



County Executive Marc Elrich takes a health screening at AAHP Community Day 2023

**AAHP MONTHLY REPORT**  
**May 2023**

  
African American  
Health Program



## **I. INTRODUCTION**

During the month of May, the African American Health Program (AAHP) had a productive month with a focus on expanding education and prevention services aimed at providing residents with the knowledge and skills needed to take control of their health. The highlight was AAHP Community Day 2023 on May 20<sup>th</sup>, 2023, at the Germantown campus of Montgomery College. This successful event represented the culmination of laborious planning and implementation efforts led by the AAHP Executive Committee in close collaboration with the AAHP staff and community stakeholders. AAHP staff were featured on WTTG News encouraging community residents to join in the upcoming festivities. AAHP Community Day 2023 was a special opportunity to bring Black/African American residents together in person, after more than three years of “social distancing” due to the COVID-19 pandemic. This year’s Community Day event emphasized the importance of involving younger children in health promotion and wellness activities.

In May, the slightly warmer weather ushered in new opportunities to conduct health screenings and to educate Black/African American County residents on chronic disease prevention and management. In addition to intensive case management, in-person and virtual home visits, AAHP staff offered personalized care through weekly breastfeeding support groups; biweekly mommy chat sessions; and classes on childbirth education, breastfeeding, and oral health. With the addition of two new case management nurses, expanded activities included distributing information to reach and recruit more pregnant and postpartum mothers in the SMILE program. As a result, the May enrollment data shows a gradual increase in the number of SMILE enrollees as outreach efforts began to generate more referrals.

In May, community collaboration continued to be a central focus of AAHP’s prevention and health promotion strategy. During May, program staff met with the Maternity and Pediatric Division leadership of Holy Cross Hospital (HCH) in Silver Spring, MD to initiate a new round of discussions about ways to strengthen the AAHP Holy Cross Hospital partnership. Discussion centered around working more closely together to increase the number of pregnant and postpartum women seeking care at Holy Cross and to increase the intensity and duration of care between the two organizations. This is especially important because the Holy Cross Hospital delivers more infants than any other hospital in Montgomery County.

During the month, a new full-time mental health specialist joined the AAHP team. This individual will integrate behavioral health with physical health services and implement solutions to address social determinants fueling health disparities in Montgomery County. Across all program focus areas, staff educated residents on the importance of family and community support and adopting healthy lifestyle changes. Feeling well-supported fosters a sense of comfort, connection and belonging. Conversely, the absence of a supportive community or family support system can result in feelings of loneliness and anxiety, which in turn can negatively impact physical health.

Throughout the month of May, AAHP conducted various classes, both in-person and virtually, that focused on maintaining good health and preventing chronic diseases. The Chronic Disease Management and Prevention Program specifically emphasized Health Empowerment. The “Take Control of Your Health” (TCYH) class, which took place on Wednesday and Thursday,

provided in-depth coverage of various topics to help participants feel more empowered. The following topics were explored: Why We Sleep, All Types of Diabetes, PTSD: Mental Health, New Diabetes Therapies, Incontinent Bowel & Bladder, Interpreting Lab Values, Mental Health, Navigating Your Medical Appointment, and Sarcoidosis. The CDMP section includes a calendar with a breakdown of classes offered through the CDMP program this month.

## II. PROGRAM ACTIVITIES

### A. The SMILE Program

The SMILE staff participated in the 9<sup>th</sup> Annual AAHP Community Day. The nurses managed an information table showcasing the SMILE Program and its various services for breastfeeding support and maternal/infant health. The nurses communicated the benefits of SMILE and encouraged participants to expose the Program to family, coworkers, and friends in Montgomery County. The event was a great opportunity to not only share the program’s services with the community but also network and build relationships with individuals from other organizations, such as the specialist for Health Insurance and Medicaid from the Office of Eligibility and Support Services.

During May, SMILE case managers continued to stress the importance of breastfeeding in promoting the healthy growth and development of infants. Breastfeeding has numerous benefits for both mother and the infant, including improved immune functions, decreased risk of infections, and enhanced bonding. However, many mothers face challenges when it comes to breastfeeding. In May, the Breastfeeding Support Circle discussed preparing to breastfeed after a c-section, the relationship between pregnancy/nursing and dental health, infant oral care, weaning, and solids. The goal of this group is to help overcome the challenges facing nursing moms and increase confidence in their ability to breastfeed successfully. Mothers who participated in these discussions asked relevant questions.

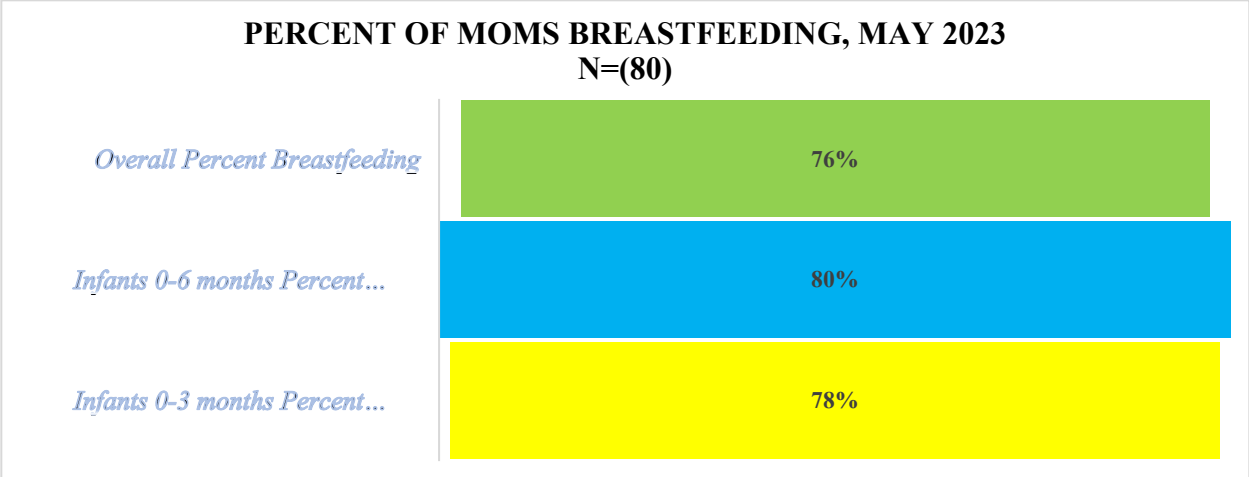
Mommy Chat support groups were conducted biweekly for SMILE mothers. On May 10<sup>th</sup>, a representative from Montgomery County Fire and Rescue conducted a presentation and demonstration on car seat safety. On May 24<sup>th</sup>, a representative from Montgomery County Dental Resources and Clinics conducted a presentation on dental hygiene for pregnant women, new mothers, and children. The practical applications of both presentations stimulated a great deal of interest from attendees. These presentations have significant health benefits and even lifesaving implications. Each session included more than 20 participants.

The table below presents a statistical and comparative overview of program performance reported during May and the two preceding months. The data shows a steady increase in active enrolment of mothers in the program. Four babies were born in May, three of whom were born at a healthy weight. The month of May saw a notable increase in the number of teleconsultations, indicating 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.

