



SMILE mom, baby and staff at the SMILE Graduation on Thursday, April 27, 2023

AAHP MONTHLY REPORT
April 2023



I. INTRODUCTION

April was an especially busy and productive month for the African American Health Program in delivering health promotion, prevention, and intervention services. April marks the beginning of the final quarter of the current 2023 fiscal year. During the month, attention was devoted to onboarding and training two newly recruited SMILE staff nurses and providing the necessary training required to gradually increase the number of mothers and family members in all phases of program operations and management. In this connection, new staff was introduced to and trained in the use of the African American Health Program's data collection and management systems. Also, the new staff was provided with computers, cell phones, and badges, and trained on how to use these systems in managing program operations and reporting procedures.

All of the new SMILE staff began accepting new referral cases and conducting virtual and in-home visits. The staff initiated enhanced recruitment efforts by targeting churches, OB/GYN offices, daycare centers, Holy Cross Hospital, and elementary and high schools to raise awareness about the SMILE program and encourage more case referrals. As a result of these efforts, AAHP anticipates receiving more referrals to the SMILE program as well as increased referrals to some of the other health promotion and wellness program services that address issues like diabetes, cancer, hypertension, obesity, HIV/AIDS/STIs, and homelessness that negatively impact health outcomes during pregnancy and after birth.

Also, AAHP was particularly proud to participate in Montgomery Council's Black Maternal Health Week and receive a special proclamation presented by a Montgomery County council member on April 11. At that event, the audience was able to view a video clip that showcased one of AAHP's case managers.

Collaborative efforts within the community remained pivotal in broadening the scope of services offered. Both graduate and undergraduate students from local and regional universities and schools of nursing and public health continued to deepen their knowledge and skills. Their mastery of social media has enabled them to develop effective and culturally competent community outreach strategies for mothers of color. Undergraduate student nurses continued to go on home visits with AAHP nurses and work side-by-side with our experienced professional nurses while developing communications and monitoring skills to promote healthy pregnancies.

In April, AAHP was pleased by the strong turnout at the AAHP graduation ceremony on April 27. The ceremony included 20 mothers and infants who had been enrolled in SMILE for nearly 2 years. To commemorate this event, a professional photographer and videographer captured the celebration of life and health one year after the birth of their babies.

AAHP regularly extend invitations to collaborating partners to showcase their services and products, providing our clients and staff with additional resources to enrich the range of services available to County residents, ultimately enhancing their well-being and fulfillment in life. In April, these partners included Work Source Montgomery, Interfaith Works, Montgomery County Child Subsidy Support Services, Montgomery County Infants and

Toddlers program, the Montgomery County Crisis Support Center, and Everymind, a leading mental health resource.

To address the devastating impact of cancer on the health and life expectancy of Black/African **American residents of Montgomery** County and the nation. We are pleased to have recruited a cancer prevention expert to guide efforts to raise awareness of cancer with a focus on the importance of prevention, early detection, and treatment. In April, the consultant began drafting a strategic plan focused on the prevention of breast cancer, colorectal cancer, prostate cancer, and other preventable cancers.

Over the last several months, the AAHP staff worked closely with the AAHP Executive Committee and the AAHP Collaboration Committee to plan for the upcoming AAHP Community Day 2023 event scheduled for May 20, 2023, at the Germantown campus of Montgomery College.

II. PROGRAM ACTIVITIES

A. The SMILE Program

In April, the SMILE program continued to record impressive numbers in the total number of mothers and infants enrolled. With the implementation of new and expanded initiatives aimed at boosting enrollment, AAHP expects a continued rise in the number of new enrollees over the upcoming months. Because the two new nurses recruited in April currently have smaller caseloads, they were also assigned to community outreach and recruitment activities. The overall strategy is to identify more Black/African American pregnant mothers during their first trimester of pregnancy. During April, the program recorded consistent increases in enrollment for each month over the last three months. It is important to note that the total caseload included two sets of twins born in April along with a slight increase in the number of mothers of Caribbean descent. There were nine new births in April and the staff conducted an all-time high of 227 home visits. The program continues to deploy efforts at increasing breastfeeding rates. Overall, 8 out of 10 mothers currently breastfeed and 86% of mothers who delivered in the last three months are breastfeeding. All infants born in April recorded a healthy weight and were delivered at full term.

