



ABIPA Health Highlights

CELEBRATING 13 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

ON SITE ACTIVITIES

56 Walton St., Asheville

Building Brothers BREAKFAST

Saturday,
February 11

Prostate & Diabetes
Health. 8 a.m. at the
ABIPA office.

Healthy Breakfast
Options provided
by



Call (828) 251-8364 to schedule
ABIPA for your organization or
church events.

Donate to ABIPA

Tax deductible donations
can be made by sending a
check to: ABIPA, PO Box
448, Asheville, NC 28802;
or click the donation tab at
www.abipa.org. Thank you
for your support!

Thank you to our funding partner
and community partner agencies for
making our work possible.



and the
**Buncombe County
Service Foundation**

ABIPA

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Asheville, NC 28801

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Asheville Buncombe Institute of Parity Achievement

ABIPA promotes economic,
social, and healthy parity
achievement for African
Americans and other people
of color in Buncombe
County through advocacy,
education, research, and
community partnerships.

www.ABIPA.org



Giving PRAISE in 2017 and Beyond

By JéWana Grier-McEachin, Executive Director
Photo: Pro16 Productions

The PRAISE (Preventive Health Education Resulting in Action Inspiring Success for Everyone) initiative began in 2014 to promote and improve the work of health ministries at local African American and multi-cultural churches.

ABIPA provides guidance, workshops, and health screenings; UNC Asheville faculty and undergraduate researchers conduct the program evaluation with ABIPA and the churches. In 2017 PRAISE received support from Mission Health Community Investment, Bank of America, AARP, and private contributions to award more than \$8,000 to churches that participated in the efforts. The awards were given to congregations that expanded and improved their health screening programs, increased healthy food offerings at church gatherings, and created more church-based opportunities for physical activity.

PRAISE is a joint effort—UNC Asheville and ABIPA will continue its health promotion work with Asheville's African American churches in 2018, with continued support from Mission Health Community Investment.

During this year's PRAISE Awards, held in August, Pam Johnson of Tried Stone Missionary Baptist Church said, "When we make healthier food choices and exercise, this not only feeds the body but also nourishes the spirit. I challenge you today to get on board the health train to live a long healthy and enriched life." Tried Stone

Missionary Baptist Church was one of seven churches awarded the Gold level PRAISE award and \$1,000.

"Together, we continue to contribute to reducing health disparities among African Americans in Asheville," said Ameena Batada, UNC Asheville Associate Professor of Health and Wellness. "With each additional year of the program, the evaluation data indicates that congregation members are eating healthier foods, exercising more, smoking less, and enjoying better health. We are encouraged by the results and inspired by the churches and their members!"

Kathy Avery, ABIPA's nurse, added that she sees the difference this work has made in our communities, stating, "People are better off because of this work, and the PRAISE initiative helps to make sure they continue to flourish."

The PRAISE initiative allows ABIPA to deepen the impact of prevention and disease management to cultivate a culture of health in our community's congregations and neighborhoods. We look forward to the program growing as more churches commit to intentionally integrating health programming and support as priority for their members.

This year we will be expanding education options to include presentations from AARP, Dementia



St. James AME received a PRAISE award.



Presentation by Zo Mpofu of Faithful Families at the Praise Planning Luncheon.



JéWana Grier-McEachin, Reverend Walter Bryson of Shiloh AME Zion Church, and Kathy Avery.

Friendly, and the addition of Faithful Families as a curriculum of choice supported by Buncombe County Health and Human Services. We held our 2nd Annual Praise Planning luncheon on December 2nd. More than 25 individuals attended, representing congregations and community partnerships. If you are interested in participating in 2018, now is the time to begin making plans.

Lunch & Learn

Every Wednesday

From 12 noon to 2 p.m. at
the Linwood Crump Shiloh
Recreation Complex.

Ladies Night Out

First Thursday of
each month from
4-8 p.m.

FREE physicals,
mammograms, and
health education for
qualifying uninsured
or underinsured women.
Transportation provided.
Free childcare, refresh-
ments, blood-pressure
checks, cholesterol screen-
ings, and pap smears. Call
(828) 250-6006 to make
your appointment.

Christmas Party

For Friends of ABIPA

Saturday, December
16 from 7 to 9 p.m. at the
Arthur Edington Center,
133 Livingston Street.

This is the perfect opportunity to give the gift that keeps on giving, your end-of-year donation.

We wouldn't be able to do this work without our community partners, and congregation members who are willing to get involved. We deeply appreciate the support of Mission Health's Community Investment and their commitment to insure that are churches and communities are healthy and whole.



Kathy Avery, RN
Photo: Pro16 Productions

Looking Back, Moving Forward

By Kathy Avery RN, BSN

2017 has been a time of rapid changes and uncertain times in healthcare.

Looking forward, we do know that African Americans and underserved populations will be greatly affected. In 2018, as the nurse for ABIPA, I will continue to work on top issues, such as infant mortality, the opioid epidemic, and how to age in place.

We at ABIPA have begun work on infant mortality. In Buncombe County three times more African

American infants die than any other group. We know the major causes that contribute to infant mortality are related to stress due to the effects of racism, along with issues all mothers may experience.

The opioid epidemic

According to NC Attorney General Josh Stein, beyond its strains on health care, the state's opioid epidemic in some areas has overwhelmed social workers, law enforcement, and even community organizations.

For African Americans there has been a six-fold increase in heroin use in this country. It is essential we educate our children about addiction and its long-term effects.

This year, details about Medicaid were the most shocking to me. Even though we prepare for the future, a long-term illness causing physical and/or mental impairment can wipe out an individual's income in one to two years. To be Medicaid-eligible you have to "spend down" your assets to qualify. If any of us need long-term care,

nursing homes are going to be ill equipped in managing our aging population, or assisting those of us who are falling ill due to unhealthy life-styles.

Moving forward, all of these health concerns will need ABIPA's attention in 2018. We are working hard to educate our community so that we can all enjoy many healthy and prosperous years.

Merry Christmas and Happy New Year. Thank you for your support now and in the future.

2018