



AAHP was a significant partner for the MLK Day of Service event at the Silver Spring Civic Building on January 16

AAHP MONTHLY REPORT
January 2023



I. INTRODUCTION

January was an especially significant time for the African American Health Program (AAHP) because it marked the completion of the first half of the 2023 fiscal year and the beginning of the new 2023 calendar year. The new year prompted more emphasis on making resolutions to improve the health and well-being among AAHP staff and constituents.

January 16th marked the celebration of Dr. Martin Luther King's legacy with a variety of health-oriented programs in honor of his birthday as a national holiday. Significantly, on this MLK Day, the Montgomery County chapter of the Alpha Phi Alpha Fraternity Inc. recognized the contributions of the African American Health Program in reducing health disparities in Montgomery County. Approximately 1,000 persons participated in this annual event, including a long list of Maryland State and County elected officials. Also, on MLK Day, the AAHP staff played a significant role as a participating organization in the Dr. Martin Luther King Day of Service sponsored by the Montgomery County Alumnae Chapter of Delta Sigma Theta Sorority, Inc at the Silver Spring Civic Center. At this event, staff conducted health screenings for more than 40 participants. Among those screened, numerous recorded hypotensive blood pressures and a few recorded blood pressures at a crisis level.

On January 21st, the AAHP staff conducted health screenings at Captain James Elementary School. The event's purpose was to promote women's health and raise awareness for health conditions women are more likely to experience. At this event, the AAHP staff provided HIV, glucose, A1c, cholesterol, and blood pressure screenings. Over the past year, AAHP has established an ongoing connection with Daly Elementary School, and the school's staff have consistently reached out to AAHP as a trusted partner in promoting health and wellbeing in the community.

In January, 123 mental health screenings were completed, an increase from previous months. Screenings were completed at three shelters: Crabbs Branch Women's Shelter, Progress Place Shelter, and Nebel Street Men's Shelter. Additional screening events took place on MLK Day of Service at the Silver Spring Civic Center, the Women's Health Event at Daly Elementary School in Germantown, and Hampshire Towers in Takoma Park. This month, an increase of events provided more opportunities for individuals to take part in mental health screenings.

II. PROGRAM ACTIVITIES

A. The SMILE Program

In January, AAHP's outstanding SMILE nurses continued to provide exceptional prenatal and postpartum services to Black/African American women in Montgomery County to ensure favorable pregnancy outcomes and optimal infant care. These services included, but were not limited to education, referrals, follow-ups, social interventions, and chronic disease prevention. January being the start of a new year, the nurses focused on "the Health of the Mom." They seized the opportunity to assist SMILE mothers in planning their futures and identifying actionable steps toward goal achievement. Most mothers listed improving health and nutrition as their top priority. Major topics included the direct relationship between good nutrition and health. Many clients lack access to nutrient-rich foods and have no choice but to opt for more accessible foods that contribute to obesity and preventable chronic diseases that can compromise pregnancy and health. The nurses

distributed information about free food distribution centers across Montgomery County. When indicated, mothers were referred to AAHP's Weight Management program.

Also, in January, the nurses returned to home visitation, a key strategy to reduce prematurity and mortality. Home visitation has multiple advantages. Firstly, it provides care to mothers and their infants at home, where they may feel comfortable and secure. Also, new mothers are met in an environment conducive to discussions about breastfeeding, baby care, and postpartum recovery. Also, the visiting nurse can assess the home environment for any potential risks or hazards to the mother or infant that may require mitigation or removal.

Another challenge identified was access to preventative care. During conversations, many mothers reported that their last dental exam and physical examination was well over a year. Annual exams, screenings, and vaccinations are necessary for prevention and were recommended and encouraged. Referrals were made to the Montgomery County Dental Clinic, and assistance was provided in completing the application form. The nurse assisted newly enrolled Kaiser clients with selecting their preferred primary care provider and scheduling appointments. The January CDMP calendar was given to each client to make them aware of opportunities to improve their health and nutrition. Participation in Yoga and Zumba classes encouraged both prenatal and postpartum moms to stay active. All clients received information about the Montgomery County Recreation Centers offering free gym memberships for 2023.

As part of the continuous and concentrated efforts to educate mothers on the benefits of breastfeeding, SMILE nurses established a Breastfeeding Support Circle. January's Breastfeeding Support Circle addressed common concerns about breastfeeding. Topics included lip tie, tongue tie, mental health, heart health, and understanding growth milestone charts. The average number of attendees was 10, with a mix of pregnant and postpartum mothers on the webinar. Mothers expressed shared concerns covering medical and social issues. Notably, the program has recorded an increased interest in the walk-in clinic. Other monthly achievements included enrolling one infant into Medicaid and completing three home visits.

In January, the overall caseload was 197, which included 113 mothers and 84 infants. Of the 113 mothers, 29 were prenatal cases, and 84 were postpartum. In January, seven (7) infants completed their first year of life and were discharged. Notably, the program enrolled five (5) newborns, all delivered at term. Their weights were within normal limits. As in previous months, the SMILE program exceeded the national breastfeeding rates. According to the 2020 CDC Breastfeeding Report Card, 58% of infants born in 2017 breastfed at six months and 35% at 12 months. The SMILE breastfeeding rates were 88% at six months and 84% at twelve months (*Figure 1*).