The SMILE graduation on April 27 provided physical reminders and evidence of the Program's benefit in helping mothers, infants, and families get a healthy start in life. The graduation ceremony featured presentations, raffles, certificate distribution, and an art activity led by an instructor.

The first presenter was the founder of Fit Tribe Wellness who described a common condition found in many post-partum mothers, diastasis recti. Left untreated, this condition can lead to back pain, hernias, urinary incontinence, and pain during sex. This founder gave tips on how to improve the condition and explained the benefits of post-partum belly therapy. Afterward, the University of Maryland nursing students presented advice and guidance on toddler nutrition and food safety. Several educational handouts were distributed on portion control, meal plans, oral care, and potty training; clients also received

information on the Infants and Toddlers Program, which helps children who may be experiencing developmental delays.

Certificates were distributed to the graduates along with a \$25 gift card. Non-graduating guests entered a raffle for a chance to win a play mat, a convertible infant rocker, and a stand-and-walk toy. QR codes were placed around the room inviting clients to follow the SMILE social media page; pictures and testimonials will be uploaded when written consent is obtained from participants.

To better serve current and future SMILE clients, participants completed a satisfaction survey to identify opportunities for improvement. The survey focused on five key areas: the overall experience of the assigned nurse case manager, the experience of the last encounter, the value of educational information, the likelihood of re-joining the program, and additional information for other AAHP programs offered. Each survey received ratings of either “excellent” or “good” in all categories.

To stress the importance of breastfeeding, both postpartum and pregnant mothers were taught the benefits of breastfeeding, which include improved immunity, decreased risk of infections, and enhanced bonding. Frequently, many mothers face challenges when trying to breastfeed and therefore it is necessary to help them overcome those challenges. April’s counseling session included 11 prenatal and post-partum mothers who all expressed thanks for the information they learned from the session.

The biweekly Mommy Chat support group for SMILE mothers was held on April 12 and April 26. The topic of the first session was Depleted Mother Syndrome (DMS), which occurs when a mother is unable to cope with demands that exceed her resources, leading to increased emotional sensitivity toward internal and external triggers. DMS can lead to more severe mental health issues, like major depression and generalized anxiety. The second Mommy Chat session was conducted on April 26 and was led by a representative from the Montgomery County Child Subsidy program. Her presentation was devoted to a discussion about The Working Parents Assistance Program. A record number of 39 mothers attended the program. They were very engaged during the presentation and had many questions.

The table below presents a statistical and comparative overview of program performance reported during April and the two 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 April were born at a healthy weight. Also, the number of in-home visits increased each month.

SMILE Statistical Profile

PROFILES/SERVICES	*Monthly Average Calendar Year 2021	February 2023	March 2023	April 2023	Comments About April

A) Currently Active Moms	94	108	110	111	
Prenatal (still pregnant)	29	27	31	33	
Postpartum (Moms who have delivered)	65	81	79	78	
B) All infants	66	82	82	79	
Single Births	62	80	80	75	
Multiples	4	2	2	4	
Case Load (A+B)	160	190	190	190	
MOM'S ETHNICITY					
African American Clients	37	38	36	38	
African Clients	55	58	62	62	
Caribbean Clients	2	12	12	11	
REFERRALS					
HHS Prenatal Referrals Received	3	6	8		
Referrals from Other Sources	4	18	20	20	
Total Prenatal Referrals	7	24	28	28	
NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	6	5	8	12	
Infants Newly Enrolled during the month	9	1	4	11	
Newly Enrolled Postpartum Moms				1	
All New Enrollments for the month	15	6	12	24	
DISCHARGES					
Prenatal Discharges	1	0	2	4	<i>Moved out of County</i>
Infant Discharges	7	8	8	13	
Total Discharges	8	8	10	17	
DELIVERIES					
Term Deliveries	5	1	4	7	
Preterm Deliveries	1	0	0	2	<i>Twins born prematurely</i>
Total Deliveries	6	1	4	9	
BIRTH OUTCOMES					
% Healthy Birth Weight	95%	100%	100%	78%	
Number of Low Birth Weight	1	0	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	
SERVICES					
Total Home Visits	1	14	22	20	
Telephonic Consultations	181	184	218	227	
Community Referrals Made	24	34	38	32	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	93%	93%	86%	
Breastfeeding 0-6 months		89%	89%	83%	
Breastfeeding 0-12 months	73%	80%	80%	82%	
INSURANCE					
Clients with Private Insurance**	23	28	28	28	
Clients with Medicaid Insurance**	60	79	79	82	
Clients without Insurance	n/a	1	1	1	<i>Loss of Maternity Partnership Coverage</i>

