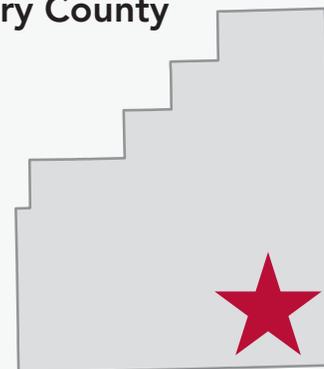


*Presbyterian exists to improve the health of the patients, members and communities we serve.*

**TOGETHER WE'RE BUILDING A CULTURE OF HEALTH**

- \$8.86M** Community Benefit including financial assistance (2017)
- 17,678** Free Healthy Meals for Kids to date
- 9,344** Free Meals for Kids in 2018
- \$5,500** Support for Curry County Health Council
- 1,200** Children learned about Farm Safety during Presbyterian's annual Day of Service
- \$2,700+** Direct and in-kind support for the Community Garden every year
- 19** New Chronic Disease Self-Management Workshop Leaders Trained
- 8+** Yearly Community Events

**Curry County**



**ACTIVE LIVING IS EASIER IN CURRY COUNTY**

Plains Regional Medical Center (PRMC) and their partners promote and sponsor numerous community opportunities for activity. They work to identify and improve infrastructure to promote increased activity among kids and their families, including:

- Health fairs and expos
- Annual Presbyterian Day of Service
- Community garden
- PRMC hosts Run for the Zoo each year
- Healthy Kids-related activities and events
- And many more community events



**Run for the Zoo**

Presbyterian partnered with the Curry County Health Council, Prescription Trails, NM Department of Health, Curry County, La Casa Family Health Center, Healthy Kids NM and the Con Alma Health Foundation to identify, assess and map trails throughout the county. As a culmination of this work, in 2017 and 2018 walking guides were published and distributed to educate and encourage increased use of trails and physical activity for patients and residents.

Prescription Trails include walking and wheelchair rolling routes that meet strict criteria for accessibility and safety. Additional walking trails, safety tips, fitness challenges and mall-walking programs are all highlighted in the Curry County Walking Trails Guide.

**14 Multi-use Trails**



The twice-weekly farmers' market sells locally grown produce in the parking lot of one of the mapped walking trails, Goodwin Lake.



## FREE HEALTHY MEALS FOR KIDS

All children can receive free meals in the Plains Regional Medical Center cafeteria. Since 2016, PRMC has partnered with the New Mexico Children, Youth, and Families Department, Family Nutrition Bureau to leverage federal funds to provide non-profit food service programs for children in the community.

The program has been so successful in feeding children and providing fun and educational nutrition information – particularly during the summer of 2018 when they fed 3,391 children in just one month – that two additional positions were hired just to support this program. The two young people who were hired to assist the program, one of whom is in The University of New Mexico BA/MD program, proved to be so impressive that the site coordinators were able to convince leadership to hire them on as PRN to continue to help in community health-related activities throughout the year. This program would not be possible without the dedication of the staff and support from Presbyterian leadership.

*"I'm in total amazement by this program. Thank you so much for doing this. I think this is one of the most fantastic initiatives for hungry children that I've ever witnessed. I couldn't be prouder to be part of an organization that makes this a priority."*

– Presbyterian Pharmacist



Presbyterian contributed **\$1,500** to support the **Double Up Food Bucks Program** in Curry County.



## CLOVIS COMMUNITY GARDEN



Hosted on the grounds of Plains Regional Medical Center, the 80 by 100 foot community garden grew from nothing in 2014 to a flourishing garden, community gathering space and source of free, fresh vegetables for the community. Volunteers of all ages work together to grow herbs and fresh vegetables, be physically active, host nutrition and yoga classes, connect with other and give back to the community. The garden produces many pounds of vegetables each year, including peas, cabbage, tomatoes, broccoli, green beans, squash, cucumbers and herbs, that are free to anyone who needs them.

## BUILDING KEY PARTNERSHIPS FOR COMMUNITY HEALTH

Plains Regional Medical Center and the Center for Community Health partner with more than 40 community and state partners to address the priority areas in Curry County. In 2018, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided \$2,000 of support to the Quay County Health Council to conduct strategic planning for the health council. Presbyterian also proudly sponsors printing costs for the trail booklets and 12,000 Curry County Health and Wellness Guides. The partnership with the Curry County Health Council and associated organizations has been vital to implementation of healthy eating and active living priorities. Through successful statewide partnership with the New Mexico Department of Health, Presbyterian was able to host a very successful Chronic Disease Self-Management Workshop Leader training in 2018, training 19 new workshop leaders who will lead workshops throughout the county beginning in 2019.

### For more information, please contact:

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