



AAHP and participants at a National HIV Testing Day event in downtown Silver Spring

AAHP MONTHLY REPORT
June 2021



I. INTRODUCTION

June marked the final month of the five-year service contract between the Montgomery County Department of Health and Human Services and McFarland & Associates Inc. From a contextual standpoint, it is important to understand that during the final year in the five-year contract, AAHP program staff continued to record high-performance metrics for health promotion and prevention services despite the requirement for social distancing necessitated by the COVID-19 pandemic. Throughout the year, and continuing through June, the AAHP staff continued to evolve new and agile procedures, workflows, infrastructure, and implementation strategies all aimed at continuing the job of reducing health disparities between people of African descent and other County residents. It is significant to note that despite the many challenges imposed by social distancing, AAHP continued to reach more residents, place a strong emphasis on achieving measurable health outcomes, and help residents better understand their role in improving health to become health advocates for themselves and their family members. A constant theme throughout the past year and continuing throughout June was the use and optimization of virtual technology such as telehealth, videoconferencing, and remote patient monitoring to facilitate consistent contact with residents to assess, monitor, and detect individual biometric indicators of health recorded and reported by Black County residents.

A decision by the County to extend the current contract for another 12 months required a great deal of time, effort, and resources aimed at tracking 2020 expenses and negotiating the new 2022 budget. Because of the short timeline, a concentrated effort was devoted to submitting all documentation needed to extend the current contract with the Department of Health and Human Services. During the month, all administrative and contractual documents were submitted to support the continuity of contract-related work. All required insurance documents were updated, and subcontractor and consultant agreements were updated to reflect the one-year extension. Over the past quarter, McFarland & Associates carefully tracked and managed expenditures to remain within the approved 2020 budget.

Although a special effort was devoted to continuing ongoing program services, program staff continued to respond to new opportunities to engage with County residents on an in-person basis. For example, the staff has continued to allow individual residents to set up health screening appointments to assess and develop care plans and determine their health risks and provide health-related coaching. Also, the current staff continued to participate in community events held outside that posed a minimal risk of infection. Engagements involving other community stakeholders also continued to play a central role in expanding health promotion and wellness services. On June 28, staff worked with trainers from Holy Cross Hospital to conduct an engaging session on infant CPR for SMILE participants. The training session brought together resources from the County that included access to a large training room, and the logistical support that resulted in the participation of 15 SMILE mothers in this training along with one father. Significantly, four mothers took advantage of the opportunity to be vaccinated against COVID-19 which was also arranged through the County.

In June, a federal holiday to commemorate Juneteenth, the ending of slavery in the United States, was promulgated. Some AAHP staff members joined the community at large to reflect

on the significance of this historical event. The CDMP continued to promote good health through online education and information support, nutrition, fitness, and nutrition food demonstrations.

In June, customer satisfaction surveys were developed and disseminated. Monitoring of customer support has become a routine part of the practice, as feedback from clients helps to ensure that AAHP is meeting their needs. With today's digital technology, quantitative and qualitative data can be merged into a seamless document. As AAHP looks forward to returning to a new normal of interaction with County residents, the conduct of periodic surveys will be used to track not only our comfort in returning to in-person services but also the extent to which residents themselves are willing to participate in in-person activities and services. The results of the surveys will help to guide the development of a flexible phased plan based on the preferences expressed by County residents.

II. AAHP PROGRAM ACTIVITIES

The ongoing challenges of expectant and new Black mothers in Montgomery County were amplified during the pandemic. In response, AAHP intensified its efforts and interventions to meet the challenges of achieving favorable pregnancy outcomes. While AAHP focuses a great deal on quantitative accomplishments in this report, the impact of social determinants on the quality of life for mothers and families is also important to understand. Increasingly, the nursing staff has begun to look for strategies to improve knowledge about preconception to improve pregnancy outcomes. Virtual webinars continue to play an important role in educating and training mothers and their significant others about the roles that they can play to promote a healthy pregnancy and infant development.

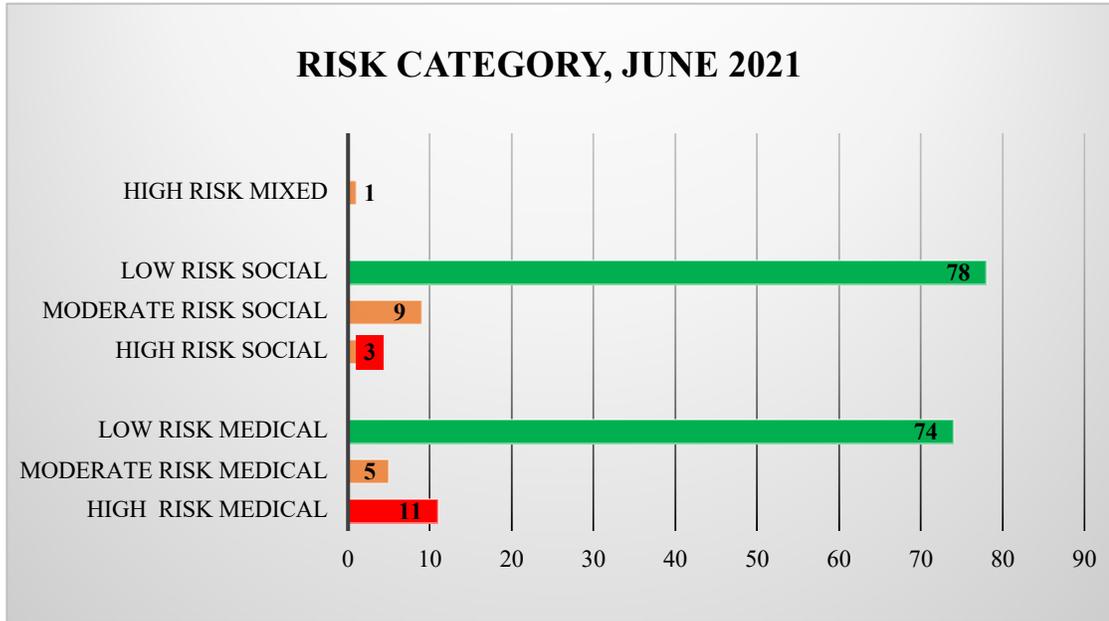
A. SMILE Program (Start More Infants Living Equally healthy)

