



# Healthy Eating and Active Living Annual Report

2022

# 2022 Presbyterian Community Health Healthy Eating Active Living (HEAL) Annual Report



## 347

Active living classes were provided by 4 instructors that included yoga, Zumba, and strength training for adults and families.

## 160

Healthy eating classes were led by 8 educators in both English and Spanish, virtually and in-person.

## 3

New series of classes were implemented including topics on weight management, heart health, and prenatal nutrition.

## 313

People attended cooking classes taught exclusively in Spanish, both virtually and in-person.

## 772

Patients were engaged at 13 food skills pop-up educations at 4 participating clinics.

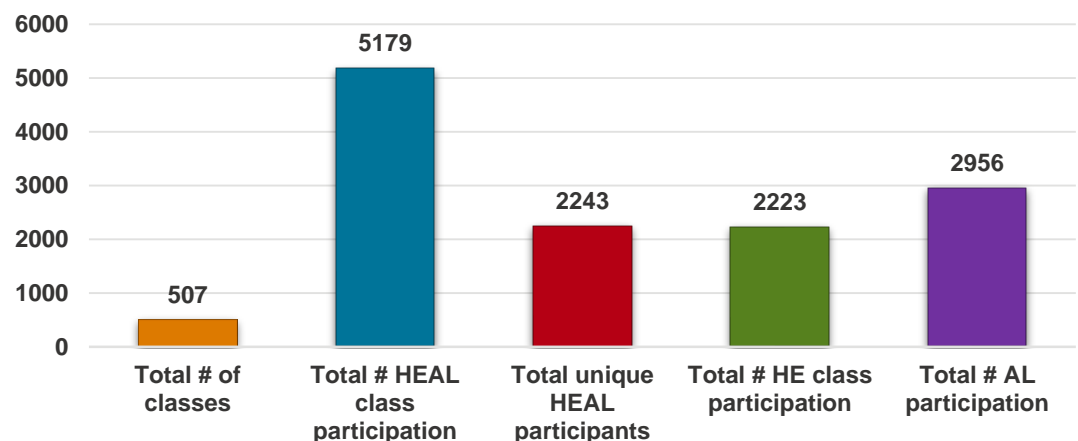


### Introduction

Adults and families who participate in Presbyterian Community Health's Healthy Eating and Active Living (HEAL) classes and events learn skills that support healthy lifestyle habits at every stage of life. Each healthy eating class provides opportunities to learn basic cooking methods, knife handling skills, food safety, family cooking, and recipe modifications. Classes also provide guidance and nutrition support for management of chronic health conditions such as hypertension, diabetes, and weight management as well as special nutrition needs during pregnancy and infancy. 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 # of unique cooking class participants	Total # of active living classes	Total # of unique active living class participants
160	1177	347	1066

### Overall Healthy Eating (HE) & Active Living (AL) Class Participation (N=5179)



## Participation by Age Group, 2022 (N=219)

Age (years)	Percentage
0-14	0%, (1)
15-25	1%, (3)
26-35	5%, (10)
36-45	8%, (17)
46-55	15%, (32)
56-65	26%, (56)
66+	40%, (88)



## Where do participants reside? (N=219)

County	Percentage
Bernalillo	64%, (139)
Sandoval	9%, (20)
Santa Fe	8%, (17)
Valencia	2%, (5)
Rio Arriba	5%, (11)
Otero	0%, (1)
Quay	1%, (2)
San Juan	0%, (1)
Torrance	4%, (8)
Out of state	2%, (4)
Unknown	5%, (11)

**Program aim:** Improve prevention and management of chronic health conditions through healthy eating, active living, and lifestyle behaviors.

**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 promote quality of life. Participants were sent a survey via Qualtrics at the end of each quarter.

Of those who completed the survey (N= 219), data showed:

**81%** report eating more fruits and vegetables.

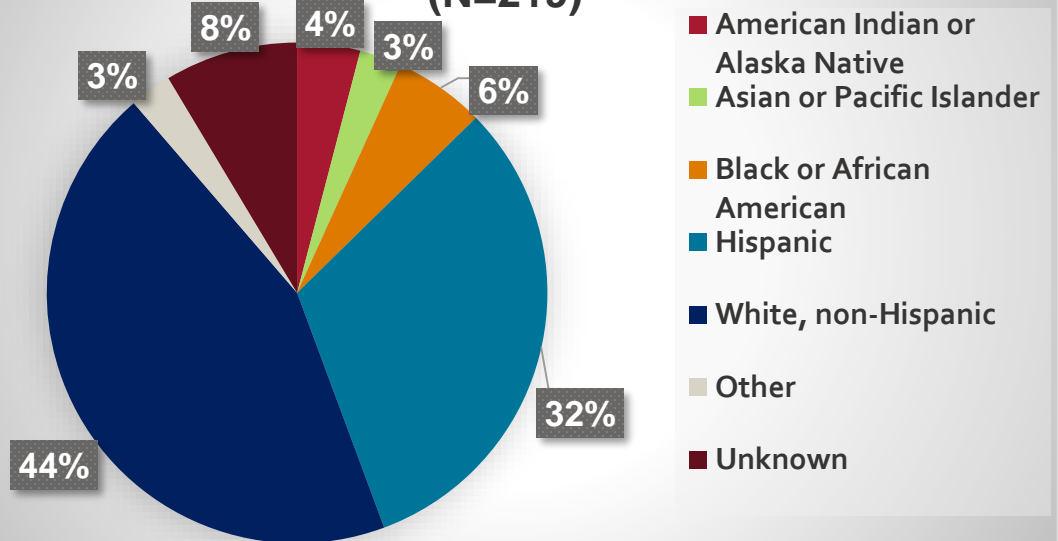
**83%** report since attending classes, they have achieved or are currently practicing one of their health goals.

**47%** report they have either lowered their HgA1c, blood pressure, or lost weight.

**77%** report increasing their amount of physical activity.

**96%** report cooking more meals at home.

## Participant Breakdown by Race/Ethnicity (N=219)



**45 Clinics**  
**257 providers**  
 referred patients to  
 classes (internal and  
 external clinics)

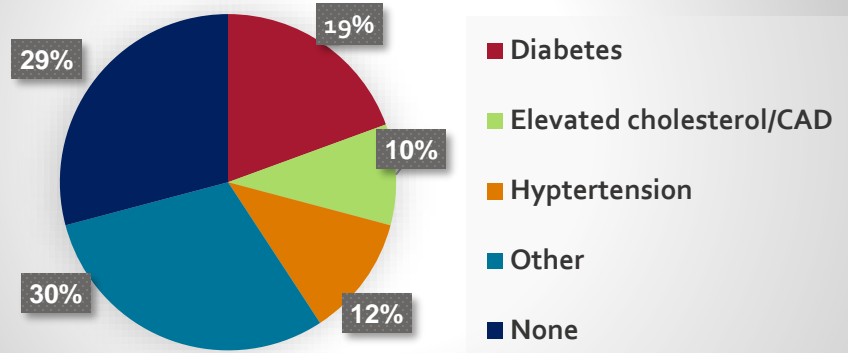
*"I enjoyed learning to cook with new vegetables and foods that I did not use before, and are now in my kitchen. I look forward to future classes."*



*"Life saving might seem a bit extreme to describe a Zoom class, but to me it is accurate."*

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

### Participant Breakdown by Chronic Health Condition (N=98)



\* 71% of participants indicated they are managing a chronic health condition.

### Cooking Matters Food Skills & Healthcare Grant

In partnership with Presbyterian Healthcare Foundation, CH was awarded a \$45,000 grant to provide food skills education in health care settings May through October 2022. We engaged with pediatrics, OB/GYN, and family practice clinics. The priority audience were parents/caregivers with children 0-5 years of age and pregnant people.

#### Three approaches were piloted:

1. The effectiveness of using a QR code to direct patients to healthy eating and wellness resources.
2. Providing pop-up education in clinic waiting rooms and virtual classes on prenatal nutrition, breast/formula feeding, and feeding baby in the first year of life.
3. Using Bright by Text, a targeting text message platform, to connect patients with developmental-growth support, and local events.

#### Outcomes:

Our efforts were successful in reaching our goals and objectives. We added prenatal cooking classes and implemented onsite, clinic-based nutrition education allowing us to engage with patients at the time of their clinic visit and build new relationships with clinics within the organization.



