



AAHP at the Scotland Juneteenth Festival on June 19, 2023

AAHP MONTHLY REPORT June 2023



I. INTRODUCTION

In June the African American Health Program (AAHP) received a five-year full recognition status from the US Centers for Disease Control and Prevention (CDC) for the effective implementation of its Diabetes Prevention Program (DPP), an evidence-based prevention program for Black/African American Montgomery County residents to prevent and reverse prediabetes. Also, in June, AAHP was honored by an invitation from the American Nurses Association for an AAHP staff member to serve as an expert panelist in collaborative efforts to define and describe best practices for national health promotion and wellness initiatives. The panel will convene meetings and working sessions over the next year to identify and examine strategies to improve health using a whole person-centered approach to care.

Also, in June, AAHP conducted health screenings at numerous health education and wellness events throughout the County to educate residents on specific health conditions and assess individual health risks. In June, AAHP forged significant partnerships to enhance the reach of its prevention services aimed at reducing health disparities; these partnerships will ultimately expand the referral network and improve access to care through collaboration with other organizations and agencies. Contacts were established and discussions were held with key leaders from prominent healthcare organizations in the region. These included the Community Services Departments of Holy Cross Hospital, the vice-president of Community Health, the president of Holy Cross Network, the Montgomery County Primary Care Coalition, the Brim Foundation, Colesville United Methodist Church, Walmart, the Susan G. Komen Foundation, and the Kaiser Foundation. Each organization expressed a commitment to collaborate with AAHP to increase access to resources and care.

In June, AAHP conducted multiple health promotion and wellness events, both in-person and virtual. On June 3rd, AAHP was a major participant in the White Oak Community Day celebration, which focused on emphasizing the importance of community, health, and well-being in the White Oak area, with exercise, good nutrition, and health literacy as the principal theme. On the same day, AAHP's staff joined in a collaborative health fair at the People's Community Baptist Church in cooperation with the National Council of Negro Women. AAHP led workshops on diabetes prevention, cardiovascular health, infant and maternal health, substance abuse prevention, oral health, and cancer prevention and screened dozens of residents for individual health risks. On June 10, AAHP staff joined Mount Calvary Baptist Church and Colesville United Methodist Church in conducting separate health fairs that included screenings on cholesterol, glucose, and blood pressure. On June 17, the staff participated in a day-long health fair and community celebration at the Ross Boddy Community Recreation Center in Sandy Springs, Maryland. This event served as a valuable platform for AAHP staff to engage with community residents and distribute health information to help them prevent chronic disease and promote their overall well-being. Moreover, this event also provided an opportunity for AAHP staff to enlighten and educate members of the County Council, including the County Council President, about AAHP's services and how they help residents live healthier and longer, thereby reducing health disparities.

On June 19th, AAHP staff participated in the Scotland Juneteenth celebration held in collaboration with numerous County organizations. This event showcased a wide array of health promotion and wellness services available to Black/African American residents in the Potomac region in Montgomery County. On this special holiday, staff had the opportunity to

interact with members of the County’s executive leadership, members of the Montgomery County Council, and the chairperson for the County’s Oversight subcommittee for the Department of Health and Human Services.

Also, during June, AAHP’s community health workers continued an aggressive program of offering prevention services to underserved and un-housed Montgomery County residents. On June 21st, health screening and educational services were conducted at the women’s shelter, followed by separate events at the Taft Court Women’s Shelter on June 22nd and the Progress Place Shelter on June 23rd. On June 25th, AAHP staff participated in “Pride in the Plaza” to highlight and celebrate the importance of health, well-being, diversity, and inclusion for LBGTQ residents and other County residents. Towards the end of June, AAHP staff resumed “Tuesday Tea” in collaboration with the Columbus Senior Living program at Mt. Jezreel Baptist Church. This engagement was paused during the pandemic. In the coming months, this event will be conducted monthly to encourage the adoption of healthy lifestyles and promote overall wellness.

