



Community outreach and education on July 27 Councilmember Will Jawando at the Enclave Apartments

**AAHP MONTHLY REPORT
July 2023**



I. INTRODUCTION

July was the first month of the new FY 2024 fiscal year and the end of FY 2023, a time to celebrate the many accomplishments of the African American Health Program (AAHP) and also a time to discover and implement new ways to reduce health disparities between people of African descent and other residents in Montgomery County. July also marked eight years of continuous implementation of the African American Health Program by McFarland and Associates, Inc.

In July, as the weather grew warmer, there was a substantial increase in collaborations between AAHP and various community partners due to increased demand for AAHP's in-person community outreach services, personalized health screenings, health promotion, and wellness counseling, as well as the dissemination of scientific information regarding preventive measures against disease and illness. This is especially important because more than half of all residents lack adequate knowledge about managing their health through practices such as eating nutritious foods, exercising, maintaining a healthy weight, getting enough sleep, and having routine medical checkups, vaccinations, and immunizations.

Although program staff recorded significant improvements in outreach and reached more residents than ever in FY 23, AAHP realizes that the COVID-19 pandemic had an impact on the health of people of African descent and others in the community that has been unprecedented and continues to disproportionately and adversely affect the health of Black people in Montgomery County. The pandemic has, in many respects, exacerbated pre-existing health disparities.

During the first quarter of the new fiscal year, the staff will focus more targeted efforts at recruiting and attracting more pregnant and postpartum mothers of African descent who represent a broader demographic of Black Americans in the County. The achievement of this objective will require new strategies to recruit more mothers and members of their families who, despite their high levels of education and income, continue to experience disparate health conditions created by racism, stress, depression, anxiety, and the physiological changes associated with pregnancy and delivery. Greater efforts will be devoted to connecting with these mothers at grocery stores, pharmacies, and hair salons.

In the past, the SMILE program has focused almost exclusively on mothers and their infants. In the first quarter of the year, AAHP's implementation strategy will work harder to keep fathers in the loop by including them in emails and text messages. Informative videos and infographics sent by nurses via text or email will now also be sent to their partners. Not only will this keep their partners informed, but it will also invite fathers into the conversation and allow them to ask questions and pose concerns and contribute to the overall well-being of the family.

II. PROGRAM ACTIVITIES

A. SMILE PROGRAM ACTIVITIES

In the first month of the new Fiscal Year 2024, the SMILE program caseload stood at 199, including 117 moms and 82 infants. Among the moms, there were 37 prenatal and 80 postnatal cases. In July, the program welcomed ten (10) new births. All 10 babies were born at term and a healthy weight, including one case of genetic trisomy-13. This genetic

defect, which can lead to severe cognitive and physical disabilities, was diagnosed during pregnancy. To minimize the effect of this problem, a nurse provided intense case management services that resulted in a successful vaginal birth. The assigned case management nurse will continue to support the baby and family throughout the postpartum period. Five infants were discharged upon successful completion of the SMILE program, and four new prenatal cases were enrolled in the program in July. During August, a more concentrated level of effort will be directed at increasing the number of prenatal referrals into the program.

During July, AAHP’s SMILE team focused on promoting the active participation of fathers in providing mental health support to increase the likelihood of favorable pregnancy outcomes. Extensive scientific evidence has shown that the active engagement of fathers can mitigate potential pregnancy complications, including pre-eclampsia, low birth weight, preterm labor, and postpartum depression. One Mommy Chat session was dedicated to exploring the critical role that fathers play in a mom’s support system during and after pregnancy.

It is important to address social isolation as it is one of the key factors that can trigger feelings of depression among expectant or new mothers. Many clients have shared their experiences of feeling isolated either during their pregnancy when they are no longer included in events or gatherings, or during postpartum periods when they feel confined indoors while taking care of their newborns. To help address problems of isolation, depression, and anxiety, the AAHP staff worked to implement a new SMILE Mommy Meet-Up that will launch in August to increase client engagement and provide activities and learning opportunities for families. The first meet-up, scheduled for August 10 at Rockville Swim and Fitness Center, will focus on water safety, the importance of regular exercise, family bonding, and cultural exchange. Mothers are encouraged to bring their families and food of choice. This meet-up is a step towards fighting perinatal and postpartum depression.

Creating platforms for mothers to unite and have their voices heard has become an important aspect of providing preventive care. To facilitate this, a nurse established a support group on Facebook to connect mothers facing similar challenges within the program. This initiative was particularly beneficial for those who lacked a support system from family or friends. The opportunity to network with other moms in similar situations proved to be therapeutic.

The table below presents a statistical and comparative overview of SMILE program performance reported during May, June, and July.