*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

PERCENT OF MOMS BREASTFEEDING, APRIL 2023
N=(78)



Figure 1. Breastfeeding Rates

MOMS' RISK CATEGORIES, APRIL 2023
N=(111)

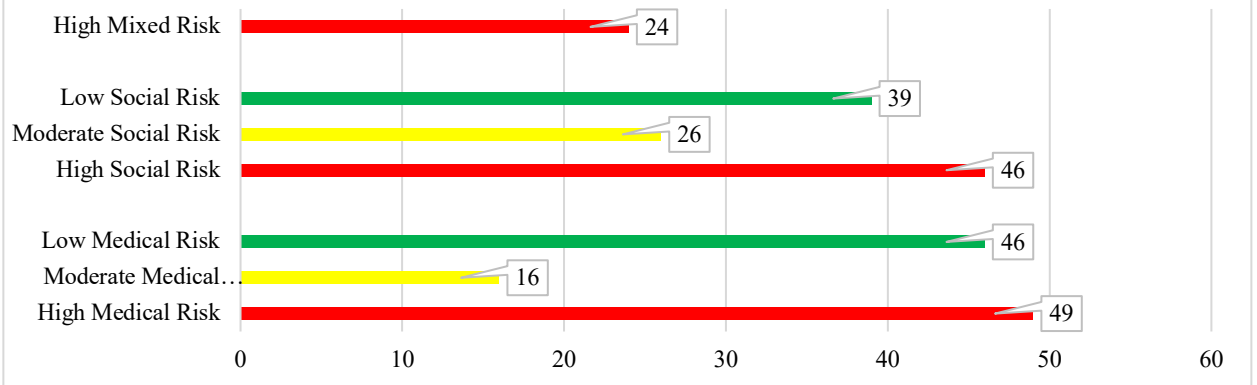


Figure 2. Risk Profile for April 2023

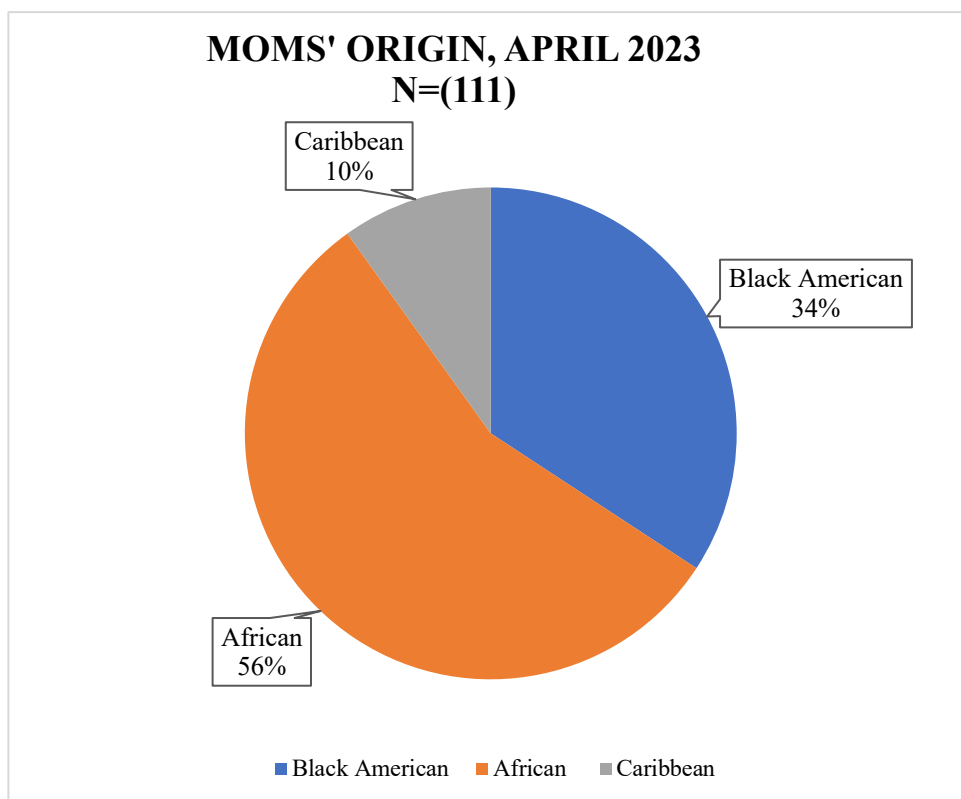


Figure 3. Ethnic Profile

B. Chronic Disease Management and Prevention (CDMP) Programs

1. CDMP classes

In April, the Chronic Disease Management Program focused on the mind and body theme, addressing the requests expressed by attendees during the “Take Control of Your Health” classes. The program featured in-depth discussions led by instructors and guest speakers on the significance of maintaining a healthy mind and body. The following topics were presented: physical therapy demystified, stress and distress, rehabilitative physical therapy, breast cancer, inflammatory bowel syndrome, eye health, autism spectrum, and oral cancer prevention.

a. Health and Nutrition Classes for April 2023

April’s classes focused on a blend of theory and lived experience with food choices. Each week, participants described their successes and challenges in trying new foods and recipes and their experiences adopting plant-based eating. The topics engendered many questions and suggestions about recipes. On April 13, in-person biometric screenings and classes resumed at Leisure World. Classes were held throughout the month on Thursdays except for a class presentation on “Green Foods” by the Touch4 Life Foundation on April 22.

The classes taught during April included:

- April 6 - A Healthy Thyroid
- April 10* - PCOS (Polycystic Ovary Syndrome)

- April 13 - Hormone-Related Cancers
- April 20 - Food and Mood
- April 22** - Eating Green for Health and Nutrition, with Touch4Life
- April 24* - Tackling Menopause
- April 27 - Foods for Breast Cancer Survival

Foods Prepared during class:

- April 6 - Cumin-roasted carrots with chickpeas and tomatoes, vegan cabbage rolls, ginger roasted pears
- April 10* - Barbecue portobello sandwiches, quinoa tabbouleh, Mexican ice cream
- April 13 - San Fran Savory Bowl, Wonder Woman salad, Green Glamour smoothie
- April 20 - Black Forest chia pudding, summer salad, penne primavera, Brazil nut parm
- April 22** - Wonder Women Salad and the Green Monster Smoothie
- 4/24* - Italian scramble, rainbow nori rolls, and southwest chili mac
- 4/27 - BBQ jackfruit sandwich, garbanzo-spinach salad, and perfect-stuffed mushroom

b. Yoga & Zumba

