



AAHP staff with Montgomery County Executive Marc Elrich at the MOCO Sister Cities event on September 17, 2023

AAHP MONTHLY REPORT September 2023



I. INTRODUCTION

September concluded the first quarter of the 2024 fiscal year of providing disease prevention, health promotion, and awareness services on behalf of the African American Health Program (AAHP) implemented by McFarland & Associates, Inc. During September, AAHP continued to provide and document the delivery of significant programs, services, and activities to reduce health disparities among Black/African American residents of Montgomery County.

In September, the African American Health Program received recognition from the Montgomery County Council during National Infant Mortality Awareness Month. Members of the County Council acknowledged the crucial contributions made by the SMILE program, along with other service providers within the County, who are actively engaged in efforts to reduce infant and maternal mortality rates. Furthermore, on September 21, the program had the privilege of participating in a virtual discussion hosted by the Montgomery County Branch of the National Council of Negro Women (NCNW) on the topic of “Preventing Pregnancy-Related Deaths.” This platform allowed the SMILE program team to elucidate their comprehensive services tailored to ensure positive pregnancy outcomes for mothers of African descent, extending their support through the first year of each infant’s life. The program’s continued commitment remains to provide every infant with a healthy start in life.

In September, SMILE nurses AAHP worked closely with pregnant and postpartum mothers to provide a wide range of essential support services. This included helping them secure health insurance, childcare subsidies, and breastfeeding assistance. They also promoted immunizations, crisis management skills, and access to mental health services, legal aid, transportation, dental care, and smoking cessation programs. Additionally, they assisted with SNAP benefits and offered support for stress reduction and overall well-being.

In September, the American Heart Association, in collaboration with the American Medical Association through its national BP Recognition program, honored the African American Health Program with Gold Plus Recognition, its highest level. This esteemed accolade signifies AAHP’s continued success in providing education and knowledge to County residents on the critical importance of preventing and managing hypertension. The program’s consistent submission of data as evidence of achieving a 70% success rate in blood pressure control has led to this recognition for the fourth consecutive year. This achievement is particularly significant as it addresses the fact that more than half of all Black/African American residents with hypertension are unaware of their condition, which is a leading cause of preventable stroke and heart disease morbidity and mortality.

In September, AAHP continued to provide community outreach services where Black/African American County residents live and gather. AAHP continued to conduct health screenings at all the homeless shelters operated by the Montgomery County Department of Health for both men and women. AAHP recorded a total of 393 touches and conducted 223 health screenings, which encompassed blood pressure measurements, blood glucose tests, A1C assessments, and cholesterol checks. Additionally, AAHP provided HIV testing and counseling services, conducting 101 tests, all of which yielded negative results. These outreach initiatives spanned

various locations, including Leisure World, the White Oak Recreation Center, the Mount Jezreel Baptist Church Community Day, Hampshire Towers, and the Haitian Church of God.

II. PROGRAM ACTIVITIES

A. SMILE (Start More Infants Living Equally healthy)

In observance of National Infant Mortality Awareness Month in September, the SMILE Program held in-depth discussions with SMILE moms about the primary causes of infant mortality, noting that causes of infant death are, for the most part, preventable. It was highlighted that Black women face a disproportionate burden of infant and maternal mortality compared to other ethnic groups. The program also provided education to mothers regarding sudden infant death syndrome (SIDS) as the leading cause of infant mortality, emphasizing preventive measures, including the adoption of safe practices such as “Safe Sleep.”

The educational outreach extended beyond SMILE program participants and reached a wider audience through a presentation by a SMILE nurse at the local Montgomery County chapter of the National Council of Negro Women (NCNW). The presentation centered on preventing pregnancy-related deaths and addressed the program’s approach to tackling racial disparities affecting pregnancy and birth outcomes. The nurse also highlighted the significant role fathers can play in reducing stress, isolation, and depression during and after pregnancy. The nurse enthusiastically shared SMILE’s new initiative aimed at engaging fathers by providing educational resources to both parents. Additionally, the presentation discussed the Mommy Meet Up events designed to alleviate stress and depression among mothers.

In September, the SMILE nurses hosted a Storytime session at the Germantown Library to raise awareness about the SMILE program. The nurses handed out brochures and educated attendees on how the SMILE program has been effectively reducing infant and maternal mortality in Montgomery County through a range of resources, strategies, educational efforts, and home visits. The session reached 17 families, including 11 from the Black community, and generated three referrals. In the previous month, they conducted an engaging in-person Breastfeeding Support Group session, with seven members joining virtually, where they discussed common breastfeeding myths. This ongoing support is invaluable for mothers as it enables them to master breast pump usage, hand-expression techniques when the pump is unavailable, and proper milk storage practices.

Two Mommy Chat sessions were held in September. On September 13, the Mommy Chat session focused on assisting SMILE enrollees in completing Kaiser Community Health Access Program (CHAP) re-enrollment forms for premium-free health insurance. During the September 27 Mommy Chat session, Community Connections, an organization that offers information about how to get access to resources, such as food, assistance with the Supplemental Nutrition Assistance Program (SNAP), clothing, household furnishing, and English classes, led a discussion with 16 mothers.

In September, the SMILE caseload included 113 mothers and 87 infants. Among the mothers, there were only 29 prenatal cases. The SMILE team enrolled four prenatal and

two postpartum mothers and 11 newborns, including a set of quadruplets. The breastfeeding rates for the first three months remained high at 86%, with slight declines to 84% at six months and 81% over 12 months. The participation of Afro-Caribbean moms in the program was 11%, American-born moms was 30%, and continental African moms was 59%. The number of home visitations increased slightly to 52, and the number of telephonic consultations decreased to 214.

During the second quarter of FY 24, the SMILE program intensified efforts to recruit prenatal Black/African American mothers in alignment with their representation in the general population. Increased outreach will focus on raising awareness about the SMILE program among parents of elementary school students, where the population comprises 30% or more individuals of African descent. Targeting elementary school parents is strategic, given that they are predominantly women of childbearing age. Concurrently, the nursing team will further expand the frequency of home visits and prioritize encounters with mothers facing the most acute medical and social challenges.

