



AAHP staff at the Black HIV and AIDS Awareness Day  
February 5, 2025

**AAHP MONTHLY REPORT**  
**February 2025**



## **I. Executive Summary**

### **A. Maternal and Child Health (SMILE)**

- New staff additions include two nurse case managers and one chronic disease nurse.
- The SMILE program received a monthly average of 19 referrals for prenatal care.
- Fourteen infants were discharged upon completion of the SMILE program.
- Overall, 81.13% of all enrolled SMILE mothers faced one or more risk factors.
- Approximately 40% of all enrollees encountered medical and social risks.
- There were five new births during the month, one prematurely.
- Ninety-four percent of the caseload was breastfed for the first 90 days.
- Eighty-six percent of mothers breastfed for over six months, significantly above the national average.
- Although AAHP received many referrals, not all could be enrolled by the end of the month due to the ongoing onboarding process for nurses and a backlog of unanswered calls pending follow-up.
- The number of enrollments is expected to increase substantially in March and April.

### **B. Chronic Disease Prevention & Management (CDMP)**

- Conducted 125 biometric screening tests in February and distributed 440 health education information packets.
- CDMP classes saw increased participation, with an average of 29 attendees per session.
- Blood pressure screenings conducted for 104 Black residents detected that 75% had high blood pressure.
- Four participants had crisis-level blood pressures (above 180 over 120) and were referred to emergency services.
- Conducted 88 blood glucose screenings, with elevated levels detected in 10%.
- Conducted 75 cholesterol screenings, identifying elevated levels in 17%.
- No HbA1C tests were conducted in February due to concerns about the accuracy of test controls.
- Conducted 21 HIV screenings, 22 HCV screenings, and 13 syphilis screenings, with only one positive for syphilis.
- Expanded outreach through nutrition, weight management, and diabetes prevention.
- The AAHP Social Worker and staff conducted 74 mental health screenings in February, providing all participants with resources for mental health services.

### **C. Men's Health Initiative – “In It to Win It”**

- On February 20, forty men attended the first “In It to Win It” community conversation at the Ross Boddy Recreation Center.
- This event also served as an opportunity to gather baseline biometric measurements for the first cohort of Black men.
- Partnered with Montgomery County DHHS to expand program reach.
- Developed partnerships with the Montgomery County Chapter of the National Council of Negro Women to encourage Black men to prioritize their health.

### **D. The National Black HIV and AIDS Day**

- Brought together public health officials, community advocates, and stakeholders to assess progress achieved, the status of HIV and STI infections, and opportunities to reduce the rate of infection

### **E. Comprehensive Audit of All SMILE Case Records Between 2016-2024**

- Audited all case records for completeness, accuracy, and elimination of duplicate records, ensuring consistency between paper and digital data.

- Collaborated with student interns and Clarion Technology to create clean Excel and CSV files essential for matching Maryland State Vital Records from 2018 to 2022.
- Worked closely with the AAHP Contract Manager, the Executive Committee, and SMILE staff to provide data, edits, and comments for a report prepared by the county government’s Office of Legislative Oversight.

## **F. Key Challenges & Mitigation Strategies**

### **1. HIV & Sexual Health**

Challenge: Many Black residents are not aware of the benefits of pre-exposure prophylaxis (PrEP) for HIV prevention or how to access it.

Solution: Increase awareness about PrEP's benefits and help remove barriers to access and knowledge of risks and benefits.

### **2. Increase Prenatal Enrollments & Reduce Loss to Follow-Up**

Challenge: Respond more rapidly to unanticipated surges in client referrals and follow-ups.

Solution: Launch a new outreach campaign targeting OB/GYN providers to enhance engagement. AAHP will revisit all women they attempted to contact over the past 120 days to identify the original referral source

### **3. Community Awareness & Participation Gaps**

Challenge: There is a need for increased visibility for health programs and greater participation at in-person events.

Solution: Expand social media engagement, strengthen partnerships, enhance Community Health Worker outreach, and implement an effective public relations program.

### **4. Financial & Staffing Adjustments**

Challenge: Continuing to recruit a substance abuse coordinator.

Solution: On an interim basis, Community Health Workers are providing substance abuse information, education, and referral services to County residents.

## **G. Looking Ahead (March 2025 Priorities)**

1. Eliminate the backlog of potential SMILE enrollees who were unreachable immediately after their initial referral.
2. Expand the “In It to Win It” Men’s Health Campaign, focusing on outreach in high-risk zip codes.
3. Engage more young people aged 18 to 42 in prevention education and intervention services.
4. Attract and recruit more pregnant Black women with private insurance for enrollment in the SMILE program through targeted engagement with OB/GYN partnerships.
5. Increase awareness of oral health and enhance community education about its importance to overall well-being.
6. Increase enrollment of County residents in nutrition and weight management programs to prevent chronic diseases, including heart disease and diabetes.

## **II. Overview**

February 2025 marked a productive month for the African American Health Program (AAHP) as the organization advanced its health education, disease prevention, community outreach, and service expansion efforts. AAHP hosted a special event for National Black HIV/AIDS Awareness Day on February 5 and inaugurated the “In It to Win It” men’s health campaign on February 20. These initiatives strengthened AAHP’s ongoing mission to reduce HIV/AIDS and sexually transmitted infections while enhancing wellness for Black men in Montgomery County.

Montgomery County’s Health Officer delivered the keynote address at the Black HIV/AIDS Day event. The official presented statistics about HIV infection in the DC, Maryland, and Virginia (DMV) region,

highlighting local trends. While the area has achieved gradual decreases in HIV infection, increasing rates of other sexually transmitted diseases like chlamydia and syphilis among Black residents indicate the necessity for greater behavioral modifications to achieve Maryland's 2030 target of zero infections.

AAHP celebrated the robust attendance of the first "In It to Win It" community dialogue, designed to motivate Black men to prioritize their wellness. The President and CEO of National Partnerships for Community Leadership and an AAHP advisor successfully facilitated this session at the Ross Boddy Community Recreational Center. AAHP established a collaboration with the National Council of Negro Women, which recognized the essential role Black women fulfill in supporting Black men's health and resilience. AAHP intends to secure commitments from 1,000 Black men in Montgomery County by June 30, 2025, encouraging them to improve their health through regular medical visits, awareness of risk factors, and adherence to U.S. Prevention Task Force guidelines.

In February, the African American Health Program successfully onboarded three new registered nurses to strengthen case management services for pregnant and postpartum mothers and infants and enhance clinical and integrative services for chronic disease prevention and management. A significant February accomplishment involved efficiently orienting and training these nurses in AAHP's and McFarland and Associates' standard operating procedures and work requirements. The Department of Health and Human Services' newly appointed AAHP Contract Manager actively supported this process by coordinating with the department to secure contractor badges, computers, email accounts, and other essential resources. This timely assistance proved especially valuable during the surge in new referrals in late February, when the newly hired nurses were still mastering AAHP protocols and practices.

AAHP personnel dedicated substantial time in February to examining and organizing data on SMILE enrollees from 2016 to 2024. During this comprehensive assessment, staff cross-checked paper documents against electronic records to ensure accuracy and completeness. This undertaking was initiated to support an epidemiological retrospective analysis examining how the COVID-19 pandemic influenced maternal and infant health outcomes between 2018 and 2022. The investigation will match AAHP information with vital birth records from the state of Maryland to evaluate the pandemic's impact on birth outcomes. AAHP conducts this significant research in partnership with the Department of Health's Office of Research and Epidemiology.

In February, the African American Health Program also began organizing community discussions about sickle cell disease (SCD) and its effects on Black residents in Montgomery County and beyond. General agreement exists that this population receives inadequate services in the region. Families affected by SCD voice dissatisfaction regarding insufficient care in local hospitals, generating considerable public pressure for intervention that AAHP aims to address by helping narrow this critical service disparity.

### **III. Program Activities**

#### **A. Start More Infants Living Equally Healthy program (SMILE)**

The SMILE program expanded its team in February with two new registered nurses, who underwent a carefully designed onboarding process. These additions to the team will expand services in the coming weeks, enabling AAHP to reach and support more Black women throughout Montgomery County. Nurses conducted 31 home visits and 201 telephonic consultations, highlighting the program's commitment to personalized care and accessibility.

##### **1. Caseload and Enrollment**

The caseload decreased to 191 clients this month, including 22 prenatal cases, 85 post-partum mothers, and 85 infants. This decrease was driven by two factors: fourteen (14) infants were discharged after reaching one year of age, and the time needed to process a surge of nineteen (19) new referrals received during the short month of February. The nurses are actively working to clear this referral backlog, which should increase both enrollments and overall caseload numbers in March.

February saw five deliveries, including one preterm birth that required NICU admission. Currently, two infants are receiving care in the NICU.

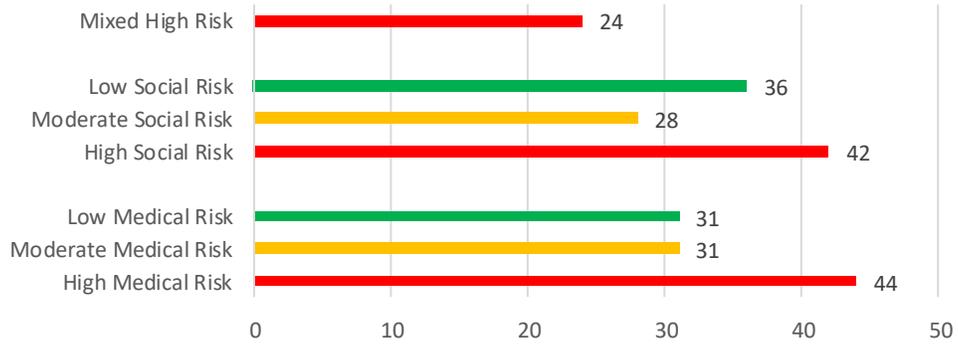
<b>PROFILES AND SERVICES</b>	<b>*Monthly Average Calendar Year 2022</b>	<b>Dec-24</b>	<b>Jan-25</b>	<b>Feb 25</b>	<b>Comments for February 2025</b>
<b>A) Currently Active Moms</b>	<b>112</b>	<b>124</b>	<b>118</b>	<b>106</b>	
Prenatal (still pregnant)	32	31	24	22	
Postpartum (Moms who have delivered)	80	93	94	84	
<b>B) All infants</b>	<b>83</b>	<b>94</b>	<b>95</b>	<b>85</b>	
Single births	75	92	93	83	
Multiples	8	2	2	2	
<b>Case Load(A+B)</b>	<b>195</b>	<b>218</b>	<b>218</b>	<b>191</b>	
<b>MOM'S ORIGIN</b>					
Black American	43	39	37	36	
African	64	69	65	56	
Caribbean	5	16	16	14	
<b>PRENATAL REFERRALS</b>					
DHHS Prenatal Referrals Received	4	9	4	19	
Referrals Received from Other Sources	9	3	2	3	
<b>Total Prenatal Referrals</b>	<b>13</b>	<b>12</b>	<b>6</b>	<b>22</b>	
<b>NEW ENROLLMENTS</b>					
Prenatal Moms Newly Enrolled During the Month	8	7	4	6	
Postpartum Moms Newly Enrolled	1	0	0	0	
Infants Newly Enrolled During the Month	9	8	12	5	
<b>All New Enrollments for The Month</b>	<b>18</b>	<b>15</b>	<b>16</b>	<b>11</b>	
<b>DISCHARGES During the Month</b>					
Prenatal Discharges	1	4	3	1	
Infant Discharges	8	3	9	14	
<b>All Discharges for The Month</b>	<b>9</b>	<b>7</b>	<b>12</b>	<b>15</b>	
<b>DELIVERIES During the Month</b>					
Term Deliveries	8	11	7	4	
Preterm Deliveries	1	0	1	1	
<b>Total Deliveries</b>	<b>9</b>	<b>11</b>	<b>8</b>	<b>5</b>	

<b>BIRTH OUTCOMES</b>					
Number of Low Birth Weight (LBW)	1	1	1	1	
Number of Very Low Birth Weight (VLBW)	0	0	0	0	
<b>% Healthy Birth Weight (Out of Total Deliveries)</b>	<b>89%</b>	<b>91%</b>	<b>88%</b>	<b>80%</b>	
Infant Deaths (including Stillbirths)	0	0	0	0	
Unfavorable Birth Outcomes (Congenital Anomaly, Fetal Demise, Miscarriage)	0	1	0	0	
<b>SERVICES</b>					
Total Home Visits	1	55	44	31	
Telephonic Consultations	224	231	222	201	
Community Referrals Made	28	80	47	30	
Classes/Presentations Completed	15	13	20	17	
<b>PERCENT BREASTFEEDING MOMS</b>					
Up to 3 months	88%	94%	89%	94%	
Up to 6 months	84%	86%	86%	93%	
Up to 12 months	71%	84%	81%	82%	
<b>INSURANCE</b>					
Clients with Private Insurance**	30	22	26	22	
Clients with Medicaid Insurance**	77	102	91	84	
<b><i>COLOR LEGEND</i></b>					
<i>Above reference year</i>					
<i>Level with reference year</i>					
<i>Below reference year</i>					
<i>Untoward Outcome</i>					
<i>Desired Outcome</i>					

