



African American
Health Program

ANNUAL REPORT

The Power and Promise of Prevention



FISCAL YEAR 2013
JULY 1, 2012 - JUNE 30, 2013

TABLE OF CONTENTS

<u>AAHP HISTORY AND OVERVIEW</u>	1
<u>A YEAR IN REVIEW</u>	2
<u>SUCCESS: BY THE NUMBERS</u>	3
<u>PROGRAM FOCUS AREA CHART</u>	4
<u>ACCOMPLISHMENTS BY FOCUS AREA</u>	5
<u>THE AAHP TEAM</u>	14
<u>COMMUNITY PARTNERS</u>	15



AAHP HISTORY AND OVERVIEW

The African American Health Program (AAHP) was created and funded in 1999 by the Montgomery County Department of Health and Human Services (DHHS).

VISION

African Americans and people of African descent in Montgomery County will be as healthy and safe as the rest of the population.

MISSION

Eliminate health disparities and improve the number and quality of years of life for African Americans and people of African descent in Montgomery County, MD.

GOALS

1. Raise awareness in the Montgomery County community about key health disparities.
2. Integrate African American health concerns into existing services and programs.
3. Monitor health status data for African Americans in Montgomery County.
4. Implement and evaluate strategies to achieve specific health objectives.

STRATEGY

Bring together community partners and resources in a collaborative and effective manner to support AAHP goals.

AAHP focuses on six major health areas: infant mortality, HIV/AIDS, diabetes, oral health, cardiovascular disease, and cancer. Services provided include outreach, health education, counseling, support groups, and nurse case management. The program is staffed by registered nurses, health educators, and community outreach personnel.

AAHP operates in conjunction with a volunteer executive committee that provides advisory and strategic planning and advocates for the program. In addition to the committee, there are two community-based coalitions focused on infant mortality and HIV/AIDS. The coalitions provide support and advocacy for AAHP initiatives as well as feedback on AAHP activities. In addition, the Diabetes Unit is guided by an advisory group, which is required for accreditation by the American Association of Diabetes Educators.

FUNDING

AAHP is funded by the Montgomery County DHHS and administered by BETAH Associates, Inc. The program receives additional funding from Holy Cross Hospital through the Minority Outreach and Technical Assistance (MOTA) award that provides funding for AAHP health promoters in their efforts to encourage improvement of the health care status of African Americans and individuals of African descent by facilitating health education, disease prevention and screening, and other outreach activities. AAHP also participated in the ABCS (Aspirin, Blood Pressure control, Cholesterol management and Smoking cessation counseling) or One Million Hearts program under a grant addressing cardiovascular risk factors, morbidity and mortality among low-income, uninsured County residents.

A YEAR IN REVIEW

FOCUS ON PREVENTION

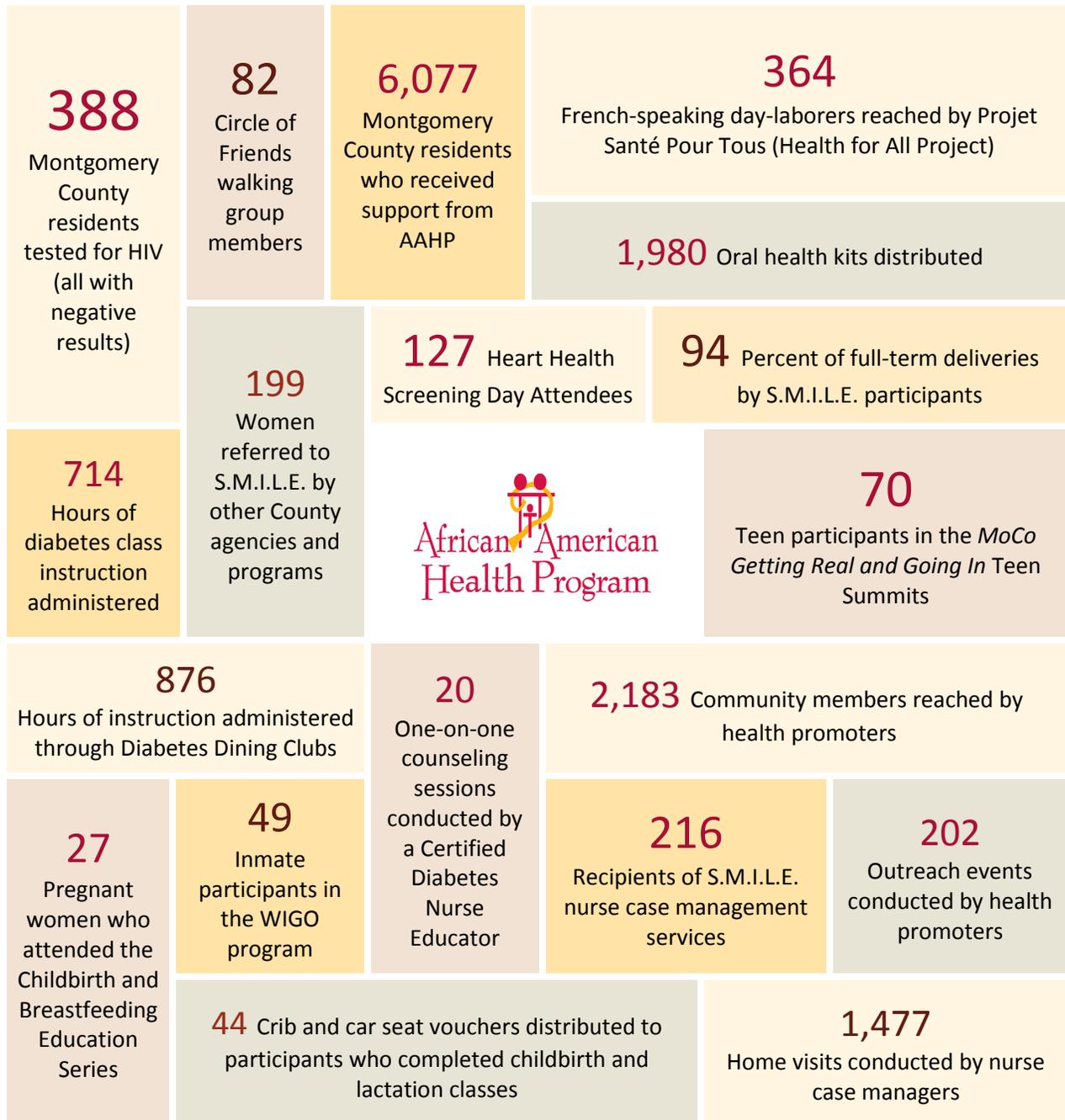
During fiscal year 2013, AAHP continued to address health disparities in Montgomery County through outreach, education, referrals, and events. Looking back at this year, we are reminded of the importance of prevention. Improving quality of life for African Americans and people of African descent hinges upon the education of individuals, communities, and organizations. AAHP aims to empower and partner with others to prevent not only health disparities but also specific health conditions.