June was a banner month for the SMILE program as it ended the fiscal year 2021 with its best month-over-month performance for total enrollments. The number of active moms remained high at 90, comprising 25 prenatal and 65 post-partum cases. The caseload including both mothers and infants reached its highest level at 159 for the fiscal year of 2021. Six new healthy babies were born in June. All were delivered at term, and a normal weight. The nurses arranged for the distribution of car seats, cribs, and other supplies for four new moms.

At the end of June, 11 of the 90 mothers were classified as high-risk cases because of medical issues, and three cases were classified as high-risk for social issues. The persistent and effective efforts deployed by AAHP's social worker and the nurses to address the social issues experienced by the moms during pregnancy and the postpartum period led to measurable reductions in the nature and severity of medical and social issues resulting from program intervention and support. In June, only one case presented with both high medical and social risks. High-risk medical conditions included sickle cell disease, intellectual and 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,

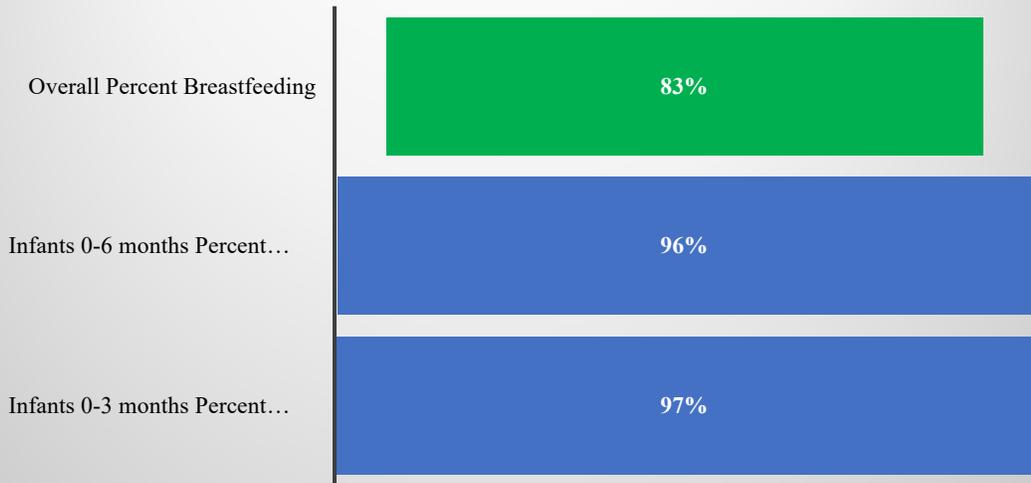
unemployment, low educational attainment, unclear immigration status, language barriers, and inadequate family support. Staff addressed these issues through appropriate referrals.

A total of nine new prenatal cases and six postpartum moms were screened for depression using the Edinburgh Postnatal Depression Scale. During June, two mothers scored above the normal range and were referred for further evaluation and care. Other emotional health-related issues included emotional support and stress management counseling for SMILE clients experiencing anxiety and stress due to feelings of isolation and disconnectedness.

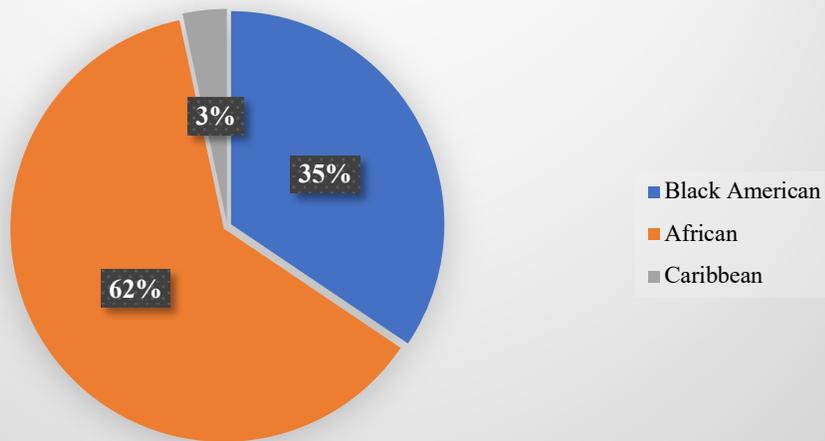


At every encounter, the staff worked closely with mothers to adopt breastfeeding whenever possible and practical. At the end of June, the overall percentage of mothers breastfeeding was 83%, and the percentage of mothers breastfeeding up to six months was 96%. Both breastfeeding indicators exceed the 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 62% African, 35% Black American, and 3% Caribbean.