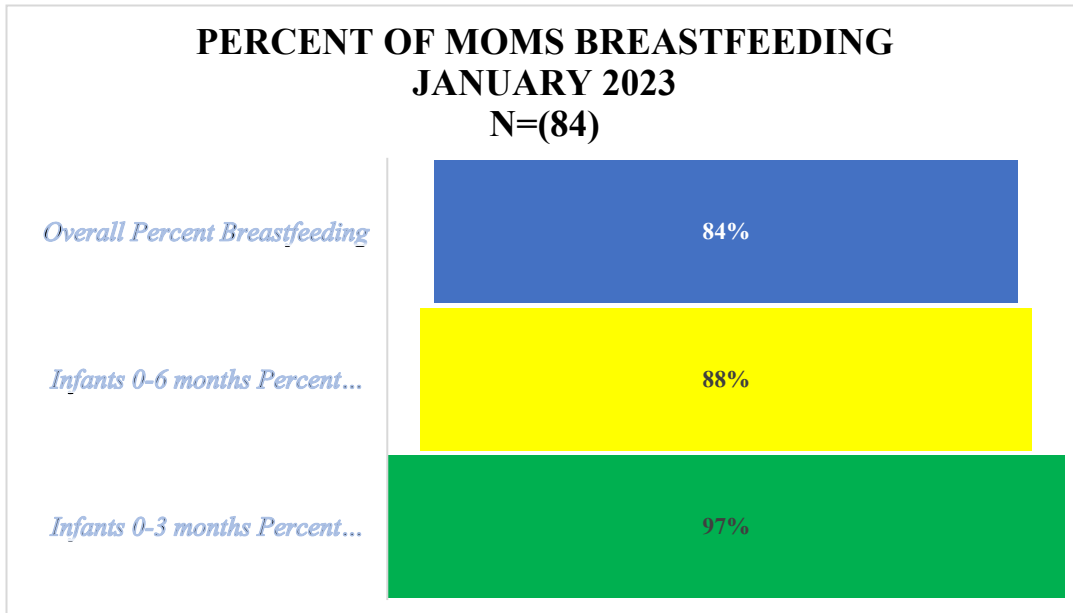


Figure 1: Breastfeeding Rates

The SMILE program team routinely monitors health risks associated with pregnancy and the postnatal period to identify early opportunities for appropriate interventions. In January, SMILE moms were assessed based on medical and social risk factors and received counseling and guidance for up to one year after delivery. Medical risk factors for SMILE moms included gestational diabetes, pre-eclampsia, and mental health challenges; social risk factors included limited access to transportation, housing, safety, isolation, and a lack of support. Both prenatal and postpartum mothers were screened for depression and referred for treatment when indicated by their Edinburgh Postnatal Depression Scale scores. The SMILE nurses also regularly monitored and followed up with participants to ensure they received the necessary care for their medical problems.

Figure 2 shows the risk profile of these moms in January.