To round out a very busy month, on June 28th, AAHP conducted comprehensive health screenings for men at the men’s shelter. The screenings included HIV/AIDS, cholesterol, glucose, and blood pressure.

II. PROGRAM ACTIVITIES

A. SMILE

Building on best practices learned during the FY 2023 year, June concluded the fiscal year with improvements in health outcomes for nearly all participants in the SMILE program. Enrollment remained strong, with a case management load consisting of 115 mothers and 77 infants. In June, 20 cases were discharged, and one postpartum and ten prenatal cases were enrolled. The program welcomed 10 new infants; all were born at term and within normal weight limits. Breastfeeding rates were recorded at 83% for the first three months of life and 73% during the first year. These high rates exceeded the national rates. In June, every mother and infant had health insurance. A key strategy of the program is centered on the quick identification of social and/or medical pregnancy risks, followed by appropriate risk mitigation efforts. This strategy is interwoven with personal initiatives by a dynamic staff. For one such initiative, a nurse can accompany clients to their doctor’s appointments to promote better care coordination, care management, and continuity of care between the SMILE nurse and the medical team. Another initiative established a Childbirth and Breastfeeding Education program offered in a block of four hours to review childbirth, comfort measures, postpartum preparation, breastfeeding, newborn care, and the involvement of fathers as caregivers. Additionally, Mommy Chat is conducted biweekly to address the psychosocial needs of SMILE participants. In that context, on June 7th, the community engagement manager at Manna Foods presented food distribution and other services offered by Manna Foods. AAHP’s student interns from the University of Maryland conducted a workshop on resume writing and interviewing skills.

The table below presents a statistical and comparative overview of program performance reported during June, as well as in May and April. The number of home visits increased during June, and a big increase in the number of teleconsultations was noted. This indicates

a greater level of engagement with the mothers and closer monitoring of their condition which correlates with the favorable birth outcomes observed during the month. The program is poised to scale up, expand, and refine its efforts in the new fiscal year 2024.

PROFILES/SERVICES	*Monthly Average Calendar Year 2021	April 2023	May 2023	June 2023	Comments About April
<i>A) Currently Active Moms</i>	94	111	121	115	
Prenatal (still pregnant)	29	33	41	39	
Postpartum (Moms who have delivered)	65	78	80	76	
<i>B) All infants</i>	66	79	82	77	
Single Births	62	75	78	73	
Multiples	4	4	4	4	
Case Load (A+B)	160	190	203	192	
MOM'S ETHNICITY					
African American Clients	37	38	40	38	
African Clients	55	62	67	65	
Caribbean Clients	2	11	14	12	
REFERRALS					
HHS Prenatal Referrals Received	3	0	0	5	
Referrals from Other Sources	4	20	16	16	
Total Prenatal Referrals	7	28	16	21	
NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	6	12	12	11	
Infants Newly Enrolled during the month	9	11	3	10	
Newly Enrolled Postpartum Moms		1	0	0	
All New Enrollments for the month	15	24	15	21	
DISCHARGES					
Prenatal Discharges	1	4	0	4	
Infant Discharges	7	13	5	16	
Total Discharges	8	17	5	20	
DELIVERIES					
Term Deliveries	5	7	4	10	
Preterm Deliveries	1	2	0	0	

Total Deliveries	6	9	4	10	
BIRTH OUTCOMES					
% Healthy Birth Weight	95%	78%	75%	100%	
Number of Low Birth Weight	1	0	1	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	20	38	43	
Telephonic Consultations	181	227	267	312	
Community Referrals Made	24	32	24	37	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	86%	78%	85%	
Breastfeeding 0-6 months		83%	80%	79%	
Breastfeeding 0-12 months	73%	82%	76%	73%	
INSURANCE					
Clients with Private Insurance**	23	28	29	24	
Clients with Medicaid Insurance**	60	82	78	81	
Clients without Insurance	n/a	1	14	0	
*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					

