



Speakers at AAHP's National Black HIV/AIDS Awareness Day event at the Sandy Spring Museum on February 7

**AAHP MONTHLY REPORT
February 2023**



I. INTRODUCTION

February was an incredibly productive month for the African American Health Program (AAHP). February's schedule of programs and activities focused on celebrating Black History Month with a particular emphasis on HIV/AIDS and the health status of people of African descent. On February 7, AAHP hosted its first National Black HIV/AIDS Awareness Day (NBAAD) event at the Sandy Spring Museum. AAHP's Executive Committee partnered with AAHP's staff to coordinate this event to raise awareness about the risk of HIV/AIDS and ensure that all residents know their status. This unique forum brought together a collective of health professionals and community residents for a frank discussion about the magnitude, evolution, and impact of HIV among residents of African descent in Montgomery County. Two panelists, the HIV/STI programs administrator at the Dennis Avenue Health Center and the senior community liaison for Gilead Sciences, Inc., contributed their expertise in the domain. AAHP's clinical director facilitated the exchange. This event also allowed residents to be tested for HIV/AIDS and hepatitis C. Several County officials attended this event, including the Montgomery County Council's newly elected District 7 Councilmember, the Department of Health and Human Services interim director, and Montgomery County's newly confirmed County health officer. Eighty-five participants registered for the event, and 562 County residents viewed the event on Eventbrite. Registration for the event was closed after the facility's maximum capacity was reached.

Also, in February, the African American Health Program initiated an intensive program to recruit new and additional staff to fill positions approved by the Montgomery County Council for the fiscal year 2023. In this connection, AAHP began advertising position vacancies, screening applicants, conducting interviews, rating applicants, facilitating background checks, and extending employment offers. Employment offers were extended to two nurses in February.

In anticipation of new staff deployment, expanded activities were devoted to increasing the number of new and expecting mothers enrolled in AAHP's signature SMILE program. To achieve that objective, the staff created an Instagram page to market the program. AAHP's program staff created marketing content and infographics to celebrate Black culture and women's empowerment. The social media page describes services such as personalized case management care, home visits, prenatal and postpartum education, infant care, and a significant focus on wellness. The expectation is for the social media page to increase referrals and assist with better engagement for Mommy Chat, the Breastfeeding Support Group, and the Walk-in Breastfeeding Clinic. The page will also post updates for classes and ways to access resources such as food and diaper distribution and application assistance for SNAP and the Women, Infants & Children (WIC.) The supplemental nutritional program is sponsored by a collaboration between state and local governments and the US Department of Agriculture. The program is designed to influence the lifetime nutritional needs of high-risk mothers by promoting healthy behaviors and eating. The (WIC) program is based on the premise that eating healthy is a powerful strategy for reducing premature, low, and very low-weight births. These services are intended to increase access to healthier foods, improve diets, and encourage routine healthcare.

II. PROGRAM ACTIVITIES

A. The SMILE Program

In February, the SMILE staff recorded an increase in the enrollment of pregnant teens. In response to this recent development, the SMILE nurses partnered with several local middle and high schools to discuss how the SMILE program could benefit teen girls who are now mothers or may become pregnant. Teen pregnancies are often associated with preterm labor and low birth weight. They are at high-risk for several reasons, including a late start to prenatal care, stress, and poor nutrition. Black/African American mothers face many racial disparities, and being a Black/African American teen mother heightens the risk. The staff researched Montgomery County Schools in February to identify priority target outreach activities. The SMILE nurse also attended the Interagency Coalition on Adolescent Pregnancy (ICAP) meeting, where teen pregnancy cases were discussed along with available resources. During the meeting, the nurse shared information about the SMILE program and met representatives from many local schools. In March, the nurse will reach out to selected schools and arrange a follow-up meeting to discuss the program and develop an ongoing working relationship.

Another program initiative started in February aimed to develop and promote more robust and supportive relationships between women enrolled in SMILE and their partners. While engaging with SMILE mothers, the staff noted a need for family and partner support during pregnancy and continuing support after delivery. Many clients have stated their partners are either unaware of their needs during pregnancy, lack knowledge on how to be supportive during labor, or lack knowledge and experience about caring for a newborn. To fill this void in knowledge and experience, staff and student interns began designing educational sessions covering issues such as bathing, diaper changes, feeding, safe sleep, and bonding with the newborn. This project started towards the end of February and will continue throughout March.

