



MARCH 2021 COMMUNITY HEALTH DEPARTMENT IMPACT

Within the Community Health Department at the Y of Metropolitan Washington, we aim to promote better health outcomes for Metropolitan Washington residents through evidence-based health interventions, clinical integration, and equitable systems and environments to decrease social determinants of health and barriers to participation. **Find our March updates below.**



37,127 MEALS WERE PROVIDED TO Y KIDS ACROSS THE DMV



NUTRITION COUNSELING

In March, we launched an internal referral system between SNAP-Ed and nutrition counseling. All participants of our SNAP-Education program are now eligible for **three nutrition counseling sessions** with our Community Dietitian, sponsored by DC Health.



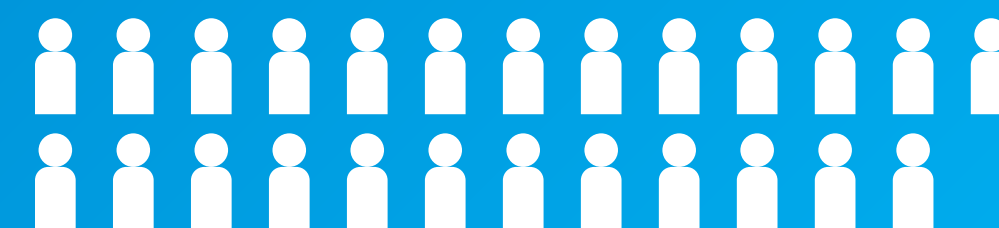
DIABETES PREVENTION PROGRAM

In March, **7 individuals** enrolled and participated in weekly DPP sessions. Five of the seven participants were referred from other Community Health programs. Another cohort will launch in April.



BLOOD PRESSURE SELF-MONITORING

We received **\$24,500 grant funds** for the expansion of BPSM. Since August, we have enrolled **25 participants.**



FOOD EDUCATION PROGRAM

In March, we launched two new cooking series and provided food education for **43 individuals.** We distributed **264 lbs of produce.** In April, we will partner with all DC WIC clinics to refer into our SNAP-Ed program.

