

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



Promoting 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

2025 Impact of Services to Communities

BY KATHEY AVERY RN, BSN, CN

What a year we have all had in 2025!

IFPHA has been able to provide health education to 487 participants across 32 educational health sessions at 10 different churches and communities. As community nurse I have facilitated sessions on over 16 topics, many of which were requested by participants.

IFPHA has conducted numerous blood pressure and glucose screenings throughout the year in three counties. IFPHA works in Buncombe, Henderson, Transylvania counties, and, when staff are available, Mitchell county.



Kathey checking glucose levels.

Through our HEN (Health Equity Network) partnership we were able to include Jackson, Mitchell, Haywood, and Cherokee counties, and the Qualla Boundary in WNC, connecting and supporting their needs with assistance from our partners. These connections also work to break silos in WNC.

In 2025, with IFPHA's partnership with Bounty & Soul (located in Black Mountain) we provided fresh fruit and vegetables in community settings or door to door, upholding our motto of "Real Help in Real Time."

Boxes and deliveries to households and communities included Rock Hill Missionary Baptist Church in the Shiloh community, Eagle Market Street affordable housing in Asheville, Harris residential and public housing in Hendersonville, Arrowhead Independent Senior Living in Asheville, and Klondyke Homes public housing in Asheville.

We distributed fresh produce to nearly 5,000 households, reaching more than 15,275 individuals. When we asked recipients how they benefitted from October's food distributions, they shared many sentiments of gratitude.

Community Testimonials

"This resource has been extremely beneficial. It helps me to get green vegetables for my elderly parent."

"Estoy agradecida con usted por darnos comida gratis lo nescitomor porque me quede sin casa todavia y tu ve mucho gustos." Translation: "I am grateful to you for giving us free food. I need it because I am still homeless, and you are very kind."

"You kept me from going hungry while I was paying tuition for school. Not just kept me fed, but made sure I had healthy foods to keep my mind and body happy."

"This is what I need! Oh yes! Since I came here this is all I have been eating. A1C and cholesterol went down."

At a November 2025 market, we asked fresh produce recipients about the impact of recent changes to federal assistance programs. 52% reported that they had been personally affected by the government shutdown, 11% reported that they lost WIC benefits, and 39% lost SNAP benefits partially or fully.

We assessed perceived impact at health education sessions. Among the 321 responses received throughout the year, 97% indicated that the level of IFPHA's impact on them was "A lot." After participating, 99% felt more informed, 97% felt more confident, 94% felt more supported, and 88% felt more ready for change.

IFPHA has provided transportation to make sure our clients who do not, or cannot drive, are able to get to their doctor's appointments, the grocery store, or other appointments. We work intentionally, providing transportation to prevent social isolation, thereby addressing the social determinants of health (SDoH).

With insurance costs going up or being cut, it will become even more difficult to stay healthy. It will become essential for everyone to learn how to prevent illness or manage chronic conditions. I hope you will join one of our health education sessions by contacting IFPHA to host a health education class. Contact me by calling (828) 768-2369, or contact me on IFPHA's website, www.ifpha.org.

Over the next few months IFPHA will explore what we have learned as Americans, communities, and individuals who challenge "what we thought we knew."



Ali, Kathey, and Paula at a food truck distribution.



IFPHA provides transportation for clients who do not, or cannot drive.



Angelique Scott, LPN/CCHW, transports a client to an appointment.

In 2026, we will examine terms such as **Rule of Law** and **Norms**, and look deeply into **Reparations**, **ACA/Obama Care**, and more. Stay tuned!

*IFPHA's Board and Staff
Wish Everyone a Safe, Healthy,
and Happy Christmas/
Holiday Season!*

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!