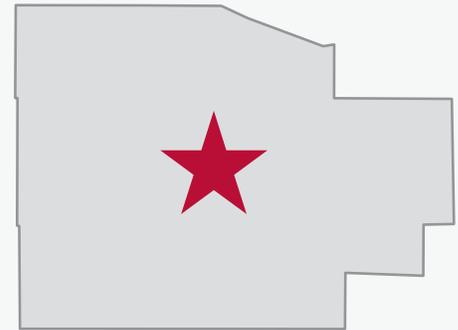


Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$1.37 Million** Leveraged Funds for Community Health
- \$24,000** Invested by Presbyterian
- >10,740** People Reached
- 392** Free Meals for Kids
- 216** People Participated in the Diabetes Prevention Program
- >140** Families Received Early Childhood Programming
- >60** Community & Regional Partners
- 16** Total Programs Addressing Prioritized Community Needs
- 10+** Yearly Community-wide Health Events
- 3** Communities Impacted – Socorro, Alamo, Veguita
- 1** Prescription Trail Mapped

Socorro County



HEALTHY EATING AND ACTIVE LIVING IS EASIER IN SOCORRO COUNTY

In alignment with the 2013 to 2016 goal to **“Change the culture of health within the community by increasing the opportunities for Socorro County residents to be physically active and eat healthy food, as well as by creating policies that promote this,”** Socorro General Hospital (SGH) Community-Based Programs staff attends and provides fund support each year for more than 10 community health events throughout the county including the city of Socorro, Veguita and the Alamo Navajo reservation. These events include health fairs, runs, community arts parties, back-to-school fairs, farmers’ markets, cooking classes and other community events and programs. Approximately 1,800 community members are reached through these events each year.

Changes were made to the environment to address safety concerns and provide long-term infrastructure for physical activity. In 2013, Clark Field was mapped as a Prescription Trail. Prescription Trails identifies walking and wheelchair rolling routes that are both safe and accessible to patients and families to promote healthy lifestyles. Additional walking trails are in development.

In 2016, in partnership with the City of Socorro, Healthy Kids NM, Socorro Parks and Rec and the Socorro Health Council, bike lanes were placed throughout the city of Socorro along with way-finding and bicycle signage in Sedillo Park.

Run For Your Life Participation



300 Vouchers (\$5) Distributed for Diabetes Prevention



DOUBLE UP FOOD BUCKS™

\$3,000 to Support \$ Match at two Socorro Farmers Markets

FREE HEALTHY MEALS FOR KIDS

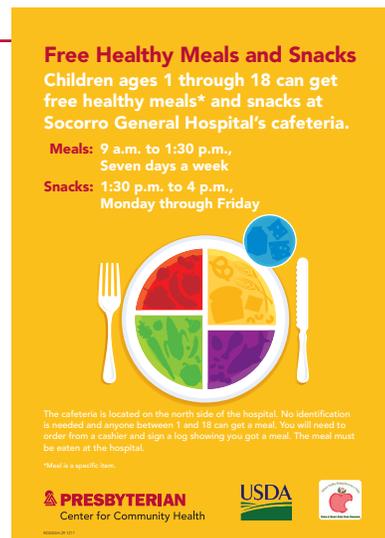
All children can receive free meals at the Socorro General Hospital (SGH) cafeteria. In 2016, SGH partnered with the New Mexico Children, Youth, and Families Department, Family Nutrition Bureau to leverage federal funds to provide non-profit food service programs for children in the community.

392 Free Meals were served to Socorro County Kids in 2016.

This means that in under a year, Socorro General Hospital potentially fed 28% percent of the children identified as living poverty in our 2016 Community Health Needs Assessment.

"I'm in total amazement by this program. Thank you so much for doing this. I think this is one of the most fantastic initiatives for hungry children that I've ever witnessed. I couldn't be prouder to be part of an organization that makes this a priority."

– Presbyterian Pharmacist



Free Healthy Meals and Snacks
Children ages 1 through 18 can get free healthy meals* and snacks at Socorro General Hospital's cafeteria.

Meals: 9 a.m. to 1:30 p.m.,
Seven days a week

Snacks: 1:30 p.m. to 4 p.m.,
Monday through Friday



The cafeteria is located on the north side of the hospital. No identification is needed and anyone between 1 and 18 can get a meal. You will need to order from a cashier and sign a log showing you got a meal. The meal must be eaten at the hospital.

*Meal is a specific item.

PRESBYTERIAN
Center for Community Health

USDA



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 home visiting, 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. Over time, 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. This enables them to become healthy and successful adults.

Strengthening families and giving parents skills and support has shown to increase resilience. Resilience factors can protect against negative effects of adverse childhood experiences and disrupt cycles of substance use, violence, mental health issues and other stress.

SGH Supported Programs:

- First Born Socorro Program
- Books for Babies
- Child Find
- Circle of Security
- Presbyterian Day of Service

"Your programs for young parents are a real benefit to the community. And the Rotarians are proud to have been able to assist (with Books for Babies) in this small way."

– Judge Kase

First Born outcomes for infants and families:

Reduced violence and injury

The data suggest that emergency room visits are lower because participating children have fewer injuries in the first year. Additionally, the estimated lifetime cost of one victim of child abuse and neglect is \$210,012.

Fewer emergency room visits

The average ER visit costs \$1,049, while the average physician office visit costs \$153.

Being breastfed for one year or more

Breastfeeding prevents childhood obesity and diabetes. Annual healthcare costs are about \$6,700 for children treated for obesity covered by Medicaid.

*Based on preliminary findings from a RCT study of the First Born® Program by the RAND Corporation (2015); First Born NM Annual Report 2014

BUILDING KEY PARTNERSHIPS FOR COMMUNITY HEALTH

Socorro General Hospital and the Center for Community Health partner with more than 40 community and state partners to address unhealthy substance use and positive family and youth development, 18 to address healthy eating and nutrition, and at least 12 partnerships for promotion of active lifestyles, fitness opportunities, chronic disease self-management and improvement of the Socorro County environment.

Socorro General Hospital 2013-2016 Community Health Implementation Evaluation

Strategy or Intervention	Status
Reduce prevalence of obesity and diabetes-related illness in Socorro County through healthy eating	
Continue implementation of First Born Socorro (FBS) home visiting program	G
Train a community health worker (CHW) with a focus on diabetes to provide educational support for providers	Y
Community wide events to promote eating well and active lifestyles	G
Change the culture of health within the community by increasing the opportunities for Socorro County residents to be physically active and eat healthy food, as well as by creating policies that promote this	
Pursue funding for a comprehensive plan for improved nutrition and physical activity among Hispanics/Latinos	Y
Work with Socorro County Options Prevention Education (SCOPE) on SNAP (Food Stamps) program incentives through the farmers market	G
Work towards farm-to-hospital opportunities	G
Work with Prescription Trails to develop walking paths and maps for Socorro County	Y
Improve access to care by increasing provider availability and by helping community members become advocates and drivers of their own health	Y
Support the self-management of chronic diseases (diabetes, arthritis, COPD, etc.) in Socorro County	Y
Prevent unhealthy substance use in Socorro County	
Encourage all Presbyterian providers to take the New Mexico Department of Health Continuing Education class on a brief intervention for tobacco cessation (system-wide)	Y
Provide continuing education opportunities for behavioral health to providers system-wide	R
Participate in local Health Councils to support substance abuse prevention initiatives	G

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.

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