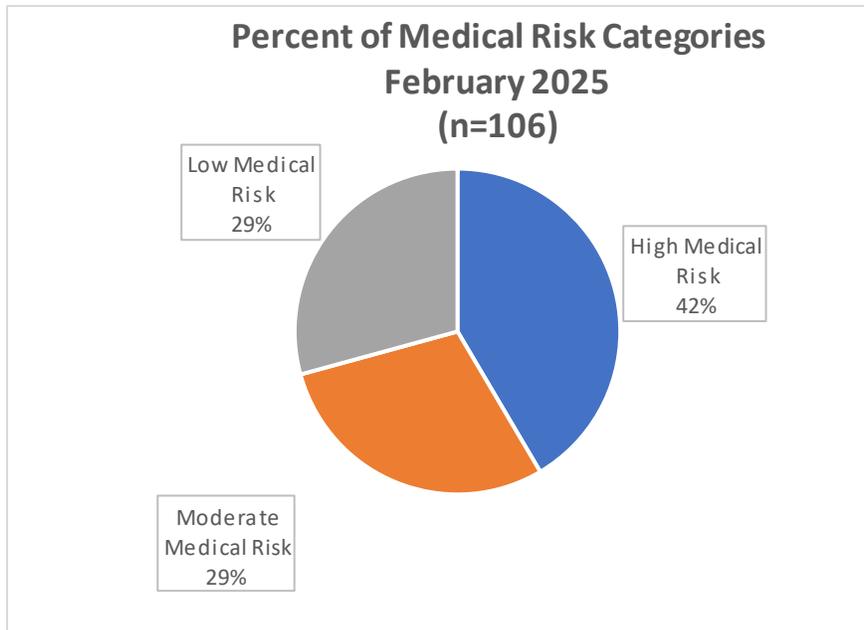
## 2. Risk Management

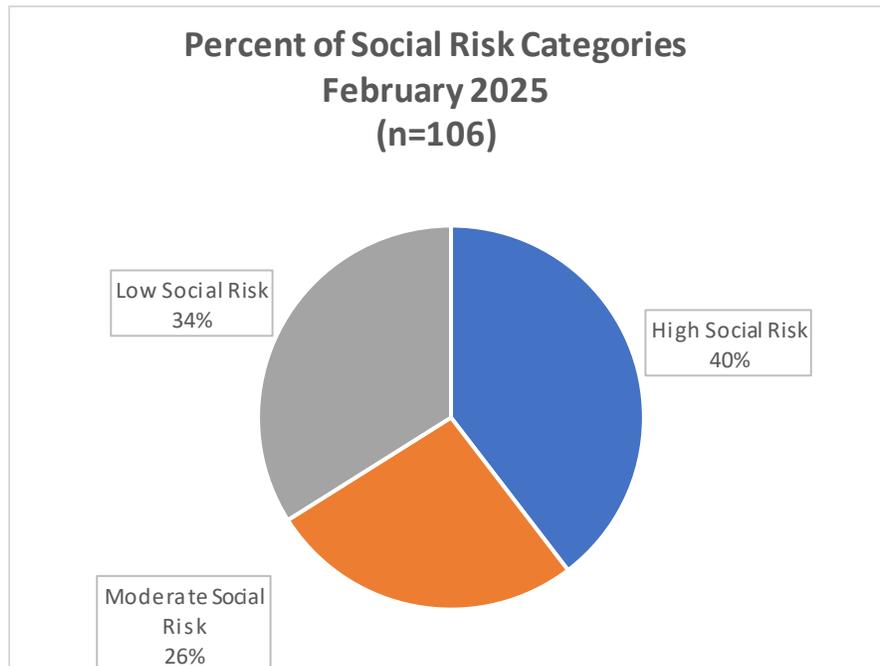
A total of 86 high-risk cases were managed, including 42 with social risks (e.g., financial, housing instability) and 44 with medical risks (e.g., gestational diabetes, hypertension, advanced maternal age). Specific cases were managed for conditions such as gestational diabetes and hypertension, highlighting the program's focus on at-risk pregnancies.

### Moms' Risk Categories, February 2025 (n=106)



### Percent of Medical Risk Categories February 2025 (n=106)

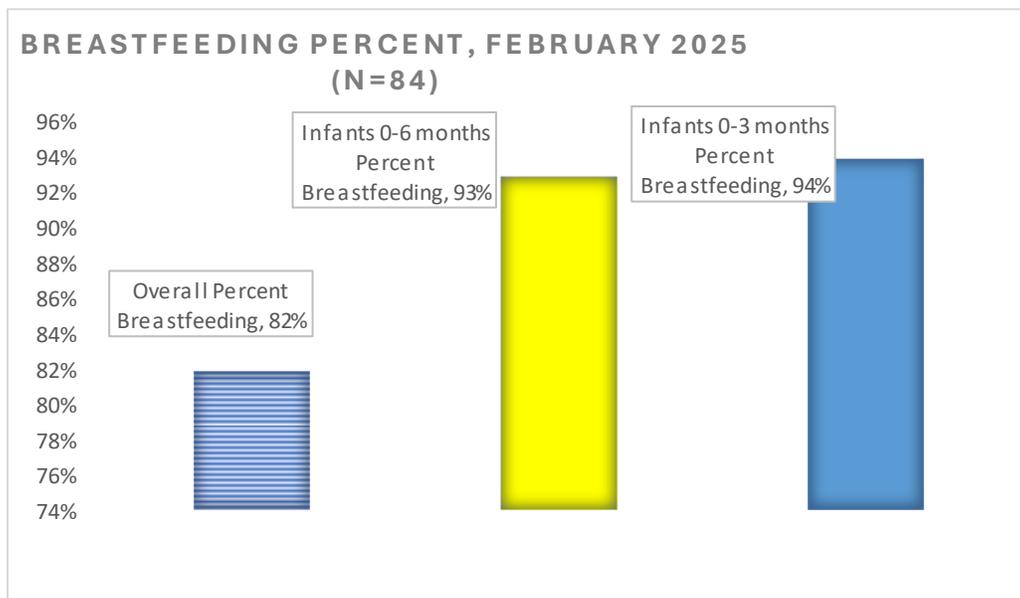




### 3. Breastfeeding Success

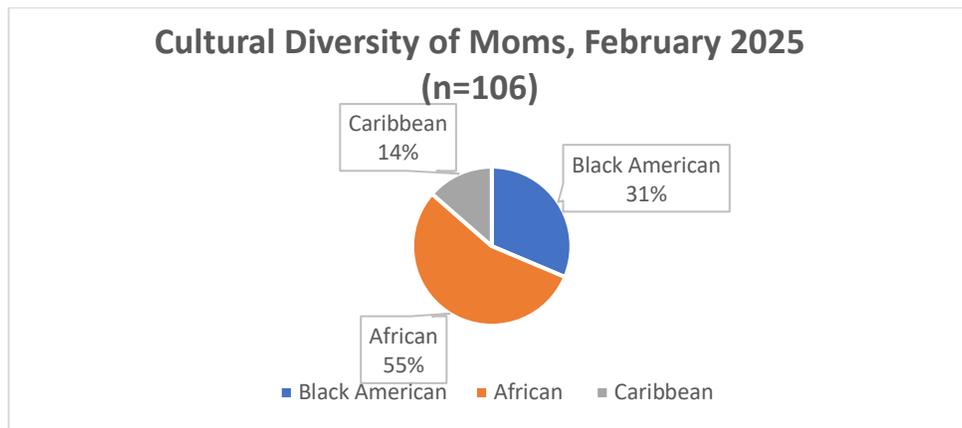
The Breastfeeding Support Circle continued to demonstrate success, with the current cohort concluding on February 12, 2025, achieving an average weekly attendance of five mothers.

Breastfeeding rates remained impressively high in February: 94% of mothers breastfed their newborns for up to three months, 93% continued breastfeeding for up to 6 months, and 82% maintained breastfeeding practices up to 12 months. These figures significantly exceed national benchmarks, most notably the six-month breastfeeding rate of 93% compared to just 20% for African American women nationally, highlighting the program’s exceptional effectiveness in supporting sustained breastfeeding practices.



### 4. Cultural Representation

The SMILE Program continues to provide services to a diverse group of mothers, with 55% African, 31% Black American, and 14% Caribbean participants.



## 5. Education

In February, the nurses prioritized educational initiatives across several critical areas. They delivered comprehensive labor and delivery education sessions for expectant mothers, covering important topics including C-section versus vaginal delivery options, pain management strategies, postpartum warning signs, and essential newborn care practices. For mothers with infants in the NICU, nurses provided specialized guidance on maintaining strong maternal-infant bonds despite the challenging circumstances and practical education on sustaining milk supply and properly storing expressed milk. The nurses also emphasized medication safety for parents, particularly first-time mothers, stressing the importance of understanding proper dosages and administration guidelines to ensure infant safety.

The February “Mommy Chat” session focused on sudden infant death syndrome (SIDS), which remains one of the leading causes of death for infants between one month and one year of age. The discussion highlighted key risk factors, including stomach sleeping, bed-sharing, and items such as toys, blankets, and bumper pads in the infant’s sleeping area. Through the “Safe to Sleep” framework, parents received practical guidance on appropriate sleep positioning and environment to significantly reduce SIDS risk.

Case conferences held during February included comprehensive updates on clients managed by team members, addressing various medical and social challenges faced by these families. The team assigned specific action items to appropriate staff members, including follow-ups on referral processes, community outreach initiatives, and targeted client support activities. Throughout the month, the team also implemented process improvements and conducted training sessions focused on enhancing documentation practices and standardizing the reporting of call attempts and home visits.

## 6. Community Engagement and Resource Connection

In their ongoing efforts to improve client engagement, the nurses recognize the periodic challenges of lost contacts and unexplained cancellations of home visits. To address these issues, the team is re-initiating the SMILE BUCKS program to incentivize mothers. Through this program, clients can earn SMILE Bucks by attending classes, events, support groups, or home visits, or by donating an item to another SMILE client. These SMILE Bucks can be redeemed for various personal care items from the SMILE inventory.

Multiple collaborations and connections materialized in February, most notably with the Fetal and Infant Mortality Review Board & Community Action Team (FMIR/CAT), Babies Born Healthy (BBH), and the planning committee for the 5th Annual Maternal and Child Health Conference.

## 7. Future Considerations

The program will continue community engagement and recruitment efforts to meet demand and ensure support for at-risk populations. By monitoring long-term health outcomes for mothers and infants, the

team aims to gain deeper insights into the program's lasting impact and identify potential areas for improvement.

**B. Chronic Disease Management and Prevention (CDMP) Program**

**1. CDMP classes**

The February Chronic Disease Management Program (CDMP) theme was “Love Your Heart, Love Yourself.”

The flyer below shows a listing of the classes offered through the CDMP Program in February.



The table below details attendance figures for all CDMP classes conducted this month.

<b>Health and Nutrition Series</b>					
Health and Nutrition	2/3/2025	2/10/2025	2/24/2025		<b>Total</b>
Men	2	2	0		4
Women	43	31	29		103
Total	45	33	29		107
Average	36				
National Average	4 to 6 (for classes that meet weekly)				
Plant Based	2/6/2025	2/13/2025	2/20/2025	2/27/2025	<b>Total</b>
Men	1	1	2	2	6
Women	26	17	22	23	88
Total	27	18	24	25	94
Average	24				
National Average	4 to 6 (for classes that meet weekly)				

### Take Control of Your Health Series

TCYH 1	2/5/2025	2/12/2025	2/19/2025	2/26/2025	Total
Men	4	4	1	2	11
Women	27	27	14	29	97
Total	31	31	15	31	108

Average 27  
 National Average 4 to 6 (for classes that meet weekly)

TCYH 2	2/6/2025	2/13/2025	2/20/2025	2/27/2025	Total
Men	4	3	0	2	9
Women	34	25	30	29	118
Total	38	28	30	31	127

Average 32  
 National Average 4 to 6 (for classes that meet weekly)

### Health and Fitness Series

Tai Chi	2/1/2025	2/8/2025	2/15/2025	2/22/2025	Total
Men	1	2	2	0	5
Women	6	8	8	7	29
Total	7	10	10	7	34

Average 9  
 National Average 4 to 6 (for classes that meet weekly)

Yoga	2/5/2025	2/12/2025	2/19/2025	2/26/2025	Total
Men	1	1	0	0	2
Women	15	14	12	8	49
Total	16	15	12	8	51

Average 13  
 National Average 4 to 6 (for classes that meet weekly)

Zumba	2/7/2025	2/14/2025	2/21/2025	2/28/2025	Total
Men	0	0	0	0	0
Women	27	16	15	20	78
Total	27	16	15	20	78

Average 20  
 National Average 4 to 6 (for classes that meet weekly)

Low Impact	2/6/2025	2/13/2025	2/20/2025	2/27/2025	Total
Men	1	1	1	0	3
Women	16	12	15	11	54
Total	17	13	16	11	57

Average 14  
 National Average 4 to 6 (for classes that meet weekly)

Please see Appendix C for a summary of responses from the participant surveys taken from a random sample of Health and Nutrition and Take Control of Your Health Series participants in February. Participants enjoyed the thorough classes, dynamic instructors, and informative topics.

