



AAHP staff conducting a health screening at the Health Fair at White Oak Recreation Center on October 29

## AAHP MONTHLY REPORT October 2022



## **I. INTRODUCTION**

October began the second quarter of the FY23 contract year for the African American Health Program (AAHP). “Breast Cancer Awareness Month” and “National Domestic Violence Awareness Month” were observed in October. Because AAHP’s target population is disproportionately affected by health-related medical and social issues, the Chronic Disease Management and Prevention Program (CDMP) chose cancer as the theme for the month. Also, the SMILE (Start More Infants Living Equally healthy) program devoted a Mommy Chat session to domestic violence. AAHP’s various activities throughout the month showed its purpose to be effective, outstanding, and compassionate in implementing all services and programming.

AAHP’s health promotion, prevention, and wellness services improve lives in myriad ways. AAHP’s social worker successfully navigated a SMILE client away from suicidal intention and into professional psychiatric care. Also, AAHP’s team assembled and coordinated with other community organizations to plan and successfully execute a health fair on October 29 at the White Oak Recreation Center. This event was the first dedicated to the Ethiopian/Eritrean community.

Each month, the SMILE Program continues to increase the number of pregnant and postpartum mothers enrolled in both the prenatal and postnatal programs. In October, the program recorded its highest caseload for FY23, which included 119 mothers and 93 infants. Also, the SMILE program staff continued to participate in community outreach and educational efforts to promote AAHP and its efforts to reduce the prevalence and incidence of maternal and infant mortality in Montgomery County. An AAHP SMILE nurse served as an expert panelist at the Fetal and Infant Mortality Review meeting co-sponsored by Delta Sigma Theta Sorority, Incorporated, Potomac Valley Chapter, and Montgomery County Councilmember Andrew Friedson on October 27. Her presentation was outstanding and well-received.

The Montgomery County community is reminded of the impact of health disparities beyond the statistics and how they affect our family members, neighbors, and the people we interact with daily. Cancer is the second-leading cause of death and illness in Montgomery County, and breast cancer disproportionately impacts Black/African American women. To highlight this problem, AAHP’s staff helped plan and implement the “Pink Life Gala” to honor a member of the AAHP family and other women experiencing breast cancer, held on October 15.

Healthcare coverage is central to improving overall health and well-being because too many Black/African American County residents lack the resources to obtain health insurance. In October, through an initiative funded by the Kaiser Foundation, the AAHP staff coordinated the renewal of health insurance coverage for 23 of 25 previously uninsured families and anticipates recruiting and qualifying 25 new beneficiaries for health insurance in November.

Despite years of research, there is still no cure for HIV/AIDS. Therefore, prevention continues to be the most effective strategy for reducing the spread of HIV and sexually transmitted diseases. Encouraging and supporting HIV-positive residents to stay healthy and prevent the spread of infection is the second component of the prevention strategy. In October, the HIV Navigator conducted home visits for four persons with HIV to ensure their compliance with medication, appointments, and prevention measures while maintaining a linkage to social resources.

As in previous months, the staff of AAHP continued to expand health screenings services to diverse community segments. These events included a blood drive at Mt. Calvary Baptist Church and weekly health screenings at Men's and Women's Shelters.

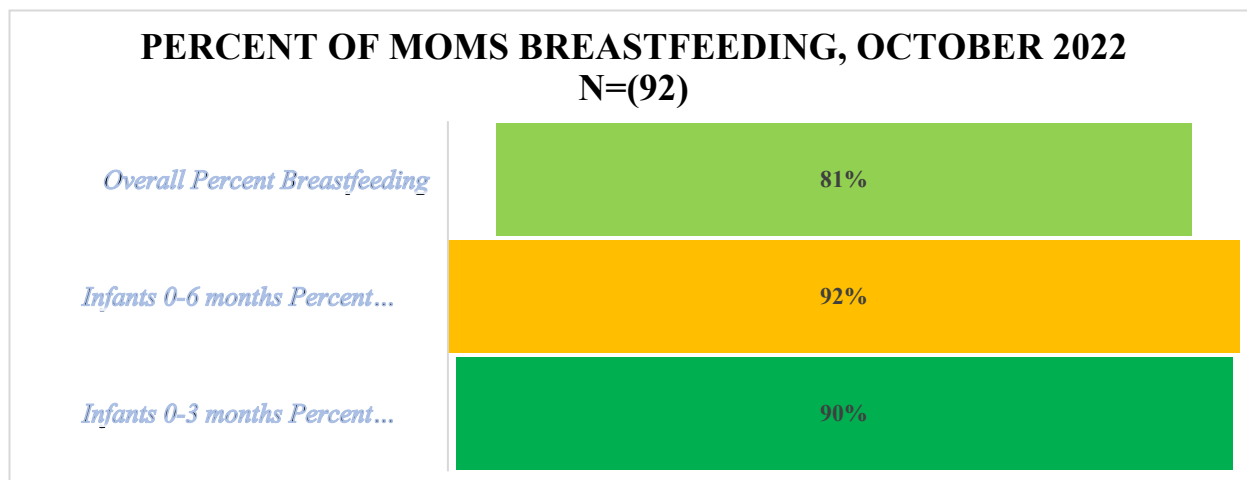
## **II. AAHP PROGRAM ACTIVITIES**

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

In October, the SMILE program continued to implement and manage effective maternal and child health care services provided by AAHP's staff. These services covered prenatal and postpartum education, referrals, and follow-ups to ensure favorable pregnancy outcomes and infant care for up to a year. The SMILE caseload included 119 mothers and 93 infants. Of the 119 mothers, 27 were prenatal cases, and 92 were postpartum. During October, the SMILE program enrolled six new pregnant women and discharged seven infants who became a year old. One additional prenatal case withdrew voluntarily from the service for personal reasons.

