Background

Presbyterian Healthcare Services believes that everyone should have the opportunity to be healthy and live in thriving communities. Food is a key component of a healthy life and an important economic driver to support a healthy community. Presbyterian has identified healthy eating as one of our community health priorities and has signed the Healthy Food in Health Care pledge, a program of Health Care Without Harm, to show our commitment to this important determinant of health.

Presbyterian is a locally owned, not-for-profit healthcare system of eight hospitals, a medical group and health plan, and has served New Mexicans for 107 years. Presbyterian is the state’s largest private employer with more than 11,000 employees. In addition to our hospitals, we serve the community through 800 providers in 50 specialties at 30-plus clinics throughout New Mexico. Governed by a Board of Directors comprised of dedicated community leaders, Presbyterian invests in the future.

Whether it is through our electronic health record that is shared throughout Presbyterian’s health system or by introducing new services in a community, Presbyterian makes investments to better serve New Mexico.

Creating a Vision for Healthy Food in Health Care

In the fall of 2015, we signed the Healthy Food in Health Care pledge because we are committed to “first, do no harm” as part of a whole system approach to preventive medicine that addresses and protects the well-being of patients, staff and community members. Not only do our health priorities align with the vision of the Healthy Food in Health Care pledge, but our practices, policies and initiatives also strive to implement these visions through community-engaged processes and institutional buy-in.
Integrating Healthy Food Into the Healthcare System

For several years, Presbyterian has taken the lead on researching evidence-based protocols for process improvement with the goal to increase healthy foods and practices into our vision for patient, member, employee and community health.

In 2008, Presbyterian began the conversation around the healthy foods available in Presbyterian hospitals in the Albuquerque metropolitan area. During this meeting, the discussion focused on the importance of reducing the amount of unhealthy food items provided in the various sites. Using evidence-based practices, the group collectively decided to eliminate deep fryers from all sites, and to promote healthier eating by looking for creative and better ways to cook delicious, lower-fat meals.

These were the first steps in the comprehensive strategy to increase healthy food in our healthcare system:

Contract with a group purchasing organization, distributor or food service provider that supports healthy food
Presbyterian is currently contracting with US Foods, one of the nation’s leading food distributors. As part of its overall mission, US Foods is committed to “building stronger communities and creating a cleaner environment.” US Foods also works to end hunger while forming partnerships to reduce the carbon footprints of its facilities and fleet and to seek out sustainable products for its customers.

In 2014, Presbyterian established a contract with local purchasing co-operative La Montañita Co-op to increase the availability of local, healthy snacks in our gift shop located at the Rev. Hugh Cooper Administrative Center, where more than 2,000 Presbyterian employees work.

Institute purchasing policies for meat and poultry raised without non-therapeutic antibiotics
Through our main food supplier, US Foods, we’ve incorporated standards for quality products that include purchasing meat and poultry raised without non-therapeutic antibiotics. In addition, through conversations with US Foods, we’ve solidified expectations regarding the quality of products we receive, including high-quality poultry with a minimal amount of preservatives and other additives that could be harmful to the health of those we serve.

Model local, nutritious, sustainable food at conferences, meetings and workshops
In 2015, Presbyterian implemented a program to increase the availability of healthy food at conferences, meetings and workshops. The Complimentary Fruit program is designed to encourage healthy snacks at meetings and celebrations. The program, which includes delivery of individual pieces of fresh fruit with a “compliment” sticker attached, is available to employees at all Presbyterian locations. Any employee may request complimentary fruit for meetings or to recognize a group, department or unit.

In 2015, 14,916 pieces of fruits were supplied to departments throughout Presbyterian.

Currently, Food Services is drafting a new catering menu, and the Health and Wellness department has proposed a set of tips for employees who place catering orders to help them choose more nutritious options.

Buy milk produced without recombinant Bovine Growth Hormone (rBGH)
Presbyterian has been working with suppliers to establish sustainable procurement strategies for healthier foods and healthier options. Currently, all our cafeterias and cafés have transitioned to rBGH-free
milk. We also offer non-dairy alternatives to milk, such as almond milk and soy milk, at our hospital cafés for those with food sensitivities and allergies.

Buy organic and other certified food
Currently, all our cafeterias and cafés offer selections of organic fair trade coffee. We are researching practices to increase the amount of fruits and vegetables we offer that are grown with organically sound practices.

