



AAHP staff is all smiles at the Montgomery County Family Picnic

AAHP MONTHLY REPORT September 2021



I. INTRODUCTION

September marked the end of the first quarter of the current contract extension between the Montgomery County Department of Health and Human Services (DHHS) and McFarland & Associates, Inc. to implement programs and services for the African American Health Program (AAHP). September continued to be a very productive month during which AAHP staff expanded services and introduced innovative strategies for educating Black/African American County residents on how to prevent and manage chronic health conditions.

September also reminded us of the looming presence of premature death in our community and underscored the importance of our prevention work. In September, AAHP staff grieved the tragic loss of a former employee who lost her battle with colon cancer. The AAHP family worked persistently with this former employee and her family throughout her protracted struggle with colon cancer. In her memory and because of the staunch support her mom has provided for AAHP, staff set up a table with information about colon cancer at her funeral on September 8th at Kingdom Fellowship A.M.E Church.

AAHP also continued to nurture and leverage old partnerships and build new partnerships to provide education and training aimed at expanding community outreach and engagement. For example, Dr. Nancie Richberg, Dr. Ikenna Myers, Linda Goldsholl, and Dr. Gabbie Spence were guest lecturers at classes conducted on cholesterol and nutrition during “Kick Start Your Health” classes.

For the first time, an administrator for the Montgomery County Dental Health Program met with AAHP staff during a daily standup meeting to discuss the dental services offered through the County and to discuss how AAHP can work more collaboratively with them in the future to ensure that the oral health and dental care services provided at County-supported clinics are accessible to people of African descent. This administrator also met with AAHP’s oral health consultant to discuss how they could work more seamlessly to enhance educational and outreach activities at more events around the County during the current program year. In just a few short weeks, the results of those initial meetings are now resulting in more dental referrals from AAHP staff for residents who may otherwise be unaware of how to access oral health services. As a result, AAHP has begun setting up appointments for residents to get services and assist with the distribution of toothbrushes, toothpaste, and other oral health items.

Planning efforts in September focused on October programming which will highlight cancer with a particular emphasis on the leading causes of death attributable to cancer—breast and colorectal cancer, both of which disproportionately affect people of African descent and result in significant health disparities surrounding cancer prevention and treatment. Discussions began on a future partnership with the Women’s Cancer Control Program, AAHP’s next-door neighbors in the office at 1401 Rockville Pike. The Women’s Cancer Control Program serves the uninsured and underinsured population of Montgomery County by providing cervical and colorectal cancer screening. They also contract with Community Radiology for mammograms and facilitate a diagnostic and treatment program for people diagnosed during a screening. Services are supported by the Maryland Department of Health. Participants must live in the County with an income of 250% below the poverty line. There are also tobacco prevention

and cessation classes, supported by the Cigarette Restitution Fund. This program provided a wealth of literature for distribution at various community events during the remainder of the program year.

Vaccine hesitancy continued to affect the country's ability to achieve herd immunity. However, this month, Montgomery County announced it has achieved the best rate of vaccination in the nation for residents 12 and older in communities over 300,000 in population. September also ushered in a greater concentration on urging Black/African American residents to get flu vaccinations to combat the avoidable consequences and health risks associated with influenza and COVID infection.

All AAHP program components continued to record high levels of participation. The number of mental health screenings conducted during September reach an all-time high. To mitigate the impact of the COVID-19 virus and social distancing, and to improve the economic and social determinants of health, the AAHP staff organized and conducted a workshop on mindfulness on September 24th, 2021.

II. AAHP PROGRAM ACTIVITIES

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

In September the caseload for the month was 150 and included 90 active moms, comprising 35 prenatal and 55 post-partum cases. Four new healthy babies were born in September. All were delivered at term and normal weight. The nurses arranged for the distribution of car seats, cribs, and other supplies for four new moms. The twins delivered four months ago by C-section at 27 weeks were taken off oxygen and apnea machines and allowed to go home. They have attained normal weights at 12.8 lbs. and 13.0 lbs. Likewise, the eight-month-old triplets continue to grow and develop.

The number of high-risk cases significantly increased in September. Twenty-five (25) of the 90 mothers included high-risk cases due to medical issues, and 13 cases were for social issues. Three cases presented with both high medical and social risks. The severity of these cases significantly added to the workload of the social worker and nurses. High-risk medical conditions included 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, isolation, and disconnectedness. Staff addressed these issues through appropriate referrals and follow-up services to ensure that needs were being addressed.

Nine new prenatal cases and four postpartum moms were screened for depression using the Edinburgh Postnatal Depression Scale. During September, five mothers scored above the normal range and were referred for further evaluation and care.

During every encounter, the staff encouraged mothers to adopt breastfeeding whenever possible and practical. At the end of September, the overall percentage of mothers

breastfeeding was 61%, and the percentage of mothers breastfeeding for up to six months was 74%. Both breastfeeding indicators exceed the national level published by the CDC shows that the percentage of African American women who breastfed exclusively for six months after delivery was only 20%.

