

#### PROJECT NAF COMMUNITY **ADVISORY COMMITTEE**

Jacquelyn Clark, Representing Current Participants

Denise Duckett, Care Partners of Western NC

Nancy Farmer, SPARC Foundation

Charlene Galloway, Mt. Zion Missionary Baptist Church of Asheville, Inc.

Brandon Romstadt, Buncombe Health & Human Services

Royanna Williams, Business Owner, TBN Designs & Former NAF Participant

## Eye Health and **Safety Month**

F P

T O Z = 3

LPED 4

When should my child be checked? Your child should be checked for vision problems by an ophthalmologist, optometrist, pediatrician, or other trained specialist at:

- PECFD=5 EDFCZP=6 FELOPZD #7 newborn to 3 months
- 6 months to 1 year
- about 3 years
- about 5 years

Having your child's vision checked is especially important if someone in your family has had vision problems.

#### **Project EMPOWER Community Advisory Council**

Seth Bellamy, RHA Partnership for a Substance Free Youth

Johnnie Grant, The Urban News

Dr. Randall Johnson,

Asheville City Schools District

Mr. Devin Lipford & WNCAP

Rasheeda McDaniel, Buncombe County Health & Human Services

#### **REMEMBER!**

If you leave home, know your Ws!









# Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

# **National Breastfeeding Month**

#### 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%) than mothers aged 30 years or older (86.3%).

Source: CDC

### **Breastfeeding** Recommendations and Benefits

The American Academy of Pediatrics recommends breastfeeding for about six months, and then continuing breastfeeding while introducing complementary foods until your child is 12 months old or older. This provides your child with ideal nutrition and supports growth and development.

Breastfeeding is good for both you and your baby. Breast milk is the best source of nutrition for most babies. As your baby grows, your breast milk will change to meet his or her nutritional needs. Breastfeeding can also help protect you and your baby against some short- and long-term illnesses and diseases.

#### Benefits to Baby

Babies who are breastfed have a lower risk of:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/ vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants

#### Benefits to Mother

Mothers who breastfeed their babies have a lower risk of:

- Breast cancer
- Ovarian cancer
- Type 2 diabetes
- High blood pressure



# COVID-19 and **Breastfeeding**

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. You, along with your family and healthcare providers, should decide whether and how to start or

continue breastfeeding.

We do not know for sure if mothers with COVID-19 can spread the virus to babies in their breast milk, but the limited data available suggest this is not likely.

#### If you have COVID-19 and choose to breastfeed:

Wear a mask while breastfeeding and wash your hands with soap and water for at least 20 seconds before each feeding.

#### If you have COVID-19 and choose to express breast milk:

- Use a dedicated breast pump (not shared).
- Wear a mask during expression and wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts and before expressing breast milk.
- Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.
- If possible, expressed breast milk should be fed to the infant by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.

Source: CDC

Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Officer of Mount Zion Community Development, Inc.

# National Health **Observances**

Help spread the word about Children's Eye Health and Safety Month, and National Breastfeeding Month in August.

#### **MOUNT ZION COMMUNITY DEVELOPMENT, INC.**

#### Contact

For more information about MZCD programs and services, please contact Belinda K. Grant, Chief Executive Officer, by calling (828) 776-1429.

We look forward to hearing from you!

### **Board of Directors**

Linda Glaze, Chair, Chief Operating Officer Sophie Dixon, Treasurer Diana Rhodes, Fundraising Rev. Scott Rogers, Member Cynthia Yancey, MD, Member

Our programming is made possible through the support of our generous funders.













# Immunization: a Shield of Protection

What you do matters! Getting immunized throughout your lifetime protects you, the people you love, and our community against harmful diseases.

Immunizations protect us against deadly diseases like Polio, Measles, Mumps, and Hepatitis. When more people in our communities get immunized, we have a strong shield of protection against vaccine preventable diseases.

When people do not get immunized, cracks begin to form in our shield, putting infants, the elderly, and people with low immunity in danger of getting sick. Talk to your doctor or call the

Immunizations Clinic at (828) 250-5096 with any questions you might have about immunizations or to find vaccination records. Getting immunized is easy! Our

Buncombe County Health and Human Services Immunization Clinic is located at 40 Coxe Avenue in downtown Asheville. Our Immunization Clinic offers appointments Monday-Friday, 8 a.m.-5 p.m.