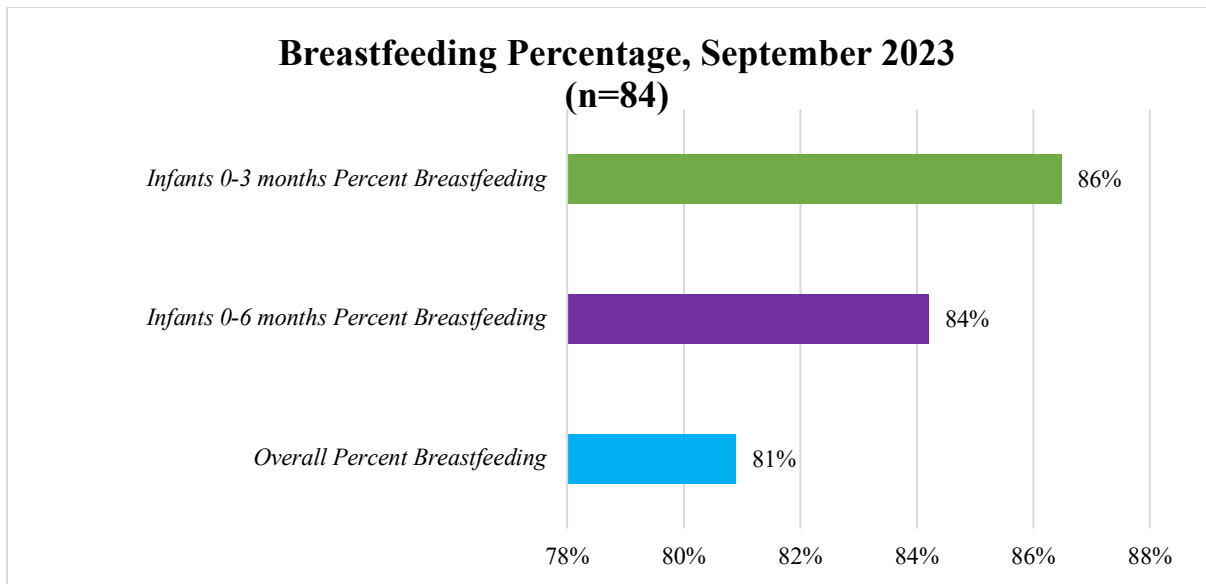
The table and graphs below present a statistical and comparative overview of program performance reported during July, August, and September along with the breastfeeding rates, risk, and ethnic profiles for SMILE enrollees in September.

September SMILE Dashboard

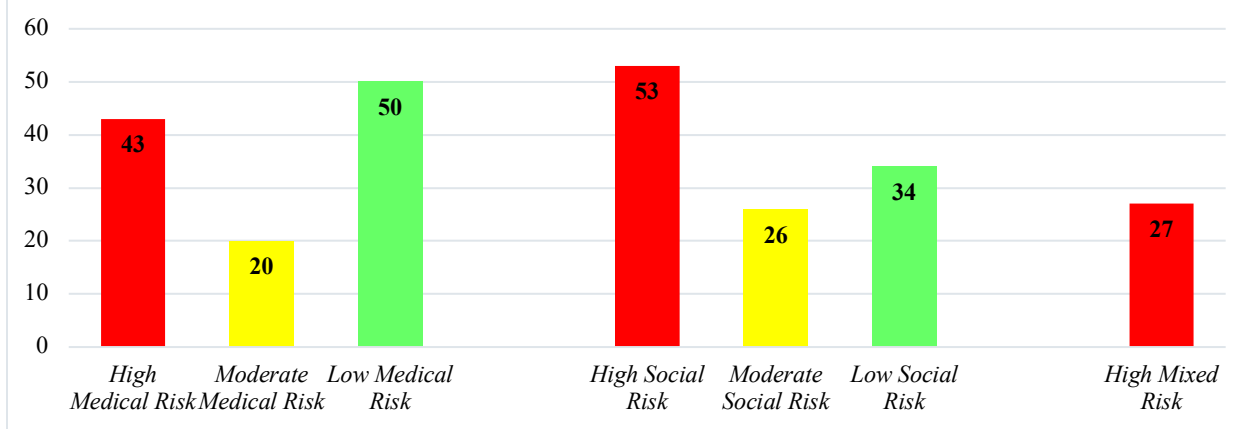
PROFILES/SERVICES	*Monthly Average Calendar Year 2021	July 2023	August 2023	September 2023	Comments About September
A) Currently Active Moms	94	117	121	113	
Prenatal (still pregnant)	29	37	38	29	
Postpartum (Moms who have delivered)	65	80	83	84	
B) All infants	66	82	84	87	<i>Quadruplets</i>
Single Births	62	78	82	81	
Multiples	4	4	2	6	<i>Quadruplets</i>
Case Load (A+B)	160	199	205	200	
MOM'S ETHNICITY					
African American Clients	37	35	35	34	
African Clients	55	71	72	67	
Caribbean Clients	2	11	13	12	
REFERRALS					
HHS Prenatal Referrals Received	3	3	4	5	
Referrals from Other Sources	4	7	11	6	
Total Prenatal Referrals	7	10	15	11	

NEW ENROLLMENTS					
Prenatal Moms Newly Enrolled During the Month	6	4	6	4	
Infants Newly Enrolled during the month	9	10	8	11	
Newly Enrolled Postpartum Moms		0	5	2	
All New Enrollments for the month	15	14	19	17	
DISCHARGES					
Prenatal Discharges	1	0	1	4	<i>Unable to reach moms</i>
Infant Discharges	7	5	6	9	
Total Discharges	8	5	7	13	
DELIVERIES					
Term Deliveries	5	10	4	10	
Preterm Deliveries	1	0	1	0	
Total Deliveries	6	10	5	10	
BIRTH OUTCOMES					
% Healthy Birth Weight	95%	100%	75%	100%	
Number of Low Birth Weight	1	0	1	1	
Number of Very Low Birth Weight	0	0	0	0	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes	0	0	0	1	<i>Loss of a 2-month-old trisomy 13 baby</i>
(Congenital Anomaly, Fetal Demise, Miscarriage)	0	1	0	0	
SERVICES					
Total Home Visits	1	28	50	52	
Telephonic Consultations	181	242	279	214	
Community Referrals Made	24	36	27	32	
BREASTFEEDING MOMS					
Breastfeeding 0-3 months	92%	93%	93%	86%	
Breastfeeding 0-6 months		93%	89%	84%	
Breastfeeding 0-12 months	73%	79%	81%	81%	

INSURANCE					
Clients with Private Insurance**	23	20	23	23	
Clients with Medicaid Insurance**	60	78	97	81	
Clients without Insurance	n/a	1	1	1	
<i>*Averages are rounded up to the next integer</i>					
<i>** A client may have multiple Insurance</i>					
<i>Increase above reference year</i>					
<i>Level with reference year</i>					
<i>The decrease from the reference year</i>					
<i>Untoward Outcome</i>					
<i>Desired Outcome</i>					



Moms' Risk Categories, September 2023 (n=113)



B. Chronic Disease Prevention and Management Program

1. CDMP classes

In September, the Chronic Disease Management Program's theme was "Safety First!" Take Control of Your Health class topics were: Fall Prevention and Safety, Preventing Chronic Skin Infections, Food Safety, Heart Health, Fasting Safely, Medications Safety, Detox Safety Guidelines, and Negotiating Doctor Visits. The class participants demonstrated increased awareness and knowledge about safety and how lifestyle choices affect personal safety.

In September, the CDMP team hosted a hybrid event, both in-person and virtual, at Leisure World on September 14. The event featured health screenings and a food demonstration presentation, emphasizing the importance of enhanced nutrition and biometric health monitoring for taking control of one's health.