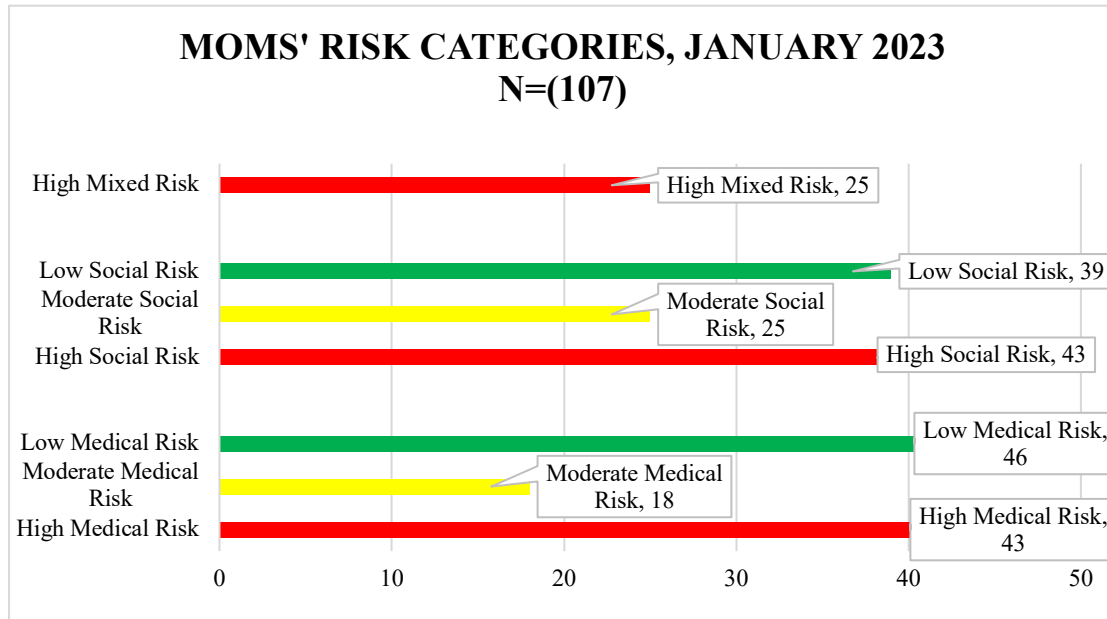


Figure 2: Risk Profile

In January, the AAHP staff organized Mommy Chat, a forum where moms can exchange experiences and learn from each other. In January, Mommy Chat presented a session on sexual health and sexually transmitted infections (STI) by a public health doctoral candidate from the University of Maryland, College Park. The second session of Mommy Chat focused on SNAP, led by a senior coordinator of the SNAP program, who explained the steps in applying for SNAP, eligibility, and critical elements in determining eligibility. Sixteen (16) SMILE moms attended the session on SNAP. In January, the ethnic profile of mothers participating in the SMILE program was 59% African, 31 % Black American, and 10% Caribbean.

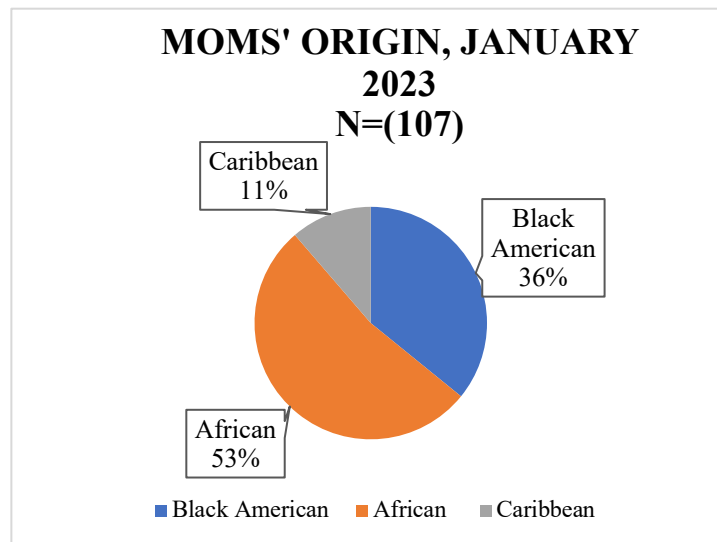


Figure 3: Ethnic Profile

The table below presents an overview of the SMILE rolling three-month data from November 2022 through January 2023, compared to the program performance in the calendar year 2020. This report uses 2021 as the new reference year for comparison.

PROFILES/SERVICES	*Monthly Average Calendar Year 2021	November 2022	December 2022	January 2023	Comments About January
<i>A) Currently Active Moms</i>	94	106	109	107	
Prenatal (still pregnant)	29	19	23	23	
Postpartum (Moms who have delivered)	65	87	86	84	
<i>B) All infants</i>	66	93	88	86	
Single Births	62	85	86	82	
Multiples	4	8	2	4	
Case Load (A+B)	160	199	197	193	
MOM'S ETHNICITY					
African American Clients	37	34	34	38	
African Clients	55	62	64	56	
Caribbean Clients	2	10	11	12	
REFERRALS					
HHS Prenatal Referrals Received	3	6	10	7	
Referrals from Other Sources	4	15	19	19	
Total Prenatal Referrals	7	21	29	26	
NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	6	3	9	7	
Infants Newly Enrolled during the month	9	5	9	5	
Newly Enrolled Post-Partum Moms		0	2		
All New Enrollments for the month	15	8	20	12	
DISCHARGES					
Prenatal Discharges	1	1	0	2	Lost -to-follow Homeless moms
Infant Discharges	7	13	8	7	
Total Discharges	8	14	8	9	
DELIVERIES					
Term Deliveries	5	7	5	5	
Preterm Deliveries	1	2	1	0	
Total Deliveries					

	6	9	6	5	
BIRTH OUTCOMES					
% Healthy Birth Weight	95%	78%	83%	89%	
Number of Low Birth Weight	1	2	1	1	
Number of Very Low Birth Weight	0	0	0	0	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes (Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
SERVICES					
Total Home Visits	1	0	6	15	
Telephonic Consultations	181	222	245	261	
Community Referrals Made	24	35	34	46	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	95%	91%	97%	
Breastfeeding 0-6 months	X	88%	89%	88%	
Breastfeeding 0-12 months	73%	78%	85%	84%	
INSURANCE					
Clients with Private Insurance**	23	27	28	28	
Clients with Medicaid Insurance**	60	67	78	78	
Clients without Insurance	n/a	10	3	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

Teamwork and collaborative planning were effective strategies for managing and supervising cases. Accordingly, the nurses met weekly to review complex cases and plan interventions with AAHP's community health workers, social workers, nurse supervisors, and clinical directors. AAHP community health workers assisted mothers and families by providing diapers, car seats, breast pumps, pack-and-play cribs, clothes, strollers, and other items to support the healthy growth and development of mothers, infants, and families. Throughout January, the staff arranged to pick up or deliver infant car seats, cribs, and other items.