In April, AAHP’s yoga instructor focused on movements for coordination and balance. She integrated participant feedback from the weekly surveys into the start of every class. She began by asking participants what they wanted to focus on or what was physically painful, and adjusted exercises to meet the preferences of the class.

For Zumba, the instructor raised the intensity level of movements by using elastic bands or gradually increasing weights. She encouraged the participants to do likewise. She also introduced a new playlist that included music from the 90s and early 2000s from a wide range of genres such as R&B, Latin, soul, dance, jazz, and afro beats. Participants kept their cameras on and remained throughout the class.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness online Webinar ZUMBA: April 5, 12, 19, 26	10 am – 11 am	class and height, weight, BP, BMI, % BF, glucose, cholesterol screenings	April’s classes continued to focus on online, guided exercise, including yoga and Zumba, by trained exercise professionals and AAHP staff who instructed attendees in the comfort of their own homes.

YOGA: April 7, 14, 21, 29	11 am – 12 pm		In both classes, participants learned how fitness can prevent, manage, and reverse the risk of chronic diseases, such as hypertension and heart disease. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes including exercise and a more nutritious diet.
Take Control of Your Health I April 5, 12, 19, 26	6 pm – 7 pm	Class and height, weight, BP, BMI, %BF, blood pressure, cholesterol	This month’s class topic was mind and body. It focused on an eclectic set of topics requested by class attendees. Participants were encouraged to talk with their care team for screenings when appropriate. Participants continued to maintain or improve their HEDIS measures and exercise more and maintain a more nutritious diet.
Health and Nutrition Plant-Based food April 10, 24 April 6, 13, 20, 27	6 pm -7 pm 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 to demonstrate plant-based diet/healthy cooking to help attendees stay healthy. 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.
Take Control of Your Health II Online Webinar. April 6, 13, 20, 27	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	This month’s class topic was mind and body. It focused on an eclectic set of topics requested by class attendees. Participants were encouraged to talk with their care team for screenings when appropriate. Participants continued to maintain or improve their HEDIS measures and exercise more and maintain a more nutritious diet.