During October, the program welcomed ten (10) newborns, all born at term and within normal weight limits. It is a policy of the County to provide health insurance coverage to pregnant women through its Montgomery Maternity Partnership Program. Often, mothers lose this coverage after giving birth. Seven such cases occurred in October. The nurses and the social worker obtained Medicaid insurance to replace the terminated coverage to support the mothers, newborns, and their families. Throughout October, the staff arranged to pick up or deliver infant car seats, cribs, and other items to families without transportation.

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 92% at six months and 81% at twelve months (*Figure 1*).



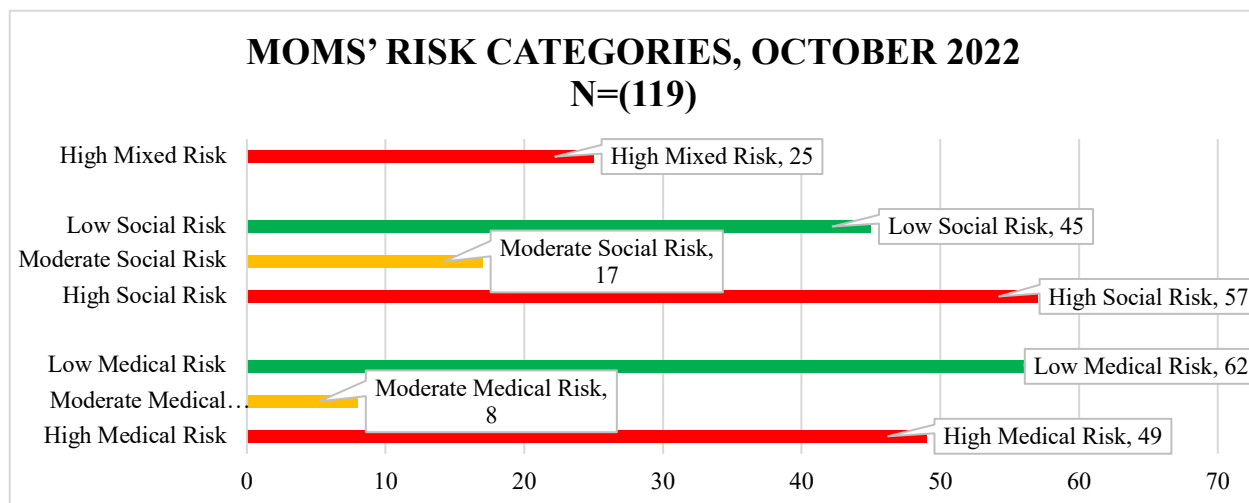
*Figure 1: Breastfeeding Rates*

Out of concern for the inherent risks of maternal morbidity and mortality during the postpartum period, all SMILE mothers were closely monitored for evidence of health-related risks. Many pregnancy-related deaths are preventable. Recent data shows that nearly 17% of pregnancy-related deaths occur during delivery, while 52% occur during the postpartum period, up to one year after birth (Agency of Health and Research Quality, 2022). Factors such as access to health care, history of chronic disease, and health problems developed during pregnancy are associated with the complications that appear after birth. Medical conditions affecting the uterus and placenta, c-sections, lacerations associated with vaginal births, obesity, blood disorders, and gestational hypertension increase the chances of hemorrhages. Infections also affect 5 to 7% of women worldwide, occurring anytime between birth and six weeks postpartum (Boushra & Rahman, 2022). The risk for infections is higher in women of advanced maternal age, women who experience other complications during delivery, and those with a history of Diabetes and hypertension during pregnancy (Boushra & Rahman, 2022).

Gestational Diabetes (GD) is associated with impaired insulin production and secretion during pregnancy and contributes to the risk of acute and long-term complications after delivery. It increases the risk of chronic Diabetes and recurrent gestational Diabetes in future pregnancies. Women with GD in their first pregnancy have a 41% risk of GD in their second pregnancy compared to the 4% risk in women who do not develop the condition (Kim, 2014). Additionally, a meta-analysis indicates that women with GD have a sevenfold increase in the lifetime risk of type 2 diabetes (Kim, 2014).

The SMILE program staff monitors these health risks and educates moms to identify them early enough to access the appropriate interventions.