B. Chronic Disease Management and Prevention (CDMP) Programs
1. CDMP Classes

AAHP recognized that the Chronic Disease Management and Prevention program (CDMP) has evolved and matured over the past six years. As part of this maturity, CDMP classes have begun emphasizing personal responsibility for driving health outcomes. Thus, the program emphasis has been rebranded from “**Kick Start Your Health**” to “**Take Control of Your Health.**” The new name reflects AAHP’s intention to empower participants to assume primary responsibility for managing and controlling their health issues. CDMP aims to guide educational services and capacity-building activities to help clients achieve self-reliance in managing their health. AAHP also recognized the importance of establishing an evaluation mechanism to assess the success of its efforts. Class participants were asked to evaluate classes after each class. The results for January have been compiled and are presented below.

CDMP Evaluation

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?	<p>96% of survey respondents reported the AAHP staff as “excellent.”</p> <p>4% of the survey respondents reported the AAHP staff as “good.”</p> <p>0% of the survey respondents reported the AAHP staff as “fair.”</p> <p>0% of the survey respondents reported the AAHP staff as “poor.”</p> <p>(n=55)</p>
How would you rate the quality of health information that you received?	<p>95% of survey respondents reported the AAHP staff as “excellent.”</p> <p>5% of the survey respondents reported the AAHP staff as “good.”</p> <p>0% of the survey respondents reported the AAHP staff as “fair.”</p> <p>0% of the survey respondents reported the AAHP staff as “poor.”</p> <p>(n=55)</p>
How would you rate the topic that was covered during this class?	<p>96% of survey respondents reported the AAHP staff as “excellent.”</p> <p>4% of the survey respondents reported the AAHP staff as “good.”</p> <p>0% of the survey respondents reported the AAHP staff as “fair.”</p> <p>0% of the survey respondents reported the AAHP staff as “poor.”</p> <p>(n=55)</p>

The theme for January was “Cancer Prevention and Survival Plus.” Accordingly, the classes focused on cancer as a leading cause of morbidity and mortality for people of African descent throughout the nation and the County. The CDMP instructors shared

information about cancer diagnoses and reinforced the core teaching of the CDMP curriculum that emphasizes prevention through healthy eating, exercise, and screening. Participants shared their challenges and triumphs. Wednesday and Thursday classes presented the topics: Lymphedema 101, Cancer Overview & Advancements, Lymphedema Head & Neck, Breast Cancer, Microbiome & Disease, Prostate Cancer, Pre/Post Cancer Rehab, and Colorectal Cancer. Participants in the Health and Nutrition class had a chance to cook with the instructor during one session. It was a fun-filled exercise. During other sessions, they also had an opportunity to spread out into breakout rooms where they could speak directly with each other to answer questions about a healthy lifestyle assigned by the instructor. Participants also asked questions or offered suggestions regarding the food demonstrations. On January 12th, a cancer survivor was the special guest and she spoke on her personal experience with metastatic cancer, coping mechanisms, and her approach to nutrition.

The classes taught during January are listed below:

- January 5 - How Foods Fight Cancer
- January 9* - Cancer Fighting and Immune-Boosting Foods
- January 12 - Your Body in Balance: Thyroid Health with Breakout Session
- January 19 - Food and Breast Cancer with Special Guest Regina Barnes, MPH, Cancer Survivor
- January 26 - Tackling Hormone-Related Cancers & Cook-Along

Foods prepared during classes:

- January 5 - New Senate Soup, Wonder Woman Salad, 322 HUM Dressing
- January 9* - Any Veggie Coconut Curry, Roasted Red Pepper Hummus, Cucumber, Mango, and Spinach Salad
- January 12 - Zucchini Linguine with Mushroom-Lentil Bolognese, Scrunches Cabbage with Almonds, Mixed Berry Smoothie
- January 19 - Oldways Sweet Potato Peanut Stew (Cook-Along with class participants)
- January 26 - Buckwheat Past with Seitan, Winter Potato Salad (Blue Zone Kitchen), Energy Smoothie (Peach)

The yoga and Zumba classes provided up to 120 minutes (of the 150-minute per week goal) of physical activity, and the Health and Nutrition class offered recipes and cooking demonstrations of plant-based meals. The Kick Start Your Health (KSYH) I and II classes presented accessible, evidence-based education to help participants improve their health and manage chronic diseases. Class instructions included cooking demonstrations, recipe sharing, and cancer prevention and management presentations.

Participants learned the specific actions to reduce the risk for and manage certain cancer types. The CDMP team welcomed new participants and continued to help everyone communicate and share lifestyle and behavior experiences they had adopted during the month. Cancer can be a challenging topic to cover since it is often perceived as a death sentence. Nevertheless, it is essential to note that the total number of class participants increased from the number participating in previous classes!

