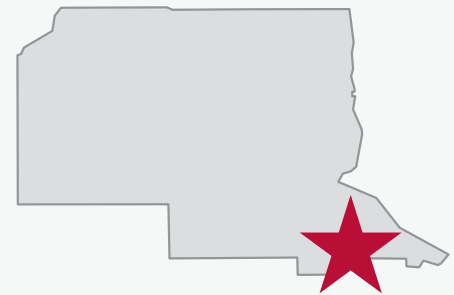


Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$626,800** Leveraged Funds for Community Health
- \$41k** In Support of Healthy Eating
- 899** Patients received Diabetes Self-Management Education from 2013 to 2016
- 712** New enrollments for the Healthplex in 2.5 years
- 522** Customers bought produce in PEH Lobby (2016)
- 40** Families per month in First Born Program
- 16+** Community and Regional Partners
- 1** Prescription Trail Mapped

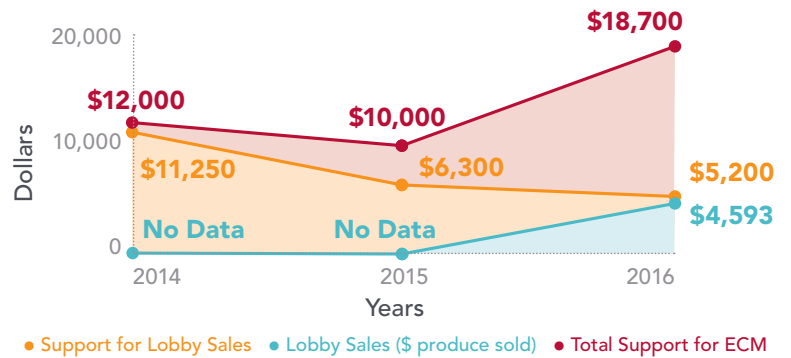
Rio Arriba County



HEALTHY EATING AND ACTIVE LIVING IS EASIER IN RIO ARRIBA COUNTY

Thanks in part to the many successful community partnerships Presbyterian has in Rio Arriba County, residents now have expanded opportunities to eat healthy and live active lifestyles. Through hospital- and community-based initiatives, more residents are able to access the gym, walking trails, locally grown fresh fruits and vegetables and education on the importance of lifestyle changes for chronic disease management.

Española Community Market



"The program really helps my family get the most for our money, and it motivates us to buy extra fruits and vegetables."

– Española Farmers' Market customer



\$10,000
for Española Community Market

\$1,750
for Española Farmers' Market

HEALTHY FOOD FOR TEENS AND PREVENTION OF UNHEALTHY SUBSTANCE USE

Presbyterian Española Hospital is helping youth thrive by supporting the Española YMCA Teen Center. Support includes food and drinks for the annual Harvest Parade; snacks, fruit, meals and clothing for teens who participate in weekly programming; and financial support for the teen center operations. The Española Teen Center is a safe and caring environment that provides programming that promotes self-discipline, builds self-esteem and teaches life skills essential to future success.



The Teen Center serves an average of 33 youth ages 12 to 19 each day and served 601 teens total in 2016.

“Our support of the Teen Center is so important because they help keep our kids safe after school. They teach life skills, tutoring, mentoring, provide meals and have other important programming.”

– Brenda Romero, PEH Administrator

PREVENTION OF UNHEALTHY SUBSTANCE USE

Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development

Presbyterian Española Hospital supports a number of programs that impact youth environments, relationships, and opportunities to thrive through home visiting, parent education, after-school programming and more.

Supported Programs:

- First Born Program
- Community Baby Showers
- Community Children Annual Preventative Visits
- YMCA Teen Center
- Day of Service
- Annual Health Fair

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.

First Born Program 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

Presbyterian Española Hospital 2013-2016 Community Health Implementation Evaluation

Strategy or Intervention	Status
Increase access to and consumption of healthy foods in Rio Arriba County	
Support the Rio Arriba Health Council in developing a mobile grocery store	G
Support education on cooking and nutrition as well as the relationship between food and health through participation in the Health Council	G
Support the proper nutrition of pregnant mothers and babies through the First Born home visiting program	G
Hold community baby showers where healthy eating and active living is encouraged	G
Implement baby friendly practices as resources allow with support from Presbyterian Hospital in Albuquerque	G
Support the purchase of local, healthy food for the hospital	Y
Donate food to and volunteer at the homeless shelter to decrease food insecurity	G
Offer Presbyterian-developed nutrition webinars to all hospitals and partner providers in the community, free of charge	Y
Increase physical activity among Rio Arriba County residents	
Hold health fair that encourages physical activity	Y
Allow and incentivize community members to utilize the Española Hospital exercise facility	G
Support Habitat for Humanity in upgrading the homes of home health patients, so that they can live more active lives	G
Prevent unhealthy substance use among Rio Arriba County residents	
Partner with the local 4-H to provide tobacco prevention for youth	G
Encourage all Presbyterian providers to take the New Mexico Department of Health Continuing Education on a brief intervention for tobacco cessation (system-wide)	Y
Utilize medication replacement therapy (suboxone) to prevent opioid abuse	G
Support the prescription drug disposal program	G
Participate in Rio Arriba County Northern New Mexico Implementation Team for reduction of overdose deaths	G
Utilize "Integrated Chronic Care Management" concepts into Home Health delivery of care to chronic care patients	G
Provide Continuing education opportunities related to behavioral health to providers	G
Support the self-management of chronic diseases (diabetes, arthritis, COPD, etc.) in Rio Arriba County	
Partner with the Department of Health Chronic Disease Prevention Bureau to offer the My Chronic Disease program to Rio Arriba residents	G
Develop a three-year plan for the expansion of the My Chronic Disease (My CD) program	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.

For more information, please contact:

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