

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.

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

April Awareness

BY KATHEY AVERY RN, BSN, CN

What you need to know this month.

April has many things for our communities to be aware of: Minority Health Awareness, Autism Awareness, Sexual Assault Awareness, Child Abuse Prevention Awareness, Stress Awareness, and so many more.

Minority Health Awareness

This month it's time to recognize the importance of improving the health of people in minority groups. National Minority Health Month (NMHM) focuses on advancing health equity, reducing persistent health disparities, and strengthening health literacy so that all communities can access the care and information they need to thrive.

The 2024 NMHM theme highlighted the ways our culture, communities, and connections shape overall well-being. This approach centers the social determinants of health—the conditions in which people live, work, learn, and age that influence everything from chronic disease risk to access to preventive care.

Western North Carolina's population includes:

- White: 89.3% overall, with lower percentages in more densely populated areas
- Hispanic/Latino: Increased from 8% in 2010 to 10% in 2020
- Black/African American: 4.2% overall, though some analyses show concentrations up to 20%
- Other Racial/Ethnic Groups: Less than 5% combined, including American Indian/Alaska Native residents

Our region is also home to a significant Indigenous community. The Eastern Band of Cherokee Indians (EBCI) includes roughly 13,000 enrolled members, with about 10,700 living both on and off Tribal lands.

Hypertension, Diabetes, and Obesity

Did you know that in 2024, Black/African American adults were 26% more likely to be diagnosed with hypertension than US adults overall? Hypertension raises the risk of heart disease and is one of the leading causes of death among Black/African American adults.

In 2024, Black/African American adults were 24% more likely than US adults overall to be diagnosed with diabetes. Black/African Americans also have a higher risk for developing prediabetes and type 2 diabetes.

Black/African American adults have the highest rate of obesity compared to other racial and ethnic groups. In 2024, Black/African American adults were 28% more likely than US adults overall to be obese. In 2023, Black/African American high school students were 27% more likely than their peers to be obese.

Source: US Department of Health & Human Services, Office of Minority Health

Stress Awareness

Managing stress is an ongoing practice. Small actions taken throughout the day can make a meaningful difference. Short-term techniques—such as deep breathing, taking a walk, listening to music, or practicing yoga—can help calm your body and mind in the moment.

Long-term stress management comes from building healthy routines. Regular physical activity, balanced nutrition, consistent sleep, and staying connected



Through IFPHA, Kathey Avery provides health education and resources so that all people can access the care and information they need to thrive.

with supportive people all help to strengthen your ability to cope with daily pressures.

Taking any of these actions now can lead to lasting benefits over time.

Assault & Abuse Prevention

IFPHA educates communities that, "if you see something say something."

Sexual Assault: Contact the crisis line at Our Voice 24/7, call (828) 255-7576. Our Voice provides support for survivors of sexual violence ages 13 and up in Buncombe County.

Child Abuse Prevention: If you have a concern that a child is being abused or neglected, call the Buncombe County Department of Social Service. To make a report during daytime hours call (828) 250-5900; after hours call (828) 252-Help (4357).

Time to Celebrate!

This year marks IFPHA's sixth year serving the communities of WNC. My birthday is April 21 of this month. 73 years is something I am proud of! I am still able to serve all people, making sure my African American communities have the health education and resources they need in order to live a healthy, productive life.

If you want to celebrate my birthday, try supporting IFPHA. You can go to www.ifpha.org to make a donation.



Donations of any amount will also help us celebrate our sixth year in service to our community. You may also mail a check supporting IFPHA to 43 McGee Hill Road, Fairview, NC 28730.

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!

Autism in North Carolina

BY KATHEY AVERY RN, BSN, CN

The Autism Society of North Carolina (ASNC) operates licensed day programs in Asheville (Ascend), Greensboro (Autism Center for Life Enrichment), Raleigh (Creative Living), and Fayetteville (Academy of Life Skills Development). Each of these offers day programs providing a structured learning environment where adults with autism receive the necessary support to develop greater self-sufficiency and community engagement.

Day programs also provide a variety of activities and opportunities that allow participants to choose what is meaningful for them. Individualized tracks are designed for each participant based on their personal interests and skills, and staff are trained to understand their needs and help them reach their goals.

Participants can explore creative expression through art, horticulture, and culinary

activities; social skills training; as well as community outreach and volunteerism.

To learn more about skill-building services and day programs in Asheville, please visit www.autismsociety-nc.org/ascend-day-program-adults-asheville.

Independent adults, 18 and older with high-functioning autism, are invited to spend time at Camp Royall with friends during occasional weekend retreats. Activities include leisure and recreation at camp as well as community outings. Camp Royall also employs a neurodiverse workforce in a variety of roles.

For more information about Camp Royall, please visit www.autismsociety-nc.org/camp-royall.

Source: The Autism Society of North Carolina

