



# ABIPA Health Highlights

CELEBRATING 14 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

## ON SITE ACTIVITIES

56 Walton St., Asheville

### Building Brothers BREAKFAST

Saturday,  
January 12

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

Healthy Breakfast  
Options provided  
by



## Donate to ABIPA

Remember ABIPA as you prepare for your end-of-year giving. Tax deductible donations can be submitted through Paypal, your United Way designation, or by sending it to PO Box 448, Asheville, NC 28801.

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



MAHEC



MISSION  
CORPORATE INVESTMENT



and the

Buncombe County  
Service Foundation

## ABIPA

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## Asheville Buncombe Institute of Parity Achievement

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

[www.ABIPA.org](http://www.ABIPA.org)



Photo: Pro16 Productions

## Give the Gift That Doesn't Cost a Dime

By JéWana Grier-McEachin, Executive Director

*It's that time of year that you either adore or abhor.*

When I think about the sights and sounds of the season and the joy that the hustle and bustle brings to me, I am mindful that there are people who experience disdain and emotional drain. With that in mind, what gift can be given to anyone, no matter their intersection with what is coined as being "the most wonderful time of the year?"

The gift that I challenge you to give is priceless and unique and is something that will never be forgotten. Time. Now don't get me wrong, I love to give and receive gifts. However, like you, I have received many gifts over the span of my four decades of life. Some of them I remember, but most of them I don't. But, I remember the traditions experienced with family and special moments spent with friends—experiences that are more valuable than any box with a bow.

Last week our 41st President was laid to rest in a grand stately fashion. As George W. Bush eulo-



gized his father, he didn't talk about the things that his father bought him, or the niceties that were afforded him because of the family name. Instead, he relished the time and love that his father showered on their family. Even more striking was that though he had closed his eyes for the last time, George H. W. Bush ensured that his family spent time together

on a two-hour train ride to his final resting place. That speaks volumes.

As the year draws to an end, give the gift of your time to your family and to that friend you know may be isolated from joy. Just remember, even if you don't have a dime you have time, so spend it with integrity and intention.



Kathey Avery, RN  
Photo: Pro16 Productions

## Healthcare: Let's Make It a Priority

By Kathey Avery RN, BSN

*The wellbeing of this community is very important.*

That is why it's so important that PRAISE (Preventative Health Education Resulting in Action Inspiring Success for Everyone) is being funded for a fifth year by Mission Health Foundation.

I am always researching to see what illnesses are keeping our community from living a long and healthy life. The Centers for Disease Control (CDC) states that the number of Americans with diabetes or prediabetes continues to climb, with more than 30 million people living with diabetes

and an additional 84.1 million with prediabetes.

Diabetes in Buncombe County has decreased from 11.8% of the adult population in 2012 to 7.3% in 2015. Buncombe County is below the rate of the Healthy NC 2020 target of 8.6%. However, the disparity in diabetes mortality between the white and the African American populations is shocking.

In 2014 for every 100,000 white residents, 14.2 died from diabetes, while for every 100,000 African American residents, 40.0 died. They are 77% more likely than white Americans to be diagnosed with diabetes.

In Buncombe County, African American infants are three times as likely as white infants to die before their first birthday.

Lastly, the life expectancy goal by 2020 for Healthy North Carolina is to increase North Carolina's life expectancy to 79.5 years.

In Buncombe County, life expectancy for 2011-2013 was 79.2 years overall. While the overall life expectancy did not change from the last three years' aggregated data, the life expectancy for African Americans dropped from 75.5 years from 2010-2012 to 74.4 for 2011-2013.

## Lunch & Learn

Every Wednesday

Led by Kathey Avery RN, BSN, from 12 noon to 1 p.m. at the Linwood Crump Shiloh Recreation Complex.

## Ladies Night Out

Second  
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, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

## PRAISE



PRAISE  
2019 is  
Underway!

Programming for the 2019 PRAISE initiative has begun. Call or e-mail us today so that we can get on your calendar. (828) 251-8364 or [info@abipa.org](mailto:info@abipa.org).

The Alzheimer's Association International Conference in London, England showed that poverty, disadvantage, and stressful life events are strongly associated with cognitive problems in middle age and dementia later in life among African Americans, who are twice as likely as white Americans to develop dementia. And the research suggests genetic factors are not a major contributor.

Our community has to continue to participate in health education and make improvements in our health. We are the champions of our own health. ABIPA will continue to find funding and resources our community needs to improve our health.