



AAHP Contract Staff at the Montgomery County Thanksgiving Day Parade on Saturday, November 19

## AAHP MONTHLY REPORT

November 2022



## **I. INTRODUCTION**

November was a busy and productive month for the African American Health Program (AAHP). November's activities included intensive efforts to expand community partnerships and outreach, increase the range of services available to Montgomery County residents, and review and assess mental health screening data collected over the past year. In the upcoming quarter, AAHP will review accumulated data and information for insights to improve mental health services. Also, community outreach, education, and health screening events continued to record high participation rates.

During November, AAHP solidified its relationships with the Kaiser Foundation. AAHP's social worker and community health workers processed eligibility determinations for free health insurance for 52 County residents who otherwise would not be able to afford health insurance. AAHP is proud to have provided the opportunity for these residents to benefit from a year of healthcare through Kaiser Permanente, which will help them save a considerable amount of money and improve their health. AAHP is also pleased that Kaiser Permanente invited a member of AAHP's staff to join their staff at an awards ceremony highlighting the Montgomery County Business Chamber of Commerce as a partner in promoting health and wellbeing in the County.

In November, the SMILE program implemented new services to engage prenatal and postnatal mothers by offering walk-in clinics where mothers could make appointments to come into the office and meet one-on-one with a nurse. Also, community partnerships continued to play a significant role in expanding services.

Both undergraduate and graduate students enrolled at the George Washington University's School of Public Health, the University of Maryland School of Public Health, and Liberty University continued to refer students for internships required to complete degrees in public health. For the third consecutive year, students in the University of Maryland Gemstone Program upheld the tradition of presenting a seminar on a significant health topic to AAHP. November's topic was chronic kidney disease, a significant complication of diabetes and cardiovascular disease.

To expand the social support network available to young mothers and their infants, the SMILE nurses, community health workers, and AAHP's social workers established linkages with County DHHS-funded programs Women Infants and Children (WIC), Supplemental Nutrition Supplemental Program (SNAP), and the Infants and Toddlers Program.

Increasingly, AAHP has responded to requests by elementary schools such as Wheaton Elementary to engage their students and parents around health and wellness issues. On November 21, 2022, AAHP's contract staff supported AAHP's Aging Subcommittee Second Aging Summit at the Civic Center in downtown Silver Spring. AAHP engaged residents of all ages in health promotion through health screenings, information dissemination, and counseling through these collaborations.

The staff also devoted significant time and attention to collaborations with other organizations for World AIDS Day on December 1, 2022, which highlighted the importance of sexual health and focused on increasing awareness about preventing HIV/AIDS and other STIs. To strengthen efforts to engage Black/African American LBGTQ County residents, AAHP staff started developing a plan to attract and include County residents to attend and participate in special events leading up to the February 7<sup>th</sup> observance of National Black HIV/AIDS Awareness Day.

Every year for the last four years, the African American Health Program has distinguished itself as one of the few health promotion and wellness programs participating in the Montgomery County Annual Thanksgiving Day Parade. This November was no exception. A team of 20 staff and volunteers took advantage of the opportunity to promote AAHP's wide range of health screenings and services at the parade.

In November, a member of the SMILE staff participated in a virtual town hall health meeting hosted by Montgomery Council Vice President Andrew Friedson. This event underscored the value of AAHP's partnerships with other agencies and organizations committed to reducing maternal and infant mortality and morbidity among Black/African American women.

Every month, AAHP seeks new ways to improve and expand services to help Black/African American County residents prevent and manage chronic diseases. In the next quarter, AAHP will focus on the role of ophthalmology and podiatry services in preventing the devastating consequences of uncontrolled diabetes and heart disease. Unfortunately, these two pathways to preventing and intervening with diabetes and heart disease are often overlooked.