February's activities included the AAHP Breastfeeding Support Group, which explored breastfeeding-related topics such as sore nipples, cluster feeding and growth, plugged ducts, low milk supply, engorgement, fungal infection, breast nipple size and shape, exhaustion, feelings of sadness and depression, dealing with judgment, and how to prepare the breast for breastfeeding, breast massage, increasing fluids, and breastfeeding positions. Clients were encouraged to pump and nurse consistently and increase skin-to-skin time with the baby to increase the production of oxytocin, a hormone associated with the let-down reflex. Clients verbalized their feelings and challenges and shared stories about sleeping patterns, newborn behavior, and balancing work and family life challenges. Clients had an opportunity to speak with breastfeeding experts about their questions. For additional information and support, clients were given breastfeeding websites such as La Leche League, the American Academy of Pediatrics, and the International Lactation Consultant Association.

February's prevention and intervention included Mommy Chat which emphasized connecting mothers for advice, peer support, and information. Interactive conversations with mothers included topics such as: adapting to motherhood, childcare, parenting, diet, and nutrition, work-life balance, health, lifestyle changes, infant feeding, and infant and parent sleep.

The African American Health Program is uniquely qualified by the depth and breadth of experience and knowledge about labor and delivery, accumulated over decades by its nurses, to provide clinical information to pregnant and postpartum mothers on a wide range of issues that are of particular concern to mothers between visits to their primary care providers. One new service, Ask Charlene, is an open forum designed to direct program participants to trusted information sources, including frequently asked questions and answers, accessible 24 hours daily on the AAHP website. The AAHP website has also been updated with information on breastfeeding. Also, website links are being emailed to all SMILE clients, and the link will be available on the AAHP website.

The table below presents an overview of the SMILE rolling three-month data from December 2022 through February 2023, compared to the program performance in the calendar year 2021.

PROFILES/SERVICES	*Monthly Average Calendar Year 2021	December 2022	January 2023	February 2023	Comments About January
<i>A) Currently Active Moms</i>	94	109	107	108	
Prenatal (still pregnant)	29	23	23	27	
Postpartum (Moms who have delivered)	65	86	84	81	
<i>B) All infants</i>	66	88	86	82	
Single Births	62	86	82	80	
Multiples	4	2	4	2	
Case Load (A+B)	160	197	193	190	
MOM'S ETHNICITY					
African American Clients	37	34	38	38	
African Clients	55	64	56	58	
Caribbean Clients	2	11	12	12	
REFERRALS					
HHS Prenatal Referrals Received	3	10	7	6	
Referrals from Other Sources	4	19	19	18	
Total Prenatal Referrals	7	29	26	24	
NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	6	9	7	5	
Infants Newly Enrolled during the month	9	9	5	1	
Newly Enrolled Postpartum Moms		2			
All New Enrollments for the month	15	20	12	6	
DISCHARGES					
Prenatal Discharges	1	0	2	0	
Infant Discharges	7	8	7	8	
Total Discharges	8	8	9	8	

DELIVERIES					
Term Deliveries	5	5	5	1	
Preterm Deliveries	1	1	0	0	
Total Deliveries	6	6	5	1	
BIRTH OUTCOMES					
% Healthy Birth Weight	95%	83%	89%	100%	
Number of Low Birth Weight	1	1	1	0	
Number of Very Low Birth Weight	0	0	0	0	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes	0	0	0	0	
(Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
SERVICES					
Total Home Visits	1	6	15	14	
Telephonic Consultations	181	245	261	184	
Community Referrals Made	24	34	46	34	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	91%	97%	93%	
Breastfeeding 0-6 months		89%	88%	89%	
Breastfeeding 0-12 months	73%	85%	84%	80%	
INSURANCE					
Clients with Private Insurance**	23	28	28	28	
Clients with Medicaid Insurance**	60	78	78	79	
Clients without Insurance	n/a	3	1	1	Loss of Maternity Partnership Coverage

