



African American
Health Program



FY22 ANNUAL REPORT

"Realizing the Vision for Good Health"

Montgomery County, Maryland
Department of Health and Human Services
Office of Community Affairs
African American Health Program



DHHS
MONTGOMERY COUNTY
Department of Health
and Human Services



FY22 Annual Report: Realizing the Vision for Good Health

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McFarland & Associates, Inc., a County-based firm, is proud to serve Montgomery County through our contract with the Department of Health and Human Services as we improve the health and lives of our fellow community residents. Our work implementing the African American Health Program (AAHP) enables us to help those with the most significant health needs to access highly effective, culturally competent health services and resources. As AAHP continues strengthening the health of Black residents, our vision of a more equitable society for the next generation is more critical than ever.

Throughout FY22, AAHP was a lifeline for Black residents of Montgomery County. To overcome the challenges presented by the COVID-19 pandemic while also meeting the demand for health promotion services aimed at preventing and managing chronic disease, AAHP's staff rolled up their sleeves and got to work, providing services in a very different and more agile way than before. I cannot thank our staff enough for their extraordinary impact on the lives of so many community residents. I would also like to acknowledge AAHP's Executive Committee and AAHP's community partners for their incredible support and cooperation.

As the contract's Program Director, I've seen residents come full circle in terms of improving their health and stabilizing their lives. I've been present when residents were introduced to AAHP—at food distribution events, for example—and I've planned intervention strategies for them with AAHP's Clinical Director. Ultimately, I've reported on their improved health metrics and congratulated them on their success. I've met expectant moms facing homelessness and other dire circumstances. I've seen them go on to deliver healthy babies so that they emerged more financially and emotionally resilient, thanks to AAHP's support and care. I've seen residents lose weight, pursue mental health services, secure health insurance, and achieve countless other successes. Witnessing so many life-changing improvements has been gratifying and encouraging.

AAHP has accomplished much, yet we have so much left to achieve. As long as Black residents are disproportionately impacted by preventable illness, there will always be a need for AAHP in Montgomery County. McFarland & Associates remains ready and able to meet that need, driven by our belief in a Montgomery County where each resident thrives. This Annual Report is a testament to our collective will, strength, and ability to achieve what we set our minds to and work towards.

Thank you, and stay well,
George McFarland



Introduction

In 1999, the Montgomery County Department of Health and Human Services (DHHS) and concerned citizens decided to take a stand against the health disparities that plagued Blacks¹ in Montgomery County, MD. It formed the African American Health Initiative, which was changed to the African American Health Program (AAHP) in May 2002.

To make this vision a reality, AAHP's Leadership Team (McFarland & Associates, Inc.) worked collegially with the County's Program Manager and staff and AAHP's Executive Committee and Executive Coalitions, volunteer groups of community members and health professionals to execute a dynamic array of programs and services aimed at reducing preventable illness and providing support and care for Black/African American County residents. This collaboration was guided by a vision of Black County residents experiencing the same level of health and safety as the rest of the County.

AAHP's work centers on preventing and managing chronic diseases and the conditions that cause the most harm and death, showing the most extreme disparities for Blacks. Nationwide and in Montgomery County, Blacks are disproportionately impacted by mental illness, maternal mortality, chronic diseases, and other adverse health outcomes. In FY22, AAHP combatted these health disparities from both a clinical and social perspective to overcome negative "social determinants of health," defined by Healthy People 2020 as "conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks."² Blacks face more adverse social factors that

¹ Black is used in this document to refer to all Black people from Africa and the African Diaspora and hereafter referred to as Black.

² <https://www.healthypeople.gov/node/3499/2020/topics-objectives/topic/social-determinants-health>

can harm their health. Mitigating these issues will help to achieve parity with other racial and ethnic groups in the U.S.

With programming and services rendered across six focus areas (maternal and infant health, sexual health, diabetes and cardiovascular disease prevention, cancer prevention, mental health, and oral health), AAHP continued to conduct and execute virtual health education classes, in-home and virtual case management; social work support; health screenings; health awareness events, presentations, campaigns; and other tools and support free of charge for all County residents. Staff donning red AAHP polo shirts with matching AAHP facemasks and PPP (personal protective equipment) became common in schools, churches, homeless shelters, doctor's offices, community centers, and other venues. Making its presence known, AAHP reached its arms around Montgomery County and filled in gaps. The result: significant health improvements for hundreds of Black residents, as evidenced by improved health metrics.



Figure 1. AAHP staff conducting a biometric health screening at the Men's Shelter

During FY22, several unfortunate events occurred that tested the resilience of the people of our nation and community, underscoring AAHP's purpose. An accidental explosion at a Silver Spring apartment complex left 14 people hospitalized and hundreds displaced. In the wake of this tragic event, AAHP conducted individualized assessments for those who needed care or screenings for psychosocial or mental health issues. Residents who showed evidence of emotional trauma were referred to care and services provided by AAHP or AAHP's network of partners. The COVID-19 pandemic continued to have a significant impact on Blacks as well. Higher chronic disease prevalence and social and environmental factors made Blacks more susceptible to sickness and death, and AAHP was tasked to lessen these effects. These above incidents and challenges encapsulated the *how* and *why* AAHP focused on addressing mental health as well as the social determinants of health in its essential work for Montgomery County.

This Annual Report documents AAHP's efforts and success in the fiscal year 2022 and zooms in on data to tell how AAHP realizes the vision of a brighter, healthier future for Black Montgomery County residents.



Plans in Motion: Program Highlights

AAHP's staff was the heartbeat of its program and a formidable army on the mission to end health disparities. AAHP's nurses, community health workers, and social worker helped AAHP demonstrate a high level of competence, dedication, and expertise in health promotion and service delivery. AAHP residents relied on AAHP staff to help them navigate many health and wellness priorities and challenges. AAHP's staff helped SMILE clients with resources to access SNAP (Supplemental Nutrition Assistance Program)³, WIC (Women, Infants, and Children)⁴, health insurance, child immunizations, daycare applications, and other healthcare needs. They also delivered clothes, toys, food, car seats, strollers, cribs, and diapers to moms in need. Beyond products and services, staff engagement was crucial for the positive acceptance of referrals and encouragement toward behavioral change. During the program year, staff bonded with AAHP's Chronic Disease Management Program (CDMP) participants while engaging them in ongoing conversations about their health and wellbeing, encouraging and guiding them towards adopting a healthier lifestyle. Other services included conducting screenings, classes, consultations and education and resources to help County residents reduce their risk for sexually transmitted diseases. Staff provided confidential HIV (human immunodeficiency virus) testing and counseling and support to residents living with HIV. AAHP's French-speaking staff easily accommodated French-speaking clients. For County residents who spoke other languages, staff could access translation services through AAHP's partnership with AYUDA, a language translation service. These comprehensive services enabled AAHP to record significant health improvements for many

³ a federal food assistance program for needy families

⁴ provides for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

residents month after month throughout the fiscal year, despite the pandemic. The results for each focus area can be found in their respective sections in this Report.

