



MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Natalia Munoz-Schneier, Sapphire De'Bellott, Barbara Anderson, and Anita Love.



Commit to Healthy Choices to Help Prevent Birth Defects

Every 4.5 minutes a baby is born with a birth defect.

We know that not all birth defects can be prevented. But, we also know that women can increase their chances of having a healthy baby by managing health conditions and adopting healthy behaviors before becoming pregnant.

Plan Ahead

Get 400 micrograms (mcg) of folic acid every day. Folic acid is a B vitamin. If a woman has enough folic acid in her body at least one month before and during pregnancy, it can help prevent major birth defects of the developing brain and spine (anencephaly and spina bifida). Women can get folic acid from fortified foods or supplements, or a combination of the two, in addition to a varied diet rich in folate. Learn more about folic acid

See a healthcare professional regularly. A woman should be sure to see her doctor when planning a pregnancy and start prenatal care as soon as she thinks that she is pregnant. It is important to see the doctor regularly throughout pregnancy. If you are trying to have a baby or are just thinking about it, it is not too early to start getting ready for pregnancy. Use these checklists to help you write down your goals, whether you are planning a pregnancy or trying to get and stay healthy overall.

Avoid Harmful Substances

Avoid alcohol at any time during pregnancy. Alcohol in a woman's bloodstream passes to the developing baby through the umbilical cord. There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant. There is also no safe time during pregnancy to drink. All types of alcohol are equally harmful, including wine and beer. Drinking alcohol during pregnancy can cause miscarriage, stillbirth, and a range of lifelong physical, behavioral, and intellectual disabilities.

These disabilities in the child, which occur because the mother drank alcohol during the pregnancy, are known as fetal alcohol spectrum disorders (FASDs). The best advice for women is to stop drinking alcohol when trying to get pregnant.

Avoid smoking cigarettes. The dangers of smoking during pregnancy include preterm birth, certain birth defects (cleft

ECHO (Enhancing Collaborative Health Options & Opportunities)

HONORING REV. DR. MARTIN LUTHER KING JR.

Dr. King defined leadership as everyday acts, intentional actions, and leading through love in all that we do.

He believed in ordinary people doing extraordinary things. Let's do our part to impact positive change in Maternal and Child Health.



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.

Staff

Belinda K. Grant
Executive Director
(828) 776-1428
belindakgrant@mzcd.info



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

Board of Directors

Linda Glaze: Chair, Chief Operating Officer
Rev. Scott Rogers: Vice Chair
Michelle Harper:
Treasurer and Fundraising Co-Chair
Cynthia Yancey, MD: Fundraising Chair
Tracey Rice Johnson: Member

Project NAF Community Advisory Board

Denise Duckett: BCHHS Pregnancy Care
Nancy Farmer: Sparc Foundation
Charlene Galloway-Pea:
Mt. Zion Church of Asheville, Inc.
Anne Kouri: Mars Hill University
LaToya McDaniel: Current Participant
Tim Splain: Asheville City Police Department
(Male Advocate)
Vacant: Advent Health
Royanna Williams:
Business Owner & Former NAF Participant

Project Empower

Education Means Power. In collaboration with Community Partnerships to impact the Substance Abuse Crisis.

OUR PARTNERS

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