The SMILE nurses were highly involved in community activities during September. They provided health screenings at various events and locations including Kingdom Fellowship Hub, Leisure World, Friendship Picnic at Wheaton Regional Center, and Bartonville’s Day Community Fair. They helped prepare diaper bags for distribution at Kingdom Fellowship Church and participated in the diaper distribution event. These events were productive sources of prenatal referrals as the number of DHHS referrals decrease.

As shown in the table presented below, the ethnic origin representation of mothers participating in the SMILE program showed 61% African, 38% Black American, and 1% Caribbean.

In September, the nurses met weekly to review individual cases and to plan teleconsultations and staffing needs that included reviews of difficult cases in consultation with AAHP’s social worker, the nurse supervisor, and the clinical director. Other AAHP staff assisted and supported mothers by providing and arranging for the distribution of diapers, car seats, breast pumps, pack-and-play cribs, and other items to support motherhood and parenting.

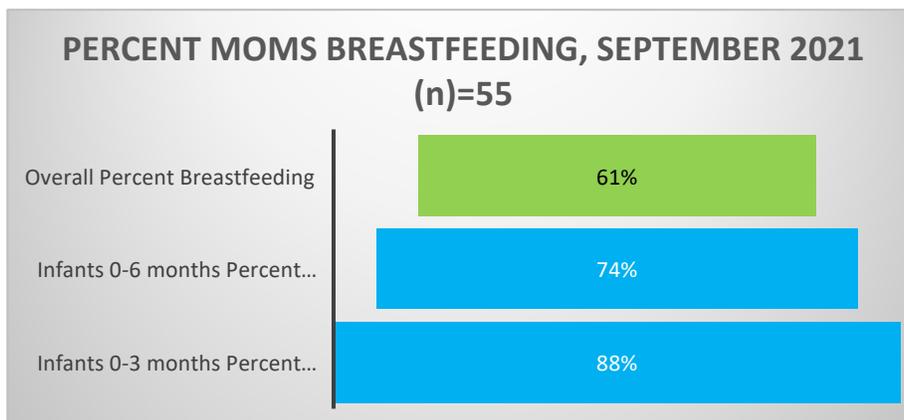
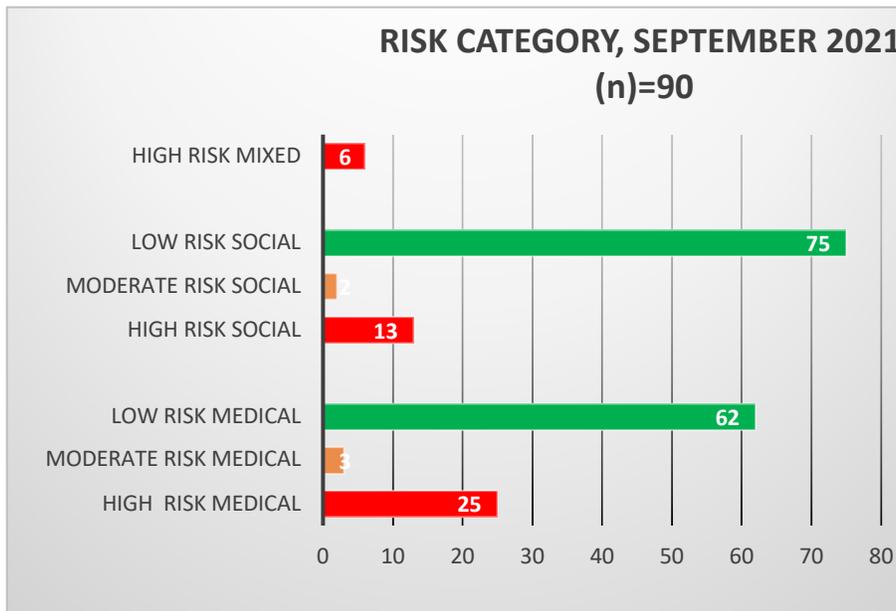
The table and charts below present an overview of the SMILE rolling three-month data which includes September 2021 in comparison to the program performance in the calendar year 2020.

