

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

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$5.6M** Community Benefit including financial assistance and support for local organizations
- \$32,550** Support for Cooking With Kids (2017-2019)
- 679** Free Healthy Meals for Kids
- 135+** People attended a cooking class at the SFMC Kitchen
- 35** La Familia Patients participated in the FreshRx program
- 20** Cooking classes in Community Kitchen
- 20+** Community partners in Santa Fe County
- 9** Day of Service volunteers at Kitchen Angels

Santa Fe County



Santa Fe Medical Center opened on October 1, 2018, complete with hiking and biking trails, a healing pathway, a community teaching kitchen, a rooftop healing terrace and community meeting spaces.

HEALTHY LIVING IS EASIER IN SANTA FE COUNTY

Presbyterian Healthcare Services works with multiple organizations to increase access to healthy, affordable food for Santa Fe county residents.

Santa Fe Farmers Market Del Sur

During the growing season, the Santa Fe Farmers Market Del Sur set up every Tuesday in the parking lot of SFMC from July through September to provide the community with affordable, locally-grown food. This marked the first year of the market in its NEW location.

15-20 average vendors
WIC present at every market
SNAP and DUFB accepted



Fresh Rx

Since 2017, we have partnered with the Santa Fe Farmers' Marketing Institute, La Familia Clinic, and the Santa Fe Food Policy Council to connect patients and their families to free produce at El Mercado Del Sur farmers' market through the Fresh Fruit and Vegetable Prescription Program "FreshRx". Over the course of two years, the program has reached 235 participants. In 2019, an evaluation found that 35 people participated, redeeming 96% of distributed tokens.

97% reported eating more vegetables during the program. **86%** reported that their food shopping habits changed throughout the program. **51%** purchased items they normally would not purchase at a grocery/super store.

33%

indicated improvement in wellbeing toward their "best possible life"

43%

maintained baseline levels of wellbeing.

" I am more health conscious and am learning new ways to eat more vegetables by cooking them in various ways. " – FreshRx Participant

Free Healthy Meals for Kids

In June, SFMC began participating in Free Healthy Meals for Kids, funded by the USDA and administered by the New Mexico Children, Youth, and Families Department. In their first five months of operation, they have already served over 650 free healthy meals to Santa Fe kids.

679 Free healthy meals given to kids at SFMC



Cooking Classes

Over the last three years, Presbyterian has provided over \$30,000 in support for school-based, hands-on cooking and nutrition instruction. During the 2018-2019 school year Cooking with Kids taught 1,833 classes with the help of 1,400 family volunteers to over 5,258 school-aged kids in 15 schools in Santa Fe and Rio Arriba counties. Programming includes an emphasis on locally grown, affordable fresh food – bringing in local farmers, working on farm to school in the cafeterias, and educating about SNAP. With an emphasis on hands-on learning, many students who are otherwise challenged in school, experience success and confidence in Cooking with Kids classes.

Cooking with Kids and Presbyterian have partnered to provide free family cooking classes at the new Santa Fe Medical Center Teaching Kitchen.



New in 2019 – Presbyterian hired a Registered Dietician who taught additional, free classes at the Santa Fe Medical Center Kitchen.

BUILDING STRONG PARTNERSHIPS IN SANTA FE COUNTY

Through collaboration with a number of organizations and coalitions in Santa Fe, Presbyterian supports programs and events that help link residents to community resources that address Presbyterian's community health priorities: **Active Living, Healthy Eating, and Prevention of Unhealthy Substance Use**. Additional partnerships include Santa Fe County Connect, Santa Fe Community Foundation, New Mexico Prescription Trails, Santa Fe Prevention Alliance, and Santa Fe Food Policy Council.

New Community Health Priorities

In 2019 Presbyterian Community Health collaborated with stakeholders to produce a Community Health Assessment and Implementation Plan for Santa Fe Medical Center for the first time. This process included a synthesis of existing assessments, input from the Santa Fe Health Policy and Planning Commission and Department of Health, and two community forums with additional stakeholders to receive input on the findings and proposed Community Health Priorities. For 2020-2022, our Community Health Priorities for Santa Fe County are: Behavioral Health, Social Determinants of Health, Access to Care, and Healthy Eating and Active Living.

All numbers are for 2019 unless otherwise noted

For more information, please contact:

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