



AAHP staff member with one of the SMILE infants

**AAHP MONTHLY REPORT
May 2021**



I. INTRODUCTION

May marked the second to last month of the five-year contract between Montgomery County's Department of Health and Human Services (DHHS) and McFarland & Associates, Inc. to provide prevention, wellness, and health promotion services to reduce health disparities that exist between Black County residents and the rest of the population. DHHS elected to grant a one-year contract extension in April to continue the work performed over the past 59 months of the contract. This report documents the high morale among staff and the satisfaction recorded by program participants, as well as the overall persistent participation in program services across all focus areas. AAHP's annual flagship event, Community Day, held on May 22, 2021, was a major highlight of May program activities. As part of the AAHP Community Day celebration, AAHP's significance and work in the County was heralded by the County Executive along with resounding endorsements by almost all members of the County Council and various members of the Maryland State House of Delegates. To ensure the overall success of Community Day, AAHP staff worked closely with the Executive Committee to facilitate this annual event. The event also proved to be an opportunity to introduce and highlight local community health care providers and subject matter experts who provided practiced advice on various health conditions that disproportionately affect Black residents throughout the County.

This report documents improvements in health outcomes through cumulative data presented in charts, tables, and graphs that demonstrate measurable and achievable health outcomes. It also shows increasing evidence of participants taking ownership of their health through the principles of self-care and the trust established between staff and participants through their shared experience of working consistently towards better health.

This month's report celebrates the SMILE program's second-best monthly caseload (154 for the fiscal year 2021). Importantly, the risk profiles of enrollee's evidence consistent improvements and at the close of the month, only 14 mothers were classified as having a high risk for medical issues, and seven mothers were classified in the category of high social risk. Also, the Chronic Disease Management Program (CDMP) program observed significant adherence in reporting improvements in biometric measurements. All but two of the 29 participants enrolled in the program reported measurements for 16 or more days during the month and the remaining participants reported at least one measurement during the month.

The Diabetes Prevention Program (DPP) also recorded outstanding results among program participants. Four of the 14 participants who attended at least 15 sessions have reversed their prediabetes state. The six-month goals for weight loss and physical activity set by participants in the weight management program at the beginning of the program exceeded their goals. At the end of May, the Weight Management Program has included an all-time high of 26 participants.

Since March of last year, COVID-19 has had a disproportionate impact on the health and well-being of people of African descent throughout the County. They are more likely to suffer a heavier burden of economic hardship such as higher rates of unemployment for a longer duration and the loss of their homes or apartments. These circumstances generate a tremendous amount of stress that negatively affects their health outcomes. Because AAHP is known as a

trusted resource in the County, many of those calls for help are addressed by AAHP's social worker. She continues to receive requests for social assistance and support generated by AAHP's overall community outreach services throughout the County. Mental health is another major concern that is inadequately addressed due to a lack of resources throughout the county. The dearth of mental health experts, particularly Black mental health experts, worsens the problem.

Over the last 18 months, COVID-19 has exacerbated the existing issues faced by pregnant Black moms in Montgomery County. As a result, AAHP staff are increasingly relied upon for support in providing social and psychological services necessary to assist women and their newborns in achieving a successful pregnancy, remaining alive, and experiencing stable well-being. These challenges are being met at a time when fertility rate within the County is lower than it has been in the past two decades which translates to increasing difficulty in finding women who are pregnant and qualify for AAHP's SMILE program. AAHP continues to succeed in attracting and retaining almost all mothers who enroll in the program and remain enrolled throughout their pregnancy and up until 12 months after delivering a healthy infant.

II. AAHP PROGRAM ACTIVITIES

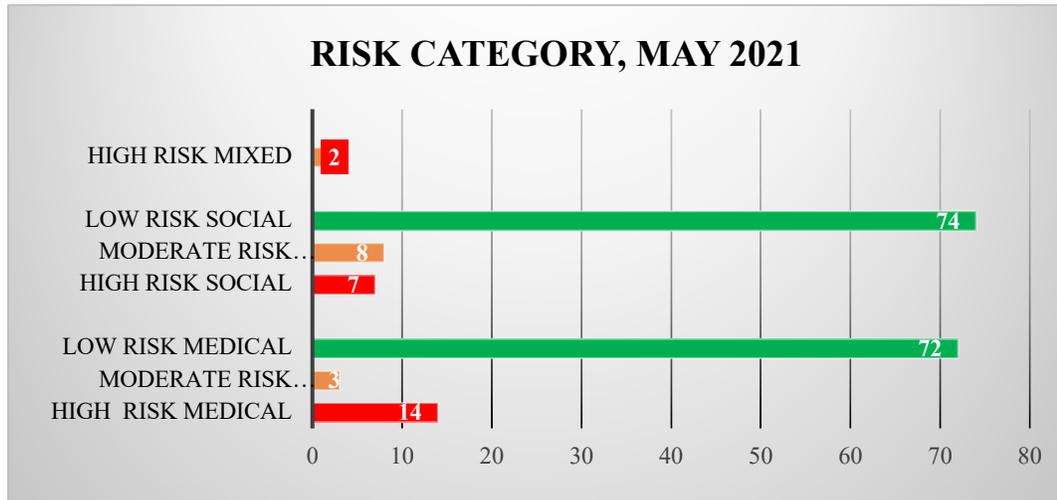
A. SMILE Program (Start More Infants Living Equally healthy)

In May, the SMILE program's performance indicators remained positive and encouraging. The overall caseload enrollment was 154 cases at the month's end. It is significant to note that the program recorded the second-highest number of cases for the fiscal year of 2021. The SMILE enrollees included 27 prenatal and 62 post-partum cases. Seven new babies were born in May. Five babies were delivered at term and with normal birth weights. Regrettably, two infants were delivered prematurely due to medical conditions experienced by the mother. The two premature newborns were admitted to the neonatal intensive care unit at the hospital at low birth weights. Before the discharge of four new mothers, the nurses arranged for the distribution of car seats, cribs, and other supplies.