	PROFILES AND SERVICES	*Monthly	July	September	September	COMMENTS ABOUT SEPTEMBER 2021
		Average of Calendar Year	2021	2021	2021	
		2020				
1	<i>A) Currently Active Moms</i>	83	87	90	90	
2	Prenatal (still pregnant)	24	22	29	35	
3	Postpartum (Moms who have delivered)	58	65	61	55	
4	<i>B) All infants</i>	58	68	62	57	
5	Single Births	55	63	57	52	

6	Multiples	2	5	5	5	
7	Case Load (A+B)	140	155	152	147	
	MOM'S ETHNICITY					
8	African American Clients	31	30	30	34	
9	African Clients	49	53	56	55	
10	Caribbean Clients	2	4	4	1	
	REFERRALS					
11	HHS Prenatal Referrals Received	4	2	3	3	
12	Referrals from Other Sources	4	1	6	6	
13	Total Prenatal Referrals	8	3	9	9	
	NEW ENROLLMENTS					
14	Prenatal Moms Newly Enrolled During the Month	7	3	9	9	
15	Infants Newly Enrolled during the month	5	4	2	4	
16	All New Enrollments for the month	12	7	11	13	
	DISCHARGES during the month					
16	Prenatal Discharges	1	0	1	2	Discontinued phones. Lost to follow up
17	Infant Discharges	5	8	8	5	
18	Total Discharges	6	8	9	7	
	DELIVERIES during the month					
19	Term Deliveries	5	4	2	4	
20	Preterm Deliveries	1	0	0	0	
21	Total Deliveries	6	4	2	4	
	BIRTH OUTCOMES					
22	% Healthy Birth Weight	95%	100%	100%	100%	

23	Number of Low Birth Weight	1	0	0	0	
24	Number of Very Low Birth Weight	1	0	0	0	
25	Infant Deaths (includes Stillbirths)	0	0	0	0	
26	Unfavorable Birth Outcomes	0	0	0	0	
27	(Congenital Anomaly, Fetal Demise, Miscarriage)	0	0	0	0	
	SERVICES					
28	Total Home Visits	17	3	7	1	
28	Telephonic Consultations	144	184	208	191	
30	Community Referrals Made	26	15	48	61	
31	Classes/Presentations Completed	9		10	5	
	BREASTFEEDING MOMS					
31	Percent Clients Breastfeeding Infants 0-3 months	92%	81%	85%	88%	
	Breastfeeding Up to 6 months		86%	82%	74%	
32	Overall Breastfeeding Percent	73%	74%	65%	61%	
	INSURANCE					
33	Clients with Private Insurance**	23	23	29	30	
34	Clients with Medicaid Insurance**	60	64	61	60	
35	Clients without Insurance	n/a	0	0	0	

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



B. Chronic Disease Management and Prevention (CDMP) Programs

CDMP Program Success and Client Testimonials

A client with diabetes who has reversed his condition was selected as the September Health Champion. He provided a powerful testimony of his journey towards good health and credited AAHP for supporting every step of it. His A1C dropped by half in three months, and his blood sugar is now under control. All medications were reduced to half doses at his last visit and his doctor was amazed by his progress. Should his progress continue at the next visit in three months, he will be completely off medications. He graciously provided a recorded testimonial to show on AAHP YouTube channel: <https://youtu.be/dCj6y5ULS0M>

1. Classes

The CDMP team continued its virtual webinar curriculum which offered six classes weekly on different evidence-based topics to help participants improve their overall

health and/or management of the chronic disease. The month’s focus was hypertension and diabetes and included live classes and videos providing an overview of hypertension and diabetes as well as the prevalence, complications, and treatment strategies of the two conditions. Participants also learned how to reduce their risk factors for hypertension and diabetes. The classes also provided an overview of cholesterol, its role in hypertension and diabetes, as well as available treatment options and a detailed discussion on how to understand food nutrition labels.

Evidence-based health education at the Kick Starts Your Health (KSYH) I & II series on Wednesday and Thursday evenings included quizzes, recipes, and demonstrations of healthy cooking 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.

On September 23rd, AAHP had its second hybrid chronic disease management program in-person and virtual class since the start of the pandemic. Equipment used included a ring light, AAHP’s work phone, a laptop, and a large television screen provided by Leisure World to showcase the class components to both those in-person and attending virtually. The event was also live-streamed and reached a large audience both online and in-person.

CDMP invited special guests to present. AAHP’s former CDMP instructor guest-lectured on cholesterol. In his presentation, he highlighted the importance of knowing one’s number and keeping it within a normal range. AAHP’s former diabetes educator was also a special at the DPP session of September 14th. The CDMP’s intern, a doctoral candidate, presented on hypertension medications.

The AAHP CDMP team looks forward to continuing to provide evidence-based health education and information on lifestyle behavior changes on Cancer.

The monthly report for September 2021 below includes:

- The class and outreach activities are coordinated.
- The number of individuals/participants per class, duration of attendance, and 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: September 13, 20, and 27	11 am – 12 pm	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, allowing 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.

YOGA: September	10 am – 11 am		Participants continued to maintain or improve in their HEDIS measures and make positive behavioral changes such as implementing more exercise and a more nutritious diet.
Kick Start Your Health I (Hypertension): September 1, 8, 15, 22 and 29	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 September 2, 9, 16, 23 and 30	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 such as implementing more exercise and a more nutritious diet.
Kick Start Your Health II Online Webinar. September 2, 9, 16, 23 and 30	6 pm – 7 pm	Weight, BP, BMI, %BF, Cholesterol screenings	This month's class topic was hypertension and heart health. 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 such as implementing more exercise and a more nutritious diet.