Without question, prevention is the core around which all AAHP activities are based. This year, the program’s prevention-related activities were abundant in each of the six focus areas. Detailed information about such activities is provided through this annual report. The following synopsis outlines the primary services offered in support of each focus area’s prevention-driven goal.

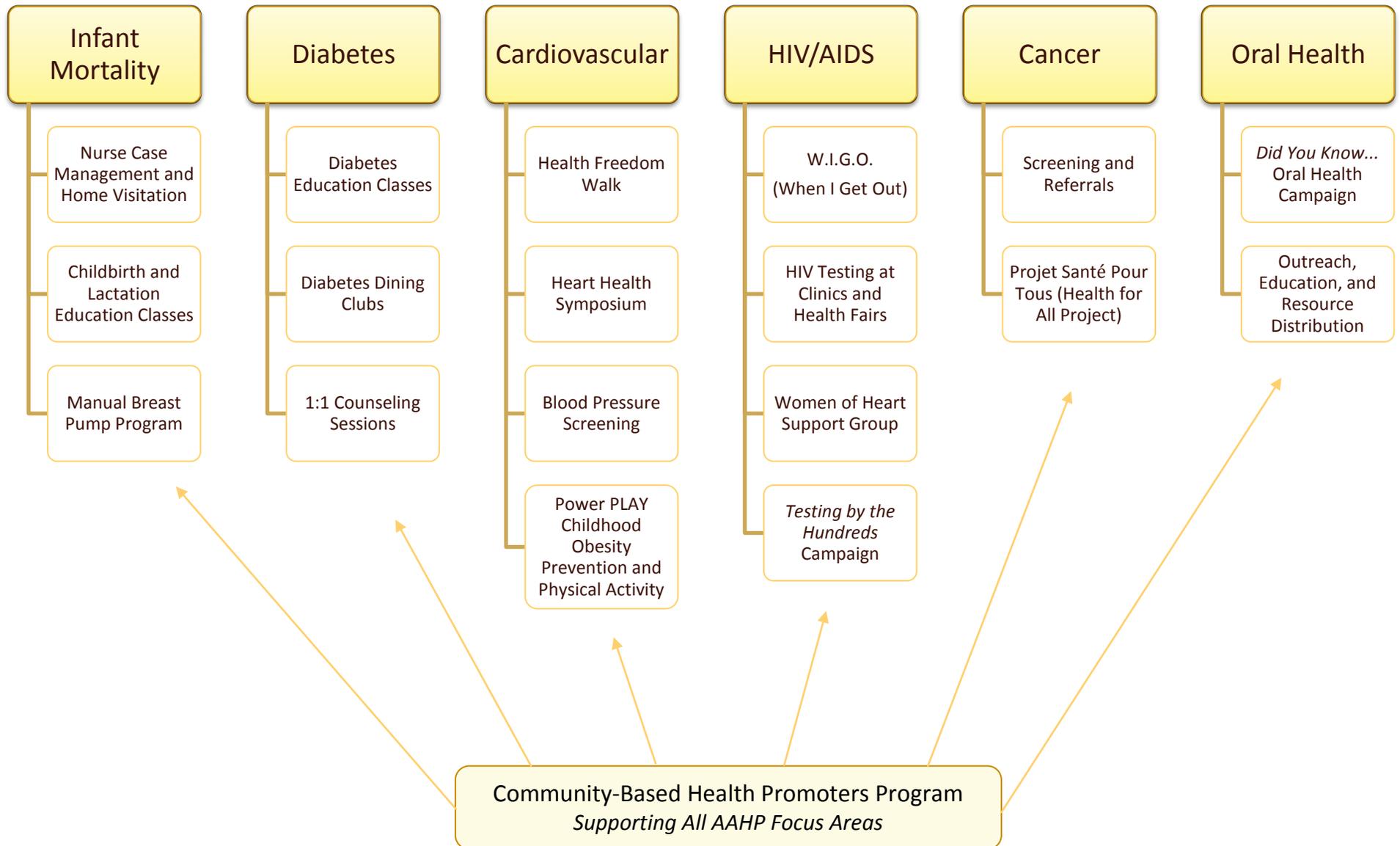
	Infant Mortality ▼	Diabetes ▼	HIV/AIDS ▼
GOALS	<i>Reduce pre-term deliveries and low birth weights, primary causes of infant mortality</i>	<i>Consumer prevention and management of diabetes and pre-diabetes as well as associated health conditions</i>	<i>Prevent the spread of infection and, for those who have HIV, circumvent the onset of AIDS and complications</i>
ACTIVITIES	<ul style="list-style-type: none"> - Nurse Case Management - Home Visits - Childbirth Education - Lactation Education - Breast Pump Program 	<ul style="list-style-type: none"> - Blood Glucose Testing - Education Classes - Dining Clubs (includes educational and physical activities) - Individualized Counseling 	<ul style="list-style-type: none"> - Regular HIV Testing Events and Campaigns - Teen Summits - Counseling and Referral - Preventive Health Education for Inmates
	Cardiovascular ▼	Cancer ▼	Oral Health ▼
GOALS	<i>Reduce or eliminate risk factors that predispose African Americans to cardiovascular diseases</i>	<i>Reduce controllable risks that increase the likelihood of cancer diagnoses and related health issues</i>	<i>Promote healthy oral care and reduce oral diseases and conditions that can lead to more serious conditions</i>
ACTIVITIES	<ul style="list-style-type: none"> - Heart Health Screening (can include assessment of blood pressure, body mass index, glucose, and oral health) - Wellness Walks and Events 	<ul style="list-style-type: none"> - Distribution of resources around health and hygiene - Referrals for screening (e.g., mammograms) - Education designed for French-speaking African Immigrants 	<ul style="list-style-type: none"> - Oral Health presentations during outreach - Distribution of oral health kits (include toothpaste, toothbrush, and floss)

