

PROJECT EMPOWER

Education Means Power



Message from Caryn Monroe



Caryn Bria Monroe

Tips for Teens: Lower Your Risk for Type 2 Diabetes

Diabetes is a serious disease. Today, more teens are getting type 2 diabetes.

Food we eat is turned into glucose (sugar) so our bodies can use it for energy. When you have diabetes, glucose builds up in your blood and cannot get into the cells in your body. If blood glucose stays too high for too long, it can damage your eyes, kidneys, and nerves.

Project EMPOWER Community Action Council

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Mount Zion Community Development, Inc.

November is American Diabetes Month Working to Reverse the U.S. Epidemic

The rate of new cases of diagnosed diabetes in the United States has begun to fall, but the numbers are still very high. More than 29 million Americans are living with diabetes, and 86 million are living with prediabetes, a serious health condition that increases a person's risk of type 2 diabetes and other chronic diseases.



Gestational diabetes is diagnosed during pregnancy and can cause serious complications for mothers or their babies. These complications include preeclampsia (pregnancy-induced high blood pressure), birth-related trauma, and birth defects.

Women with gestational diabetes also have a higher risk of developing type 2 diabetes later in life.

Up to 25% of U.S. adults who have diabetes don't know that they have it or that they could be developing serious complications.

Public Health Problem

People with diabetes either don't make enough insulin (type 1 diabetes) or can't use insulin properly (type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively,

blood sugar builds up in the blood.

High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous.

- Diabetes was the seventh leading cause of death in the United States in 2013 (and may be underreported)

- Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness
- More than 20% of health care spending is for people with diagnosed diabetes

People who have one or more of the following risk factors should talk to their doctor about getting their blood sugar tested.

- Being overweight
- Being 45 years or older
- Having a family history of Type 2 diabetes.
- Being physically active less than three times a week.
- Ever having gestational diabetes or giving birth to a baby who weighed more than 9 pounds

Did You Know?

Race and ethnicity are also factors. African Americans, Hispanics and Latinos, American Indians, Pacific Islanders, and some Asian Americans are at higher risk than whites.

Source: CDC

Take Action to Keep Healthy!

Aim to get to and stay at a healthy weight. Most teens who get type 2 diabetes weigh too much. To lower your chances of getting diabetes, lose weight by being active and making healthy food choices.

Action: Be physically active every day. Walk or bike to get from place to place. Take the stairs. Dance, play soccer, or sports. Play basketball or skateboard with friends. Keep TV and computer time to two hours or less each day.

Action: Choose healthy foods every day.



Source: U.S. Department of Health and Human Services, National Institute of Diabetes and Digestive and Kidney Diseases

PROJECT NAF

Nurturing Asheville & Area Families



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

Message from LaVie Montgomery



LaVie
Montgomery

Better Together!

One of the best ways to predict how well someone will manage diabetes is how much support they get from family and friends.

Daily diabetes care is a lot to handle, from taking meds, injecting insulin, and checking blood sugar to eating healthy food, being physically active, and keeping health care appointments. Your support can help make the difference between your friend or family member feeling overwhelmed or empowered.



Source: CDC

YOUR DAY TO QUIT



November 19th is the American Cancer Society's Great American Smokeout. This event challenges people to stop using tobacco. Source: CDC

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