



*AAHP staff discusses AAHP's programs and services with passerby at National Night Out event on August 1, 2023*

## **AAHP MONTHLY REPORT August 2023**



## **I. INTRODUCTION**

August was one of the busiest and most productive months ever for the African American Health Program (AAHP). The program staff conducted outreach and health screenings at dozens of sites throughout Montgomery County and screened hundreds of Black/African American County residents for HIV/AIDS, hypertension, glucose, cholesterol, and weight. On August 1, as part of National Night Out, the staff screened 102 residents, a high total for a single event. Also, during the month, the staff screened 103 participants for HIV/AIDS. Almost every day, AAHP conducted screening events and health education sessions to better educate Black/African American residents on how to take control of their health. On several days during the month, program staff conducted multiple screenings at different locations. In most instances, these events also provided an opportunity to recruit new participants into the SMILE program and CDMP.

AAHP continued to build collaborative relationships where County residents live and congregate. AAHP continued to conduct health screenings at all the homeless shelters operated by the Montgomery County Department of Health for both men and women. The program also continued to provide health and wellness screenings at many of the churches throughout the County including the Kingdom Fellowship Church, the Haitian Church of God in Burtonsville, the Colesville's United Methodist Church, the Mount Calvary Baptist Church, Mount Jezreel Baptist Church, Kings and Priests Church in Silver Spring, and the Seventh Day Adventist Church of Rockville Maryland. AAHP also conducted wellness screenings at the Slave Museum in Sandy Spring, Maryland and at a meeting of the African-American Cultural Committee at Leisure World.

Also during August, AAHP conducted health screenings and information dissemination services at the White Oak Recreation Center, the Tanglewood Apartments, and the Enclave Apartments in Silver Spring, Maryland. During August, the SMILE program continued to devote stronger efforts towards recruiting new mothers and enhancing the level of engagement among both SMILE staff and SMILE moms. In an effort to foster a stronger caring community among mothers, SMILE staff organized a mother's meet up at the Rockville Swim Center on August 10, 2023. The event was met with enthusiasm as 27 mothers and three fathers attended. On August 27, AAHP organized a graduation ceremony for 20 mothers who completed the 12-month postnatal program upon their infants reaching their first birthday.

During August all the chronic disease management programs continued to record participation increases with each event attracting between 27 to 37 participants. On average, there were 30 participants per event. During August, AAHP continued to recruit additional specialized the educational faculty and enrich the chronic disease management curriculum.

Student interns and volunteers continued to play a significant role in the delivery of health and information services while earning college credits while interning with the African-American Health Program to fulfill academic requirements for Masters and undergraduate degrees. AAHP was pleased that two of the recent graduates from the University of Maryland School of Public Health were recruited to join AAHP as full-time community health workers. During

August, the staff recruited a licensed and certified nutritionist/diabetes consultant to assist in expanding nutrition-related services for AAHP participants.

## **II. PROGRAM ACTIVITIES**

### **A. SMILE**

In August, community engagement and collaboration were the themes upon which the SMILE nurses anchored their activities.

The SMILE's first Mommy Meet Up took place on August 10, 2023 at the Rockville Swim and Fitness Center. The Mommy Meet Up is intended to address peri-natal and post-partum depression. In total, 27 people were in attendance, including three fathers, an encouraging turnout for paternal participation. Clients learned about water safety, the importance of learning how to swim, ways to get/stay active with their infants, and information on Montgomery County Recreation and Parks programs. Clients were provided healthy snacks and water.

Also, August concluded the first six-week cohort of the Breastfeeding Support Circle, with eight moms in attendance. The Breastfeeding Support Circle creates a safe space for mothers to share. A general sense of vulnerability and genuine engagement emerged from this cohort. Mothers shared honest feelings, tears, and expressions of love and appreciation for having the support of the group. The next cohort, entitled "Support Just for You," will start September 12.

The SMILE team was represented at the "Right from The Start" event held on August 13. The educational content focused on childbirth, informed decision-making, and several prenatal and postpartum clients were in attendance.

The SMILE graduation, themed "Books and Bruch," was held on August 31. This event had a total attendance of 23 moms and babies. Clients learned about the importance of early literacy, and the risks of excessive screen time, and saw a demonstration of how to read to your baby facilitated by AAHP staff. Clients enjoyed story time and were given a baby journal created by AAHP staff for clients to have as a keepsake and to read to their infants. After the event, SMILE graduates received a certificate of completion. Clients were served lunch and given free books and interactive toys to assist them with engaging in one-on-one activities with their babies. The next SMILE Celebration is scheduled for December of 2023.

Lastly, the nurses participated in the Haitian Refugee Welcome event held on August 27. They provided health screenings for new undocumented African immigrants. AAHP staff provided education on Medicaid enrollment eligibility and SMILE and counseled several clients on understanding their screening results and the importance of seeking immediate medical attention when appropriate.

The SMILE program collaborated with several organizations during the month. They included Stork's Nest, MoCo Immunization Clinic, Maryland Health Connection, Wolomi, Holy Cross Hospital, and CoHealth. These activities coupled with proactive community

engagement and active collaboration contributed to an increased number of referrals and enrollment.