The AAHP team will continue to place great emphasis on prevention in the year to come. Ongoing efforts around health screening and preventive education will be strengthened and expanded. In large part, it is through prevention that AAHP will achieve its goal to eliminate health disparities and improve the number and quality of years of life for African Americans and people of African descent in Montgomery County.

SUCCESS: BY THE NUMBERS



PROGRAM FOCUS AREAS AND INITIATIVES



ACCOMPLISHMENTS BY FOCUS AREA

INFANT MORTALITY

A disproportionately high infant mortality rate exists in the African American population. Black women are more likely than White and Hispanic women to experience infant mortality in the first year of their child's life. They are also more likely to experience infant mortality as a result of low birth weight, Sudden Infant Death Syndrome (SIDS), and maternal complications during pregnancy. According to the Healthy Montgomery data for 2011, the rate of infant deaths per 1,000 live births was 5.1. The mortality rate for White infants was 4.2 and the rate for Latino infants was 4.3, but for African Americans, it was 8 – roughly double the rate of other groups. *Source: Healthy Montgomery, www.healthymontgomery.org.*

Start More Infants Living Equally healthy (S.M.I.L.E.) Program

S.M.I.L.E. is a health program that focuses on the development and maintenance of a healthy lifestyle for pregnant and postpartum women. Registered nurses conduct home visits to high-risk prenatal women as well as new mothers and their infants. Among the various factors that ensure the success of S.M.I.L.E. is the staff's commitment to building strong relationships with community partners. During this fiscal year, 497 referrals were made to other support programs in the community. In addition, 199 individuals were referred to S.M.I.L.E. by other County agencies and programs.

Nurse Case Management

Case management services are provided to women before and after they give birth until their infants' first birthdays. During this fiscal year, AAHP provided case management services to 216 families and conducted 1,477 home visits. Of the 216 clients served, 118 were prenatal women and 98 post-partum women with their infants. Home visits helped AAHP nurse case managers to achieve their goal of reducing pre-term deliveries and low birth weights.