Small support groups were held after each fitness class for announcements and to welcome new participants and answer questions. All participants usually stayed until the end of class and AAHP staff asked questions during break sessions and used polling and screen share features to keep participants engaged and the classes interactive. AAHP staff called participants and emailed them weekly to check on their activities and to get their readings, monitor their progress, and prepare them for their weekly classes. All readings were entered into SharePoint's biometric form for the month. The CDMP team continued to use a new charting system using a spreadsheet that was more user-friendly to determine average values of the Healthcare Effectiveness Data and Information Set (HEDIS) measures such as blood glucose, blood pressure, weight, height, and A1C.

	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)	9/1	9/13	9/22	9/29		9/1	9/8	9/15	9/22	9/29	9/2	9/9	9/16	9/23	9/30	9/2	9/9	9/16	9/23	9/30
	9/8	9/20	9/27																	

Class Size	25	29	35	21	9	16	11	12	12	19	22	17	62	22	18	17	8	12	12
TOTAL	110				60				142				67						
Avg.	28				12				28				13						
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 (Heart Health)	Health & Nutrition: Plant-Based	KSYH II (Heart Health)	Total
<i>Male</i>	5	3	7	3	18
<i>Female</i>	105	57	135	64	361
<i>Total</i>	110	60	142	67	379
<i>% African American</i>	100%	98%	96%	98%	
<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	
<i>Diabetes</i>					
<i>Pre-diabetes cases</i>	3	3	4	2	12
<i>Diabetes cases</i>	2	5	3	2	12
<i>Hypertension</i>					

2. Diabetes Prevention Program

In September, the DPP class, still in a maintenance phase, met on Tuesdays, September 14th and 28th, from 6:00 pm-7:00 pm. AAHP’s clinical director led the bi-weekly presentations. AAHP’s retired County registered dietician appeared as a special guest at the September 14th session to educate the team on the content of “power plate” and what a “Vegan Wannabe” should look like.

Participants were very much engaged, and the retention rate remained high at 90% because of the diligent efforts of AAHP staff who called participants at the end of each week to check on their progress and to record weight and activity minutes for a subsequent entry into the DPP Lifestyle Coach’s Log. To date, five participants have reversed prediabetes but continued to participate in the maintenance sessions.

The DPP participant attendance and health metrics for September are presented in the tables below:

September 2021 DPP Attendance

Participants	Sep 14	Sep 28	Total
Male	2	2	4
Female	12	11	23

Total	13	13	27
% African American	100%	100%	100%

Health Metrics	Baseline	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Goal To Reach in December
Average Weight (lbs.)	213.3	213	211	209.2	205.7	203.4	203.1	203	204	205	200
Average Weekly Activity (Minutes)	140	175.3	183.2	197	212	211	217	215	220	225	230
Average HB A1C (%)	5.91%				5.8		5.7				5.60%

3. dMeetings

In September, AAHP added 10 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. So far, in the new fiscal year 22, dMeetings had enrolled 31 participants and has recorded a running 12-month total of 174 participants. Six participants have completed their certificates in FY 22.

dMeetings Enrollment and Completion by Month in Fiscal Year 2021

	10/20	11/20	12/20	1/21	2/21	3/21	4/21	5/21	6/21	7/21	8/21	9/21	Total
New Enrollments	10	23	9	8	3	24	25	37	4	4	17	10	174
Completion Certificates Awarded	4	18	5	5	3	9	14	15	1	1	1	4	80

4. Remote Patient Monitoring Program (RPM)

This month, CDMP continued to engage the remote patient monitoring clients on their health metrics, AAHP classes and events, and general health information. Two clients who have been in the program for over six months have un-enrolled due to stable blood pressure and weight readings. Their devices will be recycled and redistributed to other clients who are interested in joining the RPM program. Over the past month, one client has significantly improved her blood pressure readings. She suffers from chronic asymptomatic hypertension and has previously had readings in the hypertensive crisis range. She attributes the reduction in blood pressure to drinking more water, increased physical activity, and watching her diet better.

September Active Days of RPM Participants

Number of Active Days	0 days	1 day	2- 10 days	Up to 10 days	16-27 days
Number of Participants	0	1	1	6	18

Average values for July's RPM data	
Women's Weight	176.6.5 lbs.
Men's Weight	249.1 lbs.
Systolic BP	131.5 mmHg
Diastolic BP	74.7 mmHg
Glucose	118.8 mg/dL

5. Weight Management Program

The new community health worker hired on September 8th, 2021, restarted the Weight Management Program after a handoff from the previous community health worker. She created new data sheets to help track each client's progress. She renewed contact with all former participants and reenlisted 78% of them.

She continued with the biweekly group walks, monthly newsletters, and hosting the weight management support group that meets once a month, on the first Friday of the month at 1 pm. The topic in September was "Obesity and the Perceptual Behaviors among African Americans." A total of four members joined on the call to hear the information and participate in a group discussion. The presentation was also sent out to all participants to read in their free time.