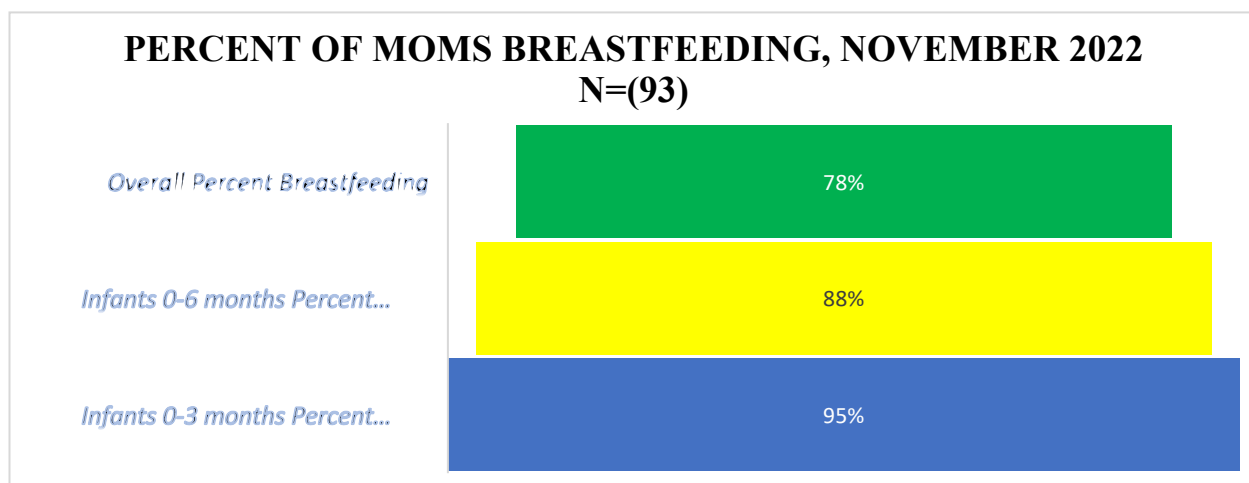
## **II. AAHP Program Activities**

### **A. The SMILE Program**

At the end of November, the SMILE Program's caseload included 106 mothers and 93 infants. Of the 106 mothers, 19 were prenatal cases, and 87 were postpartum. During November, SMILE discharged thirteen (13) infants who had reached their first birthday, and one other prenatal case was lost to follow-up. Throughout November, SMILE nurses continued to provide outstanding services that covered prenatal and postpartum education, referrals, and follow-ups to ensure favorable pregnancy outcomes and infant care for a year.

During November, the program welcomed nine (9) newborns, seven born at term and within normal weight limits (WNL). One mother delivered twins by way of C-section at 34 weeks due to the mother's serious medical condition. These newborns were underweight and transferred to the hospital's NICU unit. The nurses secured health insurance for all pregnant women through the Montgomery County Maternity Partnership Program. Because this coverage usually terminates after giving birth, the SMILE program endeavored to identify other options to replace the terminated coverage.

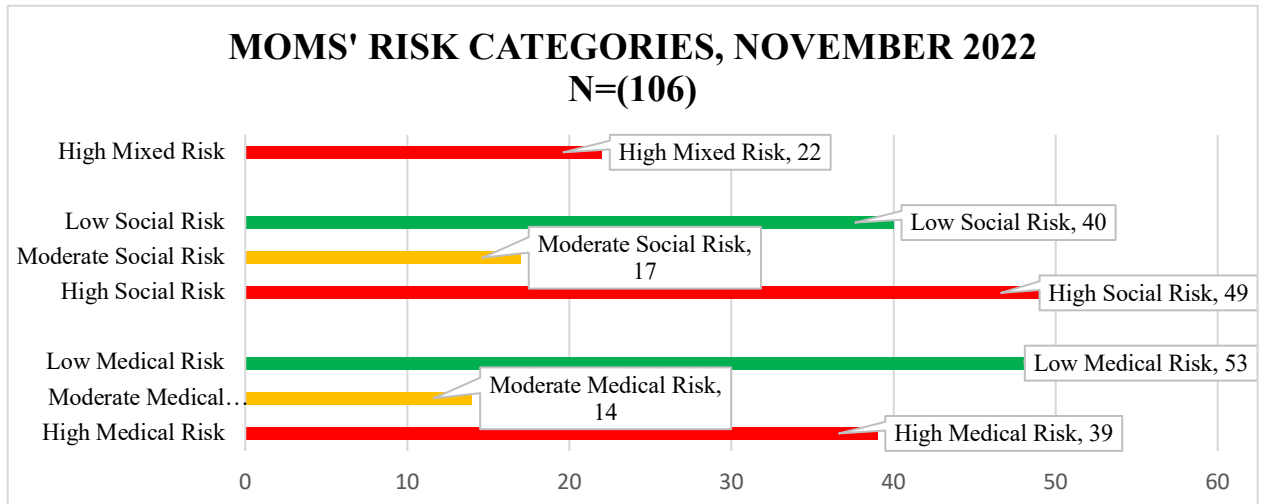
As in previous months, the SMILE program exceeded the national breastfeeding rates. According to the 2020 CDC Breastfeeding Report Card, 58% of infants born in 2017 breastfed at six months and 35% at 12 months. The SMILE breastfeeding rates were 88% at six months and 78% at twelve months (*Figure 1*). These high breastfeeding percentages were achieved with the determined efforts of SMILE nurses to educate mothers on breastfeeding benefits and to provide counseling, advice, and resources to relieve stress and improve their wellbeing. The nurses have established, for example, a Breastfeeding Support Circle. In November, they presented various topics such as cow's milk alternatives for weaning toddlers, alcohol consumption and breastfeeding, cultural expectations of breastfeeding, returning to work, and getting enough sleep. The average attendance at these weekly sessions was nine, with a mix of pregnant and postpartum mothers on each call. Mothers also discussed cultural practices from Ghana, Nigeria, Haiti, and America. The mothers discussed their triumphs and challenges with breastfeeding with their peers and the professionals facilitating the session. Since initiating this support group in October, the breastfeeding rate of infants from zero to three months old has increased to 95%.



*Figure 1: Breastfeeding Rates*

The SMILE program team routinely monitors health risks associated with pregnancy and the postnatal period to identify them early enough to access the appropriate interventions needed to result in positive pregnancy outcomes.