Breast Pump Loan Program/Manual Breast Pump Program

It is important for women to understand the benefits of breastfeeding and be comfortable when nursing their babies. All S.M.I.L.E. participants are encouraged to breastfeed. On average, 66% of participants breastfed their infants for at least three months. This is significantly greater than the national average of 40%, as reported by the Centers for Disease Control and Prevention in 2010. The breast pump loan program provides qualifying mothers with breast pumps, breast-pump kits, and breastfeeding training with a certified lactation consultant. To qualify, a mother must be a resident of Montgomery County, have proof of a negative HIV test, and be simultaneously breastfeeding and returning to the workplace or school. During the fiscal year, the decision was made that the program would be more effective if mothers were given manual breast pumps to keep.

Childbirth and Lactation Education Series

Free childbirth and lactation classes are offered twice a year to Montgomery County residents. The series consists of six hours of interactive instruction time, which is divided across two or three days. Among the many topics addressed by the series, the curriculum includes information on the anatomy of

pregnancy and fetal development, special pregnancy circumstances, the childbirth process, what to expect at the hospital, breastfeeding, newborn care, and car seat safety.

Childbirth and Lactation Education Series Statistics: Fiscal Year Totals							
Pregnant Women Present	Race of Pregnant Women Present				Fathers Present	Car Seat Vouchers	Crib Vouchers
	African American or African Descent	Latina	Asian	Caucasian			
27	26	0	0	1	17	26	18

All participants who completed the six-hour class were offered a hygiene kit, a Pack ‘n Play crib or car seat voucher, and an AAHP tote bag containing pregnancy-related materials.

Data Collection

Consistent with the Montgomery County DHHS focus on tracking performance and outcomes for all programs supported by the agency, the AAHP team continued to focus on measurable outcomes. Working with the S.M.I.L.E. nurses, nurse supervisor, and others within DHHS, the AAHP Executive Committee’s Data Subcommittee streamlined the enhanced data system to include records and data sets that resulted in key indicators that may show correlations with birth outcomes. Records and fields within the data system continued to be revised and enhanced based on the input of the Subcommittee throughout the fiscal year.

Of the 71 deliveries during the fiscal year, 66 were full-term and 94% of the infants were born with healthy weights.

Quarter	Prenatal client referrals to SMILE	Home visits	Term deliveries	Pre-term deliveries	Low-birth-weight infants	Very-low-birth-weight infants
First	47	425	12	2*	2 ⁺	0
Second	58	268	11	2**	2 ⁺⁺	0
Third	61	393	18	1***	0	0
Fourth	33	391	25	0	0	0
Total	199	1,477	66	5	4	0

* One induced due to maternal hypertension, and the second due to the mother’s history of pre-term labor.

** Delivered at 36 weeks gestation (no weight recorded)

***Delivered at 36 weeks (5lbs, 12oz)

⁺Set of twins (4lbs, 7oz and 5lbs, 2oz)

⁺⁺No additional information available

DIABETES

Diabetes is a lifelong disease marked by high levels of glucose in the bloodstream. People with diabetes cannot properly convert food into energy due to their inability to make or use insulin. According to the Maryland Behavioral Risk Factor Surveillance System, an estimated 25.8 million people, or 8.3% of the U.S. population, had diabetes in 2010. The disease disproportionately affects minority populations. In 2011 in Montgomery County, 5.1% of the adult population had diabetes, but the rate for Black adults was 7.8%, indicating a significant disparity. *Source: Healthy Montgomery, www.healthymontgomery.org.*

AAHP provides free self-management classes and education activities to residents of Montgomery County who desire to prevent or manage diabetes. During this fiscal year, AAHP offered one-on-one self-management counseling and coordinated education classes and dining clubs. These activities are intended to equip individuals with the knowledge to make positive changes in their management of nutrition, exercise, and medication to improve blood-glucose control and reduce the risk of complications associated with diabetes.

Diabetes Education Classes

Classes are accredited by the American Association of Diabetes Educators (AADE). AAHP was approved for continued endorsement this year. During fiscal year 2013, four-class series were held at various community centers and churches. Cumulative statistics follow.

Class Statistics: Fiscal Year Totals	
Hours of Class Instruction	714
Participants	76
Participants who completed all four classes	33
African American(AA)/African Immigrant (AI) Participants	62
Participants with Diabetes	52
African American Participants with Diabetes	40
African Immigrant Participants with Diabetes	3
Participants with Pre-Diabetes	6
AA/AI with Diabetes who have seen a dietitian	13

The positive impact of the classes on the participants is evident to the facilitators. In general, positive outcomes are lifestyle changes made by participants, and often involve weight loss, lower A1C test results, improved fruit and vegetable consumption, and increased physical activity.

Class Outcomes: Fiscal Year Totals	
Self-reported improvement in reading food labels	53%
Self-reported improvement of portion control	36%
Decline in A1C*	33%
Emergency room referrals due to in-class monitoring	2
Admissions to hospital resulting from referral	1

*Follow-up data available for 9 participants.

Nightly class evaluation scores were consistently positive, with 85-100% of participants “satisfied” or “very satisfied” with the series.