*Averages are rounded up to the next integer

** A client may have multiple Insurance

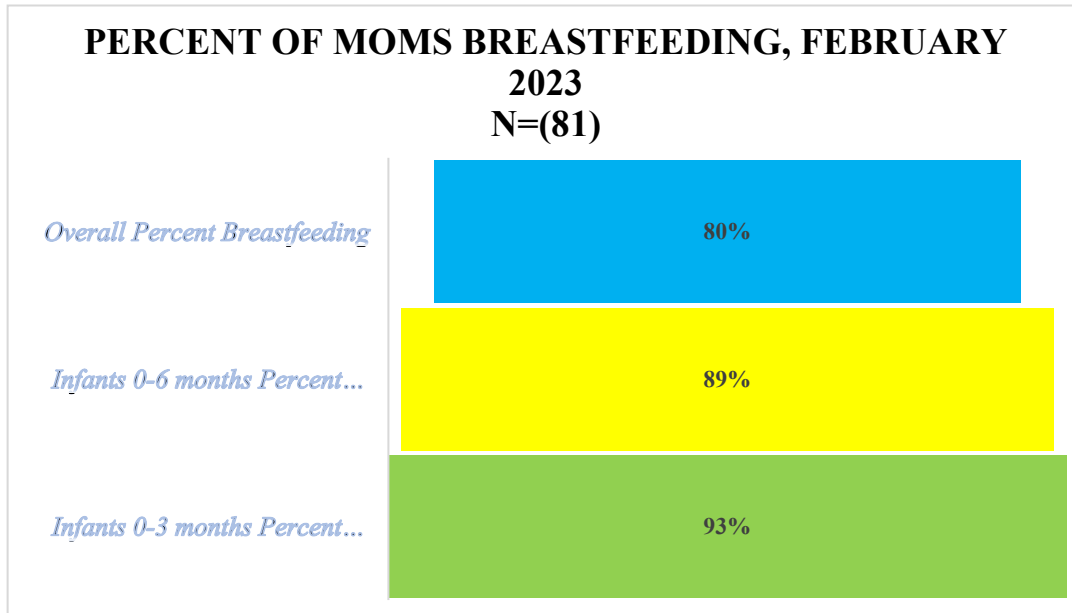
Increase above reference year

Level with reference year

The decrease from the reference year

Untoward Outcome

Desired Outcome



B. Chronic Disease Management and Prevention (CDMP) Programs

1. CDMP Classes

In February, AAHP’s CDMP team offered multiple classes weekly based on research and evidence-based knowledge to help participants improve their health or manage their chronic disease. February’s focus was “Heart Health Plus.” Classes included lectures, interactive discussion groups, and videos that included an overview of the heart and how it functions and cardiovascular diseases, pathologies, prevention strategies, and treatment modalities for the various pathologies. Class participants also learned to keep their hearts healthy through good nutrition and exercise. The classes provided an overview of cholesterol, its role in hypertension and atherosclerosis, and available treatment options.

Wednesday and Thursday evenings, AAHP staff conducted evidence-based health education through the “Take Control of Your Health I & II” classes. During February’s classes, an eminent Black physician specialist from the Baylor Medical Center in Texas who is Board Certified in neurology and oncology facilitated an in-depth discussion about strokes. The exchange was rated highly by class participants. He has also consented to present a lecture and discussion on brain injury at another class in March.

Health and Nutrition classes were presented on Thursday afternoons and the evening of February 13. Quizzes, recipes, and demonstrations of healthy cooking were organized. The Health and Nutrition/Food for Life Classes focused on heart health. Routinely, participants were encouraged to discuss their experiences using the new knowledge gained during the prior week and experienced when using new recipes. Five classes were held in February, and an additional session was held on February 15 at the Colesville United Methodist Church Mini Health Fair in Silver Spring. Each class included educational videos, discussions, quizzes, handouts, food preparation instructions, and cooking demonstrations.