The case management load stood at 205, including 121 moms and 85 infants. Among the moms, there were only 38 prenatal cases. The SMILE team enrolled nineteen (19) new cases in August, including five (5) postpartum mothers and their infants. In August, the program welcomed five (5) new babies. All were born at term with a healthy birth weight, with the exception of one delivered at 32 weeks by C-section. The breastfeeding rates up to three months (93%), six months (89%), and 12 months (81%) remained high. The participation of Afro-Caribbean moms in the program, formerly at 3%, has quadrupled to 12%. The number of home visitations and telephonic consultations also increased dramatically in August.

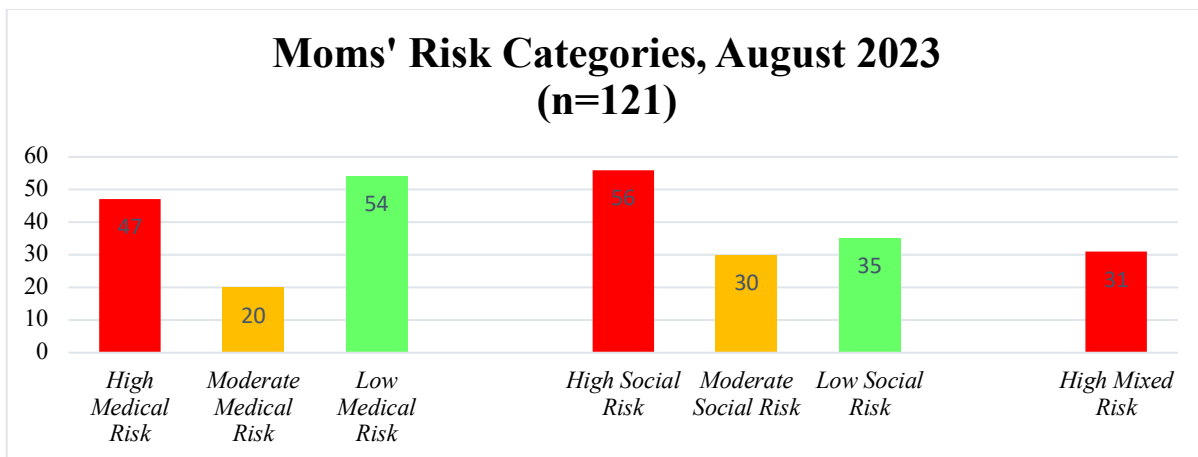
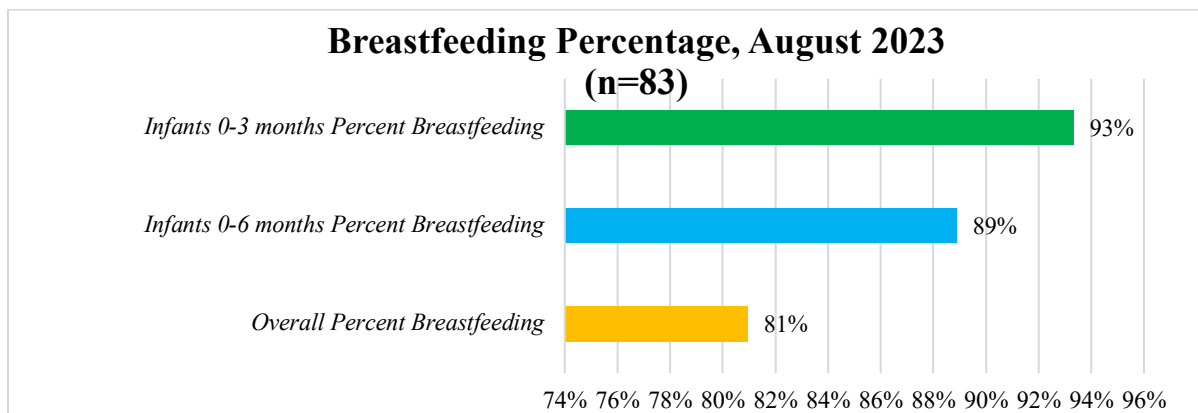
The table and graphs below present a statistical and comparative overview of program performance reported during June, July, and August, along with the breastfeeding, risk, and ethnic profiles in August.