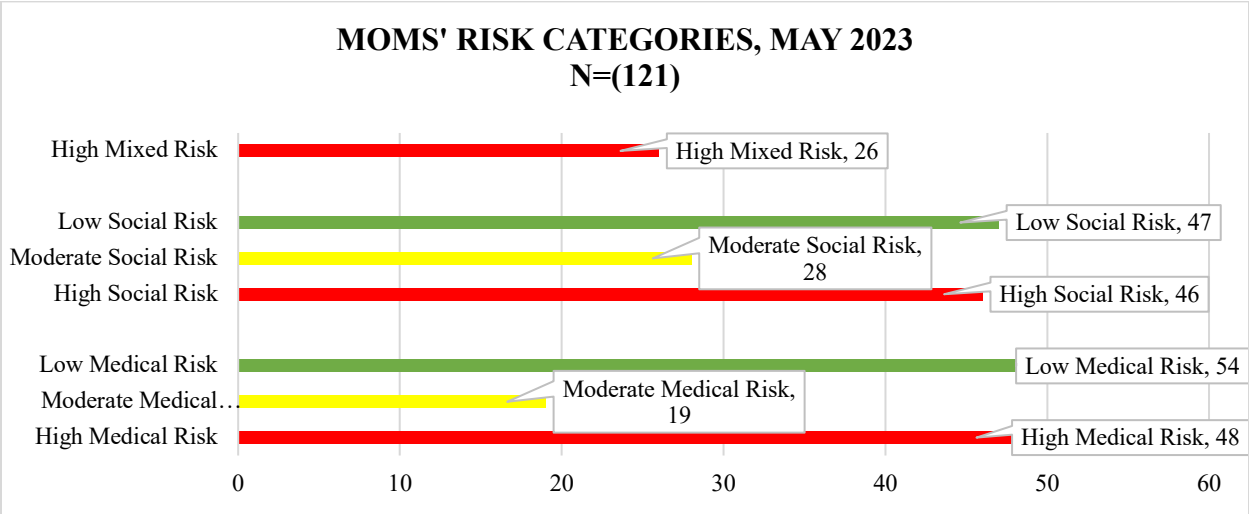
<b>PROFILES/SERVICES</b>	<b>*Monthly Average</b>	<b>March</b>	<b>April</b>	<b>May</b>	<b>Comments About April</b>
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	Calendar Year 2021	2023	2023	2023	
<b>A) Currently Active Moms</b>	94	110	111	121	
Prenatal (still pregnant)	29	31	33	41	
Postpartum (Moms who have delivered)	65	79	78	80	
<b>B) All infants</b>	66	82	79	82	
Single Births	62	80	75	78	
Multiples	4	2	4	4	
<b>Case Load (A+B)</b>	160	190	190	203	
<b>MOM'S ETHNICITY</b>					
African American Clients	37	36	38	40	
African Clients	55	62	62	67	
Caribbean Clients	2	12	11	14	
<b>REFERRALS</b>					
HHS Prenatal Referrals Received	3	8	0	0	
Referrals from Other Sources	4	20	20	16	
<b>Total Prenatal Referrals</b>	7	28	28	16	
<b>NEW ENROLLMENTS</b>					
Prenatal Moms Newly Enrolled During the Month	6	8	12	12	
Infants Newly Enrolled during the month	9	4	11	3	
Newly Enrolled Postpartum Moms		0	1	0	
<b>All New Enrollments for the month</b>	15	12	24	15	
<b>DISCHARGES</b>					
Prenatal Discharges	1	2	4	0	
Infant Discharges	7	8	13	5	
<b>Total Discharges</b>	8	10	17	5	
<b>DELIVERIES</b>					
Term Deliveries	5	4	7	4	
Preterm Deliveries	1	0	2		
<b>Total Deliveries</b>	6	4	9	4	
<b>BIRTH OUTCOMES</b>					
% Healthy Birth Weight	95%	100%	78%	75%	

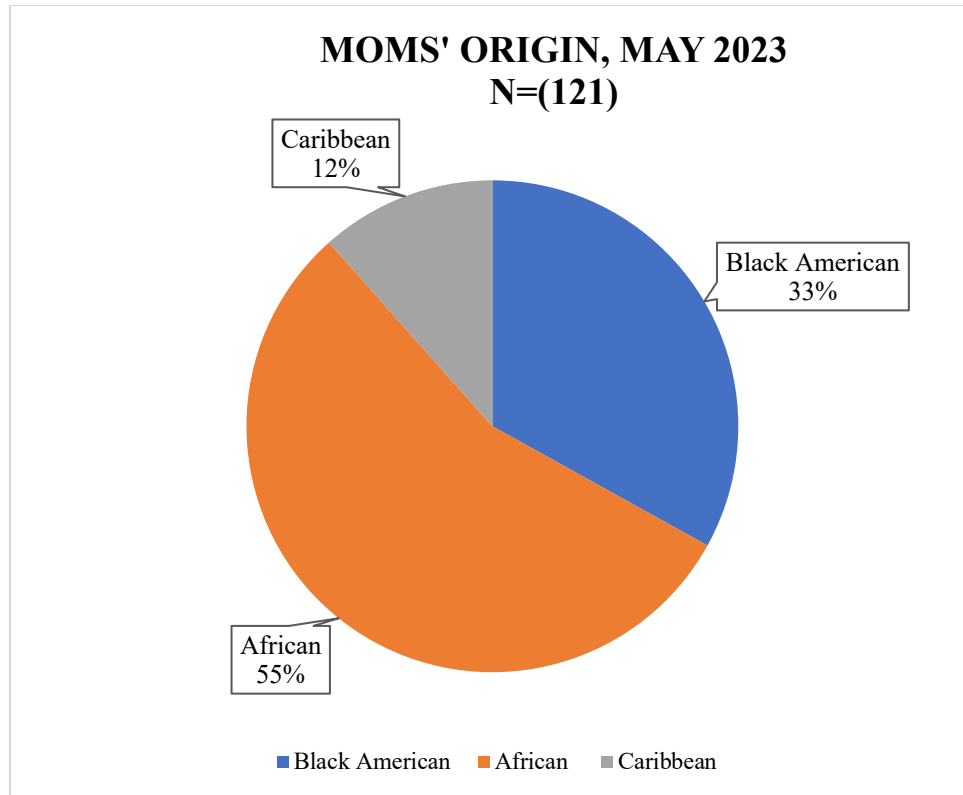
Number of Low Birth Weight	1	0	0	1	<i>Baby delivered pre-term</i>
Number of Very Low Birth Weight	0	0	0	0	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes (Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
<b>SERVICES</b>					
Total Home Visits	1	22	20	38	
Telephonic Consultations	181	218	227	267	
Community Referrals Made	24	38	32	24	
<b>BREASTFEEDING MOMS</b>					
Breastfeeding 0-3 months	92%	93%	86%	78%	
Breastfeeding 0-6 months		89%	83%	80%	
Breastfeeding 0-12 months	73%	80%	82%	76%	
<b>INSURANCE</b>					
Clients with Private Insurance**	23	28	28	29	
Clients with Medicaid Insurance**	60	79	82	78	
Clients without Insurance	n/a	1	1	14	<i>In the process of enrolling in the Maternity Partnership</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					



*Figure 2. Breastfeeding Rates*



*Figure 2. Risk Profile for April 2023*



*Figure 3. Ethnic Profile*

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

A significant highlight of the CDMP program during May was the active participation of its team members in AAHP Community Day 2023 on May 20<sup>th</sup>, during which a full range of health screenings were conducted. AAHP was especially elated that the County Executive participated in the health screening and personally congratulated the staff for outstanding contributions to the community. Throughout May, the CDMP team continued its six weekly classes focused on health promotion and chronic disease prevention and management, covering multiple topics which included: mental health, PTSD, incontinence, sarcoidosis, new diabetes therapies, interpreting lab values, and negotiating a medical appointment.

