



### 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 Spalin: Representing Fathers (Advocacy & Support)  
 Royanna Williams: Business Owner, TBN Designs; former NAF Participant

### Children's Eye Health and Safety Month

Each August the American Academy of Ophthalmology supports Children's Eye Health and Safety Month—an opportunity to highlight the importance of protecting children's vision.

#### Keep an Eye on Your Child's Vision

If you have any concerns about your child's vision, ask their pediatrician to help you find an eye doctor.



Your child's vision helps them take in the world around them. But it also plays an important role in their development. If your child has an uncorrected vision problem, it may affect their ability to learn and reach their highest potential. Having a routine eye exam is important to keep their eyes healthy.

Source: CDC



### Immunization Awareness

National Immunization Awareness Month

(NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Most parents vaccinate their children according to CDC's recommended immunization schedule, protecting them from 14 potentially serious diseases before their second birthday. Vaccinating children on time protects them and anyone around them with a weakened immune system.

Source: CDC

### ECHO (Enhancing Collaborative Health Options & Opportunities)

## National Breastfeeding Month

National Health Observances are special days, weeks, or months dedicated to raising awareness about important health topics. Each month, we feature select National Health Observances (NHOs) that align with our priorities for improving health across the nation.

The United States Breastfeeding Committee sponsors National Breastfeeding Month in August to promote the benefits of breastfeeding and build support for babies and families.

August 25–31 is Black Breastfeeding Week, a time to highlight lactation support built on racial equity, cultural empowerment, and community engagement.



MyHealthfinder ([health.gov/myhealthfinder](http://health.gov/myhealthfinder)) offers resources on breastfeeding, along with tips for eating healthy while breastfeeding. And be sure to check out the Healthy People 2030 Infants objectives to learn about national efforts to increase breastfeeding rates.

The Project NAF Program has proudly promoted the importance of breastfeeding throughout our program's history.

We hope you'll use these resources to promote important NHOs in your communities. Together, we can take steps to improve health nationwide.

Sources: US DHHS, [Health.gov](http://Health.gov).

### 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.

## Black Breastfeeding Week 2022

### 10 Years, A New Foundation

It is the 10th year of Black Breastfeeding Week and we're just getting started. For #BBW22, we're celebrating the countless stories and families, past, present, and future. We've shifted the narrative, supported, and uplifted each other...and it's still just the beginning.

The new foundation of lactation support is built on racial equity, cultural empowerment, and community engagement and is powered by our collective resilience.



**BLACK BREASTFEEDING WEEK AUGUST 25-31**

#### About Black Breastfeeding Week

BBW was created in 2013 by 3 national breastfeeding advocates in response to 40+ years of a gaping racial disparity in breastfeeding rates. Since then, BBW has been celebrated throughout the nation. Black Breastfeeding Week is the sole health campaign with an explicit national focus on Black maternal and infant health through breastfeeding.

### MESSAGE FROM SAPPHIRE DE'BELLOTT

## Growing Up with Vaccines:

### What Should Parents Know? Why Vaccinate?



On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages.

#### Immunizations During Pregnancy

By staying up to date with vaccines before and during pregnancy, you can pass along immunity that will help protect your baby from some diseases during the first few months after birth. Vaccines given before pregnancy may also help protect you from serious disease while you are pregnant, including rubella, which can cause miscarriages and birth defects.

#### Recommended Vaccines

- Measles, mumps, rubella (MMR) vaccine: at least a month before becoming pregnant.

- Tetanus, diphtheria, and pertussis (Tdap) vaccine: during the third trimester of every pregnancy
- Yearly seasonal flu vaccine: by the end of October, if possible.

Please consult with your primary doctor or medical provider regarding immunizations.

#### Immunizations During Infant and Toddler Years, Birth to Age Two

Vaccination helps give infants and toddlers a healthy start. More than one dose is necessary for many vaccines, to build and boost immunity. Because influenza viruses are constantly changing and the body's immune response declines over time, everyone over the age of 6 months needs a flu shot every year.

Please consult with your baby/child's medical provider for recommended vaccines.

Source: CDC



Sapphire De'Bellott

### 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 DéBellott: Project NAF Outreach Worker

Ms. Rosa B. Hearst: Receptionist

Natalia Munoz-Schneier

#### 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