AAHP's Yoga and Zumba classes played a pivotal role in helping students maintain a healthy lifestyle by promoting physical movement and offering opportunities for up to 30-45 minutes of physical activity during sessions.

The Health and Nutrition class offered alternative plant-based and vegan meals and smoothies. The classes included topical video discussions, quizzes, and other handouts, along with food preparation/cooking demonstrations.

The October CDMP classes will focus on Cancer.

The table below presents a description of class and outreach activities; number of participants for classes, duration of attendance, and topics covered; and number of participants for individual or group education.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
<p>Health and Fitness online Webinar</p> <p>YOGA: Wednesdays 9/06; 9/13; 9/20; 9/27</p> <p>ZUMBA: Fridays 9/01; 9/8; 9/15; 9/22; 9/29</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>September’s classes included guided virtual yoga and Zumba exercises led by trained exercise professionals and AAHP staff.</p> <p>Zumba Highlight: class content emphasized balance, movement, posture, toning, and cardio.</p> <p>Yoga Highlights: Focused on purposeful movement and stretching.</p> <p>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 understand how the adoption of exercise and good nutrition influences health improvements.</p>
<p>Take Control of Your Health I</p> <p>Wednesdays 9/06; 9/13; 9/20; 9/27</p>	<p>6 pm – 7 pm</p>	<p>Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol</p>	<p>September’s classes emphasized safety. Participants were encouraged to seek the advice of their primary care providers before undertaking dieting, detox, or other unsupervised self-care procedures. In most instances, participants continued to maintain or improve their HEDIS measures and make positive behavioral changes.</p>
<p>Health and Nutrition VEGAN, Plant-Based</p> <p>Thursdays 9/7; 9/14; 9/21; 9/28</p>	<p>1 pm - 3 pm</p>	<p>Weight, BP, BMI, %BF, Glucose, and Cholesterol screenings</p>	<p>Class discussions emphasized the importance of making healthy eating choices and understanding the association between food choices and how they affect the risk of chronic conditions. AAHP’s Food for Life Instructor demonstrated how a plant-based diet/healthy cooking reduces the risk of pre-diabetes and diabetes outcomes. She also emphasized food that supports the fight against allergies. 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.</p>

Take Control of Your Health II Online Webinar. Thursdays 9/7; 9/21; 9/28	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	September’s classes emphasized Safety. Participants were encouraged to seek the advice of their primary care providers before undertaking dieting, detox, or other unsupervised self-care procedures. In most instances, participants continued to maintain or improve their HEDIS measures and make positive behavioral changes resulting from improvements in exercise and nutrition.
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CLASS ATTENDANCE IN SEPTEMBER 2023

	Health and Fitness 11 am – 12 pm					TCYH-1 6 pm – 7:15 pm				Health and Nutrition 1 pm – 2:15 pm 6 pm-7 pm				TCYH-2 6 pm – 7:15 pm			
	Date(s)	9/1	9/8	9/15	9/22	9/29	9/6	9/13	9/20	9/27	9/7	9/11	9/21	9/25	9/7	9/14	9/21
	9/6	9/13	9/20	9/27							9/14		9/28				
<i>Male</i>	0	0	0	0	0	0	0	0	2	1	2	1	0	0	0	0	0
<i>Female</i>	30	29	30	27	11	22	17	22	34	15	29	15	28	30	30	27	38
Class Size	30	29	30	27	11	22	17	22	36	16	31	16	28	30	30	27	38
TOTAL	127					97				91				125			
Avg.	14-15					24-25				15-16				31-32			
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)			

a. Health and Nutrition

September’s class discussions included information about the best ways to lead a healthy plant-based life. Class participants enjoyed trying new recipes at home and the opportunity to learn more about and sample food during an in-person hybrid class at Leisure World on September 14. The classes introduced Ethiopian Foods with an emphasis on foods that are particularly nutritious and appetizing. All other classes were conducted virtually via Zoom sessions.

September’s nutrition topics included: Anti-inflammatory Lifestyle; Digestive Health (Hybrid Class); Cancer-Fighting Compounds and Immune-Boosting Foods; Breaking the Food Seduction; Keys to Natural Appetite Control, Keeping a Healthy Heart; and Digestive Health.

Foods Prepared during class:

- September 7 - Anti-inflammatory Diet
- September 11 - Green Monster Smoothie, Quick Black Bean Chili, Pan-toasted Pepita Granola
- September 14 - Oil-free Ethiopian Spiced Red Lentils, Purple Smoothie, Tikel

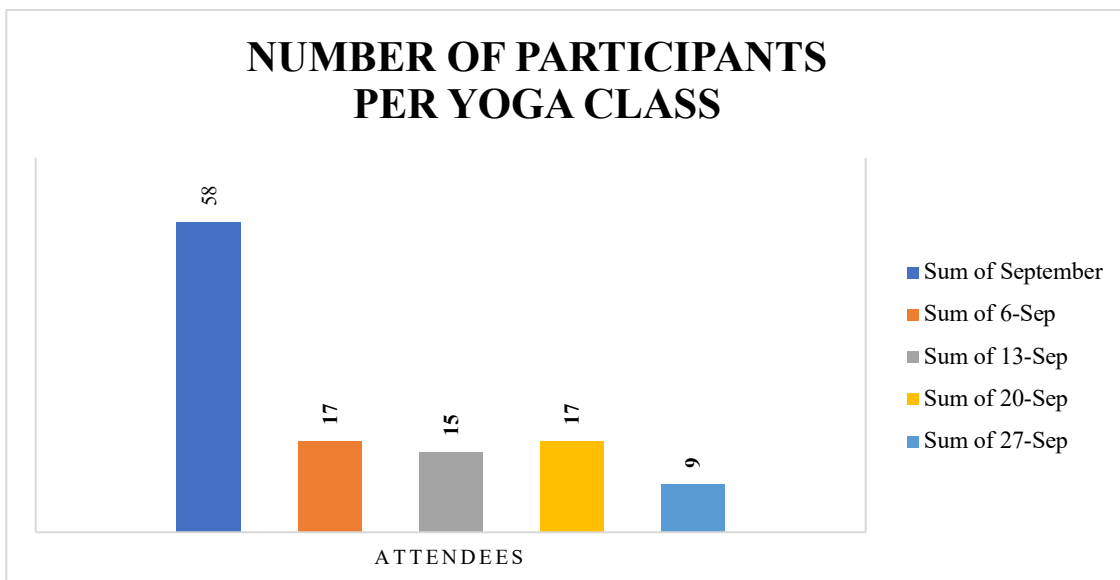
Gorman (Ethiopian Cabbage)

- September 21 - Fruited Breakfast Quinoa, Wonder Woman Salad, Zucchini Linguine with Mushroom-Lentil Bolognese
- September 25 - Refreshing Mint Smoothie, Brown Basmati Rice, Curried Lentil Stew
- September 28 - Vegan Mushroom Burger, Ginger Banana Smoothie, Artichoke and Tomato Salad

Starting in September, the newly hired consulting nutritionist drafted guidelines and recommendations on the best ways to offer culturally competent nutritional counseling and other nutritional services to address disparities in nutrition among the Black/African American residents of Montgomery County. She developed a referral form to assist all program components of the African American Health program in efforts to reduce the nature, magnitude, and scope of nutritional problems associated with health disparities. In addition, she selected a computer software application to collect, capture, and record nutritional information on participating program enrollees. After reviewing several software platforms for managing clients, she settled on “HEALTHIE” (gethealthie.com). This individual also reviewed three modular programs for potential use in group weight management programs. She explored the association between food insecurity and mental distress in WIC-eligible women and identified a six-item tool that might be modified to assess and report on food insecurity among AAHP clients, and to ensure that food-insecure clients are referred/enrolled in food assistance programs, such as WIC, SNAP or other food resources.

