

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

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

- \$9.3M** Community benefit including financial assistance (2019)
- \$60,000** To support Lincoln County Health Council activities (2017-2019)
- 7,000** Health & Wellness Guides printed and distributed
- 632** Free meals given to kids
- 496** Community members utilized the Lincoln County Assistance Program
- 489** People received diabetes education from registered dieticians at LCMC
- 258** Free flu shots administered in the community
- 228** Freshman toolkits distributed
- 50** LCMC volunteers for the annual Day of Service (2019)
- 6** Communities impacted: Ruidoso, Ruidoso Downs, Carrizozo, Capitan, Hondo, and Mescalero

**Lincoln County**



For the past three years, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided \$60,000 of support to the Lincoln County Community Health Council to conduct activities that align with our community health plans and address priority health needs in our community.

**ACTIVE LIVING AND HEALTHY EATING IS EASIER IN LINCOLN COUNTY**

With the help of funding from the Presbyterian Community Health, the Lincoln County Community Health Council led activities to increase healthy eating and active living within the county, including community cooking classes, providing indigent elderly people with boxes of food and blankets, and with a FUN 'n FIT challenge featuring weekly walking events with activities and a color walk finale.



**150**

Boxes of food delivered to indigent elderly people through a multi-agency partnership



**965**

People received food through the Mobile Food Pantry



**22**

Participants at Community Cooking Classes featuring Mobile Food Pantry items like spaghetti and acorn squash

## PREVENTION OF UNHEALTHY SUBSTANCE USE

496

Community members utilized the Lincoln County Community Assistance Program for face-to face sessions with licensed therapists.

A total of 4,104 contacts and consultations were done over the phone, face-to-face, or electronically to help residents manage stress, substance use, grief, mental health, financial problems, and more. The Lincoln County Community Assistance Program provides:

- 24/7 hotline
- Triage, counseling, appointments
- Case management for referrals, inpatient/outpatient service, ED over-utilization, and community resource needs

In addition to providing counseling and crisis services through the Lincoln County Assistance Program, Lincoln County Medical Center and its partners promote positive youth development to help youth build resilience and avoid risky behavior. Prevention activities include scholarships and experiential education to help young people pursue health careers, supplies for freshman toolkits, Maze of Life (with 228 students participating), work on vaping education (including an interactive prevention slogan contest) and suicide prevention work. The health council helped to establish a new suicide prevention hotline number for Lincoln County.

## FREE COMMUNITY-WIDE EVENTS

Lincoln County Medical Center hosts a number of free health fairs with flu shot clinics, including one specifically for veterans, and community events in Ruidoso, Carrizozo, Corona, and Capitan. The health council partners with the medical center and countless other community organizations to bring the whole community together for the annual Stepping Into a Better You Health Fair in Ruidoso, detailed below.

80

Diverse health-related booths

46

Women got a mammogram

867

Visitors

170

Cholesterol blood sugar screen

244

Flu vaccinations provided

90

Participants in 5k run/walk

50

Day of Service Volunteers

11

Zumba participants

## NEW COMMUNITY HEALTH PRIORITIES

Lincoln County Community Health Council partnered with LCMC and Presbyterian Community Health to conduct a Community Health Assessment (CHA) and draft Community Health Implementation Plans (CHIPs). The process included engaging over 40 forum participants and the community at large with health statistics for Lincoln County and evoked thoughtful discussion on community assets and opportunities for action.

The new Community Health Priorities for Lincoln County for 2020-22 are:

- Behavioral Health
- Access to Care
- Social Determinants of Health
- Healthy Eating/Active Living

*All numbers are for 2019 unless otherwise noted*

### For more information, please contact:

Todd Oberheu, Hospital Chief Executive, Lincoln County Medical Center, [toberheu@phs.org](mailto:toberheu@phs.org)

Leigh Caswell, Vice President, Presbyterian Community Health, [lcaswell@phs.org](mailto:lcaswell@phs.org)