

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

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$6.97M** Community Benefit including financial assistance (2017)
- \$40,000** To Support Quay County Health Council Activities (2017 - 2018)
- \$5,000** Leveraged for Community Health
- 500+** Attendees at the Quay County Wellness Fair
- 181** Kids and their families ran in the Fun Run
- 95** Community and Regional Partners
- 53** Fun Run volunteers
- 17** Teams competed in the 2018 Step Into Spring Challenge
- 11** DCT leaders volunteered for Day of Service

Quay County



In 2017 and 2018, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided \$40,000 of support to the Quay County Health Council to conduct activities that align with our community health plans and address priority health needs in their community. Through this vital collaboration with the Quay County Health Council, Dr. Dan C. Trigg Memorial Hospital (DCT) supports a number of community programs and events and helps strengthen community assets that address Presbyterian's community health priorities: Active Living, Healthy Eating, Prevention of Unhealthy Substance Use and Access to Care. DCT continues to provide critical access to care and serve as a hub of the community.

MORE OPPORTUNITIES TO LIVE ACTIVE LIFESTYLES

Presbyterian, in partnership with the Quay County Health Council and the Quay County Extension Service, supports the initiative "Quay County on the Move," which includes community events, coordinated campaigns and the mapping and distribution of walking trail maps and brochures to local clinics, community groups and the Chamber of Commerce. The maps help to promote social physical activity and increased walking by previously less-active residents of Quay County.

- New partnership with The University of New Mexico PRC's Viva Connects program who help map routes for the brochure
- New Quay County on the Move website with maps and other information
- Social media campaign #quaycountyonthemove
- Monthly sponsored walks include "Walk with a Doc," "Walk with a Cop," "Walk with a (shelter) Dog" and more
- Walking scavenger hunts
- Second annual Step Into Spring Challenge competition

"This was just what I needed to motivate myself after recovering from hip replacement surgery. I started with just ½ mile per day and worked up to 3 per day by the time the challenge was over. I have continued to walk and have enjoyed several hiking trips since the challenge."

– Community Member about the Step into Spring Challenge

86 participated in the Step Into Spring Challenge



Winners walked a combined 4.8 Million steps and walked 40% more than winners last year



In addition to signs posted at trail sites, prescription pads and rack cards are distributed by all local medical providers. This provides the opportunity to discuss the importance of active living for health in a clinical setting.

The Quay County Health Council is working with the National Park Service and eight other organizations to design and revitalize the five-mile park with community health in mind. With the help of community input and volunteerism, the park will include trails and other fitness opportunities.

HEALTHY EATING IS MORE ACCESSIBLE IN QUAY COUNTY

Quay County Health council partners, including the Quay County Extension Service and the Rocky Mountain Farmers Union, have been working to help form a Farmers Coop, which will support healthy eating and economic development. The first project of the coop is a Land Access and Mentorship Program. So far, they have 4,202 acres of donated land for brand new farmers to use, and seven experienced farmers signed up as mentors. Eleven beginning farmers have signed up for the program, and one started a pilot project during the 2018 vegetable growing season. This farmer was able to sell their produce at the farmers market.

While the kitchen at DCT is too small to support the Free Healthy Meals for Kids program, the health council is committed to

supporting free meals through USDA and CYFD at other locations throughout the community. In 2018 they worked to match locations to neighborhoods with need and served 4,273 free meals to children.



**DOUBLE UP
FOOD BUCKS™**

**\$1,500 to Support
\$Match at Tucumcari
Farmers Market**

POSITIVE YOUTH DEVELOPMENT AND ACCESS TO CARE

Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development

Presbyterian supports a number of programs that impact youth environments, relationships and opportunities to thrive, through home visiting, parent education, school-based programming and more.

Positive youth development is now a leading strategy in prevention science. In the past, prevention efforts typically focused on single problems as they surfaced in youth, such as teen pregnancy, substance abuse, and juvenile delinquency. Experts determined through research that promoting positive asset building and considering young people as resources were critical strategies to building resiliency and to better protect young people from risky behavior, enabling them to become healthy and successful adults.

Strengthening families and giving parents skills and support has shown to increase resilience. Resilience factors can protect against negative effects of adverse childhood experiences and disrupt cycles of substance use, violence, mental health issues and other stress.

DCT Supported Programs

- Baby Connections events
- Pre-natal and Parenting Education
- Text4Baby
- Free books for kids under 6
- Early Childhood Coalition
- Youth Back To School Dance
- Farm Safety Day

For more information, please contact:

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