

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 Institute for Preventive Healthcare & Advocacy



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

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IFPHA 2024 Recap

BY KATHEY AVERY RN, BSN, CN

What a year IFPHA and the community had in 2024!

Let's look back as IFPHA educated, shared awareness, and helped keep the community we serve healthy and aware. How do things look today? How will things look one year later?

In **January** we learned what Mental Wellness means. The Global Wellness Institute states that wellness is not a passive or static state but rather an "active pursuit" that is associated with intentions, choices, and actions as we work toward an optimal state of health and wellbeing. Wellness is linked to holistic health beyond physical health and incorporates many different dimensions that should work in harmony.

I wrote about holistic health being affected by local, national, and world events, highlighting the chaos and conflict both globally, nationally, and locally. Our bodies, minds, souls, and lifestyles will be affected whether we appear to be thinking about it or just living through it.

In **February**, Black History Month, we looked at voting rights. As a people, we continue to fight for equal rights in this country, pledging to, at least, continue the fight to make every vote count while pursuing life, liberty, and happiness. Locally, we continue to work in good faith with the city, county, and reparations commission to heal the racial trauma from years of systemic racism in Western North Carolina, one county at a time.



1) At Reuters YMCA, CHW trainee Olympia Garnett and Kathey Avery offer blood pressure and glucose screenings. 2) Delivering supplies to Klondyke Apartments. 3) Racing to Feed Asheville with Angelique Scott, actress Vivica A. Fox, and Kathey Avery.

Working on mental wellness by actively learning and participating enables us to think, feel, connect, and function. This process will help us foster resilience, growth, and the ability to flourish. We still need to educate ourselves before we vote, and understand what is at stake if we don't vote.

In **March** we learned about Colon Cancer. Many cancers are preventable if we work on having a healthy lifestyle and get screened to prevent or detect cancers early.

In **April** we explored Minority Health Awareness and Autism Awareness. The prevalence of autism is slightly higher in North Carolina than the national average, with 1-in-52 children being diagnosed with autism. During 2024, IFPHA found adults and children with different levels of autism. IFPHA's work in 2025 is to find funding and resources for families in our area.

In **May** we looked at Stroke Awareness—remember, think F-A-S-T.

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

Arms: Weakness can also be of 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.

Are you checking your blood pressure, do you have a blood pressure cuff, and are you taking your medications? Do you remember the signs of a stroke? Too many African Americans in our community are having strokes. Learn the signs. You may have trouble seeing, walking, dizziness, loss of balance, or coordination, or a severe headache with no known cause.

Even if you have only one symptom, or your symptoms go away, call 911 or go to the nearest hospital or emergency room immediately.

In **June** we looked at Prevention to Improve Health, Men's Health (prostate cancer), and the Juneteenth celebration.

In **July** we learned about Norms, the Rule of Law in our political world, and IFPHA alerted the community to the dan-



At IFPHA's Community Block Party on January 3, 2024 in Klondyke, we partnered with Bounty and Soul and other vendors.

and healthcare facilities. Thousands of miles of roads and bridges were damaged, cutting communities off and limiting egress for residents and entrance by essential response and recovery teams. IFPHA notes that many of us lost family, neighbors, friends, homes, businesses, jobs, and our sense of safety.

As of December 13, 2024, Governor Cooper and the NC Office of State Budget and Management (OSBM) have formally requested an additional \$25.6 billion in federal support.

Governor Cooper requested \$3.9 billion in funding from the North Carolina General Assembly (NCGA) on October 23. To date, the NCGA has made available \$1.2 billion and set aside another \$225 million through Session Laws 2024-51, 2024-53, and 2024-57.

On **November 24, 2024**, Racing to Feed Asheville was held at the Arthur Edington Center, giving IFPHA and the community a way to hope and celebrate Thanksgiving. Celebrating their second year, Racing to Feed Asheville donated 800 hot

meals and gave away 250 turkeys to the underserved communities of Asheville. The event, which was hosted by actress Vivica A. Fox, was founded by Rhonda Mapp, a former WNBA player and Asheville native, brought some relief and joy to the Asheville community.

Happy 2025 Community!

Lunch & Learn

Join Kathey Avery on the third and fourth Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address "Hot Topics" and provide education and knowledge to help keep you healthy. All are welcome!

gers of the Dengue Virus. The best ways to prevent infection are to avoid being bitten by mosquitoes and to take steps to reduce the mosquito population. Since September 27th this virus seems so far away!

In **August** we learned about Immunizations. Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases that can be very serious, may require hospitalization, or even be deadly.

In **September** we learned that Ovarian Cancer is often called the "silent" killer because many times there are no symptoms until the disease has progressed to an advanced stage and becomes difficult to treat.

In late **September** WNC and our communities were changed forever by Hurricane Helene. According to osbm.nc.gov, millions of North Carolinians lost access to critical services like water and sewer, electricity, telecommunications,