



AAHP staff leading & attending a health screenings training

**AAHP MONTHLY REPORT**  
**March 2023**



## **I. INTRODUCTION**

March concluded the third quarter in the seventh year of the African American Health Program implemented by McFarland & Associates, Inc. March's schedule of programs and activities focused on recruitment, hiring, onboarding, and the training of new staff to support the expansion and range of services the African American Health Program (AAHP) provides to Black/African American residents of Montgomery County towards reducing health disparities. In March, the program recruited a new data coordinator to replace the former administrative assistant/data coordinator, who initially began working with the program as a volunteer and, within a short time, moved into a full-time position as a community health worker and worked with the program continuously for more than three while earning a Master's degree in health informatics from Tufts University.

AAHP also recruited two full-time nurses who joined the SMILE program as nurse case managers. Their work will focus on expanding the recruitment of new mothers into the program and increasing the overall caseload of both prenatal and postnatal mothers enrolled in the SMILE program. In response to the significant negative impact of the COVID-19 pandemic on the County's Black/African American population over the past three years, a new mental health specialist was also recruited, thanks to the supplemental funding included in the FY 2023 budget reconciliation approved by the Montgomery County Council to augment and expand the program's emphasis on mental health services. This new position emphasizes the whole person and the intersection between physical and mental health. Additionally, AAHP recruited a new cancer prevention coordinator to further strengthen the program's emphasis on reducing the prevalence and incidence of cancers among Black residents of the County. In April, this new cancer prevention coordinator will develop a comprehensive program to reduce the incidence of lung, breast, prostate, colorectal, and other cancers that cause the greatest disparities in morbidity and mortality among Black/African American County residents. AAHP also recruited a new full-time staff member.

In March, AAHP received a great number of internship applications from young people searching for a culturally relevant internship experience. This demand reflects the scarcity of culturally competent health professionals to mentor these students destined to become the workforce of tomorrow. The new applicants included two physicians completing the requirements for Master's degrees in public health at George Washington University and two Master's-level students from Morgan State University. Student interns play an essential role in supporting programs and services aimed at bringing a sharper focus to mental health services and assessing the needs of Black/African American residents of the County. AAHP also continued providing educational and supervisory support to graduate and undergraduate students from the University of Maryland School of Public Health and eight undergraduate nursing students from the School of Nursing. A significant part of the student's involvement with AAHP allows them to gain first-hand experience in conducting both virtual and in-home visits with pregnant mothers while also learning skills in communication and improving their technical knowledge about health conditions and biomarkers for maternal and child health and development. The students also offer recommendations and suggestions for improving program services.

In March, the African American Health Program began developing plans to strengthen and enhance staff personnel performance and accountability. Also, AAHP's Oracle database management information system was modified to expand its capacity to capture social work notes for inclusion in case management services. During the third quarter of 2023, plans have begun to enable features of McFarland's ADP electronic timecard system to integrate employee performance ratings into decisions about employee appraisals and compensation.

## **II. PROGRAM ACTIVITIES**

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

In March, the SMILE staff recorded an increase in the enrollment of pregnant teens. In response to this recent development, the SMILE nurses met with school health officials at Kennedy, Gaithersburg, and Northwood high schools to discuss how the SMILE program could better serve teen girls who are now mothers or may become pregnant. Teen pregnancies are often at high risk for preterm labor and low birth weight due to delayed prenatal care, stress, and poor nutrition. Black/African American mothers face many race-related medical and social risks and being a Black/African American teen mother heightens these risks. In March, the staff researched Montgomery County Schools to identify priority target outreach activities. The SMILE nurse also attended the Interagency Coalition on Adolescent Pregnancy (ICAP) meeting, where teen pregnancy cases were discussed along with available resources. During the meeting, the nurse shared information about the SMILE program and met representatives from many local schools. In April, SMILE nurses will arrange a follow-up meeting to discuss the program and develop an ongoing working relationship.