Limit use of vending machines and replace unhealthy snacks with healthy choices
Over the past three years we have worked with our vendor to provide a healthier balance of items stocked in vending machines. We began by offering 50 percent healthier options and then moved to 70 percent healthier options. When we opened the Rev. Hugh Cooper Administrative Center in 2014, 100 percent of the snack options in the vending machines met the vendor nutrition criteria. The Health and Wellness department has drafted recommendations proposing all Presbyterian vending machines meet the set nutrition criteria.

Host a farmers’ market on hospital grounds
For the last four years, we’ve hosted a Growers’ Market on the site of Presbyterian Hospital in downtown Albuquerque. The market is part of our commitment to healthier food and supports local farmers. In the last four years, we’ve served more than 2500 individuals and families, an average of 700 individuals and families per growing season. Moreover, through the promotion of the Double Up Food Bucks program, which provides EBT/SNAP recipients with a half-off discount on local fruits and vegetables, more than 30 percent of attendees use their food assistance benefits in our market.

In addition, we currently support the Española Valley Community Market, which sells local produce to employees and visitors within the local hospital.

Create hospital gardens to grow fresh produce and flowers
For three years, Presbyterian established and has maintained a garden at Presbyterian Hospital. Presbyterian employees assist in the planting of produce, and the items harvested are available to employees.

In addition, Plains Regional Medical Center, our hospital in Clovis, has been tending an onsite garden where employees, patients and community members can obtain vegetables in season at no cost.

Compost, divert and reduce food waste
Our food and nutrition department has been conscious of the amount of waste placed in landfills and has taken steps over the past five years to reduce this waste. This included changes in our containers and service ware, use of a pulper in the dishroom, and monitoring the food waste in our trash cans.
**Working with School Systems**

As part of its continuing effort to improve our community’s health, Presbyterian collaborates with more than 30 elementary schools in the Albuquerque Public Schools district and with school systems in the communities where Presbyterian has hospitals and clinics. This collaboration, called a Day of Service, is an important part of Presbyterian’s commitment to improve the health of the patients, members and communities we serve. More than 500 Presbyterian leaders visit the schools and encourage kids to make nutrition and physical activity healthy habits for life. Students get an opportunity to enjoy fun exercises, including jumping rope, hula hooping and dancing, and receive information about healthy eating.

**Child and Adult Care Food Program**

Presbyterian Healthcare Services is proud to implement the State of New Mexico’s Children Youth and Families Department (CYFD) USDA Child and Adult At-Risk Feeding Program and the Summer Feeding Program. One in three children in New Mexico experience food insecurity and Presbyterian is taking steps to address this problem.

As of February, 2016 a hospital visitor or community member at Presbyterian Hospital, Socorro General Hospital, or Plains Regional Medical Center can receive a free meal in the hospital cafeteria. This is a federally funded food service program designed to ensure that children receive nutritious meals. Between February and July 2016, Presbyterian has fed over 2000 children through this program.

**Commitment to Employee Wellness**

The Presbyterian Employee Wellness Program gained steam in 2014 with a new program launch called “Small Changes: Keep your story moving.” The program adopted the Community Health priorities and added a fourth. The focus areas include eat well, be active, avoid unhealthy substances, and wholeness.

The Employee Wellness Program aims to collaborate internally and externally to educate employees, provide healthier food and beverage options and opportunities to shape new behaviors and policy.

As part of the “Eat Well” initiatives, employees can order complimentary fruit for meetings or to recognize a group or department. The complimentary fruit program, which includes delivery of pieces of fresh fruit with a “compliment” sticker attached, is designed to deliver a positive message to employees and encourage healthier snacks at meetings and celebrations.

The Salad Bar Bucks Program is offered at Presbyterian food service sites across New Mexico, including:
- Presbyterian Hospital
- Presbyterian Kaseman Hospital
- Presbyterian Rust Medical Center
- Rev. Hugh Cooper Administrative Center
- Presbyterian Española Hospital
- Socorro General Hospital
- Lincoln County Medical Center in Ruidoso
- Plains Regional Medical Center in Clovis

**Are you between the ages of 3-18 or do you have a child who is?**

If so, you can receive a free healthy meal* at Presbyterian Hospital’s cafeteria between 1:00 p.m. - 7:00 p.m., seven days a week.