One highlight of FY22 was AAHP's role in securing health insurance for low-income County residents through the Kaiser Permanente Community Health Access Program (CHAP). This landmark partnership ensures that families and individuals with limited financial resources can access Kaiser Permanente's medical care without the burden of expensive monthly premiums or deductibles. This unique program allows for enrollment in the Kaiser Permanente Maryland plan that includes preventive screenings, immunizations, specialty care visits, mental health services, prescription drugs, urgent care, hospital stays, and most X-rays with no out-of-pocket costs. Meaningful healthcare coverage is critical to living a productive, secure, and healthy life. Thanks to AAHP's staff, a healthier, more stable future became within reach for a minimum of 25 enrollees and their families, including 12 participants in AAHP's program for pregnant and postpartum moms and infants, the SMILE (Start More Infants Living Equally Healthy) program.

AAHP also served Montgomery County as a beacon of hope, information, and resources for the County's fight against COVID-19. To equip Black County residents with the tools and information needed to overcome the COVID-19 crisis, AAHP's COVID web page shared information on where to access the vaccine, and AAHP's social media channels provided information on testing and vaccination sites. Beyond the web page, clients were briefed on the importance and availability of vaccines for themselves and their extended families.

The importance of testing for COVID-19 is an often-overlooked step in the prevention process. In December, AAHP received 115 free BinaxNOW COVID-19 at-home rapid testing kits from Montgomery County DHHS. This small lot was efficiently distributed to clients, staff, and family members. AAHP staff produced a video distributed along with the kits and posted it on AAHP's YouTube channel⁵. The video explains how to download the app NAVICA onto both Android and Apple cell phones, take the test, and report the test results to the Maryland Department of Health. Later batches of at-home test kits secured by AAHP helped to identify positive cases early on and prevented transmission within families or guests during the holidays. Persons who tested positive using the kits were encouraged to follow up with a PCR test to confirm their status.

Many had anticipated that the COVID-19 pandemic would have tapered off by 2022, but instead, the highly contagious Omicron variant, discovered in December 2021, caused transmission levels to spike. Even amid the pandemic, participation in AAHP programs increased across almost all categories, as did adherence to wellness advice and counsel. Furthermore, AAHP participants rated the organization favorably in survey responses after events.

Notable Partnerships

On the journey to manifest a healthier Black population of Montgomery County, AAHP relied on support from and collaborations with organizations that shared and believed in AAHP's vision. AAHP initiated and engaged in partnerships



Figure 3. Social media post advertising free rapid test kit distribution

⁵ <https://www.youtube.com/watch?v=G5rD-GTsyj8>

with healthcare organizations, nonprofits, faith-based groups, fraternities and sororities, and other community organizations invested in the health and wellbeing of Black County residents. These partnerships also allowed AAHP to expand its reach and "meet people where they are" by building connections where Blacks live, work, and gather. As documented in the examples below, AAHP's partnerships with numerous organizations enabled AAHP to promote and provide services and programming for Black County residents of various ages, faiths, languages spoken, immigration status, socioeconomic status, and throughout the continuum of their lives.

◆ MedStar Health

Throughout the fiscal year, AAHP enhanced its strong partnership with a leading healthcare provider in Maryland, MedStar Health. Over the years, this fruitful relationship has resulted in several remarkable events and dynamic resource-sharing. In February 2022, AAHP partnered with MedStar Health to educate the community about how women can help prevent heart disease in observance of American Heart Month. The event was hosted by a TV personality and heart attack survivor and featured a panel of Black female cardiologists affiliated with MedStar Health. AAHP's association with MedStar Health introduced MedStar patients to AAHP's services, and AAHP's participants were able to forge relationships with MedStar's network of primary care physicians, many of whom share the same cultural background as AAHP's participants.

◆ Washington Regional Transplant Community Scholarship

Notable public health interest organizations supplement AAHP's prevention services. Such was the case with the Washington Regional Transplant Community (WRTC), which promotes and advocates for live organ donation. AAHP and WRTC collaborated with a delegate from Maryland's 14th Congressional District to deliver two educational initiatives about organ donation and transplantation in Montgomery County. WRTC collaborated with AAHP to provide education about organ donation at the Oak Chapel Health Fair. The Maryland state delegate led a discussion with Montgomery College sonography students about live organ donation at an in-person classroom event. This connection was critical because Blacks have more need for organ transplants than Americans of other races/ethnicities.⁶

◆ Alpha Kappa Alpha Sorority, Inc.

Fraternities and sororities provide invaluable logistical and financial support to the cause of ending health disparities. In addition to material support, they also provide AAHP with access to their vast social networks and an engaged contingent of County residents who remain actively involved in the community throughout their adult lives. The Alpha Kappa Alpha Sorority, Inc. has collaborated with AAHP for several heart health events. On February 4th, AAHP partnered with AKA for "Pink Goes Red" Heart Health Impact Day, which featured an educational webinar on cardiovascular disease, healthy cooking demonstrations, and sessions of Zumba and yoga. After each session, a survey was emailed to participants, and 18 expressed interest in receiving monthly information from AAHP, proving this type of event is a powerful educational and recruitment tool.

◆ African American Advisory Committee (AAAC)

In February, the African American Advisory Committee (AAAC) held a NASA Goddard event to celebrate Black History Month. "Salute to Black Health and Wellness" featured a presentation on Black health and wellness by AAHP's contract program manager and a panel discussion on the Black community's critical health issues, including COVID-19 and mental health. The event also

⁶ [US Department of Health and Human Services](#)

provided an informative history of Black medical pioneers who changed healthcare and advanced medicine in this country and beyond. A total of 292 participants joined this webinar.

◆ So Others Might Eat

AAHP recognizes that community organizations focused on providing public health services and resources to similar target populations are vital to strategies for effective interventions in the community. So Others Might Eat (SOME) is an organization that provides housing, medical, and dental support to thousands of D.C. residents. The C.E.O. addressed the AAHP Executive Coalition during a presentation summarizing SOME's rapid growth and successful integration of health and social determinants as a foundation for reducing health and wealth disparities among people of African descent. Highlights included new initiatives that have relevance for reducing health disparities in Montgomery County.

◆ Montgomery County Public Schools

Public schools and colleges play a critical role in helping AAHP establish connections that can last throughout a resident's lifetime. In March, AAHP extended its community outreach to Paint Branch High School and Blake High School to increase and expand engagement to more young people, orienting them towards a lifestyle that promotes health and wellbeing. To further this, AAHP staff participated in Wellness Night at Wheaton Woods Elementary School by conducting a session for families on the importance of health and specific healthy decisions. Also, during that event, AAHP's weight management coordinator discussed health with approximately 35 elementary school students, focusing on food portion sizes, obesity, making healthy food choices, and the healthy eating plate. By targeting school-aged youth, AAHP can improve the health of Black residents for the future; health awareness at a young age can help them achieve a lifetime of good health.