The classes taught during February were:

- February 2: Foods for a Healthy Heart
- February 9: Keeping a Healthy Heart
- February 13*: Healthy Blood Pressure and Diet for Appetite control
- February 15: Health and Nutrition Display and Sampling Demo at Mini Health Fair at Colesville UMC.
- February 16: The Power of Your Plate
- February 23: Kickstart Your Health and Getting in Gear (Options for eating away from home)

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness online Webinar Yoga: Feb 1 st , 8 th , 15 th , and 22 nd Zumba: Feb 3 rd , 10 th , 17 th , and 24 th	10 am – 11 am 11 am – 12 pm	height, weight, B.P., B.M.I., % B.F., glucose, cholesterol screenings	This class focused on online yoga and Zumba classes, guided by trained exercise professionals and AAHP staff. These classes could be joined virtually, and participants learned how fitness could prevent, manage, and reverse the risk of chronic diseases, such as hypertension and heart disease. Participants maintained or improved their HEDIS measures and made positive behavioral changes through diet and exercise.
Take Control of Your Health I: Feb 1 st , 8 th , 15 th , and 22 nd	6 pm – 7 pm	Class and height, weight, BP, BMI, % BF, cholesterol	February’s class topic was hypertension and cardiovascular health, understanding terminology, and how to reduce risk through education, exercise, and nutrition. Guest speakers led an in-depth discussion on hypertension and medications used to treat it. They answered questions and provided advice on how to save money on medications. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes, including increased exercise and healthier eating.
Health and Nutrition VEGAN, Plant-Based Feb 1 st , 8 th , 22 nd , and 29 th - afternoons February 12 - Evening	1 pm – 3 pm	Weight, BP, BMI, % BF, glucose, and cholesterol screenings	Class topics focused on healthy eating choices and how food choices can reduce or increase the risk of chronic conditions. AAHP’s Food for Life nutritionist/chef continued demonstrating plant-based diet/healthy cooking to the class. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.
Take Control of Your Health II: Feb 1 st , 8 th , 22 nd , and 29 th	6 pm – 7 pm	Weight, B.P., B.M.I. % B.F., cholesterol screenings	This month’s class topic was hypertension and heart health. Classes focused on high cholesterol, obesity, fitness, and nutrition. The CDMP instructor explained food nutrition labels and demonstrated how to find nutrition charts for restaurants and foods online. She also reviewed an example. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.

CDMP Virtual Webinar Attendance Metrics February 2023

	Health and Fitness 11 am – 12 pm				TCYH I 6 pm – 7:15 pm				Health and Nutrition 1 pm – 2:15 pm				TCYH II 6 pm – 7:15 pm			
Date(s)	2/01 & 2/03	2/08& 2/10	2/15 & 2/17	2/22 & 2/24	2/01	2/08	2/15	2/22	2/02	2/09	2/13 & 2/16	2/23	2/02	2/09	2/16	2/23
Class Size	38	29	26	27	20	17	20	17	38	32	40	31	21	26	23	21
TOTAL	120				74				141				91			
Avg.	30				19				35				23			
Natl. Avg.	4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)			

Participants	Health and Fitness: Zumba/YOGA	KSYH I (Diabetes)	Health and Nutrition: Vegan	KSYH I (Diabetes-related)	Total
<i>Male</i>	3	1	5	2	11
<i>Female</i>	117	73	136	89	415
<i>Total</i>	120	74	141	91	426
<i>% African American</i>					

a. CDMP Classes Evaluation

This month, AAHP continued disseminating evaluation questions to participants in CDMP classes. After a participant left a class, a survey asked them to complete five quick questions. These anonymous questions can be used to evaluate progress and receive data on how much these classes help the community. The responses to the Health and Nutrition class questions are below:

Did you benefit from joining the class?	100% of survey respondents reported benefitting from the class (n=55)
Do you plan on using the health information that you received	100% of survey respondents reported planning on using the health information that they received (n=55)
How would you rate the AAHP staff during this event?	91% of survey respondents reported the AAHP staff as “excellent.” 9% of the survey respondents reported the AAHP staff as “good.” 0% of the survey respondents reported the AAHP staff as “fair.” 0% of the survey respondents reported the AAHP staff as “poor.” (n=67)

2. Diabetes Prevention Program

The fourteen (14) DPP’s 2022 cohort members concluded their year-long training on February 21, 2023, with a last post-core class. Ten participants reversed their prediabetes health status, which made everyone proud. Enrollees who did not reverse their status will have a chance to re-enroll for the 2023 cohort. A recruitment campaign

is underway. Starting in March, the CDMP nurse manager plans to outreach to primary care physicians' offices around the County to recruit potential participants. A start day for the new cohort is anticipated in April.

