Design, Educational Design, Fundraising, Event Planning  
Peggy Weil, WNC AIDS Project  
Sara Green, former member, former staff of Buncombe County Health & Human Services



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

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## PROJECT EMPOWER

Education Means Power

### Collaboration Partnership Plans for FY 2015-2016

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Ms. Joyce Best, Principal, Asheville High School  
Mr. Greg Townsend, Principal, SILSA  
Mr. Rocky Cunningham, Coach, Asheville High School  
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Buncombe County's Community Health Advisory Committee & Community Partnerships

### Message from Caryn Bria Monroe



Caryn Bria Monroe

#### Take Note!

Suicide affects all youth. Some of the risk factors are: history of previous suicide attempts; family history of suicide; history of depression and mental illness; alcohol or drug abuse; stressful life event or loss; easy access to lethal methods; exposure to the suicidal behavior of others, and incarceration. (Source: Centers for Disease Control)

Please contact your medical provider immediately if your child/youth exhibits any of these risk factors.

**PROJECT EMPOWER is a Teen Pregnancy Prevention Initiative**  
**Let's Say NO to Teen Pregnancy!**