The poll answers collected at the end of each session in the Health and Nutrition Monday class demonstrate participant learning and engagement and their questions for the upcoming topics. Using this information, AAHP's nutritionist can tailor the future discussion to address areas of participant interest.

In February, the Chronic Disease Management Task Force released the March calendar. The task force's objective is to produce and distribute the calendars for the upcoming months by the 15<sup>th</sup> of the previous month. In February, the task force worked diligently to identify topics, design marketing materials, and consolidate the class calendars for distribution by February 15<sup>th</sup>. This objective was achieved. The remainder of the month was utilized to streamline the topics for April.

a. Take Control of Your Health class

The topics discussed in the Take Control of Your Health Wednesday and Thursday classes were "Exercise, Microbiome and Heart Health," "Heart Healthy Meal Prep and Lifestyle Adjustments," "Smoking Cessation," "Emotional Hygiene – Mental Health Self Care," "Managing Hypertension Through Dietary Change," "Physical Activity and Blood Pressure Management," "Hypertension Medications," and "Sustaining Heart-Healthy Habits For Life."

In February, attendance patterns varied across different class dates. The Take Control of Your Health Wednesday class experienced a decrease of twenty participants for the month, with total February attendance reaching one hundred and eight participants. Attendance remained consistent at thirty-one participants per class for three of the four sessions covering "Exercise, Microbiome and Heart Health," "Heart Healthy Meal Prep and Lifestyle Adjustments," and "Emotional Hygiene – Mental Health Self Care." The February 19 class on "Smoking Cessation" recorded the lowest attendance of the month. Overall, the monthly attendance average declined by five participants, resulting in an average of twenty-seven participants per session.

b. Health and Nutrition class

Health and Nutrition classes continued to maintain above-average participation rates, with attendees actively sharing invitations within their personal networks. Staff has increasingly adopted Constant Contact to send monthly calendars, flyers, and recipes to participants via email. While most participants have successfully adapted to receiving email reminders through Constant Contact, a few needed additional technical assistance to access PDF documents included in these email messages.

Each class provided many opportunities to discuss health-promoting food, foods that are good for the heart, and foods that should be avoided. Heart disease is the number one cause of death in the U.S. for men and women, including African Americans. These classes focused on the relationship between heart disease and food. Classes started with a check-in, an opportunity for participants to discuss specific health and nutrition concerns and ask questions about healthy foods and recipes. Participants occasionally shared dishes prepared at home since the previous class demonstration. Some shared their recipes but were expected to include ingredients discussed in class. Periodically, a participant shared good news about health improvements from attending the class and other classes taught by AAHP.

Evidence-based educational videos were frequently presented about heart health, diabetes, blood pressure, and weight maintenance. Most recently, the class viewed a video about stroke risk and signs that might save a life. The class covered stroke risk and stroke prevention. Each session included a review, and a quiz designed to encourage and promote class participation. Each class includes handouts, recipes, fact sheets, a menu planner, food substitutions, and other information that aligns with the plant-based Power Plate.

Class topics and dates included:

- February 6 - Keeping a Healthy Heart and Stroke Reduction
- February 13 - Healthy Blood Pressure

- February 20 - Designing a Diet for Maximum Weight Control
- February 27 - Foods for a Healthy Heart

Food preparation demonstrations included:

- February 6 - Easy Any Day Lasagna, Sesame, Ginger Topped Tofu, Chocolate Cherry Nirvana Smoothie (handout only)
- February 13 - Teriyaki Tempeh Sandwiches, Pad Thai, Berry Beet Smoothie
- February 20 - Mac and Cheese (AACH), Braised Kale, Ginger Banana Smoothie
- February 27 - Creamy Coleslaw, Easy Breezy Veggie Curry, Quickie Cinnamon Rice Pudding

Handouts/attachments included:

- Recipes
- Fact Sheets on cholesterol, heart disease, nutrition, and stroke

All classes emphasize the benefits of a low-fat, plant-based diet, minimally processed foods, and other lifestyle changes for optimal health. When participants have difficulty following a plant-based diet, they are encouraged to include more whole foods. Participants join breakout sessions to share goals and strategies for maintaining a healthy weight.

The table below shows the themes and topics planned for the next quarter.

<u>Month - Theme</u>	<u>Topic Recommendations</u>
<b>March</b> - Food as Medicine	National Nutrition Month Brain Injury Awareness (Brain Health) National Kidney Month Cardiovascular and Pulmonary Rehabilitation Well-Being Day (Self-Care in terms of comorbidities) World Tuberculosis Day
<b>April</b> - Equitable Health for All	Women’s Eye Health and Safety Month Foot Health Awareness National Public Health Week
<b>May</b> - Healthy Movement: No Bones About It	Osteoporosis Awareness & Prevention Month National Mental Health Month National Physical Fitness and Sports Month National Arthritis Awareness Month National Stroke Awareness Month Lupus Awareness Month World Autoimmune & Autoinflammatory Arthritis Day

AAHP is also actively planning key presentations each month, which are the following:

March	Kidney Presentation Eye Health Presentation Brain Health Presentation – Ethiopian Initiative
April	Podiatrist Presentation Eye Health Presentation Cancer Presentation
May	Psychiatrist Presentation

## 2. Diabetes Prevention Program (DPP)

The Diabetes Prevention Program transitioned into its post-core curriculum. During the post-core sessions, the participants revisited their favorite modules and received guest lectures about “Mental Health and Diabetes” and “Getting Enough Sleep.” In February, two post-core sessions were conducted, which are presented. All individuals who missed a session attended make-up sessions and notified Lifestyle Health Coaches beforehand. All attendance and biometric data were gathered during the session and logged into the respective attendance tracker. The individuals who missed the live session provided their biometric data before the session to the team.

## 3. Nutritional support services

During February, AAHP’s nutritional consultants actively engaged in comprehensive planning processes for the Weight Management Program (WMP), implementing a multifaceted approach to client care, data management, and professional development.

### a. Data collection and referrals

The CDMP team focused on streamlining client documentation and management processes. Key activities included implementing a protocol for entering Healthie client reports into Nextgen’s client documents section and addressing an existing backlog. Consultants efficiently processed referrals from AAHP staff and community members, maintaining consistent communication about new and existing client needs. The team archived clients who did not receive services in 2025 to enhance reporting accuracy and collaborated with staff and interns to ensure comprehensive nutritional documentation.

### b. Appointment scheduling

Client appointments were scheduled through multiple channels, including email, telephone, and the Healthie self-scheduling calendar application.

### c. Community outreach, education, and engagement activities

As the AAHP speaker liaison, the nutritional consultant played a crucial role in planning and preparing the Nutrition Mondays Class series for February. Comprehensive summaries of post-assessments were meticulously prepared following each session; the report is available [here](#). The nutrition consultant also developed tailored patient educational materials to address unique client needs and continued to utilize a scientifically validated dietary assessment tool from Viocare (<https://www.viocare.com/vioscreen-clinical.html>) to enhance nutritional evaluations.

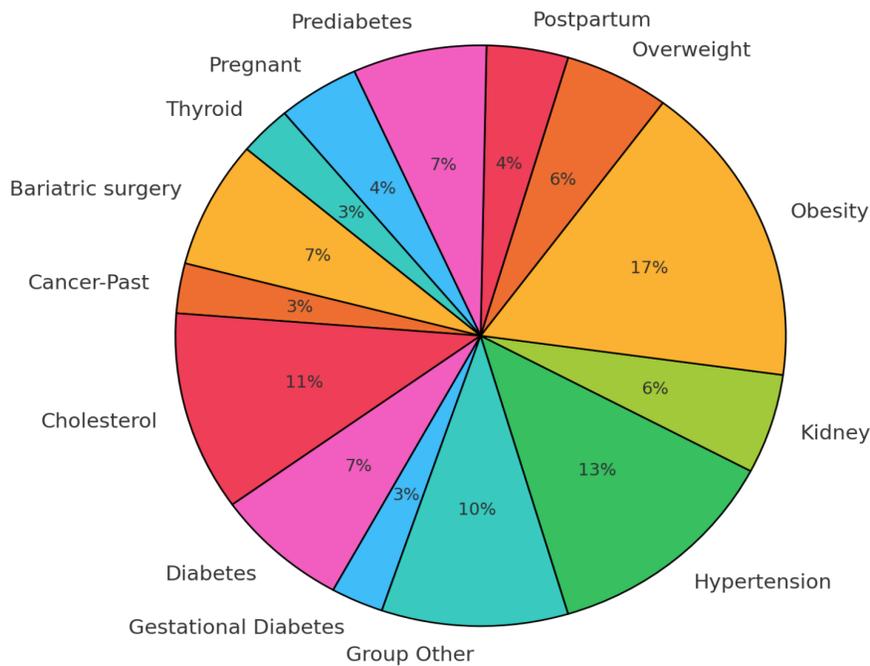
The nutritional consultant pursued professional development through targeted training opportunities, participating in the Weight Management Dietetic Practice Group (DPG) 2025 Virtual Symposium and the Diabetes Dietetic Practice Group (DDPG) Virtual Symposium 2025, both of which were expected to enhance client service capabilities. Concurrently, the consultant made strategic updates to the Healthie platform to improve reporting and enrollment processes. During February, the consultant conducted 19 appointments, including two initial consultations and two follow-up sessions. The Healthie platform reflected robust client engagement, with 42 messages, 358 journal entries, and 151 food entries received throughout the month.

### d. Administrative and training activities

**Cumulative Client Visits by Primary Nutrition Intervention Topic  
October 2024 – February 2025**

Primary Referral Reason	Number of Clients
Postpartum	9
Pregnant	12
Weight Reduction	10
Diabetes/Prediabetes	16
Infant	1
Other	7

**February 2025 Active Clients by Reported Conditions (Tags)  
N=22**



- Notes: Clients' self-reported conditions frequently include multiple nutrition-related tags. The "Group Other" category contains conditions with only one occurrence. The "Other" list included vitamin deficiency, GLP-1 medication, food allergies, anticoagulation limiting vitamin K, osteoporosis, and gout.

#### 4. Weight Management Program (WMP)

In February, the Weight Management Program held a series of in-person and online exercise and informational activities. On Monday, February 3, the WMP hosted its monthly motivation meeting on Zoom from 8:00 to 8:30 a.m. The discussion included a thought-provoking quote, a detailed review of the second chapter of the book *The Journey: Principles of Total Life Transformation*, titled "Obstacles of the Mind and Body," by Dr. Joseph Williams. This chapter emphasized the crucial role of mindset in overcoming personal challenges related to weight management. Following the review, the group engaged in a discussion about the power of the mind, the necessity of positive thought patterns, and the influence of life experiences on individuals. Participants learned practical steps for implementing change by setting SMART goals and aligning their emotional and spiritual journeys with their physical health ambitions. Personal reflections were shared, underscoring the importance of

overcoming fears through faith and the need for supportive practices such as prayer. Action items included encouraging participants to reflect on their spiritual, mental, and emotional growth throughout the week, with an option to share insights for further community support.

The WMP hosted a total of three exercise events, two of which were moved online due to inclement weather. On Saturday, February 1, participants walked at Wheaton Regional Park, located at 2000 Sherfield Road in Wheaton, MD. A total of eleven people attended this walk. On Saturday, February 8, and Saturday, February 22, the fitness coach led a full-body fitness class lasting 60 minutes at the White Oak Recreation Center on 1700 April Lane in Silver Spring, MD, from 9:30 to 10:30 a.m. Both Zoom sessions had 11-13 participants online.

WMP members were also encouraged to attend the weekly online full-body fitness class hosted by the fitness coach via Zoom from 9:15 a.m. to 10:00 a.m. Monday through Thursday, as well as the Yoga, Tai Chi, low-impact, and Zumba classes offered by the CDMP program. Recordings of these classes were also sent to attendees throughout the month. See participants listed below.

Date	Class Type	#Attendees
Thursday, February 6	Low impact	17
Friday, February 7	Zumba	29
Thursday, February 13	Low impact	15
Friday, February 14	Zumba	18
Thursday, February 20	Low impact	17
Friday, February 21	Zumba	24
Thursday, February 27	Low Impact	11
Friday, February 28	Zumba	19

One new participant enrolled in February, bringing the total membership from 37 to 38 participants. The program continued to engage with potential members, reaching out to six individuals via email to provide information about the weight management program and upcoming events.

The January membership consisted of 34 females and three males, with a total of 43 potential clients contacted about their interest in the program. These outreach efforts contributed to the program's continued expansion and community engagement.

