



AAHP staff at Ethiopian Day Festival held on September 4 at Veterans Plaza in Silver Spring

AAHP MONTHLY REPORT
September 2022



African American
Health Program



I. INTRODUCTION

September ended the first quarter of the FY23 contract year for the African American Health Program (AAHP). It was an intensely productive and busy month focused on community outreach, education, information dissemination, and health screenings. The staff kicked off September by participating in the Annual Ethiopian Day Festival held on September 4 at Veterans Plaza in Silver Spring. This event attracted hundreds of young and mature adults who received health information or were screened for chronic health conditions. It is important to note that immigrants from Ethiopia and Eritrea (Habesha) represent the largest single ethnic group from Africa in Montgomery County. Silver Spring also has the largest concentration of Ethiopian businesses in Maryland.

AAHP began expanding services in Silver Spring and Takoma Park communities with health promotion and wellness services to engage more Habesha residents in health promotion and wellness prevention programs and services. Although AAHP has previously collaborated with Ethiopian community organizations, in September, activities were undertaken to enhance collaboration and community engagement targeting this segment of the Black community in Montgomery County. On October 29, 2022, AAHP will conduct a special health promotion and wellness event at the White Oak Recreation Center that acknowledges the importance of culturally and linguistically appropriate services to address the health needs of the Habesha community. Over the coming months, a community health worker who joined the AAHP prevention team in July will lead a broader strategic plan to address specific health-related priorities established jointly with community leaders within the Habesha community. We expect this event to inform better future efforts that emphasize community diversity and inclusion.

In September, AAHP directed outreach activities such as education and information campaigns and screenings for chronic health conditions to faith-based institutions. On September 10, AAHP staff worked closely with the membership of Mount Jezreel Baptist Church to conduct a day-long health information dissemination and health screenings event. Of particular note was the participation of the Mammovan DC, which provided mammogram screenings to community participants. In addition, staff screened for blood pressure, glucose, and cholesterol. Also, on September 10, AAHP staff joined Sharp Street United Methodist Church in celebrating 200 years of serving the community as the oldest Black/African American church in Montgomery County.

On September 17, the AAHP staff supported the Executive Committee in planning and executing its long-anticipated strategic planning retreat. The purpose of the retreat was to welcome new committee members, initiate them in advocacy work, and guide them on how to promote the growth and development of the African American Health Program in its mission to reduce health disparities. This event brought together the leadership of the Montgomery County Council, the Department of Health and Human Services, the Executive Committee, and the AAHP contract staff, who participated in this day of dialogue on reducing health disparities between Black/African American County residents and other County residents.

On September 17, AAHP staff joined the community and the Lauren Tatum Foundation, and the family of Lauren Tatum, AAHP's former receptionist, to celebrate Ms. Tatum's life and to

emphasize the importance of cancer prevention. Due to Ms. Tatum's young age and her untimely death from colon cancer, this was a particularly poignant event. Colon cancer is the second leading cause of cancer-related deaths among people of African descent, and Ms. Tatum's family is committed to reminding everyone of cancer prevention education.

In September, the African American Health Program (AAHP) continued an aggressive program of building and strengthening collaborations with other service providers in the County. Montgomery County has enormous resources that all too often operate in silos. A significant objective in the first quarter of this fiscal year involved engaging relevant health and social service organizations to increase the benefits available to AAHP's clients through closer collaboration. In September, Takoma East Silver Spring (TESS) Community Action Center staff met with the AAHP staff to share information about available services such as food, health, childcare, and emergency support. As a follow-up to an initial meeting, the staff organized a two-day training for staff and SMILE mothers on September 21st and 22nd to better acquaint SMILE mothers with the range of services offered by TESS.

II. AAHP PROGRAM ACTIVITIES

A. The SMILE Program

In September, AAHP's staff continued to provide maternal and child infant education and services to prenatal and postpartum mothers and their families. The SMILE caseload included 115 mothers and 81 infants. Of the 115 mothers, 30 were prenatal cases, and 85 were postpartum. During September, the SMILE program enrolled ten new pregnant women and discharged ten infants who turned one year old. Five additional prenatal cases were discharged, and two enrollees moved out of Montgomery County. Three cases were unavailable for follow-ups despite persistent efforts for two months by the nurses to contact them by phone, text, and email. The program's standard protocol requires a program discharge after repeated failures to reach a client. The discharge goes into effect if there is no response after two certified letters are mailed, the first is to notify them of an impending discharge, and the second is to inform them of the actual discharge.

Eleven infants were born into the program in September, 10 of whom were born healthy and at term. One infant was born premature but at an average weight to a mom of advanced maternal age who was induced shy of 37 weeks. After giving birth, some mothers lose their health insurance while pregnant through the Montgomery Maternity Partnership Program. Five such cases continued from August. To support the mothers, newborns, and their families, the nurses and the social worker worked diligently to identify other insurance options to replace the terminated coverage. Throughout September, the staff arranged for the pickup or delivery of infant car seats, cribs, and other items.