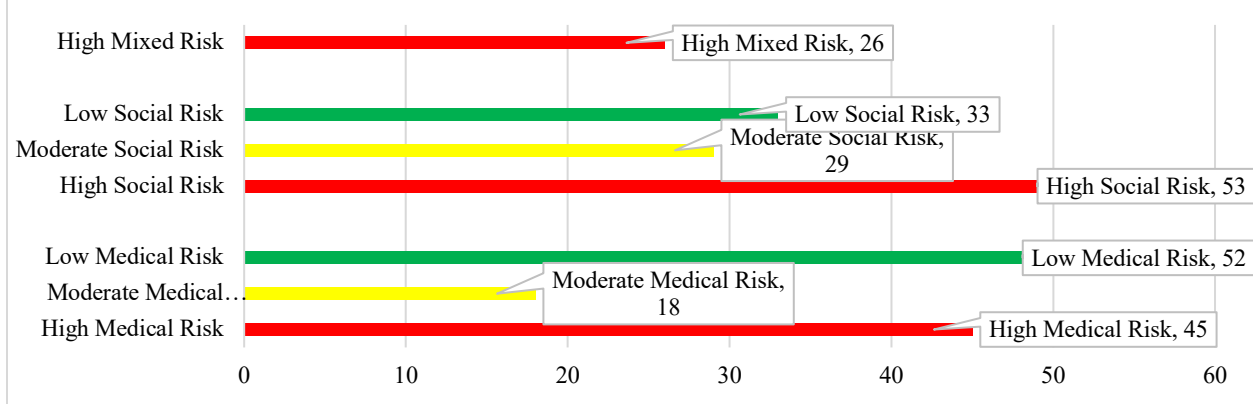
PERCENT OF MOMS BREASTFEEDING, JUNE 2023

N=(76)



MOMS' RISK CATEGORIES, JUNE 2023

N=(115)



B. Chronic Disease Prevention and Management Program (CDMP)

1. CDMP Virtual Health Education Webinars

In June, the Chronic Disease Management and Prevention Program centered its activities and focus on brain health. The class content was tailored to the wishes expressed by attendees. During “Take Control of Your Health” classes on Wednesdays and Thursdays, instructors and guest speakers provided a deeper look at the intricacies of the brain and ways to adequately support its functions. The following topics were presented: Alzheimer/dementia; foods, supplements, and activities to boost the brain; lymphatics, mental health, and wellness; hypo and hyperglycemia; stroke; brain complications of diabetes; diabetes and mental health; and diabetes sick day.

a. Health and Nutrition Classes for June 2023

A variety of topics were presented for the Health and Nutrition Classes during June. Below, each week’s topic and foods demonstrated are listed. Participants had an opportunity to share their successes and challenges with trying new foods, recipes,

and plant-based eating. Classes were held throughout the month on Thursdays at 1 pm and 6 pm on selected Mondays.

The classes taught during June focused on the following topics:

- June 1 - Digestive Health
- June 9 - Breaking Food Seduction
- June 12 - Introduction to How Food Fights Diabetes
- June 15 - A Healthy Thyroid
- June 22 - Designing a Diet for Maximum Weight Control (Diabetes)
- June 26 - The Power of Your Plate and Grocery Cart
- June 29 - Food and Mood

The foods prepared during June included the following:

- June 1- Israeli Couscous with Veggies, Ginger Banana Smoothie, Artichoke, and Tomato Salad
- June 9 - Smokie Barbeque Zucchini Rounds, Mango Black Bean Salad Ginger Noodles,
- June 12 - Good Enough for Guests Green Salad, Everything Minestrone, Refreshing Mango Mint Smoothie
- June 15 - Buffaloed Pasta Salad, Kale and Sweet Potato Sushi, Snickerdoodle Hummus
- June 22 - Acai-Cherry Smoothie Bowl, Grilled Fajita Platter, Infused Fruit and Herb Water
- June 26 - Gumbo, Roux, Brown Rice, Watermelon and Strawberry Smoothie
- June 29 - Vegan Potato Salad, Vegan Mayo for Potato Salad, Quick and Easy
- jackfruit Salad Italian Scramble, Rainbow Nori Rolls, and Southwest Chili Mac

b. Yoga & Zumba

In June, the yoga instructor focused on movements for coordination and balance. She continued to incorporate participant feedback from the surveys at the start of every class. She usually asked what they wanted to focus on or what was physically painful, and she would keep that in mind when doing the various exercises.