PROFILES/SERVICES	*Monthly Average Calendar Year 2021	May 2023	June 2023		July 2023	Comments About July

A) Currently Active Moms	94	121	115		117	
Prenatal (still pregnant)	29	41	39		37	
Postpartum (Moms who have delivered)	65	80	76		80	
B) All infants	66	82	77		82	
Single Births	62	78	73		78	
Multiples	4	4	4		4	
Case Load (A+B)	160	203	192		199	
MOM'S ETHNICITY						
African American Clients	37	40	38		35	
African Clients	55	67	65		71	
Caribbean Clients	2	14	12		11	
REFERRALS						
HHS Prenatal Referrals Received	3	0	5		3	
Referrals from Other Sources	4	16	16		7	
Total Prenatal Referrals	7	16	21		10	
NEW ENROLLMENTS						
Prenatal Moms Newly Enrolled During the Month	6	12	11		4	
Infants Newly Enrolled during the month	9	3	10		10	
Newly Enrolled Postpartum Moms		1	0		0	
All New Enrollments for the month	15	15	21		14	
DISCHARGES						
Prenatal Discharges	1	0	4		0	
Infant Discharges	7	5	16		5	
Total Discharges	8	5	20		5	
DELIVERIES						
Term Deliveries	5	4	10		10	
Preterm Deliveries	1	0	0		0	
Total Deliveries	6	4	10		10	
BIRTH OUTCOMES						
% Healthy Birth Weight	95%	75%	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	0	0	0		0	

(Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0		1	Trisomy 13
SERVICES						
Total Home Visits	1	38	43		28	
Telephonic Consultations	181	267	312		242	
Community Referrals Made	24	24	37		36	
BREASTFEEDING MOMS						
Breastfeeding 0-3 months	92%	78%	85%		93%	
Breastfeeding 0-6 months		80%	79%		93%	
Breastfeeding 0-12 months	73%	76%	73%		79%	
INSURANCE						
Clients with Private Insurance**	23	29	24		20	
Clients with Medicaid Insurance**	60	78	81		78	
Clients without Insurance	n/a	14	0		1	

*Averages are rounded up to the next integer

** A client may have multiple Insurance

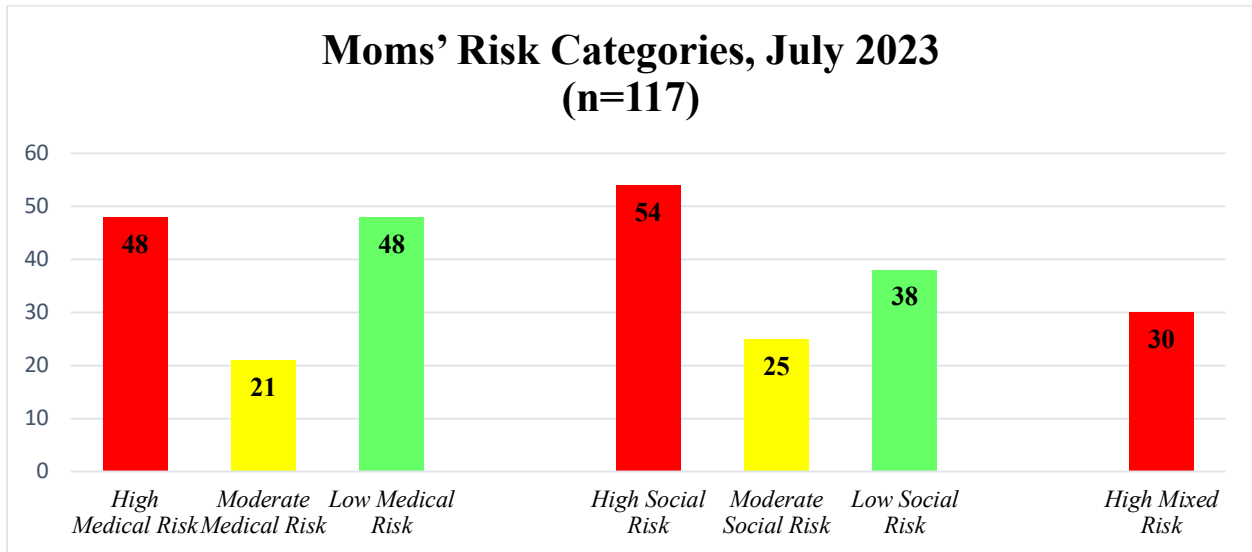
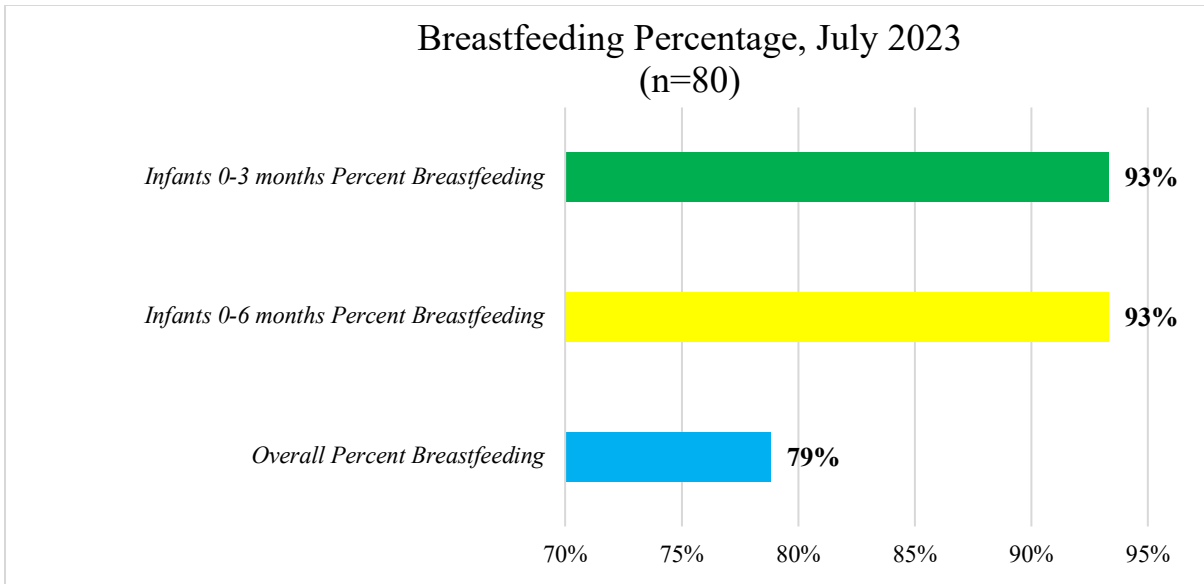
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Untoward Outcome

