



# Mount Zion Community Development, Inc.

*ECHO (Enhancing Collaborative Health Options & Opportunities)*

## April is Sexual Assault Awareness and Prevention Month



Back Row (L-R): Sapphire DeBellott, Carly Wood, Daisy Garcia, Tiffany DeBellott, Belinda K. Grant, Mariq Williams, Mrs. Willie Mae Brown, and Keith McCrainie. Front Row: Antonio Stinson, Royanna Williams, and LaPorche McCrainie.

MZCD's Project NAF & Project EMPOWER programs enjoyed participating in Our Voice's "A Special Evening With Elizabeth Smart" event on March 8, 2018. Elizabeth's message was powerful, engaging, and thought provoking. Her message focused on hope and healing after trauma. It's a message that's especially relevant today, when so many people across the country are speaking up and sharing their stories as survivors. Elizabeth's journey reminds us all that there is life after assault; there is hope and healing for those who have been impacted by sexual violence.

Source: Our Voice, ourvoicenc.org

### Project NAF Community Advisory Committee

- Charlene Galloway  
Mt. Zion Missionary Baptist Church
- Cynthia Yancey, MD  
Western NC Community Health Services
- Denise Duckett  
Care Partners of Western NC
- Karla Ambrose, MD  
Western NC Community Health Services
- Royanna Williams  
Business Owner, N'Tyced

### National Minority Health Month

During National Minority Health Month in April, the Department of Health and Human Services Office of Minority Health joins with its partners to outline goals and actions to reduce health disparities among racial and ethnic minorities.

### Healthiest Nation 2030: Changing Our Future Together

For two years in a row, life expectancy in the U.S. has dropped, which means today's generation of children may not outlive their parents. It will take every one of us to preserve the health gains of the past and create even more opportunities for health in the future—our children deserve it.

Source: www.ncpw.org

# PROJECT EMPOWER

Education Means Power



### Project EMPOWER Community Advisory Council

- Johnnie Grant, *The Urban News*
- Dr. Randall Johnson,  
Asheville City Schools District
- Michael Harney, Western NC AIDS Project (WNCAP)
- Rasheeda McDaniel, Buncombe County Health & Human Services

### Message from Ronesha Mackey

## April is National Child Abuse Prevention Month

All children (babies, youth and teens) deserve to grow up in nurturing environments and safe homes. No child deserves to be abused. Child abuse can be physical, sexual or emotional will negatively impact the victim for a lifetime.

If you have a reasonable suspicion that a child is being maltreated, please contact the Buncombe County Health & Human Services at (828) 250-5900.

The Project NAF Program provides services to pregnant and post-partum women so that babies can have a healthy first year of life and beyond. Since 1998, Project NAF has provided advocacy, supportive services, and educational initiatives to impact low-birth weight and premature births.



Ronesha Mackey

## WOW! Did You Know?

In the U.S., where you live, your income, education, race, and access to health care mean as much as a 15-year difference in how long you will live.

Equally shocking, studies show that even wealthy, highly educated Americans with access to quality care suffer a health disadvantage to peers in other high-income countries. That's why the American Public

Health Association created Generation Public Health.

Generation Public Health is national movement of people, communities and organizations working to ensure conditions where everyone has the opportunity to be healthy. Their vision is to create the healthiest nation in one generation.

Source: American Public Health Association

### Message from Sapphire De'Bellott

## Teens in the United States

More than 1 in 5 new HIV diagnoses were in young people aged 13-24 years. Only 10% of sexually experienced U.S. high school students have ever been tested for HIV. From 2005 to 2015, CDC data shows declines in sexual risk behaviors among teens. Still, the prevalence of some behaviors remains high and puts young people at risk. For instance, condom use has decreased among teens, with more than 40% of sexually active high school students not using a condom the last time they had sex.

Additionally lesbian, gay, and bisexual (LGB) teens often remain at greater risk for negative health outcomes. It is critical to

use tailored approaches to reach the highest risk teens with the right interventions, in the right way, at the right time.

Addressing HIV in youth requires that young people are provided the tools they need to reduce their risk, make healthy decisions, and get treatment and care if needed. Project EMPOWER provides these tools by implementing the Reducing the Risk & Making Proud Choices programs in Asheville city schools.

Source: CDC



Sapphire De'Bellott

### MOUNT ZION COMMUNITY DEVELOPMENT, INC.



### Celebrating 20 Years of Service to Buncombe County & Beyond!



Details About MZCD's 20th Year Anniversary Celebration Forthcoming!

Mount Zion Community Development, Inc. expresses sincere appreciation and thanks to Dr. John H. Grant, (a visionary) as the Founding Chairman, President, CEO, and to Mt. Zion Missionary Baptist Church of Asheville, Inc. for its continued advocacy, support, and in remaining an anchor for the past twenty years!



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

A special thanks to area faith-based supporters, and present and past grant funders of the past twenty years. If you would like to make a donation or to learn more about our programs, please contact:

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#### Board of Directors

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