

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

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$7.9 M** Million in community benefit in 2018 including financial assistance
- \$1.48 M** Leveraged Funds for Community Health
- \$35,500** To support Health Council (2017 and 2018)
- \$1,750** Per year to support Double Up Food Bucks at farmer's markets in the county
- 600** Free flu shots to date
- 358** New enrollments for the Healthplex
- 222** Patients received Diabetes Self-Management Education in 2017
- 33** Volunteers for the yearly Presbyterian Day of Service
- 16+** Community and Regional Partners

Rio Arriba County



In 2017 and 2018, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided **\$35,500 of support to the Rio Arriba County Health Council** to conduct activities that align with our community health plans and address priority health needs in their community. The health council is addressing the priority of healthy eating through continued support of the Española Community Market double up program and support for breastfeeding and nutrition workshops and education. The Española Community Market continues to partner with PEH to sell thousands of dollars worth of produce to patients, families, and staff in the hospital lobby every summer.

ADDRESSING BEHAVIORAL HEALTH: BUILDING ON STRENGTHS AND REDUCING STIGMA

The Health Council partnered with Presbyterian to create "Esperanza's Letter", a New Normal Campaign video to increase the public's understanding about substance use disorder, impact on families and about the resources available to women and families during pregnancy and post-partum, including the many services available at PEH like First Born Home Visiting. Over 100,000 New Mexicans have viewed the campaign videos, including hundreds of high school students.

Rio Arriba County is shifting cultural attitudes by identifying substance abuse as a chronic disease and by providing recovery resources instead of sending people to jail.

Thousands of residents attended the 2018 Rio Arriba County Health Fair, which included a free concert, low rider car show, and resource information.



HEALTHY FOOD FOR TEENS AND PREVENTION OF UNHEALTHY SUBSTANCE USE

Presbyterian Española Hospital is helping youth thrive by supporting the Española YMCA Teen Center. Support includes snacks, fruit, nutrition bars and donations for teens who participate in programming. The Española Teen Center is a safe and caring environment that promotes self-discipline, builds self-esteem and teaches life skills essential to future success.



"Our support of the Teen Center is so important because they help keep our kids safe after school. They teach life skills, tutoring, mentoring, provide meals and have other important programming."

– Brenda Romero, PEH Administrator

The Teen Center serves an average of 27 teens ages 12 to 19 each day and served 863 youth total in 2017.

PREVENTION OF UNHEALTHY SUBSTANCE USE

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

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

Supported Programs:

- **First Born Home Visiting Program** – **45 families** per month
- **Monthly Baby Book Club** – **120 free Dr. Seuss books** distributed
- **Safe Sleep Program** – **15 safe cribs & kits** provided
- **Parenting support and education events** – **5 annual celebrations** for parents & families
- **Day of Service** – **18 employees** engaged the community at the annual health fair

Positive youth development is now a leading strategy in prevention science.

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.

In addition to the partnership with the Rio Arriba County Health Council, Presbyterian leadership meets monthly and closely collaborates with the Española City Mayor's Office and the N.M. Department of Health to align efforts to reduce deaths due to substance use.

First Born Program outcomes for infants and families:

Reduced violence and injury

The data suggest that emergency room visits are lower because participating children have fewer injuries in the first year. Additionally, the estimated lifetime cost of one victim of child abuse and neglect is \$210,012.

Being breastfed for one year or more

Breastfeeding prevents childhood obesity and diabetes. Annual healthcare costs are about \$6,700 for children treated for obesity covered by Medicaid.

*Based on preliminary findings from a RCT study of the First Born® Program by the RAND Corporation (2015); First Born NM Annual Report 2014

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