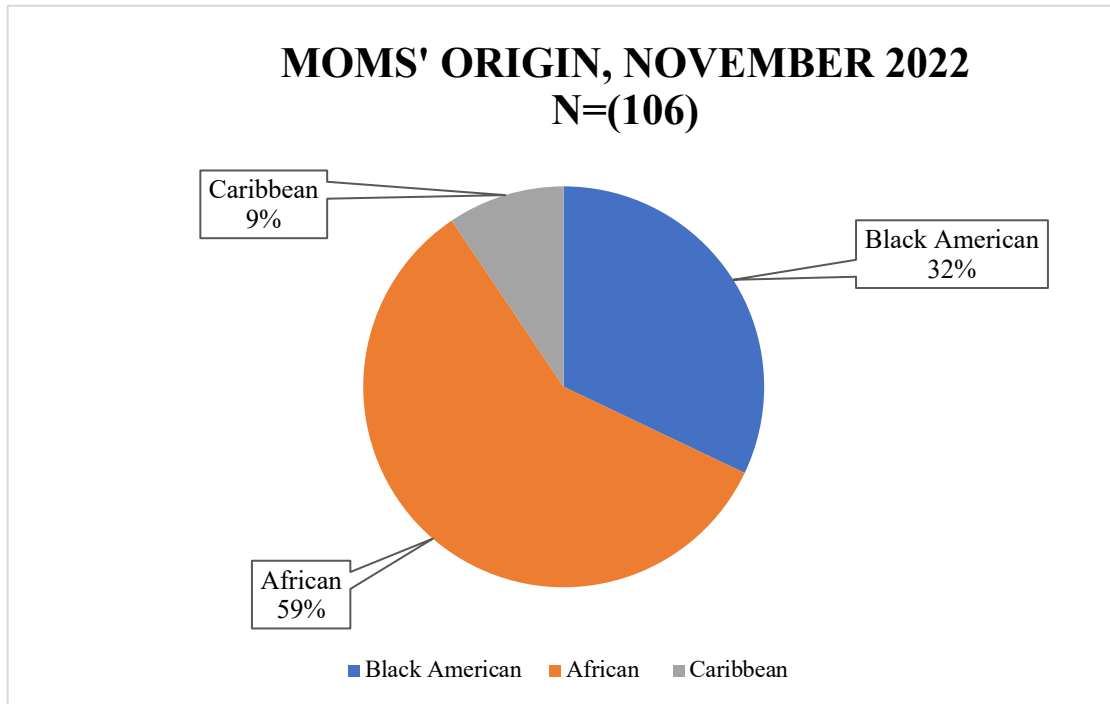
*Figure 2* shows the risk profile of these moms in November.



**Figure 2: Risk Profile**

In November, as in other months, as SMILE moms began their journey with the SMILE program, they were classified based on medical and social risk factors. The 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. At a practical level, the nurses established a "Walk-In Clinic" to allow mothers to access, on a personal level, services from a collaborative team that is prepared to address their medical and social risks. The first monthly Walk-In Clinic was held on November 16 from 11:00 am – 2:00 pm. The nurses and the social worker met face-to-face with a mixed high-risk client currently living in a shelter and struggling with caring for her newborn independently. She received hands-on education on feeding her infant, managing crying, safe feeding, SIDS prevention, and safe sleep practices. To minimize problems of anxiety and depression, AAHP provides Mommy Chat, a forum for moms to exchange experiences amongst themselves and learn from each other. This month, Mommy Chat presented on Pre/Postnatal Anxiety.

As shown in the pie chart below, in November, the ethnic profile of mothers participating in the SMILE program was 59% African, 32 % Black American, and 9% Caribbean.



**Figure 3: Ethnic Profile**

Teamwork and collaborative planning are essential for effectively managing and supervising cases. To this end, the nurses met weekly to review complex cases and plan interventions with AAHP's community health workers, social workers, nurse supervisors, and clinical director. 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.

The table below presents an overview of the SMILE Program's rolling three-month data from September 2022 through November 2022, compared to its performance in the calendar year 2020.

PROFILES/SERVICES	*Monthly Average Calendar Year 2020	September 2022	October 2022	November 2022	Comments About November
<i>A) Currently Active Moms</i>	83	115	119	106	
Prenatal (still pregnant)	24	30	19	19	

Postpartum (Moms who have delivered)	58	85	87	87	
<b>B) All infants</b>	58	81	93	93	
Single Births	55	69	85	85	
Multiples	2	12	8	8	
<b>Case Load (A+B)</b>	140	196	212	199	
<b>MOM'S ETHNICITY</b>					
African American Clients	31	42	42	7	
African Clients	49	64	68	14	
Caribbean Clients	2	9	9	21	
<b>REFERRALS</b>					
HHS Prenatal Referrals Received	4	1	5	6	
Referrals from Other Sources	4	11	1	15	
<b>Total Prenatal Referrals</b>	8	12	6	21	
<b>NEW ENROLLMENTS</b>					
Prenatal Moms Newly Enrolled During the Month	7	12	6	3	
Infants Newly Enrolled during the month	5	10	10	5	
Newly Enrolled Post-Partum Moms		0	0	0	
<b>All New Enrollments for the month</b>	12	22	16	8	
<b>DISCHARGES</b>					
Prenatal Discharges	1	5	1	1	
Infant Discharges	5	10	7	13	
<b>Total Discharges</b>	6	15	8	14	
<b>DELIVERIES</b>					