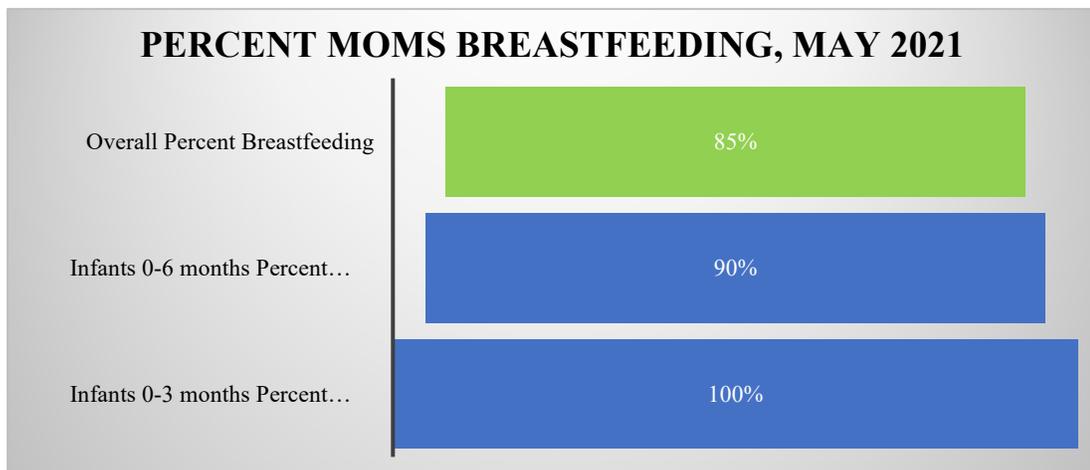
At the end of May, the overall risk profile for the cohort of mothers improved significantly in that only 14 of the 89 mothers were classified as high-risk cases because of medical issues, seven cases were classified as high-risk for social issues, and two cases presented with high medical and social risks. High-risk medical conditions included sickle cell disease, intellectual or mental challenges, gestational diabetes, pre-eclampsia, a history of multiple past miscarriages, and advanced maternal age. As in previous months, frequently cited social needs including housing, help with utility bills, transportation to medical appointments, food insecurity, and concerns about personal safety. Social risks included low self-esteem, unemployment, low educational attainment, unclear immigration status, language barriers, and inadequate family support. Staff addressed these issues through appropriate referrals.

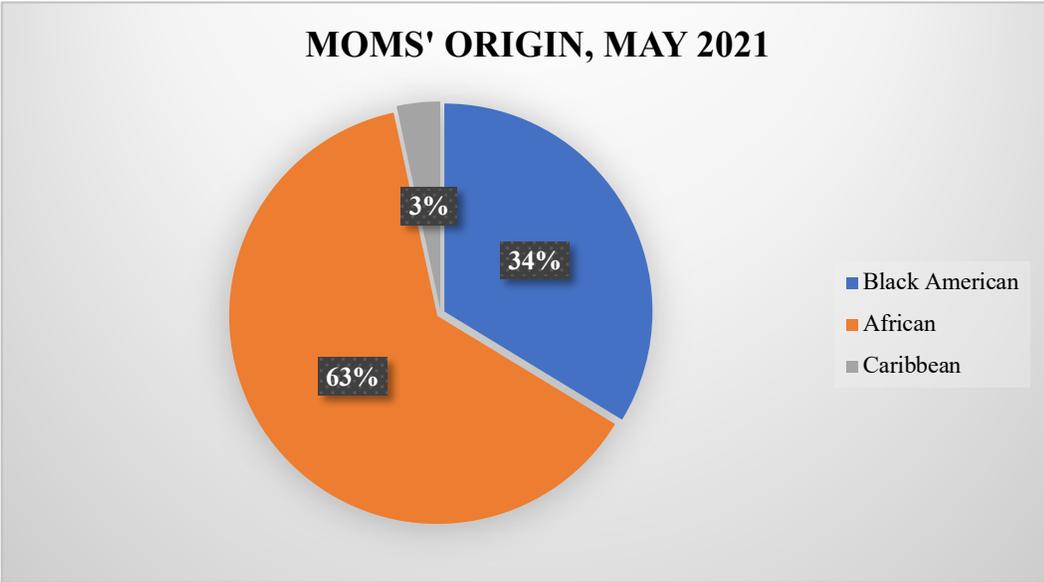
Five new prenatal cases were enrolled in May. Five prenatal and seven postpartum moms were screened for depression using the Edinburgh Postnatal Depression Scale. In May, two mothers scored above the normal range for depression and were referred for further evaluation and follow-up care. Other emotional health-related interventions included

providing emotional support and stress management counseling for SMILE clients experiencing anxiety and stress due to feelings of isolation and disconnectedness.



At the end of May, the overall percentage of mothers breastfeeding was 85%, and the percentage of mothers breastfeeding up to six months was 90%. Both breastfeeding indicators exceed the national rates reported by the Centers for Disease Control and Prevention (CDC). Comparative data presented by the CDC shows that the percentage of African American women who ever breastfed was 64.3%, and of that number, only 20% breastfed exclusively for six months after delivery. As shown in the graph presented below, the ethnic origin representation of mothers participating in the SMILE program showed 60% African, 37% Black American, and 3% Caribbean.





During May, the nurses held weekly meetings to review individual cases, plan virtual prevention and intervention strategies, and create individualized treatment plans for specific needs. The reviews focused intensely on difficult cases in consultation with the AAHP social worker and the clinical director. AAHP's oral health consultant provided an educational session on the need to start oral hygiene before delivery, but especially during the first year of life. The SMILE triplets, currently four-months-old, are growing normally and reaching their expected milestones. AAHP has continued to work intensively with this particular family to mitigate some of the potential problems linked to the birth of triplets.