While engaging with SMILE mothers, the staff observed a need for family and partner support during pregnancy that continued after delivery. To address this need, another program initiative was started in March to promote stronger supportive relationships between SMILE moms and their partners. Some mothers noted that their partners are either unaware of their needs during pregnancy or do not know how to be supportive during labor and how to care for a newborn. In response, student interns designed educational sessions covering issues such as bathing, diaper changes, feeding, safe sleep, and bonding with the newborn. In March, the SMILE team and interns collected and organized a wide range of scholarly articles written in French to better serve the moms whose first language is French. Also, in close collaboration with the SMILE nurses, student interns developed brochures and social media posts to increase awareness of and enrollment in the SMILE program. March's interventions also included Mommy Chat, which connected mothers in groups for advice, peer support, and information sharing. Interactive conversations with mothers included topics such as adapting to motherhood, childcare, parenting, diet, and nutrition, work-life balance, health, lifestyle changes, infant feeding, and infant and parent sleep.

In March, the SMILE team continued to educate mothers about the many benefits of breastfeeding by coordinating discussions about breastfeeding positions, how emotions are affected by breastfeeding, and ways to overcome breastfeeding complications.

The table below presents a statistical and comparative overview of program performance reported during March and the preceding months. The data show consistent increases in

mothers actively enrolled in the SMILE program and a slight increase in prenatal enrollments. All infants born in March were born at a healthy weight. Also, the number of in-home visits increased each month. The SMILE staff looks forward to learning more about how the Maryland State Healthy Baby Equity Act can reduce maternal and infant mortality for Black/African American mothers in Montgomery County in April.

<b>PROFILES/SERVICES</b>	<b>*Monthly Average Calendar Year 2021</b>	<b>January 2023</b>	<b>February 2023</b>	<b>March 2023</b>	<b>Comments About March</b>
<b><i>A) Currently Active Moms</i></b>	<b>94</b>	<b>107</b>	<b>108</b>	<b>110</b>	
Prenatal (still pregnant)	<b>29</b>	<b>23</b>	<b>27</b>	<b>31</b>	
Postpartum (Moms who have delivered)	<b>65</b>	<b>84</b>	<b>81</b>	<b>79</b>	
<b><i>B) All infants</i></b>	<b>66</b>	<b>86</b>	<b>82</b>	<b>82</b>	
Single Births	<b>62</b>	<b>82</b>	<b>80</b>	<b>80</b>	
Multiples	<b>4</b>	<b>4</b>	<b>2</b>	<b>2</b>	
<b>Case Load (A+B)</b>	<b>160</b>	<b>193</b>	<b>190</b>	<b>190</b>	
<b>MOM'S ETHNICITY</b>					
African American Clients	<b>37</b>	<b>38</b>	<b>38</b>	<b>36</b>	
African Clients	<b>55</b>	<b>56</b>	<b>58</b>	<b>62</b>	
Caribbean Clients	<b>2</b>	<b>12</b>	<b>12</b>	<b>12</b>	
<b>REFERRALS</b>					
HHS Prenatal Referrals Received	<b>3</b>	<b>7</b>	<b>6</b>	<b>8</b>	
Referrals from Other Sources	<b>4</b>	<b>19</b>	<b>18</b>	<b>20</b>	
<b>Total Prenatal Referrals</b>	<b>7</b>	<b>26</b>	<b>24</b>	<b>28</b>	
<b>NEW ENROLLMENTS</b>					
Prenatal Moms Newly Enrolled During the Month	<b>6</b>	<b>7</b>	<b>5</b>	<b>8</b>	
Infants Newly Enrolled during the month	<b>9</b>	<b>5</b>	<b>1</b>	<b>4</b>	
Newly Enrolled Postpartum Moms					
<b>All New Enrollments for the month</b>	<b>15</b>	<b>12</b>	<b>6</b>	<b>12</b>	
<b>DISCHARGES</b>					
Prenatal Discharges	<b>1</b>	<b>2</b>	<b>0</b>	<b>2</b>	Moved out of County
Infant Discharges	<b>7</b>	<b>7</b>	<b>8</b>	<b>8</b>	
<b>Total Discharges</b>	<b>8</b>	<b>9</b>	<b>8</b>	<b>10</b>	
<b>DELIVERIES</b>					
Term Deliveries	<b>5</b>	<b>5</b>	<b>1</b>	<b>4</b>	