Desired Outcome



B. Chronic Disease Prevention and Management Program

1. CDMP Virtual Health Education Webinars

In July, the Chronic Disease Management and Prevention Program focused on mental health in observance of Minority Mental Health Awareness Month. Some of the topics covered included anxiety, chronic disease burnout, the physiology of stress, and exercise for life. Customer satisfaction surveys consistently rated the presentations highly, indicating an increased understanding of the link between mental and physical health among participants. Attendees were educated on methods to identify daily stressors that could impact their mental, physical, and spiritual health. The topics included reflected the preferences and continuous feedback provided by participants.

2. Health and Nutrition Classes for July 2023

A variety of topics were presented for the Health and Nutrition classes held throughout July on Thursdays at 1 pm or Mondays at 6 pm. During class instructions, participants were allowed to share their successes and challenges when trying new foods, recipes, and plant-based eating.

The classes taught during June included the following topics:

- July 6 - Substitution by Joyceta Cole
- July 10* - Understanding Type 2 Diabetes, The Glycemic Index
- July 13 - Good Foods for the Brain
- July 20 - Avoiding Environmental Chemicals
- July 24* - Keeping a Healthy Heart
- July 27 - Tackling Menopause

Foods prepared during classes:

- July 10* - Breakfast Tofu Scramble, Chai Smoothie, Quinoa Broccolini Saute
- July 13 - Summer Tortilla Soup, Watermelon Strawberry Smoothie, Snickerdoodle Hummus
- July 20 - Most Delicious Falafel, Best Falafel Sauce, Strawberry Nice Cream, and Peach Nice Cream
- July 24* - Healthy Hot Sauce, Hoppin John Stuffed Collards, Mock Tuna Salad
- July 27 - Ruby Root Salad, Shanghai Noodles, Brownie Batter Hummus

Additional resources and activities provided to the class during the month included Recipes (see listing below under foods prepared during classes), quizzes, and fact sheets on “A Natural Approach to Menopause”, “Good Nutrition,” and “Study Shows Diet Causes 84% Drop in Troublesome Menopausal Symptoms without Drugs.”

3. Yoga and Zumba

Attendance at Yoga and Zumba classes was consistent throughout July. For Zumba, the instructor increased the intensity of the exercises and selected an exciting variety of R&B, Latin music, soul, dance, jazz, and Afro beats to keep participants more physically active.