Diabetes Dining Clubs

AAHP hosts three dining clubs to provide monthly support and education to people with diabetes or those working to prevent it. Events include educational presentations, 30 minutes of physical activity, discussion time, and meals chosen by a registered dietitian. During the fiscal year, a total of 876 hours of instruction were administered during dining clubs. Events were held at Goshen United Methodist Church, Mt. Calvary Baptist Church, and Indian Springs Park. Dining clubs do not meet during the winter.

African American Dining Clubs

The main objectives of the clubs this year were to address increased participation in physical activities at club meetings, and to improve diabetes knowledge. Through pre- and post-class evaluation, the majority of participants reported improved knowledge and increased consumption of fruits and vegetables with minimal increase reported in physical activity.

African American Dining Club: Fiscal Year Statistics			
Month	Topic	Activity	Attendees
July	Diabetes Jeopardy with Shop Rite RD	Dancing with Inger	23
Aug	A1C Champ Program	N/A	45
Sept	Food Labels	Square Dancing	40
Oct	What's next for club?	Hoops with Vera	36
Nov	Holiday Gathering (Healthy Eating)	Dancing	N/A
Mar	Diabetes Tidbits	Chair Dancing	39
Apr	Wise Weight Watchers	Exercising at Home	33
May	Monitoring and Medications	Chair Volleyball	23
Jun	Physical Activity and Summer Drinks	Indoor/Outdoor Play	10

African Healthy Living Dining Club

Established in March 2013, this club is designed to support African immigrants, an emerging population in the County. It aims to teach about nutritional content of foods from Africa and the United States, and to support engagement in healthy eating habits, especially for those with diabetes. As the club is new, AAHP's primary objectives this year were to increase outreach and attendance. The team rescheduled gatherings from weekdays to Saturday mornings, moved meetings from a park building to the Silver Spring Civic Center, and reduced the cost of catered meals by partnering with local restaurants.

African Healthy Living Dining Club: Fiscal Year Statistics			
Month	Topic	Activity	Attendees
July	Know Your Numbers and Food Labels	Exercise	7
Aug	A1C Champ Program	N/A	5
Sept	Foot Care	Chair Exercise	7
Oct	What's Next for Club?	(none)	8
Nov	Holiday Gathering (Healthy Eating)	Dancing	N/A
Mar	<i>Cancelled Due to Inclement Weather</i>	N/A	N/A
Apr	Diabetes 101	Weight and Scarves	9
May	Blood Glucose Monitoring/Reducing Complications/ Healthy Cooking Oils	Chair Volleyball	10
Jun	Medication: Culture, Access, What They Do	Indoor and Outdoor Play	7

Behavior Changes

Data to assess changes in fruit and vegetable consumption, knowledge scores, number of days of physical activity, and weight change were collected in May and June for all club members. The following chart compares those figures to that of the club members when they entered the club.

Dining Club Member Behavior Changes						
Measure	Members Assessed	Improved	No Change	Regressed	Pre-Club Average	Post-Club Average
Fruit/Vegetable Consumption	33	19 (58%)	7 (21%)	7 (21%)	3.3	4.2
Knowledge Score	32	25 (78%)	4 (13%)	3 (9%)	3.5	6.4
Physical Activity (in days per week)	30	13 (43%)	5 (17%)	12 (40%)	3.2	3.1
Weight Change*	38	19 (50%)	4 (11%)	15 (39%)	194.9	192.6

*A change in weight that is less than or equal to one pound is reported as no change.

1:1 Diabetes Counseling

The AAHP Certified Diabetes Nurse Educator (CDNE) provides one-on-one self-management counseling sessions with clients referred from the diabetes education classes and dining clubs. During an initial consultation, a client's diabetes knowledge and current treatment plan are reviewed. The client and educator then develop, implement, and evaluate an individualized plan of care. During each visit, glucose levels and vital signs are collected and any abnormal data are communicated to the client's primary care provider.

A new AAHP CDNE was hired in May 2013. Her work began immediately, scheduling counseling appointments and networking with other community organizations and professionals.

This fiscal year, AAHP facilitated 20 individual counseling sessions. Each of the 20 clients received instruction on glucose meters and/or insulin administration.

CARDIOVASCULAR HEALTH

Cardiovascular disease, also called heart disease, is a term that encompasses a variety of different diseases affecting the heart and is the leading cause of death in the United States, accounting for 25.4% of total deaths. According to the Maryland Department of Health and Mental Hygiene, between 2009 and 2011 in Montgomery County, heart disease was responsible for 124.7 deaths per 100,000 population. *Source: Healthy Montgomery, www.healthymontgomery.org.*

African Americans are more likely to die from heart disease than non-Hispanic Whites. Major risk factors for cardiovascular disease include hypertension, obesity, smoking, high salt intake, stress, and sedentary lifestyle. AAHP facilitates events and education opportunities designed to help eliminate risk factors that predispose African Americans to cardiovascular disease.