Preterm Deliveries	1	0	0	0	
<b>Total Deliveries</b>	<b>6</b>	5	1	4	
<b>BIRTH OUTCOMES</b>					
% Healthy Birth Weight	<b>95%</b>	89%	100%	100%	
Number of Low Birth Weight	1	1	0	0	
Number of Very Low Birth Weight	0	0	0	0	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes (Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
<b>SERVICES</b>					
Total Home Visits	1	15	14	22	
Telephonic Consultations	181	261	184	218	
Community Referrals Made	24	46	34	38	
<b>BREASTFEEDING MOMS</b>					
Breastfeeding 0-3 months	92%	97%	93%	93%	
Breastfeeding 0-6 months		88%	89%	89%	
Breastfeeding 0-12 months	73%	84%	80%	80%	
<b>INSURANCE</b>					
Clients with Private Insurance**	23	28	28	28	
Clients with Medicaid Insurance**	60	78	79	79	
Clients without Insurance	n/a	1	1	1	Loss of Maternity Partnership Coverage

\*Averages are rounded up to the next integer

\*\* A client may have multiple Insurance

Increase above reference year

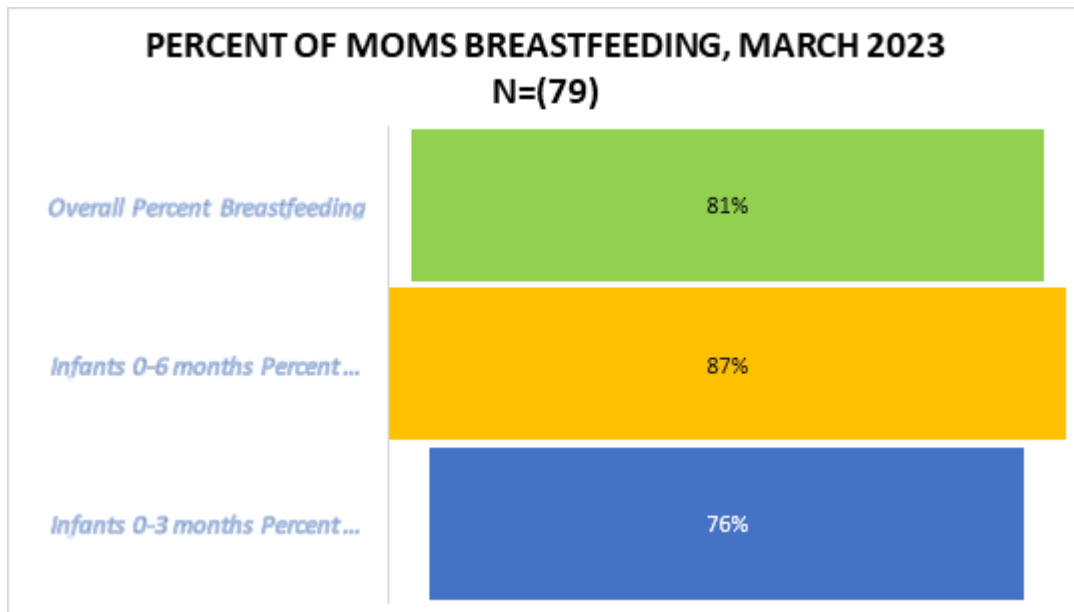
Level with reference year

The decrease from the reference year

Untoward Outcome

Desired Outcome

*Figure 2. Overview of breastfeeding prevalence among SMILE during March*



*Figure 2. Breastfeeding Rates*

## **B. Chronic Disease Management and Prevention (CDMP) Programs**

### **1. CDMP Classes**

In March, AAHP's CDMP team presented health information on topics most requested by participants over the preceding months. The Take Control of Your Health I classes offered on Wednesdays covered obesity, lymphedema, mental health, gastrointestinal disorders, and multiple sclerosis. Similarly, the Thursday Take Control of Your Health II classes discussed heart disease treatments, diabetes technology, blood diseases, sickle cell disease, and brain injury. Class content used scientific research and evidence-based findings to help participants improve their health or manage their chronic diseases. The presentations included didactic teaching and interactive discussions. Participants greatly appreciated the interaction and needed more interactive discussions about health topics.

