

PROJECT NAF SUPPORTS BLACK MATERNAL HEALTH

Mount Zion Community Development, Inc. continues its legacy to impact maternal and child health through its Project NAF (Nurturing Asheville and Area Families) equity program. Project NAF implements a research-based parenting curriculum, using evidence-based strategies that reduce infant mortality and low birthweight births for Black pregnant and post-partum women and their infants in Buncombe, and its expansion in Henderson and Madison Counties.

Project NAF provides support to Black/African American pregnant and postpartum mothers, infants, and their families to access prenatal, perinatal, and early childhood education resources to promote healthy births, reverse infant mortality rates, and increase positive health outcomes.

Notably, our organization has a 24+ year history of supporting reproductive health rights of historically excluded communities. In addition, our project results have been recognized by the National Community Initiative Model to Eliminate Health Disparities, the Appalachian Regional Commission, and received accolades as a Community Model by the NC Child Fatality Task Force.

BETTER HEALTH THROUGH BETTER UNDERSTANDING



A 2003 assessment found that 58% of African Americans had basic or below basic health literacy, compared with 28% of non-Hispanic whites. Learn more at minorityhealth. hhs.gov/nmhm.

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ECHO (Enhancing Collaborative Health Options & Opportunities)

Working Together to Reduce Black Maternal Mortality

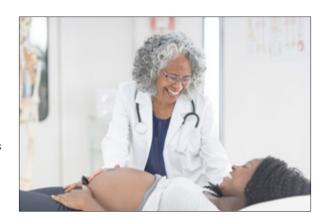
Black Maternal Health Week is recognized each year from April 11-17 to bring attention and action in improving Black maternal health.

During Black Maternal Health Week you can support pregnant people in your life to reduce factors that contribute to pregnancy-related complications and death. Pregnant people and their families can:

- Talk to a healthcare provider if anything doesn't feel right or is concerning.
- Know and seek immediate care if experiencing any of the urgent maternal warning signs, including severe headache, extreme swelling of hands or face, trouble breathing, heavy vaginal bleeding or discharge, overwhelming tiredness, and more. These symptoms could indicate a potentially life-threatening complication.
- Share recent pregnancy history during each medical care visit for up to one vear after delivery.
- Connect with healthcare and social support systems before, during, and after pregnancy.

Most Pregnancy-Related Deaths are Preventable

Each year in the United States, hundreds of people die during pregnancy or in the year after. Thousands more have unexpected outcomes of labor and delivery



with serious short- or long-term health

Every pregnancy-related death is tragic, especially because more than 80% of pregnancy-related deaths in the US are preventable. Recognizing urgent maternal warning signs, providing timely treatment, and delivering respectful, quality care can prevent many pregnancy-related deaths.

Racial Disparities 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. Social determinants of health prevent many people from racial and ethnic minority groups from having fair opportunities for economic, physical, and emotional health.

Source: CDC

MESSAGE FROM SAPPHIRE DE'BELLOTT

Listening Can Be Your Most Important Tool

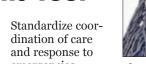
Hear her concerns. It could save her life.

Healthcare providers can:

- Ask questions to better understand their patient and things that may be affecting their lives.
- Help patients, and those accompanying them, understand the urgent maternal warning signs and when to seek medical attention right away.
- Help patients manage chronic conditions or conditions that may arise dur-ing pregnancy like hypertension, diabetes, or depression.
- Recognize and work to eliminate unconscious bias in themselves and in their office on an ongoing basis.
- Respond to any concerns patients may
- Provide all patients with respectful quality care.

Hospitals and healthcare systems can:

Identify and address unconscious bias in healthcare.





- Improve delivery of quality prenatal and postpartum care.
- Train non-obstetric care providers to ask about pregnancy history in the preceding year.
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States and communities can:

- Assess and coordinate delivery hospitals for risk-appropriate care.
- Support review of the causes and opportunities for prevention behind every pregnancy-related death.
- Identify and address social factors influencing maternal health such as unstable housing, transportation access, food insecurity, substance use, violence, and racial and economic inequality.

Source: www.cdc.gov/HearHer.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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Project EMPOWER

In collaboration with community partnerships, including The Partnership for Substance Free Youth in Buncombe County.

Our programming is made possible through the upport of our generous funders



Mt. Zion Missionary







