

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



MESSAGE FROM MZCD STAFF



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

On behalf of the entire Project ECHO team, thank you for your visionary leadership in establishing Mount Zion Community Development, Inc. This organization continues to have a positive impact in the community through the provision of services to individuals and families by addressing critical gaps in health-care. Your dedication to making a real-world difference sets a remarkable example for us all and reinforces why we are so proud to be part of this organization. Thank you!

PROJECT NAF

Nurturing Asheville and Area Families

The overarching goal of Project NAF is to contribute to the reduction of infant mortality and low birthweight births for African American women and their infants in Buncombe, Henderson, and Madison Counties in North Carolina.

Myth: Project NAF is a teen pregnancy program.

Fact: Project NAF serves Black/ African American pregnant and postpartum women of all ages during pregnancy and postpartum (if enrolled before the baby turns 2 months old).



HEALTH EMPHASIS FOR OCTOBER 2026

- Domestic Violence Awareness
- Prenatal-onset GBS Disease Recognition
- Spina Bifida Awareness
- World Pregnancy and Infant Loss Awareness Day, October 15
- Restart a Heart Day, October 16
- World Food Day, October 16
- National Mammography Day, October 17

Grateful for 37 Years of Pastoral Service to the Church, the Community & Beyond!

Message from the Board of Directors of MZCD

As the Founding Chairman, President & CEO of Mount Zion Community Development, Inc. (MZCD), under your visionary leadership, the Mt. Zion Church was cognizant of the fact that when a blighted area is restored and improved, the community benefits through the creation of new or restored homes, prospering businesses, more attractive public areas and parks, and renewal of individual and civic pride. Blighted areas can become like prisons for those who are powerless to change their way of life. People living in deteriorated and oftentimes overcrowded conditions can become the victims of

crime and disease which have serious social consequences. Therefore, on behalf of the Board of Directors of Mount Zion Community Development, Inc., we extend our sincerest gratitude to you for your unwavering dedication and outstanding community service, which has and continues to impact our local community, state, nation, and beyond. You are deeply appreciated, and we remain forever grateful for your tireless work and lasting contributions.

Mrs. Linda Glaze, Board Chair,
Mount Zion Community Development, Inc.

Pregnancy & Infant Loss Awareness

The distinction between a miscarriage and a stillbirth depends entirely on the timing of the loss:

- Miscarriage:** The loss of a baby before the 20th week of pregnancy. Roughly 1 in 4 known pregnancies end in miscarriage.
- Stillbirth:** The death of a baby at 20 weeks of pregnancy or later. Each year, about 24,000 babies are stillborn in the United States—affecting approximately 1 in 175 deliveries.

Infant Mortality Tracking & Leading Causes

Infant mortality is defined as the death of a child before their first birthday. The top five leading causes of infant mortality in the US:

- Birth defects
- Preterm birth and low birth weight
- Sudden Infant Death Syndrome (SIDS) and Sudden Unexpected Infant Death (SUID)
- Unintentional injuries
- Maternal pregnancy complications

There are approximately 3,400 sudden unexpected infant deaths (SUID) in the US each year, which includes SIDS and other unexplained sleep-related deaths.

Disparities and Public Health Prevention

CDC data shows stark racial and ethnic disparities. Stillbirth rates are roughly double for Black and Native American families compared to white families.



Public health initiatives aim to combat these trends by educating families on safe sleep environments to prevent SIDS, promoting early prenatal care, and funding state-level screening and surveillance programs for emerging health risks.

Source: CDC

Breast Cancer Awareness Month

Breast cancer is a disease in which abnormal cells in the breast grow out of control and form tumors. If left unchecked, the tumors can spread throughout the body and become fatal.

Key Facts

- Breast cancer caused an estimated 694,000 deaths globally in 2024.
- Approximately 80% of breast cancers occur in women with no specific risk factors other than sex and age.
- Approximately 0.5–1% of breast cancers occur in men.
- Early diagnosis is essential to achieve and maintain optimal functioning and well-being.

Source: World Health Organization

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.

Staff

- Belinda K. Grant, Executive Director (828) 776-1428 belindakgrant@mzcd.info
- Barbara Anderson: Office Support/Community Connector
- Dr. Ronald Caldwell: Supervising Physician
- Sapphire De'Bellott: Special Projects for Project NAF
- 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
- Treva Williams: Member
- Rev. Scott Burgess: Member

Project NAF Community Advisory Board

- Denise Duckett: BCHHS Pregnancy Care
- Nancy Farmer: Spare Foundation
- Charlene Galloway-Pea: Mt. Zion Church of Asheville, Inc.
- Wanda Hensley: Madison County Representative
- Patricia Simpson: Children with Different Abilities
- 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 community partners to impact the opioid crisis.



MZCD.info
Hope. New Beginnings. Transformation

OUR PARTNERS

Our programming is made possible through the support of our generous funders.



MZCD's revised website made possible by the CFWNC



First Presbyterian Church, Asheville, NC