Health and Nutrition classes were presented on Thursday afternoons and the evening of March 27<sup>th</sup>. Quizzes, recipes, and demonstrations of healthy cooking were arranged. The Health and Nutrition classes focused on many of the topics selected in March. Routinely, participants were encouraged to discuss their experiences using the new knowledge gained during the prior week and using new recipes. Six classes were held in March, including the projection of two momentous videos: "Supersize Me" and "Forks Over Knives." Classes taught during March were:

- March 2: Supersize Me
- March 9: Forks Over Knives

- March 16: Digestive Health
- March 23: Power Foods for the Brain
- March 27: An Introduction to How Foods Fight Diabetes
- March 30: Designing a Diet for Maximum Weight Control

**CDMP CLASS Activities**

<b>ACTIVITY</b>	<b>HOURS</b>	<b>DATA REQUESTED</b>	<b>TOPIC COVERED</b>
Health and Fitness online Webinar Yoga: March 1, 8, 15, 22 and 29  Zumba: March 3, 10, 17, 24 and 31	10 am – 11 am  11 am – 12 pm	height, weight, B.P., BMI, % B.F., glucose, cholesterol screenings	This class focused on online yoga and Zumba classes, guided by trained exercise professionals and AAHP staff. These classes could be joined virtually, and participants learned how fitness could prevent, manage, and reverse the risk of chronic diseases, such as hypertension and heart disease. Participants maintained or improved their HEDIS measures and made positive behavioral changes through diet and exercise.
Take Control of Your Health I: March 1, 8, 15, 22 and 29	6 pm – 7 pm	Class and height, weight, BP, BMI, % BF, cholesterol	March's class topics were obesity, lymphedema, mental health, GI disorders, and multiple sclerosis. Guest speakers led an in-depth discussion on these topics and how to prevent or manage them. They answered questions and provided advice on how to save money on medications. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes, including increased exercise and healthier eating.
Health and Nutrition VEGAN, Plant-Based March 2, 9, 16, 23, and 30 afternoons  March 27 - Evening	1 pm – 3 pm	weight, BP, BMI, % BF, glucose, and cholesterol screenings	Class topics focused on healthy eating choices and how food choices can reduce or increase the risk of chronic conditions. AAHP's Food for Life nutritionist/chef continued demonstrating plant-based diet/healthy cooking to the class. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.
Take Control of Your Health II:  March 2, 9, 16, 23 and 30	6 pm – 7 pm	weight, B.P., B.M.I. % B.F., cholesterol screenings	This month's class topics were heart disease treatments, diabetes technology, blood diseases, sickle cell disease, and brain injury. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.

**CDMP Virtual Webinar Attendance Metrics March 2023**

	Health and Fitness 11 am – 12 pm				TCYH I 6pm – 7:15pm				Health and Nutrition 1pm – 2:15pm				TCYH II 6pm – 7:15pm			
Date	3/01 & 3/03	3/08 & 3/10	3/15 & 3/17	3/22 & 3/24 & 3/31	3/01	3/08	3/15	3/22 & 3/29	3/02	3/09 & 3/13*	3/16 & 3/23	3/27 & 3/30	3/02	3/09	3/16	3/23 & 3/30
Class Size	23	27	29	34	25	23	24	46	23	16	42	41	21	27	19	42
TOTAL	113				118				122				109			
Avg.	28.25				29.5				30.5				27.25			
Natl. Avg.	4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)				4-6 (For classes that meet weekly)			

Participants	Health and Fitness: Zumba/YOGA	TCYH I	Health and Nutrition: Vegan	TCYH II	Total
Male	0	0	7	0	7
Female	113	118	115	109	455
Total	113	118	122	109	462
% African American					

**a. Health Champion**

*W.W. is the Health Champion for March. W.W. actively participated in AAHP programs, especially in the Take Control of Your Health classes. She has regularly attended most classes for the past three years and has consistently shared her comments, questions, and constructive feedback. More significantly, she willingly shared her experience of personal struggles and triumphs with chronic conditions. She has publicly credited AAHP for the triumphs. Her biomarkers have improved considerably over the three years to the point of normality. She has also encouraged her friends and family members to join AAHP's classes. AAHP is happy to recognize her as a true champion. She will receive a token of our appreciation.*