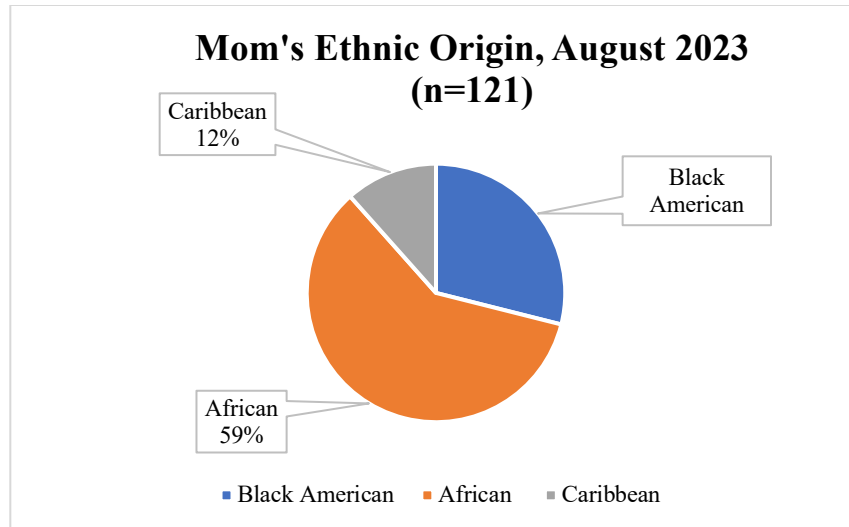
<b>PROFILES/SERVICES</b>	<b>*Monthly Average Calendar Year 2021</b>	<b>June 2023</b>	<b>July 2023</b>	<b>August 2023</b>	<b>Comments About August</b>
<b><i>A) Currently Active Moms</i></b>	<b>94</b>	<b>115</b>	<b>117</b>	<b>121</b>	
Prenatal (still pregnant)	<b>29</b>	<b>39</b>	<b>37</b>	<b>38</b>	
Postpartum (Moms who have delivered)	<b>65</b>	<b>76</b>	<b>80</b>	<b>83</b>	
<b><i>B) All infants</i></b>	<b>66</b>	<b>77</b>	<b>82</b>	<b>84</b>	
Single Births	<b>62</b>	<b>73</b>	<b>78</b>	<b>82</b>	
Multiples	<b>4</b>	<b>4</b>	<b>4</b>	<b>2</b>	
<b>Case Load (A+B)</b>	<b>160</b>	<b>192</b>	<b>199</b>	<b>205</b>	
<b>MOM'S ETHNICITY</b>					
African American Clients	<b>37</b>	<b>38</b>	<b>35</b>	<b>35</b>	
African Clients	<b>55</b>	<b>65</b>	<b>71</b>	<b>72</b>	
Caribbean Clients	<b>2</b>	<b>12</b>	<b>11</b>	<b>13</b>	
<b>REFERRALS</b>					
HHS Prenatal Referrals Received	<b>3</b>	<b>5</b>	<b>3</b>	<b>4</b>	
Referrals from Other Sources	<b>4</b>	<b>16</b>	<b>7</b>	<b>11</b>	
<b>Total Prenatal Referrals</b>	<b>7</b>	<b>21</b>	<b>10</b>	<b>15</b>	
<b>NEW ENROLLMENTS</b>					
Prenatal Moms Newly Enrolled During the Month	<b>6</b>	<b>11</b>	<b>4</b>	<b>6</b>	
Infants Newly Enrolled during the month	<b>9</b>	<b>10</b>	<b>10</b>	<b>8</b>	

Newly Enrolled Postpartum Moms		0	0	5	
<b>All New Enrollments for the month</b>	<b>15</b>	<b>21</b>	<b>14</b>	<b>19</b>	
<b>DISCHARGES</b>					
Prenatal Discharges	1	4	0	1	<i>Unable to reach</i>
Infant Discharges	7	16	5	6	
<b>Total Discharges</b>	<b>8</b>	<b>20</b>	<b>5</b>	<b>7</b>	
<b>DELIVERIES</b>					
Term Deliveries	5	10	10	4	
Preterm Deliveries	1	0	0	1	<i>Delivery at 32 weeks</i>
<b>Total Deliveries</b>	<b>6</b>	<b>10</b>	<b>10</b>	<b>5</b>	
<b>BIRTH OUTCOMES</b>					
% Healthy Birth Weight	95%	100%	100%	75%	
Number of Low Birth Weight	1	0	0	1	
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	1	0	
<b>SERVICES</b>					
Total Home Visits	1	43	28	50	
Telephonic Consultations	181	312	242	279	
Community Referrals Made	24	37	36	27	
<b>BREASTFEEDING MOMS</b>					
Breastfeeding 0-3 months	92%	85%	93%	93%	
Breastfeeding 0-6 months		79%	93%	89%	
Breastfeeding 0-12 months	73%	73%	79%	81%	
<b>INSURANCE</b>					
Clients with Private Insurance**	23	24	20	23	
Clients with Medicaid Insurance**	60	81	78	97	
Clients without Insurance	n/a	0	1	1	

*\*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	





## **B. Chronic Disease Prevention and Management Program**

### **1. CDMP classes**

In August, the CDMP's theme was "Hot! Hot! Hot!". The program conducted weekly online classes to guide participants towards adopting a healthier lifestyle.

The Take Control of Your Health (TCYH) I and II classes offered evidence-based education to help participants better understand various chronic conditions. Instructors and guest speakers provided a deeper understanding of the following topics: pulmonary hypertension, the keto diet, heat waves and heat stroke, metabolic syndrome, exercise, the connection between sleep and digestion, gastroparesis, microbiome and wellness, Continuous Glucose Monitoring (CGM), oral hygiene and chronic disease, and skin infections. Classes were held throughout the month on Wednesdays and Thursdays at 6:00 p.m.