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 73 % at twelve months (*Figure 1*).

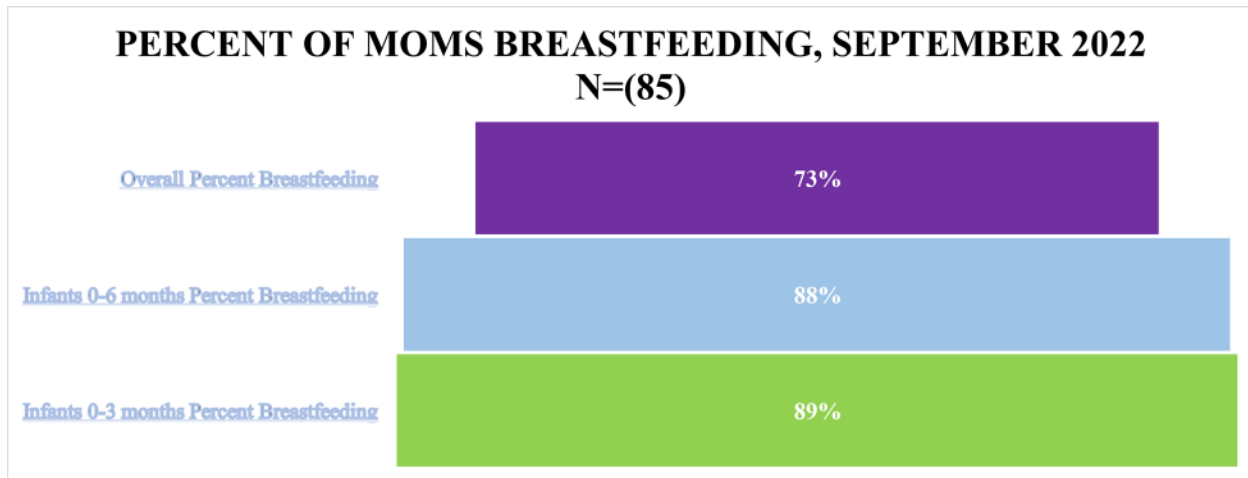


Figure 1: Breastfeeding Rates

Out of concern for the inherent risks of maternal morbidity and mortality during the postpartum period, all SMILE mothers are 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 routinely 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 September.

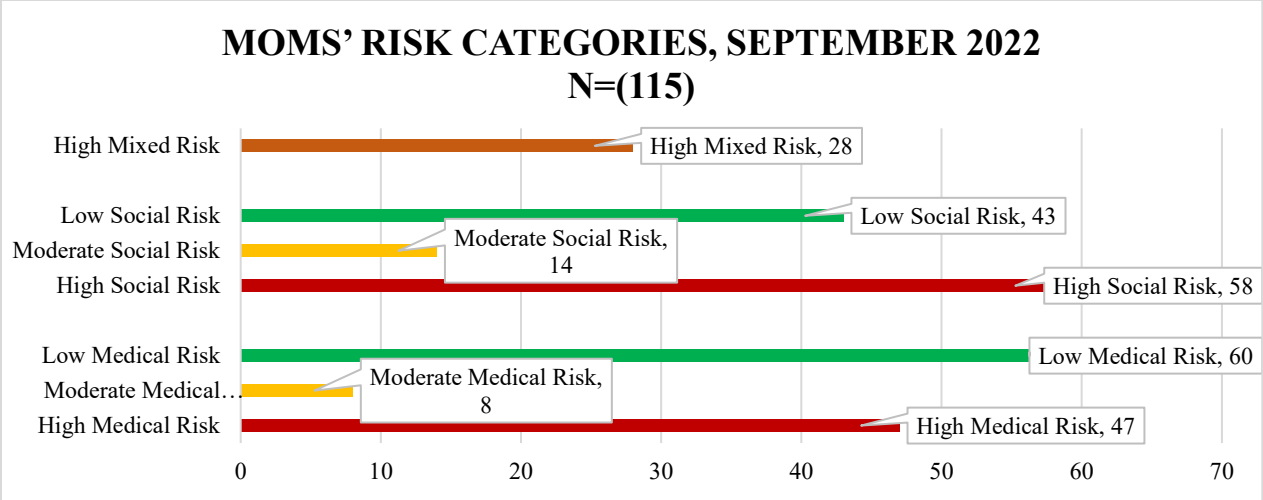


Figure 2: Risk Profile

In September, 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. Mommy Chat is another therapeutic forum AAHP staff provided to allow moms to exchange experiences and learn from each other.