July’s yoga classes focused on coordination and balance movements that explored Sun Salutation, chair exercises, and floor exercises. To the extent possible, class were designed to account for individual needs and preferences and the instructor actively sought feedback on movements that may potentially cause discomfort or pain for certain participants.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPICS COVERED
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Health and Fitness online Webinar ZUMBA: July 5, 12, 19, 26 YOGA: July 7, 14, 21, 29	10 am - 11 am 11 am - 12 pm	Class and Height, Weight, BP, BMI, BF, Glucose, and Cholesterol Screenings	July focused on online, guided exercise, including yoga and Zumba by trained exercise professionals and AAHP staff with instruction that allowed participants to join from the comfort of their own home. In both classes, participants learned how fitness can prevent, manage, and reverse the risk of chronic diseases, such as hypertension and heart disease. Participants maintained or improved their HEDIS measures and were encouraged to adopt behavioral changes including exercise and a more nutritious diet.
Take Control of Your Health-1 July 5, 12, 19, 26	6 pm - 7 pm	Class and Height, Weight, BP, BMI, BF, Blood pressure, cholesterol	This month's class topic was Minority Mental Health. Participants maintained or improved their HEDIS measures and were encouraged to exercise more and maintain a more nutritious diet.
Health and Nutrition Plant-Based food July 10, 24 July 6, 13, 20, 27	6 pm -7 pm 1 pm - 3 pm	Weight, BP, BMI, BF, Glucose, and Cholesterol screenings	Class topics emphasized the importance of making healthy food choices and understanding how food choices can reduce or increase the risk of chronic health conditions. AAHP's Food for Life nutritionist/chef continued to demonstrate plant-based diet/healthy cooking to stay healthy. Cooking demonstrations and recipes, including smoothies, were shared.
Take Control of Your Health -2 Online Webinar. July 6, 13, 20, 27	6 pm - 7 pm	Weight, BP, BMI, BF, and Cholesterol screenings	This month's class topic was Minority Mental Health. It focused on various topics requested by class attendees

The chart below provides a detailed accounting of each class presented, the date when each class was held, the number of participants on each day, and the average number of participants who attended each class.

CLASS ATTENDANCE JULY 2023

	Health and Fitness				TCYH-1				Health and Nutrition					TCYH-2			
	11 am – 12 pm				6 pm – 7:15 pm				1 pm – 2:15 pm 6 pm-7 pm					6 pm – 7:15 pm			
Date(s)	July 5	July 12	July 19	July 26	July 7	July 12	July 19	July 26	July 6	July 13	July 20	July 24	July 27	July 6	July 13	July 20	July 27
	Male	0	0	0	0	0	0	0	1	1	1	0	0	1	0	1	0
Female	11	23	19	22	15	17	17	20	30	17	14	13	16	24	18	22	17
Class Size	11	23	19	22	15	17	17	21	31	18	14	13	17	24	19	22	17
TOTAL	75				70				93					82			

Avg.	9-10	17-18	15-16	20-21
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)

4. Diabetes Prevention Program

Since June 13, a new class of diabetes participants began checking and submitting their weight every week, attending lectures, and working closely with team members to reinforce the adoption of healthy lifestyles. Class discussions focused on the importance of physical activity and ways to track and document weekly exercise routines. The ultimate objective is to achieve a minimum of 150 minutes per week of moderate-intensity exercise, as stipulated by the Centers for Disease Control and Prevention (CDC).

The group initially consisted of 21 individuals, consisting of three males and 18 females. The attendance in July was consistently positive, with participants promptly notifying the class if they are unable to attend due to unforeseen circumstances. Upon request, recordings of each class session were provided to all participants every week. Additionally, a nurse conducted weekly phone calls with each participant to address any questions or concerns that may not have been covered during the class. The nurse also ensured that individual action plans were updated and reviewed the progress made toward achieving goals. All interactions between the nurse and participants were recorded in the NextGen EHR system for access by the DPP team.

The topics discussed this month included “Eat Well to Prevent T2”, “Track Your Food”, and “Get More Active”. All of the lectures were well-received. The presenters this month were a licensed nutritionist, AAHP’s Food for Life specialist, and AAHP’s lifestyle coach.

Participants	July 11	July 18	July 25	Total
Male	2	2	3	7
Female	18	18	18	54
Total	20	20	21	64
% African American	100%	100%	100%	100%

Health Profile	Baseline	Jun	July	Aug	Sep	Oct	Nov	Dec	Goal To Reach in December
Average Weight (lbs.)	186.8	186.2	184.6						174
Average Weekly Activity (Minutes)	145		148.8						160
Average HB A1C (%)	6.3 %								5.9%
Average Glucose (mg/dL)									

5. Weight Management Program

During June, members of the WMP participated in two exercise activities. The first one was held on Saturday, July 15, 2023, indoors, at White Oak Recreation Center at 1700 April Ln. in Silver Spring, MD. The class consisted of a 10-minute warm-up exercise, a high-intensity 40-minute exercise, and a 10-minute cool-down after the class followed. Seventeen participants attended the session and several other people joined while in progress.

The second exercise event was an outdoor walk on Saturday, July 29, 2023, at the North Four Corners Local Park located at 315 University Blvd W in Silver Spring, MD. This walk included 11 participants and covered 3.2 miles down and back.

To date, sixty (60) individuals are registered in the WMP.

C. Community Outreach and HIV

July was an especially busy month for community outreach and the distribution of information and items to increase healthy behaviors and knowledge about ways to live healthier and longer. Community residents received information about preventing a heart attack or stroke, mental health, dental health, weight management, HIV, pregnancy, youth sexual health, cancer, cholesterol, aging, mammogram, fitness, and AAHP's class schedule. In addition, they received items such as hand sanitizers, water bottles, AAHP cards, pens, medication minders, and male/female condoms distributed during these community events.

