

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing
Asheville &
Area Families

PROJECT NAF COMMUNITY ADVISORY BOARD

Jacquelyn Clarke: Representing NAF participants; Business Owner, C&J Designs

Denise Duckett: Buncombe County HHS

Nancy Farmer: SPARC Foundation

Parris Finley: Mountain Area Pregnancy Services

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

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Patricia Simpson: Representing Children with Different Abilities

Tim Splain: Representing Fathers (Advocacy & Support)

Royanna Williams: Business Owner, TBN Designs; Former NAF Participant

MESSAGE FROM SAPHIRE DE'BELLOTT

National Infant Immunization Week: April 26 - May 2

This year, more than ever, we recognize the critical role vaccination plays in protecting our children and communities and the nation's public health from 14 vaccine preventable diseases.



Sapphire De'Bellott

As opportunities for in-person learning and play grow, CDC recommends families check with their healthcare providers to make sure children are up to date on routinely recommended vaccines, following disruptions from COVID-19. *Source: CDC*

Please make a referral to the Project NAF Program by calling Sapphire De'Bellott at (828) 776-1429.

PROJECT EMPOWER

Education Means Power

Project EMPOWER Community Advisory Council

Johnnie Grant: *The Urban News*

Dr. Randall Johnson: Asheville City Schools District

Mr. Devin Lipford: WNCAP

Rasheeda McDaniel: Buncombe County Health & Human Services

ECHO (Enhancing Collaborative Health Options & Opportunities)

Black Maternal Health



Most Pregnancy-Related Deaths are Preventable

Did You Know?

- Each year in the United States, about 700 people die during pregnancy or in the year after.
- Another 50,000 women each year experience severe pregnancy complications that can cause serious consequences for a woman's health.
- Every pregnancy-related death is tragic, especially because two in three of them are preventable.
- Recognizing the warning signs and providing timely treatment and quality care can prevent many pregnancy-related deaths.

Racial Disparities Still Exist

Black women are three times more likely to die from a pregnancy-related cause than White women. Multiple factors contribute to these disparities, such as variation in quality healthcare, underlying chronic conditions, structural racism, and implicit bias.

Project NAF: TRAILBLAZER

Since 1998, Project NAF has been providing cultural-sensitive services to African American pregnant and postpartum women in Buncombe County and beyond.

The first minority infant mortality reduction program in Buncombe County to provide services for African American pregnant and postpartum women by African American women.

Recognized as a national infant mortality reduction model by the US Bureau of Primary Health Care.

Advocates and amplifies the voices of people of color in particular, and all people in general who are disproportionately impacted by health disparities.

Integrates best practices with integrity to ensure optimal service delivery.

Loyal to the cause of racial equity and social justice to impact positive change.

Best practices from theory to action—building positive community change.

Learn new strategies in maternal and women's health to impact change.

A minority-led organization that is anchored in the church under its visionary leader, Rev. Dr. John H. Grant.

Zeal. Passion, commitment, and dedication to heightening community awareness about minority infant mortality and maternal health.

Educational initiatives and activities to impact birth outcomes.

Research-based parenting curriculum, using evidence-based strategies proven effective to reduce infant mortality and low birthweight births.



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



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

Mount Zion Community Development, Inc. (MZCD) remains grateful for its founding by the Mt. Zion Missionary Baptist Church of Asheville, Inc. under the visionary leadership of its Pastor, Rev. Dr. John H. Grant. We are also grateful to the Church for its ongoing commitment, dedication, and sustainability as an anchor institution in supporting the ongoing mission of MZCD.

Get Active & Stay Healthy

"Without health and long life, all else fails."

~ Dr. Booker T. Washington



April is National Minority Health Month. Learn what you, your family, and community can do to get active and stay healthy.

Physical activity is one of the best things people can do to improve their health. Yet, too few Americans get the recommended amount of physical activity. Only 1-in-4 adults and 1-in-5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities. These numbers are even lower among adults in some racial and ethnic minority populations.

Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups.

Physical activity also fosters normal growth and development in children, improves mental health, and can make

people feel better, function better, and sleep better.

How much physical activity is needed?

Preschool-aged children should do physical activity every day throughout the day for healthy growth and development.

Children and adolescents starting at age 6 should participate in at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Remember that children imitate adults. You can start by adding physical activity to your own daily routine and encouraging your child to join you.

The guidelines recommend that adults each week get at least 150 minutes of moderate-intensity aerobic activity, such as a brisk walk that makes your heart beat faster.

You could get this amount many different ways including a 22-minute walk each day or a 30-minute walk five days a week. Every little bit counts.

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Staff

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Sapphire De'Bellott: Project NAF Outreach Worker

Ms. Rosa B. Hearst: Receptionist

Board of Directors

Linda Glaze: Chair, Chief Operating Officer

Rev. Scott Rogers: Vice Chair

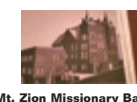
Brenda Mills: Secretary

Michelle Harper: Treasurer and Fundraising Co-Chair

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Leroy Simpson, Member

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



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