In September, the ethnic profile of mothers participating in the SMILE program was 56% African, 36 % Black American, and 8% Caribbean. In the first quarter of the new fiscal year, the number of mothers of Caribbean descent doubled and accounted for the highest percentage ever recorded. (Figure 3).

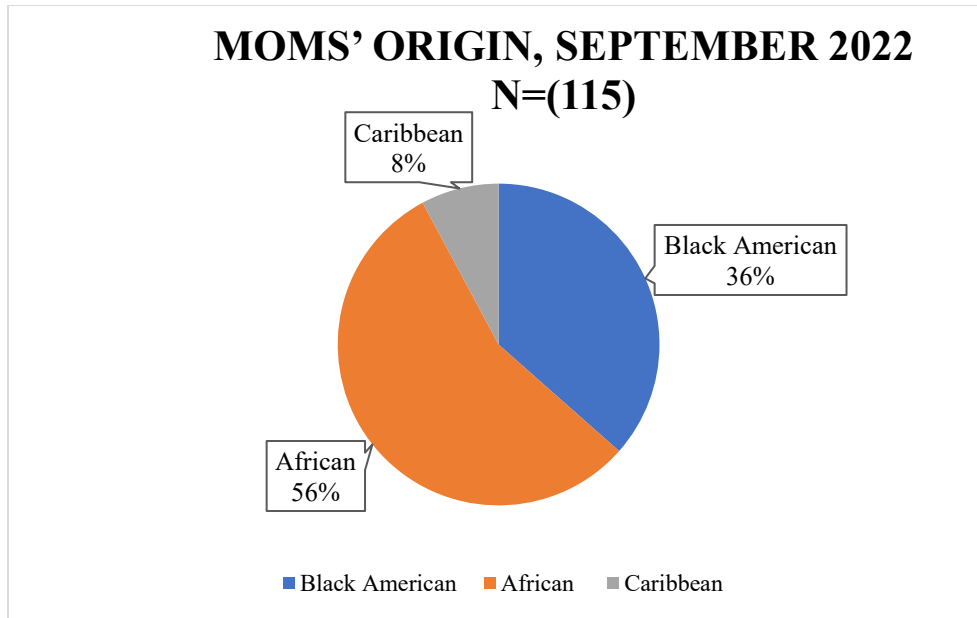


Figure 3: Ethnic Profile

Teamwork and collaborative planning are essential for effectively managing and supervising cases. To effectively manage all cases, 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 rolling three-month data from July 2022 through September 2022, compared to the program performance in the calendar year 2020.

PROFILES/SERVICES	*Monthly Average Calendar Year 2020	July 2022	August 2022	September 2022	Comments About September
A) Currently Active Moms	83	112	117	115	
Prenatal (still pregnant)	24	42	31	30	
Postpartum (Moms who have delivered)	58	70	86	85	
B) All infants	58	77	89	81	
Single Births	55	67	77	69	
Multiples	2	10	12	12	
Case Load (A+B)	140	189	206	196	
MOM'S ETHNICITY					
African American Clients	31	46	38	42	

African Clients	49	63	76	64	
Caribbean Clients	2	3	3	9	
REFERRALS					
HHS Prenatal Referrals Received	4	1	1	1	
Referrals from Other Sources	4	9	7	11	
Total Prenatal Referrals	8	10	8	12	
NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	7	10	9	12	
Infants Newly Enrolled during the month	5	7	10	10	
Newly Enrolled Post-Partum Moms			0	0	
All New Enrollments for the month	12	17	19	22	
DISCHARGES					
Prenatal Discharges	1	0	0	5	(2) moved out of County. (3) LTF
Infant Discharges	5	1	2	10	
Total Discharges	6	1	2	15	
DELIVERIES					
Term Deliveries	5	6	10	10	
Preterm Deliveries	1	1	0	1	Induced at 36 weeks for AMA
Total Deliveries	6	7	10	11	Nearly double the reference value
BIRTH OUTCOMES					
% 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 (Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
SERVICES					
Total Home Visits	17	0	0	0	
Telephonic Consultations	144	189	246	237	
Community Referrals Made	26	15	16	38	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	76%	67%	89%	

Breastfeeding 0-6 months		60 %	70 %	88%	
Breastfeeding 0-12 months	73%	56%	57%	73%	
INSURANCE					
Clients with Private Insurance**	23	27	30	37	
Clients with Medicaid Insurance**	60	80	82	70	
Clients without Insurance	n/a	0	5	5	Postpartum termination of Maternity Partnership

*Averages are rounded up to the next integer
** A client may have multiple insurance
Increase above reference year
Level with reference year
The decrease from the reference year
Untoward Outcome
Desired Outcome