For Zumba, the instructor raised the intensity level of movements in the classes by incorporating resistance bands and by gradually increasing weights. She encouraged the participants to follow suit. To the great satisfaction of participants, she introduced a new plan that included music from the 90s and early 2000s from a wide range of genres such as R&B, Latin music, soul, dance, jazz, and Afro beats. Participants kept the cameras on and remained throughout the class.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
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Health and Fitness online Webinar ZUMBA: June 7, 14, 21, 28 YOGA: June 6, 13, 20, 27	10 am –11 am 11 am –12 pm	Class and Height, Weight, BP, BMI, %BF, Glucose, Cholesterol Screenings	In June, the focus was on online guided exercise sessions, including yoga and Zumba, led by trained exercise professionals and AAHP staff. Participants had the convenience of joining these sessions from the comfort of their homes. 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 1 June 6, 13, 20, 27	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol	This month’s class topic was Brain Health. Participants were encouraged to talk with their care team for screenings when appropriate. Participants continued to maintain or improve their HEDIS measures and maintain a more nutritious diet.
Health and Nutrition Plant-Based food June 1, 8, 15, 22, 29 June 1, 8, 15, 22, 29	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 foods to 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 2 June 1, 8, 15, 22, 29	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	This month’s class topic was Brain Health. 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 to rise more and maintain a more nutritious diet.

Class Attendance in June 2023

	Health and Fitness				TCYH 1				Health and Nutrition				TCYH 2							
	10 am -11 am Wednesdays 11 am - 12 pm Fridays				6 pm - 7:15 pm Wednesdays				1 pm - 2:30 pm Thursdays 6 pm-7:30 pm 2 nd and 4 th Mondays				6 pm - 7:15 pm Thursdays							
Date(s)	June 2023																			
	2, 7	9, 14	16, 21	23, 28, 30	7	14	21	28	1	8	12	15	22	26	29	1	8	15	22	29

<i>Male</i>	0	0	1	0	0	0	1	0	1	1	1	1	0	1	1	0	0	0	1	0
<i>Female</i>	24	20	28	23	23	28	28	23	16	24	22	17	19	21	22	26	24	16	31	20
Class Size	24	20	28	23	23	28	29	23	17	25	23	18	19	22	23	26	24	16	32	20
TOTAL	98				103				147				118							
Avg.	11.8				25.75				21				23.6							
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)							

CDMP Class Evaluation Survey Results

Did you benefit from joining the class?	100 % of respondents said yes, they benefitted from the class.
Do you plan on using the health information that you received	100% of respondents said yes, they plan to use the information they received.
How would you rate the AAHP staff during this event?	95% of respondents rated the staff as excellent, and 5% rated the staff as good.
How would you rate the quality of health information that you received?	91% of respondents rated the quality of health information as excellent, and 9% rated the quality of health information as good.
How would you rate the topic that was covered during this class?	95% of respondents rated the topic covered during class as excellent, and 5% rated the topic covered during class as good.

2. Remote Patient Monitoring (RPM)

In June, 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 in June was met by most attendees.

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	0	1	3	3	9

3. Diabetes Prevention Program (DPP)

The third cohort of DPP commenced their year-long journey on June 13, 2023, with an introduction to the program by the clinical director. Nineteen (19) newly enrolled participants were in attendance. The following week, on June 20, eighteen of them returned for an interactive module on “Getting Active” presented by a CDMP nurse case manager. The third module was led by another lifestyle coach on “Tracking Your Activity”. Sixteen participants were in attendance. Biometric measures were collected weekly from participants. These measures will be included in future reports.