The table and charts below present an overview of the SMILE cumulative data for May 2021 as compared to the program performance in the calendar year 2019.

	PROFILES AND SERVICES	*Monthly Average of Calendar Year 2019	May 2021	Comments
1	A) Currently Active Moms	88	89	
2	Prenatal (still pregnant)	30	27	
3	Postpartum (Moms who have delivered)	57	62	
4	B) All infants	57	65	
5	Single Births	53	60	
6	Multiples	4	5	
7	Case Load (A+B)	147	154	
	MOM'S ETHNICITY			
8	African American Clients	39	30	
9	African Clients	46	56	
10	Caribbean Clients	3	3	
	REFERRALS			
11	HHS Prenatal Referrals Received	7	2	
12	Referrals from Other Sources	4	1	
13	Total Prenatal Referrals	11	3	
	NEW ENROLLMENTS			
14	Prenatal Moms Newly Enrolled During the Month	8	5	
15	Infants Newly Enrolled during the month	5	7	
16	All New Enrollments for the month	13	12	
	DISCHARGES during the month			
16	Prenatal Discharges	1	0	
17	Infant Discharges	5	3	
18	Total Discharges	6	3	
	DELIVERIES during the month			
19	Term Deliveries	5	5	
20	Preterm Deliveries	1	2	Failure to grow; severe preeclampsia
	Total Deliveries	6	7	
	BIRTH OUTCOMES			
22	% Healthy Birth Weight (% of Total Deliveries)	95%	57%	Two of 7 babies born prematurely
23	Number of Low Birth Weight	0	2	Two of 7 babies born prematurely
24	Number of Very Low Birth Weight	0	0	
25	Infant Deaths (includes Stillbirths)	0	0	
	Unfavorable Birth Outcomes	0	0	
26	SERVICES			
27	Total Home Visits	78	0	
28	Telephonic Consultations	8	227	Includes 14 consults by SW and 7 by CHW
29	Community Referrals Made	15	43	Includes 3 by CHW
30	Classes/Presentations Completed	4	20	
	BREASTFEEDING MOMS			
31	Percent Clients Breastfeeding Infants 0-3 months	92%	100%	
32	Overall Breastfeeding Percent	73%	85%	
	INSURANCE			

33	Clients with Private Insurance**	24	22	
34	Clients with Medicaid Insurance**	62	67	
35	Clients without Insurance	n/a	0	

*Averages are rounded up to the next integer
** A client may have multiple insurances
Increase above reference year
Level with reference year
The decrease from reference year
Untoward Outcome
Desired Outcome

B. Chronic Disease Management and Prevention (CDMP) Programs

1. CDMP Virtual Health Education Webinar

In May, the CDMP team conducted six classes weekly via virtual webinars with collaborative curriculums to guide participants toward a healthier lifestyle. The Yoga and Zumba classes included at least 120 minutes (of the 150 minutes per-week goal) of physical activity. The Health and Nutrition classes covered the benefits of plant-based foods and emphasized vegan meals and smoothies as healthy alternatives to meat-based meals. The Kick Start Your Health (KSYH) I and II classes included evidence-based education to help participants improve on their overall health and management of chronic disease, with this month’s focus on Cancer. The classes included cooking demonstrations, recipe sharing, cancer prevention lectures, education presentations, and guest speakers who provided more intensive insights based on their experience in dealing with cancer. KSYH series included an overview of cancer-related medical terms, screening recommendations, and education and information about cancers of the lung, breast, colon/rectum, and prostate. AAHP’s social worker conducted a webinar on recognizing and managing stress to help prevent cancer. A powerful presentation from two-time breast cancer survivor, advocate, and author of “Living Through and Beyond a Cancer Diagnosis” described her challenges and triumphs after a cancer diagnosis. Her experience further reinforced the importance of healthy eating, exercise, and getting screened for cancer. Participants learned specific actions to reduce their risk for certain cancers. A prostate cancer survivor stressed the importance of consistency in following medical advice and getting regularly screened for prostate cancer. He left a significant impact on class participants. The number of class participants continued to increase during the month. The first class in May began with a discussion about “The Psychological Impact of a Cancer Diagnosis,” which emphasized the importance of social support when faced with cancer, and education about the signs and symptoms of common mental illnesses, and various sources for support.

June classes will cover evidence-based health education and lifestyle behavior changes with a focus on cardiovascular disease, including an “Ask the Nephrologist” Q & A session with returning guests from the University of Maryland College Park Kidney

Disease Screening and Awareness Program (UMCP KDAP). In recognition of June as Men’s Health Month, the CDMP program will welcome a guest speaker who will share his heart health emergency experience, his experiences navigating healthcare, and healthy lifestyle changes he has made.

Below please find the CDMP monthly report for May 2021.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness on-line Webinar ZUMBA: May 4, 11, 18, 25 YOGA: May, 5,12,19,26	11 am – 12pm 10 am – 11 am	Class and Height, Weight, BP, BMI, % BF, Glucose, Cholesterol Screenings	<p>This month focused on online, guided exercise, including yoga and Zumba by trained exercise professionals and AAHP staff that allowed participants to join from the comfort of their own home and get moving.</p> <ul style="list-style-type: none"> • Zumba Highlight: Focused on balance, movement, posture, toning, and cardio. • Yoga Highlights: Focused on the five elements of Ayurvedic medicine. Based on Hindu philosophy, Ayurveda is known as the “Science of Life.” The yoga classes for April focused on helping participants understand that all things in nature are made up of five elements: air, water, ether, fire, and earth. Everything in life is made up of a combination of these elements, and we must keep these elements balanced to enjoy optimal health and wellness. <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 in their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.</p>
Kick Start Your Health I (Diabetes) May, 5,12,19,26	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, Blood pressure, cholesterol	<p>This month’s class topic was cancer and included discussions on understanding cancer, cancer terminology, and how to reduce cancer risk through education, nutrition, and diet. Participants were encouraged to speak with their care team for screenings when appropriate. Participants continued to maintain or improve in their HEDIS measures and to make positive behavioral changes in favor of more exercise and a more nutritious diet.</p>
Health and Nutrition VEGAN, Plant-Based	1pm - 3pm	Weight, BP, BMI, %BF,	Class topics were focused on helping participants make healthy eating choices