*Meal is a specific item.

The cafeteria is located on level S-2, north side of the hospital. No identification is necessary and anyone between 3 – 18 qualifies. You will need to order from a cashier and sign a log showing you received a meal. The meal must be eaten at the hospital. A voucher is not necessary to receive a meal.

**Keep It Fresh!**

Salad Bar Bucks

**FREE WELLNESS PROGRAMS**
This program encourages employees to eat more fruits and vegetables and rewards them when they choose fruits and vegetables at Presbyterian cafeterias. After earning eight credits, the employee can get a free salad from the salad bar. Food Services offers a variety of colorful fruits and vegetables at sites with cafeterias, including a salad bar and packaged grab-and-go items.

Colorful Choices is an online tool that promotes employee and family wellness by allowing individuals and teams to log their daily fruit and vegetable consumption. In 2015, 186 employees participated in logging their intake of fruit and vegetables.

In January 2015, Presbyterian joined forces with Weight Watchers to bring employees a Weight Watchers membership, subsidizing 100 percent of membership for in-person meetings or online. As of November 2015, Presbyterian Weight Watchers members collectively lost 9,268 pounds!

In 2015, the Employee Wellness Program partnered with Food Services to host a series of “Pres Chopped” competitions based on the popular “Chopped” TV show on the Food Network. The goal was to highlight local foods, encourage people to cook at home and introduce fresh, new ingredients to employees in a fun and engaging way. Local food for the events was purchased through the Agri-Cultura Network, a local farmer collective.

Developing a Comprehensive Food Policy

Initial planning to develop a comprehensive food policy took place in 2015. Efforts are continuing in 2016 to put in place strategies and practices that support a healthier food environment.

Improving the Effectiveness of Healthcare Interventions

Fresh Rx

In 2013, as part of a system-wide strategy to address healthy eating as a health priority, Presbyterian began the “Fresh Rx” program that provides overweight or obese patients with counseling about maintaining a healthy weight. Patients and their families also receive a “prescription” for fresh fruits and vegetables that can be used at local farmers’ markets and through a Community Supported Agriculture (CSA) program.

Mobile Market

In 2015, a Presbyterian Medical Group clinic in southwest Albuquerque was chosen as a site for the Mobile Market pilot project. This project is part of Presbyterian’s Center for Community Health projects to decrease chronic disease disparities in vulnerable Albuquerque metro neighborhoods. This “farmers’ market on wheels” provided fresh and local fruits to neighborhoods designated as food deserts. Providers and staff promoted the market among patients and community members throughout the weeks prior and during market days.

The Presbyterian Medical Group clinic at Isleta is one of eight sites for the Healthy Here mobile farmers’ market that is funded in part through a Centers for Disease Control and Prevention Cooperative Agreement as part of the Racial and Ethnic Approaches to Community Health (REACH) program.
Wellness Referral Center
In early 2016, the Healthy Here Wellness Referral Center (WRC), operated by Adelante Development Center and funded in part by the Centers for Disease Control, Presbyterian, and the BUILD Health Challenge, began being utilized at two of our Presbyterian Medical Group clinics and at several other clinics in Bernalillo County. The WRC receives referrals from healthcare providers for specific wellness activities for their patients. The referral center contacts participants to discuss activity/class options and registration, and then sends participation information back to the referring provider. As of July 1, 2016, the WRC had conducted 225 referrals.

Center for Community Health
Presbyterian Healthcare Services envisions a healthy New Mexico. We are working to achieve that vision through our commitment to improving access to healthcare and health insurance coverage, and supporting opportunities for good health in the Land of Enchantment.

In support of this critical mission and as part of a requirement of the Patient Protection and Affordable Care Act, Presbyterian completed a community health assessment in 2013, in each of the counties where we serve the most patients. In 2016, Presbyterian established a Center for Community Health to lead this work. The Presbyterian Healthcare Foundation was an important initial funder for the community health work and provided seed money that allowed us to leverage additional funds and make this work successful.

Healthy Eating as a Community Health Priority
After our research and discussions with community partners, Presbyterian decided to focus on three priorities, which were chosen because they impact some of the many root causes of the poor health of New Mexicans: healthy eating, active living and avoiding unhealthy substance use.