Class Attendance in April 2023

	Health and Fitness 11 am – 12 pm				TCYH-1 6pm – 7:15pm				Health and Nutrition 1pm – 2:15pm 6pm-7pm					TCYH-2 6pm – 7:15pm			
Date(s)	Apr 5 Apr 7	Apr 12 Apr 14	Apr 19 Apr 21	Apr 26 Apr 28	Apr 7	Apr 12	Apr 19	Apr 26	Apr 10 Apr 24	Apr 6	Apr 13	Apr 20	Apr 27	Apr 6	Apr 13	Apr 20	Apr 27
<i>Male</i>	0	0	0	0	1	0	0	0	2	1	0	1	1	0	0	0	0
<i>Female</i>	18	24	28	18	25	31	21	18	31	25	14	20	18	28	21	19	23
Class Size	18	24	28	18	26	31	21	18	33	26	14	21	19	28	21	19	23
TOTAL	88				96				113					91			
Avg.	11				24				9					23			
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)			

2. Remote Patient Monitoring (RPM)

In April, the participants in the RPM program improved their biometric values. There were no abnormal readings or alerts noted. Compliance with the requirement for a minimum of 16 readings remained the same as in March.

Days of Activity in RPM

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

Average Biometric Values for RPM Participants in April

	Average Values Biometrics	Changes From Last Month
Women's Weight	168.94 lbs	12.26% Decrease in Weight
Men's Weight	267.45 lbs.	1.79% Decrease in Weight
Systolic BP	129.57 mmHg	4.84% Decrease in Systolic BP
Diastolic BP	69.91 mmHg	0.78% Decrease in Diastolic BP

3. Diabetes Prevention Program (DPP)

The Diabetes Prevention Program is preparing to restart its curriculum with a new cohort in May. In April, staff were busy recruiting new enrollees for the new year-long program. Four lifestyle coaches will be available to provide guidance and support.

4. Weight Management Program (WMP)

Inclement weather during April hampered the activities planned by the WMP. As a result, none of the anticipated health walks in the park occurred. The program focused instead on providing counseling and telephone motivational sessions. These 30-minute sessions covered the following topics:

Dates	Topics
April 3	Natural Detox
April 10	Stages of Weight Loss
April 16	Breaking Routines

One recruit was enrolled this month, boosting the overall roster to 58.

Enrolment by the end of April

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
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
April	57	0	1	58

C. Community Outreach and HIV Testing

In April, AAHP held five (5) community health screening events at the Men's and Women's shelters, Leisure World, Montgomery College campus at Rockville, and Dennis Avenue Health Center. The Rockville event was hosted by the Health Department. During

these events, staff had the opportunity to exchange health information with and train interns and young students on HIV, sexual health, PrEP, STIs, sexual consent, and pregnancy.

After each outreach event, screened persons who had abnormal biomarkers, blood pressure, blood glucose, and A1C were followed up and referred to the Chronic Diseases Management and Prevention classes.

Staff also attended the in-person HIV bi-monthly meeting in Silver Spring to discuss the Status Neutral / HIV Support Group Podcast, and the County HIV Testing, Linkage & Care Collaborative webinar on the preparation of the 2023 Pride at the Plaza event (LGBTQ) scheduled for June 25, 2023, at the Civic Center.