3. Remote Patient Monitoring (RPM.)

Thirteen participants remain enrolled in the RPM program. Although compliance dipped slightly in February, the improvement in their health metrics persists, as seen below:

Active Days of RPM Participants

Number of active days	0 Days	0-5 Days	5-10 Days	10-15 Days	16-27 Days
Number of participants	0	2	3	4	4

Average Values for RPM Participants in February

Average values for R.P.M. data (electronic data from R.P.M. devices)	Change From Last Month
Women's Weight	178.0 lbs. .75% Decrease in Weight
Men's Weight	279.6 lbs. 6.8% Decrease in Weight
Systolic BP	131.1 mmHg 3.9% Increase in Systolic BP.
Diastolic BP	68.9 mmHg 0% Change in Diastolic B.P.

4. Weight Management Program (WMP.)

The Weight Management Program (WMP) held two exercise events in February. On Saturday, February 4, 2023, the WMP hosted an indoor exercise fitness class for 15 participants. On Saturday, February 18, 2023, the WMP held an outdoor walk at the Wheaton Recreational Park Trail on 3928 Greencastle Rd. in Burtonsville, MD. Despite the inclement weather, four participants walked for two miles. Each exercise event lasted approximately one hour and a half, with allotted time for cooling down and stretching before and after. Accommodations were made to allow participants to exercise at their own pace and according to their physical ability.

During the month, the WMP enrolled six (6) new members, which brings the total current enrollment to 54 participants.

The table below shows the progression of enrollment and membership over the past 12 months.

WMP Enrollment

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
March	32	0	2	35
April	35	0	1	36

May	36	0	1	37
June	37	0	1	38
July	38	1	2	39
August	39	0	2	41
September	41	1	5	45
October	45	1	3	47
November	47	2	0	45
December	45	0	0	45
January	45	0	5	50
February	50	2	6	54

Reported Weight Gain/Loss

	Weight Loss		Weight Gain		Maintained	
	Male	Female	Male	Female	Female	Male
0 lb.					5	1
1 lb.		4				
2 lbs.	2	9		2		
3 lbs.	1	4	1			
4 lbs.		2	1			
5 lbs.						
6 lbs.		1	1			
8 lbs.				1		
10 lbs.						
Total	3	20	3	3	5	1

C. Community Outreach

On February 7, Black History Month was celebrated alongside AAHP's first National Black HIV/AIDS Awareness Day. AAHP's Executive Committee partnered with the staff of AAHP to mark this occasion. Several planning meetings were held in December and January to prepare for a memorable event. An awareness campaign that included creating and distributing a flyer throughout the County was launched. Several vendors were solicited for their contribution. This very successful event was held at the Sandy Spring Museum. Collaborating health partners included the Hepatitis B Initiative of Washington DC, which provided HIV and Hep-B and Hep-C screenings, and the DHHS Health Center at Dennis Avenue Health Center, which donated condoms and sexual health information booklets. Gilead Sciences Inc. fifty (50) HIV-100 Questions & Answers books to distribute to the community. Two (2) panelists, the HIV/STI programs administrator at the Dennis Avenue Health Center and the senior community liaison at Gilead Sciences. Inc.

contributed their expertise about HIV/AIDS infection, and AAHP’s clinical director facilitated the interactive exchange with community participants and the moderator. Several County officials were in attendance, including the Council member of District 7, the interim DHHS director, and Montgomery County’s new health officer.

In February, AAHP staff conducted health screenings at three (3) homeless shelters and four (4) community events, including the Black History Month events at the Civic Center and White Oak Recreation Center. Follow-up contact was initiated with participants with high blood pressure and blood glucose readings. Staff also distributed one hundred seventy-five (175) giveaway bags filled with condoms and literature on diabetes, heart disease, stroke, mental health, oral health, weight management, HIV, pregnancy, youth sexual health, cancer, cholesterol, aging, mammograms, and fitness. All screening forms were entered into AAHP’s computerized management information system (CMIS).