Figure 4. AAHP staff at Daly Elementary School Health Care Fair

◆ Faith-Based Outreach

Churches and faith-based groups are tremendous sources of emotional and spiritual support. AAHP continued to answer the call of faith-based leaders who believe in health-related community education and services to help their congregants achieve better health. AAHP maintained close ties with many Montgomery County churches, including The People's Community Baptist Church, Kings and Priests, Kingdom Fellowship, Mount Calvary, Mount Jezreel, and Allen Chapel, to name a few. As an example, for Black History Month, AAHP collaborated with The People's Community Baptist Church seniors, Generation One, for a webinar that drew 77 seniors, making it a popular virtual event. Topics included taking action to sustain and maintain brain health. This meeting also highlighted the importance of volunteering for clinical trials, using the example of one conducted by Howard University on a Computerized Olfactory intervention designed to prevent Alzheimer's disease and Dementia. Additionally, the webinar included advice on preventing memory loss by living a healthy lifestyle, seeing a doctor regularly, and engaging in mentally stimulating activities.

◆ The Montgomery County Gentlemen

Small organizations play a role in activating community members to help fellow residents in times of need. AAHP's contract program manager led a discussion of men's health issues with the men of the Montgomery County Gentlemen, a social club of Black men. The challenges experienced by persons seeking assistance from AAHP were discussed; for example, SMILE mothers often experience life-changing emergencies outside of regular business hours. To provide some immediate financial assistance, the Montgomery County Gentlemen gave gift cards to support prenatal and postnatal mothers who encountered emergency financial challenges. At the same time, eligibility for more long-term services was still being determined and processed.

◆ AAHP's Community Day 2022

AAHP's Community Day 2022 represented the culmination of weeks of collaborative planning with the Executive Committee and representatives of various organizations and agencies, fraternities, and sororities who came out in the rain and unseasonably cold weather to make this event a success. AAHP Community Day 2022 included in-person and virtual participants. The opening session highlighted a panel discussion, "Racism is a Public Health Crisis," with three Black women doctors. Breakout sessions included health topics such as stress management, pain management, diabetes prevention, men's health, women's health, and cardiovascular health. The men's health breakout session discussed the importance of healthy role models in the family and explored the foundation for a faith-based approach to mental health. The County's Acting Health Officer provided a public health framework for understanding racism and its impact on the health and well-being of Montgomery County residents. The event included individualized screening and assessments to help participants better understand their health risks, and consultations were available. There were also activities for kids and teens, Zumba, and infant CPR sessions. More than 100 health biometric screenings (to measure blood pressure, blood glucose, cholesterol, weight, and body mass index) were completed during AAHP Community Day 2022.

Community Response

AAHP collected periodic customer satisfaction data throughout the fiscal year during health outreach events and chronic disease management classes. Combined with data collected over the past four years, over 93% of survey respondents rated AAHP's services "excellent."

Use of Technology

Data gathering continued to be at the heart of AAHP's overall accountability approach that focused on processes and outcomes. The Internet and communications technology-enabled service providers deliver prevention services more effectively and efficiently. The case management system AAHP developed over the past two years proved valuable for administration, programming, and documenting progress. New programs for remote patient monitoring, diabetes prevention, and enhanced weight management play an intricate and vital role in the delivery of services. These introductions significantly reduced the activity required to better access and report program data.

All the staff participated in training on Tableau. This software program allows the staff the capacity to visualize data and information in ways that make it more evident for planning and policy development. AAHP used Tableau in conjunction with the data management system and County statistics to assist in identifying underserved segments of the Black community and to visualize a solution for them.

Pathways to Health: Focus Area Highlights



The SMILE Program

AAHP has a grand vision for optimal health throughout the lifespan of each Black Montgomery County resident. The efforts to bring this vision to fruition begin before an individual is born, with investments made to strengthen the health of mothers, mothers-to-be, their families, and the greater community. Appropriately, AAHP's SMILE (Start More Infants Living Equally Healthy) Program to support maternal and infant health was established among AAHP's focus areas. In FY22, the SMILE program continued to address the longstanding disparity that amounts to Black women dying from pregnancy and childbirth-related complications at three times the rate of White American women and Black babies dying before their first birthday at three times the rate of White American babies. Each of the 80+ SMILE babies born in FY22 carries the potential for a long and healthy life.

By providing essential services and support to pregnant women, new mothers, and babies in their first year of life, the SMILE program confronted the social determinants of health that drive maternal and infant mortality. A mother's physical and mental health, nutrition, environment, financial circumstances, and behaviors can influence infants' and children's cognitive and physical development during pregnancy and early childhood. SMILE's nurses, social workers, and community health workers worked to improve risk factors. Interventions for each SMILE client were based on detailed profiles identifying medical risks, social risks, and mixed social and medical risks. Consistent with previous fiscal years, medical risks included, but were not limited to, gestational diabetes, pre-eclampsia, mental health challenges, history of prior miscarriages, advanced maternal age, or precocious maternal age; social risks included problems related to

personal safety, low self-esteem, unemployment, low educational attainment, unclear immigration status, language barriers, inadequate family support, isolation, and disconnectedness. Most SMILE clients are profiled as having mixed medical and social risks. While medical risks were managed by encouraging and guiding clients toward proper nutrition and referring moms to proper prenatal care as needed, social risks required extensive management and collaboration between AAHP staff, community resources, and County support services. They included housing-related emergencies such as

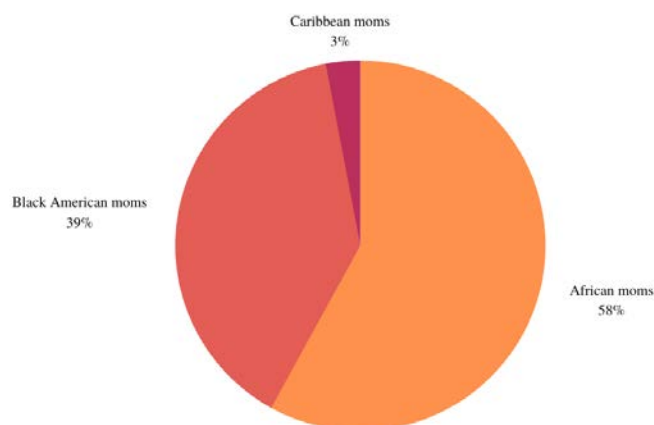


Figure 5. SMILE nurse holding a SMILE baby

evictions, the threat of evictions, domestic abuse, and stress management. Montgomery County families served were not all in financial distress. Despite some having access to resources, they struggled with issues that required exercise, positive social outlets, and stress reduction strategies that included behavioral changes to get adequate rest.

Cultural competency remained a significant variable as the demographics of Montgomery County rapidly changed to reflect higher populations of immigrants. As documented in the graph below, mothers and families from Africa consistently made up a high proportion of SMILE caseloads. AAHP's effective services and care were built upon understanding how language and cultural nuances can potentially impact outcomes. The SMILE Program benefited from a diverse staff from multiple backgrounds, including French-speaking staff of different disciplines.