A total of 102 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. Additionally, fifty-one 51 HIV tests were administered, all negative. The results of the outreach activities are presented below.

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	July 5	21	13	14	4	10	5	3	0

Women Shelter-CB	July 12	23	11	15	3	14	2	4	3
Leisure World	July 13	11	0	11	2	8	3	5	5
Women Shelter TC	July 19	15	10	10	2	2	0	4	5
Men Shelter	July 26	32	17	27	7	13	9	7	9
Enclaves Com. Day	July 27	85	0	0	0	0	0	0	0

The chart below shows the number of participants by gender and ethnicity who were screened for HIV and counseled during July.

HIV TESTING REPORT		July 31		
African-American				
	Age Group	Male	Female	
	1947 -1969	9	5	
	1970 -1989	10	4	
	1990+	2	6	
Total		21	15	36
All Others				
		Male	Female	
	1947 -1969	5	2	
	1970 -1989	3	3	
	1990+	0	2	
Total		8	7	15
GRAND TOTAL				51

D. Social Work

In July, AAHP's social worker continued to conduct mental health screenings at various community outreach events throughout the County including the men's and women's homeless shelters and events at churches, apartment buildings, and other places where Black/African American residents live and congregate. As part of community engagement

efforts, AAHP’s social worker provided ongoing training and supervision to two University of Maryland undergraduate students who are currently completing public health internships with AAHP. The interns have been accompanying social workers to events and assisting in conducting mental health screenings.

In addition, the interns took part in the training provided by the Kaiser Permanente CHAP program to gain knowledge about the enrollment process and methods for re-enrolling members. Starting on August 1, the re-enrollment phase will commence, and the interns will support social workers by making calls to Kaiser members and aiding them in their re-enrollment. The interns will continue this assistance until their internships conclude at the end of August.

At the end of August, a first-year MSW student was granted an internship opportunity at AAHP. In preparation for upcoming re-enrollments for the Kaiser Permanente CHAP Program, on July 27, the social worker commenced training on examining re-enrollment applications and member income requirements. In early August, Kaiser will distribute applications to its members along with reminders for re-enrollment. To ensure successful re-enrollment, AAHP’s social worker will reach out to 75 beneficiaries and collaborate with interns to complete the reenrollments accurately as errors can put their coverage at risk.

E. Mental Health

On July 19, AAHP organized a mental health education session titled “Take a Seat on the Couch.” Led by AAHP’s newly recruited mental health specialist, the session focused on the various aspects of therapy and the therapeutic process. Participants were also provided with a listing of therapeutic resources available in Montgomery County.

In July, AAHP’s new mental health specialist started implementing Perinatal Mental Health Care Pathway, a new program of behavioral health services aimed at addressing the mental health needs of AAHP pregnant SMILE clients whose lives are impacted by mental and behavioral health issues. This program follows an integrative and stepwise approach to service delivery that emphasizes measuring mental well-being as the foundation for creating personalized action plans. This method also allows for a more careful examination of what works and what needs improvement. While initially focusing on SMILE beneficiaries, this program will eventually extend its services to participants in the CDMP as well.

The mental health specialist used the scores from the PHQ-9 and GAD-7 along with information gathered during the initial evaluation to determine client needs. Many clients could benefit from Support Step 2, which involves psychological interventions, cognitive-behavioral therapy, and motivational interviewing.

The table below presents data for the early start of the implementation.

No. of clients contacted this month	7
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No. of clients reached	4
No. of assessments scheduled	4
No. of completed assessments	2
No. of no-shows	2
No. of clients with the unsuccessful initial contact	3

The mental health specialist used and intends to continue using Doxy.me, a free, HIPAA-compliant telehealth platform. This platform provides a free Business Associate Agreement (BAA), a legal contract between a healthcare provider and a party that will handle protected health information. Covered entities, such as health plans, healthcare providers, and healthcare clearinghouses are required by HIPAA to have a BAA in place. Before their telehealth appointments, the mental health specialist shared this link with clients: <https://doxy.me/yoursupportspace>.

Additional clients have been referred to the mental health specialist, which will be reflected in next month's report.

The mental health specialist has been developing a Standard Operating Procedure (SOP) for the new mental health component of the CDMP program since the end of July. The goal is for it to be finalized by the end of the next month, August 2023. This pathway is being designed similarly to the SMILE Perinatal Mental Health Care Pathway in that the main objective is to deliver high-quality supportive care to all new and ongoing AAHP clients. Community residents will have the opportunity to meet with the mental health specialist at varying frequencies based on their screening scores and information collected during their initial mental health assessment.

