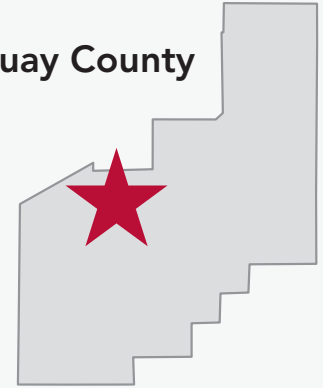


*Presbyterian exists to improve the health of the patients, members and communities we serve.*

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

- \$12.3M** Community Benefit (2015)
- \$6.6M** Boosting the economy through salaries, wages, and benefits (2015)
- \$86,000** Leveraged Funds for Community Health
- \$20,000** Invested in Community Health Activities
- 600** Attendees at the Quay County Wellness Fair
- 95** Community & Regional Partners
- 200+** Kids & their families Run in the Fun Run each year
- 13** DCT leaders volunteered for Day of Service
- 10** Community Wellness Trails Developed

**Quay County**



**MORE OPPORTUNITIES TO LIVE ACTIVE LIFESTYLES**

Presbyterian, in partnership with the Quay County Health Council, supports the initiative "Quay County on the Move" which includes community events, coordinated campaigns and the mapping and distribution of walking trail maps and brochures to local clinics, community groups and other entities. The maps help to promote social physical activity and increased walking by previously less-active residents of Quay County.

- The Rail Trail is complete with signs and mapping
- Five more trails have been mapped and will have signs soon
- Community events have been completed for four of six trails

Prescription pads and rack cards have also been distributed to all local medical providers. This provides the opportunity to discuss the importance of active living for health in a clinical setting.



Quay County Fun Run

**HEALTHY EATING IS MORE ACCESSIBLE IN QUAY COUNTY**

Presbyterian is proud to have provided **more than \$2,250** from 2013 to 2016 in **matching funds and infrastructure** to support Double Up Food Bucks at the Tucumcari Farmers' market.

In 2016, the Quay County Health Council helped an **additional 280 older adults** participate in the ECHO, Inc. Senior Commodities program. Participants receive \$25 every summer in **"Senior Checks"** through NM WIC to purchase fresh food at farmer's markets.



**\$7,000** for  
fresh, local  
produce  
for **280**  
Older Adults

## HEALTH BY THE COMMUNITY – FOR THE COMMUNITY

Through incredibly successful partnerships, like the vital collaboration with the Quay County Health Council, Dr. Dan C. Trigg Memorial Hospital (DCT) supports a number of community programs and events and helps strengthen community assets that address Presbyterian's three community health priorities: Active Living, Healthy Eating, and Prevention of Unhealthy Substance Use. This includes ongoing and increased support for active living events and opportunities, healthy children and families, the Early Childhood Coalition, positive youth development, and local leadership and capacity. DCT continues to provide critical access to care and serve as a hub of the community.

<b>Dan C. Trigg Memorial Hospital 2013-2016 Community Health Implementation Evaluation</b>	
<b>Strategy or Intervention</b>	<b>Status</b>
<b>Increase physical activity in Quay County</b>	
Develop a Prescription Trail in Quay County	<b>G</b>
<b>Increase access to healthy foods for Quay County residents</b>	
Develop a partnership with the Food Coop to provide healthy food to Quay County residents	<b>G</b>
Use Digital Sign to promote healthy food selections and the importance of good nutrition for health	<b>Y</b>
<b>Provide educational material and support to community members regarding 1) the importance of physical activity, 2) unhealthy use of substances, 3) healthy foods and resources for them in each area</b>	
Quay County Health Fair	<b>G</b>
Encourage all Presbyterian providers to take the New Mexico Department of Health Continuing Education on a brief intervention for tobacco cessation (system-wide)	<b>Y</b>
Provide continuing education opportunities for behavioral health to providers system-wide	<b>Y</b>
Grief support group open to all community members at no cost	<b>R</b>
<b>Increase awareness regarding the prevention and management of diabetes for residents of Quay County</b>	
Utilize diabetes educator to go into senior center to provide support for community members	<b>Y</b>
Look at the possibility of putting a wellness education in the proposed library downtown	<b>R</b>
<b>Continue to partner with and support Health Council initiatives related to the 4 significant health need priorities</b>	
Partner with the Quay County Health Council to support relevant initiatives	<b>G</b>
<b>Provide support for local providers related to continuing education and best practices vis-à-vis the health need priorities of healthy eating, active living, prevention of unhealthy substance use and diabetes</b>	
Utilize the quarterly provider round table and hospital digital sign-board to advertise continuing education opportunities	<b>Y</b>
<b>Support the self-management of chronic diseases (diabetes, arthritis, COPD, etc.) in Presbyterian communities</b>	
Partner with the Department of Health Chronic Disease Prevention Bureau to provide the My Chronic Disease program in Quay County and the Presbyterian regions	<b>Y</b>
Develop a three-year plan for the expansion of the My Chronic Disease (My CD) program (system-wide)	<b>G</b>

### Evaluation Key

**G = Successful strategies & activities.**

**Y = Partially successful strategies. Ideas good but either funding or staffing prohibited proper execution.**

**R = Unsuccessful strategies and activities. Were unable to implement.**

### For more information, please contact:

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