



Healthy Eating and Active Living Annual Report

2021

2021 Presbyterian Community Health Healthy Eating Active Living (HEAL) Annual Report

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Instructors taught **233** active living classes that included yoga and Zumba for adults and families

7

Educators taught **121** virtual and **3** in-person cooking classes

10

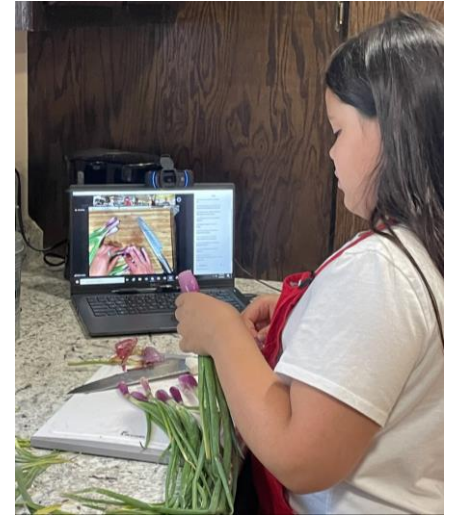
Cooking class series offered engaging cooking sessions throughout the year

24

Classes taught in Spanish or had simultaneous Spanish/English interpretation

378

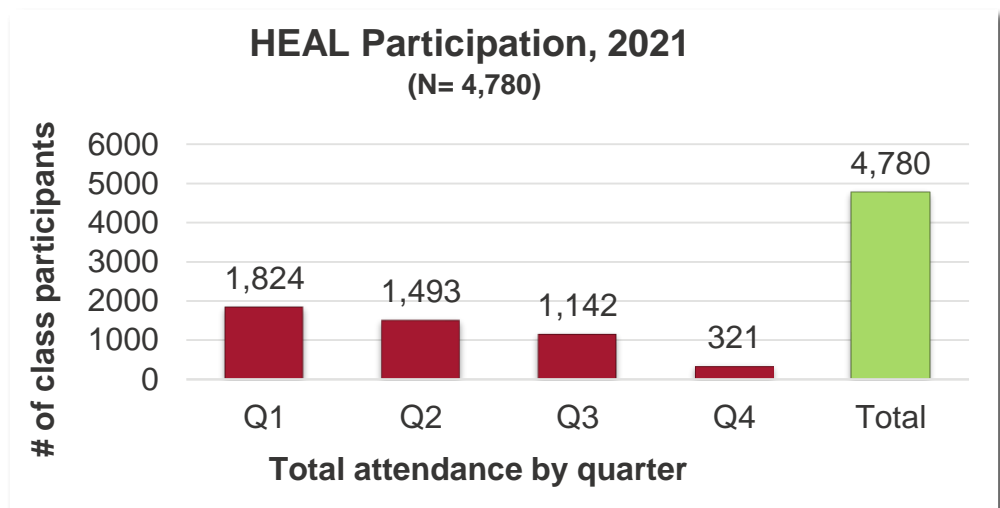
Meal kits provided to participants to cook along during class sessions



Introduction

Adults and families who participate in Presbyterian Community Health Healthy Eating and Active Living (HEAL) classes learn skills that support healthy eating and body movement at every stage of life. Each healthy eating class provides opportunities to learn basic cooking methods, knife handling skills, storing produce, food safety, tips for cooking together as a family, and recipe modifications. Classes also provide guidance and nutrition support for management of chronic health conditions such as hypertension, diabetes, and weight management. Active living classes aim to decrease stress while providing support to improve strength, flexibility, and promote overall wellness, no matter the fitness level. Classes are led by licensed professionals and trained educators who provide evidence-based information in a hands-on educational setting, or through a virtual platform.

Total # of cooking classes	Total # cooking class participants	Total # of active living classes	Total # of active living class participants
124	2,255	234	2,525



Participation by Age Group, 2021 (N= 240)

Age (years)	Percentage
0-14	3%, 7
15-25	4%, 10
26-35	4%, 10
36-45	15%, 36
46-55	16%, 38
56-65	30%, 72
66+	28%, 67

"I really enjoy both the chair yoga and gentle yoga/meditation classes. It has really changed my life for the better."

"The cooking classes not only provide me with cooking ideas and techniques, but in this isolated COVID environment, they also provide me with an important sense of community."

Program vision: Improve prevention and management of chronic health conditions through cooking and healthy eating (e.g. hypertension, diabetes, and heart disease).

