

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN, CN

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.

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Black History Month and Heart Health Month

BY KATHEY AVERY RN, BSN, CN

Notable Black icons, honoring our history, and risk factors for cardiovascular disease.

Looking at America today you might not remember all the work and sacrifices made for racial minorities in the sixties. According to Wikipedia, the Voting Rights Act of 1965 was a landmark US federal statute signed by President Lyndon B. Johnson on August 6, 1965, during the height of the civil rights movement.

The goal was to enforce voting rights protected by the Fourteenth and Fifteenth Amendments to the United States Constitution. The Voting Rights Act sought to secure the right to vote for racial minorities across the country, but most especially in the South.

One icon of the era, and my favorite hero when I was 10-12 years old, was Medgar Evers. According to Wikipedia, Medgar Wiley Evers (July 2, 1925 – June 12, 1963) was an American civil rights activist who was the NAACP's first field secretary in Mississippi.

A United States Army veteran who served in World War II, Evers was engaged in efforts to overturn racial segregation at the University of Mississippi. Prior to his assassination, he was working to end the segregation of public facilities, and expand opportunities for African Americans, including the enforcement of voting rights.

Other Notable Black Icons

Ella Baker, a civil rights activist and grassroots organizer, was active in the NAACP, SCLC, and SNCC. She also co-founded the Mississippi Freedom Democratic Party. In 1961 she helped with the SNCC's Freedom Rides campaign as she worked alongside other charismatic leaders in the civil rights movement. I feel she would have been pleased with ordinary people standing up for their rights in this country today, because she believed in empowering ordinary people.



Medgar Evers



Ella Baker



Ida B. Wells



Barack Obama

Ida B. Wells, a journalist and activist, campaigned against lynching and racial violence and fought for women's suffrage as a way to empower Black women politically. She challenged the racism of the Women's Christian Temperance Union and the National American Woman Suffrage Association. In 1913 she co-founded the Alpha Suffrage Club, and marched defiantly in the suffrage parade in Washington, DC.

Rev. Dr. Martin Luther King, Jr. was a well known civil rights activist, Baptist Pastor, and co-founder of the Southern Christian Leadership Conference (SCLC). He led the fight for civil rights and voting rights for Black Americans. Known for his advocacy of disobedience and nonviolent resistance, I think those tactics are still needed today.

Shirley Chisholm was notable in that she worked as an African American woman in politics. She was the first Black woman to run for President of the United States as a Democrat in 1972, the first Black Congresswoman, serving seven consecutive terms representing the 12th district of New York (1969-1983). Chisholm also cofounded the National Congress of Black Women in 1984.

Barack Obama is an American lawyer, author, community organizer, and was the 44th President of the United States (2009-2017). Early in his career he lead voter registration campaigns in Illinois. He was also elected to the Illinois State Senate and the US Senate.

Sources: Wikipedia; The National Archives; The National Museum of African American History & Culture, "Five You Should Know - African American Suffragists," and "The Civil Rights History Project;" SNCC Digital, People.



Heart disease is the second leading cause of death in North Carolina.

Heart Disease

IFPHA has acquired funding this year to help educate our communities about cardiovascular disease (CVD). Heart disease is the second leading cause of death in North Carolina, accounting for approximately 19% of all state deaths, with more than 20,400 deaths in 2020.

As of 2024, 9.2% of NC adults reported a history of cardiovascular disease (heart attack, angina, or stroke), ranking 25th in the US. More than 35% of NC adults have been diagnosed with high blood pressure.

Risk Factors

Major contributing risk factors for North Carolinians include high blood pressure, smoking, obesity, physical inactivity, and diabetes.

Preventing and controlling cardiovascular disease involves a holistic approach:

- Adopting a heart-healthy diet (fruits, veggies, whole grains, lean protein, low sodium/sugar/fat),
- Getting regular physical activity (150 mins moderate/week)
- Maintaining a healthy weight, quitting smoking
- Limiting alcohol
- Managing stress
- Ensuring adequate sleep (7-9 hrs.),

Control key risk factors like high blood pressure, cholesterol, and blood sugar through lifestyle changes and medication if needed.

Get regular health checkups to monitor outcomes.

Source: America Health Rankings, WNC Health Network

History Symposium, Saturday, February 21

Mark your calendars for this fun event celebrating Black History Month.

African Americans have lived all over WNC throughout our history. Come celebrate with IFPHA and Mary C. Jenkins as we honor our history on Saturday, February 21 at Mary C. Jenkins Community and Cultural Center (221 Mills Ave. in Brevard) from 11 a.m. to 2 p.m. Lunch will be provided. The event is free to attend, but a donation for food would be appreciated.

Our first featured event, a History Symposium, will highlight five coun-

ties (Cherokee, Haywood, Buncombe, Henderson, and Transylvania), with five storytellers, one from each county.

Through art, history and oral tradition, Ann Miller Woodford, Tausha Forney, Anita White-Carter, Ronnie Pepper, and Edith Darity will share breathtaking accounts, offering personal perspectives that honor resilience, culture, and 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!