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

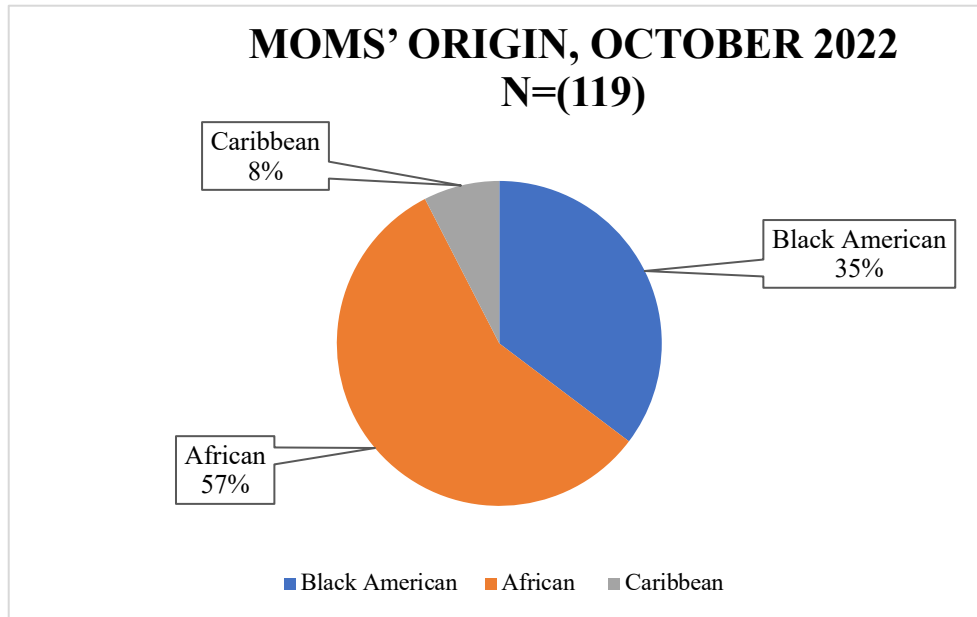


*Figure 2: Risk Profile*

In October, SMILE moms were classified based on medical and social risk factors and received counseling and guidance for up to one year after delivery. 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. AAHP provides Mommy Chat, a forum for moms to exchange experiences amongst themselves and learn from each other. Because many SMILE clients have been victims of physical or verbal abuse, on October 14, Mommy Chat focused on domestic violence in recognition of Domestic Violence Awareness Month. Because many SMILE mothers suffer from low self-esteem, the Mommy Chat presentation on October 26 focused on self-love.

In October, the SMILE team hosted a two-day hybrid educational session on childbirth and breastfeeding. The event was live-streamed to allow those unable to attend in person to follow remotely. After the event, a survey was distributed to capture participant feedback.

In October, the ethnic profile of mothers participating in the SMILE program was 57% African, 35% Black American, and 8% Caribbean.



*Figure 3: Ethnic Profile*

Teamwork and collaborative planning are essential for effectively managing and supervising cases; to fulfill these objectives, the nurses met weekly to review complex cases and plan interventions with AAHP’s community health workers, social worker, nurse supervisor, and clinical director. AAHP’s 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 rolling three-month data from August 2022 through October 2022, compared to the program performance in the calendar year 2020.

PROFILES/SERVICES	*Monthly Average Calendar Year 2020	August 2022	September 2022	October 2022	Comments About October
<b>A) Currently Active Moms</b>	83	117	115	119	
Prenatal (still pregnant)	24	31	30	27	
Postpartum (moms who have delivered)	58	86	85	92	
<b>B) All infants</b>	58	89	81	93	
Single births	55	77	69	85	
Multiples	2	12	12	8	
<b>Case Load (A+B)</b>	140	206	196	212	
<b>MOM'S ETHNICITY</b>					
African American clients	31	38	42	42	
African clients	49	76	64	68	

Caribbean clients	2	3	9	9	
<b>REFERRALS</b>					
HHS prenatal referrals received	4	1	1	5	
Referrals from other sources	4	7	11	1	
<b>Total prenatal referrals</b>	<b>8</b>	<b>8</b>	<b>12</b>	<b>6</b>	
<b>NEW ENROLLMENTS</b>					
Prenatal moms newly enrolled during the month	7	9	12	6	
Infants newly enrolled during the month	5	10	10	10	
Newly enrolled postpartum moms		0	0	0	
<b>All New Enrollments for the month</b>	<b>12</b>	<b>19</b>	<b>22</b>	<b>16</b>	
<b>DISCHARGES</b>					
Prenatal discharges	1	0	5	1	
Infant discharges	5	2	10	7	
<b>Total discharges</b>	<b>6</b>	<b>2</b>	<b>15</b>	<b>8</b>	
<b>DELIVERIES</b>					
Term deliveries	5	10	10	10	
Preterm deliveries	1	0	1	0	
<b>Total deliveries</b>	<b>6</b>	<b>10</b>	<b>11</b>	<b>10</b>	
<b>BIRTH OUTCOMES</b>					
% Healthy birth weight	95%	100%	100%	100%	
Number of low birth weight	1	0	0	0	
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	0	3	
Telephonic consultations	144	246	237	232	
Community referrals made	26	16	38	30	
<b>BREASTFEEDING MOMS</b>					
Breastfeeding 0-3 months	92%	67%	89%	90%	
Breastfeeding 0-6 months		70 %	88%	92%	
Breastfeeding 0-12 months	73%	57%	73%	81%	
<b>INSURANCE</b>					
Clients with private insurance**	23	30	37	34	

Clients with Medicaid insurance**	60	82	70	68	
Clients without insurance	n/a	5	5	7	Loss of Maternity Partnership Coverage

*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

October was Breast Cancer Awareness Month. Accordingly, the Chronic Disease Management and Prevention program (CDMP) classes focused on cancer as a leading cause of morbidity and mortality for people of African descent throughout the nation and the County. One CDMP instructor shared information about her challenges and triumphs with her cancer diagnosis and reinforced the core teachings of the CDMP curriculum that emphasizes prevention via healthy eating, exercise, and screenings. 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. Likewise, the Health and Nutrition/Food for Life classes also focused on cancer. The theme for the month was “*Let’s Beat Breast Cancer.*” Each class included topical videos, discussions, quizzes, other handouts, and food preparation/cooking demonstrations. Below are the classes that were taught.