4. Weight Management Program (WMP)

During June, members of the WMP participated in two exercise activities. The first one was an outdoor exercise session held at White Oak Recreation Center on Saturday, June 3, 2023. This class involved 10 minutes of warm-up and 10 minutes of cool-down after the class as well as a highly intensive 40-minute exercise. There were 13 regular participants joined by many volunteers along the trail.

On Saturday, June 17, 2023, an outdoor walk was co-led in collaboration with Girl Trek. The participants walked along the Sligo Creek Trail for approximately 3.2 miles.

During June, Monday Morning Motivational sessions on Zoom were held on two dates:

Dates	Topics
June 5	Fruit Fast
June 12	Meal Prep Made Easy

During June, the WMP paused enrollment to allow the transfer of data into NextGen, the electronic health record system newly adopted by AAHP. The total enrollment for the month remained at 59. The table below shows the breakdown.

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
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'23	45	0	5	50
February	50	2	6	54
March	54	0	3	57
April	57	0	1	58
May	58	0	1	59

June	59	0	0	59
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A. Community Outreach and HIV

In June, the AAHP team took part in twelve (12) community outreach events at various locations, including four (4) shelters, one (1) senior living facility, three (3) churches, four (4) community/recreation centers, and three (3) HIV in-person trainings. The team also resumed Tuesday Tea at Mt Jezreel Baptist Church.

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		Total Cholesterol	
								Normal	Elevated	Normal	Elevated
People's Community Church	June 3	36	0	20	9	14	7	12	4	11	6
Mt. Calvary – Sickle Cell Event	June 10	32	0	32	9	14	7	12	4	11	6
Women Shelter - Crabb	June 14	23	15	11	4	8	2	4	2	3	4
Women Shelter - Taft	June 22	25	14	10	2	14	5	6	2	2	3
Progress Place	June 23	27	16	15	7	18	3	5	2	0	
Pride at the Plaza	June 25	200	0	0	0	0	0	0		0	
Tea-Mt Jezreel Church	June 27	21	0	15	6	14	4	11	4	12	6
Men Shelter Nebel Street	June 28	30	16	13	9	13	8	10	5	7	4

A total of one hundred ninety-four (194) 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, 61 HIV tests were done, all yielding negative results.

HIV TESTING REPORT		30 June		
African- American				
	Age Group	Male	Female	
	1947 -1969	11	6	
	1970 -1989	7	3	
	1990+	3	5	
Total		21	14	35
All Others				
		Male	Female	
	1947 -1969	5	5	
	1970 -1989	7	3	
	1990+	4	2	
Total		16	10	26
GRAND TOTAL				61

B. Social Work

1. Mental Health Screenings

In June, several mental health screenings were conducted at various community sites. This month, the social worker did not receive a formal number of screenings completed for June, but a manual count recorded 83 screenings. The reported number for the past few months has not accurately reflected the number of actual screenings done. The social worker attributed the low numbers to issues with the submission button after the questions are completed and refusal to complete screening because of the frankness of the questions. The social worker is now explaining how to use the tablet in taking the screening and answering any questions that participants have regarding their mental health.

2. Kaiser Permanente CHAP Program:

The social worker began training for upcoming re-enrollments and enrollments in the Kaiser Permanente CHAP program. This month, the social worker volunteered for additional programs to assist with enrolling AHP clients and individuals in the community. The social worker will not only work on enrollment programs, but on the portal pilot, Medicaid Redetermination, and the mobile van. The social worker will re-enroll 75+ individuals from the previous two years, and the interns were recruited to assist with the effort. Kaiser reported that 6,000 individuals are enrolled in the program and out of the 6,000, only 3% are using the program. The social worker will contact CHAP enrollees and remind them of the upcoming re-enrollment, offer help with paperwork, and assist with accessing insurance and the portal.