### **1. CDMP classes**

Evidence-based health education was the highlight of the Take Control of Your Health (TCYH) I & II series on Wednesday and Thursday evenings. Lectures and discussions about health and nutrition provided an opportunity for participants to share their successes and challenges in trying new foods and recipes for plant-based eating. The team conducted an in-person and hybrid class at Leisure World on May 11<sup>th</sup>. Classes were held throughout the month on Thursdays at 1 p.m. or 6 p.m. on Mondays.

The classes taught during May included the following topics:

- May 4<sup>th</sup> - The Power of Your Plate
- May 8<sup>th</sup> - The Power of Your Plate and Your Grocery Cart

- May 11<sup>th</sup> - Inflammation and Cancer-Fighting and Immune-Boosting Foods
- May 18<sup>th</sup> - Food for Fitness
- May 22<sup>nd</sup> - Power Foods for the Brain
- May 25<sup>th</sup> - Foods for a Healthy Heart

The foods prepared during May's classes included the following:

- May 4<sup>th</sup> - Arugula Grapefruit Salad, Fresh Spring Rolls, Red Lentil Chili
- May 8<sup>th</sup> - Curried Cauliflower Salad, Broccoli Salad, Steamed Kale with Parm
- May 11<sup>th</sup> - Breakfast Banana Muffins, Summer Salad, Sweet Potato Chili
- May 18<sup>th</sup> - Enchanted Smoothie Bowl, 10 Minute Mixed Veg. Stir-Fry, No-Bake Brownies
- May 22<sup>nd</sup> - Kickstart Kale and Grain Bowl, Fresh Corn Salad, Supercharged Energy Smoothie (Peach)
- May 25<sup>th</sup> - Blueberry Buckwheat Pancakes, Chickpea Tacos, Curry Butternut Squash Soup

Handouts (attachments) provided to the class during the month included recipes and fact sheets on the following:

- Reduce Arthritis Pain with a Plant-Based Diet
- Good Nutrition
- Power Plate and Nutrition Rainbow Glossies
- Good Nutrition – Vegan Starter Kit
- African Heritage Power Plate
- One Week Meal Plan

At the start of each Health and Nutrition class, participants had a chance to share their triumphs and challenges from the following week and share their thoughts on the recipes they tried. The recipes demonstrated during May's classes included:

- May 4<sup>th</sup> - Spicy Buffalo Pasta Salad, Buffalo-Spiced Hummus, Berry-Banana Ice-Cream
- May 8<sup>th</sup> - Breakfast Tofu Scramble, Green Monster Smoothie, Mexican Kale and Blue Corn Salad
- May 11<sup>th</sup> - Southwestern Lentil Mac, Red Pepper Hummus, Purple Power Smoothie
- May 22<sup>nd</sup> - Orange Smoothie, Lentil Cucumber Salad, Simple Spring Rolls
- May 25<sup>th</sup> - Gumbo, Brown Rice Roux, Brown Rice, Georgia Watermelon and Peach Salad

Zumba classes provided the opportunity to exercise on Fridays. Yoga classes were offered on Wednesdays. Small support groups were held after each fitness class to reinforce announcements, welcome new participants, and answer questions. All participants usually stayed till the end of class and AAHP staff asked questions during break sessions and used polling and share screen features to keep participants engaged and the classes interactive.



<b>ACTIVITY</b>	<b>HOURS</b>	<b>DATA REQUESTED</b>	<b>TOPIC COVERED</b>
Health and Fitness online Webinar YOGA:  ZUMBA: May 5, 12, 19, and 26	10 am – 11 am  11 am – 12 pm	Class and height, weight, BP, BMI, % BF, glucose, cholesterol	May's classes included online exercise, including yoga and Zumba, guided by trained exercise professionals and AAHP staff. Classes explained how fitness can prevent, manage, and reverse the risk of chronic diseases, such as hypertension, heart disease, and diabetes. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes such as eating a more nutritious diet.
Take Control of Your Health I (Hypertension): May 3, 10, 17, 24 and 31	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, cholesterol	Guest speakers and faculty led an in-depth discussion on mental health, PTSD, incontinence, sarcoidosis, new diabetes therapies, interpreting lab values and negotiating a medical appointment. They answered questions and provided advice on how to make intelligent decisions about one's own's health. Participants continued to maintain or improve their HEDIS measures and to make positive behavioral changes in favor of more exercise and a more nutritious diet.
Health and Nutrition VEGAN, Plant-Based May 4, 11, 18, and 25 - afternoons  May 8 and 22 - Evenings	1 pm - 3 pm	Weight, BP, BMI, %BF, glucose, cholesterol	Class topics were focused on healthy eating choices and how food choices can reduce or increase the risk of chronic conditions. AAHP's Food for Life nutritionist/chef continued to demonstrate plant-based diet/healthy cooking to the class. Participants continued to maintain or improve their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.
Take Control of Your Health II Online Webinar.  May 4, 11, 18, and 25	6 pm – 7 pm	Weight, BP, BMI, %BF, cholesterol	This month's class topics varied. Guest speakers and faculty led an in-depth discussion on mental health, PTSD, incontinence, sarcoidosis, new diabetes therapies, interpreting lab values and negotiating a medical appointment. They answered questions and provided advice on how to make intelligent decisions about one's own's health.

AAHP staff provided frequent check-ins with all participants to monitor their progress and prepare them for their weekly classes. All readings were entered into SharePoint's biometric form for the month. The CDMP team received training on the Nextgen electronic health record system.

### **CDMP Class Attendance**

<b>Participants</b>	<b>Health and Fitness: Zumba/YOGA</b>	<b>TCYH I</b>	<b>Health and Nutrition</b>	<b>TCYH II</b>	<b>Total</b>
Dates	May 3, 5, 10, 12, 17, 19, 24, 26, 31	May 3, 10, 17, 24, 31	May 4, 6, 11, 18, 22, 25	May 4, 11, 18, 25	
<i>Male</i>	0	1	6	2	<b>9</b>
<i>Female</i>	87	144	119	99	<b>449</b>
<i>Total</i>	87	145	125	101	<b>458</b>

% African American	95%	95%	95%	95%	
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### MAY 2023 Health Champion

Every month AAHP identifies one participant who has made significant progress in their health journey. AAHP selected Ms. D.E. as the Health Champion for the month of May 2023. Her vibrant testimony is below:

*“I learned that I had high blood pressure and was pre-diabetic. My three-year commitment to being vegan has reversed my symptoms. My blood pressure meds are almost a thing of the past. My A1C is now 5.4. My cognition has increased from 25% to 85%. Mindfulness classes have positively impacted my mental illness. Thanks for the lifestyle change. I’ve changed forever”.*

AAHP congratulates Ms. D.E. for being such a deserving champion.

### 2. Remote Patient Monitoring (RPM) Program

In May, AAHP continued to electronically monitor selected clients who participate in the RPM program. The objective is to help participants manage and control their biometric measurements by continuous monitoring of at least 16 days within a 30-day period. The chart below shows the number of participants who recorded readings by the number of days in which readings were recorded.