Age	
Men	-
18-35	0
35-50	2
50-65	0
65-75	1
Women	-
18-35	4
35-50	10
50-65	17
65-75	3
Gender	
Men	3
Women	35

Weight Goals	
Men	Women
Gain Weight 1	Gain Weight 0
Lose Weight 2	Lose Weight 27
Maintain Weight 0	Maintain Weight 6

## 5. Health Screenings and Referrals

AAHP conducted comprehensive health screenings at 15 sites throughout the County in February. A total of 125 County residents received biometric measurements and counseling. The blood pressure screening was the most extensive, with 104 participants tested. Nearly 75% of residents had blood pressures above the normal range, and more than half of participants recorded stage one or two hypertensive pressures. Four residents had critically high blood pressure levels at crisis levels. Additional screenings provided important health insights. Among 88 blood glucose tests, nine participants showed elevated levels. One positive case of syphilis was revealed during a screening of 13 participants. Twenty-two HIV tests were conducted with no positive results. Of 75 cholesterol tests, 13 residents had elevated levels. All participants with elevated screening results were referred to primary care for follow-up and additional medical guidance.

<b>Total Sites</b>	<b>15</b>
<b>Total Individuals Screened</b>	<b>125</b>
<b>Blood Pressure Readings</b>	<b>104</b>
Abnormal	76
Stage 1 & 2	38
Hypertensive crises	4
<b>Glucose Readings</b>	<b>88</b>
Hyperglycemic	9
<b>Syphilis</b>	<b>13</b>
Reactive	1
<b>HIV</b>	<b>22</b>
Reactive	0
<b>Cholesterol</b>	<b>75</b>
Elevated	13

This month was filled with meaningful community events that provided opportunities to build new networks, connect with diverse community members, and support underserved County residents. Engaging with diverse communities is essential for the AAHP, as it allows the program to understand unique local needs, foster trust, and create tailored health initiatives with lasting impact. Every community has its own distinct challenges, cultural perspectives, and barriers to care. AAHP's meaningful engagement ensures that its efforts remain relevant and practical. Reengagement stands as

a critical component of AAHP’s approach. By consistently showing up at community locations, AAHP reinforces trust, strengthens relationships, and enables comprehensive tracking of health progress over time. This strategic approach allows the program to continually reassess community needs, introduce new resources, and maintain critical health initiatives. AAHP’s work transcends one-time interactions, focusing instead on building sustainable support systems that empower individuals to take charge of their health and well-being.

Picture	Date	Non-Cover Codes	Blood Pressure					Blood Glucose		Total Cholesterol		A1C		HIV		HCV		Syphilis		TOTAL # Persons Screened	TOTAL # Misses	TOTAL # Returns		
			BP Normal	BP Elevated (120/80-89)	Stage 1 (130/80-89)	Stage 2 (140/90-99)	HRN Cholesterol (>160)	BP Normal	BP Elevated	Cholesterol Normal	Cholesterol Elevated	A1C Normal (<5.6)	Pred/diabetic (5.6-6.4)	Diabetic (≥6.5)	HIV Negative	HIV Positive	HCV Negative	HCV Positive	TP Negative				TP Positive	
at Black HIV/AIDS Awareness Day	2/5/2025	AAHP	0	1	3	4	1	2	0	1	1	0	0	0	0	0	0	0	0	0	HCI	112		
at Was Easy Barbershop	2/6/2025	TWEERS	0	1	3	4	1	2	0	1	1	0	0	0	0	0	0	0	0	0	7	20	4 - CDM	
AAAC - (canceled)	9/10/2025	LWAAC																						
Antony College Takoma Park	2/12/2025	MCTP	0	2	1	0	0	2	0	0	0	0	0	0	0	1	0	1	0	1	3	25		
gress Place	2/13/2025	PP	0	3	1	3	0	12	1	12	1	0	0	0	0	0	10	0	10	1	8	13	26	
Nonan Community-East County	2/14/2025																						1 - social wor	
ople's Community Men's Fellowship	2/15/2025	POBC	2	1	6	4	0	7	2	0	0	0	0	0	0	0	0	0	0	0	0	13	N/A	Ni
K High School	2/18/2025	JFKHS	2																			2	65	
ew Leaf Shelter	2/18/2025	NLS	1	2	0	2	2	6	0	4	1	0	0	0	0	3	0	3	0	3	7	20	2 - CDM	
vention 1	2/19/2025	GENI																				22	3 - RPI	
en's Shelter	2/20/2025	MSNS	5	3	1	1	0	8	3	8	1	0	0	0	0	0	0	0	0	0	10	N/A	Ni	
It to Win It, Blacks Mens Health	2/20/2025	ITWI	3	1	2	4	0	9	1	7	3	0	0	0	0	3	0	3	0	10	42	3 - RPI		
otland Recreation Center	2/22/2025	SRC	2	2		4	1	8	1	7	2	0	0	0	4	0	5	0	0	0	9	80	2 - RPI	
ctory Forest Senior Living Residence	2/26/2025	VFSR	1	1	3	6	0	11	0	8	2	0	0	0	1	0	0	0	0	0	11	30	1 - CDM	
inctuary	2/26/2025	WTMI	8	2	5	4	0	14	3	15	2	0	0	0	4	0	4	0	4	4	18	20	2 - RPI	
TOTAL			36	18	36	30	4	50	0	30	13	0	0	0	14	0	14	0	0	44	436	464		

In February, all student interns participated in an experiential health screening training program designed to enhance their competence in conducting screenings. The training covered consent form completion, screening table setup, and performing various biometric tests, including blood pressure screening, oximetry, hand grip strength measurement, glucose testing, and body mass index (BMI) calculation.

As part of their training, interns attended multiple screening events, where they observed Community Health Workers conducting live biometric screenings. Under supervision, they gradually began performing screenings themselves as they gained confidence and demonstrated proficiency. By the end of the program, interns were fully capable of conducting weight assessments, blood pressure checks, oximetry tests, and hand grip strength screenings at AAHP screening events.

One intern, specializing in gerontology, was strategically assigned to senior facilities to ensure alignment with her area of focus. She has since been designated as the “Lead Intern” for senior facilities and now assists event staff with packing, setup, and coordination at these locations.

Before The COVID-19 Pandemic, the African American Health Program routinely conducted community outreach and health screening activities at Black barbershops in Montgomery County aimed at reducing the health disparities. In February, The African American Health Program staff restarted health screenings at That Was Easy Barbershop. The plan is to expand health screenings to one or two new barbershops every month to reach more Black men, raising their awareness about health and empowering them to take control of their health. Knowing the numbers is critical to achieving this objective.

### C. Sexual Health

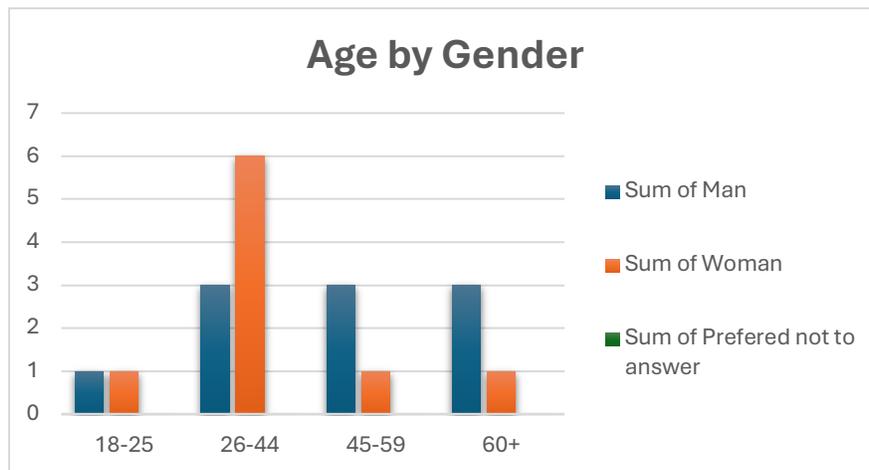
On February 5, AAHP hosted its annual National Black HIV/AIDS Awareness Day event in collaboration with the Department of Health and Human Services STD and Dennis Avenue Health Clinic. Despite challenging weather conditions that limited attendance, the event drew approximately 100 participants from an initial registration of 163.

The program featured a comprehensive keynote presentation by the County’s Health Officer, who provided an in-depth statistical analysis of HIV and AIDS in Maryland and Montgomery County. The

presentation focused on strategic opportunities to achieve the 2030 goal of ending HIV and AIDS in the state.

Additional event components included an interactive session on stress management, emphasizing mindfulness and self-care techniques to address anxiety and depression. A pivotal discussion explored ways to reduce HIV and AIDS stigma, with a particular focus on Pre-Exposure Prophylaxis (PrEP). Participants learned about PrEP’s critical role in HIV prevention, highlighting its effectiveness in reducing transmission risk by preventing the virus from establishing a permanent infection.

Following the event, on February 19, AAHP conducted target screenings. The screening results highlighted the program’s commitment to community health: 19 County residents were screened for Hepatitis C Virus (HCV), 14 for syphilis, with nearly 94% of those screened identifying as African American. One syphilis test returned a reactive result, which was promptly referred for confirmation and follow-up care.



#### D. Cancer Prevention

The Cancer Prevention Program focuses on building strategic partnerships with organizations that provide screening services for the early detection and diagnosis of cancer. By facilitating timely referrals for treatment, the program aims to improve health outcomes, as early intervention offers the best chance for a cure.

In February, efforts centered on educational classes and information dissemination targeting the leading causes of cancer, including lung, breast, colorectal, and prostate cancer, among others. Special emphasis was placed on encouraging and motivating residents who smoke to seek smoking cessation treatment through programs offered by Holy Cross and Adventist Hospitals.

The table below summarizes the prevention, education, and information services provided in February.

Data Item	Total
# of cancer screening referrals	5
# of cancer LYFT REFERRALS (ON HOLD)	2
# of class attendees	30

# of educational bags/materials distributed	25
# distributed to women's outreach events	60
# of educational material units distributed at health events	50
# of established community partnerships	5
# of internal referrals (AAHP)	4
# of resource calls received (housing, food, hospice, etc.)	10
# of pre-surveys completed REVISE	11
# of post-surveys completed REVISE	11

On February 13, AAHP staff led a session at Covenant Village Senior Living, located at 18889 Waring Station in Germantown, Maryland. While a larger turnout was anticipated, only six individuals attended. To address this issue, it was suggested that the class may have been scheduled too early for seniors, leading to consideration of a revised schedule for the following month to better accommodate a later start time.

By contrast, the February 20 session at Victory Towers Senior Living in Takoma Park saw 19 participants, for a total of 24 attendees, when accounting for late arrivals. The session was enthusiastically received, as demonstrated by the attendees' active engagement in various activities and their strong interest in cancer education. Residents desired weekly sessions, requesting that the program be returned every Thursday to continue discussions on cancer-related topics.

Overall, both events underscored the importance of adapting programming to meet audience needs while reinforcing AAHP's commitment to providing essential cancer education within the community.

In a recent meeting with a Cancer Prevention Resource Gatherer and Advocate, AAHP's Cancer Prevention Specialist discussed strategies to enhance outreach and support for African American women in Montgomery County, ensuring greater access to cancer education and resources. While specific attendance targets were not set, there was a shared commitment to establishing clear goals for reaching this underserved population more effectively.

A key focus of the discussion was the introduction of various community education resources tailored to address the unique needs and challenges faced by African American women. To support this initiative, AAHP provided informational flyers detailing its cancer prevention events, reinforcing a collaborative effort to raise awareness and encourage participation in future programs. This follow-up meeting represented a critical step in building partnerships to improve community access to vital health resources.

On February 25, AAHP's prevention specialist met with representatives from Holy Cross Hospital to develop and implement collaborative care services to expand educational classes for cancer patients. These classes will provide valuable information and essential skills to help patients effectively manage their health while undergoing cancer-related treatments.

### **1. Cancer Chat and Chew Support Group**

African American Health Program's Cancer Prevention Specialist conducted several classes during February as part of the ongoing Chat and Chew Support Group. This initiative aims to foster an engaging and supportive environment for individuals affected by cancer, providing attendees with resources, knowledge, and community connections to navigate their cancer journey. These monthly classes covered critical health topics with meaningful engagement:

- **February 7 - Nutrition Class:** Fifteen participants attended a session that provided valuable insights into the importance of good nutrition during cancer treatment. The class encouraged open discussions where participants shared personal experiences and recipes, creating a warm and interactive atmosphere that supported holistic healing and dietary wellness.
- **February 21 - Healthy Eating Strategies:** Twelve participants explored practical approaches to incorporating healthy foods into daily diets. Attendees engaged in collaborative discussions about their challenges and successes in maintaining balanced nutrition. The class facilitated strong camaraderie within the group, helping members support each other's health goals.
- **February 28 - Food Label Reading Workshop:** Eighteen participants learned about the critical skill of reading food labels to make informed dietary choices that may help reduce cancer risk. The class empowered members with practical exercises in identifying key nutritional information. Lively discussions ensued, with many participants leaving equipped with newfound skills for more intentional grocery shopping and nutritional decision-making.