PERCENT MOMS BREASTFEEDING, JUNE 2021



MOMS' ORIGIN, JUNE 2021



During June, the nurses met weekly to review individual cases and plan for conducting comprehensive home visits and staffing that included reviews of difficult cases in consultation with AAHP’s social worker and clinical director. AAHP staff continues to assist and support mothers by providing and arranging for a wide variety of resources including diapers, car seats, breast pumps, playpens, and other items to support motherhood and parenting.

The SMILE team arranged for an Infant CPR and COVID-19 vaccinations on June 28th. The event was highly successful. Fifteen mothers participated in the program and four mothers were vaccinated. Those vaccinated will return to the office on July 19th to receive their second vaccination.

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

	PROFILES AND SERVICES	*Monthly Average of Calendar Year 2019	June 2021	Comments
1	A) Currently Active Moms	88	90	
2	Prenatal (still pregnant)	30	25	
3	Postpartum (Moms who have delivered)	57	65	
4	B) All infants	57	69	
5	Single Births	53	64	
6	Multiples	4	5	
7	Case Load (A+B)	147	154	
	MOM'S ETHNICITY			
8	African American Clients	39	31	
9	African Clients	46	56	
10	Caribbean Clients	3	3	
	REFERRALS			
11	HHS Prenatal Referrals Received	7	6	
12	Referrals from Other Sources	4	2	
13	Total Prenatal Referrals	11	8	
	NEW ENROLLMENTS			
14	Prenatal Moms Newly Enrolled During the Month	8	9	
15	Infants Newly Enrolled during the month	5	7	
16	All New Enrollments for the month	13	15	
	DISCHARGES during the month			
16	Prenatal Discharges	1	1	Relocation out of County
17	Infant Discharges	5	5	
18	Total Discharges	6	6	
	DELIVERIES during the month			
19	Term Deliveries	5	6	
20	Preterm Deliveries	1	0	
	Total Deliveries	6	6	
	BIRTH OUTCOMES			
22	% Healthy Birth Weight (% of Total Deliveries)	95%	100%	
23	Number of Low Birth Weight	0	0	
24	Number of Very Low Birth Weight	0	0	
25	Infant Deaths (includes Stillbirths)	0	0	
26	Unfavorable Birth Outcomes (Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	
	SERVICES			
27	Total Home Visits	78	0	
28	Telephonic Consultations	8	214	It includes 14 consults by SW, and 6 by CHW
29	Community Referrals Made	15	29	It includes 11 by SW, and 3 by CHW
30	Classes/Presentations Completed	4	22	
	BREASTFEEDING MOMS			
31	Percent Clients Breastfeeding Infants 0-3 months	92%	97%	
32	Overall Breastfeeding Percent	73%	83%	
	INSURANCE			

33	Clients with Private Insurance**	24	23	
34	Clients with Medicaid Insurance**	62	65	
35	Clients without Insurance	n/a	0	

*Averages are rounded up to the next integer
** A client June 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

AAHP’s chronic disease management program continues to record impressive results in helping residents achieve normal biometric measurements by understanding how adopting a healthy lifestyle contributes to and improves their quality of health and sense of well-being. Although the major emphasis is on controlling and managing weight, cholesterol, blood pressure, blood glucose, and exposure to infectious diseases as evidence of health status, AAHP also increasingly focuses attention on the overall satisfaction reported by individual participants. Listed below is a sample of recent testimonials from class participants.

CDMP Program Example Cases and Client Testimonial

“I have sent in my response to the survey! I’m so glad that I attended tonight! The information from Dr. Collins was quite insightful. ‘Thank you to the team for bringing him to our ‘table’!”

--LG

“Thank you again for featuring KDSAP and our guest speaker Dr. Ashtë Collins (CC'ed to this email). We greatly enjoyed the session, and we are honored to have presented in the AAHP virtual space. To this email, we attached the pdf of the PowerPoint from the Q&A (contains Dr. Collin's office contact information for distribution to AAHP members). We have also added you all as collaborators to the evaluation google form, so you all should be able to review participant responses. We would love to continue doing events like this with AAHP in the future!”

Don’t break it June Report

The CDMP team conducted six classes weekly on different evidence-based topics to help participants improve their overall health and management of chronic diseases. June’s focus was hypertension and diabetes and included virtual classes and videos that focused on hypertension and diabetes as well as information and data on the prevalence, complications and treatment strategies to control and manage these conditions. The classes included an overview of cholesterol, its role in hypertension and diabetes, and instructions about how to read and understand food nutrition labels.