<p>May 6,13,20,27</p>		<p>Glucose, Cholesterol screenings</p>	<p>and learning 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 improve pre-diabetes and diabetes outcomes. Cooking demonstrations and recipes, including smoothies, were shared. Participants continued to maintain or improve in their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.</p>
<p>Kick Start Your Health II Online Webinar. Diabetes May 6,13,20,27</p>	<p>6 pm – 7 pm</p>	<p>Weight, BP, BMI, %BF, Cholesterol screenings</p>	<p>This month's class topic was cancer and focused on obesity, fitness, and nutrition. The guest speaker openly discussed her breast cancer battle. Participants continued to maintain or improve in their HEDIS measures and to make positive behavioral changes, including encouraging participants to get away from the screens and live life and to make decisions in favor of more exercise and a more nutritious diet.</p>

CDMP Virtual Webinar Attendance Metrics May 2021

	Health and Fitness 11 am – 12 pm				KSYH I 6pm – 7:15pm				Health and Nutrition 1pm – 2:15pm					KSYH II 6pm – 7:15pm		
Date(s)	5/04 & 5/05	5/11 & 5/12	5/18 & 5/19	5/25 & 5/26	5/05	5/12	5/19	5/26	5/06	5/13	5/20	5/27	5/06	5/13	5/20	5/27
Class Size	35	21	44	37	16	17	19	18	28	27	28	30	15	15	13	17
TOTAL	137				70				113					60		
Avg.	34				18				28					15		
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)		

Participants	Health & Fitness: Zumba/YOGA	KSYH I (Diabetes)	Health & Nutrition: Vegan	KSYH II (Diabetes-related)	Total
<i>Male</i>	9	7	0	1	17
<i>Female</i>	128	63	113	59	363
<i>Total</i>	137	70	113	60	380
<i>% African American</i>	100%	95%	98%	95%	97%
<i>Health Profile</i>					
<i>Average Systolic</i>		126.2 mmHg	124.8 mmHg	128.1 mmHg	
<i>Average Diastolic</i>		89.1 mmHg	78 mmHg	88.5 mmHg	
<i>Average HbA1c</i>		6.3 %	5.4 %	6.4 %	
<i>Average Glucose</i>		119.2 mg/dL	98.8 mg/dL	98.8 mg/dL	
Diabetes					
<i>Pre-diabetes cases</i>	3	3	3	3	12
<i>Diabetes cases</i>	2	6	4	3	15
Hypertension					
<i>Pre-hypertension</i>	2	6	3	3	14
<i>Hypertension</i>	3	6	4	3	16
<i>Uncontrolled Hypertension</i>	0	0	1	1	2

2. Diabetes Prevention Program

In May, the DPP class met on Tuesdays from 6:00 pm-7:00 pm and reached the milestone of 22 weeks of continuous education and support for prediabetic participants. Instructions were led by AAHP's clinical director. The classes focused on four topics:

- More About Carbs
- Selecting Healthy Food, You Enjoy
- Get Enough Sleep
- More Strategies to Prevent Type 2 Diabetes.

Participants attended sessions diligently. AAHP staff called participants at the end of each week to check on their progress and to enter their weight and activity into the DPP Lifestyle Coach's Log. Significantly, the six-month goals established for weight and physical activity at the beginning of the program were achieved ahead of schedule and

four of the 14 participants who attended at least 15 sessions have reversed their prediabetes state.

The DPP participant attendance and health data for April are presented in the tables below:

May 2021 DPP Attendance

Participants	4-May	11-May	18-May	25-May	Total
Male	3	3	2	3	11
Female	12	10	11	11	44
Total	17	16	13	13	53
% African American	100%	100%	100%	100%	100%

April 2021 DPP Health Metrics

Health Profile	Baseline	Jan	Feb	Mar	Apr	May	Jun	Goal
Average Weight (lbs.) for All	213.3	213	211	209.2	205.7	205.1		206.9
Average Weight for Women	200.3	198.3	196.3	194.3	192.3	192.1		
Average Weight (lbs) for Men	216.9	214.9	212.9	210.9	208.9	207.9		
Average Weekly Activity (Minutes)	140	175.3	183.2	197	212	223		200
Average HB A1C (%)	5.91%				5.8			5.60%
Average Glucose (mg/dL)		n/a						

3. dMeetings

In May, AAHP added 37 new dMeetings participants. Most of the new participants came from a new partnership with Trinity University that formed after AAHP’s data coordinator spoke to a university representative about the program. By the end of May 2021, dMeetings has enrolled a total of 190 participants of which 101 have earned certificates of completion.

dMeetings Enrollment and Completion by Month in Fiscal Year 2021

	20-Jul	20-Aug	20-Sep	20-Oct	20-Nov	20-Dec	21-Jan	21-Feb	21-Mar	21-Apr	21-May	Total
New Enrollments	8	23	10	10	23	9	8	3	24	25	37	190
Completion Certificates Awarded	4	15	3	4	18	5	5	3	9	14	15	101

4. Remote Patient Monitoring Program (RPM)

During May, an expanded program effort was devoted to increasing the frequency of communications with program participants. Telephone calls were made to remind patients to use their devices daily to record their biometric measures. AAHP also developed a short video training webinar to educate participants on how to use their smartphones to record, store, access, and transmit their biometric data. Also, applicants were trained in how to merge other healthcare data such as steps and other health information along with their biometric measures.

