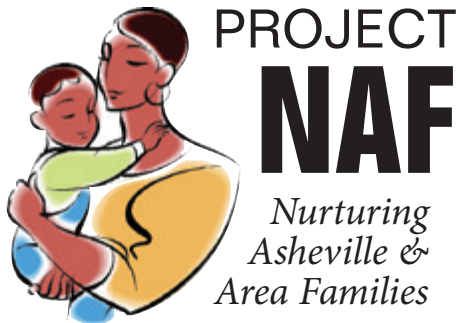




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MESSAGE FROM SAPPHIRE DE'BELLOTT

Breastfeeding Awareness



Sapphire De'Bellott

Mount Zion Community Development, Inc., Buncombe County, Buncombe County Partnership, and MAHEC hosted an informative,

virtual Lunch & Learn on August 29, 2023, to celebrate Breastfeeding Awareness Month and Black Breastfeeding Awareness Week (August 25-31, 2023).

Brandi Harrison, Lactation Consultant, provided a presentation on the PUMP Act (Providing Urgent Maternal Protections for Nursing Mothers). We were also blessed to have a panelist of moms who shared their personal breastfeeding stories.



BLACK BREASTFEEDING WEEK

Sapphire De'Bellott was the moderator for this event. More Lunch & Learn events to come.

PROJECT EMPOWER EDUCATION MEANS POWER

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

ECHO (Enhancing Collaborative Health Options & Opportunities)

September is National Infant Mortality Awareness Month!



Infant mortality is an important measure of health and an indicator of health status. According to infant mortality data compiled by the state in 2020, the total number of infant deaths was 820. Of these, the non-Hispanic Black rate was 12.1, compared to the non-Hispanic White death rate of 5.1. (Source: NCDHHS, 2021)

The Buncombe County 2021 Community Health Assessment Priority Areas are: 1) Birth Outcomes/Infant Mortality; 2) Mental Health and Substance Misuse; and 3) Chronic Health Conditions: Heart Disease & Diabetes.

MZCD's Project NAF Program



The Project NAF program advocates for improvements in maternal and child health by being a visible presence in the community, and by speaking out to keep service needs on the table, realizing that no single organization or single sector alone can solve community needs or problems.

For 25 years, Black/African American pregnant and postpartum women have received advocacy and support services through Mount Zion Community Development Inc.'s Project NAF program to achieve systemic changes and long-term solutions to impact maternal and child health services.

Please join MZCD's Project NAF program in its efforts to ensure that all babies live to see their 366th day of life and beyond!

Every baby deserves the right to:

- Say their first words.
- Take their first steps.
- Learn to ride a tricycle.
- Graduate from kindergarten, middle school, high school, and post graduate studies, or to learn a trade.
- To live a healthy, full, and productive life!

Project NAF is dedicated to the use of research and evidence-based interventions and screenings to improve the health and wellbeing of pregnant and postpartum who represent the designated counties that need to reduce the incidences of infant mortality, preterm and low birthweight births.

The overarching goal of Project NAF is to contribute to the reduction of infant mortality and low birthweight births for African American women and their infants in Buncombe, Henderson, and Madison Counties in North Carolina. (Henderson and Madison County residents who receive prenatal care in Buncombe County will be served.)

Project NAF's objectives and activities will meet this goal by providing advocacy and support services to help participants build on their existing knowledge, skills, and capacity to impact a positive birth outcome.

Services Provided

Educational initiatives include but are not limited to the following topics: breastfeeding initiation and maintenance for at

least six months; daily folic acid/multivitamin consumption; early and continuous prenatal care; healthy weight and physical activity and nutrition; infant safe sleep practices; labor and childbirth; postpartum care; reproductive life planning; and tobacco use/smoking cessation and eliminating exposure to secondhand smoke.

Staff administers the Edinburg Depression screening within the first 30 days of enrollment (whether pregnant or postpartum), and 4-6 weeks after the baby's birth. Project NAF staff accompany participants to prenatal appointments, well child and sick visits, and other program meetings, if/as approved to do so.

HOPE (Healing and Hope with Preventive Education) boxes include basic items such as food, pampers, baby wipes, toiletries for mom, and clothing for other children in the home. Participants received incentivized gifts for attending educational sessions. Pre-post surveys are administered to gauge knowledge.

Newborn baby gifts include a new car seat, baby pack-and-play, and a breast pump donated by AeroFlow. (Baby items based on requested need.) Newborn baby bags include several baby items and clothing, and hand-crocheted blankets donated by Mrs. Linda Glaze, Project NAF COO, who has donated crocheted baby blankets for several years.

Referrals to program participants are based on individual needs, including but not limited to physical and mental health care, substance abuse, education, housing, and employment opportunities (Social Determinants of Health).

Engage with community partners to support program participants; participate in community outreach with the priority population, providers, and community leaders; and, to develop strategic partnerships with other providers and community leaders to reduce racial disparities in maternal and child health to improve physical environments in which program participants live.

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.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



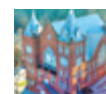
Staff

Belinda K. Grant: Executive Director (828) 776-1429
 Barbara Anderson: Office Support/Community Connector
 Dr. Ronald Caldwell: Supervising Physician
 Sapphire De'Bellott: Project NAF Outreach Worker
 Mr. Henry Glaze: Transportation Coordinator
 Kontia Grant: Nurse Family Practitioner
 Ms. Rosa B. Hearst, Receptionist
 Anita Love: Outreach Worker
 Natalia V. Munoz-Schneier: Nurse
 For general information contact Mrs. Rosa B. Hearst, (828) 252-0515

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



Mt. Zion Missionary Baptist Church of Asheville, Inc.



First Presbyterian Church Asheville NC