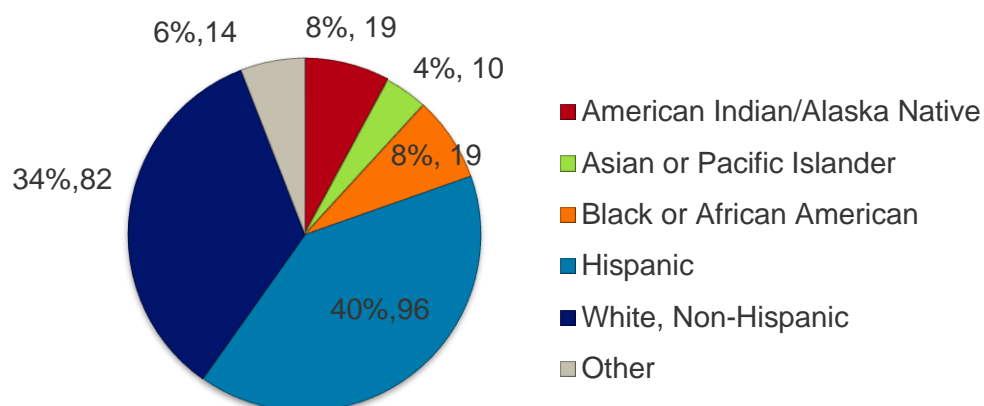
Program goals: Increased consumption of fruits and vegetables, increased confidence in cooking, preparing, and planning healthy meals among adults and families in New Mexico.

Participants that attend HEAL classes learn lifelong skills that support healthy habits and quality of life. Participants were sent a survey via Qualtrics at end of each quarter.

Of those who completed the survey (N= 240), survey data showed:

- **94%** report they apply nutrition information they learned from class when making food choices
- **92%** increased confidence in cooking healthy meals at home
- **91%** agree that attending classes is helpful and valuable
- **89%** have tried a new ingredient they learned from class
- **81%** increased their consumption of both fruits and vegetables
- **79%** report decreased levels of stress after attending an active living class

Healthy Eating Participants by Race/Ethnicity (N=240)



243 Providers & 40 Clinics

referred patients to classes (internal and external referrals)



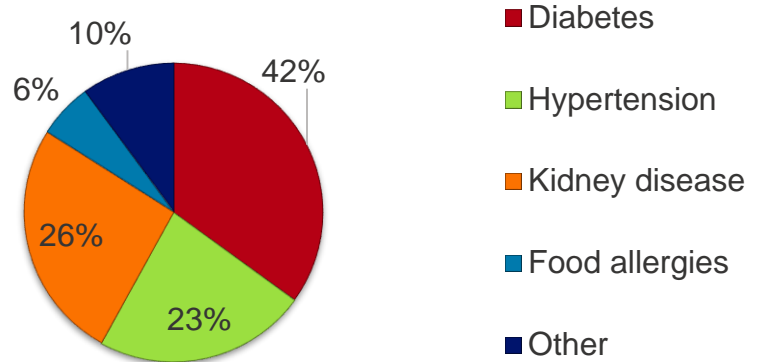
Vegetable frittata made from local farm produce

"...This good stuff is wonderfully contagious. Thank you for all you do for making these classes possible. I see you listen to us, hear our questions and suggestions, and you run with them to make them happen."

Classes are supported by Presbyterian Healthcare Foundation and are offered at no cost for patients, members, and community

Participants Managing a Chronic Health Condition, 2021

(N=240)



Where do participants reside?

(N=930)

County	% of participants, (N)
Bernalillo	72% (672)
Sandoval	8.6% (80)
Santa Fe	5% (46)
Valencia	2.3% (21)
Torrance	1.4%, (13)
San Miguel	0.5% (5)
Rio Arriba	0.4% (4)
Socorro	0.4% (4)
Grants	0.3% (3)
Lincoln	0.1% (1)
Curry	0.1%, (1)
Cibola	0.1%, (1)
Otero	0.1% (1)



Participant Breakdown (N=770)	% participation type, N
Referred Patient	53%
Community Member	15%
Presbyterian Health Plan Member	18%
Presbyterian Employee	8%
Other	6%

Participant quote from yoga: "I learn something new each class which helps my mind and my body."