**Active Days of RPM Participants**

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

**Average Values for May RPM Data**

Category	Average Values for RPM Data	Changes From Last Month
Women’s Weight	167.79 lbs	0.68% Decrease in Weight
Men’s Weight	299.11 lbs.	11.83% Increase in Weight
Systolic BP	128.9 mmHg	0.52% Decrease in Systolic BP
Diastolic BP	70.35 mmHg	0.62% Increase in Diastolic BP

### 3. Diabetes Prevention Program (DPP)

The Diabetes Prevention Program is preparing to restart a new cohort of program participants in June. In May, staff continued the recruitment campaign and other preparations. The clinical director set the pace for the 2023 cohort during a session zero on June 6<sup>th</sup>. The first session of the core curriculum will be held on June 13<sup>th</sup>.

### 4. Weight Management Program (WMP)

In May, members of the WMP participated in two exercise activities. On Saturday, May 6<sup>th</sup>, 2023, AAHP conducted an indoor full-body fitness session at White Oak Recreation Center located at 1700 April Lane in Silver Spring, MD. This class involved

10 minutes of warm-up before and after the class as well as a highly intensive 40-minute exercise. There was a total of 21 people who attended the session.

On Saturday, May 20<sup>th</sup>, 2023, the WMP members participated in the 9<sup>th</sup> annual AAHP Community Day event at Montgomery College Germantown Campus at 2000 Observation Lane in Germantown, MD to emphasize the importance of exercise in health. The instructor led a group of 18 participants who walked 1.97 miles around the campus. Following the walk, two exercise events were hosted by the WMP which included full-body fitness and yoga instruction.

Throughout the month of May, AAHP utilized Monday Morning Motivation calls as a strategy to encourage and maintain program participation. These 30-minute Zoom calls included a relatable quote, topic overview, and open discussion. The topics covered in May were the following:

- May 1<sup>st</sup> - Breaking Routines
- May 8<sup>th</sup> - Intermediate Fasting
- May 15 - Defining a healthy weight
- May 29 - Emotional eating awareness

In May, the weight management program enrolled one new female. No clients have been added to a non-active category for being unresponsive regarding their weigh-in or participation in the weight management program. The total enrollment of WMP members for the month is currently 59. The table below shows the breakdown.

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
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
May	58	0	1	59

**C. Community Outreach Screenings and HIV Testing**

The AAHP outreach activities during May included events at homeless shelters and seniors' residential facilities, as well as at AAHP Community Day 2023 at the Germantown campus of Montgomery College, as shown in the table 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 or Elevated
Progress Place	May 3 <sup>rd</sup>	25	20	8	3	4	5	2	4
Women Shelter CB	May 10 <sup>th</sup>	21	17	14	3	12	4	4	5 N 2 E
Leisure World	May 11 <sup>th</sup>	22	0	19	4	18	3	9	5 N 2 E
Bower Senior Living	May 12 <sup>th</sup>	23	0	17	4	16	4	10 N 3 E	14 N 8 E
Community Day	May 20 <sup>th</sup>	26	0	19	3	14	2	8	16 N 5 E
Arcola Senior Living	May 25 <sup>th</sup>	29	0	14	5	11	6	7	4 N
Columbus Senior Mt. Jezreel	May 30 <sup>th</sup>	27	0	0	0	0	0	0	0
Men Shelter	May 31 <sup>st</sup>	33	22	15	8	19	7	9	6 N 3 E

A total of 206 people were screened for Blood Pressure, Cholesterol, Glucose, A1C, and weight. Individuals with abnormal values were referred to a physician for further evaluation and to the CDMP program for health education. In addition, 59 HIV tests were done, all yielding negative results.

HIV TESTING REPORT – May 2023				
African- American				
	Age Group	Male	Female	
	1947 -1969	14	8	

	1970 -1989	9	4	
	1990+	4	5	
Total		<b>27</b>	<b>17</b>	<b>44</b>
All Others				
		Male	Female	
	1947 -1969	3	2	
	1970 -1989	5	2	
	1990+	2	1	
Total		<b>10</b>	<b>5</b>	<b>15</b>
<b>GRAND TOTAL</b>				<b>59</b>

#### D. Social Work

AAHP’s social work team welcomed an additional mental health specialist who conducted several mental health screenings in various settings in the community. In May, at least 50 mental health screenings were completed, but this figure is likely an undercount because between 35 – 40 screenings were missed due to recent changes to the portal and the new format which 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?*). These revisions added new challenges to the administration of the screenings, especially for seniors with vision deficits and those suspicious about mental health screenings. 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. To mitigate these challenges, AAHP read the questions and manually completed the screenings for seniors when participants experience difficulties in understanding the questions. 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.

During May, in response to the growing demand for mental health services, AAHP launched a new program called "Your Inner Self" on May 19<sup>th</sup>. 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 discussed 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.”

During the remaining months of the current fiscal year and continuing into the 2024 contract year, AAHP will expand program emphasis to empower Black/African American residents of Montgomery County with knowledge about mental health, its impact on daily living, and resources available to them. In the coming months, these objectives will be achieved by promoting psychosocial assessments, providing education, and making referrals. The ultimate goal is to incorporate mental health into the existing AAHP program components. In addition to performing psychosocial assessments for AAHP clients, these objectives will be achieved by conducting 4–6-week groups/workshop series on mental health topics to educate Black/African American residents about mental health disparities, symptom presentations of common mental health disorders, and related challenges. AAHP also aims to increase community engagement by disseminating pertinent mental health information and resources at locations like homeless shelters, senior living locations, and other locations frequently used to screen and disseminate information. Information will also be shared online via AAHP’s website and social media channels.

### **III. ADMINISTRATION**

In May, AAHP continued to work with Department of Health and Human Services staff to assist with obtaining badges and credentials needed to access the office, obtain computers, and complete training to update client and patient information in various databases. All staff completed mandatory County security training and received training on a new ADP timekeeping system. During May, 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<sup>th</sup> at the Montgomery College, Germantown campus.

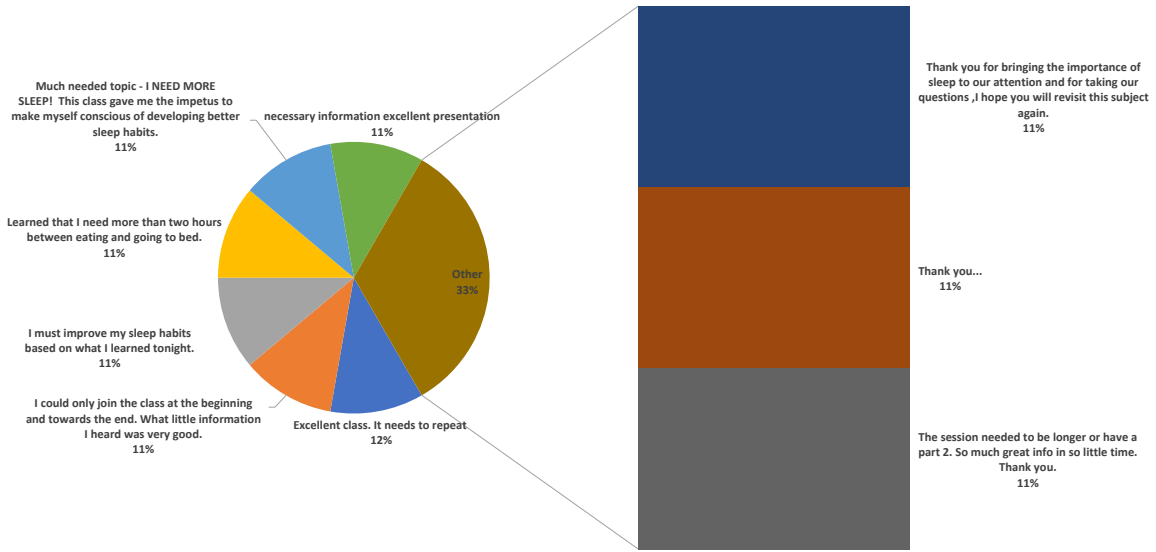
During May, the AAHP staff participated in training to transition from paper to electronic records for reporting HIV screening test results. The new system utilizes computerized tablets instead of paper records. The new system is expected to enhance privacy, security, and data management.

