



# ABIPA Health Highlights

CELEBRATING 15 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

**ON SITE ACTIVITIES**  
56 Walton St., Asheville

**Building Brothers**  
**BREAKFAST**

**Saturday, April 13**  
Prostate & Diabetes  
Health. 8 a.m. at the  
ABIPA office.

Healthy Breakfast  
Options provided  
by



Call (828) 251-8364 to schedule  
ABIPA for your organization or  
church events.

## Donate to ABIPA

Tax deductible donations can be made by sending a check to: ABIPA, PO Box 448, Asheville, NC 28802; or click the donation tab at [www.abipa.org](http://www.abipa.org). Thank you for your support!

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



and the

**Buncombe County**  
**Service Foundation**

## ABIPA

56 Walton Street  
Asheville, NC 28801

Office: (828) 251-8364  
Fax: (828) 251-8365

Mailing address:  
PO Box 448  
Asheville, NC 28802

**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)



## Change Is In The Air

By JéWana Grier-McEachin, Executive Director  
Photo: Pro16 Productions

*As you look around and the seasons  
shift, change is in the air.*



Things that have been dormant during the winter are budding and breaking forth in spring. As we look around at our community there is also change in seats of power and organizational leadership and visioning.

If you are a regular reader of our page you know that I love to share little nuggets that I uncover along the way. I vividly remember having a recent conversation and saying that I am interested in being pushed out of my comfort zone. Not because change feels good, but because the challenge associated with change fosters growth. So today I would like to share with you this perspective on personal change written by Amber Rose Monaco.

## 5 Reasons Change Is Good For You

We all know that change is hard. Change is hard because your brain is wired to do the same things over and over, regardless of whether that activity is good or bad for you. We also know how challenging it can be to go through change, but the positive consequence is really awesome.

I fully believe change is good for you. Even when it seems tough, you are learning and growing as a person. Change happens slowly, but it happens. Here are five reasons why change is good for you:

**You are pushed out of your comfort zone.**

Life in the comfort zone is easy. You simply follow a routine and you can predict the consequences. Outside of the comfort zone, your assumptions are challenged. Your opinions, mindset, and belief system are tested. You must find new ways to articulate who you are and what you believe. The idea of doing the same thing over and over without question is discouraged. Getting out into the world and doing something new and different is a fostered approach to life.

**You get to experience more.**

Change is good because you have the opportunity to embrace new experiences. New perspectives are waiting for you at the doorstep. Opportunities are plentiful. When you look back on your life, all of the really amazing things are because of a new experience you had. All of those vacations you took and all of the people you have met have taught you more than you ever learned in school. These experiences now make up who you are today.

**You get to find out who you really are.**

When you are going through a transition, your mind expands in way that is hadn't in the past. You find out about what you can handle and what you can't. You learn about your limitations. You figure out what you are really made of. Learning about yourself, including what you cannot handle, helps you to figure out a better path to take in life. You are open to the possibility of learning that what you have been doing in the past isn't suiting the future.

**Makes you more flexibility and adaptable.**

Without a doubt, change makes your more flexible and adaptable. You learn to embrace chaos in a way that seems foreign but acceptable and achievable. Then, you are armed with more confidence as you walk into the next uncomfortable situation. You begin to thrive in new situations because you have proven to yourself that you can, not only handle change, but flourish.

**You have more fun.**

When you are open to change, you are open to saying yes to more. You are open to more experiences and opportunities. You have the opportunity to meet more people too. When you add all of these things together, you are going to have a more robust life and you'll have a ton of fun figuring it all out along the way—there's no doubt about it.

Source: *HuffPost.com, The Blog,*  
04/15/2016



Kathey Avery, RN,  
BSN Photo: Pro16  
Productions

## Minority Health Awareness Month

By Kathey Avery, Director of Clinical and Community Connections

*Why I am concerned about the health of our community.*

Diabetes is on the rise. 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, according to a report released by the CDC.

Diabetes in Buncombe County decreased from 11.8% of the adult population in 2012 to 7.3% in 2015. This puts Buncombe County below the rate of the Healthy NC 2020 target of 8.6%, and below the national prevalence rate of 9.3%. This is great news; however, the disparity in diabetes mortality between the white population and African Americans 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 from the disease.

According to the 2014 State of Black Asheville community presentation, the Racial and Ethnic Health Disparities in North Carolina Report Card gave Buncombe County no higher than "C" in any category of disease and death rates for African Americans when compared with their caucasian counterparts.

Consider this: the rates of heart disease, stroke, diabetes, kidney disease, HIV, homicide, and lung, colon, breast, and prostate cancers, have significant racial disparities. In 2013, African American mothers were three times more likely to deliver a stillborn fetus than white mothers (Buncombe County Report Card).

## Lunch & Learn

**Every Wednesday**

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

## Minority Diabetes Prevention Programs

Learn how you can delay or prevent type 2 diabetes at these MDPP classes.

**Saturdays:** 11:30-12:30 p.m. at Tried Stone Missionary Baptist Church, 100 Carroll Avenue in Asheville.

**Sundays:** 1:30-2:30 p.m. at the Edington Education & Career Center, 133 Livingston St. in Asheville.

**Thursdays:** 6-7 p.m. at the Reuter YMCA, 3 Town Square Blvd. in Asheville.

## MDPP Spanish Classes

**Tuesdays:** 7-8 p.m. at the Kellogg Center, 1181 Broyles Rd. in Hendersonville.

**Thursdays:** 7-8 p.m. at the Kellogg Center in Hendersonville.

## Save the Date



## Annual Hope Banquet

**Tuesday, May 21**

6 p.m. at MAHEC Mary C Nesbitt Biltmore Campus in the Blue Ridge Room.

## Why am I concerned?

I believe numbers matter. Depending on the data reviewed the African American population is small. We know that having small numbers reduces your seat at the table, your voice, and your ability to be heard. The July 2017 Census report showed Asheville's population at 91,902, with the African American population at 12.3%.

Taking into account the cultural history, education level, and housing situation, which all affect the social determinants of the health of the African American community, I will continue to make health a high priority.