Term Deliveries	5	10	10	7	
Preterm Deliveries	1	1	0	2	
<b>Total Deliveries</b>	6	11	10	9	
<b>BIRTH OUTCOMES</b>					
% Healthy Birth Weight	95%	100%	100%	78%	
Number of Low Birth Weight	1	0	0	2	
Number of Very Low Birth Weight	1	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	
<b>SERVICES</b>					
Total Home Visits	17	0	3	0	
Telephonic Consultations	144	237	232	222	
Community Referrals Made	26	38	30	35	
<b>BREASTFEEDING MOMS</b>					
Breastfeeding 0-3 months	92%	89%	90%	95%	
Breastfeeding 0-6 months		88%	92%	88%	
Breastfeeding 0-12 months	73%	73%	81%	78%	
<b>INSURANCE</b>					
Clients with Private Insurance**	23	37	34	27	
Clients with Medicaid Insurance**	60	70	68	67	
Clients without Insurance	n/a	5	7	10	Loss of Maternity



					Partnership Coverage
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*Averages are rounded up to the next integer
** A client may have multiple insurances
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 Virtual Health Education Webinars**

In November, the CDMP team conducted weekly classes via virtual webinars with collaborative curricula to guide participants toward adopting healthier lifestyles. The nutrition classes included topical videos, discussions, quizzes, handouts, and food preparation/cooking demonstrations. The following topics were discussed:

- November 3 - How Foods Fight Diabetes
- November 10 - The Power of Your Plate and Grocery Cart
- November 17 - Understanding Type 2 Diabetes
- November 21 - Kick Start Your Health: Healthy Weight Management/The Power of Your Plate

The Kick Start Your Health (KSYH) I and II classes presented evidence-based education devoted entirely to diabetes and helping participants better understand the disease, its complications, management, and prevention.

The Diabetes Prevention Program (DPP) held two virtual sessions. Through November, nine reversals of prediabetes among female participants were recorded.

Next month, the AAHP CDMP classes will focus on heart health and heart diseases such as hypertension and hyperlipidemia.

The table below presents a description of the following:

- The class and outreach activities.
- The number of class participants and topics covered.
- The number of participants for individual or group education.

## CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
<p>Health and Fitness online Webinar</p> <p>YOGA: Wednesdays 11/02;11/09; 11/16; 11/30</p> <p>ZUMBA: Fridays 11/04;11/18; 11/25</p>	<p>10 am – 11 am</p> <p>10 am – 11 am</p>	<p>Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings</p>	<p>November's classes included guided virtual yoga and Zumba exercises led by trained exercise professionals and AAHP staff.</p> <ul style="list-style-type: none"> <li>• <b>Zumba Highlight:</b> class content emphasized balance, movement, posture, toning, and cardio.</li> <li>• <b>Yoga Highlights:</b> Focused on purposeful movement and stretching.</li> </ul> <p>In both classes, participants learned how fitness could prevent, manage, and reverse the risk of chronic diseases, such as diabetes, hypertension, and heart disease. Participants continued to maintain or improve their HEDIS measures and understood how adopting exercise and good nutrition improves health.</p>
<p>Kick Start Your Health I (Diabetes)</p> <p>November Wednesdays 11/02;11/09; 11/16; 11/30</p>	<p>6 pm – 7 pm</p>	<p>Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol</p>	<p>November's classes focused on diabetes and emphasized understanding terminology and how to reduce the risk for diabetes with evidence-based education on nutrition and diet. Participants were encouraged to share the health screening results with their primary care providers. In most instances, participants continued to maintain or improve their HEDIS measures and make positive behavioral changes resulting from improvements in exercise and nutrition.</p>

<p>Health and Nutrition VEGAN, Plant-Based</p> <p>November Thursdays</p> <p>11/03;11/10; 11/17</p>	<p>1 pm - 3 pm</p>	<p>Weight, BP, BMI, %BF, Glucose, and Cholesterol screenings</p>	<p>Class discussions emphasized the importance of making healthy eating choices and understanding the association between food choices and how they affect the risk for chronic conditions. AAHP's Food for Life Instructor demonstrated how plant-based diet/healthy cooking reduces the risk of prediabetes and diabetes outcomes. She also emphasized food that supports the fight against allergies. 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>
<p>Kick Start Your Health II Online Webinar: Diabetes</p> <p>Thursdays</p> <p>11/03;11/10; 11/17.</p>	<p>6 pm – 7 pm</p>	<p>Weight, BP, BMI, %BF, Cholesterol screenings</p>	<p>November's class topic was diabetes, emphasizing obesity, fitness, nutrition, and insulin therapy. Class content included an explanation of foods and their glycemic indexes. Participants continued to maintain or improve HEDIS measures and to make positive behavioral changes by eating more nutritious foods and exercising at least 30 minutes daily.</p>