During May, 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 and make them accessible for review and consultation by the nursing staff. 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.

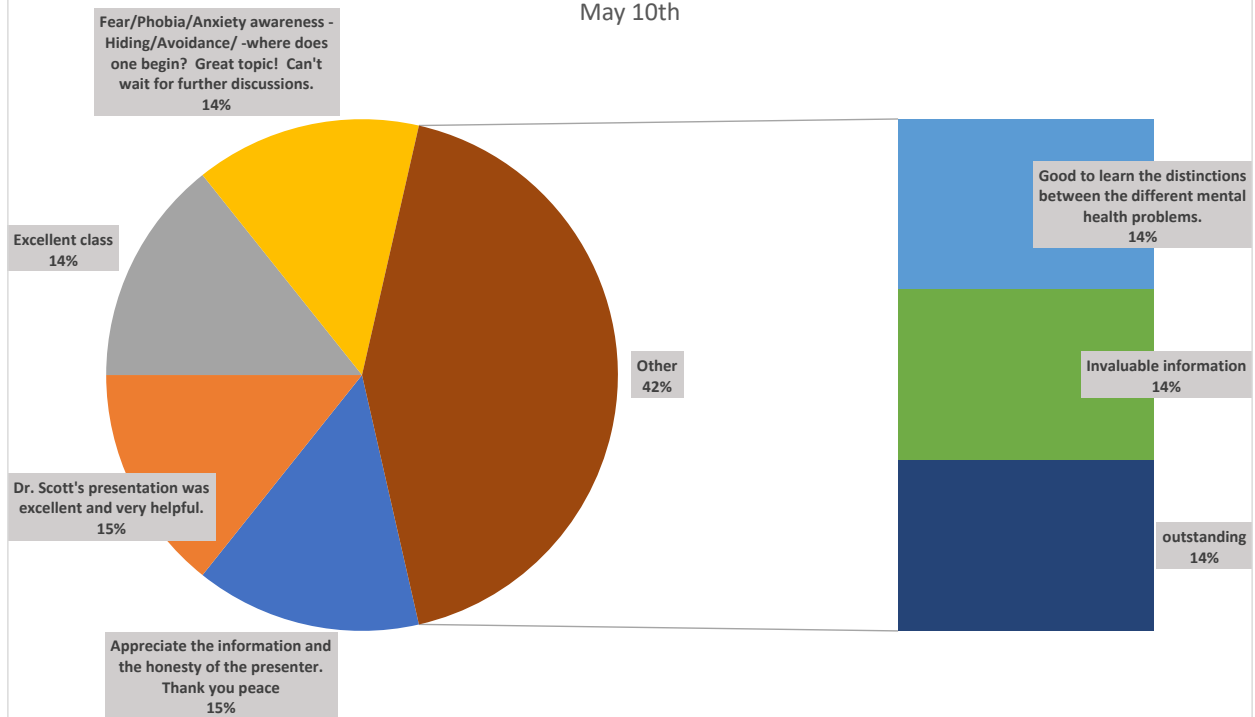
Achieving a high level of customer satisfaction continues to be a major objective of the African American Health Program. The data charts and graphs for the Take Control of Your Health classes that occurred in May are shown below.

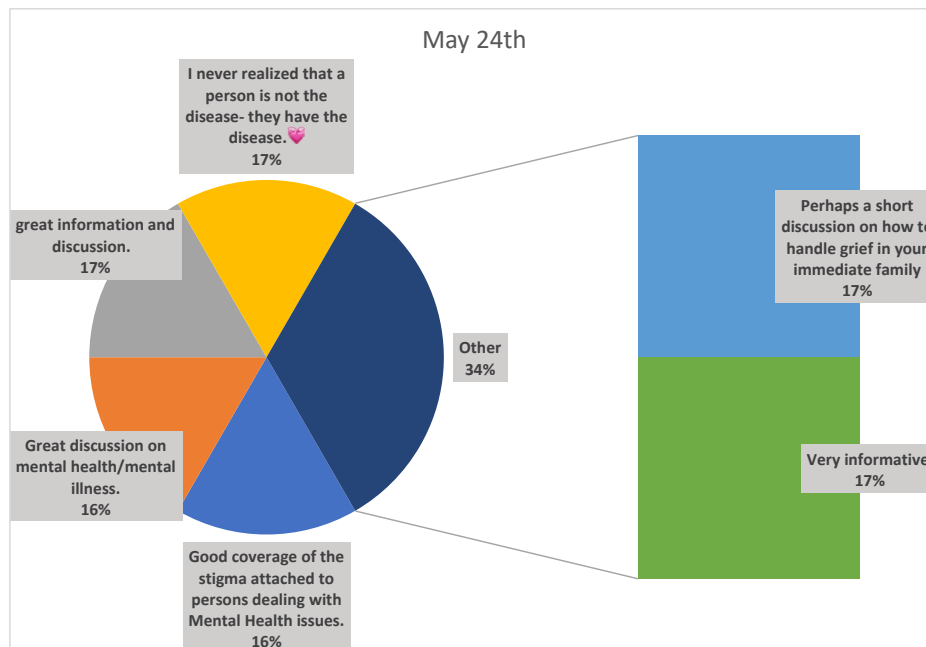
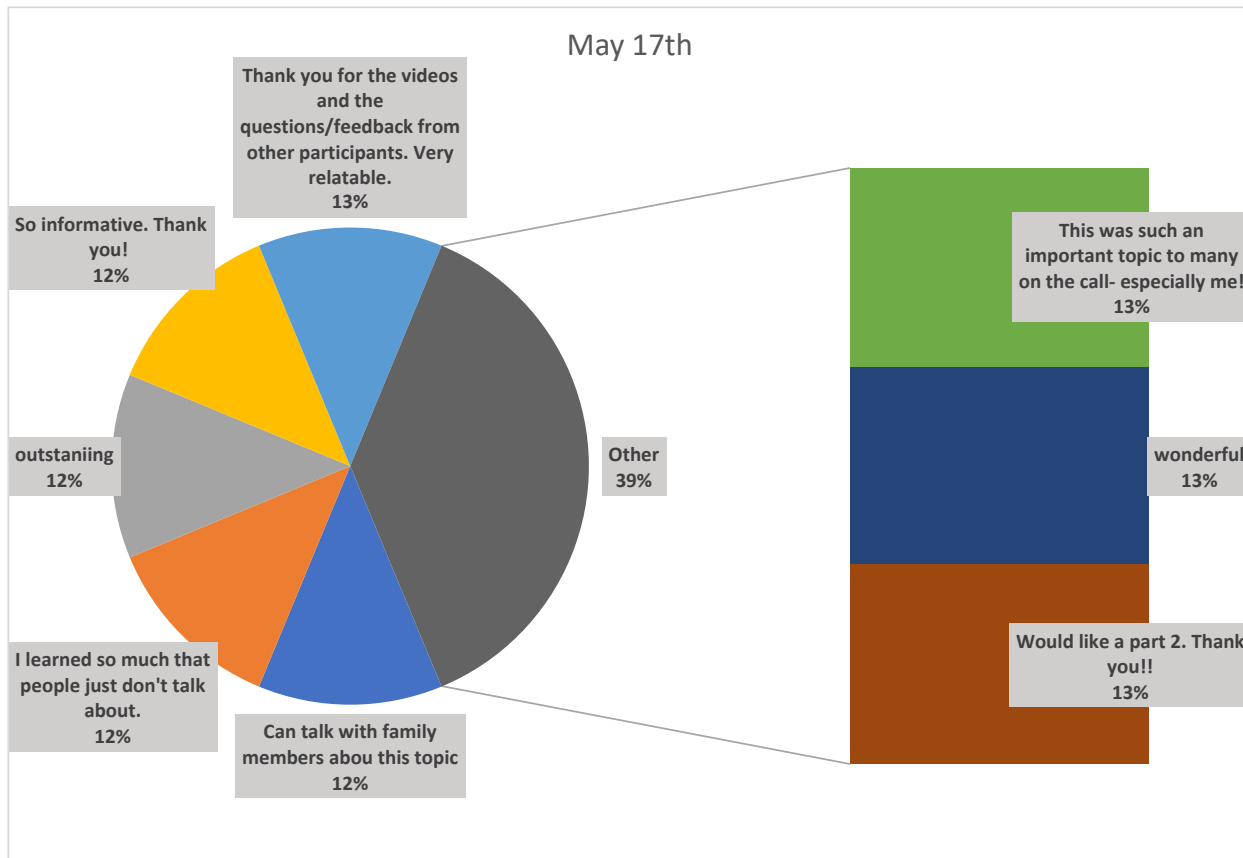
#### **Wednesday Class Feedback Data**