- October 6: How Foods Fight Cancer
- October 13: Fueling Up on Low-Fat High Fiber Foods
- October 17: \*Cancer-Fighting Foods
- October 20: Discovering Meat and Dairy Alternatives
- October 27: Foods and Breast Cancer Survival
- October 31: \*Tackling Hormone-Related Cancers

On October 20, one hybrid session at Leisure World consisted of in-person health screenings and a cooking demonstration combined with a virtual presentation by a CDMP faculty. Eighteen people attended the in-person session, and 16 others joined the class virtually.

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 specific actions to reduce the risk for and manage certain cancer types. The CDMP team welcomed new participants and continued to discuss their lifestyles, behaviors, and experiences during the month. Cancer remains challenging because it is often perceived as a death sentence. Despite this, the total number of class participants increased from previous classes!

The AAHP CDMP team looks forward to November, when it will provide evidence-based health education on lifestyle behavior changes focusing on Diabetes and its comorbidities and complications.

**CDMP CLASS ACTIVITIES, OCTOBER 2022**

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness online webinars  ZUMBA: October 5, 12, 19, 26  YOGA: October 7, 14, 21, 29	11 am – 12 pm	Class and Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings	October 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. Zumba focused on balance, movement, posture, toning, and cardio. Yoga focused on the five elements of Ayurvedic medicine. Based on Hindu philosophy, Ayurveda is known as the “Science of Life.” Classes emphasized 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.  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 to make positive behavioral changes, including exercising and adopting a more nutritious diet.
Kick Start Your Health I October 5, 12, 19, 26	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol	This month’s class topic was cancer and focused on cancer terminology and how to reduce risk through nutrition. 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.

Health and Nutrition online webinars and hybrid classes October 6, 13, 20, 27	1 pm - 3 pm	Weight, BP, BMI, %BF, Glucose, and Cholesterol screenings	Class topics were 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 demonstrating plant-based meals to improve prediabetes and diabetes outcomes. Cooking demonstrations and recipes, including smoothies, were shared. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.
Kick Start Your Health II online webinars: Diabetes October 6, 13, 20, 27	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.

### CDMP CLASS ATTENDANCE, OCTOBER 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)	Oct 5 <sup>th</sup> & 7 <sup>th</sup>	Oct 12 <sup>th</sup> & 14 <sup>th</sup>	Oct 19 <sup>th</sup> & 21 <sup>st</sup>	Oct 26 <sup>th</sup> & 28 <sup>th</sup>	Oct 5 <sup>th</sup>	Oct ober 12	Oct ober 19	Oct ober 26	Oct ober 6	Oct 13 <sup>th</sup>	Oct 17 <sup>th</sup> & 20 <sup>th</sup>	Oct 27 <sup>th</sup>	Oct 31 <sup>st</sup>	Oct 6 <sup>th</sup>	Oct 13 <sup>th</sup>	Oct ober 20	Oct ober 27
Class Size	25	23	25	17	12	17	20	16	16	38	25	13	12	16	13	14	16
<b>TOTAL</b>	<b>90</b>					<b>65</b>				<b>104</b>				<b>59</b>			
<b>Avg.</b>	<b>23</b>					<b>16</b>				<b>21</b>				<b>5</b>			
<b>Natl. Avg.</b>	(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)			

### CDMP CLASS ATTENDANCE BY SEX, OCTOBER 2022

Participants	Health and Fitness: Zumba/YOGA	KSYH I (Diabetes)	Health and Nutrition: Vegan	KSYH II (Diabetes-related)	Total
<i>Male</i>	5	1	5	3	<b>14</b>
<i>Female</i>	85	64	99	56	<b>304</b>
<i>Total</i>	90	65	104	59	<b>318</b>
<i>% African American</i>	100%	95%	95%	95%	

**2. Diabetes Prevention Program (DPP)**

In October, the DPP class, still in a maintenance phase, met on Tuesdays, October 11<sup>th</sup> and 25<sup>th</sup>, from 6:00 pm - 7:00 pm. AAHP’s clinical director led the bi-weekly presentations. On both occasions, a special guest presenter educated participants on Carb Counting and Nutrition Fit for Exercise.

DPP participants remained highly engaged as AAHP staff called participants at the end of each week to check their progress and record their weight and activity minutes in the DPP Lifestyle Coach’s Log. Thanks to these diligent efforts, the retention rate remained high at 95%. Nine participants have reversed prediabetes but continue to participate in the maintenance sessions.

The DPP participant attendance for October is presented in the table below.

**DPP ATTENDANCE, OCTOBER 2022**

<b>Participants</b>	<b>October 11</b>	<b>October 25</b>	<b>Total</b>
Male	2	2	<b>4</b>
Female	12	12	<b>24</b>
Total	14	15	<b>29</b>
% African American	100%	100%	<b>100%</b>

**3. Remote Patient Monitoring Program (RPM)**

This month, CDMP continued to monitor clients’ biometric values and provide information about AAHP classes and events. One client who dropped out of the program in September returned in October because their efforts to independently monitor their weight and blood pressure were unsatisfactory.