The third session of “Your Inner Self” took place on June 14, focusing on the topic of “Myths and Misconceptions About Mental Health.” The group was promoted through the CDMP distribution group, resulting in approximately 19 participants. Feedback from attendees indicated their enjoyment of the session and their anticipation for future meetings. For the upcoming session in June, the topic will be "Black Folks and Mental Health," exploring the unique manifestations of mental health in Blacks/African Americans.

III. Administration

In June the African American Health Program began testing the use of a new computerized timecard developed by ADP known as Infinitime. The advantages of adopting the new timekeeping system were to have a system that could better segregate cost by employee and support performance appraisals that align with the duties and responsibilities assigned to each employee. During July, the nurses and community health workers will develop process and outcome measures to assess individual performance and the basis for providing feedback individually and collectively for each group of employees. It is anticipated that in the future, the system will be used for quarterly performance reviews and compensation.

During the last quarter of the fiscal year, the program began leasing space to store materials and supplies needed to conduct services and programs. The current space for storage is extremely limited and although the number of staff has increased, available office space has remained constant with two private offices and nine cubicles. To better accommodate the increasing staff numbers, a special effort has been made to better organize materials and supplies within the very limited space and use offsite storage to better organize the space at 1401 Rockville Pike. To support this requirement, the staff located storage that is near the office and developed procedures for inventory control to allow for just-in-time inventory management.

Every month all the staff have consistently 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 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 visualization and presentation.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, June 7 at 2:30 pm

	May 2023	June 2023
General List Recipients:	6615	6527
Successful deliveries:	6549	6495
Open rate:	34.2%	28.2%
Click rate	.6%	.4%

June’s Health Notes were titled “Bloomin’ in June” and were sent on Wednesday, June 7 at 2:30 pm. The feature article highlighted Juneteenth, the celebration of freedom for Blacks/African Americans. The article acknowledged the ongoing challenges faced by Blacks/African Americans, particularly in healthcare, and promoted the Scotland Heritage Juneteenth event. In observance of Men’s Health Month, the following article discussed the health and wellness of Black/African American men and provided three key facts about men's health, including the role of a healthy diet in preventing prostate cancer, the benefits of regular doctor visits and timely medical care, and the positive impact of positive social relationships on men's health. Next, “Tips for a Healthy Summer” offered summer safety tips, including staying hydrated, protecting the skin from sun damage, practicing water safety while swimming, adopting safe grilling techniques to reduce the risk of cancer, and promoting outdoor activities such as walking in a community park organized by AAHP. The Health Hint reminded readers to limit their exposure to negative news stories. The Featured Video showcased The Root’s Natasha Robertson and how she incorporates walking into her daily routine. The featured recipe was BBQ Jackfruit Sandwiches with Avocado Slaw.

June’s Health Notes demonstrated continued to garner a high readership despite the decreases. Of the 6,527 people who received May 2023 Health Notes, 1934 people opened the newsletter, which is 406 fewer people than last month and represents an open rate of 28.2%, lower than last month's open rate of 34.2%. May's click rate of .6% 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 54, and there were five total unsubscribers, the same as last month.

Facebook

The Facebook metrics for May 2023 show a total of 895 followers, 16 posts, 13 likes/love reactions, 13 comments, and two shares. In comparison to the previous month, which was exceptionally productive, there was a decrease of 18 posts, 51 likes/love reactions, an increase of 12 comments, and a decrease of 32 shares.

Facebook Metrics – June 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	895	16	13	0	2
Change from last month	N/A	-18	-51	12	-32

Twitter

The Twitter metrics for June 2023 indicate a total of 456 followers, with a decrease of one follower. There were 13 tweets, generating 1,761 tweet impressions. The number of retweets was five, and there were five likes. Link clicks remained consistent with last month at six. In comparison to the previous month, there were 16 fewer tweets, a significant decrease of 2,745 tweet impressions, 14 fewer retweets, and 27 fewer likes. There was one follower and the number of link clicks remained the same.