**17** clinics participated and recruited patients in Albuquerque, Santa Fe, and Española.

**4** new virtual classes were created and implemented for prenatal nutrition and included meal kits.

**388** unique users scanned the QR code and were connected to nutrition and community resources.



Class Title	Description
<b>Healthy Lifestyle Virtual Cooking Class</b>	A weekly nutrition education session and cooking demo focused on supporting a healthy lifestyle. Topics and recipes change weekly.
<b>The Sprouting Kitchen Virtual and In-person Classes</b>	Classes focus on cooking with local ingredients. Virtual classes include a weekly cook-along dinner series and during the growing season, hands-on classes are held at local farms in Albuquerque and Santa Fe.
<b>Ana Cocina con Propósito</b>	A virtual cooking class in Spanish that focused on building food skills and well-being through nutrition and budget-friendly recipes.
<b>East Eats - Food Farmacy Cooking Class</b>	Nutrition education for Food Farmacy patients. Utilizing Cooking Matters curriculum, patients learn recipe framework for cooking and preparing produce as well as nutrition education for health promotion.
<b>Prenatal &amp; Infancy Nutrition Series</b>	Cooking, safety and nutrition needs during pregnancy, breast/formula feeding and feeding baby during the first year of life.
<b>Kids Cook!</b>	Kids Cook! classes empower kids and families to eat healthy together. Kids learn additional life skills, including math, geography, and science.
<b>Cooking for EveryBODY</b>	A 4-series weight management class designed to support health at every size. Participants learn mindfulness, meal planning and cooking skills, as well as gain self-compassion and support.
<b>Cancer Survivorship Cooking Classes</b>	Virtual cooking classes offered in partnership with the Presbyterian Oncology Supportive Care. Patients receive meal kits prior to class and cook along while learning about strategies for cancer survivorship and nutrition.
<b>Cooking Heart Healthy</b>	This 4-week series provided meal kits and strategies around planning healthy meals. Class taught in Spanish with English interpretation.
<b>Zumba</b>	Zumba is a high-intensity, Latin-inspired cardio dance class offered weekly via Zoom.
<b>Cooking Matters de Español</b>	Hands-on, 6-week cooking series exclusively taught in Spanish led by 2 health educators. Participants can practice safe food handling skills and learn simple ways to prepare meals, learn tips for shopping smart, and try new foods.
<b>Gentle Sunday and Chair Yoga</b>	Chair and Gentle Sunday yoga classes are ideal for participants who have limited mobility, chronic pain, or joint issues. These classes reduce stress, increase muscle strength and flexibility.
<b>Adult Resiliency Yoga Yoga for Back Health Yoga for Kids, Teens, and Families</b>	These modified yoga classes are specifically designed to improve back health, relieve pain and increase strength and resiliency. Yoga for kids and families provides movement and activities to do together as a family that embrace playfulness and fun.
<b>Presbyterian Health Plan (PHP) Dual Special Needs Program (DSNP) Cooking &amp; Recipe Demo Events</b>	As part of the program benefit, PHP members are invited to attend live cooking demos facilitated by a registered dietitian where they learn how to prepare a simple recipe as well as practical nutrition information.
<b>Warrior I &amp; II Fitness Challenge</b>	Participants meet virtually twice a week and follow guided exercise to increase strength, energy, and reduce stress. Individual assessments and nutrition support are provided in these 12 week programs.



## How have these sessions been valuable?

*“I am now more mindful and aware of what I am eating and what that does to my body.”*

*“I really enjoy the cooking classes and am trying vegetables I've never eaten before. The recipes really help me keep my blood sugars down and are filling.”*

*“I have more endurance and the exercises are so much fun, I look forward to them. I feel my coordination has improved.”*

This report was produced by Presbyterian Community Health. Questions? Contact Ashley Dunworth at [adunworth@phs.org](mailto:adunworth@phs.org). Last updated 4/18/2023

## Quality Improvement

- CH launched a new website to promote community health classes. Anyone is able to read more about class opportunities and register for upcoming classes. [www.prescommhealthclasses.com](http://www.prescommhealthclasses.com)
- In response to the health needs of New Mexico communities, new class series were introduced with focused topics on weight management and heart health. To promote inclusion and equity, class series are alternated each quarter between in-person/hands-on and virtual format.
- Changes in evaluation and tracking were implemented to analyze the number of unique participants in comparison to total participation.
- During the Cooking Matters grant period, we experienced challenges with consistent engagement of clinic staff due to staff turnover and work load. We will continue to align our work with patient care and provide education to meet the needs of the clinic.
- Bright by Text (BBT) is a platform that sends customized text message information about local events, activities, and resources to support parents and caregivers (prenatal-age 8). BBT was implemented per the Cooking Matters grant and will continue to be promoted and used as a communication tool for local events and resources in the community.
- Promotional posters with QR codes were placed in clinic lobby and exam rooms. Once the user scans the code, they are directed to a landing page with links to resources and classes in both English and Spanish. To increase engagement, a raffle was promoted at the Pan American pediatric clinic with 4 patients winning a Ninja air fryer or immersion blender.

## Moving Forward

- Class formats will continue to be alternated in-person and virtual to meet the needs of the community.
- Class materials for the weight management, heart health, and prenatal series will be translated into Spanish and classes will be scheduled with interpreters as needed.
- Diversity, inclusion, and equity will continue to be a lens in which all programming is viewed to ensure we deliver education that is welcoming, represents diverse cultures, and is linguistically appropriate.

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

