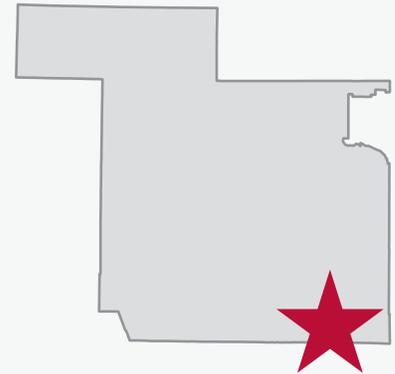


*Presbyterian exists to improve the health of the patients, members and communities we serve.*

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

- \$6.78M** Community Benefit including financial assistance (2017)
- \$40,000** To Support Sandoval County Health Council Activities
- \$20,500** Support for healthy eating events and initiatives
- \$7,000** In support for Galloping Grace Youth Ranch
- 150** Backpacks with healthy food for kids
- 22** Community partners in Sandoval County
- 6** Communities impacted: Rio Rancho, Bernalillo, Cuba, Jemez Springs, Cochiti Pueblo, Santa Ana Pueblo

**Sandoval County**



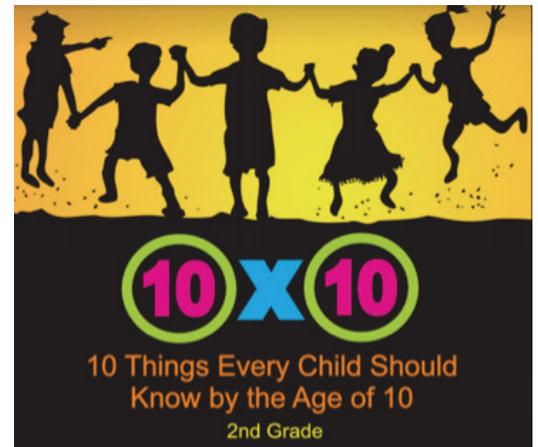
In 2017 and 2018, as part of our system-wide strategy to build local leadership and capacity and support social marketing campaigns to promote **Active Living, Healthy Eating** and the **Prevention of Unhealthy Substance Use**, Presbyterian provided \$40,000 of support for Sandoval County Health Council activities. The Sandoval County Health Council has worked closely with the Sandoval Health Collaborative to ensure that the entire \$40,000 was used to enhance and grow the **10x10 Health Literacy Ambassador Program** so the campaign can reach more young people throughout the county.

**Surveyed parents reported their kids had increased interest in healthy eating as well as other positive health behaviors after participating.**

In 2018, booklets were distributed to first and second graders with accompanying curriculum and activities at schools in Rio Rancho and Cuba and a preliminary program evaluation was conducted. The program also developed booklets specifically for third graders.

More than 4,000 booklets are ready for distribution to approximately 3,900 first, second, and third graders in schools, afterschool groups, and tribal programs in January of 2019. The program will be

expanded to eight schools in Rio Rancho, one in Cuba, one in Jemez Valley, three in Bernalillo, and youth programs in the Cochiti and Santa Ana pueblos. Booklets will also be distributed at pediatrician offices, hospital children wards and public events.



**61** Healthy Behavior Rewards Locations in **9** Communities



## HEALTHY EATING AND ACTIVE LIVING IS EASIER IN SANDOVAL COUNTY

### Presbyterian Healthcare Services works with the New Mexico Farmers Marketing Association

to support the Farmers' Markets in Sandoval County. \$1,500 has been provided to support \$Match at these markets. When shoppers use their SNAP EBT Card dollars at farmers' markets to buy fruits and vegetables, their money is doubled so they can purchase twice as many fruits and vegetables grown in New Mexico. This supports the local food economy as well as increasing access to healthy fruits and vegetables for New Mexicans experiencing food insecurity.



Galloping Grace Youth Ranch diverted one million pounds of food from landfills and contributed 2,300 pounds of lean protein to local food agencies. This helped feed 1,917 individuals a total of 9,200 meals. Presbyterian also purchased 3,960 local eggs for their food pharmacy, approx. 40 percent of the total eggs sold to community partners in 2018.

In 2017, MoGro, with \$12,000 in support from Presbyterian, delivered fresh and locally grown produce boxes to more than 800 families in central New Mexico, including those living in rural parts of Sandoval County.



Every week, Rust employees supply an average of **150 weekend backpacks** filled with healthy snacks to low-income children at Martin Luther King Jr. Elementary School.

Rust Medical Center proudly provided \$5,000 to support the 2018 Summit to End Hunger that convenes organizations who are working to end hunger.

Presbyterian is also proud to support A Park Above, where play equipment is designed for ANY person with ANY ability **so all kids and their families can be active.**

## PREVENTION OF UNHEALTHY SUBSTANCE USE

### 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 leadership development, 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.

In 2018, Galloping Grace Youth Ranch taught 274 youth about agricultural education, active living and leadership development, including enhancing their social/emotional skills.



**274** youth participated in leadership development camps

## STRONG PARTNERSHIPS IN SANDOVAL COUNTY

Presbyterian is proud to work with a variety of local organizations through collaboration with the Sandoval County Health Council, Sandoval Health Collaborative, Sandoval Economic Alliance and the Unser Gateway Coalition to positively impact and address Presbyterian's community health priorities: **Active Living, Healthy Eating, Prevention of Unhealthy Substance Use, Behavioral Health** and **Economic Development.**

Rust Medical Center is happy to host and provide refreshments for community organizations, meetings and classes in the community room.

### For more information, please contact:

Angela Ward, Chief Hospital Executive, [award2@phs.org](mailto:award2@phs.org)

Leigh Caswell, Director, Presbyterian Center for Community Health, [lcaswell@phs.org](mailto:lcaswell@phs.org)