



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,
September 14

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. 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

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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



Five Years of Praise!

By JéWana Grier-McEachin,
Executive Director

Photo: Pro16 Productions

*It is hard to believe that we are already
celebrating five years of PRAISE!*

PRAISE (Preventive health education Resulting in Action Inspiring Success for Everyone) is an innovative, evidence-based initiative that promotes better health and wellness among African Americans in Asheville and Buncombe County, NC. It grew out of the work ABIPA was already doing through its regular work of promoting prevention through programming in area churches.

Funding from Mission Community Investment gave us the support to take the partnership of ABIPA and UNC Asheville's Department of Health and Wellness to another level of impact. We are immensely passionate about this initiative because, nationally and locally, African Americans experience disproportionately high rates of heart disease, diabetes, and other chronic conditions.

For the past five years the PRAISE Initiative has provided leaders and members of African American and multicultural churches with information, education, screenings, motivation, and support, as they identify and address health challenges in their congregations. PRAISE has provided each church with customized help to educate

members on healthier lifestyles, improving their access to health-promoting environments.

The incentive to participate in the program includes rewarding participating churches with Gold, Silver, Bronze, or Honorable Mention awards, each with a monetary prize to be used toward health promotion. Almost \$35,000 has been issued directly to churches to promote healthy programming. However, the ultimate reward of better health for our communities is priceless.

We would like to say thank you to Mission Community Investments for funding this joint effort of ABIPA and UNC Asheville's Health and Wellness Department. We are grateful for all of our health leaders and their dedication to rallying the troops. This year's Health Ministry Leaders were Jackie Baker, Pastor Walter Bryson, Shirley Cox, Shirley Hadley, Pamela Johnson, Eslinda Kemp, Cecilia Lytle, Tekia Lytle, Navada McCoy, and Sharon West.

Ultimately, our congregation members have made these years such a success though their participation and support. Without you none of this would have been possible. Thank you to our commu-



Our Star Health Ministry Leaders have dedicated years of service to PRAISE and to their congregations. Pictured from left to right: Shirley Hadley, Jacke Baker, Pamela Johnson, Cecilia Lytle, and Shirley Bowditch standing in for Shirley Cox (not pictured).

nity partners that have supported programming: AARP (NC Mountain Region), Dementia Friendly of WNC, YMCA of Western North Carolina, Buncombe County Health and Human Services, and physicians from MAHEC.

Our partnership with UNC Asheville has been a remarkable experience and, as we look forward to continuing our joint efforts, we have to acknowledge the priceless contribution of Ameena Batada, DrPH, and the UNCA Student Research Team of Sara Grace Hiller, Khadiya Ross, and Liyah Foye who have synthesized our data and story.

I would like to extend a special thank you to Kathey Avery, BSN RN—our on the ground and in the trenches face of ABIPA—for her tireless efforts. She has offered education and her heart to each participant and to the collective.

This fifth year is a wonderful time to reflect on all of the hard work and to recognize how far we have come as individuals and a community. This journey may seem short to some, but the dedication has been invaluable and can never be understated. Ultimately, as we continue to shift the culture of health for congregations, individu-

Lunch & Learn

Every Wednesday

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

*"Beloved, I wish above all
things that thou mayest
prosper and be in health,
even as thy soul prospers."
~ III John, 1:2*

als, and communities, we look forward to the amazing things we will continue to do together.

Congratulations to this Year's Awardee Churches

Gold

Bethel Seventh-Day Adventist
Brown Temple CME
St. James AME
Tabernacle Missionary Baptist
Tried Stone Missionary Baptist

Silver

New Vision Baptist
Shiloh AME Zion

Bronze

Hopkins Chapel

Honorable Mention

Nazareth Baptist
Rock Hill Missionary Baptist
Sycamore COGIC
Mount Zion Missionary Baptist

September is National Ovarian Cancer Awareness Month

By Kathey Avery RN, BSN

*Ovarian cancer is
a rare, but highly
lethal disease.*

Most women are
diagnosed at stage 3 or 4
when it is more difficult
to treat.

New research shows
that more American
women under the age of
65 have been diagnosed sooner
and treated earlier for ovarian cancer
since the Affordable Care Act went
into effect in 2010. For the study,
investigators analyzed data from the
U.S. National Cancer database.

More women received treatment
within 30 days of diagnosis,
improving their survival odds, the
researchers said.



Kathey Avery, RN
Photo: Pro16 Productions

According to Dr. Anna Jo Smith, having health insurance plays a major role in whether or not a woman has access to care providers who can monitor symptoms and act on those symptoms if necessary.

More than 75% of women diagnosed with early-stage ovarian cancer live five years or more, but the chance of surviving at least five years is less than 30% for women diagnosed at an advanced stage.

There may not be obvious symptoms, but as the cancer grows, symptoms may include:

- Pressure or pain in the abdomen, pelvis, back, or legs

- A swollen or bloated abdomen
- Nausea, indigestion, gas, constipation, or diarrhea
- Feeling very tired all the time

Risk Factors

Personal history of cancer: Women who have had cancer of the breast, uterus, colon, or rectum have a higher risk of ovarian cancer.

Over 55: Most women are over age 55 when diagnosed with ovarian cancer.

Never pregnant: Older women who have never been pregnant have an increased risk of ovarian cancer.

Smoking: Risk may be greater for women who smoke, or have

smoked in the past, than for those who have never smoked, according to a study that followed more than 100,000 Scandinavian women over the course of a decade.

Menopausal hormone therapy: Some studies have suggested that women who take estrogen by itself (estrogen without progesterone) for 10 or more years may have an increased risk of ovarian cancer.

Family history of breast or ovarian cancer: First-degree relative showed increased risk in both racial/ethnic groups, with a stronger association among African Americans.