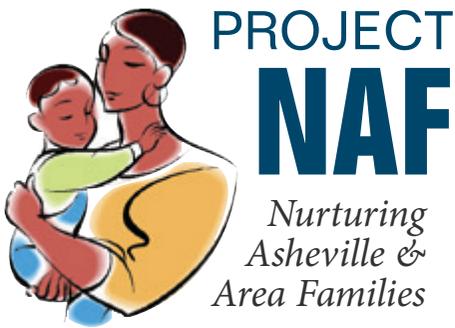


ECHO (Enhancing Collaborative Health Options & Opportunities) through HOPE (Hope and Healing Opportunities with Proactive & Preventive Education)



March is...

- National Kidney Month**
- National Nutrition Month**
- National Women and Girls HIV/AIDS Awareness Day (March 10)**
- World Kidney Day (March 12)**
- Certified Nurses Day (March 19)**
- World Down Syndrome Day (March 21)**
- American Diabetes Alert Day (March 24)**
- National Doctors' Day (March 30)**
- World Autism Acceptance Week (March 30-April 6)**

WORLD TEEN MENTAL WELLNESS DAY



World Teen Mental Wellness Day aims to normalize conversations and dismantle stigmas around teen mental health issues.

According to the American Psychological Association, Gen Z has the worst mental health of any generation. However, teens are dedicated to making a difference.

According to YPulse, 64% of Gen Z say they want to achieve a healthier lifestyle for overall happiness, including a stronger self-care routine. Also, 94% consider mental health very important to their well-being. Ultimately, raising awareness about mental health and the importance of self-care can help improve an entire generation's mental wellness.

Source: National Day Calendar

CHECK OUT THE NEW WEBSITE!

MZCD.info
Hope. New Beginnings. Transformation



National Women's History Month

Celebrating the Groundbreaking Accomplishments of Women

From the earliest days of medicine, women have made essential contributions that continue to shape the field. During Women's History Month, we honor the women whose work has transformed health care for patients, providers, researchers, and communities.

Virginia Apgar—Hero of Progress

Virginia Apgar, an obstetrical anesthesiologist, developed the world's most widely used system for assessing newborn health. Inspired by the medical challenges faced by her two brothers—one who died young from tuberculosis and another who lived with chronic illness—Apgar pursued a career in medicine with a focus on improving infant outcomes.

In 1952, she introduced a quick, systematic test to determine whether newborns need immediate medical care. The Apgar Score evaluates five categories—Activity, Pulse, Grimace, Appearance, and Respiration—each rated 0, 1, or 2. Zero indicates the most concerning condition; two represents ideal health. Easy to remember and simple to administer, the Apgar Score became a universal standard and is credited with saving millions of lives.

Joyce Nichols – Physician Assistant

Joyce Nichols made history as the first woman—and the first Black woman—to become a physician assistant. Her entry into the profession reflected determination and a commitment to equity in health care.

Nichols began her career in 1965 as a licensed practical nurse and later worked in Duke University Medical Center's cardiac care unit. There she learned about Duke's new physician assistant program, which at the time admitted only men, primarily former military medics. After repeated denials, Nichols challenged the program's exclusionary policy. With encouragement from program founder Eugene Stead Jr., MD, she reminded administrators that federal funding required compliance with the Civil Rights Act of 1964, which prohibited gender discrimination.

Her advocacy succeeded. Nichols entered the program's third class and graduated in 1970, becoming a powerful example of persistence and principle. As her husband, McArthur, said, "Once she had her mind set on anything, she was not to be denied."

MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.



World Birth Defects Day

Approximately 1 in 33 babies in the US is born with a birth defect. The five most common types are congenital heart defects, Down syndrome, cleft lip/palate, spina bifida (neural tube defects), and clubfoot.

CDC's Key Birth Defect Updates and Focus Areas

Prevention Priorities:

The CDC strongly advises taking 400 mcg of folic acid daily before and during early pregnancy to prevent neural tube defects.

Infection Control: Pregnant individuals are advised to get vaccinated (including Covid-19) to avoid severe illness.

Safety Measures: Avoid alcohol, tobacco, and marijuana, while maintaining a healthy weight and managing blood sugar.

Monitoring and Research: Work on promoting healthy pregnancies and reducing health inequities.

Data Updates: Because birth defects are a leading cause of infant mortality, causing 1 in 5 infant deaths, new data modernization efforts for tracking are needed.

Research Funding: Focus on improving long-term outcomes for people with Autism and Fragile X.



Around 180,000 babies are born each year with clubfoot.

Birth defects affect nearly 8 million infants every year, or 6% of all babies. This includes around 180,000 babies who are born each year with clubfoot. Clubfoot is one of the most common congenital birth conditions, affecting an estimated 1 in 800 births globally, striking roughly every three minutes. While

we don't know what causes this common birth defect, we do know how to treat it.

Clubfoot Treatment

The Ponseti method is the globally accepted standard of clubfoot treatment. The initial process involves weekly casting for four to six to eight weeks and, in most cases, a minimally-invasive outpatient procedure to lengthen the Achilles tendon.

After this, children wear a foot abduction brace for 23 hours a day for three months, and then at night and nap time until the age of five. Children born with clubfoot can take their first steps on completely straight feet thanks to early intervention and to this relatively simple, cost-effective treatment method.

Sources: CDC; hopewalks.org.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.



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- Barbara Anderson: Office Support/Community Connector
- Dr. Ronald Caldwell: Supervising Physician
- Sapphire De'Bellott: Project NAF Outreach Worker
- Mr. Henry Glaze: Transportation Coordinator
- Kontia Grant: Nurse Family Practitioner
- Ms. Rosa B. Hearst, in appreciation of past services

Board of Directors

- Mrs. Linda Glaze: Board Chair
- Rev. Scott Rogers: Vice Chair
- Mrs. Michelle Harper: Fundraising Chair & Treasurer
- Mr. Leroy Simpson: Member
- Mrs. Tracey Rice Johnson: Fundraising Co-Chair
- Mrs. Alberta Drane: Events Coordinator
- Mr. Henry Glaze: Transportation Coordinator
- MZCD welcomes new board members Treva Barnard and Rev. Scott Burgess

Project NAF Community Advisory Board

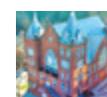
- Denise Duckett: BCHHS Pregnancy Care
- Nancy Farmer: Spare Foundation
- Charlene Galloway-Pea: Mt. Zion Church of Asheville: Inc.
- Anne Kouri: Mars Hill University
- Latoya McDaniel: Former Participant
- Tim Splain: Asheville City Police Department (Male Advocate)
- Vacant: Advent Health
- Royanna Williams: Business Owner & Former NAF Participant

Project Empower

Education Means Power – in collaboration with initiatives to impact the opioid crisis.

OUR PARTNERS

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Mt. Zion Missionary Baptist Church of Asheville, Inc.



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THE CATHEDRAL OF ALL SOULS