Active Days of RPM Participants

Number of Active Days	0 day	1 day	Up to 10 days	16–27 days
Number of Participants	1	0	1	27

5. Weight Management

AAHP’s program participants continued to show impressive weight reductions. For example, one participant named G.R. has lost 14 pounds since enrolling in the weight management program in January 2021. G.R. has also assisted AAHP by coordinating the program’s first walk at Brookside Gardens and she encouraged two new participants to join the weight management program in April. G.R. attributes her overall success in weight management to reducing her treats to smaller portions, adopting meatless Monday meals for her family, and exercising five to seven hours each week.

AAHP support groups met on alternate Fridays from 12:30 pm to 1:15 pm. During May, the weight management program staff conducted two sessions. Topics included “Simple vs. Complex Carbohydrates” and “The Role of Fiber in Weight Management.” Sessions included an average of 3.5 participants. Group discussions centered around the strategies to overcome obstacles. The take-home message from these discussions was that human beings need carbohydrates and fiber is essential for removing waste, toxins, and metabolic particles from the body.

All weight management participants attended their second walk at Martin Luther King Jr. Park on Saturday, May 15th. The next scheduled walk is planned for Saturday, June 5th at the Black Hill Regional Park in Gaithersburg. At the end of May, 26 participants were enrolled in the weight management program including 19 African Americans, five Africans, and two African Caribbean. The vast majority of class participants (22) are females while four are males.

To further promote engagement, weight management inspirations have been introduced as a new tool to help participants uncover personal insights and motivation. All participants love the “AAHP Weight Management Inspirations” which are sent by email every weekday morning between 8:00 and 9:00 am EST. Many participants have begun to share their inspirations with the entire group. All participants are learning how to coach themselves, and how what they eat impacts their health and their weight.

The enrollment in the weight management program stands as follows:

	Enrollment	Discharged	Total Participants
July	2	0	2
August	5	0	7
September	4	0	11
October	9	0	20
November	3	2	21

December	0	1	20
January	3	0	23
February	0	1	22
March	5	2	25
April	3	2	26
May	0	0	26

C. Social Work Services

1. Screenings/Assessments

In May, AAHP’s mental health screening tools were completed 20 times and the screening link was accessed 30 times, with a 67% completion rate. The table below shows the mental measurement tools accessed and the number of participants participating in screening sessions.

Screenings	Number
Wellbeing	3
Generalized Anxiety	2
HANDS Depression	3
Wide Range	4
Disordered Eating	2
Opioid Misuse	1
Post-traumatic Stress Disorder	1
Bipolar	1
Adolescent Depression	1
Brief Gambling	1
Psychosis	1

2. Mental Health Support

In May, AAHP observed Mental Health Awareness Month. The AAHP social worker provided mental health support to a total of six (6) county residents on an ongoing basis. Of these, two (2) clients are SMILE moms experiencing symptoms of poor stress management, depression, and/or anxiety. Clients were screened utilizing the online mental health screening tools. The additional four (4) were community-based referrals

for general mental health resources and consultation. Social work also supported a nurse provider at Northwood High School to provide information for Teen Parenting Support Groups and resources. This led to a connection being made with an organization called Young Lives – Impacting Teen Moms, Changing Generations. Social work is scheduled to meet with the program’s regional coordinator in the upcoming month.

3. Presentations

AAHP has seen an increase in requests for presentations on various mental health topics affecting the Black community. In light of Mental Health Awareness Month, social work has committed to conducting at least one mental health presentation a week. The objective of this new initiative is to increase the visibility of the mental health crisis in the community and to reduce the stigma of seeking professional mental health care by those suffering from a mental illness in silence.

During the first week of May, AAHP partnered with the African Affairs Advisory Group to present a webinar on the current state of mental health among African migrants in the County amid COVID-19. In support of the webinar, AAHP’s social worker was a panelist along with Gaithersburg Councilmember and Montgomery College’s Mental Health Service Program Manager. This forum provided a safe space for people who are connected to gain information and share their stories.

Also, through a joint collaborative effort, AAHP’s social worker and the chair of AAHP’s subcommittee on mental health conducted a concurrent webinar on the nature and scope of mental health and how mental health affects overall health services. To facilitate this webinar, AAHP’s social worker prepared a PowerPoint and script that was presented to the AAHP Executive Coalition on the topic of “Racisms’ Impact on Mental Wellness.”

On May 20, 2021, AAHP’s social worker partnered with a parenting group as part of Montgomery County’s MHP – Making Home Possible program. A total of 13 parents were engaged during an AAHP-led discussion on depression. The discussion included education on signs and symptoms, unique expressions of symptoms in different cultures, the correlation between mental and physical health, as well as local resources and access to the AAHP screening tool. Many parents had questions about how to support their children who may be experiencing mental health issues and how to access help while being uninsured or underinsured. Social work was able to address these concerns while providing confidentiality for specific concerns.

Additionally, social work began research and case analysis for an upcoming presentation in collaboration with DHHS’ Wellness Community Events: Healing and Holding onto – One conversation at a time for the community. The topic will be “Black Youth & Suicide: Mental Health Overview”. This event is scheduled for June 2nd.

4. Collaborations

In May AAHP's social worker received three (3) referrals from SMILE nurses for clients that resulted in 11 telephonic visits. Most consults involved clients seeking mental health services for persons without health insurance. An additional request was for follow-up support, mental health needs/intervention, and assistance with prenatal care appointments. In May, AAHP's social worker continued to provide the assistance needed to manage problems related to homelessness, accessing health services, mental health, and emotional challenges needing resolution. Due to the complexity of problems, it becomes necessary to convene an interdisciplinary team to resolve different parts of the problem by different agency representatives. A case in point is a case presented in May to the attention of the DHHS Intensive Case Management Team. Intensive Team Meetings (ITM) are a Department of Health and Human Service (DHHS) management tool used to respond to challenging service needs of clients through concentrated service integration. The ITM brings several service area case managers, and various internal and external providers that are involved in the care of clients together to improve clients' health and welfare by facilitating meetings and plans that cut across service areas to ensure the family's overall wellbeing.