Screening tools being considered for use are as follows: Patient Health Questionnaire-9 (PHQ-9) to screen for depressive disorders; Generalized Anxiety Disorder-7 (GAD-7) to screen for generalized anxiety disorder; CAGE-AID to screen for alcohol and/or substance use and abuse; the Primary Care PTSD Screen for DSM-5 (PC-PTSD-5); Mood Disorder Questionnaire (MDQ) to screen for the presence of mania or bipolar disorder; and the Columbia-Suicide Severity Rating Scale (C-SSRS) to screen and assess for suicidality if an immediate concern presents itself. The aim is to provide comprehensive support tailored to each individual's needs based on these screenings. The completion of this SOP will further enhance AAHP's commitment to improving community well-being through proactive outreach initiatives, partnerships, and strategic collaborations with various stakeholders involved in promoting holistic healthcare solutions.

The mental health assessment will consist of the same details as the current SMILE mental health assessment, which focuses on the problem(s)/stressor(s), history of problem(s)/stressor(s), psychiatric/psychological history, medical history, history of any substance use or abuse, history of suicidal/homicidal ideation, family history, social history, educational and employment background, trauma history, current use of coping skills and/or mechanisms, and any interests, hobbies, and strengths. The three-step-care approach mentioned in the Perinatal Mental Health Care Pathway will also expand to this

care pathway, following the “Assess, Assist, and Arrange” model as adapted from the Provincial Council for Maternal and Child Health based out of Ontario, Canada. A person can enter any support step in the care pathway and move up or down based on the severity of the illness and their response to any prior interventions. Ongoing monitoring is required, regardless of the treatment step being applied.

For clients to be referred to the mental health specialist for care, staff members will be recommended to either “task” them in NextGen or send an encrypted email with a simple referral form to the mental health specialist (to be determined). Either option ensures that AAHP maintains HIPAA compliance.

F. Cancer Prevention

AAHP’s Cancer Prevention Specialist continued to design cancer awareness and education programs with the goal of reaching a minimum of 20 Black/African American women per month. The objectives of the program are as follows:

1. Increase knowledge and awareness - measure the percentage increase in participants’ understanding of healthcare options, available resources, and relevant education materials before and after the program.
2. Access to healthcare services - track the percentage of program participants who successfully connect with primary care providers, specialists, and other healthcare services within a specific time frame.
3. Health literacy improvement - evaluate the ability of black women in the program to comprehend and navigate health-related information by conducting pre- and post-tests assessing their health literacy scores.
4. Behavioral change - monitor and record the number of program participants who actively engage in preventive care measures, such as regular screenings, vaccinations, and recommended health check-ups.
5. Self-confidence and decision-making - utilize surveys and assessments to measure the increase in participants’ confidence and skills in making informed healthcare decisions, managing their health, and advocating for their needs.
6. Support system enhancement - assess the perceived level of support and community engagement reported by program participants through feedback surveys, focus groups, and interviews.
7. Long-term impact - track improvements in health outcomes for Black/African American women in Montgomery County by comparing health indicators (e.g., rates of chronic diseases, and mortality rates) before and after the program.
8. Program reach and participation: Set goals for the number of Black/African-American women reached by the program and monitor the rate of program participation over time as an indicator of community engagement and interest.

These measurable goals should help assess the effectiveness and impact of AAHP in Montgomery County, specifically in terms of educating and empowering Black/African American women to make informed decisions regarding their healthcare, resources, and education.

On July 27, at Giant Food located at 10400 Georgetown Road in Bethesda, AAHP's Cancer Prevention Specialist hosted an event centered around extending cancer-related assistance and counsel to a group of eight Black women. Notably, five of these individuals exhibited a strong enthusiasm for engaging with AAHP's Cancer Chat and Chew initiative, a program that focuses on mitigating health risks associated with cancer. Moreover, among the attendees, four mothers were coping with the challenge of having daughters who were battling cancer. These mothers expressed a heartfelt desire for their daughters to connect with AAHP's resources.

III. Administration

On July 25, the Montgomery County Council invited the African-American Health Program to participate in a ceremony recognizing July as National Minority Mental Health Awareness Month. In recognition of this important occasion, members of the AAHP staff were pleased to accept a special proclamation and provide brief remarks about our mental health services and activities. The program was also pleased to have the opportunity to distribute a program-specific health newsletter published and distributed by AAHP in July about the importance of mental health to overall health. The program also distributed postcards that invited participants to visit our website and anonymously conduct an assessment of their mental health.

In July the African American Health Program began developing a plan to gradually increase the number of days when all staff are scheduled to work on-site at the office two days of the week. To accomplish this objective a spreadsheet has been developed to reduce the chances that too many staff will be in the office on the same day. Because the office is fairly small and the private space is minimal, the noise level could make it difficult to communicate and concentrate.

In June, AAHP established an off-site location for the storage of infants' car seats, cribs, infant clothes, breast pumps, community outreach promotional items other materials and supplies that tend to take up workspace and create a disorganized and cluttered appearance. To better manage and control the inventory of items in storage, a plan was developed to control and manage all items removed from storage to ensure that the program maintains sufficient supplies at all times while also accounting for all items removed from inventory.

