



October is...

Sudden Infant Death Syndrome (SIDS) Awareness Month

Prenatal-onset GBS Disease Recognition Month

Spina Bifida Awareness Month

Medical Ultrasound Awareness Month

Domestic Violence Awareness Month

National Bullying Prevention Month

SUDDEN INFANT DEATH SYNDROME

What is SIDS?

Sudden Infant Death Syndrome (SIDS) is the term used to describe the sudden death of a baby younger than 1 year of age that doesn't have a known cause, even after a full investigation.

Healthcare providers, law enforcement, and others investigate infant deaths to figure out what caused them. This investigation includes a complete autopsy, examining the death scene, and reviewing the clinical history. If they cannot determine a cause of death for the baby or explain why the baby died, the medical examiner or coroner may categorize the death as SIDS.

How Common is SIDS?

About 3,000 sudden unexpected infant deaths occur in the US every year. Of those, more than 1 in 3 are from SIDS.

Source: National Institutes of Health (nih.gov), in collaboration with other organizations.

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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)

Happy Anniversary Dr. John H. Grant



Thank you for 34 years of service as Pastor and President of Mt. Zion Missionary Baptist Church, Founding Chairman, President, CEO of Mount Zion Community Development, Inc., and for your ongoing commitment, dedication, and resolute service in Buncombe County and Beyond.

October is Domestic Violence Month

Intimate partner violence is a serious public health problem that affects millions of Americans.

Intimate partner violence, also known as domestic violence, is abuse or aggression that occurs in a romantic relationship.

- An intimate partner can be a current or former spouse or a dating partner.
- It can occur among heterosexual or same-sex couples and does not require sexual intimacy.
- It might happen one time or many times over a period of years.

Intimate partner violence (IPV) is abuse or aggression that occurs in a romantic relationship. "Intimate partner" refers to both current and former spouses and dating partners.

IPV can vary in how often it happens and how severe it is. It can range from one episode of violence that could have lasting impact to chronic and severe episodes over multiple years.

IPV can include any of the following types of behavior:

- Physical violence is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- Sexual violence is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- Stalking is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
- Psychological aggression is the use of verbal and non-verbal communication with the intent to harm a partner mentally or emotionally, and/or to exert control over a partner.

Source: CDC

Prenatal-onset GBS Disease

Pregnant women should get tested for GBS (Group B Streptococcus) bacteria.

- About 1 in 4 pregnant women carry GBS bacteria in their body.
- Doctors and midwives should test pregnant women for GBS bacteria when they are 36 through 37 weeks pregnant.
- Giving pregnant women who carry GBS bacteria antibiotics through the vein (IV) during labor can prevent most cases of GBS disease in newborns during the first week of life.

Non-pregnant adults can get serious GBS disease.

- The most common GBS infections among non-pregnant adults include bloodstream infections, pneumonia, and skin and bone infections.
- The rate of serious GBS disease increases with age.
- On average, about one out of 20 non-pregnant adults with serious GBS infections dies.

Source: CDC

MESSAGE FROM SAPPHIRE DE'BELLOTT

The ABCs of Safe Sleep



Back to Sleep



Tummy to Play



Sapphire De'Bellott

Alone: A baby should sleep in their own safety-approved crib, bassinet, or pack and play, NOT with someone. Sleeping on the same space with another person is dangerous for babies. It is recommended that the infant's crib is near the parent's bed—share the room, not the bed.

Back: Place the baby to sleep on their back for every nap and at night—not their side or stomach.

Crib: The baby sleeps safest in a crib, bassinet, or pack and play on a flat firm mattress with a fitted sheet. Baby should not sleep on a couch, recliner, adult bed, or an inclined seat (like a bouncy seat or swing). No other items should be in the baby's sleep space—no pillows, blankets, toys, or bumper pads.

Smoke and Vape Free: No one should smoke or vape around the baby or their sleep space. Source: NCDHHS

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 at (828) 252-0515

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