Chart 1. FY22 Moms' Ethnic Origin



Breast milk is widely acknowledged to be the complete form of nutrition for most infants, with a range of benefits for their health, growth, immunity, and development. Because Black women have traditionally not had sufficient breastfeeding support, advocacy for breastfeeding has always been a foundational aspect of the SMILE program's mission. Staff encouraged mothers to adopt breastfeeding when possible and practical at every encounter. In January 2022, a single infant formula factory closed in Detroit, leading to a nationwide shortage of baby formula. Families struggled to source formula, feed their children, and regain a sense of normalcy which was already

fragile during the COVID-19 pandemic. AAHP's encouragement and support for breastfeeding for SMILE moms made many resilient during this crisis. AAHP's online platforms also shared information and resources about formula availability.

A Mommy Chat Room support group was established to provide SMILE moms with a platform to discuss pregnancy, childbirth, and motherhood. Scheduled weekly, this informal, open group promoted relationships and provided information to mothers and moms-to-be. The group was designed to help moms-to-be avoid the isolation that can come with pregnancy and to enable staff to observe clients for indications of emerging emotional or physical issues. Nurses were available to answer questions and elaborate on medical issues related to pregnancy and childbirth. AAHP's social worker also used Mommy Chat to announce training and resources in the community. Sessions included a variety of topics, including a resume-building workshop presented by an AAHP's community health worker. During this special presentation, mothers demonstrated significant interest in returning to the workforce and submitted their resumes for review. Depending on variables such as access to transportation or the Internet, Mommy Chat averaged 20 attendees each month.

Along with other AAHP staff, the nurses supported mothers and families by providing diapers, car seats, breast pumps, pack-and-play cribs, and other items to support the growth and development of healthy mothers, infants, and families. The SMILE nurses also were highly visible in community activities. They participated in food distribution events, provided health screenings, conducted car seat demonstrations, and prepared and distributed diaper bags at various locations. Previous SMILE clients approached them at events and were able to reengage on various ongoing health tasks, such as the need to get regular mammograms. SMILE nurses participated and shared with colleagues in the field by attending the Fetal Infant Mortality Rate Community Action Team (FIMR/CAT) meetings.

AAHP staff organized an in-person birthday/graduation ceremony for the babies who reached their first birthday. This was a particularly heartwarming event, during which mothers applauded the outstanding work of the nurses who worked with them over the past year or more. At least one mother explained that on learning of her pregnancy, her first instinct was to discontinue her college education. However, her AAHP nurse consistently encouraged her to stay in school, and now she is pleased to have obtained a nursing degree. As a result of a new partnership between AAHP and Montgomery College, more pregnant and postpartum mothers are encouraged and assisted in pursuing higher education at Montgomery College. Significantly, this opportunity is extended to undocumented women who may be eligible for scholarships at the college. Many of the SMILE mothers were underemployed or unemployed, and to improve their employability, sessions were conducted on ways to enroll in college courses and apply for scholarships with support from Montgomery College.

Table 1. SMILE FY22 Dashboard

	Overall caseload	Moms	Infants	Prenatal moms	Postpartum moms	Babies born	High risk medical	High risk social	% moms breastfeeding At three months
July 2021	154	87	68	22	65	4	10	3	81
August	152	90	62	29	61	2	16	6	85
September	150	90	57	35	55	4	25	13	100
October	159	96	63	36	63	6	27	19	94
November	172	106	66	45	61	7	22	19	67

December	180	109	71	41	68	7	29	26	82
January	179	107	72	41	68	6	31	26	79
February	181	104	77	30	74	11	25	29	77
March	187	117	70	34	83	10	22	30	78
April	213	120	93	36	84	11	26	37	91
May	193	110	83	33	77	4	27	38	100
June 2022	181	107	74	39	68	9	29	46	100



Sexual Health

As a person grows from childhood into adolescence and adulthood, sexual health and the consequences of sexual behavior come into play. Blacks have faced the most severe consequences, accounting for 42% of HIV diagnoses and 43% of HIV/AIDS (acquired immune deficiency syndrome)-related deaths nationwide as recently as 2018, with similar rates for Montgomery County; and infection rates for chlamydia, gonorrhea, and syphilis several times higher than those for White Americans nationwide; along with untold trauma and dysfunction that complicate relationships and impact an individual's potential to thrive. In FY22, AAHP's sexual health focus area staff continued to counter and prevent the spread of STIs (sexually transmitted infections), promote sexual health education, and provide support and care for individuals diagnosed with an STI or HIV.

Because youth aged 15-22 are impacted by STIs the most, AAHP partnered with Montgomery County Public Schools and Montgomery College to host sexual health education and condom distribution events at high schools and campuses throughout the County. According to the Centers for Disease Control and Prevention (CDC), Black youth are less likely to use condoms than those of other races/ethnicities; providing free and easily accessible condoms can be pivotal in reducing existing disparities for STI/HIV infections as well as improving reproductive health outcomes. Events also emphasized the importance of healthy teen/young adult relationships and addressed issues such as domestic violence and self-esteem.

Sexual health education and HIV testing, alongside biometric health screenings, continued to be the mainstay of AAHP's sexual health services, with new opportunities for testing presented through Montgomery County's new Men's Shelter on Nevil Street in Rockville. AAHP remained one of the few organizations in the County that conducted in-person, on-site biometric testing at homeless shelters and other locations where residents gather and live. These events also directed participants to other components of AAHP's services. Unfortunately, from January to April 2022,

AAHP's health screenings for HIV/AIDS testing and counseling at homeless shelters were suspended due to the COVID-19 pandemic. During this period, new participants were tested and counseled at Hampshire Tower Apartments through AAHP's partnership with the Patcha Foundation.

Table 2. FY22 HIV and Biometric Health Screenings Conducted

	HIV screenings	Biometric screenings
July 2021	92	50
August	49	49
September	53	53
October	24	24
November	41	41
December	35	35
January	11	11
February	27	32
March	35	35
April	89	147
May	43	99
June 2022	92	137

World AIDS Day

On December 1st, HIV and AIDS took center stage as AAHP joined efforts to underscore the critical work that remains in ending the HIV/AIDS epidemic in Montgomery County and nationwide. This was a day of reflection, sexual health education, and free HIV testing. People of African descent continued to be overrepresented among HIV/AIDS infections, so the focus remained on stopping the spread of this preventable disease. AAHP served as a collaborative partner in the Solidarity for Health Equity Breakfast hosted in Rockville, organized as a collaborative event in partnership with the Montgomery County Alumnae Chapter of Delta Sigma Theta Sorority and featuring speakers from the Montgomery County Council and the Maryland Department of Health. Panelists provided the most current information about the HIV epidemic in Maryland and Montgomery County. Additionally, AAHP staff participated in the Reflection and Resilience Vigil and Open House at the Dennis Avenue Health Center, where candles were lit in memory of the victims of AIDS and COVID-19.