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
<p>Health and Fitness online Webinar</p> <p>ZUMBA: January 6, 13, 20, 27</p> <p>YOGA: January 4, 11, 18, 25</p>	<p>11 am – 12 pm</p>	<p>Class and Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings</p>	<p>January focused on online, guided exercise, including yoga and Zumba, by trained exercise professionals and AAHP staff with instruction that allowed participants to join from the comfort of their homes.</p> <p>Zumba Highlight: Focused on balance, movement, posture, toning, and cardio.</p> <p>Yoga Highlights: Focused on the five elements of Ayurvedic medicine. Based on Hindu philosophy, Ayurveda is known as the “Science of Life.” The yoga classes for January focused on helping participants understand that all things in nature are made up of five elements: air, water, ether, fire, and earth. Everything comprises a combination of these elements, and we must keep these elements balanced to enjoy optimal health and wellness.</p> <p>In both classes, participants learned how fitness could prevent, manage, and reverse the risk of chronic diseases, such as hypertension and heart disease. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes, including exercise and a more nutritious diet.</p>
<p>Take Control of Your Health-1</p> <p>January 4, 11, 18, 25</p>	<p>6 pm – 7 pm</p>	<p>Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol</p>	<p>January’s class topic was cancer and focused on cancer terminology and how to reduce risk through education, nutrition, and diet. Participants were encouraged to talk with their care team for screenings when appropriate. Participants continued to maintain or improve their HEDIS measures, exercise more, and maintain a more nutritious diet.</p>
<p>Health and Nutrition Plant-Based food</p> <p>January 5, 12, 19, 26</p>	<p>1 pm - 3 pm</p>	<p>Weight, BP, BMI, %BF, Glucose, and Cholesterol screenings</p>	<p>The class topic focused on helping participants make healthy eating choices and understand how food choices can reduce or increase the risk of chronic conditions. AAHP’s Food for Life nutritionist/chef continued to demonstrate plant-based diet/healthy cooking to improve prediabetes and diabetes outcomes. Cooking demonstrations and recipes, including smoothies, were shared.</p> <p>Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.</p>

Take Control of Your Health II Online Webinar. Diabetes January 5, 12, 19, 26	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	This month's class topic was cancer and focused on obesity, fitness, and nutrition. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes.
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Class Attendance in January 2023

	Health and Fitness 11 am – 12 pm				TCYH I 6pm – 7:15pm				Health and Nutrition 1pm – 2:15pm				TCYH II 6pm – 7:15pm			
Date(s)	1/04 & 1/06	1/11 & 1/13	1/18 & 1/20	1/25 & 1/27	1/04	1/11	1/18	1/25	1/05	1/09	1/12	1/26	1/05	1/12	1/19	1/26
Class Size	30	23	19	29	26	22	10	17	21	10	27	25	18	21	25	22
TOTAL	101				75				83				86			
Avg.	25				19				21				22			

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)
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Participants	Health and Fitness: Zumba/Yoga	TCYH I (Diabetes)	Health and Nutrition: Vegan	TCYH I (Diabetes-related)	Total
<i>Male</i>	2	2	0	0	4
<i>Female</i>	99	73	83	86	341
<i>Total</i>	101	75	83	86	345
<i>% African American</i>					

1. Diabetes Prevention Program (DPP)

January's DPP class, still in a maintenance phase, met on Tuesday, January 21st, from 6:00 pm-7:00 pm. AAHP's clinical director led the presentation. Participants were highly engaged, and the retention rate remained high at 95% because of the diligent efforts of AAHP staff, who called participants at the end of each week to check on their progress and to record weight and activity minutes for a subsequent entry into the DPP Lifestyle Coach's Log. To date, 10 participants have reversed prediabetes. The DPP participant attendance and health metrics for October are presented in the tables below:

January DPP Attendance

Participants	Total
Male	2
Female	12
Total	14
% African American	100%

2. Remote Patient Monitoring Program (RPM)

This month, CDMP continued to monitor clients' biometric values and provide information about AAHP classes and events.

RPM Days of Active Participation

Number of Active Days	0 days	One day	2- 10 days	Up to 10 days	16-27 days
Number of Participants	0	1	1	4	8

Average values for RPM data (electronic data from RPM devices)		Change From Last Month
Women's Weight	179.3 lbs.	2.2% Increase in Weight
Men's Weight	299.6 lbs.	4.6% Increase in Weight
Systolic BP	126.2 mmHg	1.17% Decrease in Systolic BP
Diastolic BP	68.9 mmHg	1.6% Decrease in Diastolic BP

3. Weight Management Program

In the month of January, the Weight Management Program (WMP) held two exercise events. On Saturday, January 7th, 2023, the WMP hosted an indoor exercise fitness class for 12 participants at the White Oak Recreation Center in Silver Spring. On Saturday, January 21st, 2023, the WMP held an outdoor walk at the Fairland Recreational Park Trail located on 3928 Greencastle Road in Burtonsville. Despite the inclement weather, four participants walked for two miles. Each exercise event lasted approximately one hour and a half with allotted time for a cool down and stretching period 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 five (5) new members, which brings the total current enrollment to 50 participants.

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

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
February	29	0	3	32
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

Below is a table of the weight gain and loss achieved in January.