**CDMP Monthly Average Virtual Webinar Attendance for November 2022**

	Health and Fitness 11 am – 12 pm				KSYH I 6 pm – 7:15 pm				Health and Nutrition 1 pm – 2:15 pm				KSYH II 6 pm – 7:15 pm		
Date(s)	11/02 & 11/04	11/09 & 11/11	11/16 & 11/18	11/30	11/02	11/09	11/16	11/30	11/03	11/10	11/17	11/21	11/03	11/10	11/17
Class Size	20	21	22	9	19	42	23	18	21	22	17	22	19	15	22
TOTAL	72				102				82				56		
Avg.	18				26				21				19		
Natl. Avg.	(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	8	1	1	13
<i>Female</i>	69	94	81	55	299
<i>Total</i>	72	102	82	56	312
<i>% African American</i>					

## 2. National Diabetes Prevention Program (NDPP)

NDPP held two classes in November. Led by a nurse certified as a CDC lifestyle coach, the first session on November 15 reviewed the basic types of diabetes. The second session was held on November 29 and was conducted by a community health worker certified as a CDC lifestyle coach. She presented on managing stress.

Participants	11/15	11/29	Total
<i>Male</i>	2	1	3
<i>Female</i>	16	16	32
<i>Total</i>	18	17	35
<i>% African American</i>	100%	100%	

## 3. Remote Patient Monitoring Program (RPM)

In November, AAHP's Remote Patient Monitoring Program (RPMP) included 15 participants with stable metrics. Adherence to the program requirement of a minimum of 16 daily measurements during the month was 67%.

### Active Days of Remote Patient Monitoring

<b>Number of active days</b>	0 Days	0-5 Days	5-10 Days	10-15 Days	16-27 Days
<b>Number of participants</b>	0	0	1	4	10

#### 4. Weight Management Program

Average values for RPM data (electronic data from RPM devices)		Change From Last Month
<b>Women's Weight</b>	<b>175.3 lbs.</b>	2.8% Decrease in Weight
<b>Men's Weight</b>	<b>286.3 lbs.</b>	1.8% Increase in Weight
<b>Systolic BP</b>	<b>127.5 mmHg</b>	.55% Decrease in Systolic BP
<b>Diastolic BP</b>	<b>68.9 mmHg</b>	3.2% Decrease in Diastolic BP

In November, the Weight Management Program (WMP) participated in two exercise events.

On Saturday, November 5, 2022, the WMP hosted an indoor exercise fitness class. Led by fitness instructor Coach Phyllis Davis (CPT, CGFI, CSFS, CMFS-I), this class was held at the White Oak Recreation Center at 1700 April Lane in Silver Spring. A total of 18 participants joined the class.

On Saturday, November 19, 2022, the WMP partnered with AAHP to walk alongside the team members and participate in the Thanksgiving Parade. This event took place in downtown Silver Spring, and the distance was about a mile and a half.

Each exercise event above lasted approximately one hour and a half, with allotted time for the cool down and stretching before and after. Modifications were made for individuals during the instructional portion of the class, and the walks included slow and medium-paced walking groups. Both exercise events and other community outreach events served to recruit new enrollees into the program.

In November, the WMP did not enroll any new members. Additionally, two females were moved to inactive status for being unresponsive for more than two months consecutively via text, email, and phone. The total enrollment of WMP members for the month was 45, including the two removed. The table below shows the breakdown.

#### WMP Enrollment

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients

September	19	4	6	21
October	19	0	5	24
November	24	2	4	26
December	26	2	1	25
January	26	1	3	29
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

The WMP conducted the following interventions and activities:

- Re-evaluating and designing individualized meal plans for breakfast, lunch, and dinner.
- We are re-evaluating and designing exercise plans for beginners and advanced plans to emphasize specific muscle groups.
- Developing monthly reports from weekly call logs with a summary of progress.
- We are developing monthly support group meetings to discuss perceptual and behavioral changes.
- Developing daily intake charts with a breakdown of the required daily caloric intake to lose one pound per week. (Analysis also included a specific breakdown of carbs 40%, protein 30%, and fat 30% daily).
- Testing for glucose, A1C, cholesterol, and blood pressure and measuring weight, BMI, water and body fat percentage, protein, visceral fat, and bone mass.
- Applying biometric data to determine recommended healthy weight, daily caloric intake, and breakdown of carbohydrates, protein and sugar percentages.
- Distributing weight management kits that included a tape measure and BMI tracker, food and exercise journal, gallon-size water bottles, portion control containers, and three sets of TheraBands to help participants reach their weight management goals and encourage healthy lifestyles rather than merely diet and exercise.

Below is a table of the weight gain and loss for November.