May 3rd



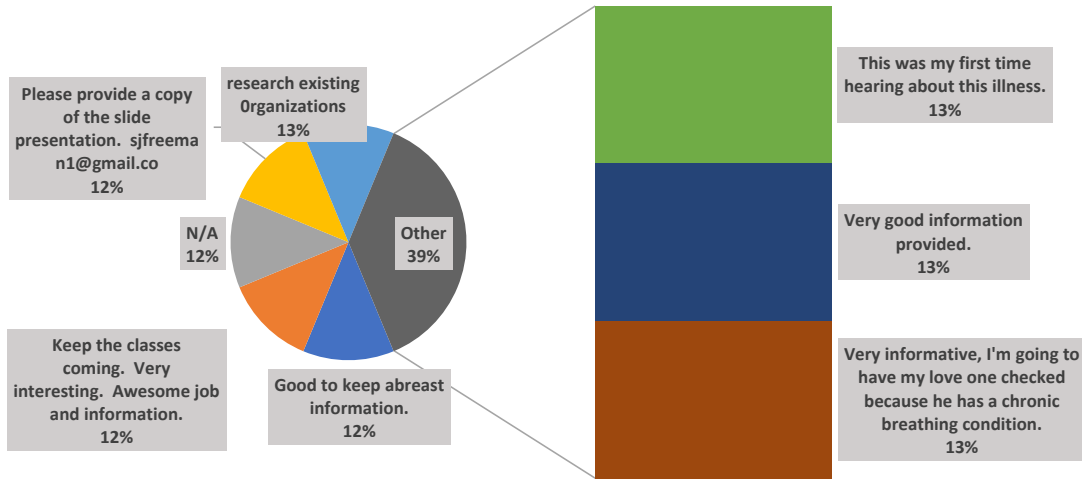
May 10th





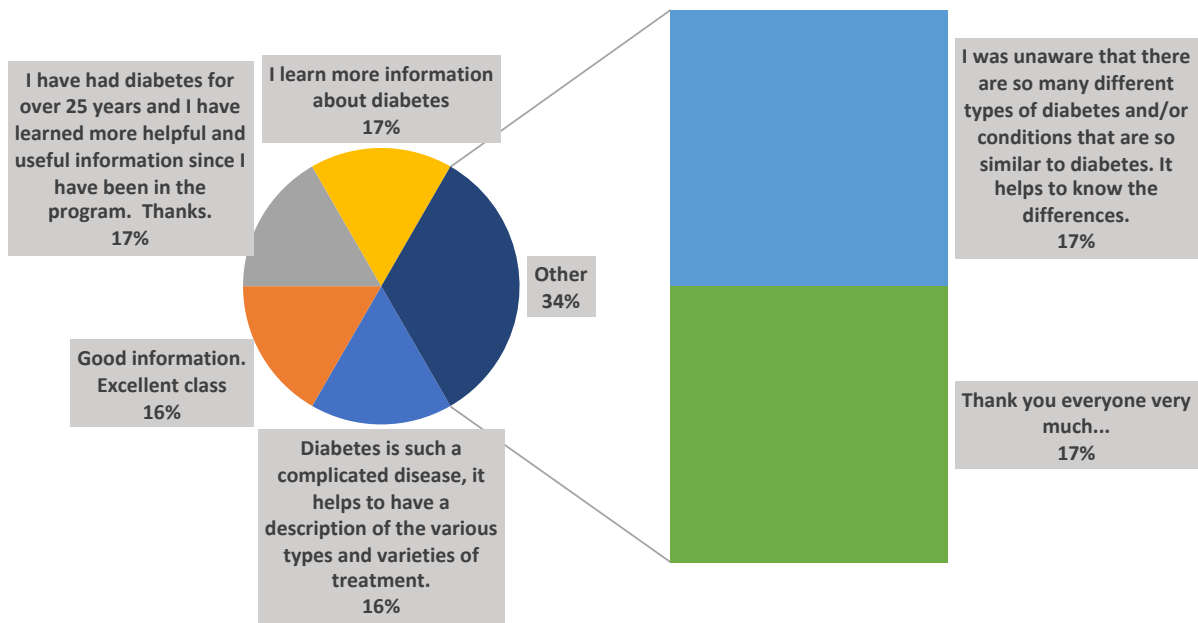


May 31st

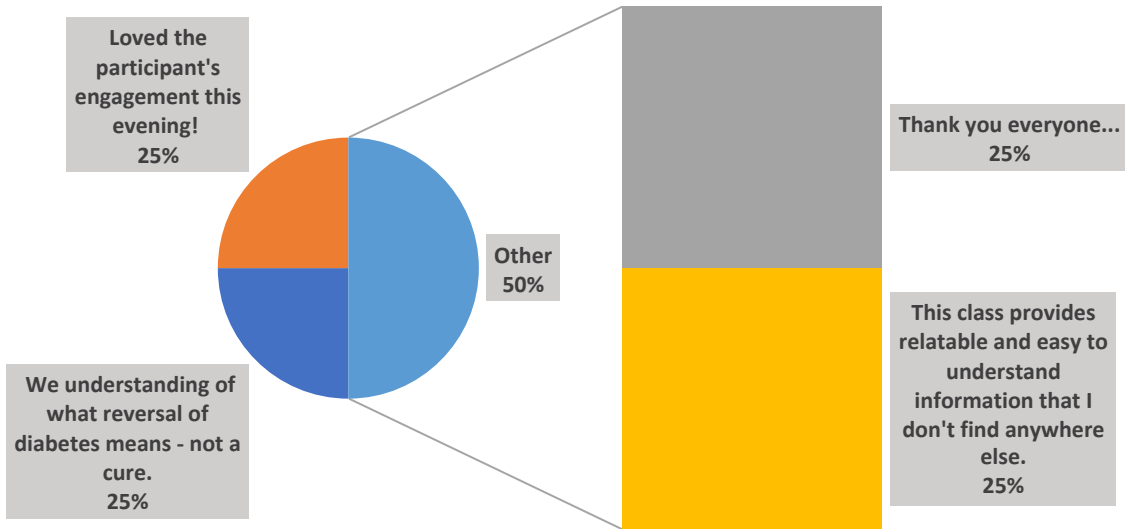


### Thursday Class Feedback Data

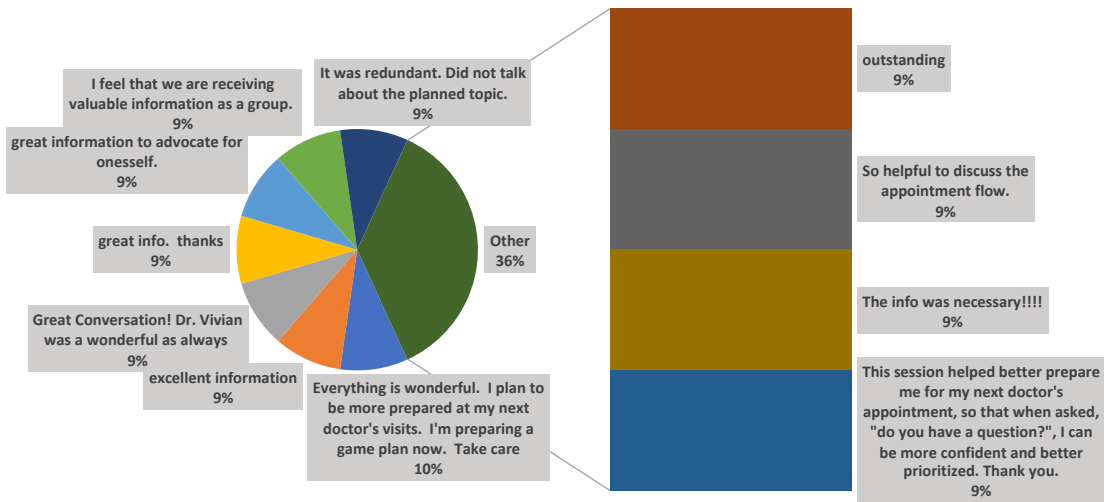
May 4th



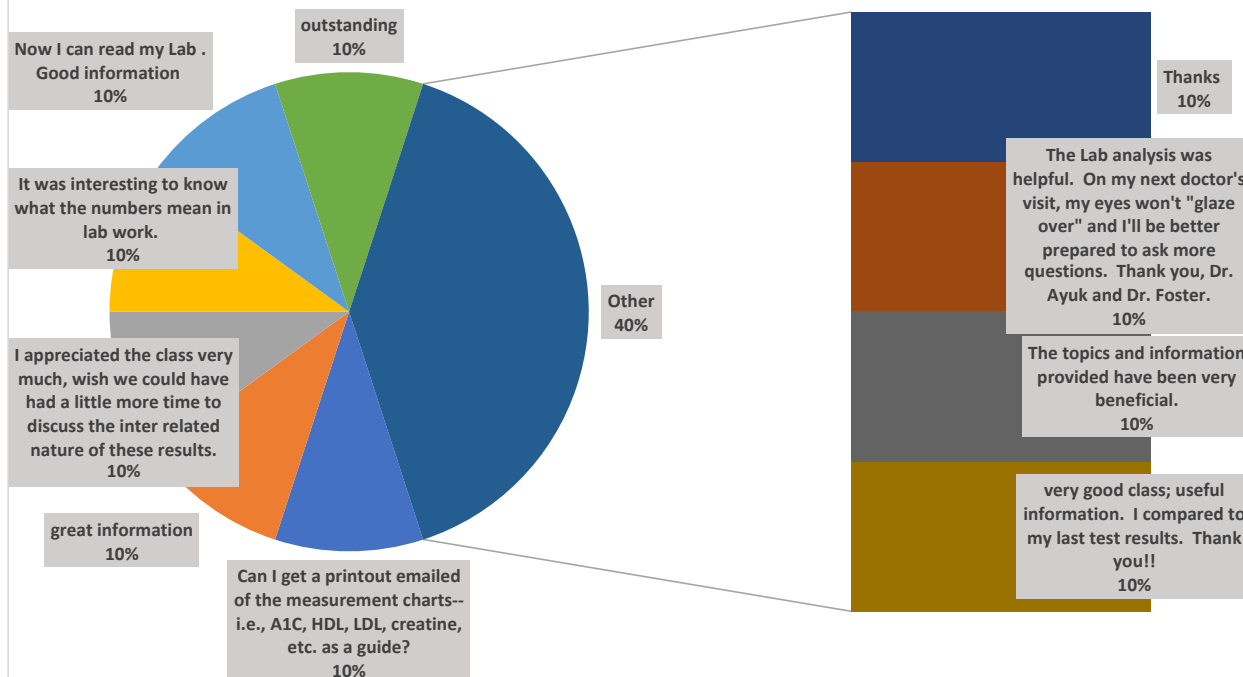
### May 11th



### May 18th



May 25th



## APPENDIX A – Media Report

AAHP Health Notes - Distributed: Wednesday, April 20, 4:40 pm

	April 2023	May 2023
General List Recipients:	6625	6615
Successful deliveries:	6564	6549
Open rate:	29%	34.2%
Click rate	.4%	.6%

May's Health Notes was titled "Spring into Action" and was sent on Wednesday, May 3<sup>rd</sup> at 4:15pm. The feature article highlighted steps that can be taken to reduce the risk of stroke. Maintaining a healthy weight, controlling high blood pressure, and managing underlying medical conditions like atrial fibrillation can significantly decrease the chances of having a stroke and promote overall health. In observance of Preeclampsia Awareness Month, the following article, "What is Preeclampsia?" discussed how Regular blood pressure monitoring, recognizing symptoms, and seeking timely medical care can help prevent and manage preeclampsia. The article invited Black/African American expecting and postpartum moms to engage with AAHP via the SMILE Program. The following article discussed how exercise and physical activity is beneficial for individuals of all ages, with regular exercise helping to prevent chronic diseases, enhance mental health, and promote overall well-being. The Health