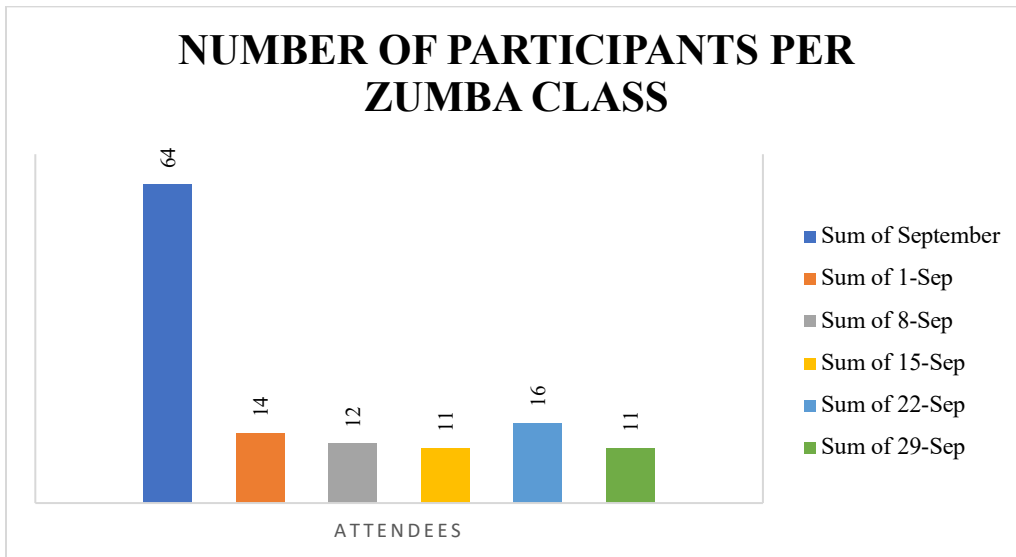
b. Health and Fitness – Yoga

The classes included thirty-two unique persons and 58 total participants in September. There were 17 participants on the 6th, 15 participants on the 13th, 17 participants on the 20th, and 9 participants on the 27th.



c. Health and Fitness - Zumba

AAHP’s Zumba classes had 34 unique users and 64 participants in September. There were 14 participants on the 1st, 12 participants on the 8th, 11 participants on the 15th, 16 participants on the 22nd, and 11 participants on the 29th. Two consistent participants attended at least four out of five sessions for the month, seven participants only attended three of the four sessions, eight participants only attended two out of four sessions, and 18 participants attended only one session.



2. Diabetes Prevention Program (DPP)

In September, four NDPP sessions were held. Participants achieved an average weight loss of five pounds and engaged in an average of 158.2 minutes of physical activity per week. The class discussions and lectures centered on the theme “Eat Well Away from Home,” educating participants on factors influencing eating habits when dining outside and ways to establish healthy eating habits while on the go. Other topics covered included “Take Charge of Your Thoughts,” “Get Back on Track,” and “Get Support.” The group also began planning for their upcoming 16-week milestone celebration, which will include an in-person event. The cohort comprised 20 members, consisting of two men and 18 women, with one male participant discontinuing the program due to a scheduling conflict. Absent participants received session recordings and handouts. Each class concluded with a goal-setting exercise and action plans for the upcoming week, effectively helping participants stay on course. Additionally, every participant received a weekly call from the nurse to address any unaddressed questions or concerns, ensuring that specific goals are met. All weekly nurse encounters were meticulously documented in the NextGen EHR system for the DPP team’s reference.

In October, the plan is to transition classes from weekly to bi-weekly Tuesday sessions for the next two months. AAHP will be preparing the participants for the maintenance phase of the program which will officially begin in December.

Participants	September 05	September 12	September 19	September 26	Total
Male	2	2	2	2	8
Female	18	18	18	18	72
Total	20	20	20	20	80
% African American	100%	100%	100%	100%	100%

Health Profile	Baseline	Jun	July	Aug	Sep	Oct	Nov	Dec	Goal To Reach in December
Average Weight (lbs.)	186.8	186.2	184.6	182.1	181.6				
Average Weekly Activity (Minutes)	0		148.8	156.6	158.2				
Average HB A1C (%)	6.3								
Average Glucose (mg/dL)									

3. Cancer Prevention

In the last quarter of the FY 2023 funding year, the African American Health Program initiated a new consultant contract for cancer prevention and evaluation services. This is important because cancer is the second leading cause of excess mortality among Blacks/African Americans in Montgomery County. The African American Health Program has begun a major effort, spanning the next three quarters, to combine cancer prevention and evaluation services aimed at reducing cancer-related incidence and prevalence through improvements in knowledge and education and early detection. It will emphasize lifestyle changes to reduce cancer-related risk and evaluate the overall success of those efforts. The focus on evaluation is designed to assess the extent to which the program is successful in increasing the acquisition of knowledge, motivating and assisting Black/African American County residents to follow up on routine screening tests.

In the final quarter of FY 2023, AAHP initiated a significant consultant contract for cancer prevention and evaluation services. This step is crucial because cancer ranks as the second leading cause of excess mortality among Blacks/African Americans in Montgomery County. Over the next three quarters, the program will undertake a comprehensive effort to integrate cancer prevention and evaluation services. The goal is to reduce cancer-related incidence and prevalence through enhanced knowledge, education, early detection, and lifestyle modifications. A key focus will be on assessing the program's success in increasing knowledge acquisition and motivating Black/African American County residents to undergo routine screening tests. This evaluation process is pivotal for measuring overall effectiveness.

Cancer prevention objectives in September were threefold: firstly, to raise awareness about the importance of regular screenings and mammograms among Black/African American women; secondly, to empower women by equipping them with knowledge

and resources to assert control over their health; and thirdly, to inspire women to prioritize their well-being, fostering proactive healthcare practices. These goals were achieved through a multifaceted approach. The program employed various strategies, such as distributing informative flyers and brochures in community centers, clinics, and local businesses; leveraging social media platforms to reach a broader audience; and collaborating with local organizations and community leaders to amplify its message.