### E. Mental and Behavioral Health

In February, AAHP's Social Worker and staff conducted comprehensive mental health screenings across multiple community settings. Using the MindWise© mental health screening software on computer tablets, the team completed 74 mental health screenings at diverse locations throughout the community. Screening sites included Nebel Street Men's Shelter, Progress Street Shelter, New Leaf Shelter, Generation One, The People's Community Baptist Church Black History Program, In It to Win It, and The Sanctuary at Mt. Jezreel Church.

During the screening process, the team encountered and addressed several significant challenges. In programs and housing for seniors, participants requested that questions be read aloud instead of using the tablet, demonstrating the need for flexible screening methods. Language barriers emerged as another significant consideration, particularly among Asian and Hispanic participants, highlighting the importance of culturally sensitive and accessible mental health resources.

The screening process extended beyond standard mental health assessments. In addition to primary mental health screenings, the team conducted comprehensive evaluations including alcohol screening, opioid misuse assessment, substance use evaluation, and mental health disorder screening using DSM-TR5 criteria. Case management was provided for individuals requiring additional resources and therapeutic support.

This multifaceted approach underscored AAHP's commitment to providing accessible, comprehensive mental health support. By meeting participants where they are—both literally and figuratively—the program demonstrated its dedication to addressing mental health needs across diverse community settings.

Mental Health Screenings	Status
Alcohol Use (AUDIT)	1
Depression (HANDS)	4
Generalized Anxiety (GAD)	18
Opioid Misuse	1
Anger Screen	1
Substance Use (ASSIST)	4
Bi-Polar Disorder	2
Well-Being	44

PTSD (Sprint)	1
Wide Range Survey	2
Grand Total	74

#### SURVEY RESULTS

Alcohol Use	Not Consistent	1
	Highly Consistent	0
	Consistent	1
Depression	Total	10
	Not Consistent	6
	Consistent	3
	Highly Consistent	1
	Total	9
Generalized Anxiety	Not Suggestive	14
	Suggestive	4
	Total	18
Opioid Misuse	Moderate	1
	Total	1
Psychosis	Distress Level Severe	1
	Not Consistent	0
	Total	1
Substance Use	No Result	1
	Low Risk	1
	Moderate Risk	1
	Strong Risk	1
	Total	1
Well-Being	Moderate	3
	Severe	3
	Minimal	38

a. Social Work interns

In February, two master's s-level social work students began their internships and are collaborating with public health interns from the University of Maryland. The interns have been actively engaged in the Ross Boddy project, providing mental health awareness and screenings to residents of Sandy Spring at the Ross Boddy Community Center. As part of their field experience, the interns participated in several key events throughout the month. On February 5, they attended National Black HIV/AIDS Awareness Day at the Sandy Spring Civic Center. On February 9, they joined a tour of the Slave Museum and took part in a community meeting with Sandy Spring residents, deepening their understanding of historical and social influences on public health. On February 20, the interns contributed to the In It to Win It forum on Black Men's Health, where they assisted in conducting mental health screenings and facilitated discussions on mental well-being. In addition to these events, both interns have remained active in check-in meetings and participated in the "Know Your Rights" event hosted by attorneys from Catholic Charities.

b. Support group work

In February, the AAHP Social Workers continued to collaborate with the program staff to organize and implement group work activities to improve the health and well-being of County residents. The group activities listed below provide an overview.

i. Mommy Chat

This month, Mommy Chat focused on a discussion about sudden infant death syndrome (SIDS), one of the leading preventable causes of infant mortality. The session explored several risk factors associated with SIDS, including stomach sleeping, bed sharing, suffocation hazards from toys, blankets, and bumper pads, a history of gastroesophageal reflux disease (GERD), and parental smoking or drug use. Mothers were encouraged to follow safe sleep practices by placing infants in their own cribs, ensuring the crib remained free of toys and blankets, and always laying babies on their backs to sleep. Many participants were surprised at the recommendations and acknowledged that they had not followed these guidelines. However, after learning about the risks, they committed to adopting these precautions to protect their infants.

ii. Your Inner Self

This month, a representative from Mobile Med presented at Your Inner Self. Mobile Med is a Federally Qualified Health Center (FQHC) that provides primary care, chronic disease management, and behavioral healthcare for low-income families. Mobile Med includes mobile medical vans and fixed clinics, ensuring accessibility for underserved populations. Mobile Med provides Primary Care (Routine check-ups, preventative care), Chronic Disease Management (Diabetes, Hypertension), and Behavioral Health Services (counseling and mental health support) and serves as a medical home for patients with diabetes, hypertension, and asthma.

iii. Mental Health Matters Groups

On February 11, AAHP's Mental Health Specialist led a group session titled "10 Tips to Being Highly Happy." The session explored the connection between happiness and overall well-being, emphasizing that happiness is not solely determined by personal or material success. While some individuals with few external achievements experience deep happiness, others with abundant success may still struggle with low self-worth.

The objective of the session was to highlight that happiness is an internal state rather than something defined by external circumstances. Participants learned about 10 key characteristics of contented individuals and completed a happiness quotient quiz to assess their personal sense of well-being. The session was highly interactive, with 15 participants in attendance, engaging in discussions on practical strategies for cultivating lasting happiness.

On February 25, AAHP's Mental Health Specialist facilitated a group session titled "What Is Your Forgiveness IQ?" The session focused on forgiveness's emotional and psychological impact, emphasizing that the inability to forgive can lead to bitterness and negativity. The session's objectives were to help participants recognize that holding onto grudges is often more harmful to the person carrying them than to the one who offended them. The discussion highlighted that forgiveness is a conscious choice that allows individuals to stay in control of their emotions and that practicing forgiveness can improve mental health by reducing stress, anxiety, and depression. Participants engaged in an interactive activity to assess their Forgiveness IQ and gain deeper insight into the importance of letting go of resentment. Twenty participants actively participated in discussions and self-reflection exercises.

c. Social Work & the SMILE Program

For February, an AAHP Social Worker assisted SMILE clients with housing through the Housing Opportunities Commission, accessing social services for benefits, applying for health insurance, obtaining food, a 15-year-old requesting assistance with emancipation from family, and a domestic violence situation.

d. Community Engagement Report

Many of AAHP's clients are African immigrants whose lives have been severely impacted by new immigration policies, leading to increased feelings of depression and anxiety. To better address this issue, the AAHP Social Worker participated in a "Know Your Rights" educational session sponsored by attorneys from Catholic Charities. The presentation aimed to help individuals at risk of deportation understand their rights if confronted by Immigration and Customs Enforcement.

In February, AAHP's Mental Health Specialist strengthened community partnerships and collaborations to remove financial and social barriers that impact self-esteem, financial stability, and overall well-being. These efforts focused on AAHP clients residing in properties managed by the Montgomery County Department of Housing Opportunities Commission (HOC), in collaboration with the Division of Resident Services at Tanglewood Apartments in Silver Spring and Scotland Residential Homes in Potomac, Maryland.

The Mental Health Specialist also supported and guided pregnant mothers filing for Social Security, unemployment benefits, and childcare assistance. She also assisted several county residents in securing HOC housing relocation extensions, emergency utility funding, and medical and transportation assistance access. She also engaged with mental health service providers to obtain therapy and counseling services.

#### **F. Black Men's Health**

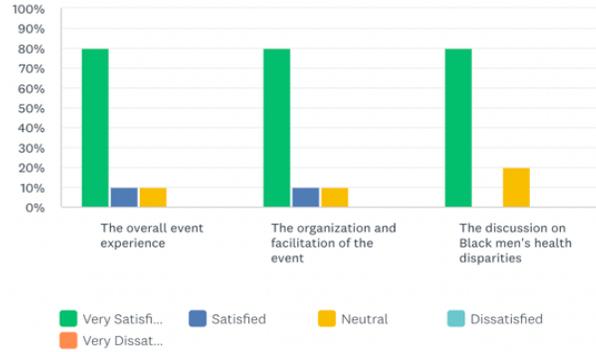
In preparation for the launch of the Black Men's Health Initiative, "In It to Win It," the Program Evaluator met weekly with the Men's Health Coordinator to discuss key event details and ensure a successful rollout. Their discussions focused on making the Black Heroes Nomination Form easily accessible by adding it to AAHP's website, featuring it in the monthly newsletter, and placing it at Community Health Worker screening tables. The goal was to identify and recognize Black Heroes by the end of April.

Other planning efforts included finalizing the event structure, which involved refining audience questions, printing health pledges, designing lapel pins, and completing the program evaluation process. Additionally, they worked on creating promotional posters for community partners, such as barbershops, to encourage community members to sign health pledges. A review of Montgomery County demographic data on Black men's health helped shape the initiative's focus and outreach strategies.

The Program Evaluator attended the inaugural event, which was a resounding success, marked by strong attendance, high engagement, and a significant number of health screenings completed. The findings from the "In It to Win It" program survey provided further insights into the event's impact and areas for future improvement.

## How satisfied were you with:

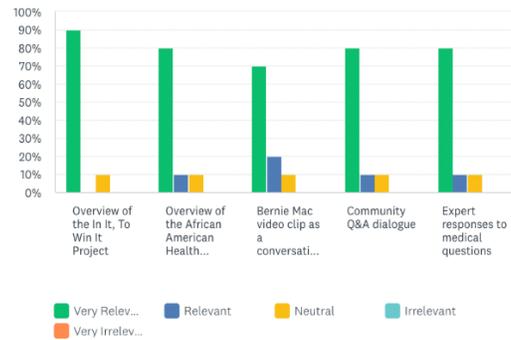
Answered: 10 Skipped: 0



	VERY SATISFIED	SATISFIED	NEUTRAL	DISSATISFIED	VERY DISSATISFIED	TOTAL	WEIGHTED AVERAGE
▼ The overall event experience	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30
▼ The organization and facilitation of the event	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30
▼ The discussion on Black men's health disparities	80.00% 8	0.00% 0	20.00% 2	0.00% 0	0.00% 0	10	1.40

## How relevant and helpful was the information shared?

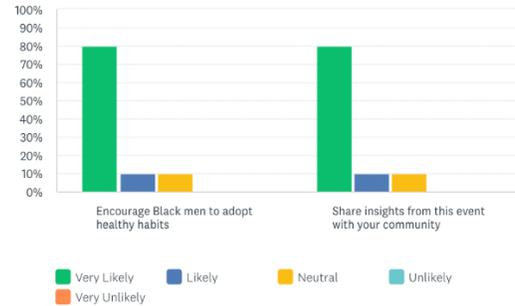
Answered: 10 Skipped: 0



	VERY RELEVANT	RELEVANT	NEUTRAL	IRRELEVANT	VERY IRRELEVANT	TOTAL	WEIGHTED AVERAGE
▼ Overview of the In It, To Win It Project	90.00% 9	0.00% 0	10.00% 1	0.00% 0	0.00% 0	10	1.20
▼ Overview of the African American Health Program (AAHP)	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30
▼ Bernie Mac video clip as a conversation starter	70.00% 7	20.00% 2	10.00% 1	0.00% 0	0.00% 0	10	1.40
▼ Community Q&A dialogue	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30
▼ Expert responses to medical questions	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30

### How likely are you to:

Answered: 10 Skipped: 0



	VERY LIKELY	LIKELY	NEUTRAL	UNLIKELY	VERY UNLIKELY	TOTAL	WEIGHTED AVERAGE
Encourage Black men to adopt healthy habits	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30
Share insights from this event with your community	80.00% 8	10.00% 1	10.00% 1	0.00% 0	0.00% 0	10	1.30

### What did you learn, and what actions will you take?

Category	Feedback
Spreading Awareness	Continue to spread awareness among the male population and throughout the community.
Health Statistics & Screening	Learned some facts about Black men's health stats relative to others. Learned the PSA is now recommended for colon cancer screening. The 'finger' test is still used in some cases.
Encouraging Preventive Care	Men still believe they don't need doctors, and we all need to help them get check-ups for preventive care rather than waiting for serious disease.
Mental Health & Advocacy	Black teens have a higher risk of death, suicide, and mental health issues than other teen groups. Be an advocate and encourage them to seek help.
Community Engagement	Advocate for community involvement: 'In it to win it!' Promote the initiative.
Personal Health Commitment	To inform my sons more about what I'm doing to stay in good health. Stay exercising and work on weight management.
General Appreciation	Great discussion!

### How can we improve future discussions on Black men's health?

Category	Feedback
Encouraging Open Dialogue	Continue to promote open dialogue.
Event Continuity	Make it continuous.
Time & Format Adjustments	Maybe increase the time frame for discussions. Half an hour longer.
Youth Inclusion	Invite younger kids.
General Expansion	More events.
Undecided/Needs More Time	Not sure just yet, but I will be able to give more later.

Notes were taken during the event to identify areas for improvement, and feedback was discussed in a post-event meeting with the men's health coordinator.