**b. CDMP Classes Evaluation**

In March, after each class, AAHP staff surveyed participants with five questions to measure their overall satisfaction with each class. The questions and responses are presented below:

Did you benefit from joining the class?	98% of survey respondents reported benefitting from the class (n=69)
---	--



Do you plan on using the health information that you received?	100% of survey respondents reported planning on using the health information that they received (n=57)
How would you rate the AAHP staff during this event?	<p>92% of survey respondents reported the AAHP staff as "excellent."</p> <p>8% of the survey respondents reported the AAHP staff as "good."</p> <p>0% of the survey respondents reported the AAHP staff as "fair."</p> <p>0% of the survey respondents reported the AAHP staff as "poor."</p> <p>(n=67)</p>
How would you rate the quality of health information that you received?	<p>93% of survey respondents reported the AAHP staff as "excellent."</p> <p>7% of the survey respondents reported the AAHP staff as "good."</p> <p>0% of the survey respondents reported the AAHP staff as "fair."</p> <p>0% of the survey respondents reported the AAHP staff as "poor."</p> <p>(n=62)</p>
How would you rate the topic that was covered during this class?	<p>88% of survey respondents reported the AAHP staff as "excellent."</p> <p>12% of the survey respondents reported the AAHP staff as "good."</p> <p>0% of the survey respondents reported the AAHP staff as "fair."</p> <p>0% of the survey respondents reported the AAHP staff as "poor."</p> <p>(n=61)</p>

**2. Diabetes Prevention Program**

The fourteen (14) members of DPP’s 2022 cohort concluded their year-long training on February 21, 2023, with a last post-core class. Ten participants reversed their prediabetes health status, which made everyone proud. Enrollees who did not reverse their status will have a chance to re-enroll in the 2023 cohort. A recruitment campaign is underway. Starting in March, the CDMP nurse manager began outreach to primary care physicians' offices around the County to recruit potential participants. A start day for the new cohort is anticipated in May.

**3. Remote Patient Monitoring**

Adherence to a minimum of 16 readings per month improved considerably from February to March; eight participants recorded biometric data between 16 and 27 days.

**Participants with Active Days on RPM**

Number of active days	0 Days	1-5 Days	6-10 Days	11-15 Days	16-27 Days
Number of participants	1	2	2	2	8

The health metrics of the group showed slight decreases in average weight for both men and women. Systolic and diastolic measures registered a slight increase.

Category	Health Metrics	Changes From Last Month
Women's Weight	189.66 lbs.	0.02% Decrease in Weight
Men's Weight	296.32 lbs.	0.36% Decrease in Weight
Systolic BP	135.84 mmHg	5.46% Increase in Systolic BP
Diastolic BP	70.46 mmHg	5.45% Increase in Diastolic BP

**4. Weight Management Program (WMP)**

The Weight Management Program (WMP) held two exercise events in March. On Saturday, March 4, 2023, the WMP hosted an indoor exercise fitness class for 20 participants. On Saturday, March 18, 2023, the WMP held an outdoor walk at Jessup Blair Park at 900 Jessup Blair Dr. in Silver Spring, MD. Seven participants walked for 2.8 miles. The low attendance was probably due to high winds and cold temperatures. Each exercise event lasted approximately one hour and a half, with allotted time for cooling down and stretching before and after. Accommodations were made to allow participants to exercise at their own pace and according to their physical ability.

During the month, the WMP enrolled three (3) new members, which brings the total current enrollment to 57 participants. The table below shows the progression of enrollment and membership over the past 12 months.