Twitter Metrics – June 2023

	Followers	New Followers	Tweets 13	Tweet Impressions	Retweets	Likes	Link clicks
Total	456	-1	13	1761	5	5	6
Change from last month		-1	-16	-2745	-14	-27	same

Instagram

The Instagram metrics for June 2023 show a total of 319 followers, 13 posts, no stories, and 14 post likes. In comparison to the previous month, there was an increase of 6 followers, a decrease of 19 posts, no change in the number of stories, and a decrease of 50 post likes. The number of impressions was not recorded.

Instagram Metrics – June 2023

	Followers	Posts	Stories	Post Likes	Impressions
Total	319	13	0	14	N/A
Change from last month	+6	-19	same	-50	N/A

APPENDIX B – June 2023 Health Notes



Happy Juneteenth!

Juneteenth is a special celebration of freedom for Blacks/African Americans, and it also serves to remind us of the work that still lies ahead. Freedom means more than breaking physical chains. For far too long, lack of access to quality healthcare, nutritious food, safe housing and other issues have burdened Black/African American communities with invisible chains, leading to health disparities. Driven by the vision of a Montgomery County where Black/African American residents are as safe and healthy as all other residents, AAHP was formed in 1999.

To celebrate Juneteenth, AAHP will offer free health screenings at the Scotland Juneteenth Heritage Festival on Monday, June 19. Attendees will have the opportunity to meet AAHP staff, participate in a 5K run, and immerse themselves in the vibrant celebrations of Scotland, the oldest black community in Maryland. Mark your calendars and learn more [here](#).

As we celebrate Juneteenth each year, let us hold onto the spirit of freedom, answered prayers, and unwavering hope. Let's keep working towards a future where every individual can thrive!



June is Men's Health Month, a time dedicated to raising awareness about the unique health challenges faced by men. Given that men generally have a shorter lifespan than women and considering that Black/African American men tend to live the shortest and unhealthiest lives compared to all other demographics, it is especially important for Black/African American men to prioritize their health and wellness. Did you know these three facts about men's health?

1. Eating a healthy diet can help men prevent prostate cancer.

Eating a diet rich in fruits, vegetables, and whole grains can improve prostate health in men. In particular, cruciferous vegetables like broccoli and cauliflower, as well as foods containing **lycopene** like tomatoes, have been found to have protective effects on the prostate. Reducing intake of red meat and dairy products may also help to improve prostate health.

2. Regular doctor visits and timely medical care can improve men's health outcomes.

Men, particularly Black/African American men, often avoid regular checkups and seeking medical attention due to societal pressure to be tough and self-sufficient. This can lead to dismissing symptoms and delaying medical attention until their condition worsens. Men also avoid professional care for mental health concerns, contributing to a suicide rate four times higher than that of women. This pattern of avoidance can have serious consequences, as preventive care and early detection can improve health outcomes and even save lives.

3. Positive social relationships can enhance men's health.

Strong relationships are vital for men's health. Research shows that having solid social connections lowers anxiety and depression, boosts self-esteem and empathy, and strengthens the immune system. On the flip side, lacking social support can have a more detrimental impact on men's health than obesity and smoking. **According to Harvard Medical School**, marriage also brings significant health advantages for men, including lower rates of heart disease and stroke, better mental health, and increased longevity compared to unmarried men.

Source:

www.health.clevelandclinic.org

www.nlm.nih.gov/health

www.health.harvard.edu

www.heart.org

www.health.harvard.edu/mens-health

www.adaa.org



Summer is here, and it's time to soak up the sun and have some fun! Whether you're biking, swimming, or just lounging in the backyard, stay safe and take care by being mindful of safety precautions and following health recommendations.

Staying hydrated is crucial during summer days for you and your loved ones to prevent dehydration. Drink plenty of water throughout the day, especially when engaging in outdoor activities. Protect all skin tones from sun damage by using sunscreen with a minimum SPF of 15, wearing protective clothing, and seeking shade during peak sunlight hours.