Figure 6. Solidarity for Health Equity Breakfast on Wednesday, December 1st at the VisArts Gallery in Rockville



Chronic Disease Prevention and Management (CDMP)

Preventing chronic disease is paramount to living a long, healthy life. Annually in the U.S., chronic diseases, namely heart disease, diabetes, and cancer, cost more than 1.7 million lives and (coupled with productivity losses) cost the economy \$1 trillion,⁷ with Blacks carrying much of the disease burden. AAHP's CDMP delivered a comprehensive spectrum of services, interventions, and campaigns designed to empower each Black resident with the knowledge, tools, and resources to help them prevent and manage chronic disease and achieve the full potential of their health. The CDMP program helps to add years and vitality to the lives of its participants.



Figure 7. AAHP staff at Montgomery County Thanksgiving Day Parade in downtown Silver Spring

CDMP Health Education Classes

⁷<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5876976/#:~:text=Additional%20statistics%20are%20quite%20stark,toward%20chronic%20diseases%20%5B%5D>

"When you know better, you do better." This adage, coined by the late Maya Angelou, drives the intention for AAHP's health education classes. Because many Blacks suffer from poor health due to a lack of health literacy, CDMP's classes aimed to guide and educate County residents on their journey towards doing better. The CDMP conducted six classes weekly to educate residents on various health topics.

The Health and Fitness class component consisted of yoga and Zumba classes on one morning weekly. Drawing from the Western culture of active movements and the Asian tradition of meditation, yoga classes focused on stretching and strengthening with a range of motion exercises adapted for multiple ages. The Zumba classes focused on aerobic dancing, with choreography that included body isolation movements, gestures, and footwork to the music of famous African artists such as Burna Boy, Davido, WizKid, and Yemi Alade. AAHP's Zumba class helped participants complete 30 minutes of daily exercise recommended by the Physical Activity Guidelines for Americans by the U.S. Department of Health and Human Services.

AAHP's Kick Start Your Health I and II CDMP classes offered in-depth, evidence-based education on health promotion and disease prevention and management through lectures, special guest presentations, discussions, videos, and recipe-sharing. Different topics and diseases were featured every month, with a curriculum covering the functioning of various body organs, their diverse pathologies, disease prevention strategies, and treatment options. Topics included heart disease, diabetes, kidney disease, sickle cell, and the cancers that show the most significant disparities for Blacks—namely breast, colorectal, prostate, lung, and multiple myeloma.

Notably, in FY22, CDMP's Kick Start Your Health classes and AAHP's comprehensive disease prevention programming reframed conversations about cancer. Despite recent advances in survival and recovery, many people perceive a cancer diagnosis as a death sentence. AAHP's CDMP instructors discussed cancer with optimistic energy, informing attendees of the most recent advances in treatment and magnifying the voices of cancer survivors. Class discussions often revolved around personal experiences with cancer or other life-threatening diseases and testimonials about self-care and finding strength and support from family and friends. Lectures also emphasized cancer prevention and the ultimate power each person has in reducing cancer risk through healthy lifestyle behaviors.

To focus on nutrition as a means of preventing disease, CDMP's Health and Nutrition class focused on helping participants learn about and adopt a plant-based diet. AAHP's Food for Life instructor conducted food demonstrations that explained the importance of plant-based food that protect health. This fiscal year, hybrid sessions at Leisure World were introduced wherein participants could join the classes in person or online. Residents of Leisure World participated in in-person health screenings and a cooking demonstration combined with a virtual lecture and discussions led by CDMP faculty.

Table 3. Average CDMP class size per month

	Health and Fitness	Kick Start Your Health I	Kick Start Your Health II	Health and Nutrition
July 2021	29	12	16	25
August	29	11	13	26
September	29	11	13	26
October	26	12	12	29
November	18	16	12	27
December	31	15	15	31
January	34	18	36	35

February	31	15	15	31
March	25.4	12.2	15.2	29
April	23	12	15	26
May	29	11	14	20
June 2022	20	11	11	35

Diabetes Prevention Program

County residents at risk for diabetes participated in AAHP's Diabetes Prevention Program (DPP), a lifestyle change program focused on healthy eating and physical activity. A national effort initiated by the CDC, the DPP is based on research that indicates that people with prediabetes who participate in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). Led by AAHP's clinical director, the DPP met weekly and explored a variety of health promotion topics such as "the Importance of Becoming More Active," "Eating to Achieve your Health Goal," and "Having a Positive Approach to Eating." AAHP's retired County registered dietician volunteered as a special guest lecturer and discussed creating and visualizing success using a SMART (Specific, Measurable, Achievable, Realistic, and Timely) strategy. DPP participants were very engaged, and the retention rate remained high at 80%. AAHP staff called participants at the end of each week to check on their progress and to record weight and activity minutes for entry into the DPP Lifestyle Coach's Log.

DMeetings

Dmeetings is an online diabetes education platform to help people manage their diabetes. In FY22, AAHP's dMeetings participants received education, encouragement, and motivation for diabetes management through nine class sessions that included videos, discussions, and self-evaluations to help them reach their diabetes goals. Most of the new participants came from a new partnership with Trinity University that formed after AAHP's data coordinator reached out to a university representative about the program.



Figure 8. DPP participant receiving certificate of completion

Remote Patient Monitoring Program

The core goals of the CDMP's Remote Patient Monitoring (RPM) program are to equip participants with greater awareness of their health screening numbers and participate in a structured program of self-monitoring to strengthen their commitment to lifestyle change. Participants were assigned self-monitoring devices and encouraged to monitor their biometric measurements and use those numbers to engage with their primary care provider (PCP). AAHP continued to encourage participants' adherence to daily, weekly, and monthly self-monitoring consistent with their goals.

As an example of its efficacy, one patient who previously recorded high blood pressure readings met with her doctor and had her medications readjusted because her systolic blood pressure decreased by 20.7mmHg and her diastolic blood pressure decreased 8.9mmHg. It has been proven that a 20 mmHg decrease in blood pressure can contribute to a 35%-40% reduction in stroke, a

50% reduction in heart failure, a 16% reduction in coronary events, and a 10-15% reduction in mortality ([Basile 2002](#))⁸.

The importance of focusing on prevention rather than treatment cannot be overstated. Remote patient monitoring positively impacted AAHP clients by making them more aware of their health and allowing them to manage numbers that can lead to hospitalization, poor quality of life, and even death. The readings and assessments gave AAHP staff the tools and ability to reliably monitor clients' progress, identify issues if they arose, and help participants achieve their goals.