**WMP Enrollment**

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
April	35	0	1	36
May	36	0	1	37
June	37	0	1	38
July	38	1	2	39
August	39	0	2	41

September	41	1	5	45
October	45	1	3	47
November	47	2	0	45
December	45	0	0	45
January	45	0	5	50
February	50	2	6	54
March	54	0	3	57

### Reported Weight Gain/Loss

	Weight Loss		Weight Gain		Maintained		NO REPORT
	Male	Female	Male	Female	Female	Male	
0 lb.					8	1	
1 lb.		7		2			
2 lbs.	3	6					
3 lbs.		9		3			
4 lbs.			2	1			
5 lbs.	1						
6 lbs.		2					
8 lbs.				1			
10 lbs.							
<b>PARTICIPANTS</b>	4	24	2	7	8	1	9
<b>TOTAL WEIGHT</b>	11 lbs.	49 lbs.	8 lbs.	23 lbs.			

### C. Community Outreach

March was a busy month for conducting health screenings. AAHP conducted health screenings at three (3) homeless shelters and five (5) community events. Participants with high blood pressure and blood glucose readings were followed up. A total of ninety (90) bags of health information and promotional supplies were distributed, including condoms and literature on diabetes, heart disease, stroke, mental health, oral health, weight management, HIV, pregnancy, youth sexual health, cancer, cholesterol, aging, mammograms, and fitness.

AAHP staff participated in the Montgomery County HIV Testing, Linkage & Care Collaborative webinar that defined the new **Status Neutral** services landscape in Montgomery County. Clinicians and community-based testers can use the new Status

Neutral Referral Form, which is appropriate for anyone newly diagnosed or out-of-care with HIV or those who want PrEP or further HIV/STI testing through clinics.

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

**Community Outreach Screenings and HIV Testing**

Sites	Date	Number Screened/ Information Dissemination	HIV Negative	Normal Blood Pressure	Elevated Blood Pressure	Normal Blood sugar	Elevated Blood Sugar	A1C Normal	Total Cholesterol Normal
Progress Place	Mar. 1	24	20	12	3	13	8	2	3
Women Shelter	Mar. 9	18	18	14	4	15	3	3	5
Men Shelter	Mar. 29	32	18	15	8	19	7	5	9

A total of 84 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 for health education.

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

**HIV TESTING REPORT February 2023**

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

**D. Social Work and Mental Health**

In March, eighty-three (83) mental health screenings were conducted at the homeless shelters operated by the Montgomery County government. Locations included Crabb Branch Shelter, Nebel Street Shelter, and the Black Family Wellness Event. Participants were allowed to participate in screenings for depression, anxiety, psychosis disorders, and addictions. Most individuals selected the "Current Life Situation" and recorded results

indicated that most individuals were in good mental health and not at risk for mental illnesses, but the utilization report evidenced higher levels of distress. Stigma continues to exist among Blacks/African Americans, and some individuals will refuse to take these screenings for various reasons.

"Your Inner Self," a new discussion forum designed to allow people to talk about mental health safely, is in gestation and will launch on the third Wednesday of April.

### **III. ADMINISTRATION**

In March, the African American Health Program recruited new staff to fill positions approved by the Montgomery County Council in the fiscal year 2023. One position was vacated at the end of March. During March, members of the AAHP staff continued to work closely with the AAHP Executive Committee to plan for AAHP Community Day 2023 scheduled for May 20 at the Montgomery College, Germantown campus.

During March, the AAHP staff participated in training to transition from submitting paper records to electronic records for reporting HIV screening test results. The new system incorporates the use of computerized tablets to replace paper records. The new system is expected to enhance privacy, security, and data management.

During March, AAHP's social worker and the nurses worked with the Oracle database system consultant developer to record and report on notes included in the file by the social worker to make those notes available to the nursing staff for review and consultation. In addition, the nursing staff has begun transitioning case management information into NexGen, a more robust system for recording and accessing client data and information.

## APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, March 24, 4:50 pm

	February 2023	March 2023
General List Recipients:	6662	6639
Successful deliveries:	6632	6592
Open rate:	29%	27%
Click rate	.4%	.3%

AAHP’s March Health Notes was titled “Marching Towards Good Health” and was distributed on Wednesday, March 24. In observance of National Nutrition Month, the feature article "Why What You Eat Matters" emphasized the importance of healthy eating habits for preventing and managing diseases and conditions and provided tips for establishing lasting habits such as planning, snacking smart, and eating a variety of colorful foods. The following article highlighted the dangers of alcohol, including its classification as a Group 1 carcinogen, and recommended limiting consumption to avoid increased cancer risk, mental health issues, and other potential consequences. “A Healthy, Happy Gut” emphasized the importance of maintaining good gut health as it affects overall physical and mental health. The health hint informed readers that toothpaste with fluoride is more effective in promoting healthy teeth and gums as they actively prevent the formation of plaque and bacteria that can cause decay, making them a better choice than fluoride-free toothpaste. The featured video discussed the impact of hair products on Black/African American women. The featured recipe was vegan beet pesto pasta.

March's Health Notes continued to garner a high readership, although March's performance was slightly lower than February's. Of the 6,592 people who received March 2023 Health Notes, 1,778 people opened the newsletter, which is 147 fewer people than last month and represents an open rate of 27%, lower than last month's open rate of 39%. March's click rate of .3% was slightly lower than last month's, lower than AAHP's average click rate of 2%, and lower than the industry average of 4%. The number of successful deliveries decreased by 40, and there were four total unsubscribers, two more than last month.

### Facebook

Facebook metrics for March 2023 showed the number of followers was 802, which is a decrease of 4 from the previous month. The number of posts remained the same at 19. The number of likes/love decreased by 3, while the number of comments increased by 3. The number of shares decreased by 5. These metrics provide a snapshot of the engagement and reach of the Facebook page, indicating areas for improvement and growth.

#### Facebook Metrics – March 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	<b>802</b>	19	29	6	10

Change from last month	-4	same	-3	+3	-5
------------------------	----	------	----	----	----

## Twitter

Twitter's March metrics showed the number of followers for the account is 455, with 5 new followers and a decrease of 2 followers from the previous month. The account tweeted 17 times and received 151 profile visits. There were no mentions, but the tweets were seen by 767 people and received 9 retweets and 12 likes. Compared to the previous month, there was no change in the number of followers, but there was a decrease in the number of tweets, profile visits, mentions, and tweet impressions. However, there was an increase in retweets and likes.

### Twitter Metrics – March 2023

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	455	5 -2	17	151	0	767	9	12
Change from last month		same	-3	-110	-16	-306	+6	+6

## Instagram

In March 2023, the Instagram account had a total of 299 followers, with an increase of 1 from the previous month. The account posted 22 times and created 3 stories during the month, with an increase of 3 and 1 respectively from the previous month. However, the number of post likes decreased by 16 compared to the previous month. There was also a decrease of 1 in the number of LinkedIn bio clicks and a decrease of 285 in the number of impressions. Despite the decrease in several metrics, there was an increase in the number of retweets and likes during the month.

### Instagram Metrics – March 2023

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	299	22	3	45	1	712
Change from last month	+1	+3	+1	-16	-1	+285

**APPENDIX B – March 2023 Health Notes**





Eating healthy is a fundamental part of maintaining good health, yet many people make poor food choices. The convenience of unhealthy snacks and fast food, the lower cost of unhealthy foods compared to nutrient-rich foods, taste preferences, and lack of knowledge about proper nutrition all contribute to people choosing unhealthy food over healthy food, leading to adverse health outcomes. March is National Nutrition Month, a time to learn more about nutrition and create healthier relationships with the food we consume so we can enjoy better health.

Good nutrition helps to prevent and manage a wide range of diseases and conditions, such as obesity, diabetes, cardiovascular disease, stroke, cancer, and even mental health conditions. Good nutrition is vital for supporting the immune system and helps us prevent and recover from colds, the flu, and other infections. It can also improve our moods, energy levels, muscle strength and physical endurance. No matter your age, nourish your body with a healthy diet for optimal health and wellbeing.

Check out these tips to help you establish lasting habits that can lead to better health:

- **Plan ahead.** By planning and prepping your meals ahead of time, you can control portion sizes and have healthy food to eat on-the-go.
- **Snack smart.** Instead of giving in to cravings for unhealthy snacks like potato chips or packaged sweets, choose nutritious snack options like fresh fruit, trail mix, or air-popped popcorn.
- **Eat your colors.** Aim for colorful variety of foods when planning meals. Eating a rainbow of fruits and vegetables is the best way to ensure you get the vitamins, minerals, and nutrients your body needs.