**RPM DAYS OF ACTIVE PARTICIPATION, OCTOBER 2022**

<b>Number of Active Days</b>	<b>0 days</b>	<b>One day</b>	<b>2- 10 days</b>	<b>Up to 10 days</b>	<b>16–27 days</b>
<b>Number of Participants</b>	0	0	6	1	9

**Cohort Average Biometrics in October 2022**

<b>180.4lbs.</b>	.5% Decrease in Weight
<b>281.2lbs.</b>	.25% Decrease in Weight
<b>128.2mmHg</b>	.23% Decrease in Systolic BP
<b>71.1 mmHg</b>	4.4% Increase in Diastolic BP

**4. Weight Management Program**

The Weight Management Program (WMP) hosted two AAHP walks in October. The first walk was On Saturday, October 8, at the Lakeside Trail in Rockville. The group walked three miles. The second walk was held on Saturday, October 22, at the Wheaton Regional Park. Twenty people walked the trail for 2.5-miles to Martin Luther King

Park. Each walk lasted approximately one hour in two groups of slow and medium-pace walkers. These walks and other community events serve to recruit new enrollees into the program. In October, the program enrolled three recruits. The total enrollment in October was 47. The table below shows the breakdown.

**WMP ENROLLMENT, OCTOBER 2022**

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
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

**REPORTED WEIGHT GAIN/LOSS, OCTOBER 2022**

	Weight Loss		Weight Gain	
	Male	Female	Male	Female
0 lb.	1	4		
2 lbs.		4		2
3 lbs.	1	3		
4 lbs.	1	3	4	
5 lbs.		2		
6 lbs.		1		

47 total members (2 new, no data yet), four unreported (2 unreported for two months)

**C. HIV and Community Outreach:**

AAHP’s first culturally specific and linguistically tailored Ethiopian/Eritrean event occurred on Saturday, October 29, at the White Oak Recreation Center. The event was a resounding success. Attendees consisted of individuals, families, or groups of friends who began lining up half an hour before the scheduled start time and continued arriving steadily throughout the day until 3:00 pm. This incredible turnout allowed AAHP to perform 42 biometric screenings, including blood pressure, blood glucose, A1c, and cholesterol; five HIV tests; and 10-15 mental health screenings. Individuals with elevated values were referred to an internist from Black Physicians and Healthcare Network in attendance. He

also provided private medical consultations. Many lacked insurance and had not seen a healthcare provider in years.

The event featured a well-known community member and founder of Lemon Slice Café, who presented a healthy food segment consisting of food demonstrations, nutrition education, and food tastings of three delicious meals and a refreshing beverage. During each food preparation, she carefully demonstrated easy-to-prepare nutritious meals such as bean salad, avocado toast, fish tacos, salad dressings, and ginger and turmeric lemonade, all made with native Ethiopian ingredients. The segment was widely loved and appreciated, and the enthusiastic guests left well-equipped to recreate these healthy meals with everyday cultural ingredients for their family and friends and use the insights to be more mindful of their family’s nutritional needs.

Pictures from the event can be found here:

<https://photos.app.goo.gl/aX5bcGyY4j7mQVDy9>

Other community events also took place in October, most notably, the blood drive at Mt. Calvary Baptist Church and the Men’s and Women Shelters, where staff provided health screenings.

At these various events, a total of one hundred and four (104) giveaway bags and literature were distributed on Diabetes, heart disease, stroke, mental health, dental health, weight management, HIV, pregnancy, youth sexual health, cancer, cholesterol, mammograms, and fitness. One hundred-eight 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. The table below presents the number of screening tests performed.

**SCREENING TESTS PERFORMED, OCTOBER 2022**

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
Women Shelter- CB	10/ 21	25	22	16	3	18	5	7	4
Men Shelter	10/ 27	35	31	19	7	15	3	10	8
Office	10/ 28	4	4	4	2	3	0	4	3
Ethiopian Health Event	10/ 29	44	5	40	4	36	7	27	23

In October, sixty-two (62) HIV tests were done, yielding the following results:

**HIV TESTING REPORT, OCTOBER 2022**

Black/African American				
	Age Group	<b>Male</b>	<b>Female</b>	
	1947 -1969	13	7	
	1970 -1989	9	11	
	1990+	7	5	
Total		<b>29</b>	<b>23</b>	<b>52</b>
All Others				
		<b>Male</b>	<b>Female</b>	
	1947 -1969	2	2	
	1970 -1989	3	1	
	1990+	2	0	
Total		7	3	<b>10</b>
<b>GRAND TOTAL</b>				<b>62</b>

### C. Social Work

In October, Social Work accompanied the community health workers at health screenings conducted during community events, churches, shelters, and senior communities, and online. The mental health screenings conducted by the social worker are a critical component of the general health screenings and underscore the connection between mental health and physical health. In October, **110** mental health screenings were completed. This month's innovation was to offer a more comprehensive selection of screenings on different disorders to participants in the community. For example, the social worker would ask, "Would you mind taking a mental health screening for depression?" Surprisingly, individuals were receptive to taking the screenings proposed. The well-being screening is widespread, offers questions, and provides insight into all disorders. The social worker continues to offer the "Check-in on Current Life Situation Screening" to elderly residents with vision issues or those resistant to taking screenings on the tablet. Individuals in the community continue to resist screening for mental health issues due to the stigma attached to mental illness.