Weight Management Program

Obesity is a significant contributor to chronic disease. AAHP's Weight Management Program (WMP) guided Black Montgomery County residents toward achieving a healthy weight to reduce their risk for chronic disease. The WMP was revamped during FY22, leading to improved metrics for weight management and more participants. Participants received individualized health screenings for glucose, A1C, cholesterol, and blood pressure upon enrolling. Also, measurements for weight, BMI, water, body fat percentage, protein, visceral fat, and bone mass were used to determine the recommended healthy weight, daily caloric intake, and breakdown of the suggested amount of daily macronutrient percentages for each participant. Interventions consisted of:

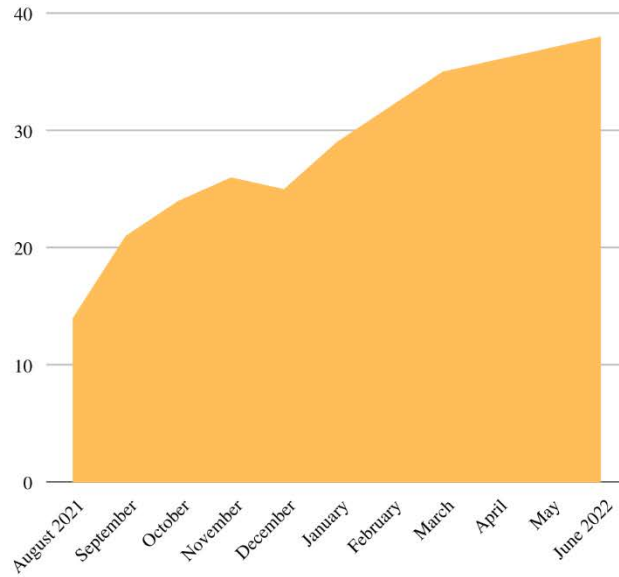
- Meal plans individualized for breakfast, lunch, and dinner.
- Exercise plans for beginners and advanced persons to work for specific muscle groups.
- Monthly reports from weekly call logs with a summary wrap-up of progress.
- Monthly support group meetings to discuss perceptual change behaviors and intentional change behaviors.
- Total daily intake charts with a breakdown of the required daily caloric intake to lose one pound per week. (This analysis also included a specific breakdown of carbs at 40%, protein at 30%, and fat at 30% daily.)

Following health screening, WMP members were given weight management kits that included a tape measure and BMI tracker, food and exercise journal, gallon-size water bottles, portion control containers, exercise bands, food and exercise journals, scales and healthy cookbooks to encourage a healthy lifestyle. These tools helped participants in their weight management goals and encouraged healthy lifestyles rather than focusing merely on diet and exercise. For reinforcement, the WMP held monthly support groups and sent a monthly newsletter.

Retention remained high, and the number of new enrollees increased for the WMP throughout the program year, a testament to the strength of the connections made among AAHP staff and participants, and the participants' determination. Participants continued to engage in program activities when they did not meet their goal weight.

⁸ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1124431/>

Chart 2. FY22 WMP Enrollment



The WMP program attracted participants like Ms. A., who struggled with her weight and health. Determined to improve her health and well-being, Ms. A. joined the WMP at the end of September to get on track with her weight loss journey. Ms. A lost 18 lbs. by March 2022. The WMP coach was there to listen, help her get back on track, and keep her fighting for her health, including a healthy weight.

One of the most promising initiatives of the WMP was AAHP Walks, regularly scheduled exercise events during which participants walked together in one of Montgomery County's beautiful parks. Each AAHP Walk lasted approximately one hour, with time allotted for stretching and cooling down. Adjustments were made during the instructional classes regarding the appropriate length and pace to ensure each participant was comfortable on the walks. The walks included slow and medium-paced walking groups to accommodate all fitness levels. Both the exercise events, as well as other community outreach events served to recruit new enrollees into the program.



Figure 9. AAHP's Weight Management Program participants enjoying AAHP Walk



Cancer Prevention

A substantial proportion of cancer is preventable, including all cancers caused by tobacco use. According to research from the American Cancer Society, at least 42% of newly diagnosed cancers are potentially avoidable, including 19% caused by smoking and 18% caused by a combination of excess body weight, physical inactivity, alcohol consumption, and poor nutrition.⁹ Blacks in Montgomery County have the highest death rates from cancer. This reality motivated AAHP to create effective programming that informs Blacks on how they can reduce their cancer risk and take action to preserve their health. In concert with the CDMP, the cancer focus area emphasizes the primary causes of cancer for the most prevalent cancers: breast cancer, lung cancer, colorectal cancer, prostate cancer, skin cancer, and myeloma.

In FY22, AAHP focused on breast cancer, the most commonly diagnosed cancer among women worldwide and the second leading cause of cancer death among women in the U.S. One in eight women will be diagnosed in their lifetime, and Black women have the highest mortality rate of any racial or ethnic group. For Breast Cancer Awareness Month in October, AAHP organized two momentous events. AAHP's event at Harvest Intercontinental Church gathered many survivors and organizations passionate about their mission to reduce the incidence and mortality of breast cancer in Black women. Beyond learning about the signs of breast cancer, participants were

⁹ [Cancer Statistics 2022, from the American Cancer Society](#)

screened for blood pressure, blood glucose, body mass index (BMI), and mental health. Other organizations joined in to expand the range of screenings and consultations. Howard University's pharmacy students and other collaborating health and wellness providers conducted screening tests for Hepatitis B and C, HIV, and cholesterol. Literature on various health topics such as smoking, diabetes, heart health, STI (including HIV, gonorrhea, and chlamydia), oral health, cancer (including colorectal, cervical, lung, prostate, and cancer in men) was distributed at the information tables. AAHP's Food for Life instructor conducted food demonstrations for healthy meals and shared recipes to emphasize nutrition as a critical component of cancer prevention. This event allowed the congregation and community members to obtain a comprehensive snapshot of their health and understand how chronic diseases can be prevented, managed, and controlled. Despite many congregants being dressed for church, a dance session to emphasize the health benefits of exercise was fun and very well attended. At least 100 congregants and partners attended this event.



Figure 10. AAHP partners Touch4Life at AAHP's Breast Cancer Awareness Event at Harvest International Church on Sunday, October 3rd, 2021

Also, in October, AAHP continued its breast cancer campaign by holding a virtual panel discussion and food demonstration in partnership with Kingdom Fellowship A.M.E Church. The panelists were all breast cancer survivors, including AAHP's Kick Start Your Health instructor, a SMILE nurse case manager, a physician, and a social worker, along with three other survivors, including the founders of *Touch4Life*, *2For2Boobs*, and *My Style Matters*. The panelists gave impactful and personal testimonies about their journeys with their cancer diagnoses, treatment, and survival. Their lived experiences emphasized the importance of risk reduction and obtaining annual mammograms and offered insights into breast cancer's signs, symptoms, and variations.



Mental Health

Mental health greatly influences physical health and quality of life. While Black Americans experience similar levels of mental illness compared to White Americans, Blacks endure added lifestyle stresses associated with financial instability and discrimination and hold a great degree of stigma about mental illness, contributing to avoidance and reluctance towards seeking professional mental health treatment. AAHP's mental health focus area bypassed the influence of stigma by providing Black County residents with a confidential and anonymous mental health online screening tool to offer them insights into their mental health and access to professional help and resources. AAHP also conducted mental health awareness campaigns to reduce stigma and provide resources for individuals struggling with substance abuse. AAHP's goal remained to help those who need it most get back on their feet to live healthy lives.