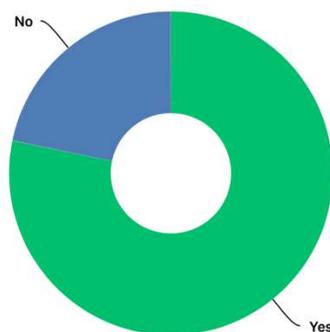
The classes included an array of content to increase health literacy. Quizzes, recipes, and demonstrations of healthy cooking were presented during the Health and Nutrition classes on Thursday afternoons. Zumba classes provided the opportunity to exercise on Tuesdays. Yoga classes were offered on Wednesdays. Finally, persons with prediabetes developed plans to reverse their diagnosis through step-by-step lifestyle changes in the Diabetes Prevention Program (DPP) on Tuesday evenings. A nephrologist from George Washington University spoke during the June 3rd Kick Start Your Health class. Thirty-two participants joined this particular class that proved to be very resourceful and interactive. Classes also emphasized the importance of gaining knowledge through a lived experience. One such class included a former football player and coach from South Carolina who experienced a heart attack in his forties and didn't recognize that he was having an attack. Today he uses this experience as an opportunity to educate Black men about the warning signs and symptoms of an impending heart attack. In June, a consultant for AAHP received an award in excellence in innovation for the management of diabetes.

During June, AAHP staff surveyed participants to better discern their willingness to reengage in in-person education and training services based on where they live. To help answer this question, CDMP staff proactively surveyed 46 participants in the various classes to determine their readiness for a return to in-person sessions and to understand what would influence the decision to participate in in-person education and training services.

The top three zip codes that clients reside in are 20906, 20904, and 20874 with 34%, 11%, and 7% respectively. The responses for the other questions are included below:

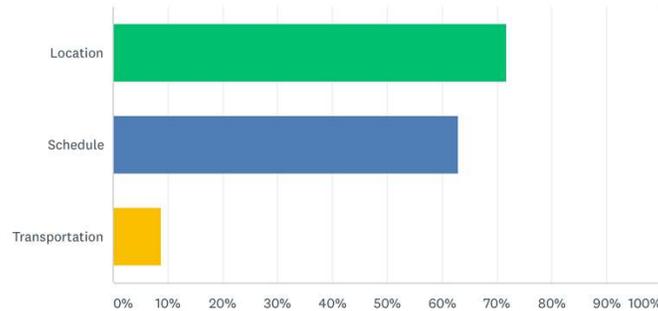
If given the opportunity to attend in person cooking demonstrations and health measurements session once a month, would you do it?

Answered: 46 Skipped: 0



For the previous question, what factors would drive your decision?

Answered: 46 Skipped: 0



The AAHP CDMP team looks forward to continuing to provide evidence-based health education and information on lifestyle behavior changes with a particular focus on diabetes in July, and a progressive return to some sort of new normal in the coming months. A more precise understanding of the best approach and structure is still being considered and will be guided by input from AAHP staff and County residents.

The monthly report for June 2021 (below) includes:

- The class and outreach activities are coordinated.
- The number of individuals/participants per class, duration of attendance, topics covered.
- The number of individuals/participants provided individual or group education.

CDMP CLASS Activities

ACTIVITY	HOURS	DATA REQUESTED	TOPIC COVERED
Health and Fitness online Webinar ZUMBA: June 1, 8, 15, and 24 YOGA: June 2, 9, 16, 23 and 30	11 am – 12 pm 10 am – 11 am	Class and Height, Weight, BP, BMI, %BF, Glucose, Cholesterol Screenings	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. 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.
Kick Start Your Health II (Hypertension): June 2, 9, 16, 23 and 30	6 pm – 7 pm	Class and Height, Weight, BP, BMI, %BF, cholesterol	This month's class topic was hypertension and cardiovascular health, understanding terminology, and how to reduce risk through education, exercise, and nutrition. The guest speaker, a Doctor of Pharmacy candidate from the University of South Carolina School of Pharmacy, led an in-depth discussion on hypertension and medications used to treat it. She and the CDMP instructor answered questions and provided advice on how to save

			money on medications. 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.
Health and Nutrition VEGAN, Plant-Based June 3, 10, 17, and 24	1pm - 3pm	Weight, BP, BMI, %BF, Glucose, Cholesterol screenings	Class topics were focused on healthy eating choices and how food choices can reduce or increase the risk of chronic conditions. AAHP's Food for Life nutritionist/chef continued to demonstrate plant-based diet/healthy cooking to the class. Participants continued to maintain or improve in their HEDIS measures and make positive behavioral changes in favor of more exercise and a more nutritious diet.
Kick Start Your Health II Online Webinar. June 3, 10, 17, and 24	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	This month's class topic was hypertension and classes focused on high cholesterol, obesity, fitness, and nutrition. The CDMP instructor explained food nutrition labels and demonstrated how to find the nutrition charts for restaurants and foods online. She also reviewed an example. 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.

Small support groups met after each fitness class to reinforce announcements, welcome new participants, and answer questions. All participants usually stayed till the end of class and asked questions during break sessions along with polling and share screen features to keep participants engaged and the classes interactive. AAHP staff called participants and emailed them weekly to check on their progress and obtain biometric readings, monitor their progress, and prepare them for weekly classes. All readings were entered into SharePoint's biometric form for the month. The CDMP team implemented the use of a new charting system using a spreadsheet that is easier to determine average values of the Healthcare Effectiveness Data and Information Set (HEDIS) measures such as blood glucose, blood pressure, weight, height, and hbA1C.

The table below presents data on each class conducted during June along with the number of participants in a summary of biometric measurements evidenced by each cohort of participants.