The Program Evaluator also met with AAHP's Mental Health Specialist to review the Standard Operating Procedures (SOP) draft and discuss the upcoming eight-week mental health cohort, "*Cognitive Therapy Boot Camp – Changing Thoughts to Change Lives.*" The Specialist developed the curriculum for this program, and the evaluator provided feedback on program development and suggestions for performance measures and data collection within the SOP. Moving forward, the evaluator will continue offering logistical support, data collection, and analysis to strengthen the cohort's implementation.

Additionally, the Program Evaluator met with a Community Health Worker to review the community health screening survey results. Most screened participants provided positive feedback, while a few areas of concern were noted. The Community Health Worker plans to address the negative feedback in an upcoming weekly meeting with the Community Health Workers to refine future screening processes.

#### **IV. Administrative & Management Services**

In February, the African American Health Program staff continued to play a key role in facilitating the monthly Executive Committee meeting on the first Thursday of each month and the monthly Executive Coalition meeting on the second Thursday. Responsibilities included distributing the agenda in advance, sending periodic meeting reminders, uploading necessary documents, and managing any recording-related tasks that arose throughout the month.

Significant improvements have been made to the AAHP website, enhancing loading speed, functionality, content, and software efficiency. These upgrades have streamlined the process of adding new content, reducing both time and effort. Additionally, each focus area will now begin publishing monthly statistical performance data directly on the website.

To improve data accessibility, AAHP has introduced a new approach to capturing and displaying key program metrics. While the homepage currently features four bullet points summarizing data, users previously had to navigate through the monthly report to locate specific details. Although the report contains valuable insights, searching for precise data points has been time-consuming. A new template will be implemented to present current data directly on the website, eliminating the need to reference the full report for essential statistics.

In February, AAHP staff initiated significant enhancements to SMILE program data and information management to assess program progress, address challenges, and outline data management, validation, and migration steps. Discussions focused on data consolidation, analysis methodologies, and transitioning from Excel-based workflows to a database-driven system to enhance efficiency, data accuracy, and security.

Throughout the month, AAHP staff and senior leadership provided extensive comments and recommendations on the Office of Legislative Oversight report on maternal health programs. Their input led to adding new data, clarifying budget considerations, and refining service descriptions, particularly in physical health, mental health, and social support.

##### **A. Community Conversations**

Community conversations play a vital role in promoting public health, raising awareness, and fostering meaningful engagement. These discussions create safe spaces for individuals to share experiences, voice concerns, and collaborate on solutions to pressing health issues. By bringing together experts, advocates, and community members, these conversations help drive policy changes, improve access to healthcare, and encourage proactive wellness practices.

On February 5, 2025, AAHP organized National Black HIV/AIDS Awareness Day, managing venue setup, promotional materials, keynote speaker coordination, and event logistics. Although inclement

weather impacted attendance, the event was well-received, providing attendees with valuable HIV and STI resources.

AAHP also established a Sickle Cell Working Group to address the ongoing sickle cell crisis. This group meets biweekly and weekly to discuss advocacy efforts, funding initiatives, and healthcare improvements for individuals affected by the disease. Upcoming events include a Sickle Cell Symposium on April 30 – May 1 and the launch of a Sickle Cell Toolkit on March 21. These initiatives aim to increase awareness, improve care strategies, and advance policy changes to serve the sickle cell community better.

Planning is underway for the AAHP Annual Community Day on May 31, 2025, an event designed to engage youth, promote mindfulness, and offer a variety of health-focused activities. Organizers are working to ensure comprehensive and impactful experience, incorporating interactive workshops, wellness screenings, and educational resources to encourage holistic health and community involvement.

AAHP has also initiated the Complementary and Alternative Health & Wellness Project, tentatively scheduled for June 2025. A dedicated committee has been formed to explore non-medicinal health strategies, engaging subject matter experts to develop program objectives and evidence-based approaches. This project will highlight alternative therapies, lifestyle modifications, and holistic practices to enhance community well-being.

In March, AAHP will continue executing ongoing projects, strengthening partnerships, and managing daily operations to successfully implement upcoming events and initiatives. Staff will actively participate in relevant meetings, coordinate logistics, and refine strategies to advance key program goals and expand community impact.

## APPENDIX A – Media Report

	January 2025	February 2025
General List Recipients:	6204	6183
Successful deliveries:	6019	5986
Open rate:	35%	28.7%
Click rate:	.2%	.2%

### Health Notes Newsletter: February 2025 Report

AAHP’s February Health Notes newsletter, *Take Heart*, highlighted the connection between Black History Month and American Heart Month, offering informative articles on key health topics. The feature article “Keeping Your Heart Strong” focused on cardiovascular wellness for African American women, outlining risk factors and strategies for maintaining heart health. In line with AAHP’s emphasis on sickle cell disease, the newsletter continued its series with “How CRISPR Gene Therapy Helps People with Sickle Cell Disease,” exploring new medical advancements that offer hope for those affected. The article “Protect Yourself from Respiratory Illness” emphasized the importance of preventative measures such as practicing good hygiene, wearing masks in crowded spaces, and improving ventilation indoors. This article also included a link to AAHP’s COVID-19, flu, and RSV pages, directing readers to additional prevention and management strategies resources. The Health Hint section advised individuals to prioritize their well-being by creating healthy boundaries, reducing exposure to stressors, and maintaining self-care practices. The Featured Video, a segment from *60 Minutes*, offered an in-depth, behind-the-scenes look at the National Museum of African American History and Culture development in Washington, D.C. The featured recipe was Hearty Heartbeat Cabbage Soup, a heart-healthy meal option. By covering these essential topics, AAHP’s February Health Notes aimed to provide the community with valuable information and practical tools for better health.

### Email Campaign Performance

The February 2025 email campaign demonstrated strong engagement across key performance metrics. Of the 6,183 emails sent, 5,986 were successfully delivered, with 1,718 recipients opening the email, resulting in an open rate of 28.7%. The click rate reached 0.2%, with nine total clicks. The campaign recorded minimal negative feedback, with only one unsubscribed and no spam reports, indicating that the content continues to resonate well with its audience.

Most readers accessed the newsletter via desktop, with 99.1% of opens occurring on desktop devices and only 0.9% on mobile platforms. These metrics suggest a continued strong connection with the newsletter’s readership and the effectiveness of its health communication strategy.

### Facebook

In February 2025, AAHP’s Facebook engagement showed notable changes across key performance indicators. The platform featured 21 posts, a significant increase compared to the previous month. Engagement demonstrated substantial growth, with reactions reaching 30, representing a considerable uptick from previous levels. Comments remained minimal, with just one recorded, while shares increased to 12. The expanded content output and improved engagement metrics suggest a growing audience interest and interaction with AAHP’s Facebook content.

### Facebook Metrics – February 2024

	Followers	Posts	Likes/Love	Comments	Shares
Total	<b>971</b>	10 22	39	0 1	12
Change from last month	+0	+12	+27	+1	+8

### Instagram

In February 2025, Instagram metrics revealed significant changes in engagement and activity. The account shared 23 posts, a substantial increase from the previous month, and expanded its stories to 4. Post likes saw a remarkable improvement, reaching 67, while shares climbed to 35. This substantial increase in content output and engagement suggests a growing and increasingly interactive audience for AAHP's Instagram platform.

#### Instagram Metrics – February 2024

	Followers	Posts	Stories	Post Likes	Shares
Total	386	22	4	67	35
Change from last month	+4	15	+3	+48	+25

### Threads

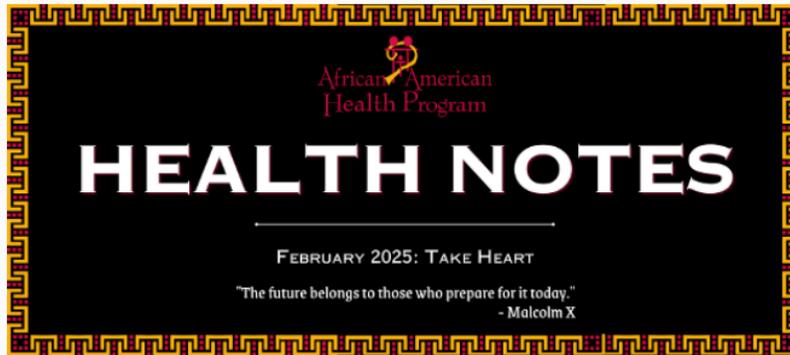
In February 2025, AAHP began exploring the Threads platform as a new avenue for digital engagement. The initial foray into this emerging social media space showed promising early signs of potential growth. With 80 followers and 4 initial posts, the account demonstrated a cautious but strategic approach to expanding its digital presence. The platform's metrics, while modest, represent an important step in diversifying AAHP's social media outreach.

#### Threads Metrics– February 2024

	Followers	Posts	Likes	Shares	Comments	Reposts
Total	80	4	1	0	0	0

## APPENDIX B – HEALTH NOTES

The monthly newsletter of the African American Health Program (AAHP). Visit AAHP's website [here](#).



AS BLACK HISTORY MONTH COMES TO AN END, WE CARRY FORWARD ITS STORIES OF TRIUMPH AND RESILIENCE. LET'S HONOR THIS LEGACY BY REMAINING COMMITTED TO A FUTURE WHERE HEALTH AND WELLNESS ARE A LASTING REALITY FOR ALL.



### Keeping Your Heart Strong

February marks both Black History Month and American Heart Month, a time to celebrate Black history and culture and a time to focus on heart health. Today's social and political challenges create stress and anxiety that can distract from these observances and negatively impact the mental and physical health of African Americans. Let's tap into the enduring spirit of those who came before us as we protect and strengthen our hearts.

When stress rises, it's tempting to turn to unhealthy coping mechanisms like overeating or abusing alcohol, but these habits can increase blood pressure and damage your heart, leading to serious health events like a heart attack or stroke. Instead of letting stress take a toll, adopt healthy stress management strategies to strengthen both your heart and mind. Regular exercise improves circulation and lowers blood pressure, balanced nutrition supports heart health and mood, and quality sleep regulates stress hormones. Mindfulness, meditation, and breathing exercises help calm the nervous system and reduce stress hormones. Every healthy meal, every workout, every moment of stress management is a victory.

As your partner in health, the African American Health Program (AAHP) remains committed to providing support and guidance for your total well-being. For heart health support, join [AAHP's Chronic Disease Management Program \(CDMP\) classes](#), which offer vital information on preventing and managing hypertension, diabetes, and other chronic conditions. Stay active with our fitness classes that combine exercise with expert health guidance. For [mental health](#) support, take advantage of our mental health screenings or join one of our supportive community groups.

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## How CRISPR Gene Therapy Helps People with Sickle Cell Disease



*(part 2 of AAHP's Sickle Cell series)*

CRISPR gene-editing therapies are revolutionizing the treatment of sickle cell disease (SCD). With CRISPR technology, scientists can correct the faulty genes responsible for SCD, enabling the production of healthy red blood cells and offering hope for a cure.

The treatment process involves several steps. First, a patient's blood-forming stem cells are collected. These cells are then genetically edited in a laboratory to correct the mutation causing SCD. After editing, the patient undergoes chemotherapy to clear out existing bone marrow cells, making space for the modified stem cells. Finally, the corrected cells are infused back into the patient's bloodstream, where they migrate to the bone marrow and begin producing healthy red blood cells. This procedure typically spans several months and requires close medical supervision.

As of early 2025, the adoption of CRISPR-based therapies for SCD has been gradual. Approximately 100 individuals worldwide have received this treatment, including participants in clinical trials. The high cost, ranging from \$2 million to \$3 million per patient poses a significant barrier to widespread access. Additionally, the procedure requires intensive chemotherapy, which carries risks such as infertility, organ damage, and severe side effects. Many patients are wary of committing time away from work or family responsibilities. These concerns, combined with limited treatment availability, raise questions about equitable access. Efforts are underway to make gene therapy more affordable and accessible while addressing patient concerns.

Sources:

[www.creative-biogene.com](http://www.creative-biogene.com)

[www.reuters.com](http://www.reuters.com)

[www.aamc.org/news/future-crispr-now](http://www.aamc.org/news/future-crispr-now)

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## Protect Yourself from Respiratory Illness



As schools nationwide close due to flu cases surging, and as the CDC reports rising hospitalizations among children, the elderly, and those with underlying health conditions, health officials emphasize the urgent need for proactive measures during February's peak respiratory illness season.

How can you protect yourself and your community?

1. **Get vaccinated.** The flu shot remains the best defense against severe illness. COVID-19 and RSV vaccines are also available for those at risk.
2. **Practice good hygiene.** Frequent handwashing, disinfecting surfaces, and covering coughs/sneezes help prevent the spread of viruses.
3. **Wear masks in crowded spaces.** Given the rise in cases, masking up (especially in schools, public transportation, and healthcare settings) adds an extra layer of protection.
4. **Stay home if you're sick.** Many school closures are tied to flu outbreaks fueled by students and staff attending while symptomatic. Resting and isolating when sick can prevent further spread.