The Health and Nutrition classes presented a variety of topics along with food demonstrations. Participants had an opportunity to share their successes and challenges regarding trying new foods, recipes, and plant-based eating. Classes were held throughout the month on Thursdays at 1:00 p.m. or 6:00 p.m. on Mondays.

Class participants continued to share photos of the various dishes they made at home after seeing the food demonstrations presented in class and having access to all of the class recipes.

June's classes included the following topics:

- August 3 - Digestive Health
- August 10 - Cancer-Fighting Compounds and Immune-Boosting Foods (Hybrid Class)
- August 14 - Diabetes Care from Head to Toe and The Glycemic Index

- August 17 - Breaking the Food Seduction
- August 24 -Thyroid Health
- August 28 - How Foods Fight Cancer

The dishes prepared during June’s classes:

- August 3 - Portobello Fajitas, Chickpea Salad with Orange Miso Dressing, Summer Salsa, Savory Spice Blend
- August 10 - Best Vegan Caesar Salad, Instant Pot Lentil Sloppy Joe’s, No-Bake Peach and Blueberry Cobbler
- August 14 - Cauliflower Steaks with Sweet Pepper Sauce, All Hail the Kale, Berry Beet Smoothie
- August 17 - Savory Vegetable Quiche, Almost Ambrosia, Sparkling Basil Lemonade
- August 24 - Ann’s Arugula and Bright Orange Salad with Dill, Vegetable Stir-Fry with Black Rice Almond Butter Sauce and Yellow Split Pea Soup.

**CDMP CLASS Activities**

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
<p>Health and Fitness online Webinar</p> <p>YOGA: Wednesdays 8/02, 8/09, 8/16, 8/30</p> <p>ZUMBA: Fridays 8/04, 8/11, 8/18, 8/25</p>	<p>10 am – 11 am</p> <p>10 am – 11 am</p>	<p>Class and Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings</p>	<p>August’s classes included guided yoga and Zumba exercises led by trained exercise professionals and AAHP staff.</p> <ul style="list-style-type: none"> <li>• <b>Zumba Highlight:</b> class content emphasized balance, movement, posture, toning, and cardio.</li> <li>• <b>Yoga Highlights:</b> Focused on purposeful movement and stretching.</li> </ul> <p>In both classes, participants learned how fitness can prevent, manage, and reverse the risk of chronic diseases, such as diabetes, hypertension, and heart disease. Participants continued to maintain or improve their HEDIS measures and understand how the adoption of exercise and good nutrition enables health improvements.</p>



<p>TCYH -1 August Wednesdays</p> <p>8/02, 8/09, 8/16, 8/30</p>	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol	August’s classes discussed diabetes and how to reduce risk with nutrition and diet. Participants were encouraged to discuss their health screening results with their primary care providers. In most instances, participants continued to maintain or improve their HEDIS measures and make positive behavioral changes such as exercising more and eating a more nutrient-rich diet.
<p>Health and Nutrition VEGAN, Plant-Based August Thursdays</p> <p>8/03, 8/10, 8/17, 8/24, 8/31</p>	1 pm - 3 pm	Weight, BP, BMI, %BF, Glucose, and Cholesterol screenings	Class discussions emphasized the importance of making healthy eating choices and understanding how food choices affect the risk of chronic conditions. AAHP’s Food for Life Instructor demonstrated how a plant-based diet/healthy cooking reduces the risk of chronic disease and supports the fight against allergies. Cooking demonstrations were performed 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.
<p>TCYH -2 Thursdays 8/03, 8/10, 8/1, 8/24, 8/31</p>	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	August’s class topic was diabetes and discussed obesity, fitness, nutrition, and insulin therapy. Class content included an exploration of the glycemic index. Participants continued to maintain or improve in HEDIS measures and to make positive behavioral changes such as eating more nutritious foods and exercising at least 30 minutes a day.

**CDMP Monthly Virtual Webinar Attendance for August 2023**

	Health and Fitness	TCYH-1	Health and Nutrition	TCYH-2
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Health Profile	Baseline	Jun	July	Aug	Sep	Oct	Nov	Dec	Goal To Reach in December
Average Weight (lbs.)	186.8	186.2	184.6	182.1					180
Average Weekly Activity (Minutes)	<150		148.8	156.6					200
Average HB A1C (%)	6.3								5.6

### 3. NDPP Men’s Initiative

AAHP is working with the Kappa Alpha Psi fraternity to coordinate and facilitate an DPP program with their Montgomery County chapters.

At this time, 36 men have signed up to join a cohort. The month of August was spent completing intake forms, signing consent forms, entering each participant into Nextgen, and collecting baseline data. Their tentative start date will be September 18, 2023, when AAHP will host an introductory session or orientation. Monthly virtual classes will be organized for the men’s group, along with weekly check-ins from lifestyle coaches and weekly self-paced content.