In pursuit of the educational objective, the program organized a series of informative classes. These classes covered essential topics including breast health, early detection methods, and self-examination techniques. Conducted by healthcare professionals and subject matter experts, these classes provided a supportive and interactive learning environment.

The program also placed a strong emphasis on community engagement by forming partnerships with local healthcare providers, community organizations, and volunteers to augment outreach efforts, expanding its reach and garnering additional resources and expertise. Actively participating in local events, health fairs, and community gatherings, the program established a strong community presence, enabling face-to-face interactions that fostered trust and built meaningful relationships with community members.

As a testament to the program's success, it exceeded its sign-up target, enrolling 23 women for screenings, indicating the effectiveness of its outreach campaign and the community's keen interest in proactive healthcare. Moreover, through educational classes and community engagement initiatives, the program empowered and inspired women, leaving participants feeling more informed, confident, and motivated to take charge of their well-being.

In a relatively short period, the cancer prevention component of the AAHP program has made significant progress in educating, empowering, and inspiring women through screening, mammograms, and educational classes. The successful sign-up campaign and community engagement efforts have laid a strong foundation for future events and initiatives. By continuing to prioritize community involvement and collaboration, the program aims to make a lasting impact on the prevention of cancer among Black/African American women in Montgomery County.

The Colesville Baptist Church Community Event on Sunday, September 10, successfully addressed various health concerns and provided valuable information and resources. Topics included breast cancer, lung cancer, exercise, mental health, bone care, and self-care. AAHP interacted with 35 attendees, with five expressing interest in registering for an upcoming class. Each attendee received a swag bag containing information and resources to encourage further reading and communication with their healthcare providers regarding any health concerns. The event received positive feedback, and AAHP appreciated the chance to positively impact the community.

The Mt. Jezereel Baptist Church Community event on Saturday, September 9 effectively addressed health disparities, with a primary focus on breast cancer education and support for women in the community. Additionally, AAHP extended the conversation to include men and prostate cancer. AAHP reached a total of 46 women, with 21 signing up for the upcoming virtual breast cancer class. AAHP also distributed 54 informative resource bags to attendees. The event received positive feedback and AAHP looks forward to planning future community outreach efforts.

4. Weight Management Program (WMP)

In September, members of the WMP hosted two exercise activities. On Saturday, September 9, eleven individuals participated in the indoor full-body fitness session at White Oak Recreation Center. This class included a ten minutes warm-up before and after the class as well as a highly intensive 40-minute exercise.

On September 30, seven people took part in a walk at Lake Needwood South Rock on 15700 Needwood Circle in Derwood, MD, and logged in 3.9 miles along the trail. In September, the program enrolled one new (female) member from a recent community health screening event.

The total enrollment of WMP members for the month is currently 47. The table below shows the breakdown.

WMP Enrollment

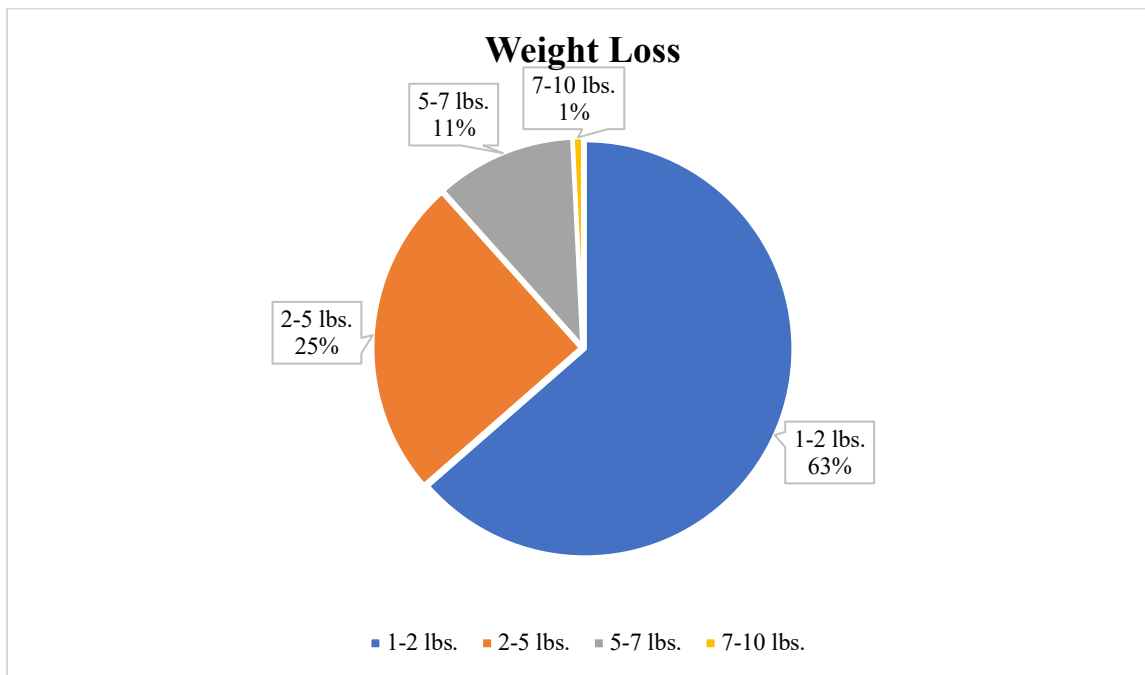
	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
October	45	1	3	47
November	47	2	0	45
December	45	0	0	45
January'23	45	0	5	50
February	50	2	6	54
March	54	0	3	57
April	57	0	1	58
May	58	0	1	59
June	59	0	0	59
July	59	2	3	60
August	60	0	2	62
September	62	16	1	47

WMP Demographics Data Breakdown

Gender	
Men	3
Women	44

Age	
Women	-
18-35	4
35-50	11
50-65	17
65-75	12

Weight Goals	
Men Gain Weight 1 Lose Weight 2 Maintain Weight 0	Women Gain Weight 0 Lose Weight 38 Maintain Weight 6



c. Community Outreach and HIV

In September, a multitude of outreach activities unfolded, spanning various locations across the Montgomery County. These initiatives included health screenings conducted not only in the Rockville office but also at eleven other venues, such as Progress Place, Women Shelter Taft Court, Leisure World, White Oak Recreation Center, Mt. Jezreel Baptist Church, Hampshire Towers at Takoma Park, The Sanctuary in Silver Spring, Nebel Street Men’s Shelter, Eglise de Dieu

at Burtonsville, and Hampshire Senior Living. This extensive outreach effort aimed to ensure the accessibility of health screenings to a diverse community.

A total of 393 encounters took place, comprising 223 biometric health screenings encompassing weight, height, blood pressure, glucose, A1C, and cholesterol measurements, alongside 101 HIV tests, all yielding negative results.

Giveaway bags and literature on diabetes, heart disease, stroke, mental health, dental health, weight management, HIV, pregnancy, youth sexual health, cancer, cholesterol, aging, mental mammogram, fitness, schedule of AAHP classes, hand sanitizers, water bottles, AAHP cards, pens, medication minders, and male/female condoms were distributed at these community events.