In FY22, AAHP staff also implemented a successful outreach strategy that encouraged more residents to take a mental health screening. Participants felt more comfortable changing the terminology from "mental health" and its associations with illness and weakness to "mental wellness" with an emphasis on measuring outlook and quality of life. They were more willing to complete the screenings. Additionally, staff helped participants select a screening measurement that best fit their particular comfort level. To minimize the concern about stigma, introductory questions were included such as, "have you been worrying about things lately, or do you feel like your mood is low?" These prompts reduced barriers to begin open and honest conversations about emotions and how their lives are being affected by psychological and social issues. Their responses then opened the door to the selection of specific assessment tools, brochures, and information materials.

The mental health screenings were taken by young adults, adults, and seniors, male and female. Staff managed various challenges related to screening access, including language barriers,

unfamiliarity with using tablets, and participants not reading or understanding the questions or screening process. Some screenings included wellbeing, generalized anxiety, depression, alcohol misuse, eating disorders, substance abuse, PTSD, gambling, and bipolar disorder. When AAHP's social worker assessed individuals for self-harm or suicide potential, she provided access to information on crisis management and suicide prevention.

In February, AAHP's social worker increased the level of collaboration with AAHP's Department of Health and Human Services (DHHS) program manager as part of a more concerted effort to streamline the referral and delivery of housing, income assistance, and related services for SMILE clients in crisis. Meetings were held with several DHHS staff, including the administrator for the Office on Homeless/Medical Services.

Table 4. Mental Health screenings FY22

	Screenings
July 2021	103
August	157
September	197
October	124
November	85
December	105
January	28
February	57
March	80
April	128
May	104
June 2022	158

Throughout FY22, AAHP's social worker continued to provide mental health services to clients to help them navigate their circumstances and improve their health. AAHP's social worker made a difference in the lives of clients in many ways, such as:

- When an AAHP client's family of five was forced to leave the housing where her family had lived for several years, the social worker took the family to the Crisis Center, where they obtained shelter placement in a hotel.
- When a client told the social worker that she had difficulty obtaining SNAP, the social worker referred the client to Manna Foods, which had services to help clients apply for SNAP benefits.
- A client was provided with resources to assist her in repairing her vehicle. She was also informed of food distribution sites.
- Pregnant or postpartum clients whose mental health screenings showed depression were referred to the SMILE Program for support and care. The social worker also provided referrals for diapers as well as financial assistance for housing, employment, education, training, and healthcare.

AAHP's social worker went into the community to increase AAHP's influence and capacity to recruit promising students into the fold for hands-on training and experience in public health and on the front lines of the imperative to end racial health disparities. The social worker met with representatives from Howard University and Morgan State School of Social Work, Maryland Global Campus School of Nursing to look for interns to increase AAHP's capacity and to provide educational and career advancement opportunities for residents, recruiting talent and competence into the ranks of AAHP. Just like they learn from AAHP, AAHP also learns a lot from them.



Senior's Health

In FY22, AAHP continued to strengthen efforts to provide information, support, and services to help seniors live whole lives as they navigate the various challenges associated with aging. With proper health preservation, support for cognitive care, and additional services such as training for proactive measures to prevent some of the hazards associated with aging, AAHP aims to institute a priority of "aging in place," which allows seniors to remain in their own homes. By focusing on physical and mental support, AAHP helped people aged 50+ with dignity, safety, and wellbeing while addressing the impact of improving the quality of life for the whole family, including caregivers.

Adults over 50 made up a bulk of AAHP's participants in the CDMP program. They learned about their health status through screenings, engaged with classes, and participated in community events. Many seniors have struggled for a long time with various health issues and were enthusiastic about pursuing ways to alleviate those issues. Through AAHP's training and education programs, AAHP's senior participants discovered new ways to look at health and wellness. By identifying a more sustainable way to eat, exercise, and live their lives, they were able to make long-lasting changes that will positively impact their quality of life as they age.

FY22 also saw more participation in brain health and mental health screenings among seniors. In January 2022, AAHP's Health Notes began a four-part newsletter series, "Minding Your Brain Health," which explored the science behind memory loss and provided tips on how to preserve brainpower and delay the onset of Alzheimer's disease and Dementia, emphasizing why Black citizens must avail themselves of community resources to improve their mental health.

As previously mentioned, AAHP collaborated with The People's Community Baptist Church to host a Black History Month webinar for the church's senior group, Generation One, which was well attended.



Oral Health

Oral health is paramount to total health and is essential throughout a person's lifetime. The Montgomery County Dental Health Program coordinator met with AAHP staff during a daily staff meeting to discuss the dental services offered through the County and discuss working more collaboratively to ensure that the oral health needs of people of African descent are included in program services provided at County-supported clinics. This individual 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. In just a few short weeks, those initial meetings resulted in more dental referrals from AAHP staff for residents who may have otherwise ignored their oral health. Consequently, the AAHP set up appointments for residents to get services to distribute toothbrushes, toothpaste, and other oral health items.

AAHP's health awareness discourse continued to express the link between oral health and overall health. May's AAHP Health Notes included an article titled "What Your Dentist Knows About Your Health," which explained how "the mouth is a window to your overall health" as a routine dental exam can reveal various health conditions and behaviors. AAHP's social media messaging continued to encourage good oral health habits such as brushing teeth for two minutes twice daily, flossing, seeing a dentist regularly, and drinking lots of water and eating a nutritious diet.



Digital Outreach

Digital media has a significant influence on health literacy and behaviors. Blacks are highly connected digitally and consume much news and media online. In FY22, AAHP continued to serve Montgomery County by providing a wealth of information and resources to guide residents toward optimal health and wellbeing. AAHP's website, social media channels, and email newsletters provided content and kept Black County residents abreast of AAHP events and services. AAHP's online presence helped to ensure that County residents could access health-related information at any time of the day or evening.

At the start of 2022, AAHP's newsletter embarked on an unprecedented campaign to increase awareness of the cognitive issues faced by seniors, resulting in a four-part series targeting 50+ families and caregivers. Each *Health Notes* edition between January and June featured a new, well-research article on how seniors and their caregivers can differentiate between the forgetfulness that commonly accompanies the aging process and forgetfulness that signals severe cognitive decline.

AAHP's social media channels heavily promoted AAHP Community Day 2022, which took place in May. AAHP's regularly occurring content was supplemented by a series of posts supplied by a public relations firm. These were posted repeatedly in the weeks leading up to the event. AAHP's Facebook page also connected to AAHP Community Day's Eventbrite page, where registrations were collected and managed. For the first time, Facebook ads were utilized to promote AAHP Community Day 2022. AAHP's live stream of AAHP Community Day 2022 reached 548 people and amassed 36 reactions and 14 shares. The event was also live tweeted on Twitter.