B. Chronic Disease Management and Prevention (CDMP) Programs

1. September 2022 Health Champion

This month's Health Champion is Ms. K.A., an older African American woman who has had diabetes and hypertension for over ten years. She came to CDMP to learn how to manage her disease better and prevent complications. After her initial screening and assessment, she needed to overcome barriers to care. She found the support she needed through the various services offered by CDMP, including yoga, diabetes self-management and education classes, exercise, and continuous monitoring through remote patient monitoring. In addition, she modified her diet to avoid meat and dairy. She embraced all of CDMP's offerings and persevered. Ms. K.A. successfully managed her diabetes and reduced her blood pressure numbers, bringing her A1c from above 9% down to less than 7%. Her primary care physician has gradually decreased the dosages of her medications. During a class in September, Ms. K.A. proudly announced that her primary care provider had taken her off medications. She feels good, has energy, and is happy. Ms. K.A. credits the CDMP for providing her with "an education and support network to change her life completely and save it." Ms. K.A. has also been very active in promoting AAHP as an excellent ambassador for the program. She is the September 2022 Health Champion. AAHP congratulates Ms. K.A. and wishes her continued success!!

2. CDMP Virtual Health Education Webinars

September's health education classes focused on type 2 diabetes. On September 8, the staff conducted one hybrid event at Leisure World in addition to the seven regular

weekly classes via virtual webinars consisting of evidenced-based curriculum content. Classes were designed to support participants in adopting a healthier lifestyle to prevent or delay and manage diabetes.

During September, the Health and Nutrition/Food for Life Classes featured diabetes-related content with special topics selected for each class. Class instructors included videos, class discussions, quizzes, handouts, and food preparation and cooking demonstrations. Below are the topics covered:

- September 1 - How Foods Fight Diabetes
- September 8 - Understanding Type 2 Diabetes
- September 8 - Healthy Aging – Kickstart Your Health
- September 12 - Power Foods for the Brain
- September 15 - Designing a Diet for Maximum Weight Control
- September 22 - Glycemic Index, Diabetes Care from Head-to-Toe
- September 26 - Digestive Health, Health BP
- September 29 - Kickstart Your Health: Let's Go, Diabetes: Making it Work for You

The Kick Start Your Health (KSYH) I and II classes presented evidence-based education to help participants better understand diabetes, its complications, management, and prevention. Yoga and Zumba classes provided up to 30-45 minutes of physical activity each week during the month. The Diabetes Prevention Program (DPP) held two virtual sessions. The number of reversals of prediabetes increased to five in September.

The October AAHP CDMP classes will focus on cancer.

The table below presents a description of the following:

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

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness class YOGA: Wednesdays 9/7, 9/14, 9/21, 9/28	10 am – 11 am	Class and Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings	September's classes included guided virtual yoga and Zumba exercises led by trained exercise professionals and AAHP staff. • Zumba class content: emphasized balance, movement, posture, toning, and cardio.

<p>ZUMBA: Fridays</p> <p>9/2, 9/9, 9/16, 9/23, 9/30</p>	<p>10 am – 11 am</p>		<ul style="list-style-type: none"> • Yoga class content focused on: purposeful movement and stretching. <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 understood how adopting exercise and good nutrition improves health.</p>
<p>Kick Start Your Health I (Diabetes)</p> <p>September Wednesdays</p> <p>9/7, 9/14, 9/21, 9/28</p>	<p>6 pm – 7 pm</p>	<p>Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol</p>	<p>September's classes emphasized understanding diabetes, its terminology, and practical strategies for reducing its risk with nutrition. Participants were encouraged to share 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>September Thursdays</p> <p>9/1, 9/8, 9/15, 9/22, 9/29</p>	<p>1pm - 3pm</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 of chronic conditions. AAHP's Food for Life Instructor demonstrated how a plant-based diet and healthy cooking reduces the risk of prediabetes and diabetes complications. She also emphasized food that supports the fight against allergies. Cooking demonstrations and recipes, including smoothies, were shared.</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.
Kick Start Your Health II: Diabetes Thursdays, 9/1, 9/8, 9/15, 9/22, 9/29	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	September's class was diabetes and discussed obesity, fitness, nutrition, and insulin therapy. Class content explained foods with low and high glycemic indexes. Participants continued to maintain or improve HEDIS measures and make positive behavioral changes by eating more nutritious foods and exercising at least 30 minutes daily.

CDMP Monthly Average Virtual Webinar Attendance for September 2022Participants	Health and Fitness: Zumba/YOGA	KSYH I (Diabetes)	Health and Nutrition: Vegan	KSYH I (Diabetes-related)	Total
<i>Male</i>	6	2	6	0	14
<i>Female</i>	95	63	113	65	336
<i>Total</i>	101	65	119	65	350

3. National Diabetes Prevention Program (NDPP)

NDPP is in its maintenance phase. Thus, only two classes were held in September. The first session was devoted to "Calories Count." The second session underscored the importance of exercise and demonstrated how exercise could also be fun through the line dance called "the Wobble." The attendance data is presented below.