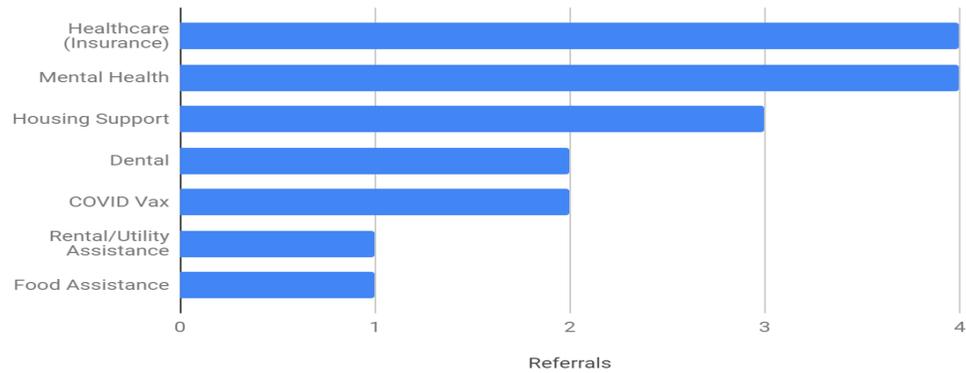
5. SMILE Monthly Newsletter:

This month's SMILE newsletter was shared among participants on 5/26/2021, on the topic of "Single Parenting." This topic was chosen based on observations of requested topics of discussion between SMILE moms & SMILE nurses and/or social workers.

6. Referrals: The chart includes social work referrals for clients across all programs. (Total = 12)

- **Mental health** – see report above for an overview. Four (4) referrals were made to various agencies for mental health care including referral for geriatric psychiatry consult, Alcoholics Anonymous, and counseling services for parents.
- **Healthcare (insurance)** – Social worker has worked with four (4) clients in establishing care in May.
- **Housing Support** – Provided support to three (3) clients for housing support including furniture referral for two clients and HOC application assistance.
- **Dental – Referrals** made to Muslim Community Center dental clinic. DHHS dental clinic has been unresponsive.
- **Rental/Utility Assistance** – Referred to Salvation Army for utility assistance.
- **Food Assistance** – Referred to resources for SNAP.

Referrals vs.



D. HIV/STI/AIDS

1. Sexual Health Program for Young Adults

The sexual health team launched the Kahoot game on May 12th. Unfortunately, due to technical issues with the interface between the game platform and Eventbrite, registered participants were unable to join the game. AAHP will troubleshoot and solve these difficulties before the games planned in June, including one with the youth section of NAACP.

2. Collaboration with Dr. Kathrine Kelly at the Homeless Shelters in Montgomery County (KCM)

HIV testing, Blood Pressure, Glucose, A1C were provided at the following shelters:

Sites	Date	Number Screened
Progress Place	May 5	11
Men Shelter, Taft Court	May 19	14

The participants with elevated results were referred to Dr. Kelly for further evaluation, and subsequent follow-ups were conducted by AAHP staff.

AAHP ensured that snacks and refreshments graciously donated by Manna Food were available as incentives for the participants on a weekly basis.

On these occasions, health information pamphlets on sexual health, diabetes, weight management, mental health, nutrition, smoking, and cancer were distributed.

3. Other HIV Testing: at the Health Department-Dennis Ave

Four screenings were conducted at the Dennis Avenue Health Center in May. Of those tested, two were African American (one male and one female), one was a Caucasian male, and one was a Hispanic/Latino male, with all negative results. Clients were referred for STD testing after their HIV testing. In addition, five other tests were done at the Patcha Foundation Grab & Go event. Please see the Statistical Report below.

HIV TESTING REPORT	May-21	
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African American				
	Age Group	Male	Female	
	1947 -1969	4	0	
	1970 -1989	11	2	
	1990+	6	1	
Total		21	3	24
All Others				
		Male	Female	
	1947 -1969	4	0	
	1970 -1989	2	2	
	1990+	2	0	
Total		8	2	10
GRAND TOTAL				34

a. Collaboration with Montgomery County Ending HIV Epidemic Initiative (EHE)

On May 18, the Montgomery County Ending HIV Epidemic Initiative had a virtual learning opportunity titled “Let’s talk about HIV/Trans Health,” which was attended by AAHP staff. This event consisted of four panelists that discussed the landscape of trans healthcare in Montgomery County, including insight into how healthcare and social service environments affirm or exclude trans people, and how MoCo-based providers can do better.

As part of the commitment to the Plan to End HIV in Montgomery County and in honor of National HIV Testing Day *and* Pride Month, Montgomery County HIV/STI Services and AAHP will collaborate and “Pride in the Plaza,” an outdoor, COVID-conscious, LGBTQ community-focused resource and art fair, HIV testing event, and mini-ball on Sunday, June 27th, from 1:00 pm to 8:00 pm at Veteran’s Plaza in Downtown Silver Spring.

b. Community Day Event 2021

AAHP staff prepared and distributed a total of 250 giveaway bags for the AAHP Community Day drive-through event that was held at the old office located on New Hampshire Avenue.

III. Planning and Administrative Activities

A. Meetings

AAHP staff continued to facilitate the monthly AAHP Executive Committee and Executive Coalition meetings by setting up Zoom logins for meetings. Also, AAHP staff completed and submitted a draft copy of the March minutes for review. Also, members of AAHP leadership and key staff participated in the ongoing weekly meetings of the Community Day Planning Committee, The Executive Committee, and the May Executive Coalition Meetings.