The men in this cohort have voted to have their spouses participate in this DPP program and AAHP will be providing 15 spouses (female) with the same services. However, AAHP will separate the female data and provide the spouses with virtual classes when necessary.

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

In August, AAHP’s Remote Patient Monitoring Program (RPMP) included 16 participants who all had stable metrics. Adherence to a program requirement of a minimum of 16 daily measurements during the month was below expectation at only 56%.

Number of active days	0 Days	0-5 Days	5-10 Days	10-15 Days	16-27 Days
Number of participants	1	4	2	1	9

### 5. Weight Management Program (WMP)

During August, members of the WMP participated in two exercise activities. On Saturday, August 12, 2023, the WMP held an indoor full-body fitness session at White Oak Recreation Center on 1700 April in Silver Spring, MD. This class involved 10 minutes of warm-up and cool-down before and after the class as well as a highly intensive 40-minute exercise. There was a total of eight people in attendance.

On Saturday, August 26, 2023, the WMP held an outdoor walk at North Four Corners Local Park located at 315 University Blvd West in Silver Spring, MD. At this event, a total of 11 people walked the trail for 3.2 miles.

### C. Community Outreach Screenings and HIV Testing

Staff attended the bi-monthly Montgomery County HIV Testing Linkage & Care Collaborative (TLC) breakfast meeting on Friday, August 25. This meeting provided time for all County organizations and initiatives to share how they have been involved in testing, treating, and educating residents. This allowed the MHS to begin considering ways in which the developing mental health program can best serve those in the community living with HIV.

In August, staff completed screenings at diverse sites listed 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
Tanglewood Apts	Aug 1	15/75	0	10	5	7	3	2	2
Progress Place	Aug. 2	25	16	14	4	10	5	3	10
Kings & Priests	Aug 5	96/125	55	46	17	44	26	23	19
Women Shelter TC	Aug 16	6	6	11	2	8	3	5	5
KFC-White Oak	Aug 19	10/105	2	8	2	6	1	3	3
Tuesday Tea	Aug 22	18/25	0	16	2	15	2	7	11
Men Shelter	Aug 23	25	11	14	3	15	5	9	5
Haitian Refugees	Aug 27	27	n/a	20	10				
Women Shelter CB	Aug 30	13	13	10	3	8	4	3	4

On Sunday, August 27, 2023, staff provided health screenings at Eglise de Dieu (Church of God) in Burtonsville for Haitian Refugees who had just arrived in the United States. These individuals did not speak English, but only Haitian Creole, and had endured incredible and difficult journeys to get here.

Across all sites, a total of 229 people were screened for blood pressure, cholesterol, glucose, A1C, or weight. Individuals with abnormal values were referred to a primary care physician for further evaluation and the CDMP program for health education.

In addition, 103 HIV tests were done, all yielding negative results.

<b>HIV TESTING REPORT</b>		<b>31-Aug</b>		
African-American				
	Age Group	Male	Female	
	1947 -1969	6	21	
	1970 -1989	16	17	
	1990+	3	12	
Total		25	50	75
All Others				
		Male	Female	
	1947 -1969	9	2	
	1970 -1989	5	8	
	1990+	3	1	
Total		17	11	28
<b>GRAND TOTAL</b>				<b>103</b>

#### **D. Social Work**

During August, despite persistent technical issues with web accessibility, 79 screenings were completed in the usual shelters, senior housing, and community events through the posting of the QR code and web link on social media.

On August 15, Kaiser Permanente initiated the re-enrollment process for current CHAP program participants. To date, 25 applications for re-enrollment have been processed and submitted. The re-enrollment window has been extended through October 31, 2023. The enrollment of new clients will start on November 1. Staff will participate in a pilot program designed to help new members access and use the Kaiser portal effectively. This aims to increase utilization of Kaiser health services and promote better health outcomes.

Two new social work students from Morgan State (a first-year BSW student and a first-year MSW student) will start their internship with AAHP in September. Their assigned preceptor attended a mandatory training on field supervision at Morgan State on August 16.

#### **E. Mental Health**

The Mental Health Specialist (MHS) attended a two-day training focused on the components of care for perinatal mood disorders. Conducted by Postpartum Support International, the only worldwide organization representing social support networks involved in preventing and treating parental mental health, this training aimed to equip individuals in helping professions with the knowledge and skills needed to effectively identify, screen, and treat common perinatal mood and anxiety disorders (PMADs). A

standout feature was its emphasis on how fathers/partners can experience PMAD during the postpartum period, even though they are not the birthing person.

### **1. Standard Operating Procedures**

The mental health specialist (MHS) finalized the standard operating procedures (SOPs) for the mental health components of AAHP's SMILE and CDMP. They are similar in structure in that they are meant to serve as an intermediary service to connect clients to long-term therapeutic resources. The CDMP SOP establishes a targeted range of six to 12 sessions for each client, dependent on the presenting problem(s) and level of severity.