Whether you're looking to lose weight or just enjoy a balanced diet, National Nutrition Month is the perfect opportunity to take steps towards making smarter food choices.

Sources:

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

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

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



Are you concerned about alcohol's potential to harm your health? It might be time for a reality check. Alcohol is classified as a Group 1 carcinogen, meaning it has been identified as a major cause of many types of cancer, including (female) breast, colorectal, esophageal, stomach, liver, and several other forms. It's best for your health to avoid alcohol entirely but if you choose to drink alcohol, the National Cancer Institute recommends limiting yourself to less than two drinks per day for adult males and one drink per day for adult females. While light or moderate drinking may not lead to increased cancer risk, heavy or binge drinking may result in higher rates of some cancers and may even contribute to more aggressive cancers.

In addition to the increased risk of cancer and other chronic illnesses, overindulgence in alcohol can lead to mental health issues such as depression, decreased cognitive abilities, and poor impulse control. Furthermore, alcohol remains a common factor in cases of domestic abuse and vehicle accidents.

March marks Alcohol Awareness Month, an opportunity to raise awareness about alcohol use and its potential consequences. Because alcohol has become an integral part of the social lives of so many, taking the time to understand how drinking affects our performance, emotions and decisions can help us establish positive habits that will benefit our health in the long run.

Sources:

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

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

[www.cancercontrol.cancer.gov](http://www.cancercontrol.cancer.gov)

---



The gut (gastrointestinal tract) is far more important than many people realize. Poor gut health is caused by an imbalance of gut bacteria which can cause digestive disorders like frequent diarrhea or constipation. Other common signs of poor gut health include abdominal pain, bloating, nausea, vomiting, indigestion, heartburn, fatigue, and weight loss. People with poor gut health often have weakened immune systems and are more prone to infections as well as inflammatory diseases like arthritis. Along with these physical symptoms, people may experience changes in mood such as anxiety or depression.

One way to improve your gut health is by reducing sugar intake. Sugar feeds the bad bacteria in the digestive tract which can lead to the unhealthy balance that causes inflammation and disease. Eating plenty of fiber-rich foods such as vegetables, fruits, and legumes will help ensure that your gut is kept in balance and your digestive system remains healthy. Regular exercise also contributes to improved gut health by increasing blood flow.

Nourishing and strengthening your body with good nutrition and regular exercise can help you prevent digestive discomfort and chronic conditions, enabling you to enjoy the benefits of a healthy and happy gut.

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

---

---

## Health Hint

Don't fear fluoride! Although fluoride-free toothpaste may be marketed as a natural alternative to regular toothpaste, toothpastes containing fluoride are more effective in promoting healthy teeth and gums. Fluoride helps strengthen your teeth and actively prevents the formation of plaque and bacteria that can cause decay.

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

---

## Featured Video

Zerlina Maxwell of MSNBC and Dr. Ebony Hilton discuss groundbreaking research that reveals Black/African American women are more vulnerable than their White counterparts to certain chemicals found in cosmetics and hair care items:



---

## Featured Recipe: Vegan Beet Pesto Pasta



### Ingredients:

- 1 pound regular or gluten-free spaghetti
- 2 cloves garlic
- 1/2 cup raw slivered almonds
- 2 large cooked and peeled red beets, coarsely chopped
- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- Kosher salt
- Minced fresh chives, for garnish

### Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente.
2. Meanwhile, place the garlic and almonds in the bowl of a food processor fitted with the blade attachment and pulse until the almonds are a fine meal and the garlic is minced. Add the beets, olive oil, and vinegar and pulse until you have a smooth pesto-like sauce. Season to taste with kosher salt.
3. When the pasta is ready, toss with the pesto and season to taste with kosher salt. Serve hot. (If you want to serve the pasta at room temperature or chilled, rinse the pasta with cold water before tossing with the pesto.)

Source: [www.thekitchn.com](http://www.thekitchn.com)

---

## **APPENDIX B**