

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT

Eat Good to Feel Good

By JéWana Grier-McEachin, Executive Director

Eat good to feel good means a lot more now doesn't it?

This month is Diabetes Awareness month and one of the basic yet complicated interventions for diabetes is eating good. Whether it is our relationship with food or the affordability of food, sometimes trying to eat well can feel overwhelming.

Be encouraged. Eating healthy doesn't have to be complicated. No matter what type of food you love to eat, a few simple swaps can make a big difference.

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), it also helps you have a better relationship with food. When you nourish your body with quality foods, it helps your body function at its best.

How can you make healthy eating choices?

Informed food choices are essential to living well. Food fuels the body and is a key part of diabetes management. However, no matter what eating plan you follow, there are a few basic guidelines that apply across the board.

Here are a few things that all healthy eating plans have in common:

- Non-starchy vegetables are the foundation for your plate
- Lean proteins and plant-based sources of protein



JéWana Grier-McEachin. Photo: Red Angle Photography

- Quality carbohydrates, like starchy vegetables, fruits, whole grains, and lowfat milk
- Less added sugar
- Healthy fats
- Fewer processed foods
- Water or zero calorie beverages

With the impact of Helene on our region, Medicaid cuts, and the interruption of SNAP benefits, it can be difficult to eat well. One thing we know is that our community always comes together.

We will continue our Free Sunday Shops! Come in and shop to supplement your needs. As I always say, it is not just FREE stuff, it is a reinvestment in community.

When people save money by shopping with us, they can use those savings to buy medicine, pay a small bill down or off, or start and build a personal emergency fund.

We are still accepting financial donations to purchase food and supplies. We also encourage our churches, and you, our readers, to donate any shelf-stable items you can to ensure we are able to robustly serve our communities in these hard times.

You can drop off food donations at our building, or call us at (828) 251-8364 to schedule a pick-up.

Thank you in advance for your help in providing ABIPA CARE.



Celebrating 21 Years of Being the Community Health Connection for Asheville and Beyond

Help Us Celebrate Our Birthday by Gifting ABIPA a Donation of \$21

Tax-deductible donations can be made by sending a check to ABIPA, PO Box 448, Asheville, NC 28802, or donate online at www.abipa.org. Thank you for your support!

Research Re-Imagined

One of the founding principals for ABIPA was research.

It has been our desire for years to officially have our own research firm that can train local community based researchers who are able to do the research and tell our stories instead of outsourcing research to larger markets. We want to ensure that funds spent on research and evaluation are poured directly back into our local economy.



Ameena Batada, DrPH

It is my pleasure to officially introduce you to our new research arm ABIPAr and our Research Re-Imagined consultant Ameena Batada, DrPH, a Professor of Health Sciences at UNC Asheville. She works on community-driven research and action and has worked with Sesame Workshop India and the Center for Science in the Public Interest. She has a DrPH and MPH in public health and a BS in international and cross-cultural studies.

ABIPAr's first direct funded research project is the Oral Health

Project (OH Pro). The initiative is designed to be guided by a community advisory group and funded by the NC Blue Cross Blue Shield Foundation. It is a two-year, community participatory, research and advocacy initiative focused on learning with and about oral health priorities among communities in Buncombe County and the surrounding communities.

ABIPA recognizes that oral health is connected with and critical to the overall health and wellbeing of individuals and communities. By exploring communities' oral health experiences and opportunities for improvement, and taking action together to promote better oral health services and policies, we can contribute to health improvements among people in our area and state.

We look forward to sharing our OH Pro journey with you!

Upcoming Events at ABIPA Life's Center

FREE Sunday Shop

Sunday, November 23

Free food and supplies from 3-6 p.m. for any community members in need, or for those who know a neighbor in need.

2nd Annual Scarlet Sankofa Gala

Saturday, December 20, 2025

Join us for this extraordinary party, held from 7-11 p.m.

Community Christmas Party

Sunday, December 21 from 7-10 p.m.

Our 2nd annual event will be packed with fun, family experiences for the season!

We Need Your Support

Donate using the QR code, go online to our Donate page at www.abipa.org, or send a donation to PO Box 448, Asheville, NC 28801.



ABIPA promotes economic, social, and healthy parity achievement for African Americans and other underserved populations in Buncombe County through advocacy, education, research, and community partnerships.



ABIPA's Oral Health Project team (L-R): JéWana Grier-McEachin, JaiEssence McEachin, JyAire McEachin, and Ameena Batada. The OH Pro team will be learning about oral health priorities in Buncombe County and the surrounding communities.

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