During this fiscal year, 2,183 community members were reached by AAHP health promoters. Each contact was offered screening for pre-hypertension and hypertension. Twenty-three of the individuals tested were hypertensive or pre-hypertensive and counseled to meet with their health care providers. These screenings proved essential to AAHP's efforts to engage community members in individualized education.

ABCS Program

Under a grant to the County from the Centers for Disease Control and Prevention, AAHP participated in CDC's Million Hearts initiative designed to improve the management of ABCS (Aspirin for high risk patients, Blood pressure control, Cholesterol management, and Smoking cessation). AAHP's health educator and health promoters specially trained to identify persons at possible risk participated in health fairs and other community outreach activities. Blood pressure screening was provided and those identified to be at risk were referred to partner clinics in the community.

Heart Health Screening Day

On February 16, 2013, AAHP and Holy Cross Hospital jointly sponsored the sixth annual Heart Health Day. The fair included screenings for oral health, blood pressure, body mass index, glucose, and cholesterol. There were 127 community members present at the event.

Health Freedom: A Path to Wellness Program

The Health Freedom Walk, a 3.75-mile adventure, is an innovative event that promotes increased physical activity while making creative use of Maryland's integral role in the Underground Railroad. For six weeks prior to the walk, 82 Health Freedom Walk Circle of Friends members met weekly to exercise and discuss how they will adopt healthier eating habits. The ninth annual walk, scheduled for June 8, 2013, was cancelled due to inclement weather. In place of the walk, and in partnership with White Oak Recreation Center, AAHP introduced Power PLAY!, a fitness and nutrition program for children between the ages of 7 and 12. Approximately 40 children enrolled in activities of the three-day, camp-style program. On each day, trainers emphasized the importance of healthy eating habits and exercise through experiential activities geared toward the children.

HIV/AIDS

HIV/AIDS is a significant cause of illness, disability, and death. According to the Centers for Disease Control and Prevention, as of 2010, more than 636,000 Americans with AIDS have died since the start of the epidemic. African Americans are disproportionately affected by HIV/AIDS and the prevalence rates for HIV and AIDS diagnoses in Montgomery County are high compared with other counties in Maryland. In fact, according to the 2010 Maryland HIV/AIDS Epidemiological Profile, Montgomery County has the third highest rate of HIV/AIDS diagnosis in the state. The report showed that 1 in every 279 adults/adolescents is living with HIV, and Blacks represent 64% of these cases. *Source: [Montgomery County HIV/AIDS Epidemiological Profile, Fourth Quarter 2011](#).*

Individuals who are HIV-positive can manage the disease to stay healthy, delay the onset of AIDS, and circumvent some life-threatening conditions. From prevention to treatment, AAHP actively addresses

HIV/AIDS by providing education and facilitating counseling, testing, and referral. Robust community partnerships are vital to AAHP’s success in establishing and sustaining HIV/AIDS education and wellness at the County level.

Testing, Counseling, and Referral Services

Throughout the fiscal year, testing services were provided at scheduled times at the Dennis Avenue STD Clinic. Testing was also conducted during various community outreach events.

HIV Testing Statistics	
Total Montgomery County Residents Tested	388
Males Tested	189
Females Tested	199
Negative Test Results	388
Positive Test Results	0

MoCo Getting Real and Going In Teen Summit

In observance of National Black HIV/AIDS Awareness Day, AAHP developed and conducted its second annual *Getting Real and Going In* summit for teens between the ages of 13 and 17. To make the event more accessible, summits were held in two locations – Silver Spring and Gaithersburg. Health promoters provided information on obesity, cardiovascular health, smoking cessation, cancer, infant mortality, and sexually transmitted diseases to a total of 70 teenaged participants. The Summit provided an opportunity for youth to openly discuss high-risk behaviors and their consequences.

The event, hosted by Angie Ange of WKYS 93.9 FM, and local celebrity Tray “Poot” Chaney, was made possible by the collaborative efforts of community partners. Most notably, the Montgomery County Department of Recreation provided avenues through which AAHP reached high schools to promote the event and encourage participation. The Department also organized transportation to the summits.

When I Get Out (WIGO) Program

Developed in 2007, WIGO is a four- to six-week (depending on unit requests), five-hour program to provide preventive health information to Montgomery County Detention Center inmates to prepare them for good health upon release. The program aims to motivate inmates to set goals and gain skills that will support healthy and safe lifestyles when they re-enter the community.

The WIGO curriculum addresses the topics of oral health, nutrition, mental health, and HIV/AIDS and other sexually transmitted diseases. In-class demonstrations include reading food labels, food portion modeling, proper condom use, and the effective use of a toothbrush and floss.

During this fiscal year, 49 inmates participated in the WIGO program. Feedback received from correctional officers demonstrates the program’s impact.

“There has been a great change in most of the participants that have attended the health class. They have taken a much more positive role in their hygiene and the way they keep their cells. Most of these guys didn’t have anyone to guide them or teach them what they are learning now. Most of them only had their mistakes to learn from.”

