

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

A Look Back at 2022

BY KATHEY AVERY RN, BSN, CN

December is a time to recap where we have been and where we want to be in 2023.

In 2023 Let's "Get Screened!"

Covid-19 overshadowed everything during the past three years. Beginning in 2020, the Covid-19 pandemic caused people to put off their screenings. The National Institutes of Health reported that the number of people being screened for cancer in the United States dropped dramatically. Some screening facilities closed temporarily, while others faced severe staffing shortages.

January was cervical cancer awareness month. One of the things we learned is that poverty and low wealth can result in limited access to adequate healthcare services, including Pap tests and screenings, which may prevent treatment for cervical pre-cancers.

February was heart health and Black History month. This became the month to continue to shed light on the risk factors that cause African Americans to be at a higher risk for severe illnesses from Covid-19. Black History month was a great time for our community to take charge of their most precious asset, their health.

December is HIV/AIDS Awareness month. IFPHA's team wants to remind everyone that it is important to get tested. For questions locally, please contact WNCAP at (828) 252-7489 or by email to info@wncap.org. WNCAP provides HIV/AIDS prevention, harm reduction, syringe access, and Hepatitis C treatment and education in Asheville and western NC. The CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.

Throughout the year our team has been conducting health and wellness outreach sessions in low-wealth, BIPOC communities throughout several WNC counties. IFPHA increased our impact by partnering with the UNETE organization, SONA Pharmacy, and MAKO Lab to get out self-testing kits, PPE, healthy food, and Covid-19 vaccines. IFPHA has also been reaching many of our churches so we stay ahead of health conditions that continue to lead our communities to poor health outcomes.

Mental Wellness

Working as IFPHA's community nurse I had the pleasure to be able to have psychiatry residents come with our team to visit many communities and see the way people's mental wellness effects their everyday lives and their health. Dr Buie at MAHEC provided an opportunity to have future psych residents available to experience community work, which helps

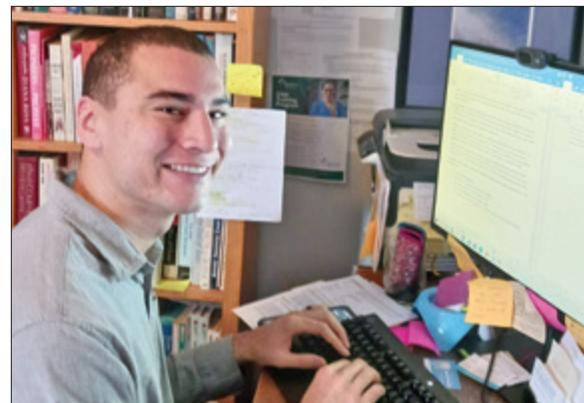
inform how they see their clients in community settings, as well as in their offices. Earlier this year I was able to introduce two residents who worked with our team in community, Emily Kulpa and Jenny Ondreyka.

This month I would like to introduce Sonia Koul,

Merry Christmas and Happy New Year!



Thank you for your support in 2022. IFPHA looks forward to helping improve our community's health in 2023.



Daymian Snowden



Sonia Koul

a second-year psychiatry resident at MAHEC. She is working with IFPHA to help patients achieve their health and quality of life related goals. Her goal is to understand the needs of the community and how health care providers can improve their ability to meet them.

We also welcomed Daymian Snowden to the IFPHA team. Daymian is working with us during his Army End-of-Service internship program. He will soon finish a Master's program in public health, with certificates in epidemiology and biostatistics. Daymian's goal is to learn about non-profit community health and regional health needs.

In 2022 our hope was to present a series of articles that share what we have learned. Our goal is to bring a whole life perspective to healthcare in a way that reconnects biological, behavioral, psychological, and social aspects to underserved marginalized individuals so we can improve their overall health through a wholistic model. For individuals who have "fallen through the cracks" of healthcare, IFPHA is working to gain improved access to wholistic care and have that care follow through the life course of the individual.

It is worth repeating at the end of 2022 what being mentally well means. The World Health Organization defines mental health (mental well-being) in the following way: A state of wellbeing in which the individual realizes their abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can contribute to their community. This will continue to be a goal for 2023.

Mission and Vision of the Institute for Preventive Healthcare and Advocacy

Mission: To promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable preventive healthcare.

Vision: We envision a Buncombe County with increased access to affordable and equitable preventive healthcare that addresses the social determinates of health.

Sources: wncap.org; positivepsychology.com.

The IFPHA is grateful for the support of our sponsors.



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