While the flu, RSV, and COVID-19 continue to circulate, bird flu has also made headlines with new outbreaks, though it remains uncommon and poses little risk to humans. Staying informed through reliable sources like health department updates can help you remain aware of any significant developments. Know the symptoms of these viruses and consult with your doctor or a healthcare professional when you feel sick. This helps not only in early detection but also in preventing the spread to others, keeping our communities safer.

Check out AAHP's COVID-19, flu, and RSV page for more information and resources about prevention and management of these viruses: [www.aahpmontgomerycounty.org/covid-flu-rsv/](http://www.aahpmontgomerycounty.org/covid-flu-rsv/).

Sources:

[www.ama-assn.org](http://www.ama-assn.org)

[www.today.com](http://www.today.com)

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## Health Hint

Protect your peace by limiting screen time, especially during cycles of negative news. Create healthy boundaries by scheduling regular screen-free breaks throughout your day. Replace endless scrolling with activities that nourish your spirit, such as reading, journaling, or exploring creative hobbies. Give yourself the gift of better sleep by starting a "screen detox" an hour before bedtime. These small but powerful changes can significantly improve your mood and overall well-being.

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## Featured Video

This *60 Minutes* segment offers a behind-the-scenes look at the development of the National Museum of African American History and Culture in DC:



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## Featured Recipe: Hunky Heartbeat Cabbage Soup

### Ingredients

- 2 tablespoons (30 mL) coconut oil
- 2 cups (280 g) diced red onion (about 1 medium/large)
- 5 cups (540 g) diced red cabbage (about 1/2 medium)
- 4 cups (500 g) peeled and diced raw beets (about 2 large/3 medium)\*
- 5 cups (1.25 L) marinara sauce\*\*
- 3 cups (750 mL) water
- Fine sea salt or Herbamare, to taste
- [Cashew Sour Cream](#), for serving (optional)
- Fresh dill, for garnish (optional)



### Instructions

1. Add the coconut oil into a large pot. Over medium heat, sauté the onion for about 3 to 5 minutes, stirring once or twice.
2. Add the diced cabbage and beets. Stir again. Continue sautéing for another few minutes.
3. Add all of the marinara sauce and the water. Stir to combine. Simmer the soup, covered, over low to medium heat for 1 hour and 30 minutes to 1 hour and 45 minutes, or until the beets are fork-tender. Your cook time may vary depending on how fresh your beets are and how small you chopped them. (If it's your first time cooking the soup, you may want to check on it a few times and stir to make sure it's not sticking to the bottom of the pot.)
4. Taste and season with salt to taste. Ladle into a bowl and serve with a spoonful or swirl of Cashew Sour Cream and chopped dill if desired, but it's great all on its own, too.
5. This soup will keep in the fridge in an airtight container for up to 1 week. It freezes beautifully, too: Simply cool the soup and place it into a freezer-safe container, leaving an inch of space at the top for expansion. Freeze for up to 2 months.

Source: [www.ohsheglows.com/hunky-heartbeat-cabbage-soup](http://www.ohsheglows.com/hunky-heartbeat-cabbage-soup)

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## APPENDIX C – SURVEY AND ATTENDANCE REPORTS

### Take Control of Your Health – Wednesday Edition

February 8th	
Feedback Question	Participants Response (Anonymous)
<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• Goal setting</li> <li>• Listening to people's journeys in goal setting (voice and in the chat).</li> <li>• Refining my goals using the SMART guidelines</li> <li>• New way to look at Goal setting.</li> <li>• Goal setting outline</li> <li>• Goal setting</li> <li>• Implementation of measurable goals</li> <li>• Goal setting</li> <li>• I love how she explained goal setting. Great presentation</li> <li>• SMART Goals, really everything discussed</li> <li>• The specific details to setting goals</li> <li>• The class helped me to home in and focus more readily on my GOALS for the new year.</li> <li>• SMART Goal Setting</li> <li>• Explaining the importance of the SMART program</li> <li>• Goal setting</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• Yes</li> <li>• Give examples of SMART goals that don't involve losing weight.</li> <li>• All was great</li> <li>• How to re-group when you are failing at meeting your goals.</li> <li>• A lot of great information</li> <li>• Staying motivated to achieve the goals set. I believe this was covered but I need baby steps</li> <li>• Taking time for self</li> <li>• I think it was thorough as is</li> </ul>

	<ul style="list-style-type: none"> <li>• She did a great job.</li> <li>• More re methods used for motivation</li> <li>• I can't think of what was missing.</li> <li>• The content was just enough. Too much information = 0 retention.</li> </ul>
<p>To help AAHP plan for future classes, what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• PTSD</li> <li>• Stress</li> <li>• Strategies for steep aging with our goals. Have a quarterly review session for goals updates/setting</li> <li>• How to let go of things that weigh you down and not feel guilty.</li> <li>• None today</li> <li>• long term care for the future</li> <li>• I have to think about it</li> <li>• Stress</li> <li>• I think anything about becoming a better version of yourself is a great topic</li> <li>• I really liked the course we just had.</li> <li>• Mindset, identifying distractions</li> <li>• Good job. Like the variety as presented.</li> <li>• Pelvic Exercises for the Bladder</li> <li>• Healthy eating</li> <li>• Ovarian cancer</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• Doing a great job.</li> <li>• Continue to incorporate sessions that focus on overall health issues, not just diabetes.</li> <li>• Tell people to keep their comments brief. Otherwise - continue same</li> <li>• Just right</li> <li>• Provide handouts for visual learning</li> <li>• Good information</li> <li>• Offer different time slots for presentations</li> <li>• I would like a class on how to meditate.</li> <li>• Continue</li> <li>• More programs to help improve the health of younger people</li> </ul>

Feedback Question	Participants Response (Anonymous)
<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• Learning something new about weight loss and causes for not losing although one is eating right and exercising</li> <li>• I liked learning more about what it means to “fast” and the effects on the body. Additionally, I enjoyed the discussion regarding the benefits of exposure to cold temperatures.</li> <li>• This was my first time. I'm still getting used to the format.</li> <li>• Explanation of difficult words.</li> <li>• Discussion on Autophagy.</li> <li>• Metabolism tips</li> <li>• I enjoyed all of the insight that was shared</li> <li>• Different exercises</li> <li>• New information on a cellular level for metabolic responses.</li> <li>• Exercise</li> <li>• Fitness and how it supports our wellbeing.</li> <li>• Exercise and eat well for better health</li> <li>• Learning about autophagy.</li> <li>• How exercise impacts the body</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• More of #2 above</li> <li>• How some medications can cause weight gain and also have side-effects that make it difficult to eat meals/food on a healthy schedule.</li> <li>• The presentation was thorough. She could pace herself a little better to spend more time on each slide instead of having to rush through some at the end.</li> <li>• All great information</li> <li>• Options for persons with physical disabilities.</li> <li>• Maybe talk about salt and sugar a little</li> <li>• This was a good session</li> </ul>

	<ul style="list-style-type: none"> <li>• I think that we could discuss more about what foods convert to sugar and are stored as sugar and for how long.</li> <li>• Eat before exercise or not eating</li> <li>• Possibly the important of rest day when you are working out 5 to 6 days a week</li> <li>• More information on fasting</li> <li>• Recipes</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• Weight loss, HIIT</li> <li>• Muscle imbalances and improving balance/posture.</li> <li>• I'm new to the program so I don't have any now.</li> <li>• Women's health-menopause</li> <li>• The cause of Vitiligo and is there any treatment.</li> <li>• Sodium intake how to lessen and what salt does to the body</li> <li>• Specific exercises that are good to do from your chair when at work</li> <li>• The psychology of self-care</li> <li>• Eating</li> <li>• Pancreas cancer</li> <li>• How not to have to get up in the middle of the night so many times to go to the bathroom</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• It's great. I love Dr. Monica!</li> <li>• I am going to forget to write down my SMART goal.</li> <li>• Keep doing a great job</li> <li>• I think you are doing an awesome job already</li> <li>• 15 more minutes, please? :-)</li> <li>• By providing more information Eati</li> <li>• You are doing a stellar job.</li> <li>• By continuing to educate people</li> </ul>

<b>February 22nd</b>	
Feedback Question	Participants Response (Anonymous)

<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• How drugs mimic what naturally occurs in the body.</li> <li>• Discussion of GLP-1 agonist and their action</li> <li>• Coverage of all weight loss methods</li> <li>• Everything</li> <li>• Learning how the weight loss drugs work</li> <li>• Learning that Obesity is a disease.</li> <li>• Today's session was very informative</li> <li>• Learning about the Heart Attack Grill</li> <li>• Weight gain history over time</li> <li>• Overview of obesity in US</li> <li>• Discussion on weight trends universally.</li> <li>• Risks and rewards of the drugs</li> <li>• The different weight loss drugs explained</li> <li>• All the information</li> <li>• All the content</li> <li>• Ozempic and weight loss</li> <li>• General discussion about weight loss drugs.</li> <li>• learning about weight loss drugs</li> <li>• Have a realistic plan</li> <li>• Talking in-depth about GLP1 medication</li> <li>• Weight control</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• Very informative</li> <li>• definition of ultra-processed</li> <li>• Info about the costs</li> <li>• NA</li> <li>• More about the differences between them and why one would be prescribed over another</li> <li>• A bit more details on tips as to what to say to your doctor when asking to be prescribed any GPL1 drug.</li> <li>• I think a lot was covered on weight loss drugs. I cannot think of anything left out.</li> </ul>

	<ul style="list-style-type: none"> <li>• More on prescription oral drugs (names) weight loss patches and weight loss gummies and over-the-counter weight loss drugs?</li> <li>• More about the medical indications for drugs so that persons who their doctors believe will help with medical conditions are not frightened or discouraged.</li> <li>• Very inclusive</li> <li>• Surgeries that cause death</li> <li>• She did all</li> <li>• There are so many rumors out there, it is hard to know where to begin.</li> <li>• more time to discuss options to lose weight</li> <li>• She covered all my questions</li> <li>• She discussed everything</li> <li>• Food that will help in process</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• Low blood pressure</li> <li>• reading food labels</li> <li>• Kidney Stones</li> <li>• anything</li> <li>• rheumatoid arthritis and other inflammatory diseases</li> <li>• Neuropathy; how the Vagues Nerve, and the pituitary gland affect health, Parkinson's Disease, and other autoimmune diseases that affect people of color.</li> <li>• Seniors aging in place, fall prevention, brain health and neurological challenges as people age.</li> <li>• Boosting immunity and reducing inflammation</li> <li>• Continue more on this subject per what I listed in #3 above</li> <li>• Self esteem</li> <li>• Repeat</li> <li>• Will let you know when I can think of something.</li> </ul>

	<ul style="list-style-type: none"> <li>• What options do we have to lose weight safely</li> <li>• What can you eat or supplements to help increase your collagen after the age of 60?</li> <li>• Reduce chronic disease</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• I am benefiting from these presentations - relevant.</li> <li>• Doing a great job already</li> <li>• You do a fabulous job</li> <li>• You already have</li> <li>• The class is great. More opportunities to ask questions and shorter presentations.</li> <li>• Continue providing awesome life changing information regarding health, medication and lifestyle.</li> <li>• Make the workshops more engaging. Perhaps we will have some breakout groups and small discussions.</li> <li>• Continue hosting virtual classes</li> <li>• Your format is great</li> <li>• The team is doing an excellent job.</li> <li>• Keep it coming</li> <li>• Keep giving information</li> <li>• So far, so good.</li> <li>• Educate people</li> </ul>

<b>February 29th</b>	
Feedback Question	Participants Response (Anonymous)
<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• I learned that the pharmacist can be very helpful and may save your life when drug interaction is involved. Always keep the printout that comes with a new prescription. Fill at same drug store.</li> <li>• none - I am in the health field - nothing new</li> <li>• Interaction in class.</li> <li>• Great information all around...</li> <li>• open discussion</li> </ul>

	<ul style="list-style-type: none"> <li>• Great reminders about type of conversations to have with pharmacist</li> <li>• Experiences of the participants</li> <li>• All</li> <li>• Medication Management</li> <li>• Great discussion.</li> <li>• Managing your meds and being aware of harmful side effects</li> <li>• Read about all the side effects of any medication that you may need to take or that the doctor wants you to take before it is prescribed.</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• Very informative.</li> <li>• I would have preferred to hear her presentation before the questions</li> <li>• All my questions and concerns were answered</li> <li>• Great</li> <li>• She did it all</li> <li>• Good review.</li> <li>• Taking control of how you take your medication</li> <li>• Wish we had more time to discuss this topic further</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• Low blood pressure.</li> <li>• Lymphedema</li> <li>• Skin and hair care.</li> <li>• Types of meds for blood pressure</li> <li>• Great</li> <li>• Repeat this topic</li> <li>• More about Medication Management</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• Great job.</li> <li>• Give lecture first before the questions</li> <li>• Keep having the classes</li> <li>• Great</li> <li>• More information</li> <li>• Glad the instructors try to mix the approach.</li> <li>• More time allowed sometimes for certain topics</li> </ul>

**Take Control of Your Health – Thursday Edition**

<b>February 9th</b>	
Feedback Question	Participants Response (Anonymous)

