



# Healthy Eating and Active Living Annual Report

2023

# 2023 Presbyterian Community Health Healthy Eating Active Living (HEAL) Annual Report



**516**

HEAL classes delivered in 2023.

**6,033**

Total HEAL program participation, a 14% increase since 2022.

**188**

Healthy eating classes were led by 8 educators in both English and Spanish, a 15% increase since 2022.

**3,753**

Total active living participation, a 21% increase since 2022.

**95**

Family participants attended 12 new family-cooking classes.

**3,045**

Unique visitors explored the new Community Health website.

## Introduction

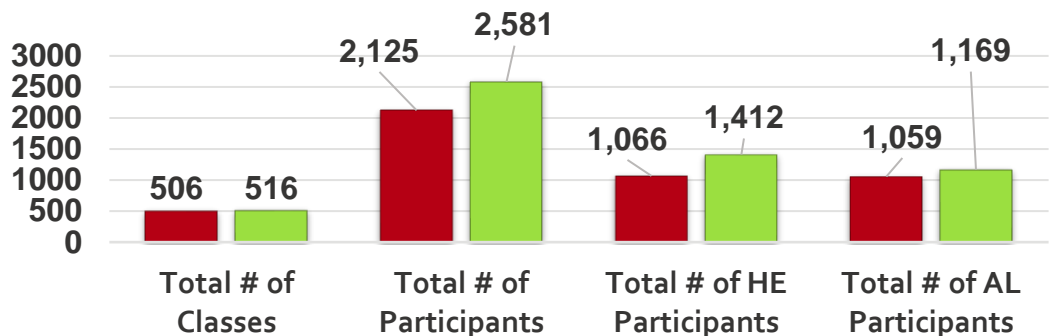
Adults and families who participate in Presbyterian Community Health’s Healthy Eating and Active Living (HEAL) classes and events learn skills that support healthy lifestyle habits at every stage of life. Each healthy eating class provides opportunities to learn basic cooking methods, knife handling 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 hands-on, evidenced-based instruction in one of our three teaching kitchens, or through a virtual platform.



Family making pasta at a Cooking Matters Family class held at the Community Health Resource Center Teaching Kitchen.

Total # of cooking classes	Total # of unique Healthy Eating participants	Total # of Active Living classes	Total # of unique Active Living participants	Total # of ALL unique class participants
188	1,412	316	1,169	2,581

## Comparison of HEAL Class Participation 2022-2023 (Unique Participation)



## Participation by Age Group, 2023 (N=184)

Age (years)	Percentage (N)
0-14	0%, (1)
15-25	1%, (2)
26-35	4%, (7)
36-45	11%, (19)
46-55	16%, (30)
56-65	30%, (56)
66+	38%, (69)

**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=190), since attending classes participants report:

**78%** decrease in either HgbA1c (indicator of blood sugar management), blood pressure or body weight since attending classes.

**82%** eating more fruits and vegetables.

**93%** better understanding of basic nutrition and reading labels.

**90%** cook more meals at home.

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

**91%** have achieved or are practicing their health goals.

*"I have increased my overall health in a positive way, and as a result I feel more productive in my everyday activities."*

*-Active living class participant*

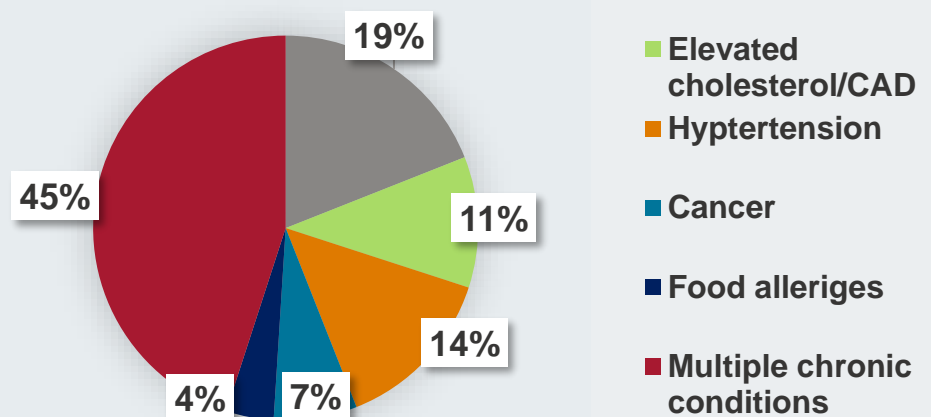


Child doing yoga at Bilingual English/Spanish Family Yoga and Cooking Demo at PMG Las Estancias.

## Where do participants reside? (N=175)

County	Percentage
Bernalillo	72%, (126)
Sandoval	11%, (19)
Santa Fe	9%, (16)
Valencia	5%, (8)
Rio Arriba	3%, (6)

## Reported Chronic Health Conditions by Participants (N=81)



\* 81% of participants indicated they are managing a chronic health condition.