Presbyterian’s healthy eating initiative includes a variety of projects designed to improve the nutrition of our residents. Specific areas of focus include nutrition education, school gardens, community-supported agriculture and supporting growers’ markets and policy changes to increase the availability of healthy foods in schools and workplaces.

FoodCorps
As part of our community health plan and focus on healthy eating, Presbyterian is helping to support two programs through FoodCorps. A national program with several sites in New Mexico, FoodCorps teaches kids about healthy foods, builds school gardens and brings high-quality local food to public school cafeterias.

Presbyterian has funded two FoodCorps positions for four years in central New Mexico to strengthen community connections with healthy eating programs. One FoodCorps service member is working with Albuquerque Public Schools (APS); the other is working with La Plazita Institute, which connects youth, the elderly, and the community in a holistic, cultural way. The FoodCorps service members have several programs underway, including building gardens at local schools, piloting nutrition-oriented curricula, and providing taste tests of new, nutritious food to APS students.

Kitchen Creations
Kitchen Creations is a cooking school for people with diabetes and their families. The classes enhance meal planning and food preparation skills to aid in self-management. Classes consist of four sessions, each lasting two-and-a-half to three hours. Nutrition recommendations presented in Kitchen Creations are in line with current recommendations for people with diabetes.

RX
Kitchen Creations
type 2 diabetes set forth by the American Diabetes Association. Presbyterian has partnered with New Mexico Department of Health Diabetes Prevention and Control program and New Mexico State University Cooperative Extension Service to support this program in the state.

**Road Runner Food Bank**
In 2016, Presbyterian provided $50,000 to Roadrunner Food Bank to develop a demonstration kitchen as part of their Healthy Food Center, that provides healthy food for patients referred by their providers for food insecurity.

**La Cosecha Community-Supported Agriculture**
La Cosecha is a community-supported agriculture project (CSA) organized by the Agri-Cultura Network that offers members the opportunity to invest in local farms and receive weekly boxes of locally grown, organic produce as the return on their investment. Since 2013, Presbyterian has supported La Cosecha by subsidizing the produce that goes out into the community, allowing low-income families to purchase a membership at a low cost without jeopardizing farmers’ purchase power and maintaining fair wages.

**Racial and Ethnic Approaches to Community Health (REACH) program**
In 2014, Presbyterian was awarded a $2.9 million award from the Centers for Disease Control and Prevention (CDC). The REACH project links several sectors of the local food system (production, distribution, consumption and education) to increase health in priority communities. Supporting activities include:
- Developing a social media campaign to inform people about accessing and consuming healthy food, including making information on resources more broadly available.
- Strengthening farmers’ markets in low-income areas through better market availability, increased payment acceptance from subsidized food programs (EBT) and incentive coupons.
- Engaging and connecting institutional, agricultural, educational, community and healthcare stakeholders to increase the use of local produce in schools, clinics and other settings.
- Developing and piloting community-based, culturally relevant nutrition education curriculum highlighting locally grown, healthy food.
- Supporting local farmer cooperatives to meet the increased demand of locally grown food.
- Working with organizers to increase and expand community and school garden programs and support the public to begin or increase home-based gardening.

### The Future of Food at Presbyterian

Presbyterian remains committed to the Healthy Food in Health Care Pledge and will continue its focus on increasing local procurement, developing a comprehensive food policy, increasing the effectiveness of healthcare interventions through food, and implementing our community health plans across the state.

In 2016, Presbyterian will be partnering with the Democracy Collaborative and the University of New Mexico, as anchor institutions, to move our local procurement initiatives forward. In addition, Presbyterian’s community health priorities are aligned with national priorities reflected in the National Quality Strategy (NQS) led by the Agency for Healthcare Research and Quality on behalf of the U.S. Department of Health and Human Services.

The National Quality Strategy pursues three broad aims which are based on the Triple Aim and align with Presbyterian’s goals. These aims will be used to guide and assess local, state, and national efforts to improve health and the quality of healthcare.
- Better Care
- Healthy People/Healthy Communities
- Affordable Care

In 2016, Presbyterian updated its community health plans and has identified a broad range of community-driven strategies to address the healthy eating priority. These plans will guide our work in this area for the next several years.