	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)	6/01 & 6/02	6/08 & 6/09	6/15 & 6/16	6/22 & 6/23	6/29 & 6/30	6/02	6/09	6/16	6/23	6/30	6/03	6/10	6/17	6/24	6/03	6/10	6/17	6/24

Class Size	36	44	38	39	35	17	18	15	13	18	27	25	27	26	29	14	15	15
TOTAL	192					81					105				73			
Avg.	38					16					26				18			
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)			

June 2021 CDMP Participant Self-Monitoring Clinical Measures

Participants	Health & Fitness: Zumba/YOGA	KSYH I (Diabetes)	Health & Nutrition: Vegan	KSYH II (Diabetes-related)	Total
<i>Male</i>	5	3	0	1	9
<i>Female</i>	187	78	105	72	442
<i>Total</i>	192	81	105	73	451
<i>% African American</i>	100%	100%	100%	100%	100%
<i>Health Profile</i>					
<i>Average Systolic</i>		128.2 mmHg	122.8 mmHg	128.1 mmHg	
<i>Average Diastolic</i>		89.1 mmHg	79 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	4	2	12
<i>Diabetes cases</i>	2	5	3	2	12
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

Remote Patient Monitoring Program Summary

During June, the CDMP staff continued to review collect evidence of participants' control and management of biometric measures using remote patient monitoring. To promote adherence, individual telephone calls were made to participants to remind them of the need to check their measurements at least 16 times during the month to assess their level of control and management.

Active Days of RPM Participants

Number of Active Days	0 days	1 day	Up to 10 days	16–27 days
Number of Participants	0	0	5	24

Average values for June's health RPM data:

New Enrollments	8	23	10	10	23	9	8	3	24	25	37	4	184
Completion Certificates Awarded	4	15	3	4	18	5	5	3	9	14	15	1	96

4. Weight Management Program

Enrollment is 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
June	0	0	26

As the fiscal year ends, AAHP would like to highlight the three clients who have lost the most weight:

- #1 joined the program on October 26, 2020, and has lost 40.0 pounds! She started the program with a strong belief that she could NOT lose weight and has been ecstatically and pleasantly surprised! She is currently being coached every two weeks and continues to lose weight. She attributes her success to having to hold herself accountable to AAHP’s weight management program and improving her health despite having a strong family history of hypertension and diabetes. She is unique in that because of a knee injury she is not able to exercise more than 45 minutes per week! By being vegan, consistently tracking her calories, reading food labels, and finding a variety of healthy recipes from our nutrition cooking classes and the internet she continues to lose weight.
- #2 joined our program on August 13, 2020, and has lost 26.9 pounds! She has had a steady decline but stalled for about 3 months through her November Birthday, Thanksgiving, and the Holidays. She continues to do well recognizing that her continued success continues to align with how she talks to herself. She continues to work on being positive, recognizing that she is fully knowledgeable on what she needs to do, and being as kind to herself when she deviates from the plan as well as when she sticks to the plan.

- #3 was the FIRST participant who joined on July 27, 2020. She has been such a joy to work with and has lost 22.8 lbs! She attributes her success to having to hold herself accountable to AAHP's weight management program and her faith in God. She always has a scripture or an inspirational thought to keep herself on track. Her first goal was to lose 15 pounds by Thanksgiving 2020 for a family photo and she successfully lost 10 of those 15 pounds and she is now working on losing 20lbs for another family photo in August. Her biggest successes come from avoiding the temptation to indulge in unscheduled treats. She had superhero powers to have a small bite of something, thoroughly enjoy the small bite, and throw the rest in the trash, fully satisfied without continued cravings!!!

WM support group continues to meet on alternate Fridays from 12:30 pm to 1:15 pm. For June we had 2 sessions. Our topics were, "How to Talk to Your Family and Friends about Improving Health and Weight Loss" and "Strategies to Overcome Emotional Eating." The average attendance was 4.5 attendees and robust discussion occurred about the topics as well as efforts to help others overcome obstacles.

Lessons learned:

1. As African Americans, if we don't care about our ethnic community, who will?
2. We have to start health improvement conversations with love, listening more than talking, and watching our body language and voice tones.
3. Overcoming emotional eating starts with identifying if you're hungry or not.
4. Fight emotional eating by having balanced meals and healthy snacks available.

Weight Management organized the first AAHP walk on June 5th at Black Hill Regional Park in Boyds, MD (near Germantown). A total of eight weight management participants, consisting of three adult guests and two children participated. Also, three weight management clients came to meet and greet. The walk lasted one hour in three different walking pace groups (fast, medium, and slow). Everyone interacted and many changed groups to encourage each other. AAHP's nutritionist joined and walked with the class on June 5th. Another walk was planned for the June 26th walk but received two RSVPs and was canceled due to rain.

Since the class was initially established, of the 26 participants, sixteen (16) participants came from our CDMP classes, one is a former SMILE participant post-partum, and five (5) participants were referrals from the Food Bank recruitment efforts, one (1) was a staff referral, and three (3) referrals emanated from weight management participants.

For participants losing weight, the average weight loss for June was 1.6 pounds, up from May's average weight loss of 0.7. The program has recently moved participants who have been seen weekly for more than 12 weeks, to biweekly. Four (4) clients who were deemed at risk for weight gain were moved back to weekly sessions for four 4 weeks. This is an important time in the program as the intention is to empower participants to take more ownership for their weight loss as they continue their journey, this also allows the AAHP program to make room for new participants.

All participants are appreciating the “AAHP Weight Management Inspirations” which are sent by email every weekday morning between 8:00 and 9:00 am EST. Many participants are beginning to share their inspirations to distribute to the entire group. All participants are learning how to coach themselves and are learning how what they eat impacts their health and their weight.

