

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

America's Health Centers: Rooted in Communities

National Health Center Week (August 4th-10th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

Health centers serve 28 million patients—a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.



MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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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And Volunteers Like You!

Board of Directors

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August is...

Children's Eye Health and Safety Month

National Breastfeeding Month

National Immunization Awareness Month

1st-8th: World Breastfeeding Week

4th-10th: National Health Center Week

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

August is National Breastfeeding Month



The American Academy of Pediatrics (AAP) recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding alongside introduction of appropriate complementary foods for 1 year or longer. The World Health Organization also recommends exclusively breastfeeding up to 6 months of age with continued breastfeeding along with appropriate complementary foods up to 2 years of age or beyond.

Why Do Mothers Stop Breastfeeding Early?

60% of mothers do not breastfeed for as long as they intend to. How long a mother breastfeeds her baby (duration) is influenced by many factors including:

- Issues with lactation and latching
- Concerns about infant nutrition and weight
- Mother's concern about taking medications while breastfeeding
- Unsupportive work policies and lack of parental leave
- Cultural norms and/or lack of family support
- Unsupportive hospital practices and policies

Source: CDC

Breastfeeding Disparities Exist!

Fewer non-Hispanic black infants (74.0%) are ever breastfed compared with non-Hispanic white infants (86.6%) and Hispanic infants (82.9%)

Infants eligible for and receiving the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) are less likely to ever be breastfed (75.5%) than infants eligible, but not receiving WIC (89.0%), and infants ineligible for WIC (92.7%)

Younger mothers (aged 20 to 29 years) are less likely to ever breastfeed (80.0%) than mothers aged 30 years or older (86.3%)

Source: CDC

National Immunization Awareness Month

National Immunization Awareness Month

(NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

NIAM is sponsored by the National Public Health Information Coalition (NPHIC). NPHIC, in collaboration with CDC's National Center for Immunization and Respiratory Diseases, developed communication toolkits to help you educate people of all ages about vaccines recommended for them.

Source: CDC

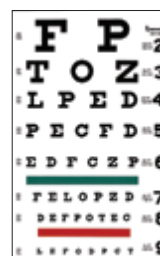


CHILDREN'S EYE HEALTH AND SAFETY

Eye Exams: How Often?

Children's eyes should be checked regularly by an eye doctor or pediatrician. The US Preventive Services Task Force recommends vision screening for all children at least once between age 3 and 5 years to detect amblyopia or risk factors for the disease.

Source: CDC



A Salute to Buncombe County Health & Human Services



Mount Zion Community Development, Inc. (MZCD) Salutes Buncombe County Health

Department for its supportive services to children, individuals and families throughout the years!