

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

IFPHA is grateful for the support of our sponsors and partners.



IFPHA PARTNERS:
Bounty and Soul
Rock Hill Baptist Church
Shiloh Association

Addressing Health Issues in Our Communities

BY KATHEY AVERY RN, BSN, CN

Healthcare, Funding Cuts, and Immunization

It will be up to small organization like IFPHA and other health organization to find ways to continue to address health issues in our communities. It will be more important for us to help individuals and communities to make health a priority and prevent as many illnesses as possible.

The mission of the Institute for Preventive Healthcare and Advocacy (IFPHA) is to promote optimum health for all residents of Buncombe County and surrounding areas in WNC by addressing the social determinants of health and the inequities in access to affordable preventive healthcare.

We envision a Buncombe County and WNC with increased access to affordable and equitable preventive healthcare. IFPHA needs your support so we can provide for the health of our communities.

With the cuts listed below, it now becomes increasingly difficult to find funding for our nonprofits that, in the past, were able to apply for funding at the federal (HRSA and CDC), state (NCDHHS), and local (BCDHHS) governments.

Cuts to Health and Wellness Services

According to Center for Nonprofit Excellence, the newly released federal fiscal year 2026 “skinny” budget outlines spending cuts that would deeply impact public services and nonprofit organizations. The proposal calls for a 22.6% (\$163 billion) reduction in domestic discretionary spending, while increasing defense funding by 13%.

The budget slashes critical programs in education, housing, environmental protection, public health, and more, while openly targeting nonprofit institutions as wasteful and ideologically driven. If enacted, these cuts could have severe consequences for vulnerable communities across the country.

Rosa DeLauro, Democratic House Appropriation Committee/Ranking member, noted some of the cuts that will affect our communities and community organiza-

tion’s ability to seek funding.

The Department of Health and Human Services (HHS) – The budget includes a total of \$109.5 billion for HHS, a decrease of \$7.5 billion, or 6.4 percent, below fiscal year 2024 funding and \$9.7 billion below the 2025 request. Of this amount, the bill includes \$7.4 billion for Health Resources and Services Administration (HRSA).

Centers for Disease Control and Prevention (CDC) – The budget includes a total of \$7.4 billion for CDC, a cut of \$1.8 billion below the 2024 level and \$2.3 billion below the 2025 request.

The budget calls for the elimination of funding for Opioid Overdose Prevention and Surveillance with a cut of \$506 million below the 2024 level and the 2025 request.

Funding for Rape Prevention has been cut by \$22 million below the 2024 level and the 2025 request.

The budget also cuts:

- Funding for Suicide Prevention. A cut of \$30 million below the 2024 level and \$68 million below the 2025 request.
- Funding for Tobacco Prevention and Control. A cut of \$247 million below the 2024 level and \$257 million below the 2025 request.
- Funding for the Ending the HIV Epidemic initiative with a cut of \$220 million below the 2024 level and the 2025 request.
- Funding for the Climate and Health program with a cut of \$10 million below the 2024 level and \$20 million below the 2025 request.
- Funding for the Center for Forecasting and Analytics with a cut of \$55 million below the 2024 level and the 2025 request.



(L-R): Patricia Schoen, Anglique Scott, and Olympia Garrett, a resident of Eagle Market Place, are excited to get fresh produce. This is just one of the many ways IFPHA helps our communities thrive.

- Funding for the Preventive Health and Health Services Block Grant, a cut of \$160 million below the 2024 level and the 2025 request.
- By the way, these are not all of the cuts.

Source: Center for Nonprofit Excellence

IFPHA/Novant and Dr. Michael Messino Mobile Mammogram Event



This lifesaving event that needs community support takes place Monday, August 18, from 11 a.m. until 3 p.m. Stop by the Friendship Community Center, located at 142 Shiloh Road in Asheville, for a free mammogram.

Note: The minimum age for a screening mammogram on the mobile unit is 35 years of age. If you are 29-34 years of age, come talk to our team for valuable information and assessment.

National Immunization Awareness Month

School is about to start and flu season will soon follow. It is time to get all recommended vaccines to protect against serious illness.

Recommended Childhood Vaccines

- Hepatitis B (2nd dose)
- Diphtheria, tetanus, and whooping cough (pertussis) (DTaP)
- Haemophilus influenzae type b (Hib)

- Polio (IPV)
 - Pneumococcal (PCV)
 - Rotavirus (RV)
 - Hepatitis B (HepB)
- Knowing how the body works has helped the science and health community develop vaccines and medications that continue to save lives.

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!