Figure 11. Instagram grid of posts promoting AAHP Community Day 2022

Health Notes

AAHP's monthly e-newsletter, *Health Notes*, continued to provide dynamic health information and insights to County residents. Each edition included feature articles based on national monthly observances or uniquely relevant health issues. Health tips, updates on medical research, and advertisements for upcoming health-related events also comprised regularly occurring content. During FY22, *Health Notes* grew its readership significantly and elevated the quality and relevance of article topics. Notable content included a series on cognitive decline and articles about vitamins, condoms, and everyday toxins found in personal care items. The content is crafted to appeal to various age groups.

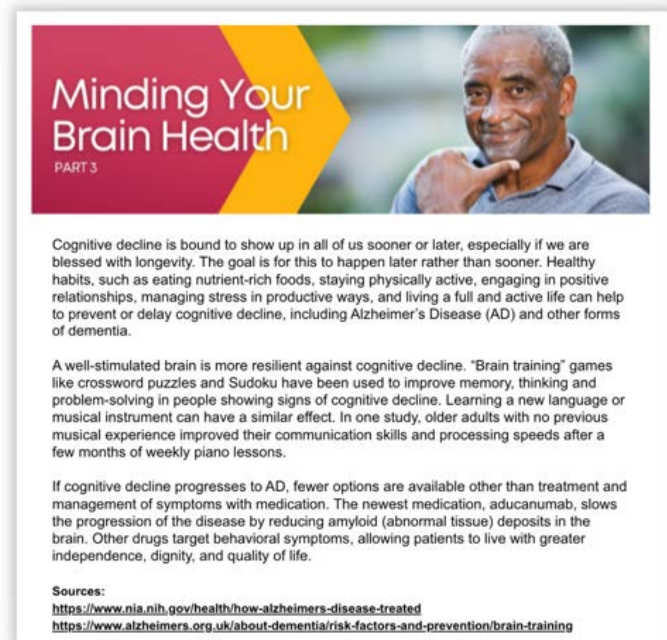


Figure 12. Health Notes article on cognitive decline

AAHP's *Health Notes* achieved remarkable growth in FY22. AAHP's engagement with a public relations firm garnered more than 7,000 subscribers to AAHP's mailing list. Also, AAHP's open rate reached its highest in March when 37% of subscribers opened the email.

Table 5. FY22 Health Notes metrics

	List recipients	Successful sends	Open Rate	Click rate	Unsubscribes
July 2021	1622	1237	26.3%	1.3%	2
August	1620	1231	20%	4.7%	3
September	1617	1221	21%	.7%	0
October	1617	1221	21%	.7%	3
November	1615	1214	27.3%	1%	3
December	1609	1218	25.6%	1%	0
January	1610	1213	28%	.7%	1
February	1609	1204	30.3%	.7%	1
March	1605	1201	36.6%	2.6%	0
April	1605	1197	32%	1%	1
May	7691	7168	33.6%	.2%	34
June 2022	7570	7018	28.2%	.3%	13

Social Media

AAHP's social media channels continued to publish high-quality content to educate County residents on health-related topics and motivate them to live healthier lives. With an average of six weekly posts across Facebook, Instagram, and Twitter, AAHP's social media included branded visuals and informative evidence-based captions. Content comprised of health advisories and infographics to promote health literacy and encourage positive health behavior; advertisements and updates on AAHP's events, programs, and services; information and updates on COVID-19 and related mandates and opportunities for testing and vaccinations; shared posts from esteemed health organizations, partner organizations, and government entities; and more. Despite the lack of paid advertising, AAHP's follower counts consistently grew.

Table 6. AAHP follower count on Facebook, Instagram, and Twitter

	Facebook	Instagram	Twitter
July 2021	724	208	389
August	725	214	389
September	727	226	401
October	729	234	402
November	729	238	402
December	733	238	407
January	738	248	411
February	743	255	423
March	745	255	430
April	745	255	432
May	751	264	432
June 2022	754	265	432

AAHP website

AAHP's website continued to serve County residents as AAHP's digital home and a portal for news, information, and interaction. The website featured a slider inviting visitors to attend special events and explore AAHP's ongoing programs. The navigation menu and featured links guided site visitors to AAHP's services and opportunities and pointed directly to AAHP's CDMP classes and COVID-19 resources. AAHP's blog showcased on the homepage under "Featured News" and within the Senior's Corner, continued to serve as an essential part of AAHP's website. By including articles and blog posts about topics of interest, AAHP's website became a touchpoint that County residents trusted.

Community Partners

In FY22, AAHP worked collaboratively with a variety of community partners to bring resources and service to our communities. These partners include other public health organizations, government agencies, hospitals, churches, nonprofits and associations, educational institutions, businesses, and others.

Adventist Health Care Center for Health Equity & Wellness
Adventist Hospital
Aetna's Community Development Department
African American Advisory Committee
Alpha Kappa Alpha Sorority, Inc., Theta Omega Omega Chapter
Alpha Phi Alpha Fraternity
American Bone Health
American Diversity Group
Anthem Health
Asbury Methodist Village
ASPIRE
Black Women's Health Imperative
Bones N Balance
Brothers Against Breast Cancer
Clinical Solutions, Inc.
Colesville United Methodist Church
Cygnus Research Corporation
Delta Sigma Theta Sorority, Inc., Montgomery County (M.D.) Alumnae Chapter
The Fatherhood Initiative
First Baptist Church of KenGar
Generation Hope
Howard University Cancer Center
Howard University School of Divinity
Kelly Collaborative Medicine, L.L.C.
Kingdom Fellowship A.M.E. (KFAME) Church
Kings & Priest International Church
Know Your Lemons
Lee's Little Leapers
Leisure World Association of African American Culture
Living Beyond Breast Cancer
Manna Food
Maryland State Office on HIV & AIDS
MedStar Montgomery Medical Center
MobileMed
Montgomery College
Montgomery County Collaboration Council for Children, Youth & Families
Montgomery County Department of Recreation
Montgomery County Fire & Rescue Service
Montgomery County Domestic Violence Coordinating Council
Montgomery County Food Council
The Montgomery County Gentlemen
Montgomery County Housing Opportunities Commission
Montgomery County NAACP
Montgomery County Office on Aging & Disabilities
Montgomery County Office of Community & Family Engagement
Montgomery County Public Schools
Montgomery County School Health Services
Mt. Calvary Baptist Church
Mt. Jezreel Baptist Church
My Active Senior
My Style Matters
NAACP Montgomery County Branch Parents' Council
National Center for Health Care Capacity Building
The People's Community Baptist Church
Plum Gar Recreation Center
The Prevention of Blindness Society of Metropolitan Washington
Progress Place
Quality of Life Pharmacy & Health, Inc.
Relay for Life
ResCare
Rockville Senior Center
So Others Might Eat
Soroptimist International of the Americas
Sweets Girlz
Temporary Assistance for Needy Families
The People's Community Baptist Church
Touch4Life
University of Maryland School of Public Health & Kinesiology
Us Helping Us
United Healthcare
Upcounty Prevention Network
Warriors in Pink
Washington Adventist Hospital Outpatient Cancer Education Program
Washington Regional Transplant Community
WISH (Wellness & Independence for Seniors at Home)
White Oak Recreation Center