Participation in the events cited above yielded the outcomes presented in the tables that follow:

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 or Elevated
EHE-HIV Event MC Rockville Campus	Apr 10	Information/ Condoms Distribution 50 Bags	0	0	0	0	0	0	0
Progress Place	Apr 12	11	11	8	3	4	5	2	4
Women Shelter-CB	Apr 13	20	18	14	4	15	3	3	5
Leisure World	Apr 13	28	0	17	4	19	4	12 N 10 PD 4 D	14 N 8 E
Women Shelter TC	Apr 20	22	18	14	5	11	6	3 PD	4 N
KaribFit	Apr 23	50 Bags ID Only	0	8	11	0	0	0	0
Men Shelter	Apr 26	35	18	15	8	19	7	5	9

A total of 116 people were screened for blood pressure, cholesterol, glucose, A1C, and weight. Individuals with abnormal values were referred to a physician for further evaluation and the CDMP program for health education. In addition, 88 HIV tests were done, all yielding negative results.

HIV TESTING REPORT

April 2023

African American			
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	Age Group	Male	Female	
	1947 -1969	13	14	
	1970 -1989	11	12	
	1990+	6	7	
Total		30	33	63
All Others				
		Male	Female	
	1947 -1969	5	2	
	1970 -1989	7	5	
	1990+	2	4	
Total		14	11	25
GRAND TOTAL				88

D. Social Work

1. Mental Health Screenings:

In April, fifty 50 mental health screenings were completed. This is probably an undercount that missed between 35 – 40 screenings because of the recent changes to the portal managed by the publishers of the screening instruments which included a new format. The new format requires more hands-on and verbal instructions. The old format had one screen with the selection of all the screenings. The new format has the screenings listed in order and requires a participant to scroll up and down the screen to select. The new format asks questions related to gender identity, sexual orientation, and level of education and there are three additional questions (*Have you experienced major changes in your personal or work life in the past few months?*) and (*Do you have caregiver responsibilities*) and (*Do you suffer from a chronic medical condition, such as hypertension or diabetes?*). With these changes, participants required more explanations about the presentation of the tests and the meaning of the questions asked. These impediments challenged the patience of participants who often do not complete the screenings. On the positive side, the new screen can switch language from English to Spanish at the touch of a button. This will enable the Latino population to participate in these mental health screenings.

2. Your Inner Self:

In response to the growing demand for mental health services, AAHP launched a new program called "Your Inner Self" on April 19. This initiative aims to foster personal awareness of mental health and facilitate open discussions, focusing on conversation rather than formal lectures. In the first session, participants learned the difference between mental health and mental illness. They were encouraged to talk about stigma and challenged their views of mental health. Nine participants joined in the initial session. After the session, two participants requested therapeutic referrals. For future sessions, the team will advertise the program widely using all available social engagement tools. In May, Your Inner Self will be featured in one session of "Take Control of Your Health."

III. ADMINISTRATION

In April, AAHP continued to work with the AAHP Department of Health and Human Services merit staff to assist with obtaining badges and credentials needed to access the office, obtain computers, and complete training needed to begin updating client and patient information in various databases. All the newly recruited staff can complete mandatory security training, and electronically log into the ADP timekeeping system. During April, 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 April, 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 April, 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 and 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, April 20, 4:40 pm

	March 2023	April 2023
General List Recipients:	6639	6625
Successful deliveries:	6592	6564
Open rate:	27%	29%
Click rate	.3%	.4%

AAHP's April Health Notes was titled "Cheers to African American Health" and was distributed on Wednesday, April 20th. The feature article highlights the significance of National Minority Health Month and its alignment with the AAHP's mission to eliminate health disparities. The article emphasized the importance of empowering individuals with health knowledge to make informed decisions and encourages readers to spread the word about AAHP's programs and services. The following article discussed the when, why, and how of getting tested for STIs with insights on getting tested for various STIs based on risk factors. It included information on local resources for STI testing. This article highlights the significant impact of stress on both physical and mental health. It explains how stress can affect the heart by increasing blood pressure, cortisol levels, and inflammation, potentially contributing to heart disease. It also discusses the long-lasting effects of stressful experiences on mental health. The Health Hint informed readers about workaholicism, a form of addiction that can harm mental and physical health, and how individuals with this condition can take steps towards a healthier balance. The Featured Video showcases Ricki Fairley, the founder and CEO of Touch, the Black Breast Cancer, sharing her inspirational story of creating a new life for herself after being diagnosed with cancer. The featured recipe was creamy vegan potato salad.

April's Health Notes continued to garner a high readership. Of the 6,564 people who received April 2023 Health Notes, 1,917 people opened the newsletter, which is 139 people than last month and represents an open rate of 29.2%, higher than last month's open rate of 27%. April's click rate of .4% was slightly higher 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 four, and there were seven total unsubscribers, three more than last month.