Below is the table of screenings and touches resulting from these:

Sites	Date	Number Screened/ Information Dissemination	HIV Negative	Normal Blood Pressure	Elevated Blood Pressure	Normal Blood sugar	Elevated Blood Sugar	A1C Normal/Elevated	Total Cholesterol Normal/Elevated
Progress Place	Sept 4	26	13	14	4	10	5	3	0
Mt. Jezreel Com. Day	Sept 9	22	0	11	6	2	3	0	0
Office Screening	Sept 12	10	0	6	4	6	4	3	5
Hampshire Tower	Sept 15	37	27	19	14	17	13	11/9	14/16
Women Shelter TC	Aug 16	16	16	12	4	14	2	3/1	4/1
Wednesday Tea	Sept 27	35	0	27	7	13	9	7	9
Men Shelter	Sept 27	38	29	0	0	0	0	0	0
Hampshire Senior	Sept 19	16	0	13	.3	10	6	8	7
Haiti Health Event	Sept. 30	23	16	14	9	17	6	4/3	2/5

Individuals with abnormal values were referred to a primary care physician for further evaluation and the CDMP program for health education.

In addition, 101 HIV tests were done, all yielding negative results.

HIV TESTING REPORT		30-Sept.		
African-American				
	Age Group	Male	Female	
	1947 -1969	23	10	

	1970 -1989	15	8	
	1990+	11	4	
Total		49	22	71
All Others				
		Male	Female	
	1947 -1969	12	5	
	1970 -1989	7	1	
	1990+	3	2	
Total		22	8	30
GRAND TOTAL				101

Maryland State Cognito Information System Report for September

Agency	AAHP
Reviewed Date	9/30/2023
September's Tests	101
Discordant Tests	0
HCV Tests	0
HCV Tests Needing Updates	0
Missing HIV Test Result	0
Partner Services	0
Positive Tests	0

D. Social Work

In September, 39 mental health screenings were completed.

In September, CHAP program re-enrollment continued, with the majority renewing their insurance at the office, while others independently completed the CHAP application by mail. By September 30, AAHP successfully re-enrolled 63 members, with nine completing and submitting applications, while some were no longer eligible due to relocation or residency changes. Additionally, three new individuals enrolled in October. During re-enrollment, Kaiser conducted meetings for a pilot program aimed at educating members on insurance usage. This process unveiled various access barriers, including limited knowledge of Kaiser facilities, appointment scheduling difficulties, and language barriers among members.

E. Mental Health

Throughout September, the mental health specialist conducted ten virtual sessions with SMILE program mothers who were contending with social support and relationship challenges, many of whom had experienced mental health difficulties both before and after

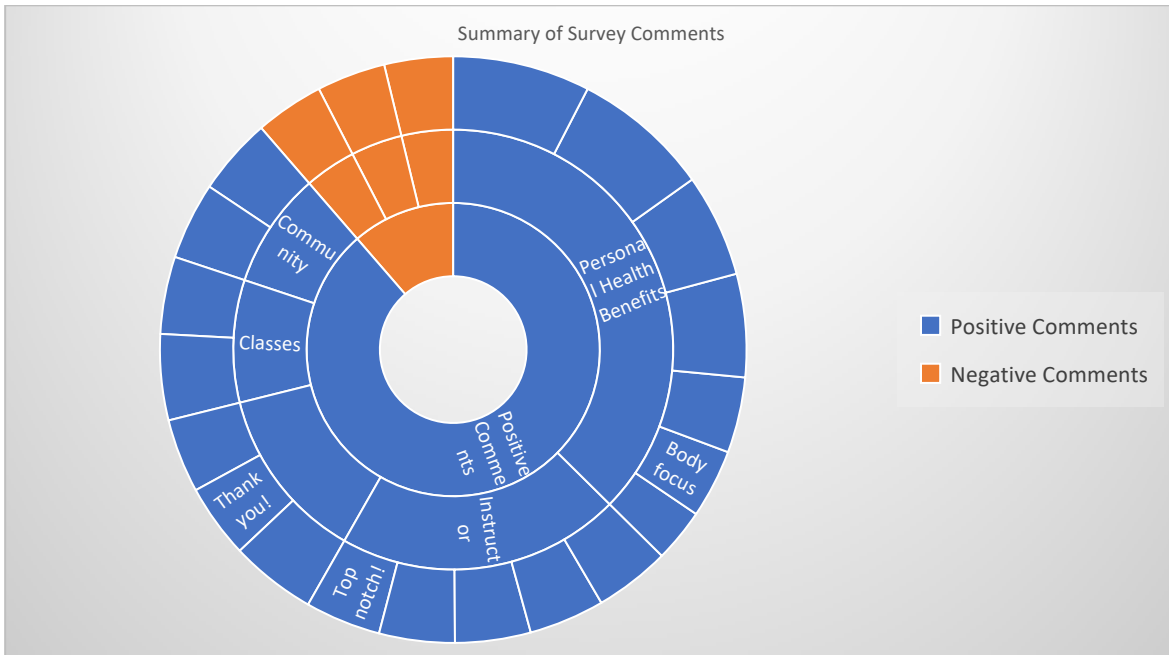
childbirth. The specialist offered essential psychoeducation about generalized anxiety and depression, emphasizing the profound influence of unmet basic needs on their ability to address post-partum needs. During initial assessments, the mental health specialist identified significant pre-existing risk factors for perinatal mood and anxiety disorders (PMAD) among these mothers. To provide immediate intervention and support, the specialist guided them through practical steps to prioritize their mental health, including the provision of relaxation resources for quick nervous system regulation during moments of overwhelm. In the realm of social support, the specialist empowered clients to discern and communicate their thoughts and emotions effectively, helping them understand what is and isn't within their control. Additionally, clients with trauma histories received long-term referrals to address the evident impacts on their daily functioning and resilience.

The mental health specialist received two referrals from CDMP and completed one with a client well-engaged and eager to address the emotional needs of concern.