Participants	9/13	7/27	Total
<i>Male</i>	2	3	5
<i>Female</i>	7	12	19
<i>Total</i>	9	15	26
<i>% African American</i>	100%	100%	

4. Remote Patient Monitoring Program (RPM)

In September, AAHP's Remote Patient Monitoring Program (RPMP) included 16 participants with stable metrics. Adherence to the program requirement of a minimum of 16 daily measurements during the month was 89%.

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

5. dMeetings

The creator of dMeetings notified AAHP in September that he could no longer support the platform. Consequently, AAHP has placed this online educational program on hold until an acceptable replacement is found.

6. Weight Management Program (WMP)

On Saturday, September 10, 2022, the WMP organized a three-mile walk at North Four Corners Local Park at 315 University Boulevard in Silver Spring. Twelve people participated.

On Saturday, September 24, 2022, the WMP hosted a 2.5-mile walk from Pilgrim Hill Park to Martin Luther King Park, located at 1615 E Randolph Road in Silver Spring. Twenty people participated.

Both events lasted approximately one hour and a half, with time allotted for a warm-up and cool-down stretching exercise. Accommodations were made for participants to walk at a slow or moderate pace according to their capacity. These exercise events allowed participants to enroll in other CDMP programs and activities.

Finally, the Weight Management Program hosted an end-of-the-summer brunch to celebrate participants' hard work and achievement. The celebration also included a slideshow of upcoming walks and a video presentation of the fitness instructors for the indoor wintertime period.

In September, the program enrolled five new enrollees (four women and one man). Two people were recruited from the existing CDMP participants pool, one came from an outreach event, and one SMILE, mom, joined with her husband. Unfortunately, there was one attrition, a male participant who had been inactive and unresponsive for more than two months. The total enrollment of WMP members for the month currently stands at 45.

WMP Enrollment

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
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

The outcomes of the program are shown in the table below. Overall, the group lost a total of 67 pounds while also registering a gain of 16 pounds. Of the 45 members, 10 maintained weight, and four did not report.

Reported Weight Gain/Loss in September

	Weight Loss		Group Total Loss	Weight Gain		Group Total Gain	Maintained	
	Male	Female		Male	Female		Female	Male
0 lb.							10	
1 lb.	3	3	6					
2 lbs.	1	7	16	1	1	4		
3 lbs.	1	6	21		1	3		
4 lbs.	1		4		1	4		
5 lbs.		4	20		1	5		
			67			16		

7. Community Outreach and Health Screenings

The CDMP team conducted extensive community activities throughout Montgomery County during September. Some are listed below:

- 9/1 – Takoma Park East Silver Spring Community Action Center
- 9/10 - Mt. Jezreel Baptist Church -Community Day
- 9/10 - Sharp Street Methodist Church Health Fair
- 9/12 -Leisure World hybrid health screening event
- 9/14 - Nebel Street Men's Shelter
- 9/21 - Wheaton Woods Elementary School
- 9/24 - Lauren Tatum's' Wellness Party
- 9/24 - Executive Committee's Retreat
- 9/29 - Gilchrist Center
- 9/30 - Mt. Calvary Blood Drive
- Home Visitations to persons with HIV
- Biweekly Progress Place screening event

Kings and Priest Church
 East County Fair at White Oak

Several health screenings and touches resulted from these efforts. A total of 97 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 tables below illustrate the outcomes of these activities:

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	9/7	15	11	10	3	9	6	None	None
Kings & Priest	9/18	35	24	21	8	15	7	7	None
Women Shelter-CB	9/21	17	9	13	4	10	5	None	None
Men Shelter	9/28	26	16	16	5	11	8	None	None
Office	9/28 & 29	4	2	4	2	3	1	2	3

In addition, 63 HIV tests were conducted that yielded negative results.

Ethnicity	Number
African American Male	33
African American Female	12
Caucasian Male	5
Caucasian Female	4
Hispanic/Latino Male	4
Hispanic/ Latino Female	5
Total	63

HIV TESTING REPORT SEPTEMBER 2022

African-American				
	Age Group	Male	Female	
	1947 -1969	14	4	
	1970 -1989	11	3	
	1990+	10	2	

Total		35	10	45
All Others				
		Male	Female	
	1947 -1969	3	4	
	1970 -1989	2	3	
	1990+	4	2	
Total		9	9	18
GRAND TOTAL				63

8. Social Work

In September, AAHP's social worker completed screenings at events in the community, churches, shelters, senior communities, schools, and online. The social worker accompanied the community health workers at these events, and mental health screenings were included in the screening process. In September, **88** mental health screenings were completed by County residents. The social worker attended an activity at one of the local elementary schools but could not complete screenings because the attendants were Spanish speakers and indicated that they could not understand or answer the questions on the tablet. This month, Social Work accepted 2 MSW (Master of Social Work) student interns who completed the training needed to administer mental health screenings. The addition of the MSW students is expected to expand the capacity of AAHP to reach more County residents in the coming months.

