



PROJECT NAF

Nurturing Asheville & Area Families

PROJECT NAF COMMUNITY ADVISORY BOARD

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

Kristina Dixon: Madison County Schools

Denise Duckett: Buncombe County HHS

Nancy Farmer: SPARC Foundation

Parris Finley:
Mountain Area Pregnancy Services

Ruth Franklin:
First Presbyterian Church, Asheville

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

Sherri Holbert: Advent Health

Katherine Hyde-Hensley:
Perinatal Emotional Health Network

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



How Group B Strep Spreads

GBS bacteria commonly live in people's gastrointestinal and genital tracts. The

gastrointestinal tract is the part of the body that digests food and includes the stomach and intestines. The genital tract is the part of the body involved in reproduction and includes the vagina in women.

The bacteria do not spread through food, water, or anything that people might have come into contact with. How people get these bacteria or spread them to others is generally unknown.

However, experts know that pregnant women can pass the bacteria to their babies during delivery.

Most babies who get GBS disease in the first week of life (early-onset) are exposed to the bacteria this way.

Babies who develop GBS disease from the first week through three months of life have late-onset disease.

It can be hard to figure out how babies who develop late-onset GBS disease got the bacteria. The bacteria may have come from the mother during birth or from another source.

Other people that live with someone who has GBS bacteria, including other children, are not at risk of getting sick.

Source: CDC

ECHO (Enhancing Collaborative Health Options & Opportunities)

Perinatal Depression and Anxiety

Raising Awareness, Offering Resources

Project NAF participated in the "Climb Out of the Darkness" event on June 25, 2022.

The Climb is a community walk and international fundraiser for survivors, providers, and members of the community to come together.

Raising awareness for perinatal mood and anxiety disorders, The Climb brings our community together to shine a light on a darkness we often don't speak about. Perinatal mood and anxiety disorders are the most common complications of childbearing. This event took place at Asheville Pack Square Green.



Hosted by PSI & WNC PEHN

Jacquelyn Clark Odom, one of Project NAF's Community Advisory Board Members, was a presenter at this event. She was introduced by Sapphire De'Bellott, Outreach Worker, who provided an overview of the

Project NAF program. Jacquelyn states, "I had postpartum depression but postpartum depression did not have me."

For more information about Jacquelyn's mental health journey, her growing business, and entrepreneurship initiatives, please contact her at (828) 590-1228.

Group B Strep Awareness

Group B Streptococcus (group B strep, GBS) are bacteria that come and go naturally in the body. Most of the time the bacteria are not harmful, but they can cause serious illness in people of all ages.

Group B strep disease is a common cause of severe infection in newborns. While GBS disease can be deadly, there are steps pregnant women can take to help protect their babies.

Anyone can get group B strep (GBS) disease, but some people are at greater risk for disease than others. Being a certain age or having certain medical conditions can put you at increased risk for GBS disease.



People at Increased Risk

About 1 in every 4 pregnant women carry GBS bacteria in their body.

GBS disease is most common in newborns. There are factors that can increase a pregnant woman's risk of having a baby who will develop GBS disease, including:

- Testing positive for GBS bacteria late in pregnancy
- Developing a fever during labor
- Having 18 hours or more pass between when their water breaks and when their baby is born

Talk to your doctor or midwife to learn more and find out if you are at risk.

Preventing Group B Strep Disease in Newborns

The two best ways to prevent group B strep (GBS) disease during the first week of a baby's life are:

- Testing pregnant women for GBS bacteria
- Giving antibiotics during labor to women at increased risk. Unfortunately, experts have not yet identified effective ways to prevent GBS disease in people older than one week old.

Antibiotics During Labor

Doctors give antibiotics to women who are at increased risk of having a baby who will develop GBS disease. The antibiotics help protect babies from infection, but only if given during labor. Doctors cannot give antibiotics before labor begins because the bacteria can grow back quickly.

Doctors give the antibiotic by IV (through the vein). Doctors most commonly prescribe a type of antibiotic called beta-lactams, which includes penicillin and ampicillin. However, doctors can also give other antibiotics to women who are severely allergic to these antibiotics. Antibiotics are very safe.

For example, about 1-in-10 women have mild side effects from receiving penicillin. There is a rare chance (about 1-in-10,000 women) of having a severe allergic reaction that requires emergency treatment.

Antibiotics are very effective at preventing GBS disease in newborns. Consider the following examples:

Tanya
Tested positive for GBS bacteria
Got antibiotics during labor
Her baby has a 1 in 4,000 chance of developing GBS disease.

Emma
Tested positive for GBS bacteria
Did not get antibiotics during labor
Her baby has a 1 in 200 chance of developing GBS disease.

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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.

PROJECT EMPOWER EDUCATION MEANS POWER

Community Advisory Council

Johnnie Grant: *The Urban News*

Dr. Randall Johnson:
Asheville City Schools District

Rasheeda McDaniel: Buncombe County
Health & Human Service

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Staff

Belinda K. Grant: Executive Director,
(828) 776-1429

Sapphire De'Bellott:
Project NAF Outreach Worker

Ms. Rosa B. Hearst: Receptionist

Natalia Munoz-Schneider

Board of Directors

Linda Glaze: Chair, Chief Operating Officer

Rev. Scott Rogers: Vice Chair

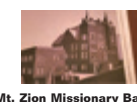
Brenda Mills: Secretary

Michelle Harper, Treasurer and
Fundraising Co-Chair

Cynthia Yancey, MD: Fundraising Chair

Leroy Simpson, Member

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



WNC Bridge Foundation
A PARTNERSHIP FOR HEALTH