Hint informed readers on preventing and managing seasonal allergies. The Featured Video showcased Sangu Delle, a TED fellow, entrepreneur, and clean water activist from Ghana sharing his personal journey of learning to manage anxiety. The featured recipe was almond flour crackers.

May's Health Notes continued to garner a high readership. Of the 6,615 people who received May 2023 Health Notes, 2,240 people opened the newsletter, which is 323 more people than last month and represents an open rate of 34.2%, higher than last month's open rate of 29%. April'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 15, and there were five total unsubscribers, two than last month.

### **Facebook**

In May 2023, the Facebook account had a total of 816 followers, with an increase of 9 from the previous month. There were 34 posts, resulting in 64 likes/loves, 2 comments, and 34 shares. These metrics reflect increased audience interaction and reach on the platform.

#### **Facebook Metrics – May 2023**

	Followers	Posts	Likes/Love	Comments	Shares
Total	<b>816</b>	34	64	2	34
Change from last month	+9	+19	+41	+2	+24

### Twitter

May 2023 was an excellent month for Twitter metrics, with significant improvements compared to the previous month. The total number of followers increased to 457, with 2 new followers. There were 29 tweets, generating 4,506 tweet impressions. The number of retweets increased by 6, and there were 32 likes. Link clicks remained the same at 6. Overall, these metrics indicate positive growth and engagement on the platform.