In September, AAHP's social worker re-enrolled 24 out of the 25 enrollees of the 2021 Charitable Health Access Program through Kaiser Permanente. Only two of the 25 enrollees could independently complete their paperwork; most enrollees came to the office and completed paperwork with the assistance of the social worker. One prior enrollee from last year moved out of state and is no longer eligible for the insurance. Kaiser will hold a training for the new enrollment on October 11th and 14th. On October 30, Community Partners will be notified of the number of slots they will receive.

AAHP's Social Worker organized AAHP staff training on September 11th and 12th with the TESS organization. The training allowed staff to learn about programs such as SNAP, Child Care Subsidy, Temporary Cash Assistance, Housing, and other programs the Montgomery County Government offers. The TESS representative from Montgomery County presented the information and provided a booklet of resources and slides from the presentation.

AAHP's social worker continues to look for and discover new ways to engage mothers in group discussions and dialogue through Mommy Chat, a bi-weekly support group for SMILE mothers. September's Mommy Chat hosted the TESS staff on September 14 to educate and inform mothers about the program. More than 30 mothers participated in the group. On September 28, the Montgomery Wellness Hub presented information on Perinatal Depression, and 15 mothers reported that they were suffering from this condition. The social worker encouraged clients to pursue and attend therapy

and assisted them in accessing essential services provided by the County. There are several "high social risk" clients in the program, and often, stressors involve partner abandonment, domestic violence, immigration status, financial issues, and frustrations in obtaining Montgomery County services. The social worker continues to work with nurses to identify high-risk cases and assist in relieving conditions affecting their mental health.

In September, as mentioned above, 88 mental health screenings were completed at sites around the County. During virtual events, the screenings were administered using computer tablets and internet access on the AAHP website. Also, mental assessment screenings were conducted at homeless shelters, community events, churches, senior housing, and virtual presentations.

In September, the following screenings were completed:

Categories	Number
Wellbeing Screening	46
Wide Screen	14
Gambling	6
CD-GAD Generalized Anxiety	5
Hands -Depression	5
Bipolar	5
Audit Alcohol	2
Eating Disorder	2
Opioid Misuse	2

The screenings assess for depression, eating disorders, psychosis, anxiety, suicide, bipolar disorder, and opiate and alcohol addictions. The screenings are anonymous. The assessment process allows individuals to take a self-inventory of their current status and make a better-informed decision about reaching out for help. The system identifies local resources for those needing treatment and therapy. Stigmas about mental health continue to be a significant challenge. Therefore, AAHP's social worker emphasizes that mental health contributes to good physical health, and it is important to assess one's mental and physical health.

III. Administration

During the previous quarter of the last fiscal year, the African American Health Program began investigating innovative strategies to increase participation in all classes offered by AAHP. During September, the staff began compiling results on text messaging as an outreach and reminder strategy to recruit and retain more participants in events organized by the African-American Health Program.

Sonar, the texting platform, is still being used to increase participation in the Kick Start Your Health classes, engagement, and encounters. In the initial use of the "Sonar" texting platform, the subscribers did not provide feedback, and the rate of change was not present. As the use continued of Sonar, the subscriber's feedback improved. Kick Start Your Health acquired new

registrants from the "Campaigns." The campaigns allowed the subscribers to receive visuals of upcoming calendars and topics. This feature sparked interest and retained the attention of potential participants. As a result, there was a 20% increase in the Kick Start Your Health 1 class and a 17% increase in the Kick Start Your Health 2 class. The number of registered individuals increased in both classes by nearly double. In terms of registration, there was a 76% increase in registration. Below is the data breakdown of attendance and registration for the Wednesday and Thursday classes of Kick Start Your Health.

Kick Start Your Health 1: Wednesday class

3-month average attendance pre-Sonar (April, May, June)	15 participants per class
Average attendance post-Sonar (July - Present)	18 participants per class
Percent Change in attendance from pre-Sonar to post-Sonar	20% increase in class participants after Sonar implementation
Number of new clients who registered in 3 months prior to Sonar	25 additional
Number of new clients who registered from July to present	44 additional
Percent Change in registration post-Sonar	76% increase in class registration

Kick Start Your Health 2: Education on Chronic Disease Thursday's class

3-month average attendance pre-Sonar (April, May, June)	18 participants per class
Average attendance post-Sonar (July - Present)	21 participants per class
Percent Change in attendance from pre-Sonar to post-Sonar	17% increase in class participants after Sonar implementation
Number of new clients who registered in 3 months prior to Sonar	25 additional