During September, the weight management program hosted two AAHP walks. The first walk was hosted on September 11th, 2021, at Lake Needwood in Rockville, MD. The second walk was hosted on Saturday, September 25th, 2021, at the Martin Luther King Jr. Recreation Park in Silver Spring, MD. Eighteen (18) people attended the walks for one hour in two different walking pace groups (medium and slow). Two people of the later September walk decided to join the program following the walks.

The monthly newsletter titled "Let's Get Moving" was distributed. This newsletter shared ideas on burning calories outside of specific physical exercise, such as daily activities, and explained at-home exercise plans that can benefit one's health. Currently, there are three males and 18 females enrolled in the program, consisting of 20 Blacks/African Americans and one Caucasian. Their ages range from 30-70 years old.

At the end of September:

- Participants who lost weight maintained their weight loss and those who gained weight were all evaluated.
- Twelve of the clients have lost weight ranging from 4.5 to 48 lbs. since their program started
 - median weight loss was 12.5 lbs.
 - average weight loss for those losing weight is 13.7 lbs.

New additions for October:

- AAHP Weight Management Inspirations will be sent by email every weekday morning between 10-11 am EST
- Individualized meal plans and exercise routines for clients to work towards their goals and hold themselves accountable

- Implementation of goal setting, intermittent fasting for shorter periods of food intake, and decrease of empty calories
- Monthly scheduled health screenings for clients to get updated numerical results of their decrease in weight and change in health to motivate them to continue and keep them aware of their vitals
- Monthly giveaways as an incentive to push people to work harder towards their goal as motivation

	Previously Enrolled Clients	Discharged Clients	New Clients	Total Clients
September	19	4	6	21
October	21	0	15*	36

*Potential clients to contact

C. AAHP's Social worker Services

1. Screenings/Assessments

In September, 196 mental health and wellness screenings were completed using three computer tablets. Every month during the first quarter of the current program year, the number of mental health screenings has increased dramatically. The screenings were conducted at Montgomery County homeless shelters and community events. Because of the wide range of mental health screening instruments available, the screening options can seem overwhelming. To prevent this problem and to assist participants in the selection of instruments that best fit their concerns, participants are frequently asked, "Have you been worrying about things lately or do you feel like your mood is low?" These prompts serve to stimulate open and honest conversations about emotions and how their lives are being affected by psychological and social issues. Their responses then open the door to the selection of specific brochures and information materials that best fit with their concerns and need for mental health resources.

In September, seniors willingly completed the screenings focused on anxiety, depression, and other mental illnesses. Encouraging participants to complete the well-being screening was especially helpful in overcoming the potential stigma around mental health screening in particular.

The following screenings were conducted in September

- 20 Wide Screen
- 112 Wellbeing Screening
- 13 CD-GAD Generalized Anxiety
- 15 Audit Alcohol
- 0 Brief Gambling Screen
- 14 Eating Disorder
- 4 MDQ Bipolar
- 8 Sprint-4 PTSD
- 5 Hands

- 15 Audit Alcohol
- 2 BSAD Adolescent Depression
- 2 National Psychosis Awareness Program
- 1 Opioid Misuse-Individuals

2. Mental Health Support

For September, Social Work provided mental health support to 15 clients referred through the SMILE programs and four clients in the community. Most of the referrals were made from the nurses in the SMILE program, requesting mental health support. Clients reported mental health concerns related to poor relationships, financial hardships, stress related to life situations, and perinatal illness. The social worker contacted clients to check on safety and well-being and to assist with applications and resources.

During September mental health screenings were conducted at:

- 9/11 - Mt. Jezreel Baptist Church
421 University Boulevard East
Silver Spring, Maryland 20904
- 9/13 - Women's Shelter
2 Taft Road
Rockville, Maryland 20850
- 9/15 - Progress Place Shelter
8106 Georgia Avenue
Silver Spring, Maryland 20904
- 9/16 - Men's Shelter
6 Taft Road
Rockville, Maryland 20850
- 9/18 - Kingdom Fellowship food distribution
White Oak Shopping Center
11249 New Hampshire Avenue
Silver Spring, Maryland 20904
- 9/19 - Friendship Day
Wheaton Regional Park
2000 Shorefield Road
Silver Spring, Maryland 20902
- 9/22 - Men's Shelter
Crab Branch Parkway
Rockville, Parkway 20850
- 9/23 - Leisure World Event - workshops & health screenings

3701 Rossmoor Boulevard
Silver Spring Maryland 20906

- 9/25 - Burtonsville Day
Marilyn Praisner Center.
14906 Old Columbia Pike
Burtonsville, Maryland 20866
- 9/29 - Kingdom Fellowship Diaper Distribution
12101 Tech Road
Silver Spring 20904

As the impact of the COVID pandemic continues, the need for social work services continues to increase. During September referrals for social work, services included 10 referrals from SMILE nurses for clients that resulted in 30 telephone consultations and virtual and in-person visits from clients. Frequent referrals involved a need for financial resources, housing, health care, crisis support, and mental health assistance.