On July 15, 2023, Tania Joseph a part-time nurse terminated her employment with the program. The cases assigned to Mrs. Joseph were redistributed among the two nurses hired most recently by the African-American health program.

During July, all of the staff were trained in the use of the NexGen electronic health record software solution. In addition, data elements were modified to record biometric readings and filter the results of readings to reflect the severity of deviation of readings away from a normal reading.

On July 27, 2023, the staff participated in a meeting with Sean Gibson, Health Insurance section manager for the Department of Health and Human Services, Office of Eligibility and Support Services. Mr. Gibson provided an overview of coverage provided under Medicaid and the impact of the Medicaid unwinding on eligibility criteria and the potential impact on AAHP clients. In addition, the discussion included a review of the Healthy Baby Equity Act

which extends Medicaid coverage to pregnant women who are not legally residing in the County. In addition, this new legislation will continue to provide medical care for an additional four months postpartum.

Every month all the staff completed the mandatory security training offered by the County to minimize the risk of cyber and phishing attacks. As a further security feature, AAHP has subscribed to a software application, Kaseya's One solution, which uses artificial intelligence to monitor the McFarland Associates' domain name to further minimize the risk of various kinds of attacks.

The African American Health Program uses a variety of software solutions to collect store and manage data. Because the firm has experienced some recent staff changes it has been necessary to transfer credentials to the new staff and provide opportunities to learn how to use software such as Tableau, a software solution needed to organize and download data for visualization and presentation.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: Friday, July 7

	June 2023	May 2023
General List Recipients:	6527	6510
Successful deliveries:	6495	6469
Open rate:	28.2%	29%
Click rate:	.4%	1%

July’s Health Notes was titled “The Power of Movement” and was sent on Friday, July 7. The feature article highlighted the importance of National Minority Mental Health Awareness Month and the positive impact of movement and exercise on mental health, citing activities like jogging, swimming, cycling, gardening, and dancing. The article also mentions AAHP’s Health and Fitness classes and recommends reading the "Minority Voices 2022: Our Mental Health Journey" report for more insights. The following article, “The Truth about Metabolism and Weight Loss” explains how weight gain in middle age is more likely due to changes in diet, alcohol consumption, physical activity, and sleep patterns rather than a slower metabolism. The following article highlights the importance of good circulation for overall well-being, noting that poor circulation can lead to uncomfortable symptoms. To counteract these issues, the article provides actionable tips. The Health Hint reminded readers to eat more green vegetables to protect their brain health. The Featured Video showcased trainer Chrissy King and fitness instructor Simone Samuels discussing the importance of promoting inclusive wellness that embraces individuals of all races and body types. The featured recipe was Spicy Roasted Okra with Peanut Sauce.

July’s Health Notes maintained a high readership. Of the 6,510 people who received July 2023 Health Notes, 1,882 people opened the newsletter, which is 52 less people than last month and represents an open rate of 29%, slightly higher than last month’s open rate of 28%. July’s click rate of 1% 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 26, and there were five total unsubscribers, the same as last month.

Facebook

In July 2023, the Facebook page had a total of 900 followers and posted 14 times. The posts received nine likes or love reactions, with no comments, but there were eight shares. Compared to the previous month, there was no change in the number of followers, the number of posts decreased by two, likes or love reactions decreased by four, comments remained the same, and there was an increase of six shares.

Facebook Metrics – July 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	900	14	9	0	8
Change from last month	N/A	-2	-4	same	+6

Twitter

During July 2023, the Twitter account gained five new followers, bringing the total to 456 followers. A total of 13 tweets were posted, generating 1,257 tweet impressions. The content received eight retweets and 10 likes, but there were no recorded link clicks. In comparison to the previous month, the account saw an increase of four new followers, maintained the same number of tweets, experienced a decrease of 504 in tweet impressions, garnered three more retweets and five more likes, but observed a decrease of six link clicks.

Twitter Metrics – July 2023

	Followers	New Followers	Tweets	Tweet Impressions	Retweets	Likes	Link clicks
Total	456	5	13	1257	8	10	0
Change from last month		+4	same	-504	+3	+5	-6

Instagram

In July 2023, the Instagram account had a total of 323 followers and made 14 posts, but did not share any stories. The posts accumulated nine likes and garnered 362 impressions. Compared to the previous month, the account gained six new followers, increased the number of posts by one, maintained the same number of stories and experienced a decrease of five post likes.

Instagram Metrics – July 2023

	Followers	Posts	Stories	Post Likes	Impressions
Total	323	14	0	9	362
Change from last month	+6	+1	same	-5	N/A

APPENDIX B – July 2023 Health Notes



Each July, AAHP observes National Minority Mental Health Awareness Month to recognize and address mental health concerns facing Blacks/African Americans. It's important to know that movement and exercise can benefit mental health. Activities such as jogging, swimming, cycling, walking, gardening, and dancing have been shown to reduce anxiety and depression by providing distractions from negative thoughts and by triggering the release of endorphins, those wonderful "feel-good" brain chemicals. Just 30 minutes of moderate-intensity exercise (like brisk walking) three times a week can make a significant positive impact on an individual's mental health.