### **Reported Weight Gain/Loss**

	Weight Loss		Weight Gain		Maintained	
	Male	Female	Male	Female	Female	Male
0 lb.					7	
1 lb.		1	1			
2 lbs.	1	7		5		
3 lbs.		3	2	3		
4 lbs.	1			1		
5 lbs.				1		
6 lbs.				1		
8 lbs.	1	2				
10 lbs.						

45 total members, eight unreported

46

### C. Community Outreach Screenings and HIV Testing

In November, staff completed screenings at Aging Summit organized by County staff at the Civic Center, Nebel Street Men's Shelter, and Taft Court Women's Shelter. Veterans' Day and Thanksgiving holidays significantly reduced the number of screening events this month.

Below is the table of screenings and touches resulting from these:

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	Nov. 2	21	15	14	4	10	5	3	0
Office	Nov.	5	2	5	0	3	2	3	2
Women Shelter-TC	Nov. 16	19	18	15	3	14	2	4	3
2022 Thksg Parade	Nov. 19	150 No Testing							
Aging Summit	Nov. 21	12	0	10	2	2	0	4	5
Men Shelter	Nov. 30	18	16	15	4	11	4	3	0

Seventy-five 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, 51 HIV tests were done, all yielding negative results.

Ethnicity	Number
Black/African American Male	23

Black/African American Female	18
Caucasian Male	3
Caucasian Female	2
Hispanic/Latino Male	3
Hispanic/ Latino Female	2
<b>Total</b>	<b>51</b>

<b>HIV TESTING REPORT</b>		<b>30-Nov.</b>		
<b>Black/African American</b>				
	Age Group	Male	Female	
	1947 -1969	12	9	
	1970 -1989	7	5	
	1990+	4	4	
<b>Total</b>		23	18	41
<b>All Others</b>				
		Male	Female	
	1947 -1969	3	1	
	1970 -1989	2	2	
	1990+	0	2	
<b>Total</b>		5	5	10
<b>GRAND TOTAL</b>				<b>51</b>

#### **D. Social Work**

The social worker accompanied the community health workers at community health screening events and conducted mental health screenings. In November, 51 mental health screenings were completed. Attendance at the Aging Summit was low due to the cold temperature and lack of transportation. For the most part, the seniors in attendance declined to take the mental health screenings because of vision troubles. Some expressed their discomfort in using tablets. To compensate for the low participation of seniors, the social worker screened the vendors at the event. This month, the social worker attempted to diversify screenings by asking participants to come out of their comfort level and take the Depression, Anxiety, Eating, and Addiction screenings and other often overlooked screenings. Although participants are told the screenings are anonymous, stigma and suspicion persist within the community. Unfortunately, due to the anonymity of the screening, there was a reduced opportunity to appropriate support when needed. The social worker offered participants flyers and brochures on various diagnoses and mental health services throughout Montgomery County. The social worker was also available to assist individuals in understanding various disorders, especially when a condition is suspected.



The two Morgan State Interns have been active in assisting SMILE clients, especially those considered to be highly social risk and needing therapeutic support and essential resources, such as SNAP, childcare, child support, food, and assistance with utilities. They have also helped in setting up the SONAR application for SMILE clients to receive announcements about Mommy Chat and other information on resources. The SONAR has dramatically increased attendance in Mommy Chat and has accompanied the social worker to community screenings and worked with AAHP staff on data analysis.

In November, 51 Wellness screenings were completed using tablet devices. This month, events significantly decreased, and participation was low. The social worker will explore other opportunities to encourage people to take the screenings and increase participation.

In November, the following screenings were completed:

<b>Type of Screens</b>	<b>Number</b>
CD-GAD Generalized Anxiety	16
Hands -Depression	11
Wellbeing Screening	8
Audit Alcohol	5
Eating Disorder	4
Wide Screen	4

The screenings indicate there are cases of potential mental health conditions in the community. The social worker will continue encouraging the community to take other screenings instead of the "Well-Being Screening."

### **III. ADMINISTRATION**

In November, AAHP's data coordinator began working with AAHP's social worker and a masters-level social work intern to analyze the mental health data from the previous fiscal year. The dataset exported from Mindwise contains the responses for all the mental health screenings conducted and stored on the AAHP website. The dataset also includes demographic questions and the consistency of each participant's answers to such validated and structured mental measurement questions. To gain a better insight into the data, AAHP created broad figures to help answer specific research questions. Ultimately, the data analysis project will allow AAHP to understand better the mental health challenges Black/African American residents face in the County based on objective measures.