-Correctional Officer, Juvenile Boys Unit

Women of Heart – HIV Support Group

The Centers for Disease Control and Prevention recommend various strategies to address the HIV epidemic. One approach is to encourage the inclusion of people living with HIV in prevention activities, such as support groups. This fiscal year, AAHP's Women of Heart support group for HIV-positive women met one weekend afternoon per month. The groups were not very well attended, but the team is working on new and innovative outreach methods around this delicate subject.

Journeys Substance Abuse Program – Rehabilitation Center

The AAHP HIV Unit provided monthly prevention STD & HIV education classes and HIV testing at Journeys, a substance abuse rehabilitation center for women, men, and teens. Approximately 70 residents were reached through activities at this site.

Testing by the Hundreds

This campaign started in FY2012 but the concept of working with other county agencies on HIV/AIDS awareness and reduction continued in FY2013. As a result of this engagement strategy, the team submitted a poster presentation abstract to the National Institutes of Health highlighting the campaign as an effective community engagement HIV testing model. The abstract was selected for a poster session during the day-long NIH Science of Eliminating Health Disparities Summit held at the Gaylord Hotel at the National Harbor on December 17, 2012. The poster session was well attended by the summit participants and the discussion generated great interest and positive feedback from the attendees.

CANCER

Cancer is the second leading cause of death in the United States—exceeded only by heart disease. Every year, more than one million people are diagnosed with cancer, an uncontrolled growth and spread of abnormal cells in the body. It is not one disease, but a group of more than 200 diseases. Some factors that lead to cancer can be controlled and others cannot. AAHP provides important health education resources to help community members understand the disease, reduce risk, and cope with diagnosis. For example, the health educator and health promoters demonstrate breast self-examination techniques to mobile medical van clients as well as to visitors to community health clinics and health fairs, and educational materials are distributed on prostate and oral cancers

Projet Santé Pour Tous (Health for All Project)

Established in 2008, Projet Santé Pour Tous is a culturally-competent education program specifically designed to provide health education, screening, and health care access to French-speaking African immigrant laborers at the CASA de Maryland labor center. Health education sessions are led by the AAHP health educator and health promoters. In addition to cancer prevention and education, the project focuses on health topics such as oral and cardiovascular health, hygiene, healthy eating habits, and HIV. Approximately 364 laborers were reached through Projet Santé Pour Tous during this fiscal year.

ORAL HEALTH

Good oral health plays a major role in overall wellness. Daily brushing and flossing is important because oral health affects the entire body. Plaque can build up along the gum line when teeth and gums are not kept clean through daily brushing and flossing. This creates an environment where additional bacteria can accumulate in the space between the gums and teeth, leading to more serious problems. It is also important that good oral health for children begins at infancy.

The “*Did you know...?*” Campaign

AAHP’s ongoing “*Did you know...?*” oral health campaign which started in 2011 educates Montgomery County residents on the importance of good oral health and how it relates to overall health. This fiscal year, AAHP distributed 1,980 oral health kits, which include a toothbrush, toothpaste, and floss. Oral health education is also provided during events such as childbirth and breastfeeding education classes, WIGO sessions, and Projet Santé Pour Tous activities.

COMMUNITY-BASED HEALTH PROMOTERS

The African American Health Promoters Program is an innovative approach to multiplying AAHP community outreach efforts. It uses a network of grassroots individuals (health promoters) who are trained to identify Montgomery County residents who have risk factors for various health disorders, including diabetes, HIV, high blood pressure, infant mortality, and cancer. Those at risk are referred to resources within the County providing health care services. Health promoters also educate the community about the need for early detection and screenings for various forms of cancer through partnership with the mobile medical van, the East County Community Men’s Clinic, and health fairs.

All health promoters receive free training on various health topics from AAHP staff and partners. They also meet monthly to discuss strategies for communicating vital information to the community and attend conferences, health fairs, summits, and workshops. In addition, select health promoters attend additional meetings and training, as appropriate.

During this fiscal year, AAHP had 22 health promoters on staff. Six of these were men thus helping to expand outreach to the County’s male population. Throughout the year, health promoters participated in 202 outreach events, reaching an estimated 2,183 community members.