Swimming is a popular summer activity, but it's critical to practice water safety to prevent accidents and drowning. Adults and children alike should learn how to swim and always avoid swimming alone. Children should always be supervised in and around bodies of water.

Grilling is a common summer activity, but it's best to practice safe grilling techniques to reduce the risk of cancer. Cooking meat over an open flame releases cancer-causing chemicals, so consider pre-cooking meats in the oven or microwave before grilling to reduce grilling time and the amount of harmful chemicals released. Marinating meat in vinegar, citrus juice, or other acidic liquids can also prevent the formation of cancer-causing compounds. Try grilling fruits and vegetables for a healthier option.

There's no better season to enjoy the great outdoors, so consider spending some time in one of Montgomery County's beautiful parks. If you're up for getting some exercise in while enjoying the company of other community residents, join AAHP for AAHP Walks on selected Saturdays. The next walk will be held on Saturday, June 17 at Lake Needwood in Rock Creek Regional Park in Rockville from 9:00am – 10:30am.

Sources:

www.cdc.gov

www.aicr.org

Health Hint

While news can be a great source of information, entertainment, and inspiration, be cautious of news overload. The media focuses on negative events so it may be a good idea to limit your exposure and focus on the positive aspects of life. By maintaining a healthy balance in your news intake, you can maintain a positive outlook and appreciate the good around you.

Source: www.mayoclinichealthsystem.org

Featured Video

Many people struggle to meet the recommendation of walking 10,000 steps per day. The Root's Tatasha Robertson explains how she accomplishes this by incorporating walking into her daily routine:



Featured Recipe: BBQ Jackfruit Sandwiches with Avocado Slaw



Ingredients – BBQ jackfruit

- 2 20-ounce cans of young green jackfruit in water (NOT in syrup or brine)
- 1/4 cup BBQ seasoning and/or sauce

Ingredients – Avocado slaw (optional)

- 1/2 ripe avocado
- 1 Tbsp maple syrup (or sweetener of choice)
- 1 lemon or lime (juiced)
- Salt + pepper (to taste)
- Water (to thin)
- 2 cups shredded cabbage + carrots

Ingredients – for serving

- 4-6 whole grain vegan buns
- 1/2 cup roasted salted cashews

Instructions

1. Rinse, drain, and thoroughly dry jackfruit. Chop off the center “core” portion of the fruit and discard. Place in a mixing bowl and set aside.
2. Mix together BBQ seasoning and add to jackfruit. Toss to coat.
3. Heat a large skillet over medium heat. Once hot, add 1-2 tbsp oil of choice and seasoned jackfruit (use more oil, as needed, if increasing batch size). Toss to coat and cook for 2-3 minutes to achieve some color.
4. Add BBQ sauce and thin with enough water to make a sauce. Stir and reduce heat to low- medium and cook covered for about 20 minutes (up to 35 minutes on low for a deeper flavor).
5. Remove lid and stir occasionally. TIP: For finer texture, use two forks to shred the jackfruit as it cooks down.
6. In the meantime, make slaw by adding all ingredients except vegetables to a small mixing bowl and whisk to combine. Thin with water until a thick sauce is made, then add veggies and toss to coat. Set in the refrigerator until serving.
7. Once the jackfruit has been properly simmered, turn up heat to medium-high and cook for 2-3 more minutes to get a little extra color/texture, then remove from heat.
8. Place generous portions of slaw on the bottom buns, top with generous serving of BBQ jackfruit, and cashews.

Note: Leftover jackfruit keeps for up to a couple days in the fridge, though best when fresh.

Nutrients (1 serving): calories: 193; fat: 8.7 g; protein: 4.6 g; cholesterol: 0mg; sodium: 1371 mg; carbohydrates: 27.8 g; fiber: 7.5 g; sugars: 8.4 g; protein: 2.4g

Source: www.minimalistbaker.com/bbq-jackfruit-sandwiches-with-avocado-slaw/