3. SMILE

The social worker participated in the SMILE weekly meetings. In collaboration with the SMILE nurses, the social worker managed fifteen French-speaking clients and had a total of 12 Zoom/WhatsApp visits this month. She also worked intensely with two clients to get daycare vouchers for their babies, picked up snacks from Manna Food Bank for the homeless shelters, and delivered baby foods to SMILE clients. The social worker also provided support to the SMILE triplets by supplying them with donated clothes and other items that they may need.

D. HIV/STI/AIDS

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

AAHP provided HIV testing at the following sites:

Sites	Date	Number Screened
Women Shelter	September 13	16
Progress Place	September 15	12
Men Shelter-Taft Ct	September 16	11
Men Shelter-Crabbs Branch	September 22	14

Fifty-three (**53**) screenings for HIV, Blood Pressure, Glucose, A1C in all three (2) shelters.

The participants were referred to Dennis Avenue Health Center for STI services. Those with elevated results were referred to Dr. Kelly.

All 53 HIV tests conducted in September were negative.

*34 African American Males

- *9 African American Female
- *2 Hispanic Male
- *4 Asian Female
- *2 Caucasian Male
- *2 Asian Male

(Please see the Statistical Report below)

HIV TESTING REPORT		Sept-21		
African- American				
	Age Group	Male	Female	
	1947 -1969	6	0	
	1970 -1989	14	6	
	1990+	10	3	
Total		34	9	43
All Others				
		Male	Female	
	1947 -1969	1	1	
	1970 -1989	3	2	
	1990+	2	1	
Total		6	4	10
GRAND TOTAL				53

II. Administrative and Logistical Support

During September, AAHP staff members worked very closely with members of the AAHP Executive Committee to support the virtual facilitation of the monthly meeting held on September 2nd and the monthly AAHP Coalition Meeting held on September 9th, 2021. A copy of the Executive Committee minutes was prepared in advance of the September meeting. The program director and the clinical director participated in both meetings and made a presentation on the status of AAHP. All members of the AAHP staff completed the monthly mandatory security training required by all employees and contractors who access the County computer facilities and resources.

Additionally, staff participated in several educational and training opportunities aimed at enhancing the knowledge and skills needed to expand competencies in service delivery. Training included:

- 9/9 - Understanding the intersection of HIV, Older Adults, and Domestic Violence
- 9/21 - Let's Talk HIV/Shameless Sexual Health
- 9/24 - Rapid HIV & HCV Testing
- 9/24 - Mindfulness training

9/28 -Utilizing Validation, Therapeutic Fibbing & Other Strategies in Dementia Care

9/28 - Becoming a Community Health Access Partner (CHAPS) navigator with Kaiser Permanente

In September, AAHP recruited a new employee to continue management of the weight management program established by their predecessor, who continues to support the program on a part-time basis. The new community health worker began full-time employment with AAHP on September 6th. Over the coming months, the former community health worker will continue to provide the support and coordination needed to assist in a smooth transition of day-to-day responsibilities for the weight management program.

In September, a draft copy of the fiscal year 2021 annual report was submitted to the AAHP program manager for review and comments. In preparation for the submission, a major task involved organizing data and information that describes the reach and scope of the African American Health Program over the previous 12 months.

APPENDIX A – Media Report

AAHP Health Notes - Distributed: September 15th, 2021, 6:15pm

August Campaign Metrics

	August	September
General List Recipients:	1620	1618
Successful deliveries:	1231	1223
Open rate:	20%	19.5%
Click rate	4.7%	4.2%

AAHP’s September Health Notes was entitled “Adulthood Alert!” and was distributed on September 15th, 2021. As an observance of National Fruits and Veggies Month, the first article encouraged readers to eat more fruits and vegetables and offered ideas on various ways to sneak fruits and vegetables into a diet. A link to AAHP’s cookbook was included. In honor of Healthy Aging Month, the next article discussed how aging impacts the body and the brain and how these changes can be mitigated and delayed by living a healthy lifestyle. The following article, “The Mighty Condom” recognized Sexual Health Awareness Month and celebrated condoms as the best way to reduce STIs. The article provided a brief overview of condoms, their effectiveness, and their lowering usage rates. The Health Hint offered upliftment and support for parents and caregivers as Montgomery County students go back to school. The featured video, produced by Common Sense Media, explained how food companies target impressionable children with their advertising and how parents and caregivers can redirect their children away from this harmful marketing. The featured recipe was chipotle cauliflower nachos.

September’s Health Notes performed slightly lower than in August. The open rate of 19.5% was slightly lower than last month’s open rate of 20%. September’s click rate of 4.2% was also slightly lower than last month’s click rate of 4.7%. The number of successful deliveries decreased by eight, which was partially due to the three unsubscribers from last month. No one unsubscribed this month.