Below is the table of screenings and touches resulting from the activities listed above:

Community Outreach Screenings and HIV Testing

Sites	Date	Number Screened/Information Dissemination	H.I.V. Negative	Normal Blood Pressure	Elevated Blood Pressure	Normal Blood sugar	Elevated Blood Sugar	A1C Normal	Total Cholesterol Normal
Progress Place	February 1	22	22	18	4	16	6	0	2
Black History Month-Civic C.	February 7	55 bags	0	0	0	0	0	0	0
NBHAA Day	February 15	3	3	0	0	0	0	0	0
Colesville M. Church	February 15	30 bags	0	0	0	0	0	0	0
Men Shelter	February 22	41	39	29	11	32	8	13	10
Women Shelter	February 23	18	18	15	3	17	1	6	4
Black History Month-White Oak	February 23	27 bags 21	0	0	0	0	0	0	0

One-hundred-and-six (106) people were screened for blood pressure, cholesterol, glucose, A1C, and weight. Individuals with abnormal values were referred to a primary care physician for further evaluation and the CDMP program for health education.

In addition, 82 HIV tests were done, all yielding negative results. The breakdown of participants is below.

HIV TESTING REPORT February 2023

African-American			
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	Age Group	Male	Female	
	1947 -1969	18	7	
	1970 -1989	12	9	
	1990+	10	2	
Total		40	18	58
All Others				
		Male	Female	
	1947 -1969	9	2	
	1970 -1989	3	7	
	1990+	1	2	
Total		13	11	24
GRAND TOTAL				82

D. Social Work and Mental Health

In February, one hundred (100) mental health screenings were conducted at the Progress Place homeless shelter, Crabbs Branch Women’s homeless Shelter, Nebel Street Men’s homeless shelter, the Hilton Garden Hotel, the Emory Grove United Methodist Church, the Colesville United Methodist Church, and the White Oak Community Center. Many County residents were fascinated with the mental health measurement screenings and often asked permission to take multiple screenings to assess their mental health status for different behavioral health problems. Participants received an analysis of their results at the end of each screening and, when indicated, received community resources available for themselves or family members.

AAHP is especially pleased that approximately seventy-five (75) County residents now have coverage through Kaiser Permanente, accessible to individuals and families who would not otherwise be eligible for Insurance for various reasons. Enrollment in Kaiser Permanente’s Charitable Health Access Program (CHAP) ended in January. Most enrollees have received their enrollment cards and are actively using their Insurance based on telephone calls and nurses' reports on their SMILE clients. An intern created a survey for CHAP recipients to determine whether they received their card and whether they needed help making appointments and using the portal. The response rate was low. Only two persons responded to the survey. One person indicated having received the card and is using the portal, and the other person expressed a need for assistance in using the card. AAHP staff reached out and educated the person that needed help. AAHP will relaunch the survey via SONAR and has created a PowerPoint on using the portal to send out to our enrollees.

A new project is in gestation to create a mental health group called “Your Inner Self.” It is designed to be a fun and innovative way of educating the community about mental health. It will involve discussions about various aspects of mental health. The launch of the project is anticipated in March.

III. ADMINISTRATION

In February, the African American Health Program began recruiting new staff to fill positions approved by the Montgomery County Council in the fiscal year 2023. Recruitment activities

included preparing position descriptions, posting such positions, reviewing and screening applicants, conducting interviews, making staff selections, ordering and checking applicants' background results, and onboarding staff for two of the six advertised positions.

Another primary administrative task during February included changing the client management information system based on programmatic staff recommendations. To clarify changes, AAHP staff met with the developer to explain and discuss the requested changes. All the changes, which are currently undergoing testing, are complete and listed below:

- Expanded the nursing notes field beyond the previous limit of 2048 bytes (2K) on the infant discharge form. Also, a checkbox was added to link the teleconsult log used by the nurses to record telephone conversations with clients.
- Added an unlimited comments field to the mother discharge form and included the checkbox for linking to the teleconsult log.
- Renamed the "CHN Notes" tab to "Nurse Notes" on all of the MCH forms.
- Renamed the "CHW Notes" tab to read "MSW Assessments" and modified the tab to allow multiple Social Worker Assessments for each participant
- Added a new tab for "MSW Notes." This tab will function like the "CHN notes" but is specific to social workers.
- Changed the "CHN" column label to read "Care Team Member" on the participant Notes screen.
- Changed the "CHN" column label to read "Care Team Member" when creating a new participant note.
- Changed the "CHN Id" field label to "Nurse" on all MCH forms.
- Removed the Social Worker Notes from the Demographic Header screen.
- Added a new "Ping" feature for the MCH forms that periodically queries the server for the current date. This feature and the interval can be set via the Admin menu option.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, February 15, 4:50 pm