#### **CDMP Evaluation Questions**

This month, AAHP implemented evaluation questions for participants in CDMP classes. After a participant left a class, a survey asked them to complete six brief questions. These anonymous questions help evaluate program performance. The responses to the Health and Nutrition questions are below:

<p>Did you benefit from joining the class?</p>	<p>100% of survey respondents reported benefitting from the class (n=30).</p>
<p>Do you plan on using the health information that you received?</p>	<p>97% of survey respondents reported planning on using the health information that they received (n=31).</p>
<p>How would you rate the AAHP staff during this event?</p>	<p>97% of survey respondents reported the AAHP staff as "excellent."  3% 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=31)</p>
<p>How would you rate the quality of health information that you received?</p>	<p>100% of survey respondents reported the AAHP staff as "excellent."  0% 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=31)</p>
<p>How would you rate the topic that was covered during this class?</p>	<p>100% of survey respondents reported the AAHP staff as "excellent."  0% 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=31)</p>

## APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, November 2, 2022, at 5:10 pm

	October	November
General List Recipients:	7405	7389
Successful deliveries:	6795	6782
Open rate:	29%	30%
Click rate	.1%	.2%

November's Health Notes, titled "Our Testimony," was distributed on Wednesday, November 2, 2022, at 5:10 pm. In observance of Diabetes Awareness Month, the feature article highlighted the role of discipline and education in preventing and managing diabetes. The article invited readers to explore AAHP's services and educational opportunities for diabetics and pre-diabetics. The following article focused on preterm labor in observance of Prematurity Awareness Month. The article explained the causes and prevention of preterm labor. It cited data on health disparities, noting that the rate of preterm labor among Blacks/African Americans is 50% higher than the rate among White women. Readers are invited to engage with AAHP's SMILE program at the end of the article. November has three important lung health-related events: Lung Health Month, COPD Awareness Month, and National Smokeout Day, which occurred in 2022 on Thursday, November 17. The article explained the benefits of quitting smoking and offered resources for quitting. The Health Hint encouraged readers to de-emphasize the food and drink component of the holiday season and focus on enjoying loved ones and making memories. The featured video was an animated black-and-white video documenting how unborn infants experience the womb and how a mom's health choices impact their development. The featured recipe was lemon-maple roasted carrots.

November's Health Notes made modest improvements compared to last month's edition. However, of the 6,782 people who received November 2022 Health Notes, 2015 people opened the newsletter, which is 45 more people than last month and represents an open rate of 30%, higher than last month's open rate of 29%. November's click rate of .2% was slightly higher than last month's click rate of .1%, lower than AAHP's average click rate of 2%, and lower than the industry average of 4%. The number of successful deliveries decreased by 13, and there were seven total unsubscribers, the same as last month.

### Facebook

AAHP's Facebook page's performance increased in November, recording higher numbers for all metrics. The top post was an advertisement showing the monthly schedule for the Health and Nutrition class.

#### Facebook Metrics – November 2022

	Followers	Posts	Likes/Love	Comments	Shares
Total	<b>789</b>	26	27	2	8
Change from last month	+2	+14	+6	+2	+3

## Twitter

AAHP's Twitter performance in November increased for most metrics. Most notably, the number of tweets and tweet impressions doubled or more. Two people unfollowed. The top tweet was an advertisement showing the monthly schedule for the Health and Nutrition class.

### Twitter Metrics – November 2022

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	<b>453</b>	-3	23	234	1	1,171	5	10
Change from last month		-2	+12	+12	+0	+714	+4	+7

## Instagram

AAHP's Instagram performance in November showed modest improvements in some metrics and decreases in others. The average number of post likes per post was lower than in previous months. Three Instagram stories were added to increase engagement, which increased reactions. No new followers were added. The top post was an advertisement for a KSYH class on women's health issues.

### Instagram Metrics – November 2022

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	<b>282</b>	22	3	48	1	727
Change from last month	+0	+11	+1	-8	+0	+371

## APPENDIX B – November 2022 Health Notes



[www.aahpmontgomerycounty.org](http://www.aahpmontgomerycounty.org)



For many people, November is the start of the holiday season. However, November is also Diabetes Awareness Month, a good time to reflect on the importance of discipline in maintaining a healthy lifestyle. Diabetes is a chronic condition that can have serious complications if it's not well-controlled. But most people living with diabetes CAN take control of their condition with education and discipline.

If you have diabetes or prediabetes, make self-discipline an integral part of your commitment to yourself. Closely monitor your blood sugar levels and take your medications on time. Blood sugar levels can be affected by what and when you eat. An exercise regimen also will help you regulate your blood sugar levels. It can be challenging to stick to these healthy habits day after day. But don't give up—with time and practice, healthy habits will eventually become second nature.

A diabetes support group of people with similar goals and challenges can inspire you to achieve proper lifestyle adjustments. AAHP's diabetes focus area offers programs and services to help you do just that. Check out AAHP's Diabetes Prevention Program [here](#) and learn more about AAHP's Chronic Disease Management and Prevention classes (which regularly focuses on diabetes) [here](#).

**Sources:**

[www.mayoclinic.org](http://www.mayoclinic.org)

[www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)

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## November is Prematurity Awareness Month



Preterm labor occurs when the uterus contracts and the cervix opens before the 37<sup>th</sup> week of pregnancy. This can lead to preterm birth, a leading cause of death in newborns worldwide. Preterm birth can also cause respiratory distress, jaundice, cerebral palsy, intellectual disabilities, and other conditions that negatively impact health. Early detection and treatment of preterm labor is essential to improve outcomes for both mother and child.