Facebook

AAHP’s Facebook page’s performance in September was similar to its performance in August. Posts generated 22 like/love reactions which is higher than usual and nine more than last month. One new follower was added.

Facebook Metrics – September 2021

	Followers	Posts	Likes/Love	Comments	Shares
Total	720	24	22	1	9
Change from last month	+1	-3	+9	-1	+1

Twitter

AAHP’s Twitter profile recorded a significant increase in profile visits and mentions and a decrease in tweets, impressions, and retweets. The audience grew by five followers, three more than last month.

Twitter Metrics – September 2021

	Followers	New Followers	Tweets	Profile Visits	Mentions	Tweet Impressions	Retweets	Likes
Total	394	5	16	443	12	4,528	9	12
Change from last month		+3	-7	+263	+12	-4	-4	n/a

Instagram

AAHP's Instagram's performance in August was similar to its performance in July, with a slight decrease in all metrics, except the number of added followers, which remained the same.

Instagram Metrics – September 2021

	Followers	Posts	Post Likes	Linkin bio clicks	Impressions
Total	219	22	74	1	11065
Change from last month	+5	-5	-4	-4	-183

APPENDIX A – Media Report



www.aahpmontgomerycounty.org



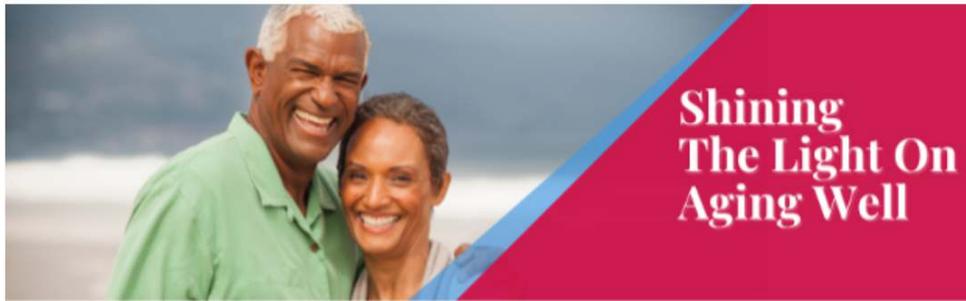
Eating fruits and vegetables is more than just healthy—it also makes you happier! The Produce for Better Health Foundation’s (PBH) research indicates that Americans who eat fruits and veggies every day say they experience physical, emotional, and social benefits now as well as into the future. Yet, close to nine out of 10 Americans don’t eat the recommended amount, which is 4-5 servings daily.

If you want to eat more fruit and vegetables, you should strategize and figure out what works best for YOU. Here are some ways to get your fruits and veggies numbers up without a ton of hassle:

- Pair fresh fruit with your cereal, oatmeal, or yogurt.
- Add fresh fruit to your salads.
- Throw some chopped vegetables into your morning omelet.
- Use 100% vegetable juice as the liquid in your smoothies.
- Instead of snacking on chips or crackers, reach for canned pickled vegetables.

September is National Fruits & Veggies Month, the perfect time to start incorporating more fruits and veggies into your daily routine. For more information visit www.fruitsandveggies.org. And check out AAHP’s Health and Nutrition classes on Thursday afternoons at 1pm for cooking demonstrations and plant-based recipes (register [here](#)). You can also find some delicious plant-based recipes in [AAHP’s cookbook](#).

Source: www.fruitsandveggies.org



As people continue to live longer and longer, having a positive attitude about aging can help to reduce the social stigma associated with aging. September is Healthy Aging Month as well as World Alzheimer's Month. We should celebrate growing older and enjoy the success we've had in improving health for seniors.

Without a doubt, aging can be difficult at times, but for many people, it can be much easier with smart lifestyle choices. Staying physically active can help seniors remain independent as long as possible. In addition to exercise, diet can also affect the quality of life in the Golden Years. Eating a nutrient-rich diet can help with weight management, lower blood pressure and cholesterol levels, reduce inflammation and slow down muscle loss. It's also important to get adequate sleep, surround yourself with good people, and do activities you enjoy. And it's never too late to find a new passion or hobby or work on your health issues.

As we age, our brains change, but the same healthy behaviors that help prevent some kinds of cancer, type 2 diabetes, and heart disease may also reduce your risk for cognitive decline. Although we can't control our genetics or our age, [a report from the Lancet Commission](#) suggests that addressing risk factors can delay or even prevent up to 40% of dementia cases.

We're all getting older and each day is a blessing. Whether you're eighteen turning nineteen, or eighty turning eighty-one, enjoy your life!