Two graduate students from Morgan State University School of Social Work have been interning with the social worker. They have participated in AAHP classes and other activities such as the WMP walks, screening events, Mommy Chat, and presentations by external guests. They also have received training on how to collect bio-metric measures and SONAR. The interns came to understand AAHP's programming by participating in events, which enabled them to assist in responding to the social needs of SMILE clients. Their assistance has freed the social worker to devote more time working with clients suffering from mental health issues. One intern introduced nurses to a website called DC Health Matters Connection, which can help nurses immediately find client resources.

On October 26<sup>th</sup> and 28<sup>th</sup>, the social worker attended training sessions offered by Kaiser Permanente on their Charitable Health Access Program (CHAP). Last year, CHAP allotted 25 slots, with 23 of those slots having been renewed for the following calendar year. CHAP will attribute 25 additional slots for the upcoming year.

The social worker contacted the director of the Center for Immigrants regarding services that can benefit AAHP clients. On October 26, a French-speaking associate presented information regarding citizenship classes, English-speaking classes, school enrollment, immigrant counseling, free legal services, and other relevant services. The associate also answered SMILE clients' questions. There was a great deal of interest and high attendance at this presentation.

The social worker supported SMILE mothers therapeutically, provided clients with resources, and assisted the SMILE nurses. The social worker assisted SMILE nurses during the childbirth and breastfeeding classes on the 17<sup>th</sup> and 18<sup>th</sup> and supported the weekly breastfeeding support group on Tuesdays. This month, the social worker intervened with the client threatening suicide. This client has a history of trauma and low self-esteem. After assessing the client's safety, the social worker came to her home, talked with the client for three hours, and eventually stabilized her. After the client had calmed down, the social worker linked the client to therapy. The social worker checked on the client daily, and she appeared to be doing well. The client met with the therapist and indicated that the therapy was helpful and she was looking forward to future sessions.

In October, the following screenings were completed.

**MENTAL HEALTH SCREENINGS, OCTOBER 2022**

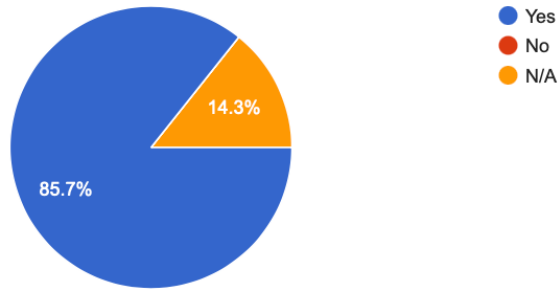
Categories of Tests	Number
Wellbeing Screening	53
Wide Screen	14
CD-GAD Generalized Anxiety	12
Hands -Depression	8
Gambling	6
Bipolar	5
PTSD	5
Audit Alcohol	3
Opioid Misuse	3
Eating Disorder	1

**III. ADMINISTRATION**

AAHP has intensified its efforts on systematically evaluating all program activities, beginning with the evaluation of the hybrid educational sessions on childbirth and breastfeeding, which occurred on October 17<sup>th</sup> and 18<sup>th</sup>. After the session, a survey was distributed to capture participant feedback. The survey results are below.

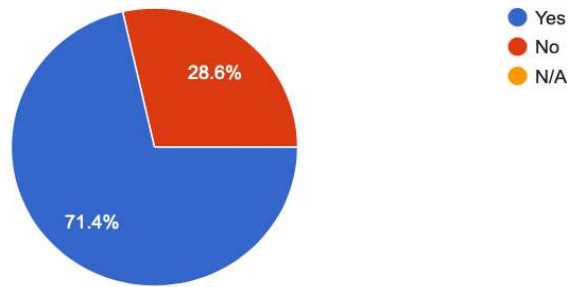
Did you benefit from attending the class?

7 responses



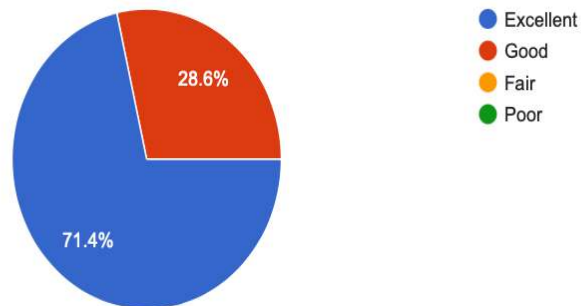
Do you plan on making any changes due to the information you received?

7 responses



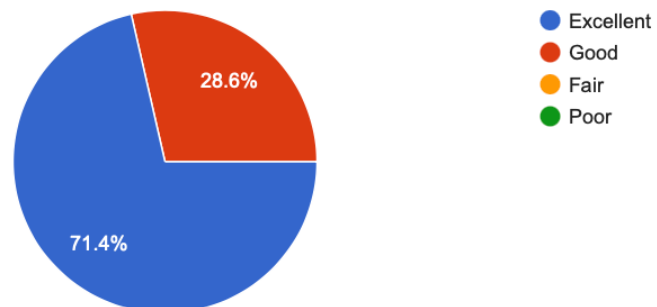
How would you rate the African American Health Program staff during this event?