	January 2023	February 2023
General List Recipients:	6715	6662
Successful deliveries:	6695	6632
Open rate:	34.5%	29%
Click rate	.4%	.4%

AAHP Health Note’s February newsletter was titled “Black History Month edition” and was distributed on Wednesday, February 15. The feature article focused on AAHP’s special event in observance of National Black HIV/AIDS Awareness Day on February 7. This special event brought knowledge, awareness, and the disproportionate impact of HIV and AIDS on African Americans. It featured an honest discussion with experts and healthcare workers, health screenings, HIV testing, and more. The following article encouraged readers to focus on heart health by maintaining a healthy weight, monitoring blood pressure/cholesterol levels, avoiding unhealthy habits, and attending Chronic Disease Management classes to reduce the risk of heart attack or stroke by up to 80%. February was Teen Dating Violence Awareness Month, so the following article showcased AAHP’s collaboration with love is respect, an organization dedicated to empowering teens. The article included resources to support teens in building trust, developing communication skills, and recognizing signs of abuse. The Health Hint advised readers to get their eyes checked regularly. The featured video discussed Blacks/African Americans and heart health between a cardiologist and the comedian Kev on Stage. The featured recipe was Hoppin’ John Patties with Herbed Tomatoes.

February’s Health Notes continued to garner high-performing metrics, although February’s performance was lower than January’s. Of the 6,662 people who received February 2023 Health Notes, 1,925 people opened the newsletter, which is 388 fewer people than last month and represents an open rate of 29%, lower than last month’s open rate of 34%. February’s click rate of .4% was slightly higher than last month’s, lower than AAHP’s average click rate of 2%, and lower than the industry average of 4%. The number of successful deliveries decreased by 63, and there were two total unsubscribers, ten less than last month.

Facebook

During February 2023, the Facebook page saw an overall increase in followers, posts, and comments. Specifically, there were four new followers, ten additional posts, and three more comments compared to the last month. AAHP’s Facebook page now has 806 followers, adding four this February.

Facebook Metrics – February 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	806	19	32	3	15

Change from last month	+4	+10	+15	+3	+5
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Twitter

During January 2023, AAHP's Twitter account saw an increase in tweets (+16), profile visits (+209), mentions (+16), and tweet impressions (+327), resulting in a total of 457 followers, with five new followers, three retweets and six likes.

Twitter Metrics – February 2023

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	457	5	20	261	16	1073	3	6
Change from last month		same	+16	+209	+16	+327	+0	+6

Instagram

In February 2023, the Instagram page saw an overall increase in its metrics. There were six new followers and eight other posts compared to the previous month. There was no change in LinkedIn bio clicks. Impressions grew significantly by 353. The page now has 298 followers, 19 posts, and 29 post likes.

Instagram Metrics – February 2023

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	298	19	3	29	2	427
Change from last month	+6	+8	+1	-19	same	+353

APPENDIX B – February 2023 Health Notes



The African American Health Program wishes everyone a beautiful and empowering Black History Month filled with knowledge, joy, and celebration!



This Tuesday, February 7th, AAHP hosted a special event in observance of National Black HIV/AIDS Awareness Day. “A Real Conversation about Blacks and HIV/AIDS” took place at the Sandy Spring Museum and featured an open discussions with experts, healthcare workers, and people whose lives have been affected by HIV/AIDS. With health screenings, HIV testing, sexual health resources and information available, in addition to enlightening conversation, this sold-out event presented an opportunity to get real about HIV/AIDS in our community.

Blacks/African Americans are impacted by HIV/AIDS more than any other race or ethnic group, with recent reports indicating that Blacks/African Americans accounted for 59% of HIV diagnoses in Montgomery County despite only making up 18% of its population. National Black HIV/AIDS Awareness Day was created to remind us of the disproportionate impact of HIV and AIDS on African Americans, so let's educate ourselves, get tested, seek treatment if necessary, work together to reduce stigma and eliminate new infections. Let's unite against HIV/AIDS and build an HIV-free future!

Source: www.aidsvu.org



As we celebrate Black History Month to honor the important contributions Blacks/African Americans have made throughout American history, let's also work towards a healthier future by raising awareness of heart disease and how it affects Blacks/African Americans. It's American Heart Month, so AAHP encourages you to focus on your heart health and take steps to reduce your risk for heart disease.