Since finalizing the SOPs, the first non-SMILE client has been scheduled for their initial assessment on the first Wednesday of September. The MHS has plans to continue brainstorming on additional outreach strategies to obtain more clients and establish a steady referral flow of clients, as well as assess what the most appropriate caseload will be.

For the SMILE program, the number of sessions is yet to be determined, and may not be limited, as these clients are enrolled in the program for a finite period. Referrals can be sent to the MHS by way of the new counseling referral form (also developed in August), along with the HIPAA privacy notice and the informed consent and telehealth consent forms.

During August, the MHS had four follow-up visits with a SMILE client. The MHS has not been successful in connecting with other SMILE clients, but evidence is showing that more SMILE mothers are interested in participating in the mental health program, with two new clients starting in September.

### **2. Mental Health First Aid Training**

The MHS successfully scheduled the Mental Health First Aid (MHFA) training for 22 AAHP staff members on September 8 and 11, from 10:00 am – 2:00 pm both days. Each participant had the opportunity to become a certified mental health first aider by completing their course pre-work prior to the training and keeping their cameras on throughout the entire session. This training educates individuals on how to provide optimal support to those facing mental health challenges, including during mental health crises. This involves learning to recognize the warning signs, potential symptoms, and effective ways of connecting individuals to resources at that time.

### **3. Haitian Refugee Event**

The MHS participated in a special screening event for newly arrived Haitian refugees. MHS spoke to them through an interpreter, explaining the connection between mental health and physical symptoms. These symptoms can include headaches, stomachaches, changes in behavior or mood, poor appetite, and sleep changes. Domestic violence was also briefly highlighted as the MHS was informed by the event organizer that some individuals may be involved in harmful romantic relationships without being aware of available support and resources.

The MHS was there to conduct mental health screenings to individuals who could significantly benefit from talking about their experiences. While no one utilized this resource, the MHS observed that the refugees were more focused on starting their immigration process, given the presence of immigration lawyers at the event. This observation underscored Maslow's *Hierarchy of Needs*, highlighting that when basic needs for food, water, shelter, and safety/security are not met, it is incredibly difficult to address psychological and self-fulfillment needs.

To adequately prepare for this event, the MHS discovered a free assessment tool, the Refugee Health Screener-15 (RHS-15), which was created under *the Pathways to Wellness*, a project of Lutheran Community Services Northwest, Asian Counseling and Referral Services, Public Health Seattle and King County, and Michael Hollifield, M.D. Funding for this project has been provided by several organizations, including the Robert Wood Johnson Foundation, the Bill and Melinda Gates Foundation, the United Way of King County, The Medina Foundation, the Seattle Foundation, and the Boeing Employees Community Fun. The RHS-15 assessment tool is available in tens of different languages, including Haitian Creole. Designed to be administered in the native language of the refugee, questions are framed as a general wellness questionnaire. This tool consists of 15 items with 14 Likert scale responses and a pictorial "distress thermometer." Though the MHS was not able to screen any of the individuals at the event, there are plans successfully conduct screenings at future events with this population.

### **III. Administration**

In August, the African American Health Program began accelerating the adoption of NexGen software to store, manage, access, and report client-related data. The software solution vendor provided customized training for the AAHP staff as well as ongoing virtual online training ensuring the modification of the existing system to align better with the practice model developed by AAHP. This model focuses on both primary health care and the social determinants of health.

Several staff have emerged as superusers of the system and combined that knowledge with their expertise in remote patient monitoring to organize a comprehensive health data and information system. This system enables them to make informed and actionable decisions to track, record, and store information on health, prevention services and well-being.

An important element of the implementation involved training in system modification and customization. During August, all AAHP staff completed a formal certified training program on April compliance and compliance with OSHA guidelines and requirements. The training system provides documentation and evidence of training completion and certification.

Gradually, the implementation of the system is phasing out the use of paper to record personal health information. Increasingly, laptop computers are employed for on-site data collection. This shift offers significant advantages, including enhanced privacy and security as well as improved data completeness and accuracy. By the end of August, all screening data and HIV

and AIDS data were entered in either the NexGen software system or Cognito, Maryland State's data system. Data elements were modified to record biometric readings and filter the results of readings to reflect the severity of deviation from normal.

During August, the African American Health Program recruited a new supervisory nurse who will begin working with the program as a part-time consultant on September 16, 2023. She brings to this position two decades of experience as both a supervisor and charge nurse in labor and delivery.



## APPENDIX A – Media Report

AAHP Health Notes - Distributed: Friday, August 7

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

August’s Health Notes was titled “Fortify and Thrive!” and was sent on Friday, August 7. The feature article highlighted Breastfeeding Awareness Month and emphasized the benefits of breastfeeding for both mothers and babies, citing its role in strengthening the baby's immune system and reducing the risk of various illnesses. The article also acknowledges Black Breastfeeding Week and applauds the efforts of the SMILE team in supporting Black/African American mothers through various programs, including childbirth and breastfeeding classes, nurse case management, and online support groups. It encourages readers to watch the team's video on breastfeeding to raise awareness and support breastfeeding initiatives. The following article, “Sleep Well, Be Well” underscores the critical importance of good sleep for overall health and encourages readers to prioritize sleep by maintaining a consistent sleep schedule, creating a conducive sleep environment, and adopting healthy sleep habits. The following article highlights the importance of good circulation and provides actionable tips for improving circulation to avoid uncomfortable symptoms. The Health Hint advised readers not to brush their teeth immediately after consuming acidic foods typically found in breakfast, such as orange juice and citrus fruits, because brushing immediately can spread acid remnants, potentially damaging tooth enamel, and it recommends waiting approximately 30 minutes to an hour after consuming acidic foods. The Featured Video examines why Black Americans get the least amount of sleep and explains how narrowing the sleep gap can reduce health disparities: The featured recipe was Vegan Chocolate Truffles.