	Weight Loss		Weight Gain		Maintained	
	Male	Female	Male	Female	Female	Male
0 lb.					7	
1 lb.		-2				
2 lbs.		-2	+2	+3		

3 lbs.				+2		
4 lbs.	-1		+1			
5 lbs.						
6 lbs.				+3		
8 lbs.						
10 lbs.						

50 total members, 5 new (no reported weight gain or loss), 22 unreported (have not signed up for screenings)

Annotated Weight Loss/Gain

The collective weight loss for January was five pounds whereas the weight gain was eleven pounds. Seven (7) women were able to maintain their weight.

The challenges encountered by participants in January were:

- Staying consistent with exercise in the colder weather
- Prioritizing activities of daily living and life responsibilities that distract from personal goals
- Getting back on track after travel and vacation
- Portion control and self-control during holiday parties and social events with unhealthy desserts/meals
- Overindulgence
- Inability or unwillingness to schedule 3-month testing, appointments and phone calls

C. HIV and Community Outreach:

In addition to routine community screenings, the HIV team focused attention on preparing for National Black HIV/AIDS Awareness Day on February 7, 2023.

In January, one hundred forty-six (146) people were screened for blood pressure, cholesterol, glucose, A1C, and weight. Individuals with abnormal values were referred to a physician for further evaluation and the CDMP program for health education. In addition, 101 HIV tests were conducted, all yielding negative results. These health screenings occurred in the office, at shelters, and at two (2) community events: the 2023 MLK Day event at the Civic Center and Hampshire Towers Apartments. Twenty-five (25) people were screened at Progress Place, twenty-seven (27) at the MLK event, eighteen (18) at the women’s shelter, thirty-six (36) at the men’s shelter, and forty-four (44) at Hampshire Towers. A total of two hundred twenty (220) 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, mammogram, and fitness, were distributed.

The table below presents data on the sites where screenings were conducted, the type of tests, and the number of participants tested.

Sites	Date	Number Screened/Information Dissemination	HIV Negative	Normal Blood Pressure	Elevated Blood Pressure	Normal Blood sugar	Elevated Blood Sugar	A1C Normal	Total Cholesterol Normal
Progress Place	Jan.11	25	23	21	2	15	6	3	2
MLK Day	January 16	100 Bags	0	0	0	0	0	0	0
MLK Day	January 16	27	0	17	4	16	6	11	8
Women Shelter CB	January 18	18	14	11	3	7	1	0	0
Men Shelter	January 25	36	28	13	4	12	3	2	4
Hampshire Tower	January 27	44	36	5	0	4	1	2	3
Hampshire Tower	January 27	80 Bags	0	0	0	0	0	0	0

**HIV TESTING REPORT
January 2023**

African-American				
	Age Group	Male	Female	
	1947 -1969	11	5	
	1970 -1989	10	15	
	1990+	13	11	
Total		44	31	75
All Others				
		Male	Female	
	1947 -1969	7	3	
	1970 -1989	5	5	
	1990+	4	2	
Total		16	10	26
GRAND TOTAL				101

D. Social Work

In January, 123 mental health screenings were completed, an increase from previous months. Screenings were conducted at three shelters: Crabbs Branch Women’s Shelter, Progress Place Shelter, and Nebel Street Men’s Shelter. Additional screening events took place on MLK Day of Service at the Silver Spring Civic Center, Women’s Health Event at Daly Elementary School in Germantown, and Hampshire Towers in Takoma Park. Screening events this month were possible through increased events and the willingness of participants to take the mental health screenings.

Two interns from Morgan State have been actively assisting SMILE clients who are at risk and need therapeutic support and essential resources like SNAP, childcare, child support,

food, and assistance with utilities. They have also set up the SONAR application for SMILE clients to receive announcements on Mommy Chat and other resources. This new action significantly boosted attendance in Mommy Chat.

III. ADMINISTRATION

In January, AAHP staff collaborated with the SMILE team and the software systems developer to implement additional changes to the Comprehensive Management Information System (CMIS). This update automatically populates the teleconsultant log, eliminating the need for nurses to manually copy and paste information from each document. This process also simplifies the process of the social worker adding notes to the system.

Several meetings were held with the software developer and the SMILE team to ensure that all users understand how to use the upcoming update and that it incorporates all improvements aimed at making nurses' data entry and retrieval more efficient. The update is scheduled for release in February 2023.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, January 4th, 2023, 4:00pm

	December 2022	January 2023
General List Recipients:	7355	6715
Successful deliveries:	6739	6695
Open rate:	34.4%	34.5%
Click rate	.2%	.4%

AAHP Health Note’s January newsletter was titled “Welcome to 2023” and was distributed on Wednesday, January 4th, 2023, at 4:00 pm. The feature article focused on the new year, motivating readers to aspire towards their full potential, especially when it comes to health. The article advised readers to set realistic goals and milestones throughout the year and reminded them of AAHP’s health education classes, diabetes support, weight management guidance, care for expectant mothers and their families, and mental health support. The following article highlighted Cervical Health Awareness Month, a time to spread awareness of cervical cancer and other preventable cancers that can be detected early with regular screenings such as Pap tests, HPV vaccinations, mammograms and prostate exams. “What is Inflammation?” discussed the process that occurs in response to damage caused by viruses, bacteria, toxins or trauma, leading to chronic diseases like cancer, diabetes and heart disease. The article explained how eating healthy foods helps reduce inflammation and prevent chronic disease. The Health Hint informed readers that volunteering is not only an excellent way to honor the memory of Dr. King on the MLK Day of Service, but also has numerous health benefits including a lower risk for heart disease, stroke, depression, and anxiety. The featured video warned of the unprecedented ‘triple-demic’ of COVID-19, flu, and RSV. The featured recipe was Vegan Lasagna.