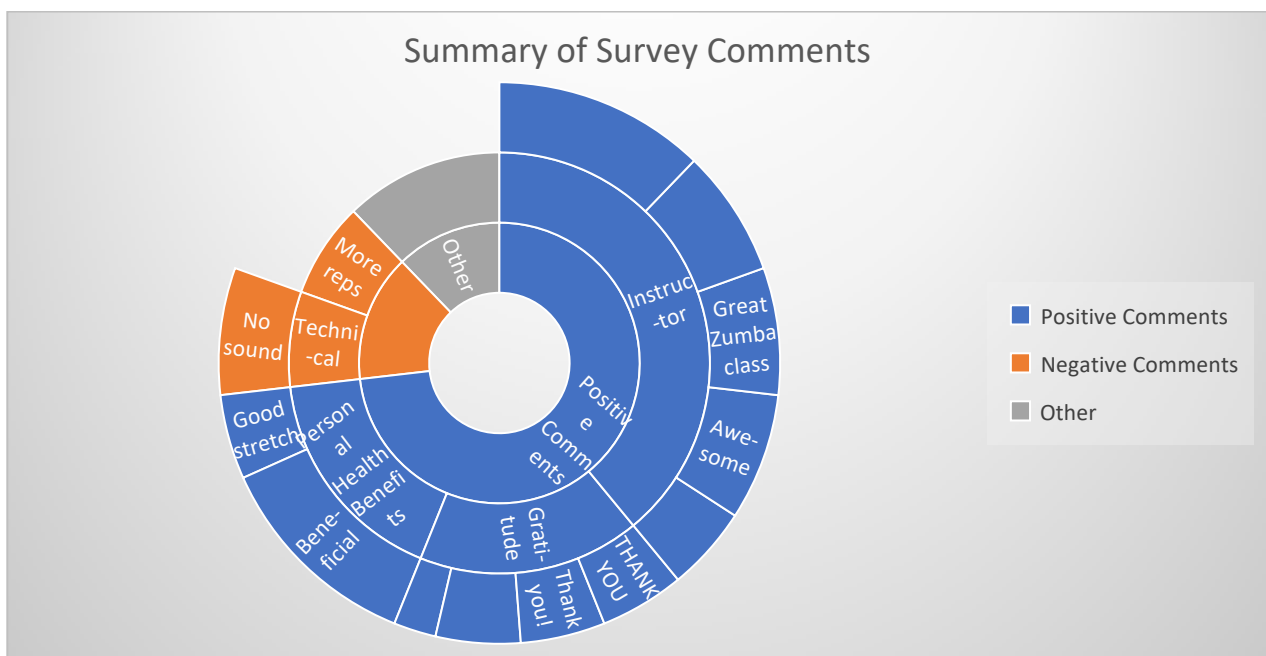
Additionally, the specialist actively participated in the Haitian Health Fair at Eglise de Dieu (Church of God) in Burtonsville, MD, on Saturday, September 30, 2023, providing mental health services to interested attendees. An anonymous Patient Health Questionnaire (PHQ-9), available in both English and Haitian Creole, was offered to participants, resulting in seven completed forms and a private session with one individual for further support. It's worth noting that the previously introduced Refugee Health Screener-15 (RHS-15) was not utilized during this general health fair event, as this event was not focused on the refugee population.

F. Satisfaction Surveys

During the month of September, participants in the Yoga class submitted a total of 37 surveys. These surveys were distributed across multiple sessions, with 13 completed on the 6th, 10 on the 13th, another 10 on the 20th, and a final 4 on the 27th. On average, approximately 37% of participants chose not to complete the survey at the conclusion of each class, highlighting some variability in feedback participation.



In the Zumba classes held throughout September, a total of 34 unique users actively participated, accumulating a total of 64 attendances. The sessions saw varying levels of engagement, with 14 participants on the 1st, 12 on the 8th, 11 on the 15th, 16 on the 22nd, and 11 on the 29th. The participation patterns revealed that two dedicated participants attended at least four out of five sessions during the month. Additionally, seven participants managed to attend three out of the four sessions, while eight participants joined for two out of the four sessions. A group of 18 participants attended only one session, demonstrating the diverse levels of commitment and involvement in the program.



Take Control of Your Health Survey Results

Did you benefit from joining the class?	100% of respondents said they benefitted from the class.
Do you plan on using the health information that you received	100% of respondents said they would use the health information they received.
How would you rate the AAHP staff during this event?	98% of respondents rated the staff as excellent, and 2% of respondents rated the staff as good.
How would you rate the quality of health information that you received?	85% of respondents rated the quality of health information as excellent, 10% rated the information as good, and 5% rated the information as poor.
How would you rate the topic that was covered during this class?	97% of respondents rated the topic as excellent, and 3% rated the topic as good.

G. Health Champions

AAHP recognized two deserving participants who made remarkable progress in their health metrics. One of them lost 30 pounds and the other reduced A1C by 3%. Both had impeccable attendance records and were assiduous in their efforts to gain control over their health. Each will receive a token of appreciation from the staff. AAHP congratulates these winners.

III. Administration

In September, the African American Health Program continued 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.

In September, Adult Mental Health First Aid training was completed by most staff members who received a certification that lasts for three years.

Sonar training regarding improving engagements, efficiency, and cost-effectiveness was postponed to next month due to scheduling conflicts; however, account clarifications and financial negotiations have been finalized.

AAHP staff members participated in NextGen in-person and virtual training. These training sessions proved highly productive, serving as a valuable platform to ensure everyone was proficient in entering screening data. Furthermore, they facilitated open discussions aimed at enhancing the effectiveness of outreach events and strategies.

AAHP continues to build working relationships with the Gilchrist Center to help remove numerous communications and legal barriers associated with the provision of health and health-related services.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: Friday, September 27

	June 2023	September 2023
General List Recipients:	6497	6473
Successful deliveries:	6441	6415
Open rate:	32%	28%
Click rate:	.3%	.3%

September’s Health Notes was titled “Harvesting Health and Wellness” and was sent on September 27. The feature article highlighted Sexual Health Awareness Month, which urged individuals to prioritize open communication and safe practices in intimate relationships. It outlined three essential questions to ask new partners regarding STIs, emphasizing the importance of mutual respect and responsible and informed decision-making. The following article discussed the benefits of stretching in an exercise routine for physical health and to promote relaxation and mindfulness. “Black Youth Suicide on the Rise” addressed the alarming rise in suicide rates among Black/African American youth, discussing contributing factors and the importance of providing support and mental health resources. The Health Hint promoted outdoor activities for mental and physical well-being and the Featured Video discussed the impact of maternal mortality rates and COVID-19 mortality rates on Black/African American families. The Featured Recipe was Sweet Potato Salmon Cake.

September’s Health Notes maintained a high readership. Of the 6,473 people who received September 2023 Health Notes, 1,825 people opened the newsletter, which is 220 fewer people than last month and represents an open rate of 28%, lower than last month’s open rate of 32%. September’s click rate of .3% was the same as 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 four unsubscribers, three more than last month.

Facebook

In September 2023, the Facebook account had a total of 903 followers, which was an increase of three followers compared to the previous month. There were four posts made during the month, representing a decrease of one from the previous month. In terms of engagement, the number of Likes/Love reactions saw a positive increase of three compared to the previous month. However, there were no new comments, maintaining the same level as the previous month. Shares, on the other hand, experienced a decrease of three, totaling zero for the month of September.

Facebook Metrics – September 2023

	Followers	Posts	Likes/Love	Comments	Shares
Total	906	4	8	0	0
Change from last month	+3	-1	+3	same	-3

Twitter

In September 2023, the Twitter account had a total of 462 followers, with no new followers gained during the month. There were four tweets posted in September, representing a decrease of three compared to the previous month. Despite the decrease in tweet volume, the tweet impressions remained consistent at 171. However, there was a decline in retweets by 31 and no new likes or link clicks during the month, with those metrics remaining the same as the previous month.