Number of new clients who registered from July to present	44 additional
Percent Change in registration post-Sonar	76% increase in class registration

APPENDIX A – Media Report

AAHP Health Notes - Distributed: September 22, 2022 at 6:30pm

Campaign Metrics

	August	September
General List Recipients:	7,470	7,436
Successful deliveries:	6,881	6,841
Open rate:	27.6%	26%
Click rate	.5%	.1%

AAHP's September 2022 Health Notes entitled "Empowering the Youth" was sent on Wednesday, September 24. The feature article "Healthy Families, Healthy Kids" focused on the role families play in shaping the health behaviors of children and the health behaviors they will have throughout their lives. The article referenced Childhood Obesity Month and advised readers on how parents and caregivers can guide the children in their care to prevent obesity. In observance of STI Awareness Month, the following article answers questions about STIs that some people may feel uncomfortable asking, such as "Can I take an STI test during my period?" The third article discussed health and self-esteem, explained how the two are related and offered tips on how parents and caregivers can build the children's self-esteem in their care. The Health Hint discussed gummy vitamins and their lack of effectiveness compared to traditional vitamins, based on research. In the Featured Video, Senior Clinical Psychologist Dr. Jamie Howard talked about the negative impacts of social media on today's youth and what parents can do to mitigate it. The featured recipe was vegan potato cakes with rice.

Due to a mishap, September's Health Notes were delivered twice; these metrics represent an average of the two metrics. Of the 6,841 people who received September 2022 Health Notes, 1,834 people opened the newsletter, which is 63 fewer people than last month and represents an open rate of 26%, slightly lower than last month's open rate of 27.6%. September's click rate of .1% was lower 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 40, and there were 29 total unsubscribers.

Facebook

AAHP's Facebook page's performance decreased in September, but many new followers were added, bringing the new total to 776. The number of comments increased while all other critical metrics showed decreases.

Facebook Metrics – September 2022

	Followers	Posts	Likes/Love	Comments	Shares
Total	776	15	13	3	3
Change from last month	+10	-11	-14	+3	-5

Twitter

AAHP's Twitter performance in September decreased with all metrics due to a lower volume of posts. No new followers were added. The top tweet was dedicated to Black Breastfeeding Week and expressed the benefits of breastfeeding.

Twitter Metrics – September 2022

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	442	0	6	202	3	1,190	1	1
Change from last month		-5	-9	-453	-13	-1,747	-12	-17

Instagram

AAHP's Instagram performance in September showed decreases in all metrics due to reduced content. The average number of post likes per post was higher than in other months. Five new followers were added.

Instagram Metrics – September 2022

	Followers	Posts	Post Likes	LinkedIn bio clicks	Impressions
Total	282	6	36	1	241
Change from last month	+5	-10	-20	-2	-449

APPENDIX B – September 2022 Health Notes



www.aahpmontgomerycounty.org



Families play a large and dynamic role in shaping the health behaviors of children and the health behaviors they will have throughout their lives. When children and adolescents live with parents, caregivers, or older family members who practice good health behaviors, they are more likely to develop the same positive habits for themselves. These are important points to consider this Childhood Obesity Month, which is observed every September.

While setting a good example is instrumental in influencing youth towards positive health behaviors, encouraging good eating habits through words and actions, and providing opportunities for movement and exercise are also critical. Reduce your and your family's risk for obesity and chronic disease by increasing the fruits and vegetables consumed in your home. You can start by filling half your plate with fruits and vegetables and doing the same for children. Eating together as a family is a great way to reinforce healthy habits. Research shows that children who eat at least three family meals together per week are 24% more likely to be eating healthy foods than children in families with less shared meals. Children who ate with their families were also less likely to be overweight. Exercising together, such as taking a walk, playing a sport, or riding bikes together before or after a meal can help children get into the habit of being active. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food, such as seeing commercials for fast food. Instruct children not to use electronics while they eat their meals to ward against mindless eating.

According to the [U.S. Centers for Disease Control and Prevention](https://www.cdc.gov/disease/), more than a third of children and teens are now overweight or obese. Without intervention, this childhood obesity epidemic can lead to higher rates of chronic disease and higher healthcare costs when these children become adults. Let's do what we can now so that the next generation can have a healthier future.

Source:

[American Psychological Association](https://www.americanpsychological.org/)
www.mayoclinichealthsystem.org
www.cdc.gov/healthyschools/obesity



It's Sexual Health Awareness Month, so below find answers to questions you might be afraid to ask out loud:

1. Do condoms protect against all STIs?

Condoms have been proven to prevent most STIs including chlamydia and gonorrhea. However, they are not equally effective against all STIs, as skin-to-skin contact can transmit some viral STIs like herpes, genital warts, and syphilis. That's why it's important to get tested regularly—even if you always use condoms.