Name of Class and Instructor	Description
Healthy Lifestyle Virtual Cooking Class Instructor: Ashley Dunworth MS, RD & Jennie McCary, MS, RD	A weekly nutrition education session and cooking demo focused on supporting a healthy lifestyle. Topics and recipes change weekly.
The Sprouting Kitchen Virtual and In-person Classes Instructor: Fallon Bader, MS, RD	The Sprouting Kitchen classes focused on cooking with local ingredients. Virtual classes include a weekly cook-along dinner series and a few in-person classes were held at local farms in Albuquerque.
Clase de Cocinar Virtual Class Instructor: Patrick West, RD	Clase de Cocinar was a virtual cooking class in Spanish that focused on resilience and well-being through nutrition and budget-friendly recipes.
East Eats - Food Farmacy Virtual Cooking Class Instructor: Ashley Dunworth, RDN, CDCES	Easy Eats is a cooking class series for patients enrolled in the Food Farmacy program. Utilizing Cooking Matters curriculum, patients cook along in class using ingredients from their Food Farmacy bag.
Cooking with Kids Santa Fe Virtual Cooking Class Instructor: Suzy Reeder	Classes were offered at the Del Sur Farmer's market at Santa Fe Medical Center. Open to the community, participants received free, farm-fresh produce for attending the session.
Kids Cook! Instructor: Jaelyn Bransford	Kids Cook! Classes empower kids and families to eat healthy together. Kids learn additional life skills, including math, geography, and science.
Cooking Matters Family Classes Instructor: Ashley Dunworth MS, RD & Ana Leon, RD	Supported by a grant from Share Our Strength/Cooking Matters, child engagement classes were held in both English and Spanish. Families received a meal kit prior to class to cook along from their home kitchen.
Cancer Survivorship Instructor: Ashley Dunworth MS, RD, Nicole Ackerman MS, RD, & Veronica Hernandez, MSW	A cooking classes offered in partnership with the Presbyterian Oncology Supportive Care. Patients received meal kits prior to class and cooked along with the instructor while learning about strategies for cancer survivorship and nutrition.
Meal Planning Instructor: Ana Leon, RD	This 4-week series provided meal kits and strategies around planning healthy meals. Class taught in Spanish with English interpretation.
Zumba Instructor: Ashley Dunworth, MS, RD	Zumba is a high-intensity, Latin-inspired cardio dance class offered weekly via Zoom.
Gentle Sunday and Chair Yoga Instructor: Kelley Belanger	Chair and Gentle yoga classes are ideal for participants who have limited mobility, chronic pain, or joint issues. These classes reduce stress, increase muscle strength and flexibility.
Adult Resiliency Yoga/Yoga for Back Health/ Yoga for Kids, Teens, and Families Instructor: Meghan Bass-Petti	A yoga class specifically designed to improve back health and relieve pain. Yoga for kids and families provided movements to do together as a family that embrace playfulness and fun.



What knowledge or skills did you gain from class?

“Reading food labels, knife and chopping skills, and new vegetables to eat.”

“From yoga, I have learned gentle stretches and breathing that has helped with aches and pains. Easy to follow.”

“Foods that I have never tried, and after trying them realizing how good and healthy they are, and pretty easy to prepare.”

This report was produced by Presbyterian Community Health. Questions? Contact Ashley Dunworth at adunworth@phs.org. Last updated 2/22/2022

Quality Improvement

- A new approach for inclusion and equity included offering virtual classes in both English and Spanish with live simultaneous interpretation during cooking classes for families.
- To better capture participant data, a new process for tracking was implemented to record attendance using a monthly dashboard.
- There was an observed decrease in participant attendance each quarter. This decrease may be multifactorial and attendance may have been affected by:
 - decreased number of classes offered in end of year (holidays, instructor capacity)
 - Participant Zoom and virtual class burnout
- COVID-19 pandemic response: in-person programming has been limited since March 2020. Classes were offered on a virtual platform using Zoom. Benefits included less need for transportation, no limit to class size due to space, reducing risk of COVID-19 infection, and participants feeling comfortable cooking or getting active in their own home. Limitations include those who do not have access to mobile device or internet to attend classes.

Future HEAL Programming

- As we adjust with the COVID-19 pandemic and in-person planning, virtual classes will continue to be offered as part of regular programming. This is due to the high satisfaction rate from participant feedback, accessibility, and meeting the needs of patients, members, and communities we serve.
- New classes specific to weight management and heart health for patients and community members will be added quarterly in 2022. Classes will focus on reducing risks and reaching goals through healthy cooking, nutrition education, activity, and healthy habits. These classes will be added to support the need of the community as heart disease is the leading cause of death in New Mexico and accounts for over 21% of all deaths, and obesity affects 31.7% of the population.¹
- To support regular movement and promote stress management, yoga and Zumba classes will continue to be offered weekly.
- As ongoing support, virtual grocery store tours will be offered once per quarter for those who have previously attended CH nutrition or cooking classes.

Thank you to all our partners for their support and commitment to improving the health of individuals and communities through food, nutrition education, and cooking. Special thanks to the Presbyterian Healthcare Foundation for their generous support of classes.