C. AAHP’s Social worker Services

June marked the last full month of the former social worker’s employment and a new social worker will assume her responsibilities as of July 6, 2021.

1. Screenings/Assessments

In June, AAHP’s mental health screening tools were accessed 25 times. The link to the mental health screening instruments was accessed 34 times, with a 74% completion rate. All screenings were completed either via desktop or cellular phone via phone).

The mental results were as follows:

- 13 HANDS Depression
- 8 Wellbeing Screening
- 3 Wide Range
- 1 Adolescent Depression

2. Mental Health Support

In June, AAHP provided case management services for four (4) County residents on an ongoing basis. One case involved a young man in crisis and who expressed suicidal ideation and was referred by his aunt familiar with AAHP’s work around mental health. To reduce the number of crises, AAHP’s social worker conducted a brief safety assessment – inquiring about weapons in the home (none reported), other individuals in the home, nearby family and support contacts, any detailed plans for self-harm, etc. The client openly provided this information and was actively engaged throughout. AAHP’s social worker then immediately notified the Montgomery County Crisis Team – Mobile Unit to request an urgent in-person evaluation.

2. Community Events

Mt Jezreel Baptist Church – June 12, 2021

This was the first in-person community event that AAHP’s Social worker participated in since the start of COVID restrictions in 2020. The outdoor health screening/church event was well attended with over 20 people engaged in mental health discussion. AAHP’s Social worker completed twenty (20) mental health screenings for attendees. Additionally, consults and resources were offered. AAHP’s Social worker provided follow-up as requested or when deemed necessary for clients. This has boosted engagement in other AAHP activities as many of these same clients found other AAHP program resources beneficial.

The Mt. Jezreel Baptist “Mental Health Ministries” also made a connection and requested collaboration for future events/projects. AAHP’s Social worker will follow up on this request.

4. SMILE

AAHP's Social worker received four (4) referrals from SMILE nurses for clients and completed a total of fourteen (14) telephonic visits with clients in June. The majority of new consults involved a need for health services for individuals without health insurance. Additional calls were made based on follow-up support, family mediation, dental care assistance, and furniture assistance. In June, SMILE worked to assist in stabilizing two (2) moms who were previously experiencing a housing crisis. The case reviewed in last month's report has been re-housed and stabilized – the client and family are awaiting their furniture pickup date that was arranged via SMILE. Another case involved the stabilization of a mom who was previously facing homelessness who has secured housing through a voucher program and is also being assisted via SMILE with home items and other needed materials. Additionally, AAHP's Social worker reconnected a SMILE client with a history of domestic violence (DV) to the Abused Person's Program for ongoing support and therapy. AAHP's Social worker maintains a collaborative relationship with this agency to support the client's needs.

5. Referrals:

The chart includes AAHP's Social worker referrals for clients across all programs.

(Total = 11)

Mental health – See report above for an overview. (3) referrals were made to various agencies for mental health care including referrals for Crisis Center & Abused Persons Program

Healthcare (insurance) - AAHP's Social worker has worked with (5) clients in establishing care.

Housing Support- Provided support to (1) clients for housing support including rehoming stabilization and HOC assistance.

Dental - 1

Childcare – Referred (2) to Childcare Locator org

D. HIV/STI/AIDS

AAHP's HIV/AIDS health navigator had an extremely busy month during June. A total of 53 HIV test were conducted in June, with all negative results. The participants were of the following demographics:

- 26 African American Male
- 19 African American Female
- 2 Hispanic Male
- 2 Hispanic Female
- 1 Caucasian Male
- 1 Asian Male

(Please see the Statistical Report below)

HIV TESTING REPORT	Jun-21		
African- American			

	Age Group	Male	Female	
	1947 -1969	12	8	
	1970 -1989	10	10	
	1990+	6	1	
Total		26	19	45
All Others				
		Male	Female	
	1947 -1969	2	2	
	1970 -1989	1	2	
	1990+	1	0	
Total		4	4	8
GRAND TOTAL				53

1. Sexual Health Program for Young and Young Adults:

The sexual health team has launched the Kahoot game on May 12. Unfortunately, for June, no one registered from the NAACP youth. The team will work out different strategies to revive this project in the fiscal year 2022.

2. Collaborations

Collaborating with the Homeless Shelters in Montgomery County (KCM), AAHP provided HIV testing, and screenings for blood pressure, glucose, A1C at the following sites:

Sites	Date	Number Screened
Hampshire Tower	June 5	29
Progress Place	June 10	20
Mount Jezreel	June 12	4
Total		53

The participants with elevated results were referred to professionals.

Other collaborations continue with the Health Department's Dennis Avenue clinic where AAHP clients are referred for STI evaluation, as well as at Mount Jezreel Baptist Church through a community event and a joint screening event with Patcha Foundation that garnered a great turnout. Manna Food continues to be a valued partner that provides, weekly, snacks and refreshments used as incentives to accompany screenings in the homeless shelters.