#### **Twitter Metrics – May 2023**

	Followers	New Followers	Tweets	Tweet Impressions	Retweets	Likes	Link clicks
Total	<b>457</b>	2	29	4506	19	32	6
Change from last month		+1	+18	+3,925	+6	+17	N/A

### Instagram

May 2023 was an excellent month for Instagram metrics, with notable improvements compared to the previous month. The total number of followers increased to 313, with a gain of 13 new followers. The number of post likes surged by 41, and the impressions increased by 572, indicating an increase in engagement. These metrics indicate increased engagement and reach.

#### **Instagram Metrics – May 2023**

	Followers	Posts	Stories	Post Likes	Impressions
Total	<b>313</b>	32	0	64	1004
Change from last month	+13	+17	same	+41	+572

## **APPENDIX B – April 2023 Health Notes**



## How You Can Prevent Stroke

Stroke is a serious medical condition that can have debilitating and life-altering consequences. While some risk factors for stroke, such as age and family history, are beyond our control, there are many things we can do to reduce our risk of having a stroke.

Maintaining a healthy weight is one of the most important things we can do to prevent stroke. Being overweight or obese increases our risk of high blood pressure, high cholesterol, and diabetes, all of which are major risk factors for stroke. By eating a healthy diet and staying physically active, we can maintain a healthy weight and reduce our risk of stroke.

Another important factor in stroke prevention is controlling high blood pressure. High blood pressure is the single most important risk factor for stroke, and it can be managed through lifestyle changes, such as reducing salt intake, exercising regularly, and quitting smoking, as well as through medication. It's also important to treat atrial fibrillation, a type of irregular heartbeat that can increase our risk of stroke. By taking steps to manage these and other underlying medical conditions, we can significantly reduce our risk of stroke and enjoy a healthier life.

Source:  
[www.health.harvard.edu](http://www.health.harvard.edu)

## What is Preeclampsia?

Preeclampsia is a serious pregnancy complication that can cause high blood pressure and kidney dysfunction. The risk factors for preeclampsia include first pregnancy, multiple pregnancy, age 35 and older, family history, obesity, diabetes, high blood pressure, kidney disease, and autoimmune disorders. Studies have shown that US-born Black/African American women are at higher risk of preeclampsia than both White women and Black/African American women who immigrated to the US. Structural racism, combined with biological, cultural, and social factors, may contribute to this disparity.

High blood pressure is a common symptom of preeclampsia and can be an early warning sign of the condition. It is important for pregnant women to monitor their blood pressure regularly to prevent and manage preeclampsia. Women should be aware of the signs and symptoms of preeclampsia and seek timely medical care if they suspect they may have preeclampsia. Women should also maintain a healthy lifestyle during pregnancy by eating a balanced diet, staying active, and avoiding unhealthy habits like smoking.

May is Preeclampsia Awareness Month, and AAHP wants you to know that preeclampsia can be prevented and managed with proper care and attention. For more information about the SMILE (Start More Infants Living Equally healthy) Program, AAHP's services for Black/African American expecting and postpartum moms, please visit AAHP's website [here](#).

Sources:  
[www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)  
[www.preeclampsia.org](http://www.preeclampsia.org)



Physical activity should be a part of everyone's daily routine, regardless of age. According to the Centers for Disease Control and Prevention (CDC), regular exercise can help to prevent chronic diseases, improve mental health, and promote overall wellbeing.

The American Academy of Pediatrics recommends that children and adolescents participate in at least one hour of physical activity each day, which can include activities like running, swimming, riding bikes, playing sports, or simply playing outside. Teenagers should aim for at least an hour of moderate to vigorous exercise per day. They can engage in activities such as team sports, running, or dancing, and can also incorporate strength training exercises. It's important for teenagers to find activities they enjoy so they can stay motivated and continue exercising as they get older.

Exercise becomes even more important in maintaining good health as we get older. The CDC recommends that adults engage in at least 150 minutes of moderate-intensity aerobic activity per week, along with muscle-strengthening activities at least two days per week. Older adults can focus on lower-impact activities such as walking or swimming and should incorporate strength training to maintain muscle mass and yoga and tai chi to improve balance and flexibility.

No matter what your age or stage of life, it's never too late to start exercising. By making physical activity a part of your daily routine, you can enjoy the health benefits and improvements of being more active. So, get out there and get moving!

Sources:

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

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

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## Health Hint

Spring can be tough for those with allergies, as pollen and allergens are more common during this season. Indoor allergens can also cause symptoms since we spend most of our time indoors. To minimize indoor allergens, consider a thorough spring cleaning, which can include vacuuming carpets and rugs and deep cleaning dusty areas. To reduce outdoor allergen exposure, you can flush out allergens from nasal passages by rinsing or spraying with a [nasal saline solution](#) after spending time outside.

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

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## Featured Video

In this TED video, Sangu Delle, a TED fellow, entrepreneur, and clean water activist from Ghana shares his personal journey of learning to manage anxiety in a society that is uncomfortable with emotions:



## Featured Recipe: Almond Flour Crackers



### Ingredients:

- 2 tablespoons flaxseed meal
- 4 tablespoons water
- 1 cup almond flour or almond meal, packed
- 1/2 teaspoon salt

### Optional add-ins:

- 1 tablespoon fresh or dried herbs (finely chopped) or flavor blend
- 1 tablespoon sesame seeds

### Instructions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Flax mixture: In a small bowl, mix the flaxseed meal and water. Set aside for 10 minutes, stirring every so often. The mixture will be gooey when ready. This is the binder for the mixture.
3. Almond flour: You can buy almond flour or make it close enough at home. In a blender/food processor, grind 1 1/4 cup raw almonds into a fine powder. The finer, the better.
4. Make the dough: In a medium-size bowl, combine the almond flour, flax mixture, salt, and optional seasonings.
5. Shape and roll: Form the dough into a ball and place it on a flat surface lined with parchment paper. Cover with another piece of parchment paper, press down with your hand to flatten and finish rolling with a pin to about 1/8 inch thick. The thinner, the better and crispier the crackers will be. Remove top layer of paper.
6. Cut into squares: Using a pizza cutter or knife, cut squares or diagonals into whatever size you like. Using a toothpick or small fork, poke the center of each cracker to allow steam to escape during baking so they don't puff up. Top with a little coarse sea salt.
7. Bake: Line the baking sheet with the leftover parchment paper. Carefully transfer each cracker to the baking sheet and bake for 10 - 15 minutes. After the first 10 minutes, keep an eye on them, removing the ones around the edges that are done. They will ever so slightly darken and turn golden. When done, let cool.
8. Store: Crackers can be stored in an airtight container for up to 7 days on the counter or in the pantry. For longer storage, keep in the refrigerator for up to 2 weeks.

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

Source: [www.simple-veganista.com/rosemary-almond-crackers](http://www.simple-veganista.com/rosemary-almond-crackers)

# AAHP COMMUNITY DAY | 2023

**Take Control of YOUR HEALTH**  
SATURDAY, MAY 20TH  
9AM - 2PM

Walk/Run/Bike activities start at 7:45AM

**LOCATION**  
MONTGOMERY COLLEGE  
GERMANTOWN CAMPUS, BIOSCIENCE CENTER  
20200 OBSERVATION DRIVE, #4067  
GERMANTOWN, MD 20876

**FREE EVENT**

SCAN TO RSVP

AAHP warmly invites all County residents to join us for our annual celebration of health, AAHP Community Day. Register [here](#).