January’s Health Notes continued to garner high-performing metrics, reflecting high interest in AAHP’s content. Of the 6,715 people who received January 2023 Health Notes, 2,313 people opened the newsletter, which is 75 fewer people than last month and represents an open rate of 34.5%, which is essentially the same as last month’s open rate of 34.4%. January’s click rate of .4% was slightly higher than last month’s click rate, lower than AAHP’s average click rate of 2% and lower than the industry average of 4%. The number of successful deliveries decreased by 44, and there were twelve total unsubscribers, three more than last month. It’s important to note that, this month, as a result of purging the subscriber list of old and bad email addresses, the bounce rate was .3%, which is remarkably low.

Facebook

AAHP’s Facebook page was modest in January, growing its follower count by 4, and showing decreases for likes, comments and shares. The top post was an advertisement showing the monthly schedule for CDMP classes.

Facebook Metrics – January 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	802	9	17	0	10
Change from last month	+4	+0	-13	-9	-9

Twitter

In January 2023, Twitter’s metrics showed 452 followers, with five new followers since last month. Tweets, likes and profile visits decreased, while the number of mentions and retweets stayed the same. The top post was an advertisement showing the monthly schedule for CDMP classes.

Twitter Metrics – January 2023

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	452	5	4	52	0	746	3	0
Change from last month		+4	-16	-156	+0	-253	+0	-10

Instagram

In January 2023, Instagram metrics showed a total of 292 followers, with an increase of six since last month. Posts decreased by 6, and two stories were published. Post likes went down by 18, and there was two LinkedIn bio clicks. Impressions decreased by 144 overall. The top post was an advertisement showing the monthly schedule for CDMP classes.

Instagram Metrics – January 2023

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	292	11	2	17	2	395
Change from last month	+6	-6	+2	-18	+1	-144

APPENDIX B – January 2023 Health Notes



Living to see another year is a gift for which we can all be grateful. The start of a new year is an excellent time to focus on how we can live up to our full potential, especially when it comes to our health. We hope that you have plans to adopt and maintain a healthy lifestyle this year and that you have set realistic goals and milestones to help you stay motivated and on track throughout the year.

To further ensure that you follow through with your health commitments, find resources or people who can help support you along your journey. Whether it's a fitness coach, nutritionist, or online support group, having people who can provide guidance and accountability can be incredibly helpful when trying to achieve long-term success with health goals. As your partner in health, AAHP offers a variety of services and programs to help you manage your health, such as:

- Health education classes
- Diabetes support
- Weight management guidance and support
- Care and guidance for expectant mothers and mothers of infants and their families
- Mental health support and referrals

To learn more about how AAHP can help you, please visit our website at www.aahpmontgomerycounty.org, call us at (240)777-1833 or contact us via email at info@aaahpmontgomerycounty.org.

In addition, Montgomery County Recreation Center membership passes will be free for County residents in 2023. Starting January 3rd, a free pass will provide access to fully equipped fitness rooms, open gym (drop-in) activities and game rooms at any community recreation center during regularly scheduled hours.

Once you have set realistic health goals and found the resources that will help support those goals, make sure you actually follow through. It can be hard at times, but keep pushing towards success, in 2023 and beyond!



Every January, AAHP recognizes Cervical Health Awareness Month, a time to spread awareness about cervical cancer and other cancers that can be prevented with early detection. Health screenings and vaccinations have made cervical cancer one of the most preventable types of cancer, yet the American Cancer Society estimates that more than 4,000 women died from cervical cancer in 2022.

Early detection is key for fighting cancer, so getting regular health screenings is one of the most effective ways to win the battle before it starts. The earlier an issue is detected, the easier and more effective treatments can be. To prevent cervical cancer, Pap tests help detect any abnormalities in the cervix before they become a major issue. Girls and women should start getting Pap tests when they become sexually active or by the age of 21. Cervical cancer can also be prevented by getting [vaccinated](#) against HPV (human papillomavirus), the most common cause of cervical cancer. To help prevent breast cancer, women should get regular mammograms starting at age 40. Men should get prostate exams starting at age 50 to help prevent prostate cancer. To help prevent colon cancer, a colonoscopy is recommended every 10 years for adults over the age 45. It's important to discuss your individual risk factors with your doctor since more frequent or specialized tests based on family history or lifestyle choices may be recommended.