AAHP maintains high visibility in the community through an extensive campaign of dissemination health information through pamphlets related to various health issues, giveaways, condoms, etc. Refer to the list below:

	Peoples Church	White Oak Gardens	Progress Place	Hampshire Towers	Briggs Chaney	Mt Jezreel B. Church	Natl HIV Day-Veteran Place
Water Bottles	100	100	30	75	100	30	100
Hand Sanitizers	100	100	30	75	100	30	100
AAHP Pen	50	50	10	50	100	25	100
Condoms	50	50	50	50	50	50	500
Female Condoms	25	50	15	50	50	15	50
Smile Brochure	80	80	80	80	80	10	25
PrEP is for You Pamphlet	50	50	50	50	50	25	100
HIV Treatment Work Cards	25	25	25	25	25	25	100
Teen Sexual Education	20	20	0	50	25	25	100
Diabetes	80	80	80	80	80	15	50
STD Facts for Teen Pamphlet	50	15	67	50	50	25	100
Colorectal Cancer Booklet	10	10	10	10	10	10	0
Mammogram Booklet	20	20	20	20	20	25	25
Landyards	30	30	30	30	30	10	50
AAHP Bookmark	50	50	50	50	50	15	100
Cancer Pamphlets (Men)	15	15	15	15	15	25	25
Stretch Band	50	50	0	25	15	15	50
Jump Rope	15	10	0	10	20	25	50
Hepatitis ABC	25	20	0	30	50	25	100
HIV Among Men	25	20	20	50	50	10	100
AAHP Mask	10	10	20	50	10	20	50
Cancer Pamphlets Women	15	0	0	0	0	15	25
HIV- Get Tested	50	50	50	50	50	20	100
Diabetes Pamphlets	0	0	20	50	50	20	100
Cholesterol Pamphlets	20	20	20	20	20	20	100
Youth and Sexual	50	50	25	50	50	15	100
Plants	35	20	0	0	0	15	0
Weight Management	25	25	25	25	25	30	100
AAHP Card	50	50	50	50	100	30	100
Bags Given to African Americans	60	82	20	65	70	30	92

Bags given to Others (Hispanics, Asians, Caucasian)	40	18	5	10	30	0	8
Total of number bags given:	100	100	25	75	100	30	100

III. Administrative and Logistical Support

During June, AAHP staff members worked very closely with members of the AAHP Executive Committee to account for all expenses related to the 2021 Community Day event held on May 22. The final accounting was submitted to the Department of Health and Human Services at the end of June. Also, the staff managed all logistics and communications related to the monthly Executive Committee meeting held on June 3 and the Executive Coalition meeting held on June 10.

I. APPENDIX A – Social Media Report

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

May Campaign Metrics

	May	June
General List Recipients:	1622	1535
Successful deliveries:	1265	1169
Open rate:	26.7%	15.8%
Click rate	17.2%	11.4%

AAHP's April Health Notes was titled "Magnificent May" and began with a feature article on Men's Health Month, which encouraged men of all ages to prioritize their health and safety. The next article was titled "Love your Summer Diet" and explained why summer is the ideal season to make lasting adjustments to eating habits by enjoying refreshing summer meals like salads and smoothies. With Family Health and Fitness Day on June 12, the next article discussed how Montgomery County Families can celebrate by planning some time at a Montgomery County park. In observance of National HIV Testing Day, a graphic from the CDC advertised taking an HIV self-test. The Health Hint was about paying attention to your pillow, which can harbor bacteria that can lead to respiratory illness. The Featured Video was animation from ProPublica on "John Henryism," a phenomenon that occurs when Black men work so hard it affects their health. Wellstar's Men's Health Forum on "How to improve Cardiovascular Health," with AAHP as a partner, was advertised. The featured recipe was Grapefruit and Fennel Salad with Mint Vinaigrette.

AAHP's June Health Notes recorded lower metrics than in previous months. Due to a mishap with the scheduling software, fewer subscribers received the mailing. (This will be remedied in the coming months.) The open rate of 11.4% was higher than last month's open rate of 26.7% and lower than AAHP's average and the industry average. June's click rate of 11.4% was lower than last month's rate of 17.2% but higher than AAHP's average and significantly higher than the industry average. The bounce rate also remained the same and there was only one unsubscribe.

Facebook

AAHP's Facebook page's performance in June decreased slightly from May's exceptionally strong performance.

Facebook Metrics – June 2021

	Followers	Posts	Likes/Love	Comments	Shares
Total	722	30	57	13	21
Change from last month	-2	-3	-24	-13	-13

Twitter

AAHP's Twitter profile recorded substantial increases in profile visits, mentions, impressions, and no decreases in any metric.

Twitter Metrics – May 2021

	Followers	New Followers	Tweets	Profile Visits	Retweets	Mentions	Tweet Impressions
Total	386	7	40	665	7	33	4,714
Change from last month		+0	+3	+42	+0	+13	+1,239

Instagram

AAHP's Instagram channel continued to perform well, with similar metrics as Many. The number of post likes, impressions, and reach remained close, and three new followers were added.

Instagram Metrics – May 2021

	Followers	Posts	Post Likes	Linkin bio clicks	Impressions	Reach
Total	203	43	112 162	6	2189	45
Change from last month	+3	+6	+50	+4	+1082	+17

II. APPENDIX B – Health Notes



www.aahpmontgomerycounty.org



AAHP observes Men's Health Month every June and invites all Black Montgomery County residents to join us in encouraging African American/Black men and boys to live a safe, healthy lifestyle!

