

PROJECT EMPOWER

Education Means Power



Say No to Drugs & Alcohol

Message from Sapphire De'Bellott

Stop Violence in Youth Relationships

Did you know?

In a recent national survey, 1 in 10 teens reported being hit or physically hurt on purpose by a boyfriend or girlfriend at least once in the 12 months before the survey.

Additionally, during the 12 months before the survey, 1 in 10 teens reported they had been kissed, touched, or physically forced to have sexual intercourse when they did not want to at least once by someone they were dating.

What You Can Do!

Talk to teens about the importance of developing healthy, respectful relationships. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

Adults need to talk to teens now about the importance of developing healthy, respectful relationships. Early intervention is needed to stop violence in youth relationships before it begins and keep it from continuing into adult relationships.

Source: CDC

Project EMPOWER Community Advisory Council

Shaunia Carson,
Representing Teen Population
Johnnie Grant, *The Urban News*

Dr. Randall Johnson,
Asheville City Schools District

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Rasheeda McDaniel,
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Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

African American History: Yesterday, Today, Tomorrow & Everyday!

Celebrated February 1-7, African Heritage & Health Week commemorates the flavors and healthy cooking techniques that were core to the well-being of African ancestors from Africa, South America, the Caribbean, and the American South. February is the perfect time to honor and explore this healthy culinary history.



Message from Ronesha Mackey

The N.C. Division of Public Health is "Going Red" to support the American Heart Association's Go Red for Women Campaign.

The Numbers Game!



In today's society, there is a lot of emphasis on numbers, like cell numbers, birthdays, and passwords. But do you know your numbers for heart health? These numbers are critical and could save your life.

That's why Go Red For Women and The Heart Truth are encouraging all women to schedule a visit with their doctor to learn their personal health numbers, including Blood Pressure, Cholesterol, Blood Sugar, and Body Mass Index (BMI) to assess their risk for heart disease and stroke.

It's time to learn the most critical numbers in your life. Your heart depends on it.



Ronesha Mackey

February 7 is National Black HIV/AIDS Awareness Day

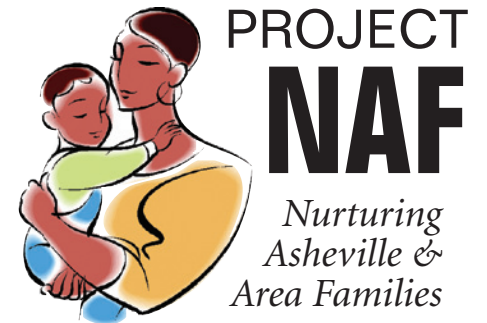
This year's theme, I Am My Brother's and Sister's Keeper, emphasizes our responsibility to stand united with our family and friends in the fight against HIV and AIDS.

- Blacks/African Americans continue to experience higher rates of HIV compared to other races and ethnicities
- In 2015, African Americans made up about 12% of the US population, but accounted for 45% of new HIV diagnoses
- Among all African Americans, African American gay and bisexual men account for the majority (58%) of new diagnoses.

Source: CDC, www.cdc.gov/hiv/group/msm/bmsm.html



**GET TESTED.
GET EDUCATED.
BE SAFE.**



MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Dr. John H. Grant
Founding Chairman, President, CEO of
Mount Zion Community Development, Inc.



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

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February is...

Heart Health Month.

**International Prenatal Infection
Prevention Month**, as designated by
Group B Strep International.

National Children's Dental Health Month.

Project NAF Community Advisory Committee

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Mt. Zion Missionary Baptist Church
Cynthia Yancey, MD
Western NC Community Health Services
Denise Duckett
Care Partners of Western NC
Karla Ambrose, MD
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