August’s Health Notes maintained a high readership. Of the 6,497 people who received August 2023 Health Notes, 2,045 people opened the newsletter, which is 163 more people than last month and represents an open rate of 32%, slightly higher than last month’s open rate of 29%. August’s click rate of .3% was lower than last month’s, lower than AAHP’s average click rate of 2%, and lower than the industry average of 4%. The number of successful deliveries decreased by 26, and there was only one unsubcriber, four less than last month.

### **Facebook**

In August 2023, the Facebook account had a total of 903 followers, which was an increase of three followers compared to the previous month. The account made five posts, showing a decrease of nine posts from the previous month. The posts received a total of five likes/love reactions, with no comments, but they were shared three times. Compared to the previous month, there was a decrease of four likes/love reactions and the same number of comments, but an increase of five shares. Overall, there was a slight increase in followers, a significant decrease in

post activity, a decrease in likes/love reactions, and the same level of comments. However, there was an increase in shares compared to the previous month.

#### **Facebook Metrics – August 2023**

	Followers	Posts	Likes/Love	Comments	Shares
Total	<b>903</b>	5	5	0	3
Change from last month	+3	-9	-4	same	+5

#### **Twitter**

In August 2023, the Twitter account had a total of 462 followers, with an increase of three new followers compared to the previous month. The account made a total of four tweets, which was a decrease of nine tweets from the previous month. The tweets received 202 impressions, showing a significant decrease of 1055 impressions from the previous month. There were no retweets, likes, or link clicks on the tweets in August. Overall, there was a slight decrease of two followers, a significant decrease in tweet activity, and a decrease in tweet impressions compared to the previous month.

#### **Twitter Metrics – August 2023**

	Followers	New Followers	Tweets	Tweet Impressions	Retweets	Likes	Link clicks
Total	<b>462</b>	3	4	202	0	0	0
Change from last month		-2	-9	-1055	-8	-10	same

#### **Instagram**

In August 2023, the Instagram account experienced a total of 327 followers. The account made five posts during the month, but there were no stories shared. The posts received a total of 10 likes, indicating a moderate level of engagement. The impressions, which represent the number of times the content was viewed, amounted to 341. Compared to the previous month, there was an increase of four followers and a decrease of nine posts.

#### **Instagram Metrics – August 2023**

	Followers	Posts	Stories	Post Likes	Impressions
Total	<b>327</b>	5	0	10	341
Change from last month	+4	-9	same	+1	-21

## APPENDIX B – August 2023 Health Notes



August is Breastfeeding Awareness Month, a time to celebrate all the wonderful benefits of breastfeeding and promote and encourage breastfeeding for more and more Black/African American moms!

Breastfeeding protects the health of both moms and babies. Breast milk contains powerful antibodies that strengthen the baby's developing immune system and lower the risk for many illnesses and infections including ear, respiratory, and digestive tract infections; asthma; obesity; diabetes; and even Sudden Infant Death Syndrome (SIDS). For moms, breastfeeding has been shown to reduce the risk of breast and ovarian cancer, promote faster postpartum recovery, and more. Breastfeeding also nurtures the bond between mom and baby, promoting emotional well-being and mental health. Breastfeeding is a natural way for moms to support their own health while providing essential nourishment for their babies.

This Breastfeeding Awareness Month and Black Breastfeeding Week (August 25-31), AAHP applauds the SMILE team for their work in supporting breastfeeding for Black/African American moms in Montgomery County. The SMILE program offers childbirth and breastfeeding classes, nurse case management for pregnant and postpartum moms, and the Mommy Chat, Breastfeeding Support Circle, and online groups to help Black moms on their breastfeeding journey. Learn more on AAHP's website [here](#).

This month, take the time to learn more about breastfeeding and what you can do to support yourself or someone who breastfeeds or may breastfeed by:

- Following the hashtags #BBW23 #WeOutside #blackbreastfeedingweek on social media
- Following AAHP's SMILE Program's Instagram @aahp\_smlle
- Checking out the SMILE team's video on breastfeeding.