B. Videoconferencing System Use and Training

AAHP staff continued to send weekly reminders to CDMP participants (with all the Zoom links) and text messages using the Flock Note app on the day of the CDMP classes and after the class, send emails to thank all attendees, provide resources based on their needs during the session, and include a video recording for those who missed the session. AAHP staff continued to host short sessions after each CDMP class to welcome new members and to answer any questions; provide next steps to facilitate discussion; walk through the chat features, and to resource navigation, outreach, referral, and data collection to ease communication and initiate follow up. Educational materials were emailed, the zoom Share Screen and chatbox features were explained, announcements were made, and class participants were encouraged to register for the next classes.

IV. APPENDIX A – Social Media Report

AAHP Health Notes - Distributed: May 5, 5:30pm

May Campaign Metrics

	April	May
General List Recipients:	1623	1622
Successful deliveries:	1250	1265
Open rate:	24%	26.7%
Click rate	8%	17.2%

AAHP's April Health Notes was titled "Magnificent May" and began with a feature article on Women's Health Month, which encouraged readers to learn more about Black women's health and support the organizations that empower Black women to live healthier lives and to get involved in promoting Black women's health by donating, volunteering, or committing to advance the health of African American women. In observance of High Blood Pressure Education Month and Stroke Awareness Month, the next article focused on "defeating the silent killer" and included a video testimonial from a physically active man who was unaware of his high blood pressure until he suffered a stroke. The article also outlined how AAHP can support individuals in adopting and maintaining heart-healthy practices. The following article explained how dehydration can occur when a person does not drink enough water for a long period of time. Because chronic dehydration can lead to kidney stones, hypertension, urinary tract infections, dementia, headaches, and other issues, the article offered five tips to help readers drink more water as part of their daily routines. A special feature on the SMILE triplets included a photo of the beautiful family. The Health Hint was about eating mindfully to eat less, while the featured video explains what happens to you when you start exercising regularly. AAHP's Black Health Wellness week was advertised. The featured recipe was Dina's Tossed Mushrooms.

AAHP's May Health Notes performed exceptionally well and was opened by 338 subscribers, far more than April's 301 subscribers. The open rate of 26.7% was higher than last month's open rate of 24%, and higher than AAHP's average and the industry average. May's click rate of 17.2% is almost double last month's click rate of 8% is significantly higher than AAHP's average and the industry average. The bounce rate also remained the same and there as only one unsubscribe.

Facebook

AAHP's Facebook page's performance May increased significantly in terms of the engagement and content but recorded a net decrease in followers. With a dramatic rise in the number of posts, the number of likes, comments, and shares was expected to increase. All of the content advertising Black Health Wellness Week/Community Day performed the best, likely because these posts were pinned to the top of the Facebook page.

Facebook Metrics – May 2021

	Followers	Posts	Likes/Love	Comments	Shares
Total	724	42	57	13	21
Change from last month	-9	+14	-4	+13	+12

Twitter

AAHP’s twitter profile recorded substantial increases in profile visits and mentions, and no decreases in any metric.

Twitter Metrics – May 2021

	Followers	New Followers	Tweets	Profile Visits	Retweets	Mentions	Tweet Impressions
Total	379	7	37	623	7	20	3,475
Change from last month		+4	+6	+154	+2	-1	+206

Instagram

AAHP’s Instagram channel continued to perform well, with similar metrics as April. The number of post likes, impressions, and reach remained close, and one new follower was added. The Women’s Health Month post performed the best.

Instagram Metrics – May 2021

	Followers	Posts	Post Likes	Engagement Rate	Impressions	Reach
Total	200	37	112	1.7	1,107	28
Change from last month	+1	+8	same	-.5%	+132	-3

V. APPENDIX B – Health Notes



www.aahpmontgomerycounty.org



“Communities and countries and ultimately the world are only as strong as the health of their women,” Former First Lady Michelle Obama once said. These wise words express the importance of AAHP’s work to improve and promote the health of Black women and girls in Montgomery County. As we observe Women’s Health Month throughout May, AAHP encourages you to learn more about Black women’s health and to discover and support the organizations that empower Black women to live healthier lives.

AAHP’s focus on heart healthy lifestyle helps Black women protect themselves against the top killer in the U.S.: heart disease. Every year, nearly 50,000 African American women die from heart disease. Almost half of African American women ages 20 and older have heart disease. Despite this reality, only one in five African American women considers herself personally at risk. AAHP’s Chronic Disease Management Program educates Black women on their personal health risks and provides guidance and opportunities to mitigate those risks through fitness classes, cooking demonstrations, and education on heart health, diabetes, obesity, and other chronic conditions. Learn more [here](#).

Maternal health is also a key issue for African American women, as African American women have three times the maternal mortality rate compared to White American women. Multiple factors drive this disparity, including access to healthcare and underlying chronic conditions. AAHP’s SMILE program addresses the various social and medical risks Black women face and guides them to a healthy and safe pregnancy and childbirth. The SMILE program provides nurse case management (including home/zoom visits) for Black moms and their families until an infant’s first birthday. Learn more [here](#).

AAHP is one of multiple organizations mobilized to advance the health of Black women and girls. Organizations like [the Black Women’s Health Imperative](#), [GirlTrek](#), and [the Black Girls RUN! Foundation](#) have mobilized countless African American women to take control of their health. [The National Association to Advance Black Birth](#), [the National Birth Equity Collaborative](#), [the Black Mamas Matter Alliance](#), and [Moms Rising](#) work to improve Black birth outcomes. Support AAHP and these organizations by following on social media, donating, volunteering, or committing to advance the health of African American women this May.