Men of every age need to take the time to focus on their mental and physical well-being. From 19 to 90, even if a man is in "perfect" shape, he should make routine appointments with his healthcare providers to ensure that he is maintaining good health. A Cleveland Clinic survey revealed that 82% of men report trying to stay healthy and live longer for those who rely on them, yet only 50% engage in preventive care. That needs to change. Women can help by reminding male loved ones to keep themselves in good health by making all their appointments with their healthcare providers and to take care of themselves both physically and mentally.

Because Black/African American men have poorer health outcomes than Black/African American women and men of other races/ethnicities, AAHP's Men's Health Initiative places special consideration on engaging Black/African American men. AAHP's Brother 2 Brother conversations engage Black/African American men in discussions about their lives and their health in a non-judgmental environment with the guidance of a healthcare professional. Join the Men's Health Initiative mailing list [here](#).

Sources:

www.menshealthmonth.org

www.newsroom.clevelandclinic.org

[National Institutes of Health](#)



While crash dieting isn't the way to go, summer is the perfect time to transition into permanent lifestyle changes around food. Your summertime taste buds love healthier, cooler foods like salads and smoothies, and your summer wardrobe covers less of your body, which can be motivating. The bounty of [fruits and vegetables in season during summer](#) will delight your senses and further inspire you to eat a plant-based diet for the rest of your life.

Mixing fruits and vegetables can add some pizzazz to your favorite summertime dishes. Add mangos or pineapple to salsa. Put a handful of salad greens in your smoothie—you won't taste the greens, but you'll know they're in there. Throw some fruit on the grill alongside those vegetables. Check out this month's featured recipe, which includes juicy grapefruit segments paired with fennel.

Remember, the diversity of colors on your plate reflects the diversity of nutrients in your body. Fruits and vegetables get their color (and their taste and smell) from phytonutrients, compounds that strengthen a plant's immune system and protect them from hazards in their natural habitat. These compounds also protect humans from chronic disease. Be sure not to peel the skin off the most colorful fruits like apples, peaches, and eggplants, because most of the nutrients are concentrated in or near the skin.

Source: www.health.harvard.edu



Join AAHP in celebrating the myriad health and well-being resources located right here in Montgomery County by celebrating Family Health & Fitness Day on Saturday, June 12. Organized by the National Recreation and Park Association (NRPA), Family Health & Fitness Day promotes the importance of local parks and recreation in keeping communities healthy.

To celebrate, AAHP encourages everyone to gather safely with family and friends to get active at one of the [Montgomery County parks](#). Enjoy a variety of family friendly activities, such as walking, biking, kayaking, golfing, swimming, tennis and more. Community members also can participate in Family Health & Fitness Day by having a picnic or exploring nature at one of the trails.

Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. AAHP takes pride in providing health and wellness resources for the community, and we hope you'll come out and discover the many opportunities for families and individuals to stay active and fit.

To learn more about Family Health & Fitness Day, visit www.nrpa.org/familyfitness.



National HIV Testing Day is June 27. Share with your friends and loved ones what knowing your HIV status means to you. Your words can empower others to get tested for HIV, know their status, and their prevention and treatment options.

Learn more about HIV self-tests here: <https://bit.ly/2AhexD6>.

#HIVTestingDay #StopHIVTogether

Health Hint

Pay attention to your pillow. Because pillows absorb body oil, dead skin cells, and hair, they can create the perfect environment for allergens that can cause respiratory issues. The National Sleep Foundation recommends washing your pillow every six months, using a protective cover for your pillow, and replacing your pillow every one to two years.

Source: www.sleep.org

Featured Video

The unrelenting stress of fighting systemic racism can alter a body's normal functioning until it starts to wear down. The theory, known as John Henryism, helps explain health disparities that impact Black/African American men:




MedStar Health

A MEN'S HEALTH FORUM:

How to Improve Your Cardiovascular Health

JUNE 15, 2021 6PM | ZOOM

Brought to you in partnership with:
African American Health Program
Alpha Phi Alpha Fraternity, Inc., Iota Upsilon Lambda Chapter
Olive Branch Community Church, Sandy Spring, MD
Olney Boys & Girls Club

 Carl Willis, Moderator
Anchor and Reporter, WJLA-7News

 Dr. Stuart Gould, MD
Cardiologist

 Dr. Kyle Reynolds, MD
Vascular Surgeon

Join the event [here](#).

Featured Recipe: Grapefruit and Fennel Salad with Mint Vinaigrette



Ingredients:

- 1 medium red grapefruit
- 1 medium fennel bulb, halved and thinly sliced
- 1/4 cup thinly sliced red onion

Vinaigrette:

- 3 tablespoons fresh mint leaves
- 2 tablespoons sherry vinegar
- 1-1/2 teaspoons honey
- 1/8 teaspoon salt
- 1/8 teaspoon coarsely ground pepper
- 2 tablespoons olive oil

Directions:

1. With a knife, cut and peel outer membrane from grapefruit. Cut along the membrane of each segment to remove fruit. Arrange fennel, grapefruit and onion on a serving platter.
2. Place mint, vinegar, honey, salt and pepper in a small food processor; cover and process until mint is finely chopped. While processing, gradually add oil in a steady stream. Drizzle over salad.

Nutrition Facts

1 serving: 114 calories, 7g fat (1g saturated fat), 0 cholesterol, 107mg sodium, 13g carbohydrate, 9g sugars, 3g fiber, 1g protein

Source: www.tasteofhome.com
