Montgomery County – Department of Health & Human Services (MCDHHS)
Asian American Health Initiative (AAHI) Steering Committee Meeting
Tuesday, September 12, 2023

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<tr>
<th>Steering Committee</th>
<th>Present</th>
<th>AAHI Staff</th>
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<tr>
<td><strong>Organizational Members</strong></td>
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<td>Hina Mehta (Chair)</td>
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<td>Muhammad Hasan</td>
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<td>Nguyen Nguyen (Vice Chair)</td>
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<td>Tammy Wan</td>
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<td>Pallavi Gowda</td>
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<td>Michael Lin</td>
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<td>Ji-Young Cho</td>
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<td>Wilbur Friedman</td>
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<td>Tho Tran</td>
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<td>Thao Bui</td>
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<td>Yuchi Huang</td>
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<td><strong>Individual Members</strong></td>
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<td>Shruti Bhatnagar</td>
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<td>Dr. Ikenna Myers</td>
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<td>Nerita Estampador</td>
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<td>Meng K. Lee</td>
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<td>Cynthia Macri</td>
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<td>Judy Wang</td>
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<td><strong>Affiliate Members</strong></td>
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<td>Anis Ahmed</td>
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**Welcome (Hina Mehta)**

- Hina Mehta called the meeting to order at 6:08 PM.
- Hina welcomed the guest speaker, Dr. Ikenna Myers, Clinical Program Manager of the African American Health Program (AAHP).

**Presentation on the African American Health Program (Dr. Ikenna Myers)**

- *A copy of the presentation slides are included.*
- The African American Health Program (AAHP) is under the MCDHHS Office of Community Affairs and eliminates health disparities among the African and African descent population in Montgomery County.
- AAHP started in 2004.
- AAHP focuses on the following areas: maternal and infant health, cardiovascular health and education, mental health, sexual health education, aging services, etc.
- AAHP programs
  - Maternal and child health program, Start More Infants Living Equally Healthy (S.M.I.L.E.): seeks to decrease the high rate of Black infant
mortality and improve the likelihood of good pregnancy outcomes among Black women in Montgomery County.

- Chronic Disease Self-Management Program (CDSMP): Seeks to reduce the incidence and mortality of chronic diseases among people of African descent in Montgomery County as well as improve self-management of chronic diseases such as hypertension, diabetes, and cancer.
- Health Screenings: provide health screenings for HbA1C, blood glucose, blood pressure, BMI, etc.
- Black Physicians Healthcare Network (Transferred to MCDHHS Public Health Services): Seeks to reduce the health disparities that exist for people of African descent in accessing adequate healthcare and treatment, as well as improving health outcomes. Provides the ability to see a minority primary care physician or specialty medical professional.
- Mental Health: AAHP provides free mental health screenings and provides referrals to local providers and guidance to local resources based on results.
- STI and HIV/AIDS testing available.

- What's new?
  - Graduate student internship consortium with George Washington University School of Public Health
  - Remote patient monitoring program
  - Mindfulness workshops
  - Complementary and alternative medicine (CAM) program
  - Nursing and healthcare professional mentorship and training initiatives
  - Men’s health initiative campaign, including Fit Fathers

- Yuchi Huang asked for more information on the CAM program and what kind of outcomes the program has seen.
  - Dr. Myers replied that the program is centered around the fact that a lot of people are taking part in CAM techniques. In this program, participants learn about CAM and then get three free sessions with a CAM provider, the Maryland University of Integrative Health. AAHP has not analyzed all outcomes. They looked at behavioral outcomes and education and awareness of CAM. Only 50 individuals were accepted into the program.

- Nguyen Nguyen asked about the graduate student consortium. How does AAHP leverage that partnership?
  - Dr. Myers responded that this is via one of the professors Dr. Myers had. The professor wanted the students to be introduced to preventative medicine. The majority of the projects involved look at screening techniques and data collection techniques. The students do outreach and screenings.

- Hina Mehta asked if AAHP delivers all these services or if they partner with other local organizations in the County to deliver services.
When it comes to screenings and such, they use the statistics provided by the County about diseases prevalent in a certain zip code. All of the screenings are done by contracted staff. They very rarely do collaboration with other communities unless there is a foothold like a church to provide services in that specific community.

