

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

The IFPHA is grateful for the support of our sponsors.



Recap of 2023 and Focus for 2024

BY KATHEY AVERY RN, BSN, CN

2023 has been a challenging year that had an effect on our holistic health—whether physical, mental, or spiritual.

Let's take a look at the highlights and topics I shared with you in 2023.

January

My daughter LaShea passed away in her sleep from cardiac and respiratory complications. The quote that means the most to me as a Registered Nurse working in our community for many years is from Dr. Martin Luther King Jr: "Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

Health is what allows you to do, to accomplish, to socialize, to play, to work, and to express. But, as I learned from working in many different communities, too many of us wait until it is gone to treasure it.

February: Heart Health Month

Americans suffer more than 1.5 million heart attacks and strokes. Nearly 44% of African American men and 48% of African American women have some form of cardiovascular disease that includes heart disease and stroke.

March: Colon Cancer Awareness

African Americans are at greater risk of colon cancer. African Americans are 20% more likely to get colon cancer than white Americans, and 40% are more likely to die. Some of the reasons include high risk factors, less access to health care services such as cancer detection and screening, less comprehensive insurance, and many times, a diet of healthy foods.

April: Minority Health Awareness Month

African American women in Buncombe County have a higher level of infant mortality in the state. IFPHA addresses infant mortality by addressing the root causes, educating African American women on racial trauma, and by looking at the effects of stress caused by epigenetics.



Including fresh fruit and vegetables in every meal helps protect against chronic disease.

My goal as community nurse is to educate our women on causes contributing to higher infant mortality rates in Buncombe County. When IFPHA provides education, we also provide stress relief gift bags that include information on resources, such as Doulas (SistasCaring4Sistas). Our goal is to

improve infant mortality rates for our women now and for the next generation.

May: Stroke Awareness Month

African Americans are 50 percent more likely to have a stroke (cerebrovascular disease), as compared to their white adult counterparts. African American men are 70 percent more likely to die from a stroke as compared to non-Hispanic whites. African American women are twice as likely to have a stroke as compared to non-Hispanic white women.

Watch for these signs of a stroke, then take action.

Think F-A-S-T

Face: Numbness or weakness in the face; ask them to smile.

Arms: Weakness can also be in one arm; ask them to raise their arm. Weakness can also be in the leg. Weakness is usually on one side of the body.

Speech: Confusion, trouble speaking or understanding speech.

Time: Call 911 immediately

June: Prostate Cancer

Prostate cancer takes a greater toll on Black men than on men of other races. In the United States, one in six Black men will get prostate cancer in their lifetime, compared to one in eight men overall. Black men are also more than twice as likely to die from the disease.

June, July & August

We shared the work of our Community Nurses and Community Health Workers, who are dedicated to building trust and serving our communities.

Kae Rivers Livsey, PhD, MPH, RN, Professor Colleges of Health and Human Sciences School of Nursing WNCU stated, "There's no more effective team than a registered nurse, and a community health worker who knows the community. The registered nurse brings a patient centered holistic approach, comprehensive educational preparation, strong critical thinking, and clinical reasoning skills. Together, they can accomplish all kinds of things to improve health equity."

July: Minority Mental Health Month

We learned it may be challenging to find providers from one's racial or ethnic group. There are few African American therapists in our area. We shared a list recommended by another therapist to IFPHA.

September, October and November

I provided information on several health issues to help you with planning and maintaining a healthy lifestyle. Each



IFPHA team members Anika, Kathey, and Angelique.

of these articles were IFPHA's way to help you live your best lives. We want to continue to help you on that journey in 2024.



Best Wishes for a Healthy and Happy Holiday Season!

The New Year

In January we will begin the year by looking at how our holistic health is affected by national and world events in a "what you need to know" series of articles. Tune in!

Keep in Touch

Please visit www.ifpha.org to read the latest news and to contact us. Let us know what you want to hear about, invite us to give a healthy education presentation, or just let us know we are doing a good job. You may also join our monthly Lunch and Learn events held on the third and fourth Wednesdays of the month from 12 noon to 1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Rd. in Asheville.