



PROJECT NAF

Nurturing
Asheville &
Area Families



MESSAGE FROM SAPPHIRE DE'BELLOTT

Every Child Deserves to Be Valued and Cherished



Sapphire De'Bellott

As parents and well-wishers, one of the greatest responsibilities is to instill the hope of a better tomorrow for our children, youth, and the younger generation. During Children's Awareness Month, let us unite and advocate for our children and youth, and instill a spirit of confidence, pride, and self-esteem in them. Always remember that every child deserves a chance to succeed and to have a quality life.

SOCIAL DETERMINANTS OF HEALTH

Social Determinants of Health (SDoH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

SDoH can be divided into five domains: 1) Economic Stability; 2) Education Access and Quality; 3) Health Care Access and Quality; 4) Neighborhood and Built Environment; and 5) Social and Community Context.

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Children's Awareness Month



Children's Awareness Month takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future. Did you know that the word 'June' relates to 'children?' It is derived from the Latin word 'Ju-Ven-Is' which translates to 'youth.' This is why the month of June is annually set aside to celebrate and focus on children.

Children reflect our greatest hope as a nation, and childhood is a critical time for all. It is the stage in our lives that set the course for

our social, emotional, and physical health as well as economic circumstances. In fact, young children at the beginning of their learning stage who receive high-quality education, see tremendous dividends for the rest of their lives.

Children's Awareness Month was initially founded in the loving memory of all the children who have died violent deaths in America. It has evolved into something bigger. Children's Awareness Month has become a time to spend nurturing and cultivating the joys and treasures of childhood. This month aims to encourage, support, and educate children while prioritizing their health and well-being.

Addressing Food Insecurity

Through its Project NAF Program, Mount Zion Community Development, Inc. is pleased to collaborate with community partners to address food insecurity in Buncombe County.

Food security means access by all people, at all times, to enough food for an active, healthy life. Food security and health are significantly associated. People who are food insecure are disproportionately affected by diet-sensitive chronic diseases such as diabetes and high blood pressure, and, according to research, food insecurity is also linked to many adverse effects on overall health.

Food insecurity has particularly harmful impacts on children including negative impacts on a child's physical and mental health, academic achievement, and future economic prosperity. Pregnant women who experience food insecurity are more likely to experience birth complications.

Seniors face a number of unique medical and mobility challenges that put them at a greater risk of hunger. Many seniors live on fixed incomes and have increased healthcare expenses.

African Americans are more likely to suffer from food insecurity as their white, non-Hispanic counterparts. African Americans households are also more likely to experience poverty.

Latino adults and children are at greater risk of obesity and diabetes than their African American and White, non-Hispanic peers. Latinos have a higher risk for diabetes and other chronic health conditions that can further complicate the issue of food insecurity. Latino households are also more likely to experience poverty.

Rates of food insecurity among rural households are generally higher than urban households. Rural communities face different challenges including concentration of employment in low-wage industries,



Hunger is not an issue of charity. It is an issue of justice. ~ Jacques Diouf

higher unemployment and underemployment, lower education levels, lower access to work support services, and poor communication and transportation networks.

Did You Know?

In Buncombe County 14.3% of households experience food insecurity compared to 15.4 % nationally and 17.7% in North Carolina. While we are ahead of these trends, we want to see

this number at zero. Food security means access by all people, at all times, to enough food for an active, healthy life.

One indicator of improved health behavior and increased security is the number of servings of vegetables that adults consume weekly. In Buncombe County, adults on average consume 9.3 servings of vegetables a week. Because those with food insecurity often consume low-cost food that is less healthy, food insecurity is closely tied to diabetes prevention and management.

In Buncombe County, 7.3% of individuals have diabetes compared to 9.3% nationally and 10.9% in North Carolina, and we would like to see a continued trend downward. Both diabetes and fruit and vegetable consumption is also being monitored by the state through Healthy NC 2020.

Source: Buncombe County



MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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PROJECT EMPOWER EDUCATION MEANS POWER

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

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