7 responses



How would you rate the quality of information that you received?

7 responses





AAHP staff also prepared evaluation questions for CDMP class attendees. After a participant leaves a class, a survey will pop up, asking them to complete six brief questions. These questions will assess progress and generate data on AAHP's effectiveness in the community. These quantitative measures will supplement the other qualitative surveys of AAHP's impact given by clients.

*CDMP evaluation questions:*

1. Did you benefit from attending the class? (Yes/No)
2. Do you plan on using the health information you received? (Yes/No)
3. How would you rate the African American Health Program staff during this event?  
(Excellent/Good/Fair/Poor)
4. How would you rate the quality of health information that you received?  
(Excellent/Good/Fair/Poor)
5. How would you rate the topic that was covered during this class?  
(Excellent/Good/Fair/Poor)
6. Please provide any additional comments. (Open response)

## APPENDIX A – Media Report

AAHP Health Notes - Distributed: October 19, 2022, at 4:45 pm

	September	October
General List Recipients:	7,436	7405
Successful deliveries:	6,841	6795
Open rate:	26%	29%
Click rate	.1%	.1%

October’s Health Notes, titled “Off-the-Charts Health Smarts,” was distributed on Wednesday, October 19, at 4:45 pm. Two important observances were featured: Breast Cancer Awareness Month and, for the first time, Domestic Violence Awareness Month. The first article, “Winning Against Breast Cancer,” highlighted an exceptional member of AAHP’s staff, a breast cancer survivor making tremendous strides in her community and through her work with AAHP. The article expressed pride in her recognition as Survivor of the Year by the Susan G. Komen Foundation. The following article focused on Domestic Violence Awareness Month, discussed the impact and prevalence of domestic violence among Black/African American women, and shared information about the “Walk in their Shoes” exhibit, which displays pairs of shoes alongside the stories of domestic violence survivors living in Montgomery County. “Three Big Health Myths” corrects common health myths related to the diet/exercise connection, skin cancer, and mental illness. The Health Hint reminded readers to remain vigilant of viruses and bacteria and to wash their hands often during the upcoming winter months. The Featured Video was a “Listen to Black Women” episode of Madame Noire about preventing and combatting domestic violence. The featured recipe was broccoli rabe with kalamata olives.

October’s Health Notes made modest improvements compared to last month’s edition. Notably, the subscriber list is undergoing maintenance to remove bouncing email addresses to reduce the bounce rate. This resulted in a lower subscriber list. However, of the 6,795 people who received October 2022 Health Notes, 1,970 people opened the newsletter, which is 136 more people than last month and represents an open rate of 29%, higher than last month’s open rate of 26%. October’s click rate of .1% was the same as 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 46, and there were seven total unsubscribers.

### Facebook

AAHP’s Facebook page’s performance slightly decreased in October. However, many new followers were added, bringing the new total to 787. The number of shares increased while most other critical metrics showed decreases. The most popular posts included an advertisement for the Health and Nutrition class and a photo of AAHP staff at the “More than Pink” Walk.

#### Facebook Metrics – October 2022

	Followers	Posts	Likes/Love	Comments	Shares
Total	787	12	21	0	5

Change from last month	+11	-3	-8	-0	+2
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### Twitter

AAHP's Twitter performance in October increased for all metrics except for the number of tweet impressions. One new follower was added. The top tweet was an advertisement for the Health and Nutrition class.

#### Twitter Metrics – October 2022

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	<b>456</b>	1	11	246	4	456	1	4
Change from last month		+1	+5	+44	+1	-734	same	+3

### Instagram

AAHP's Instagram performance in October showed modest improvements in all metrics. The average number of post likes per post was higher than in previous months. Two Instagram stories were added to increase engagement, which increased reactions. No new followers were added.

#### Instagram Metrics – October 2022

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	<b>282</b>	11	2	56	2	356
Change from last month	+0	+5		+20	-1	+115

## APPENDIX B – October 2022 Health Notes



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



This Breast Cancer Awareness Month, AAHP is proud to announce several accomplishments and events marking AAHP's triumphs in the battle against breast cancer and breast cancer disparities.

AAHP's nurse case manager, Serena Holtz has spent her life fighting for the well-being of others, and her legacy continues to grow. On Saturday, September 18th, Ms. Holtz was honored as "Survivor of the Year" at the Susan G. Komen "More than Pink" Walk at Freedom Plaza in DC. Donning a crown and sash, she told her inspiring story of treatment and survival before a crowd of thousands. Several AAHP staff attended and supported in person and in spirit for this momentous occasion. Ms. Holtz also hosted the Livin' the Pink Life, Pink Gala event on Saturday, October 15th at Leisure World in Silver Spring. This year's theme was "It Takes a Village" and honored the special supporters who have helped make life easier for those fighting breast cancer. AAHP is extremely proud of Ms. Holtz and the contributions she has made to improving the health of Black/African Americans in Montgomery County.

Nationwide and in Montgomery County, breast cancer remains a top cancer killer among women, with death rates for breast cancer 40% higher in Black/African American women than in White women. Early detection is the key to making strides to eliminate this disparity. Make this the month that every woman over forty in your life makes an appointment to have a mammogram.