If you're looking for a calming way to lift your mood, give meditative movement a try. Practices like qigong, tai chi, and yoga can help ease depressive symptoms by helping you focus on how your body feels, where it is in space, and your intuitive feelings while you move. To get started, you can join [AAHP's yoga classes](#) on Wednesday mornings at 10am.

Learn more about Blacks/African Americans and mental health by reading the ["Minority Voices 2022: Our Mental Health Journey"](#) report authored by AAHP, the Latino Health Initiative and the Asian American Health Initiative.

Sources:

www.ncbi.nlm.nih.gov

www.mayoclinic.org

www.health.harvard.edu



It's a common belief that our metabolism—the process by which our bodies burn calories—slows down as we age, and that's why our waistlines expand(ed) during our 30s, 40s, and 50s. But a groundbreaking study debunked this notion, finding that our metabolism reaches its highest point in infancy, then gradually slows down until we're around 20 years old and then remains relatively stable until we reach our sixties.

What's really to blame for weight gain in middle-age? Likely changes in food choices, alcohol consumption, activity levels, and sleep patterns. This research reminds individuals to take a more holistic approach and more accountability regarding their health and weight management.

No matter your age, resistance training, also known as weightlifting, helps preserve the muscle mass that tends to decrease as we age. Muscle mass is a key factor in metabolism. Other healthy habits, such as getting enough rest and eating enough protein and calories, can also help you optimize your metabolism.

Sources:

www.health.harvard.edu/blog/surprising-findings-about-metabolism-and-age
www.health.harvard.edu/diet-and-weight-loss/does-metabolism-matter-in-weight-loss
www.nbcnews.com
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Good circulation is crucial for quality of life. Poor circulation can cause unpleasant symptoms, such as muscle pain, weakness, heaviness in the legs, a prickling sensation like "pins and needles" on the skin, leg swelling, painful swollen veins, and numbness. Dealing with these issues can surely put a damper on your health and well-being, so incorporate these tips to prevent and manage poor circulation:

1. Exercise: Even low-impact exercise like walking can increase blood flow and improve your circulation.
2. Change your diet: Cut back on red meat and full-fat dairy items and reduce salt intake to avoid fluid retention and high blood pressure.
3. Keep legs elevated: When sitting or laying down, prop your legs on something to improve blood flow. Elevating your legs higher than hip level creates an incline that helps blood move.
4. Quit smoking: Nicotine restricts blood flow, causes inflammation, and damages arteries. Avoid both traditional cigarettes and e-cigarettes as even small exposures to nicotine have negative effects.
5. Wear compression socks: Compression socks gently squeeze your legs to prevent swelling and venous pooling. Consult with your healthcare provider to determine which type of sock is right for you.

Source: www.health.clevelandclinic.org

Health Hint

Include more plant-based foods to help keep your brain healthy. Researchers discovered that individuals who consistently followed plant-based diets had lower levels of beta-amyloid accumulation in their brains, which is associated with Alzheimer's disease. Among this group, those who consumed seven or more servings of green leafy vegetables per week showed even less buildup compared to those who had only one or two servings. So, remember to load up on those leafy greens to support your brain health!

Source: www.health.harvard.edu

Featured Video

In this video, trainer Chrissy King and fitness instructor Simone Samuels discuss with TODAY's Sheinelle Jones the importance of promoting inclusive wellness that embraces individuals of all races and body types:



Featured Recipe: Spicy Roasted Okra with Peanut Sauce



Ingredients - Roasted Okra

- 1 lb. fresh okra
- 1 tablespoon sesame oil
- 1 teaspoon red pepper flakes
- coarse salt to taste

Ingredients - Peanut Ginger Sauce

- ¼ cup natural peanut butter
- 1 small clove garlic, minced
- 1 tablespoon apple cider vinegar
- 1 tablespoon tamari
- 1 teaspoon fresh ginger, grated
- 1 teaspoon honey or maple syrup (to keep it vegan)
- ½ teaspoon sriracha
- coarse salt to taste

Instructions

1. Preheat the oven to 425°F. Wash and dry the okra. Slice off the tops and cut the okra lengthwise.
2. Place the cut okra onto a baking sheet, leaving plenty of space between each piece. Drizzle with sesame oil. Sprinkle with the red pepper flakes and salt to taste.
3. Roast the okra for 10-12 minutes, turning once. Remove from the oven and enjoy as a warm snack or side dish.
4. Purée the Peanut Ginger Sauce by combining all ingredients using a whisk or blender for a smoother finish.

Source: www.marisamoore.com/spicy-crispy-roasted-okra-ginger-peanut-sauce/

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