AAHP TEAM

AAHP STAFF

Abimbola Idowu, MPA, DrPH

Project Director

Xerxeser Kayode, BSN

Deputy Project Director

Health Freedom Walk Chair

Diane Herron

Diabetes Community Outreach Specialist

Elna S. Narula, RN, BSN, CDE

Certified Diabetes Nurse Educator

Denise Dixon, MS

HIV Unit Coordinator/Outreach Specialist

Msache Mwaluko, BS

Outreach Coordinator/Health Educator

Nia M.J. Williams-Myles, RN, MSN-Edu., MPH

S.M.I.L.E. Senior Nurse Case Manager

Saundra Jackson, RN, BSN, CBE

S.M.I.L.E. Nurse Case Manager

Tannyka Coleman, RN, BSN, CM/DN

S.M.I.L.E. Nurse Case Manager

HHS STAFF

Heather Ross, MS, CHES

HHS Program Manager

Linda Goldsholl, MS, RD

HHS Diabetes Program Manager

EXECUTIVE COMMITTEE

Pat Grant, BS

Co-Chair

Robert Walker, PhD

Co-Chair

Arva Jackson, MSW

Infant Mortality Coalition Chair

Liaison, Commission on Aging

Beatrice Miller, RN, MS

HIV/AIDS/STI Coalition Chair

Liaison, Healthy Montgomery

Jacquelyn Williams, MPH

Data Subcommittee Chair

Marilyn Gaston, MD, MPH

Data Subcommittee Vice-Chair

Michelle Hawkins, DNP, MSN, MBA, RN, CCM

Liaison, Commission on Health

Patricia Horton, RN, MBA

Founding Member

Lizzie James, CRNP, MNsc

Founding Member

Art Williams, BA

Founding Member

HEALTH PROMOTERS (additional languages spoken)

Tirsit Adnew (Amharic)

Tammie Archie

Seid Ahmed (Amharic)

Karen Blanton

Seid Beshir (Amharic)

Ardandia Campbell

Divine Changeh

Abraham Desalegn (Amharic)

Viviane Makou (French)

Nancy Margai

Nana Martinson

Patricia Morris

Anita Mwalui (Kiswahili)

Enyerike P. Nwokekeh (Igbo)

Almaz Negresh (Amharic)

Jolene Ogunjirin (ASL)

Melanie Reynolds

Tamari Shunda (Kiswahili)

Evelyn Tandau (Kiswahili)

Rose Tchameni (French)

Eric Serge Toure (French, Russian)

Juliette Traore (French)

In addition to its staff and the Executive Committee, AAHP receives support from a host of individual community members and representatives from local community organizations.

COMMUNITY PARTNERS

- Alpha Kappa Alpha Sorority, Inc.
(Gaithersburg-Xi Sigma Omega Chapter)
- Alpha Phi Alpha Fraternity, Inc.
- Boy and Girl Scouts of Troops 96 and 6260
- CASA of Maryland
- CHEER
- Cribs for Kids
- DC Family Alliance, Inc.
- Delta Sigma Theta Sorority, Inc.
(Montgomery Alumnae Chapter)
- GapBuster Learning Center, Inc.
- GOALS, Inc.
- Good Hope Union United Methodist Church
- Goshen United Methodist Church
- Gwendolyn E. Coffield Community Center
- Health Freedom, Inc.
- HealthBeam Outreach, Inc.
- Heart to Hand, Inc.
- Holy Cross Hospital
- Journeys Treatment Center
- Lincoln Park Community Center
- Lincoln Park Historical Society
- Marilyn J. Praisner Community Center
- Medical Nutrition Consultant, LLC
- Mid-County Community Center
- Montgomery College (MC)–Takoma Park (TP)
AIDS Resource Center
- MC-TP Nursing Department
- MC-TP Student Life Department
- MC Department of Health and Human Services
STD Clinic
- MC Department of Parks
- MC Department of Recreation
- MC Minority Infant Mortality Reduction Pilot
Project
- MC Office of Minority Health Resource Center
- Mt. Calvary Baptist Church
- RaC3, Inc.
- Radio One, Inc.
- Rockville Pregnancy Center
- Safe Kids Car Seat Program
- Sasha Bruce Youthwork, Inc.
- Shady Grove Fertility Center
- Southern Christian Leadership Conference
- Street Wize Foundation
- Sudden Infant Death Syndrome Mid-Atlantic
- Teen and Young Adult (TAYA) Health
Connection
- Victory Christian Church
- Walgreens
- Walter Reed Army Medical Center
- Wheaton Public Library

In addition to collaborating with community partners, AAHP refers clients to other community supports. The following resources are those to which S.M.I.L.E. participants were referred for further assistance.

- | | | |
|--------------------------|------------------------------------|--------------------------------|
| ▪ Birthright | ▪ Healthy Mothers Healthy Babies | ▪ Mission of Luv |
| ▪ Caring Connection | ▪ Healthy Start | ▪ MHIP |
| ▪ Catholic Charities | ▪ Holiday Giving Project | ▪ MOMS |
| ▪ Child Care Connection | ▪ Housing Opportunities Commission | ▪ Rockville Pregnancy Center |
| ▪ Community Clinic, Inc. | ▪ Infants at Risk | ▪ Services Eligibility Unit |
| ▪ Depression Services | ▪ Interfaith Works | ▪ Shady Grove Pregnancy Center |
| ▪ Families Foremost | ▪ Job Training | ▪ TAYA Clinic |
| ▪ Food and Friends | ▪ Manna Food | ▪ WIC Services |
| ▪ Gaithersburg HELP | | ▪ Wider Circle Furniture |
| ▪ Health Insurance | | |



14015 NEW HAMPSHIRE AVENUE
SILVER SPRING, MD 20904
301-421-5445
WWW.ONEHEALTHYLIFE.ORG



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