

RIO ARRIBA COUNTY IMPACT REPORT 2021



TOGETHER WE ARE BUILDING A CULTURE OF HEALTH

Presbyterian Española Hospital (PEH) and Presbyterian Community Health worked with the Rio Arriba Health Council to complete a Community Health Assessment (CHA) and a Community Health Implementation Plan (CHIP) for 2020-2022.

This report summarizes the progress to date on the four community-informed priorities below. If you have questions, contact Carrie Thielen at cthielen@phs.org.



A Successful First Year of Northern Roots: Where Families Eat, Learn and Grow

Presbyterian was one of four programs selected by national non-profit **Share Our Strength No Kid Hungry** to increase access to healthy food for families who experience food insecurity.

Presbyterian's **Northern Roots** program provides families with:

- 16 weeks of fresh fruits and vegetables in partnership with **MoGro Mobile Grocery Project**
- Nutrition education and cooking demos with **Cooking with Kids**
- Connections to local food resources and nutrition assistance programs

"We loved all the fruits and vegetables. The program introduced my daughter to healthier foods. We took some of the seeds from the fruits and veggies and are starting a garden."

*Northern Roots
Program Participant*



At-a-Glance

PEH offers a range of services focused on improving quality, enhancing the patient experience and providing care close to home for Rio Arriba County residents.

TOTAL COMMUNITY BENEFIT

\$5,219,198

(including financial assistance
and unreimbursed
Medicaid)



Priority Area 1:
BEHAVIORAL HEALTH



Priority Area 2:
**SOCIAL DETERMINANTS
OF HEALTH (SDOH)**



Priority Area 3:
ACCESS TO CARE



Priority Area 4:
**HEALTHY EATING AND
ACTIVE LIVING (HEAL)**

163 FAMILIES

served through Northern Roots in its first year in Northern New Mexico.

OVER \$70,000

invested in local food purchasing and infrastructure to support the Northern Roots program.

"The families that are most successful in adopting healthier diets and increasing physical activity are the ones that do it together as a team. They are also having the most fun. I love being able to offer families a prescription for fruits and vegetables."

*Sarah Mele, Pediatric Nurse
Practitioner*

Partner Spotlight:

Presbyterian provided financial support to **Cooking with Kids** to increase access to nutrition education for youth and families.

Whether online or in-person, **Cooking with Kids** programs provide fun and positive experiences with healthy foods, bring academic subjects to life and support healthy eating at home!

4,228 STUDENTS

participated in nutrition education classes in Rio Arriba and Santa Fe counties.



Addressing the Social Needs of Patients to Support Whole Health

Universal Patient Screening for Social Needs *Launched in 2021*

Access to healthy foods, stable housing, transportation and safe environments is important to one's health. Presbyterian patients are screened at least every six months for:

- Food insecurity
- Personal safety
- Transportation
- Financial instability
- Housing insecurity
- Mental health
- Substance use, including tobacco, alcohol and opioid use

Those who screen positive for any of these needs receive a tailored, vetted list of community resources.

Patient Connection Through Innovation

PEH supports an innovative team of a **community health worker and peer support specialist**. This team assists patients in connecting to vital community and Presbyterian resources that meet their individual needs.

- **Peer support specialists** are individuals who have experienced substance use disorder (SUD) in the past and are now in recovery. They work closely with providers to support patients experiencing SUD by assisting them in finding appropriate substance use treatment, harm reduction programs and basic social needs resources.
- **Community health workers** focus on the social aspects of patient care, provide basic health education and serve as a bridge between the healthcare system and their communities.



Partner Spotlight:

PEH partners with the **YMCA Teen Center** to provide healthy meals and snacks, Monday through Friday, in a safe and caring environment.

SPECIAL RECOGNITION – Advancing Health Equity:

PEH was recognized as the sixth most racially inclusive hospital in the U.S and the most racially inclusive in New Mexico by the Lown Institute, a nonpartisan healthcare think tank that examined how well more than 3,200 hospitals' Medicare patients matched the demographics of their surrounding communities.



Partnering to Increase Healthcare Pathways for Youth

Presbyterian is partnering on the Española High School Health Pathways Program partnership that integrates coordinated academic and social support services aimed at supporting entrance and progression through healthcare career ladders for local high school youth and adult community members. Partners include Presbyterian, Northern New Mexico Community College, Española Valley High School and the LANL Foundation. **Presbyterian provided \$17,000 in funding to support the program in 2021.**