<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• Important information about lifetime versus medication</li> <li>• Great visuals</li> <li>• Med for weight loss</li> <li>• Discussion with everyone</li> <li>• Knowledge with compassionate discussion</li> <li>• great info</li> <li>• Costs of the weight loss meds</li> <li>• Everything</li> <li>• Lecture</li> <li>• Lots of information - well organized</li> <li>• Learning that lifestyle changes and GLP1 meds can be used together to be successful</li> <li>• Information pros and cons on GLP's</li> <li>• Lifestyle vs Medicine discussion</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• Enough information was presented</li> <li>• Well covered</li> <li>• Excellent presentation as it was presented</li> <li>• How to stop Ozempic</li> <li>• New diet medicines</li> <li>• More time to discuss topic</li> <li>• Negative sides of GLP-1</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• High blood pressure medication</li> <li>• Continue with obesity</li> <li>• Bone health and what vaccines or shots needed after 50</li> <li>• Pancreas cancer testing</li> <li>• how to stop Ozempic</li> <li>• Unsure at the moment. Maybe vitamins are beneficial to seniors.</li> <li>• More on lymphedema.</li> <li>• Other options for weight reduction</li> <li>• Loss of Collagen.</li> <li>• More GLP-1 meds</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• Continue sharing verity information on Multiple subjects that seems to be prevalent in black and brown communities</li> </ul>

	<ul style="list-style-type: none"> <li>• By Education</li> <li>• Continue addressing proactive healthcare needs for 2025</li> <li>• You all are doing a stellar job.</li> <li>• Impossible</li> <li>• You do a wonderful job.</li> <li>• Longer time for this topic - two sessions</li> </ul>
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February 16th	
Feedback Question	Participants Response (Anonymous)
What was the highlight of today's session?	<ul style="list-style-type: none"> <li>• Ways to stay healthy</li> <li>• Learning how much people spend to stay healthy.</li> <li>• The importance of sleep</li> <li>• How to keep with the daily living</li> <li>• Lifestyle</li> <li>• Great presentation</li> <li>• Having a support system to help you reach your goals</li> <li>• Podcast and book sharing</li> <li>• Sharing remarks</li> <li>• Reminder of the need for us to focus on the 6 pillars</li> <li>• Setting Healthy Lifestyle changes are realistic and can continue</li> <li>• Lifestyle changes to improve health</li> <li>• The slides on wellness practices</li> </ul>
What information do you wish the presenter had discussed?	<ul style="list-style-type: none"> <li>• More on mental health</li> <li>• Enough helpful information was presented</li> <li>• A menu for eating</li> <li>• She did covers all</li> <li>• Great</li> <li>• The presenter was fine</li> <li>• All good</li> <li>• Weight Loss</li> <li>• Talk more about alleviating stress and developing social relationships.</li> </ul>
To help AAHP plan for future classes, what topics would you be interested in learning about?	<ul style="list-style-type: none"> <li>• Mental health</li> <li>• Repeat</li> <li>• Type 1 diabetes in adulthood</li> </ul>

	<ul style="list-style-type: none"> <li>• Kidney diseases and prevention</li> <li>• Last week you talked about Ozempic and other injectables for weight loss. What about pill medications for weight loss. What works and what does not work. What is safe for help with weight loss</li> <li>• Healthy weight after 65 years old</li> <li>• Managing prediabetes</li> </ul>
How can AAHP improve in Take Control of Your Health?	<ul style="list-style-type: none"> <li>• I enjoyed what was said</li> <li>• Keep having the class</li> <li>• Education is the best</li> <li>• More information</li> <li>• Begin and end on time</li> <li>• All is good</li> </ul>

<b>February 23rd</b>	
<b>Feedback Question</b>	<b>Participants Response (Anonymous)</b>
What was the highlight of today's session?	<ul style="list-style-type: none"> <li>• I love the participants' contribution to information</li> <li>• Good to keep knowing there are so many monitoring devices available to check health.</li> <li>• CGM never knew what it was</li> <li>• The variety of wearable items to monitor your health.</li> <li>• The information about the diabetes monitoring</li> <li>• Finding out how helpful an Apple Watch with its monitoring capabilities would be since I have cardiac issues</li> <li>• List of different websites. And CGM information</li> <li>• The different devices to monitor one's health</li> <li>• information on health apps</li> <li>• To manage your health</li> <li>• Monash slide</li> <li>• interesting information</li> <li>• Participant engagement and questions</li> </ul>

	<ul style="list-style-type: none"> <li>• Learning about different way to monitor glucose</li> <li>• History of Apps</li> <li>• Wearable medical devices</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• I wish there was more discussion about the different CGM options and how they differ or are similar to one another</li> <li>• Good overview.</li> <li>• Sleep apnea. I heard there is a new weekly injection that can help called Zepbound.</li> <li>• He covered mostly everything.</li> <li>• I think the presenter was awesome and thorough</li> <li>• He was quite thorough and went over a lot of areas that we can go back to and do our due diligence if it interests of appointments for us. A very good presentation was right on time.</li> <li>• very comprehensive</li> <li>• How to use the Apple Watch to monitor your heart</li> <li>• Great</li> <li>• Risks of allowing apple/Google access to all health data</li> <li>• Showed the different glucose monitors and how to use them</li> <li>• Just more detail on the latest apps</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• More on CGMs</li> <li>• Types of anemia.</li> <li>• Sleep apnea</li> <li>• Maternal and infant morbidity/mortality.</li> <li>• Tell more about how the devices work</li> <li>• I would say mental health, but I do take part in the zoom mental health classes that happen twice a month, so I don't know right now you all do an outstanding job</li> <li>• Previously answered</li> <li>• Everything for wellness</li> <li>• more info on health tools and how to use them</li> </ul>

	<ul style="list-style-type: none"> <li>• To repeat this class</li> <li>• More on software for your health</li> <li>• Environmental impact on health (microplastics, forever chemicals, air/water pollutants)</li> <li>• The different glucose monitors and how to use them</li> <li>• More Men's Classes</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• The program is great. Perhaps have a Google reference page with links to websites recommended or reading materials</li> <li>• Periodically update as technology evolves.</li> <li>• Keep having t h e classes. Thanks</li> <li>• Keep providing health information.</li> <li>• AAHP is an awesome program. Keep doing what you are doing. More people need to know about this. I am doing my best to spread the word.</li> <li>• I will give it some thought, but you will do an outstanding job and cover any base. I could think of wanting information on everything from fitness classes to diet to mental health to monitoring.</li> <li>• Thanks for doing a great job consistently.</li> <li>• To have the information given in email, text or handout so people. A go back to read and for references. I have learnt a lot with this program. THANK YOU.</li> <li>• The program has been very helpful</li> <li>• Great information</li> <li>• Great</li> <li>• Links to resources</li> <li>• It Good</li> </ul>

February 30th	
Feedback Question	Participants Response (Anonymous)
<p>What was the highlight of today's session?</p>	<ul style="list-style-type: none"> <li>• Great reminders of understanding the ABC of diabetes</li> </ul>

	<ul style="list-style-type: none"> <li>• Learning about the details of lab results. ABC's</li> <li>• Lab information</li> <li>• Q and A</li> <li>• lab values</li> <li>• Understanding your lab values</li> <li>• all the health panels so interesting loved the entire lecture-outstanding</li> <li>• Explanation of the lipid panel</li> <li>• All data</li> <li>• The information! Good subject matter.</li> <li>• Lipid Panel Discussion</li> <li>• Class participation.</li> <li>• Reading Blood Test Results</li> <li>• Interpreting lab results</li> </ul>
<p>What information do you wish the presenter had discussed?</p>	<ul style="list-style-type: none"> <li>• Examples of how to improve red blood cell</li> <li>• Nutrition</li> <li>• She covers all I needed to hear</li> <li>• Great</li> <li>• Needs to be a 2-part class</li> <li>• How long sugar stays in the bloodstream</li> <li>• More about reducing High LDL</li> <li>• Special Panels</li> <li>• Impact of chronic conditions on teeth and oral health and vice versa.</li> </ul>
<p>To help AAHP plan for future classes what topics would you be interested in learning about?</p>	<ul style="list-style-type: none"> <li>• Sleep apnea</li> <li>• Different physician specialty (titles and their specialty)</li> <li>• Nutrition</li> <li>• To understand more about magnesium</li> <li>• More about other panels</li> <li>• Lymphedema of leg and ankle</li> <li>• How to reduce LDL Cholesterol</li> <li>• Skin and hair care.</li> <li>• Kidneys, Liver, Prostrate</li> <li>• Oral health concerns</li> </ul>
<p>How can AAHP improve in Take Control of Your Health?</p>	<ul style="list-style-type: none"> <li>• Keep having the programs. I am learning and sharing information for better health. Thanks</li> <li>• You already are. I take yoga, tai chi classes and the anti-inflammatory class. Thank you for your service</li> <li>• Continue to provide great information</li> </ul>

	<ul style="list-style-type: none"> <li>• Access previously recorded sessions</li> <li>• The information helps</li> <li>• Great</li> <li>• Great job now in all classes</li> <li>• Longer</li> <li>• Longer class time</li> <li>• Great Already but get the word out. Have a video library of all the classes</li> <li>• Doing an excellent job</li> </ul>
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### CDMP Evaluation Questions (n=137)

How would you rate today's class overall?	92 % of respondents rated classes as excellent, and 8 % of respondents rated classes as good.
What was the highlight of today's session?	<p>Responses from the HN class include:</p> <ol style="list-style-type: none"> <li>1. Topic discussion (universal meals)</li> <li>2. Ethiopian (and other ethnic) recipes</li> <li>3. Meal planning tips</li> <li>4. The Presenter</li> </ol> <p>Responses from the TCYH classes include:</p> <ol style="list-style-type: none"> <li>1. Discussion on goal setting</li> <li>2. Learning new terms and phrases</li> <li>3. Information on GLP 1 medications</li> <li>4. Importance of having a pharmacist on the care team</li> <li>5. Learning about various monitors for tracking health</li> <li>6. Hearing from other participants</li> </ol>
What information do you wish the presenter had discussed?	<p>Responses from the HN class include:</p> <ol style="list-style-type: none"> <li>1. More information on how to read food labels</li> <li>2. More information on weight loss</li> <li>3. Proper storage for food safety</li> </ol> <p>Responses from the TCYH classes include:</p> <ol style="list-style-type: none"> <li>1. SMART goals on areas other than weight loss</li> <li>2. More on why weight loss stalls</li> <li>3. Options for people with disabilities</li> <li>4. More on mental health</li> <li>5. More discussions on CGM—risks, potential data breach</li> <li>6. Sleep apnea</li> </ol>
What percentage of the information you have received today was new to you?	Respondents in the HN class rated 68 % of the information as new.

<p>To help AAHP plan for future classes, what topics would you be interested in learning more about?</p>	<p>Respondents in the TCYH classes rated 58 % of the information as new.</p> <p>Respondents in the HN class are interested in learning more about:</p> <ol style="list-style-type: none"> <li>1. Food allergies</li> <li>2. Cultural/religious foods</li> <li>3. Starting a Cookbook Club</li> <li>4. More Bread, Tofu, Smoothie recipes</li> <li>5. Raynaud’s Disease</li> <li>6. Senior Self-Care</li> <li>7. More on reading food labels</li> <li>8. Food safety and storage</li> <li>9. Oils and other food additions</li> <li>10. More on addictive foods</li> <li>11. Healing herbs</li> <li>12. Foods good for the skin, hair, nails</li> <li>13. Relationship between fruits/veggies to specific vitamins</li> </ol> <p>Responses from the TCYH classes include:</p> <ol style="list-style-type: none"> <li>1. Stress/PTSD</li> <li>2. Quarterly review of SMART goals</li> <li>3. HIIT</li> <li>4. Women’s Health</li> <li>5. Vitiligo</li> <li>6. Pancreatic cancer</li> <li>7. Nocturia</li> <li>8. Collagen (especially relating to aging)</li> <li>9. Neuropathy</li> <li>10. Low BP and medications</li> <li>11. Bone Health</li> <li>12. Obesity</li> <li>13. Kidney disease</li> <li>14. Other medications for weight loss (pills)</li> <li>15. T1 Diabetes (adults)</li> <li>16. Infant mortality</li> <li>17. More on Health IT</li> <li>18. More on CGM</li> </ol>
<p>How can AAHP improve our classes?</p>	<p>Respondents in the HN class have suggested:</p> <ol style="list-style-type: none"> <li>1. Longer class times</li> </ol> <p>Responses from the TCYH classes include:</p> <ol style="list-style-type: none"> <li>1. Shorter comments from participants to give more time to presentation</li> <li>2. Longer class time</li> <li>3. Different time slot for class</li> <li>4. Class for young people’s health</li> <li>5. Place QA time at the end of the presentation, don’t rush</li> </ol>

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|  | <ol style="list-style-type: none"><li>6. Links/websites for additional reading on a given topic.</li><li>7. Continue offering these classes!</li></ol> |
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