Cervical Health Awareness Month serves to remind us of the importance of prevention when it comes to maintaining our overall health. This month, take the time to review your health history and make sure you (and/or the children in your care) are up-to-date on health screenings.

Sources:

[National Cervical Cancer Coalition](#)

[American Cancer Society](#)

[The Centers for Disease Control](#)



The word “inflammation” is everywhere, but what inflammation actually does to your body is not common knowledge.

Inflammation occurs when the immune system responds to damage caused by bacteria, viruses, toxins, or trauma. In this process, white blood cells rush to the affected area, bringing oxygen and nutrients to promote healing. However, this also causes inflammation. In a healthy body, inflammation is a normal part of healing and lasts only as long as needed; however, if inflammation persists over time, it can become chronic and cause serious health issues.

Chronic inflammation is linked to a variety of diseases including heart disease, diabetes, arthritis, autoimmune diseases, depression, Alzheimer’s disease, and cancer. Studies show that Blacks/African Americans are more likely than other racial groups to experience higher levels of chronic inflammation. Fortunately, there are steps individuals can take to reduce their risk for developing chronic diseases related to high levels of inflammation.

The foods we eat greatly influence our inflammation levels. Foods that can contribute to inflammation include processed meats, fried foods, refined carbohydrates like white bread or white rice, sugary beverages, processed snacks, and alcohol in excess. Foods that fight inflammation include fruits and vegetables like spinach, kale, blueberries, strawberries, oranges, carrots, bell peppers, broccoli, cauliflower and tomatoes; healthy fats such as olive oil, avocado oil or coconut oil; lean proteins like fish and poultry; and nuts, seeds, whole grains, and herbs. You can also reduce inflammation by exercising regularly, getting enough sleep, managing stress effectively, avoiding tobacco use, and getting regular checkups with a healthcare provider.

Source:

[Harvard Health Publishing](#)

[The Cleveland Clinic](#)

[The National Institutes of Health](#)

Health Hint

Did you know that volunteering is good for your health? Volunteering has been shown to have numerous benefits, including reduced risk for heart disease, stroke, depression, anxiety and general illness. [A Longitudinal Study of Aging](#) concluded that those who make a habit out of volunteering have significantly lower mortality rates, regardless of age, gender or physical health. So, this Martin Luther King Jr. Day of Service, as you honor the memory of Dr. King by serving your community as a volunteer, remember that you're also honoring your health by volunteering.

Source: [Mayo Clinic Health System](#)

Featured Video

In this video from the Grio, Dr. Yolandra Hancock warns of the unprecedented 'triple-demic' of COVID-19, flu, and RSV—an occurrence that should not be taken lightly by anyone looking to stay healthy in this winter:



Featured Recipe: Vegan Lasagna



Ingredients for the lasagna:

- 1 box lasagna noodles
- 1 (14-oz) package firm tofu, drained
- kosher salt
- freshly ground black pepper
- 1 tbsp. olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 2 tsp. dried oregano, divided
- 1 (8-oz) package baby bella mushrooms, sliced
- 2 (10-oz) packages frozen spinach, thawed and drained of excess liquid

Ingredients for the white sauce:

- 1/4 c. olive oil
- 1/4 c. all-purpose flour
- 2 1/2 c. almond milk (or other non-dairy milk)
- 2 tbsp. nutritional yeast
- 1/2 tsp. garlic powder
- kosher salt
- Freshly ground black pepper
- 2 c. marinara
- 3 tomatoes, thinly sliced
- 1/4 c. thinly sliced basil, for garnish

Instructions

1. Preheat oven to 350°. Bring a large pot of salted boiling water to a boil and cook lasagna noodles until al dente. Drain.
2. Wrap tofu in a clean kitchen cloth or paper towels and place on a large plate. Place a pan or heavy plate on top of tofu in order to press out as much liquid as possible. Let sit for at least 30 minutes. When drained, crumble with two forks and season with salt and pepper. Set aside.
3. In a large skillet over medium heat, heat oil. Add onion and garlic and season with salt, pepper, and 1 tsp oregano. Add mushrooms and cook until softened, 3 to 4 minutes. Stir in thawed and drained spinach until completely combined. Remove from heat and set aside vegetables.
4. Wipe out skillet and return to medium heat to make white sauce. Add olive oil and heat until shimmering but not smoking. Add flour and whisk to combine. Cook until lightly golden and nutty, 1 to 2 minutes. Whisk in nut milk until smooth. Stir in nutritional yeast and garlic powder and season with salt and pepper. Bring to a simmer and let cook until thickened, 8 to 10 minutes.
5. Build lasagna. In a large baking dish, spoon 1/4 c marinara into an even layer, then add a layer of noodles. Top with an even layer of vegetable mixture, tofu, marinara, and white sauce. Repeat until all ingredients are used, ending in marinara. Add a single layer of tomato rounds and season with salt, pepper and remaining oregano.
6. Bake 35 to 40 minutes, until tomatoes are cooked and lasagna is heated through. Remove from oven and let cool slightly. Garnish with basil and serve.