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

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In October, the [Montgomery County Domestic Violence Coordinating Council](#) launched the "Walk in Their Shoes" campaign in observance of Domestic Violence Awareness Month. The campaign featured displays of pairs of shoes accompanied by the stories of domestic violence survivors who live in Montgomery County. Intended to highlight the prevalence of domestic violence, guide viewers on how to help a loved one experiencing domestic violence and provide access to free local resources available for victims of abuse, the displays can be seen at the Montgomery County Public Libraries, Montgomery County Recreation Centers, police stations and other sites across the County.

According to the National Coalition Against Domestic Violence, in 2019, Black/African American women accounted for 14% of the U.S. female population, but 28% of the females killed by males in single victim/single offender incidents where the race of the victim was known. The problem is further worsened by many Black/African American women not reporting incidents of violence because they do not want their partners and loved ones involved with the criminal justice system.

If you or someone you know is experiencing domestic violence, contact the National Domestic Violence Hotline by calling 1-800-799-SAFE (7233), visiting [www.thehotline.org](http://www.thehotline.org) or texting LOVEIS to 22522.

Source: [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov)

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In the Age of Information, health myths persist. It can be hard to know what's true and what's false, especially when the internet is full of conflicting claims and opinions. That's why AAHP is here to bust some common health myths. Such as:

**MYTH:** Exercise can make up for an unhealthy diet.

**FACT:** Physical fitness is extremely important, but an unhealthy diet can limit the benefits of exercise. Nutrients from food help your body create new cells as old ones are being replaced; if you're not getting enough of these nutrients, your body won't be able to build or repair itself as efficiently. As a result, regular physical activity won't have as big an impact on your health and longevity.

**MYTH:** Black people don't get skin cancer.

**FACT:** While it's true that Blacks/African Americans are diagnosed with skin cancer at lower rates than Whites, Blacks/African Americans do get skin cancer and have a much lower five-year survival rate. According to [a 2019 study](#) published by the Centers for Disease Control, from 2001 through 2014, the relative 5-year melanoma survival rate among non-Hispanic Black populations was 66.2%, compared with 90.1% for non-Hispanic White populations.

**MYTH:** People with mental illnesses can "snap out of it" on their own if they are strong enough or tried hard enough.

**FACT:** Mental illness is complex, and many people suffering from mental illness need professional help to overcome or manage their mental health. Seeking professional help for mental illness takes a great deal of strength.

Sources:

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

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

[www.healthline.com](http://www.healthline.com)

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

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## Health Hint

Winter is coming, and it will be here for a while. While cold weather may seem like the cause of cold and flu, these sicknesses are caused by contact with viruses. During colder months, people spend a lot more time indoors, where viruses can spread more easily. So, it's important to wash your hands frequently especially in the colder months.

Source: [www.heart.org](http://www.heart.org)

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## Featured Video

MadameNoire presents this episode of "Listen to Black Women" on preventing and combating domestic violence in the Black/African American Community:



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## Featured Recipe: Broccoli Rabe with Kalamata Olives



### Ingredients

- ½ cup pitted Kalamata olives, drained, rinsed, and halved lengthwise
- ½ teaspoon crushed fennel seeds
- 3 tablespoons extra-virgin olive oil
- 1 ½ pound broccoli rabe
- 4 cloves garlic, peeled
- ¼ teaspoon fine sea salt
- ¼ teaspoon red pepper flakes

### Instructions

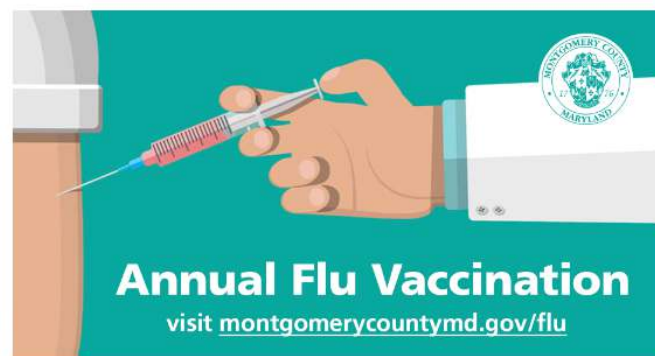
1. Marinate the olives with the fennel and 1 tablespoon of the oil. Set aside.
2. Trim the base of the broccoli rabe from the stems and outer leaves. Using a paring knife, scrape the tough, stringy layer from the bottom inch or two of the stems.
3. Lightly crush the garlic and heat with the remaining olive oil in a large casserole or sauté pan with a lid over medium heat until the garlic is browned.
4. Add the broccoli and salt and turn to coat. Add ½ cup water, cover, and cook until the stalks are tender, 5 to 6 minutes, turning from time to time.
5. Transfer to a serving platter and scatter the olives across the broccoli. Sprinkle the red pepper flakes on top.

*Nutrition Information: calories: 150; fat: 10g; sodium: 440mg; carbohydrate: 25g; protein: 0g*

Source: [www.oldwayspt.org/recipes/broccoli-rabe-kalamata-olives](http://www.oldwayspt.org/recipes/broccoli-rabe-kalamata-olives)

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You are encouraged to get or start your getting an annual flu shot. Click on link below to learn where you can get the flu shot in Montgomery County.



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African American Health Program  
(240) 777-1833 | [www.aahpmontgomerycounty.org](http://www.aahpmontgomerycounty.org)



The African American Health Program is funded and administered by the Montgomery County Department of Health and Human Services and implemented by McFarland & Associates, Inc.

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