Sources:

www.goredforwomen.org

www.blackmaternalhealthcaucus-underwood.house.gov



What do you know about high blood pressure, a.k.a. hypertension, a.k.a. the Silent Killer?

Because its symptoms are easily misunderstood, many people with high blood pressure don't know that they have it. Without making the necessary dietary and lifestyle changes to control and manage high blood pressure, it can slowly develop and may eventually lead to stroke. Watch [this testimonial](#) from a 39-year-old physically active man who was unaware of his high blood pressure until he suffered a stroke.

The only way to know that you have high blood pressure is to get it checked. And because there's no cure for high blood pressure, one of the best ways to manage it is by monitoring your blood pressure at home and making heart-healthy lifestyle choices. These lifestyle choices include eating a diet high in fruits and vegetables and low in fat and sugar, maintaining a healthy weight, exercising regularly, not smoking, and limiting your alcohol intake. AAHP can support you in adopting and maintaining these health practices. Our Health Promotion classes on heart health and hypertension focus on monitoring your blood pressure, understanding your medication, and making the lifestyle changes that help you manage your blood pressure.

African Americans are 50 percent more likely to have a stroke than White Americans. May is High Blood Pressure Education Month and Stroke Awareness Month. Let's take the time to learn and do what we can to defeat the Silent Killer.

Sources:

www.heart.org

www.cdc.gov

minorityhealth.hhs.gov





Dehydration occurs when you don't drink enough water. When dehydration recurs for long periods, chronic dehydration can set in. If you need some help understanding why drinking water is so important to your health, take a look at the health conditions associated with chronic dehydration:

- decreased kidney function
- kidney stones
- hypertension
- urinary tract infections
- intestinal failure
- dementia
- headaches

Drinking an adequate amount of water can be a challenge for many people. These five tips can help:

1. **Replace other drinks with water.** While beverages such as sodas, juice, and sports drinks can quench your thirst, they can also be highly caloric, leading to obesity and cavities. For example, a 12 oz. sports drink contains 75 calories and 2 teaspoons of sugar; a 12 oz. serving of sweet tea contains 120 calories and 8.5 teaspoons of sugar; and a 12 oz. serving of orange soda contains 210 calories and 13 teaspoons of sugar. Water is by far the best choice because it quenches your thirst without calories or sugar.
2. **Incorporate drinking water into your routine.** Drinking a glass of water immediately before and/or after you eat a meal, go to the bathroom, or check social media can help you integrate drinking water into your everyday lifestyle.
3. **Drink a glass every hour.** Set an alarm for every hour to drink a glass. During a standard, eight-hour workday, drinking a glass every hour is an easy way to drink eight glasses.
4. **Add flavor.** If you don't care for the taste of water, infuse it to enhance the taste. Consider adding fruits like kiwi, lemon, strawberry as well as mint or basil or even your favorite tea bags.
5. **Eat foods containing water.** Certain fruits and vegetables have a high water content. These include lettuce (96% water), celery (95% water), watermelon (91% water), and honeydew melon (90% water). Including more of these fruits can help you stay hydrated and add nutrients to your diet.

Sources:

www.nhibi.nih.gov

www.healthline.com/health/chronic-dehydration

www.healthline.com/nutrition/how-to-drink-more-water

www.mayoclinic.org

Client Feature: The SMILE Triplets

AAHP's SMILE Program is delighted about the birth of its first set of triplets, born on January 18 to 36-year-old J.P. The triplets consist of two girls born at four pounds each within five minutes of each other and a three-and-a-half-pound boy born feet-first one hour later. Because the triplets were born prematurely and underweight, they were hospitalized in the neonatal intensive care unit before being released. AAHP's clinical director donated a small refrigerator to store breast milk and the SMILE program provided three car seats and Pack and Play cribs. J.P. is married with four other children.



Health Hint

Eat mindfully! Eating while you're distracted by the TV or computer can prompt you to eat more. On the other hand, if you take the time to enjoy the flavors, colors, and textures of your foods and think about how your food was prepared, you'll be inclined to eat less during and after the meal. Our brains signal to us that we're no longer hungry about 20 minutes after we start eating, so it's easy to ignore these signals if you're distracted.

Source: www.health.harvard.edu

Featured Video

Leading a more active lifestyle takes time, effort, and determination, but in the end, it's really worth the shot. Here's what will happen to your body when you exercise regularly:



Stay tuned for a special event on Saturday, May 22 featuring AAHP!



May 16, 2021 - May 23, 2021

Featured Recipe: Dina's Tossed Mushrooms



Ingredients:

- 1-pound white button mushrooms
- 2 tablespoons water
- 1/4 cup dried Italian-style breadcrumbs
- 2 tablespoons Parmigiano Reggiano cheese, grated
- 2 tablespoons Italian parsley, minced
- 1/4 teaspoon thyme, fresh or dried
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- black pepper to taste
- 2 tbsp olive oil to drizzle
- olive oil spray

Instructions:

1. Preheat oven to 350 degrees.
2. Slice off the bottom of the stems; then, use a moist paper towel to gently remove any dirt from mushrooms.
3. Quarter or halve the mushrooms, depending on the size.
4. Sprinkle water in the bottom of a 13 x 9 baking dish then place mushrooms in a single layer on top of the water.
5. In a small bowl combine next six ingredients: breadcrumbs through salt/pepper. Sprinkle mixture evenly on top of the mushrooms.
6. Drizzle evenly with olive oil then spray the top with olive oil spray so it's evenly coated. Bake uncovered until the mushrooms are golden, about 20 minutes. Serve hot or warm.

Nutritional Content for 3/4 cup: calories 127, carbohydrates 9g, protein 6g, fat 8g, cholesterol 2mg, fiber 2g, sugar 2.5g

Source: www.skinnytaste.com/dinas-tossed-mushrooms

African American Health Program
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