Twitter Metrics – September 2023

	Followers	New Followers	Tweets	Tweet Impressions	Retweets	Likes	Link clicks
Total	462	0	4	171	0	0	0
Change from last month		-3	same	-31	same	same	same

Instagram

In September 2023, the Instagram account experienced a total of 333 followers as the total number of followers increased by four. There were five posts made during the month, with no change from the previous month. Although there were no stories posted in September, the number of post likes increased by 12, indicating enhanced engagement with the content. Impressions data for stories was not available, but these analytics suggest a promising trend of increased follower engagement and audience growth on the Instagram platform.

Instagram Metrics – September 2023

	Followers	Posts	Stories	Post Likes	Impressions
Total	333	5	0	22	N/A
Change from last month	+4	same	same	+12	N/A

APPENDIX B – September 2023 Health Notes



Sexual health is a vital aspect of overall well-being, and we should all take steps to protect ourselves and our partners in intimate relationships. As we observe Sexual Health Awareness Month, let's educate ourselves about the importance of open communication and safe practices. Every sexually active person should know the facts about STIs (sexually transmitted infections) and be prepared for respectful discussions about sexual health and STI prevention with new partners. Here are three important questions to ask before having sex with a new partner:

1. Have you been tested for STIs since your last sexual partner?

Routine testing for STIs is fundamental for safeguarding one's sexual health, however, test results may not accurately reflect an individual's current status if they have been exposed to an STI between tests. As a general guideline, individuals who are sexually active with new or multiple partners should get tested after each new sexual encounter, especially after unprotected encounters.

2. Which STIs were you tested for?

If someone tells you they "got tested," don't assume they were tested for **all** STIs. While routine sexual health screenings often include tests for chlamydia, gonorrhea, syphilis, and HIV, testing for skin viruses such as HPV (Human Papillomavirus) and HSV (Herpes Simplex Virus) comes with **special considerations** that exclude them from routine screenings. Knowing which STIs your potential partner has been tested for can help ensure that you are on the same page.

3. How do you intend to practice safe sex in our relationship?

It's crucial to address methods that may be used to reduce the risk of STIs. Additionally, being open about any sexual activities with other partners can help determine how often both individuals should be tested for STIs to maintain their health and safety.

By addressing these questions, we can promote a culture of responsibility, trust, respect, and informed decision-making.

Sources:

www.cdc.gov

www.ashasexualhealth.org



Stretching is an essential component of a well-rounded exercise routine. It helps to improve flexibility by increasing the range of motion in your joints and muscles. Regular stretching can also aid in injury prevention by promoting better muscle balance and posture. By making the muscles longer, stretching helps to reduce muscle tension and tightness, making it less likely for you to strain or pull a muscle during physical activity or while performing common tasks like reaching for objects in the kitchen.

In addition to its physical benefits, stretching has a positive impact on mental and emotional well-being. It can help to relieve stress and tension by promoting relaxation and mindfulness. As you focus on your breath and the sensations in your body during stretching exercises, you may experience a sense of calm and peacefulness.

To incorporate stretching into your daily routine, choose stretches that target different muscle groups and perform them correctly. You can start with [gentle stretching exercises](#) and gradually increase the intensity and duration as your flexibility improves. It's also beneficial to combine stretching with other forms of exercise, like walking, jogging, ZUMBA, or lifting weights to maximize the overall benefits to your health. Remember to always listen to your body and avoid overstretching or pushing yourself too hard, as this can lead to injury.

Join AAHP's yoga classes on Wednesday mornings at 10:00 am to learn more about stretching and experience firsthand how it can benefit your overall well-being. Attend AAHP's yoga class by registering and joining [here](#). To complement your stretching exercises, join AAHP's ZUMBA classes on Friday mornings at 11:00 am. Attend AAHP's ZUMBA class by registering and joining [here](#).

Sources:

www.mayoclinic.org
www.healthline.com
www.health.harvard.edu



Black/African American youth suicide rates have been on the rise over the past decade, [according to a report by the Pew Charitable Trusts](#). The report found that suicide rates among Black/African American youth aged 10-19 increased by 60% between 2007 and 2018, compared to a 44% increase among all youth in the same age group.

Several complex factors contribute to this disturbing increase in youth suicide rates among Black/African Americans adolescents. These factors include socioeconomic disparities, limited access to mental health services, systemic racism, and the challenges of growing up in today's digital age. Black/African American youth also deal with unique stressors that can make them more vulnerable to mental health challenges and suicidal thoughts.

It is crucial that we do all we can to provide support and resources to Black/African American youth to prevent further tragedies. Parents, teachers, and caregivers should recognize the [warning signs](#) of depression and suicidal ideation in young people and help them get professional mental health support. We can all work to promote mental health awareness and education and breaking the stigma surrounding mental health in the Black/African American community.

Source: www.pewtrusts.org

Health Hint

Embracing the great outdoors can work wonders for your mental and physical well-being. Nature provides a calming sanctuary that helps reduce anxiety, stress, and anger. Spending time in green spaces like public parks has been proven to lower depression and boost concentration. So, take a step outside, bask in the beauty of nature, and reap the benefits for your mind and body.

To enjoy nature and fellowship with other County residents, take a walk in the park with AAHP's Weight Management Program. Walks occur every other Saturday at a scenic Montgomery County Park or trail. Learn about upcoming events [here](#).

Source: www.health.ucdavis.edu

Featured Video

Dr. Uche Blackstock, a medical contributor for NBC News, discusses how disproportionately higher maternal mortality rates and COVID-19 mortality rates impact the mental well-being of Black/African American families:



Featured Recipe: Sweet Potato Salmon Cake



Ingredients

- 1 medium sweet potato, peeled
- 1/2 cup cooked quinoa
- 1 6 oz can wild salmon (skinless and boneless if possible)
- 2 large eggs
- 4 green onions minced
- 2 tablespoons gluten-free cornmeal/flour of choice
- Salt & pepper to taste
- Oil for cooking

Instructions

1. Cut the sweet potato into cubes. You'll have about 2 cups. Add them to a steamer basket and steam for 5 - 7 minutes until the potatoes are fork-tender.
2. Allow the sweet potatoes to cool slightly, then transfer them to a bowl and mash them until (almost) smooth.
3. Add the rest of ingredients into the mixing bowl and mix with a wooden spoon until everything is combined and a dough has formed.
4. Form the dough into 6 patties, place on a plate and set aside.
5. Heat the oil in a 10" skillet over medium heat. Saute the salmon cakes for 3 - 5 minutes per side, until browned, crispy and heated through.
6. Serve warm with your desired dipping sauce.

Nutrition (1 cake):

Calories: 134kcal | Carbohydrates: 10g | Protein: 8g | Fat: 6g | Cholesterol: 70mg | Sodium: 96mg | Potassium: 291mg | Fiber: 1g | Sugar: 1g

Sources: www.simplyquinoa.com/sweet-potato-salmon-cakes