Your everyday choices and overall lifestyle play a tremendous role in your heart health. Managing your weight with diet and exercise, monitoring your blood pressure and cholesterol levels, and avoiding unhealthy habits like smoking and drinking alcohol in excess can reduce your risk of heart attack or stroke by up to 80%. If you want to learn how to live a healthier lifestyle and reduce your risk for heart disease, attend AAHP's [Chronic Disease Management classes](#) this month.

Heart disease is the leading cause of death for both men and women in the U.S. and Blacks/African Americans have higher rates of heart-related illness and death than other races/ethnicities. Furthermore, Blacks/African Americans living with heart disease in the aftermath of a heart attack or stroke often face economic losses and decreased quality of life, contributing to the [Black-White wealth gap](#) and mental health disparities.

Watch this Million Hearts® video about Andrea's experience having a heart attack while pregnant:



Sources:

www.millionhearts.hhs.gov

www.minorityhealth.hhs.gov



One in three teens in the U.S. are victims of abuse from someone they're in a relationship with, according to [love is respect](#), a project of the [National Domestic Violence Hotline](#). Parents, guardians, teachers and other adults have an essential role in creating a space of trust for teens. We should be knowledgeable on the signs of teen domestic violence and be prepared to provide support when needed. We should educate our youth on healthy relationships and equip them with communication and conflict resolution skills. It's also critical that we set a good example of healthy relationships with our own relationships.

AAHP proudly joins love is respect to promote their Teen Dating Violence Awareness Month campaign, "Be About It." Follow AAHP on social media (@aahpmoco on [Facebook](#), [Twitter](#), and [Instagram](#)) and share our posts to spread awareness of teen dating violence and help our youth thrive in every aspect of their lives.

Source: www.loveisrespect.org

Health Hint

Check in on your vision health. Many eye diseases may go unnoticed and worsen over time. [Cataracts](#), [diabetic retinopathy](#), [glaucoma](#) and [age-related macular degeneration](#) are all common eye conditions that can have serious consequences if left untreated. Ask your primary care doctor or ophthalmologist if it's time for a comprehensive eye exam.

Source: www.pennmedicine.org

Featured Video

Check out Kevin Fredericks, AKA "KevOnStage" as he interviews a cardiologist about Black/African Americans and heart health as part of the "Live to the Beat" campaign from the CDC's Million Hearts® initiative:



Featured Recipe: Hoppin' John Patties with Herbed Tomatoes



Ingredients for the patties:

- 2 cups cooked black-eyed peas
- 1 cup cooked brown rice
- 1 cup chopped onion (about 1 medium)
- 1 clove garlic, minced
- ½ cup green bell pepper, diced
- 2 tablespoon olive oil, divided
- 1 large egg
- 1 tablespoon fresh thyme
- ½ teaspoon cayenne pepper
- ¼ teaspoon coarse salt
- ¼ teaspoon black pepper

Ingredients for the herbed tomatoes:

- 2 cups fresh grape tomatoes, quartered
- ½ cup Vidalia or other sweet onion, diced
- 1 tablespoon extra-virgin olive oil
- 2 tablespoon fresh thyme
- ¼ teaspoon coarse salt
- ¼ teaspoon cracked black pepper

Instructions

1. Make the herbed tomatoes. In a small bowl, mix all ingredients. Set aside. Let the flavors meld. This is a southern-style salsa.
2. Make the patties. In a large bowl, mash the black-eyed peas with a fork or potato masher. Add the rice to the bowl. Set aside.
3. In a medium skillet, heat half the olive oil over medium heat. Sauté the onion, garlic, bell pepper until soft. Add the sautéed vegetables and the remaining ingredients to the black-eyed pea and rice mixture. Mix well – you'll want to use your hands.
4. Once blended, score the mixture into four equal parts. Create two equal patties from each of the parts. If the patties are too loose, refrigerate them for an hour or overnight.
5. Wipe out the skillet. Heat the rest of the olive oil over medium-high heat. Add the patties in batches and cook over medium heat until golden brown, about three minutes per side.
6. Top the patties with the tomatoes. Serve.

Nutrition info: 300 calories, 13g fat (2g saturated fat), 37g carbohydrate, 8g fiber, 11g protein

Source: www.marisamoore.com/hoppin-john-patties/

APPENDIX B