2. Can I take an STI test during my menstrual period?

According to Planned Parenthood, yes, you can get tested for STIs during your period, even on your heaviest days. Your period should not influence outcomes. However, some at-home tests recommend waiting a few days after your period to test for certain infections, so be sure to read the instructions.

3. Can you get an STI from oral sex?

Oral sex is often considered a safer choice to vaginal intercourse and other forms of penetrative sex. However, while it is safer in terms of preventing unplanned pregnancy, it only reduces and does not eliminate the risks from STIs that can be spread from skin-to-skin contact, as well as STIs like chlamydia and gonorrhea.

4. Why do they call HIV and AIDS two different names when they are the same thing?

HIV (human immunodeficiency virus) is the virus that causes AIDS (acquired immune deficiency syndrome). A person can be infected with HIV for many years without having AIDS. To be diagnosed with AIDS, a person must have a variety of symptoms, infections, and specific test results.

5. Is bacterial vaginosis an STD?

Bacterial vaginosis (BV) is a condition that occurs when there is an imbalance of "good" and "harmful" bacteria in a vagina. BV is not technically an STD, but it commonly occurs in women who are sexually active and rarely affects those who have never had sex. Douching, not using condoms, and having new or multiple sex partners can upset the normal balance of vaginal bacteria, increasing the risk for BV.

Sources:

www.getthefacts.health.wa.gov.au

www.cdc.gov/std/bv/stdfact-bacterial-vaginosis

www.plannedparenthood.org

Health & Self-Esteem



From the way we think and feel to how we determine our worth, self-esteem influences nearly every aspect of life. Low self-esteem can lead to destructive behaviors and can contribute to a variety of mental health problems, including anxiety and depression. It also causes people to avoid healthy behaviors such as learning new things, socializing, getting exercise or seeking medical care.

It's especially important to focus on building your self-esteem when you're not where you want to be with your health. Having a chronic disease, obesity, mental illness, or any other health condition can certainly take a toll on your confidence so be on guard for negative self-talk. Forgive yourself for making mistakes, give yourself credit for accomplishments big and small, and use hopeful statements or affirmations to re-energize your hope for the future you want.

Your child's self-esteem plays a crucial role in how they handle setbacks, peer pressure, and other challenges throughout life. Parents and caregivers can help boost a child's self-esteem by acknowledging them and their opinions, offering them opportunities to participate in activities that interest them, and giving them the freedom to make their own decisions when they have proven trustworthiness. Don't react to them only when they make mistakes; praise them for good work and positive actions as well.

Sources:

www.healthline.com

The Mayo Clinic

www.kidshealth.org

Health Hint

Although gummy vitamins may be marketed as a tasty alternative to traditional pills and tablets, they're not the best option. Firstly, gummy vitamins often are weaker than traditional vitamins because their shelf-life is shorter and their strength wears off faster. Furthermore, gummy vitamins are more likely to damage teeth because gummy particles can get stuck to teeth, causing decay. They also contain sugar, which also leads to tooth decay. If your child consumes gummy vitamins, be sure that they brush their teeth after taking them.

Sources:

The Cleveland Clinic

www.columbiamd.dentist

Featured Video

Senior Clinical Psychologist Dr. Jamie Howard joins CBS News to talk about the negative impacts of social media on today's youth and what parents can do to mitigate it:



Featured Recipe: Vegan Potato Cakes With Rice



Ingredients

- 1 lb. (450g) potatoes russets, peeled
- ½ cup (100g) uncooked rice
- 4 teaspoons vegetable oil divided
- 2 small yellow onions diced
- 2 carrots peeled and grated
- 5 tablespoons fresh parsley leaves chopped
- Salt to taste

Instructions

1. Add the potatoes to a saucepan, cover with water and bring to a boil. When the water starts boiling, salt the water and cook the potatoes until they are fork tender. Remove from heat, drain, and mash.
2. Cook the rice following the package instructions.
3. In a pan, heat 2 teaspoons of oil and sauté onions and carrots until they're soft.
4. In a bowl combine the mashed potatoes with the cooked rice, sauteed carrots and onions, parsley, and season with salt to taste. Divide the mixture into 14-16 portions and shape balls then flatten into cakes using your hands.
5. Fry in the remaining heated vegetable oil over medium-high heat until the cakes are golden and crispy for 3-4 minutes (the mixture will be very soft so be careful not

Nutrition Information:

Calories: 54 kcal, Carbohydrates: 10g, Protein: 1g, Sodium: 9mg, Potassium: 187mg, Fiber: 1g, Vitamin A: 1375IU, Vitamin C: 6.6mg, Calcium: 18mg, Iron: 1.2mg

Source: <https://littlesunnykitchen.com/potato-cakes>

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