Facebook

Facebook metrics for April 2023 showed a total of 807 followers and made 15 posts. The posts received 23 likes/love, 0 comments, and 10 shares. In the last month, the account gained one more follower, made four fewer posts, received six fewer likes/love, and three fewer comments. However, the number of shares remained the same.

Facebook Metrics – April 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	807	15	23	0	10
Change from last month	+1	-4	-6	-3	same

Twitter

Twitter's April metrics showed a small increase in the number of followers. However, the account received eight mentions, which is eight more than last month. The number of likes decreased by six, and there were three fewer comments. The number of shares has remained the same at ten. Overall, there has been a slight decrease in engagement on the account in the past month.

Twitter Metrics – April 2023

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	455	-1	11	100	8	581	13	15
Change from last month		-6	-6	-51	+8	-186	-4	+3

Instagram

In April 2023, the Instagram account had a total of 300 followers and 15 posts. 23 people liked the post and 4 clicks were made on the LinkedIn bio, resulting in a total of 432 impressions. In comparison to last month, there has been an increase of 1 follower, but a decrease of 7 posts and 3 stories. There has also been a decrease in the number of post likes by 22, but an increase in LinkedIn bio clicks by 3. Impressions have decreased by 280.

Instagram Metrics – April 2023

	Followers	Posts	Stories	Post Likes	LinkedIn bio clicks	Impressions
Total	300	15	0	23	4	432
Change from last month	+1	-7	-3	-22	+3	-280

APPENDIX B – April 2023 Health Notes



April is National Minority Health Month (NMHM), a time to raise awareness about health disparities in minority communities. NMHM holds a special place in AAHP's heart because it aligns with our mission to bring an end to health disparities. We are proud of our work to build a future where Black/African American County residents are as healthy and as safe as the rest of the population.

The Department of Health and Human Services has given this year's NMHM the theme "Better Health Through Better Understanding." Helping clients understand their health is a significant part of AAHP's work. When clients understand their health, they are empowered to make better decisions in their daily lives. For example, if you understand the link between unhealthy foods and chronic disease, you are more likely to avoid unhealthy foods to protect your health.

Celebrate NMHM by telling other Black/African American County residents about AAHP's programs and services. Spread the word to your friends, family, and neighbors about AAHP's [health education classes](#), [support services for pregnant and postpartum moms and their infants](#), health screenings, and more. For more information about AAHP's programs and services, click [here](#). Check out AAHP's calendar of events [here](#). To register for an event or class, click on the event or class and then click on the registration link.

Source:

www.minorityhealth.hhs.gov/nmhm/



If you are sexually active, the only way to know that you do not have an STI is to get tested. People may feel unsure about how to get tested for STIs, but it is important and doesn't have to be scary. Here's the 4-1-1 on STI testing:

WHEN should you get tested for STIs?

Women under 25 who are sexually active should be tested for gonorrhea and chlamydia every year. Pregnant women should be tested for syphilis, HIV, hepatitis B, and hepatitis C early in their pregnancy. Pregnant women at risk for infection should also be tested for chlamydia and gonorrhea. Sexually active gay and bisexual men, and men who have sex with men should be tested at least once a year for syphilis, chlamydia, gonorrhea, HIV, and hepatitis C. You should get tested for hepatitis B if you show symptoms or have had unprotected sex, shared needles, razors, or toothbrushes with someone who has the virus, even if you don't have symptoms. Testing for herpes is recommended when symptoms are present. Women aged 25-65 should get an HPV or Pap test every five years, depending on prior results. Everyone from ages 13 to 64 should get tested for HIV at least once in their lives. Anyone at risk for infection (such as having multiple partners or frequently changing partners) or who shares injection drug equipment should get tested for HIV at least once a year.

HOW can you get tested for STIs?

The Dennis Avenue Health Center in Montgomery County offers confidential testing for gonorrhea, chlamydia, syphilis, hepatitis B and C, herpes (culture only) and HIV. More information can be found [here](#). A listing of private STI testing locations can be found [here](#). Planned Parenthood in Gaithersburg also offers STI testing. You can also order at-home STI testing kit [here](#) for fast and discreet results.

