

Project NAF Community Advisory Committee

Karla Ambrose, MD
Western NC Community Health Services
Denise Duckett
Care Partners of Western NC
Charlene Galloway
Mt. Zion Missionary Baptist Church
Brandon Romstadt, Buncombe County
Health & Human Services
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Business Owner, N'Tyceed
Cynthia Yancey, MD
Western NC Community Health Services

PROJECT EMPOWER

Education Means Power
Message from Sapphire De'Bellott

September is National Suicide Prevention Month



A young person is at critical risk of suicide if he or she:

- Threatens to hurt or kill him or herself; or talks of wanting to hurt or kill him or herself; and/or
- Looks for ways to kill him or herself by seeking access to firearms, pills, or other means; and/or
- Talks or writes about death, dying or suicide, when these actions are out of the ordinary.

If your friend somehow indicates or communicates suicidal thoughts, get help immediately from a mental health professional or a professional in a hospital emergency department, or call 9-1-1.

Sapphire
De'Bellott

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
Carly Woods, Teen Representative,
Asheville High School

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

September is National Infant Mortality Awareness Month

September is Infant Mortality Awareness Month and we are encouraging you to support your wife, Baby's Mama, girl-friend, daughter, granddaughter, family member, friend, sister, etc.

The Infant Mortality Rate is commonly accepted as a measure of the general health and well-being of a population. Infant Mortality is the number of infants who die during their first year of life. It is measured by the Infant Mortality Rate, which is the number of infant deaths per 1,000 live births in a given year.

Significant disparities persist in the death rate of infants by race and ethnicity.

- In the U.S. the infant mortality rate among African American infants is more than twice that of non-Hispanic whites and the rate is 60% higher among American Indian/Alaska Native infants compared to non-Hispanic whites.



In North Carolina the infant mortality rate for African American babies is 2.5 times higher than for non-Hispanic white babies. Of further concern in North Carolina is the increased infant mortality rate among Latino infants.

Although infant mortality is influenced by a number of issues, a woman's health remains the most important factor. This is why the Project NAF program educates program participants about the importance of preconception health.

Get involved to help reduce the number of infants that die each year. You may ask, "What can I do to help? You can help by referring an African American pregnant or post-partum woman to the Project NAF Program. After birth, women can enroll prior to the baby turning two months old.

Source: CDC

Baby Buggy Walk in the Park

Please join the Project NAF program as we sponsor a "Baby Buggy Walk in the Park" honoring Infant Mortality Awareness Month on **Saturday, September 22, 2018** at Carrier Park (220 Amboy Road) from 3:30-6:30 p.m. Come join us to show your support. Hope to see you there!

The Baby Buggy Walk in the Park is a national infant mortality awareness initiative developed by Baltimore Healthy Start, Inc. to empower women of reproductive age and new mothers to take charge of their health and the



health of their children through education with an engaging theme.

While enjoying a fun-filled day in the park, Project NAF families will learn about eating right, making time for exercise, discover health-related resources in their own communities, and learn how all of these elements work together to give their babies a better start in life—even if they aren't yet parents or looking to become parents.

Source: HHS.gov; U.S. Department of Health & Human Services, Office of Minority Health.



Lisa Harper

Message from Lisa Harper

September is Newborn Screening Awareness Month

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. Each year, millions of babies in the U.S. are

routinely screened, using a few drops of blood from the newborn's heel, for certain genetic, endocrine, and metabolic disorders, and are also tested for hearing loss and critical congenital heart defects (CCHDs) prior to discharge from a hospital or birthing center.

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Save the Date!

October 27, 2018

MZCD's 20th Anniversary Celebration, 5 p.m. at the Mission Events Center. Dr. Sharon West will be the guest speaker. Please join us for this momentous occasion!

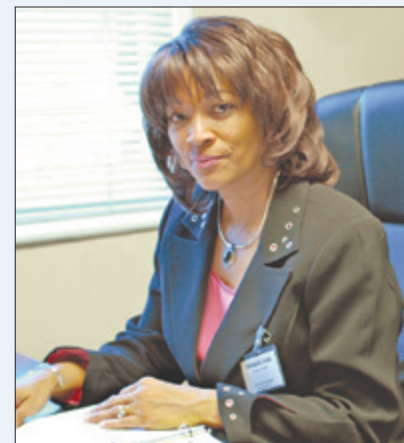


*Anchored in the Church:
Mount Zion Community
Development, Inc. (MZCD)*

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



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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