Sources:  
[www.blackbreastfeedingweek.org](http://www.blackbreastfeedingweek.org)  
The Cleveland Clinic



Just like eating a balanced, nutrient-rich diet and exercising regularly, getting good sleep is crucial for your health. Poor sleep quality and sleeping fewer than seven hours per night are associated with an increased risk of high blood pressure and heart disease. Sleep deprivation can lead to increased appetite and cravings for high-sugar and high-fat foods, contributing to weight gain and obesity. Sleep deprivation is also linked to higher levels of inflammation, which can increase the risk of conditions like depression and Alzheimer's disease.

So, do all you can to prioritize sleep for your health and well-being. It is recommended to stick to a regular sleep schedule, create a sleep-friendly environment, and establish healthy sleep habits. If you suspect you have a sleep disorder, consult a healthcare professional.

Learn about why lack of sleep affects the health of Blacks/African Americans in the video you will find in the section Featured Video.

Sources:

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

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



During National Immunization Awareness Month, AAHP encourages everyone to take the necessary steps to ensure protection against severe communicable diseases. This can be done by staying up-to-date on immunizations and vaccinations, which safeguards your health and the health of the whole community.

Vaccines are responsible for ending smallpox worldwide and polio in the US. COVID-19 vaccines have already saved more than 14 million lives globally. Unfortunately, misinformation has caused fewer people to get vaccines. AAHP firmly supports the use of vaccines, including those for COVID-19, to combat infectious diseases and protect public health. If you're hesitant, have an open conversation with your doctor, nurse, or healthcare provider about vaccinations.

For more information on immunizations and vaccinations, visit the following pages:

- [Get Back on Track with Routine Vaccinations handout](#)
- [The Adult Vaccine Assessment Tool](#)
- [Vaccine Schedules for Parents and Caregivers](#)
- [Montgomery County Public Schools Immunization Requirements](#)
- [Montgomery County Health and Human Services Public Health Services Immunizations Program](#)

Sources:

[The American Association of Immunologists](#)

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

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

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## Health Hint

Brushing your teeth is great but brushing your teeth immediately after breakfast isn't so great. Some breakfast staples, like orange juice, citrus fruit, bread, and pastries, are acidic. Brushing your teeth right after eating can spread remnants of these acidic foods, weakening enamel. The American Dental Association recommends waiting for about 30 minutes to an hour after consuming acidic foods before brushing to protect your teeth and preserve the enamel.

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

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## Featured Video

This video by Vox examines why Black Americans get the least amount of sleep and explains how narrowing the sleep gap can reduce health disparities:



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## Featured Recipe: Vegan Chocolate Truffles



### Ingredients

- 1 small beet, cooked and then peeled
- 12 Medjool dates, pitted
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt, plus more to taste
- 6 tablespoons (30 grams) raw cacao powder, divided
- 1/4 cup (22g) oat flour
- 3 ounces (85g) of good-quality, dairy-free dark chocolate
- Optional ingredients for coating the truffles: unsweetened shredded coconut, raw cacao powder, flaky sea salt, raw cacao nibs, dried rose buds, beetroot powder, hemp seeds, chopped nuts, etc.

### Instructions

1. If you're making your own oat flour, take slightly more than 1/4 cup of rolled oats (22 grams) and add it to a food processor. Blitz until the oats have turned into a fine powder. Transfer to a bowl and set aside. If you're using store-bought oat flour, skip this step.
2. If you are not using a high-powered food processor and/or if your dates are quite dry and not sticky, soak the dates in hot water for a few minutes to soften. Drain and squeeze out the excess water really well.
3. Chop your steamed or roasted beet. Add the beets, dates, vanilla extract, salt, and 1/4 cup or 4 tablespoons of the cacao powder (or 20g) to a food processor. Process until the ingredients are well combined and starting to come together as a sticky paste.
4. Add the remaining 2 tablespoons of cacao powder (or 10g) and the oat flour to the food processor. Blend again until the ingredients are well combined and a dough has formed. Taste and add more salt, as desired. The dough will be quite sticky at this point.
5. Transfer the dough to a bowl and cover. Freeze for at least 1-2 hours. This step is essential, so don't skip it.
6. Line a baking sheet with parchment paper. Melt the dark chocolate in a large bowl, using either a double boiler method, or in the microwave in 30-second intervals. Allow to cool for five minutes.
7. Remove the truffle dough from the freezer. Using a rounded tablespoon or mini ice cream scooper, scoop the truffle dough and roll into evenly-sized balls. Transfer the balls to the baking sheet. (I highly recommend wearing food-safe gloves while rolling the balls because the dough is sticky and beets tend to stain, so your hands will get really messy if you roll them with your bare hands.)
8. Using a slotted spoon or similar utensil, dip one truffle at a time into the melted dark chocolate, and coat it all over. Transfer back to the baking sheet and sprinkle with the toppings of your choice. Work quickly, as the melted chocolate will set pretty quickly and your toppings won't stick once the chocolate has set. Repeat with each truffle.
9. You can serve them immediately, but I prefer to return them to the freezer for 15-30 minutes to set. Store leftovers in an airtight container in the freezer (they don't need to be defrosted).

Source: [www.rainbowplantlife.com/vegan-chocolate-truffles](http://www.rainbowplantlife.com/vegan-chocolate-truffles)

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