- Yuchi asked what process they go through to get contractors.
  - Dr. Myers replied that contractors are put through an RFP process and scored. The highest score gets chosen.
- Ji-Young Cho asked how AAHP identifies the community needs. Is there a needs assessment? How was it done?”
  - Dr. Myers replied that the community needs were identified by referring to the Community Health Needs Assessment done by the County.

Meeting Minutes and Agenda (Hina Mehta)

- Cannot approve the agenda and meeting minutes today because quorum was not met.

  ACTION: Neither meeting agenda nor minutes were approved because quorum was not met.

AAHI Program Updates (Sanjana Quasem)

- Sanjana shared her program updates from July 2023-September 2023
- Overview of programs including outreach events, mental health activities, senior wellness activities, AACE activities, and more.
- Nguyen asked if the AAPI community has problems with substance abuse.
  - Cynthia Macri replied that the problem is disaggregating data, so we don’t know the specifics of substance abuse in the community.
  - Thao Bui replied that substance abuse isn’t widely talked about in the Vietnamese community. In the elderly community, they sometimes take too many medications because they don’t know what they’re taking or how much.
  - Ji-Young said that elders tend to share medications with others but like Cynthia said, the data is not disaggregated so you can’t tell what the specifics are.
  - Yuchi responded that in our community substances like alcohol and cigarettes are still prevalent.
- Still doing one-on-one data strategy consultations with PCC.
  - Hina asked if there was a criteria for data strategy consults.
    - Sanjana replied that organizations must serve AAPI population in Montgomery County.
- AAHI is organizing a senior step challenge for Active Aging Week and are seeking community organizations to join the challenge. Thao asked how many
seniors can be in the step challenge. Sanjana replied that there will be 20 seniors ages 55+ per team/community organization.

**ACTION Item: AAHI will provide all slides related to program updates.**

**Healthy Communities Fund Updates (Sanjana Quasem)**

- They are wrapping up with FY23 HCF. The data is being finalized by PCC, but what we know so far is that 5,021 different clients were served. The highest number of duplicated clients served was in the health and social services funding category.
- Regarding FY24 HCF, 23 applications were submitted, requesting $2.2 million.
- AAHI has convened a Review Committee to score proposals.
  - They are currently completing the final stages of contract negotiation.
- The grantee organizations will be publicly shared soon, after contract negotiations are completed.
- Ji-Young asked how many new organizations applied?
  - Sanjana said that after they finalize the data, she can share that information.

**ACTION Item: AAHI will provide data answer to Ji-Young’s question and will also provide data dashboard.**

**Retreat Discussion (Hina Mehta)**

- Hina asked feedback from the SC member on three potential themes for the retreat.
  - Strategic Implementation: Part 2
    - Continue to discuss how AAHI SC can work around the 3 pillars (Data, Funding & Capacity Building, Outreach & Education) and strengthen our current tactics (grant, trainings, and outreach)
  - Strategic Growth
    - Using the 3 pillars, determine what are the next steps in where the SC takes these pillars? How do we want to grow these 3 pillars?
  - Strategic Planning
    - Reconvene as a group and review the three pillars to determine if these are still the three areas we want to focus on, or if we want to pivot other directions.
- Sanjana asked the SC to consider whether they wanted to further discuss these three pillars or change them.
o Ji-Young added that she enjoyed last year’s retreat and that it would be great to continue with the 3 pillars. She suggested going with the theme *Strategic Implementation: Part 2.*

- Hina believes that it would be important to continue the discussion of the pillars. She suggested the theme be a combination of *Strategic Implementation* and *Strategic Growth.*
- Ji-Young asked if a date was decided for the retreat.
  - Hina replied that they need to identify new dates because majority of the members were not available on any one date.
- We plan to still have same facilitator provided she is available.

**Committee Updates**

**Healthy Montgomery**

- Nguyen talked about Healthy Montgomery and said that the committee decided to delay their vote on the Community Health Needs Assessment (CHNA) report since there were still outstanding questions.
- The Healthy Montgomery team will go back and meet with difference groups to get their input ad then revise the report accordingly.
- The vote will be done by mail.

**County Executive’s Asian Pacific American Advisory Group**

- The next meeting is next week, so there are no updates today.

**Montgomery Cares Program Advisory Board**

- Yuchi shared that there was no August meeting.
- The committee recently met with Dr. Rogers about increasing the reimbursement rate to $175.

Adjourn meeting: 8:02p.