WHY should you get tested for STIs?

Testing for STIs is crucial for everyone, no matter your age, sex/gender, or sexual orientation. STIs are common and can go unnoticed without any symptoms. They can lead to severe health problems, including infertility and increased risk of HIV infection. Regular testing can help detect and treat infections early, protect your partner(s), and prevent further spread.

STI Awareness Week was April 9-15. Did you know that in 2020, over half (53%) of reported cases of STIs were among adolescents and young adults aged 15-24 years?

Sources:

www.mayoclinic.org

www.nationalcoalitionforsexualhealth.org

www.saferstdtesting.com/free-std-testing/rockville-md

www.cdc.gov

www.verywellhealth.com/five-reasons-everyone-should-get-tested-for-stds



Stress can have a significant impact on your physical and mental health. Learning to manage stress is an important life skill that can help you reduce health risks and lead a healthier, happier life.

Stress can affect the heart by increasing blood pressure and exposure to the stress hormone cortisol, which contributes to heart disease. Research has shown that stress may affect heart health by increasing inflammation, but this hasn't been completely proven. In addition, stress can lead to unhealthy habits, such as smoking, overeating, abusing alcohol, not exercising, and not sleeping properly which also contribute to heart disease.

Stressful experiences, such as physical or sexual abuse, neglect, unemployment, bereavement, or a major medical diagnosis can have long-lasting effects on mental health, especially during youth. Research has shown that these events can increase the risk of developing anxiety and mood disorders, as well as suicidal thoughts and attempts. It is important to recognize the signs of stress in order to reduce its psychological and physical effects.

Pregnancy can be a stressful time, and this stress can have a direct impact on the health of your baby. Excessive stress during pregnancy increases the risk of having a preterm or low-birthweight baby, which can cause serious health problems in infants.

The video below artfully explains the toll stress can take on your body:



Sources:

www.heart.org

www.ncbi.nlm.nih.gov

www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/stress

www.apa.org

www.ncbi.nlm.nih.gov/pmc/articles

Health Hint

Workaholism, also known as work addiction, is a real mental health condition that can negatively affect relationships as well as physical and mental health. Signs of work addiction include taking work home, staying late at work, and constantly checking emails or texts while at home. If you or your loved ones feel that work is consuming your life, take steps to make changes so you can achieve a healthier balance. Tips on how to move past workaholism can be found [here](#).

Source: www.healthline.com

Featured Video

Ricki Fairley, a cancer survivor, is the founder and CEO of Touch, the Black Breast Cancer Alliance in Annapolis. She shares her inspiring journey of creating a new life for herself after being diagnosed with cancer in this video:



Featured Recipe: Creamy Vegan Potato Salad



Ingredients:

- 2 lbs white potatoes, chopped (900 g)
- ¼ cup celery, chopped (170 g)
- ½ cup parsley, finely chopped (15 g)
- ½ cup dill pickles, chopped (77 g)
- 1 green bell pepper, finely chopped
- 2 green onions, finely chopped
- 1 tbsp mustard (optional)
- Radishes, chopped (optional)
- **¾-1 cup vegan mayo**

Instructions

1. Place cubed potatoes into a large pot and cover with water. Bring to a boil, then reduce heat and let them cook for 15 minutes.
2. Once the potatoes are fork-tender, drain and let them cool. Meanwhile, prepare the rest of your ingredients.
3. Make the cashew mayo by placing all ingredients in a high-speed blender and blend until smooth. Adjust to taste with salt and nutritional yeast; add more water if you want a thinner consistency.
4. Add cooked potatoes, celery, parsley, pickles, bell pepper, and green onion to a large bowl.
5. Top with your vegan mayo and mix until well combined with a large spoon. Adjust to taste with salt, lemon juice and mustard.
6. Serve immediately or cover and refrigerate for at least an hour to allow the flavors to blend and taste even better!

Nutrition Information: calories - 291, total fat - 11g, cholesterol - 0mg, sodium - 918 mg, carbohydrates - 43g, fiber - 5g, sugar - 4g, protein - 8g

Source: www.nutriciously.com/vegan-potato-salad/

AAHP warmly invites all County residents to join us for our annual celebration of health, AAHP Community Day. Stay tuned for registration information.