Sources:

www.cdc.gov

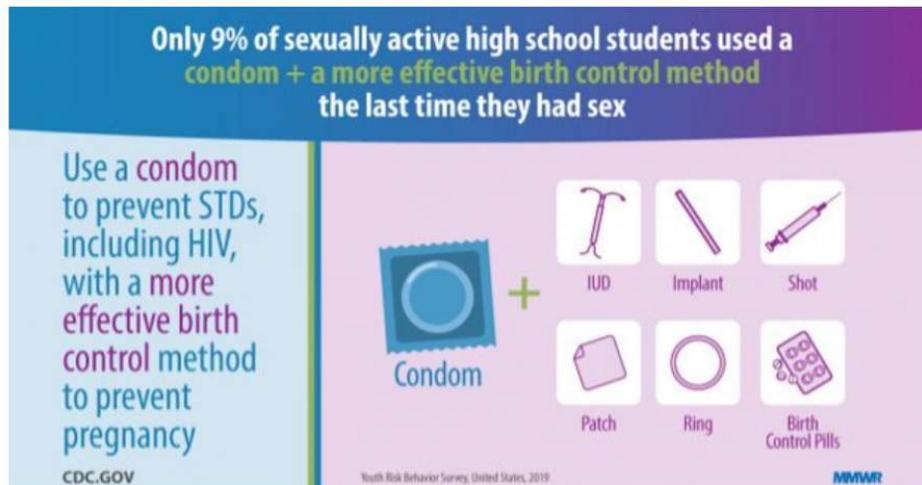
www.sciencedirect.com



Humans have been using condoms since ancient times, but the invention of latex in 1920 ushered its transition from primitive hand-produced items made from fabrics like silk and linen to the mass-produced wonders they are today. The condom is the most popular form of birth control, and apart from abstinence, it's the safest and easiest ways to protect against sexually transmitted diseases.

Unfortunately, condom usage isn't as popular as it should be, and the rates of STD among young people are steadily rising. According to the Centers for Disease Control and Prevention, condom usage among American high school students decreased from 62% in 2007 to 54% in 2017. Since 2015, reported chlamydia cases increased 19%, gonorrhea cases increased by 56%, and syphilis cases increased by 74%. These increases are partially due to more women of reproductive age choosing contraception over condoms now that birth control is more effective and convenient than ever.

September is Sexual Health Awareness Month, and we encourage everyone to learn more about sexual health and spread the word about how condoms prevent STIs. Epidemiological research concludes that male condoms, when used correctly and consistently from the start to completion of vaginal or anal sex, are 90% effective in reducing HIV transmission, 71% effective in reducing gonorrhea transmission and up to 66% effective in reducing syphilis transmission. That's a great deal of leg work towards reducing the personal and public impact of STIs. Untreated STIs can lead to cervical cancer, ectopic pregnancy, postpartum endometriosis, infertility, and more.



Sources:

www.usaid.gov

www.ncbi.nlm.nih.gov

www.cdc.gov/condomeffectiveness

Health Hint

For parents and caregivers with children back in school, this can be a nervous time! Parents and caregivers should remind themselves and their children to think positive, be flexible, and make good decisions in the face of so much uncertainty. For help, seek out mental health and social support services, including those provided by AAHP (such as [AAHP's mental health screening tool](#)). Parents and caregivers of students attending Montgomery County Public Schools can find resources on page 19 of the [MCPS Reopening Guide](#).

Featured Video

Food companies spend billions of dollars advertising cereal, drink and quick meals to impressionable children, contributing to an epidemic of childhood obesity. Common Sense Media explains how parents can steer children away from this harmful marketing:



Featured Recipe: Chipotle Cauliflower Nachos



Ingredients

Chipotle Cauliflower "Cheese" Sauce:

- 1 cup chopped cauliflower
- 1 cup peeled and cubed Yukon gold potato
- ¼ cup raw cashews
- 3 tablespoons water, more as needed
- 2 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 1 chipotle pepper from a can of chipotles in adobo
- 1 garlic clove
- ½ teaspoon onion powder
- ½ teaspoon sea salt

For the nachos:

- Tortilla chips
- ½ cup diced cherry tomatoes
- ½ cup cooked black beans, drained and rinsed
- ½ cup pineapple salsa
- ¼ cup diced red onion
- ¼ cup chopped cilantro

Instructions

1. Make the sauce: Place the cauliflower and potatoes in a medium saucepan and cover with cold water by about 1-inch. Add a pinch of salt. Bring to a boil, then reduce the heat to a simmer and cook uncovered until fork-tender, 8 to 10 minutes.
2. Drain, let cool slightly, then place in a high-speed blender with the cashews, water, apple cider vinegar, olive oil, chipotle pepper, garlic, onion powder, and salt. Blend until smooth.
3. Spread the chips onto a platter, drizzle with the chipotle cauliflower sauce, and top with the cherry tomatoes, black beans, scoops of pineapple salsa, red onion, and the cilantro. Serve and enjoy!

Source: www.loveandlemons.com/chipotle-cauliflower-nachos

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Appendix B -