According to the Centers for Disease Control and Prevention (CDC), in 2020, one in 10 babies were affected by preterm labor, and in 2019, the rate of preterm birth among Black/African American women (14.4%) was about 50% higher than the rate of preterm birth among white women (9.3%). Many factors may contribute to this disparity. Research suggests that Black/African American women are more likely to be exposed to stressors that can trigger preterm labor, such as financial insecurity or racism. Additionally, Black/African American women are more likely to have certain health conditions that can increase their risk of preterm labor, such as obesity or high blood pressure.

If you are pregnant or may become pregnant in the future, have constructive conversations with your doctors about how you can manage and prevent preterm labor. Reach out to AAHP's SMILE (Start More Infants Living Equally healthy) program for support, education, and guidance. The SMILE nurses and staff can become your team throughout your pregnancy and the first year of your child's life. The SMILE program has been at the forefront of improving birth outcomes for Blacks/African Americans in Montgomery County for more than two decades. Learn more about the SMILE program [here](#).

**Sources:**

[www.cdc.gov](http://www.cdc.gov)

[Population Reference Bureau](#)

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Quitting smoking is not easy, yet the decision to do so is perhaps one of the best decisions a person can make in their life. The process of quitting smoking takes time and a plan. Allow the Great American Smokeout event on the third Thursday in November to be your first step in your journey towards a tobacco-free life. This year's Great American Smokeout will fall on November 17<sup>th</sup>.

Although quitting smoking is unpleasant and challenging, the benefits of quitting far outweigh the discomforts of withdrawal. Within just 48 hours of quitting, the nerve endings in your mouth and nose will begin to grow, renewing your sense of taste and smell. Blood circulation improves within two to 12 weeks after quitting smoking, making physical activity much easier while lowering your risk of a heart attack. Within one month of quitting, the many nicotine receptors in the brain return to normal, breaking the cycle of addiction. Quitting tobacco also lowers inflammation and boosts your immune system which makes it easier to fight colds and other illnesses.

If you want to stop smoking, several treatments and resources are available to help you beat your nicotine addiction and reduce withdrawal symptoms. Programs like the [Maryland Cigarette Restitution Fund \(CRF\)](#) provide support for those who want to quit smoking and focus on preventing tobacco-related diseases. [Nicotine replacement therapy \(NRT\)](#) can provide you with a low level of nicotine without the tar, carbon monoxide and other dangerous chemicals present in cigarettes and reduce the unpleasant withdrawal effects. With the right treatment plan and support, you can successfully quit smoking and improve your overall health.

November is both Lung Cancer Awareness Month and COPD (Chronic Obstructive Pulmonary Disease) Awareness Month. Cigarette smoke exposure is a major cause of COPD and lung cancer and contributes to many other diseases including other cancers, heart disease, diabetes, certain eye diseases, and more. Reduce your risk for these diseases by participating in the Great American Smokeout and start your tobacco-free life on November 17<sup>th</sup>.

**Sources:**

[www.cancer.org](http://www.cancer.org)

[www.lung.org](http://www.lung.org)

[www.cancer.org/healthy/stay-away-from-tobacco](http://www.cancer.org/healthy/stay-away-from-tobacco)

[Maryland Department of Health](#)

[American Association for Cancer Research](#)

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## Health Hint

To keep your health and health goals in perspective, de-emphasize food and drink from your holiday festivities. Focus on fun, not food! Remember what the holidays are really about: spending time and making memories with loved ones. Consider new ways of enjoying the holidays; instead of making cookies or a gingerbread house, make ornaments or decorate. At holiday parties, move away from the food and move closer to the people whose company you enjoy.

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## Featured Video

In this video, epidemiologist David Barker discusses how unborn babies experience life in the womb and how occurrences from the outside world influence their development:





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## Featured Recipe: Lemon-Maple Roasted Carrots



### Ingredients

- 2 1/2 lb. carrots
- 2 tbsp. olive oil
- 2 tsp. coriander seeds, crushed
- Kosher salt
- Pepper
- 2 tbsp. maple syrup
- 2 tbsp. lemon juice
- 1/2 c. fresh cilantro leaves (for garnish)

### Instructions

1. Heat oven to 450°F. Peel carrots, halve crosswise, and cut the thick ends in half lengthwise, if large.
2. On a large, rimmed baking sheet, toss carrots with oil, coriander seeds, and 1/2 teaspoon each salt and pepper. Transfer half to a second sheet, reduce oven temperature to 425°F and roast, tossing after 15 minutes, until golden brown and tender, 20 to 25 minutes total.
3. Immediately toss hot carrots with maple syrup, then lemon juice. Serve topped with cilantro.

*Nutrition: 90 calories, 3.5 g fat (.5 g saturated), 2 g protein, 210 mg sodium, 14 g carb, 3 g fiber*

Source: [www.womansday.com/food-recipes/food-drinks/a24115449/lemon-maple-roasted-carrots/](http://www.womansday.com/food-recipes/food-drinks/a24115449/lemon-maple-roasted-carrots/)

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