



African American Health Program



The African American Health Program (AAHP) is committed to ending health disparities that affect the Black/African American population of Montgomery County, Maryland. To realize the vision of a Black population as safe and as healthy as other populations, AAHP offers free, culturally-competent health-promoting services, events, and resources to Montgomery County residents.

SERVICES AND PROGRAMS

FREE HEALTH SCREENINGS

AAHP conducts free health screenings at locations and events throughout Montgomery County. Screenings may include blood pressure, blood glucose, BMI (body mass index), weight, cholesterol, HIV, and more. Visit AAHP's website for dates.

Call 240-777-1833 for more information.

HIV TESTING/ SEXUAL HEALTH COUNSELING AND EDUCATION

AAHP provides free and confidential HIV testing and counseling, hosts and conducts special events and presentations, and offers sexual health information and resources, including free condoms.

Call (240)777-1833 for more information.

NURSE CASE MANAGEMENT FOR PREGNANT WOMEN AND MOTHERS OF INFANTS

AAHP's S.M.I.L.E (Start More Infants Living Equally) Healthy Program provides nurse case management, support, and guidance including video and phone calls after delivery and ongoing, personalized breastfeeding support. **Contact the SMILE team at (240)777-1833 for more information.**

MENTAL HEALTH SERVICES

AAHP offers an online mental health screening tool to enable individuals to make an informal personal assessment of their mental health. **Visit <https://screening.mentalhealthscreening.org/aa-hpmontgomery>** to take the test. AAHP also offers mental health education and referrals for professional care for mental disorders and substance abuse problems. **Call (240)777-1833 for more information.**

The African American Health Program is funded and administered by the Montgomery County Department of Health and Human Services and implemented by McFarland & Associates, Inc. This material may be reproduced.

Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request—with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Arlee Wallace, Program Manager for the African American Health Program at 240-777-1451 or send a request to arlee.wallace@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.



CHRONIC DISEASE MANAGEMENT CLASSES

Information and guidance on how to improve your health and prevent and manage chronic diseases like diabetes, heart disease, cancer, Alzheimer's Disease, and more. Classes feature guest speakers, cooking demonstrations, games and giveaways.

Topics include (but are not limited to):

- Health and fitness (Zumba and yoga)
- Hypertension and heart disease
- Nutrition and cancer
- Mental and oral health

Call (240) 777-1833 for more information or to register.

CHILDBIRTH & BREASTFEEDING CLASSES

SMILE nurses provide insights and expertise to help pregnant women prepare for and navigate childbirth and breastfeeding, including guidance on how to develop birth plans. **Contact the SMILE team at (240)777-1833.**

MEN'S HEALTH INITIATIVE

Brother 2 Brother Talks bring Black men together to address the health issues that contribute to Black men having the lowest life expectancy. **Call (240)777-1833 for more information.**

DIABETES EDUCATION CLASS

Led by a registered dietitian, AAHP's dMeetings is a comprehensive online course on diabetes self-management. dMeetings enables Black County residents to access important health information and resources including videos, discussions, and self-evaluations. **Learn more and sign up here: www.aahpmontgomerycounty.org/dmeetings**

WEIGHT MANAGEMENT

Individualized weekly coaching sessions, education and tools, and inspiration to help participants lose weight and maintain a healthy weight in order to reduce their risk for chronic disease. **Call (240)777-1833 for more information.**

ORAL HEALTH

AAHP spreads awareness on the importance of good oral health for disease prevention, emphasizing that good oral health habits should begin at infancy to prevent tooth decay and oral cancers later in life. **Call (240)777-1833 for more information.**



African American Health Program
1401 Rockville Pike
Rockville, MD 20852
www.aahpmontgomerycounty.org
Facebook Twitter Instagram @aahpmoco