

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

Some NC Counties Struggle with Elevated Infant Mortality Rates

BY REBECCA ANDREWS, CAROLINA PUBLIC PRESS, DECEMBER 5, 2018



Demekia Kincaid (left) talks with Belinda Grant (right) about doctors appointments and family in March 2014. Kincaid was a participant in a Buncombe County program that worked to combat infant mortality among minority women. Photo: Alicia Funderburk/Carolina Public Press

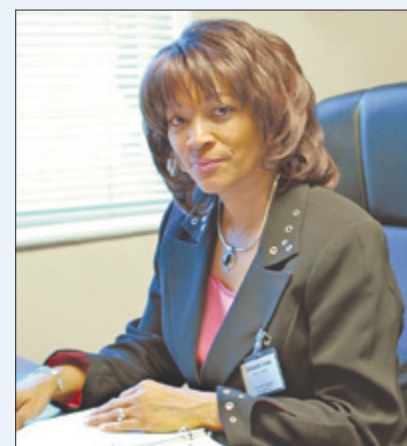
Project NAF

In 2016, North Carolina's infant mortality rate was 7.2 deaths per every 1,000 babies overall, meaning that seven of every 1,000 infants in the state died in their first year of life. But African American infants were 2.7 times more likely to die than white infants in that first year — in Buncombe County that rate is 3.1.

The Project NAF Program aims to reduce the infant mortality rate among minority babies, specifically African American babies, by implementing evidence-based curriculum and innovative strategies to improve birth outcomes.



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

Message from Lisa Harper



Lisa Harper

Project NAF participants are educated on:

- Tobacco use/smoking cessation, and eliminating second-hand smoke exposure
- Healthy weight and physical activity and nutrition
- Daily folic acid/multivitamin consumption.
- Early and continuous prenatal care
- Breastfeeding initiation and maintenance for at least six months
- Postpartum care
- Reproductive life planning
- Safe sleep practices
- Well-child visits, including appropriate immunizations

Project NAF's Empowerment/Educational Session

Georganna Cogburn was the guest presenter for Project NAF's Empowerment/Education Session held in February. Georganna, a Region 1 Lactation Trainer for MAHEC's Continuing Professional Development, was phenomenal in engaging the interest of program participants, males, and family members on the Importance of Breastfeeding. The event was filled with education, fun, food and fellowship.



Georganna during the Empowerment/Educational Session

Thank you Georganna. Through the years, you have remained a valued collaborator and educator in making a difference in the lives of pregnant and post-partum women, their babies, and their families.



(L-R): Belinda K. Grant, Executive Director, MZCD; Nikita Smart, Community Based Doula; Georganna Cogburn, MAHEC; and Lisa Harper, Project NAF Outreach Worker.

March Is...

- National Nutrition Month**
- National Sleep Awareness Week, March 4-11**
- National Poison Prevention Week, March 18-24**
- National Youth Violence Prevention Week, March 19-23**
- American Diabetes Alert Day, March 27**

Social Work Appreciation Month

ELEVATE The social work profession is dedicated to enhancing the well-being and helping meet the basic needs of all people, especially those who are vulnerable, oppressed, and living in poverty. This year's social work month theme, "Elevate Social Work" embodies the need to recognize the extraordinary contributions of the profession to our society.

Project NAF Community Advisory Committee

- Denise Duckett, Community Care of NC
- Charlene Galloway, Mt. Zion Missionary Baptist Church
- Brandon Romstadt, Buncombe County Health & Human Services
- Royanna Williams, Business Owner, N'Tyced
- Cynthia Yancey, MD, Western NC Community Health Services

PROJECT EMPOWER EDUCATION Means Power

Message from Sapphire De'Bellott



Sapphire De'Bellott

National Women and Girls HIV/AIDS Awareness Day, March 10, 2019



The Centers for Disease Control and Prevention (CDC) estimates that at the end of 2014, 23% of all people living with HIV in the United States were women.

According to the CDC, around 12% of women living with HIV do not know that they have the virus. Compared to women of other races and ethnicities, black women are still disproportionately affected by HIV. Nearly two-thirds of women who received an HIV diagnosis in 2016 were black.

National Women and Girls HIV/AIDS Awareness Day is a nationwide event to emphasize the need for HIV testing and treatment for women. Visit www.womenshealth.gov to learn more about this annual observance and to find HIV/AIDS-related information specific to women and girls.

Source: CDC

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- Patricia Simpson**, Lead Volunteer
- Henry Glaze**, Transportation Coordinator
- Lynette Guillbeaux & Ervette Martin**, Social Media & Marketing

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- Johnnie Grant, *The Urban News*
- Dr. Randall Johnson, Asheville City Schools District
- Tracey Childers, Devin Lipford, WNCAP
- Rasheeda McDaniel, Buncombe County Government
- Carly Woods, Teen Representative, Asheville High School