## 29 Clinics 192 Providers

referred patients to classes (internal and independent)

*"I really enjoy both the online and in-person cooking classes. I'm learning to cook things I've never tried before and they're healthy. Outstanding!"*

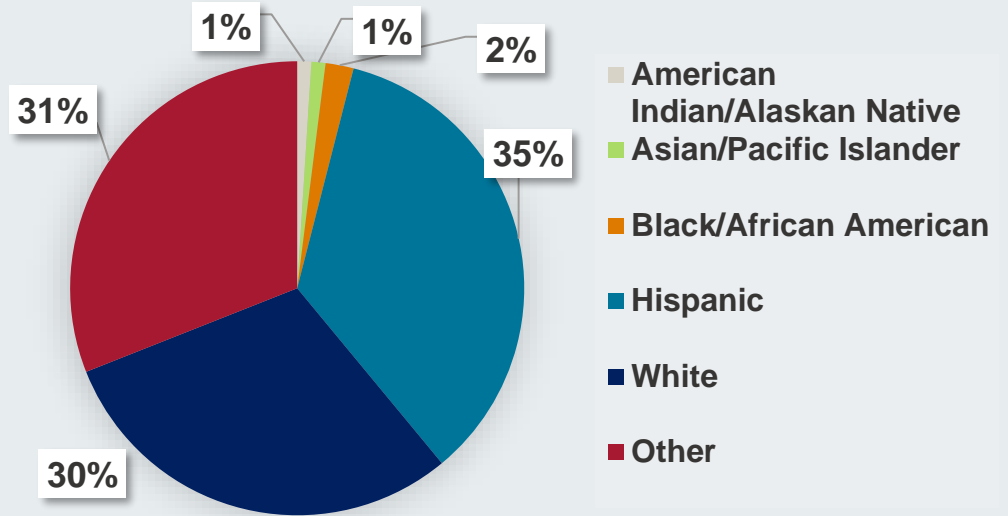


Participants celebrate their certificate of completion at the end of Cooking Matters en Español 6-week series at PMG Las Estancias teaching kitchen.

*"These classes have inspired me to eat better, be more active, and engage in community activities."*

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

## Race/Ethnicity Breakdown (N=190)



## New Website, Registration Management, & Communications

[www.prescommhealthclasses.com](http://www.prescommhealthclasses.com)



Community Health launched a new website January 2023 to promote free programming to the community, Anyone can register for classes on this website, ask questions, and access healthy recipes.



Total # of Class Bookings	Total # of Unique Visitors	Total # of Site Visits
2,718	3,045	5,919

Monthly newsletter communications were previously distributed by email, and in 2023, moved to distribution through **Constant Contact**. This change improved visuals and organization of messages and increased capacity to send message to a wider audience. The distribution list includes over **2,100 contacts** who consist of external partners, past class participants, and staff.



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 practice self-care.
<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>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.
<b>Cooking Matters for Family</b>	This monthly class invites families into the teaching kitchen to learn how to cook together, get kids involved in the kitchen, shopping and cooking on a budget, simple recipes and health eating.



***“I’m grateful for these classes. There’s always a ton of helpful information. It’s a great resource to get information from people I trust! I love how you incorporate recipes using the food we get in our bags. It’s a fun, helpful way to learn about cooking and eating healthy! Thank you so much for the fruits and vegetables every week. I can’t express enough how grateful I am for this. My daughter and I are eating fruits and vegetables everyday! We’ve never done that before and I’m losing weight. Thank you!!”***

***-Cooking class participant***

This report was produced by Presbyterian Community Health. Questions? Contact Ashley Dunworth at [adunworth@phs.org](mailto:adunworth@phs.org). Last updated 2/6//2024

## Quality Improvement

- Class variety, frequency, and communication improvements may have led to increased class attendance, with most participants attending multiple programs across Healthy Eating and Active Living programs.
- Improvements to support health equity include:
  - The purchase of height-adjustable tables for wheelchair access and ergonomic support in cooking classes.
  - Family cooking class for deaf and hard of hearing which included American Sign Language and Spanish interpretation.
  - Increased bilingual class offerings in English and Spanish.
  - Addition of monthly family cooking classes that teach nutrition and cooking skills that are inclusive across the age span.
- The new CH class website provides increased access for patients and community members to register for sessions. The website allows users to create a personal profile and easily manage sessions in one space.
- Email distribution has grown, and program communications improved using the Constant Contact newsletter platform.

## Moving Forward:

- Referral coordination and management is transitioning internally for improved tracking, data management, and streamlined referral workflow process for providers and staff.
- New perinatal nutrition education content will be created based on the input from community listening sessions. Format to be determined.
- Class formats will continue to be alternated in-person, virtually, and in English and Spanish, to meet the needs of the community.
- 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.

