

# COMMITTED TO FOSTERING HEALTHY COMMUNITIES

"Improving health equity means confronting the systemic, avoidable outcomes our patients and health plan members may experience. It is meaningful and exciting, yet daunting, work." – Leigh Caswell, Vice President, Community and Health Equity, and Liz Lacouture, Vice President, Population Health and Quality, Presbyterian Health Plan

## Our Priorities & Programs

All Presbyterian Community Health initiatives are designed to promote health equity by removing obstacles that fall within three priority areas: behavioral health, social health and physical health. As part of this work, we have also identified LGBTQIA+, perinatal patients, Native American and Indigenous communities as priority populations facing distinct health inequities and for which specific programs are in various stages of development.

While the list of ongoing community health programs is extensive, we are currently focused on the programs highlighted on the following page.



The **LGBTQIA+ Care Program** addresses the unique healthcare access needs of LGBTQIA+ patients and members through tailored healthcare navigation and system-wide changes to organizational policies, procedures, staff education and practices.

According to the Robert Wood Johnson Foundation, **health equity** means that "everyone has a fair and just opportunity to be as healthy as possible." This means removing obstacles that contribute to health inequity, such as poverty and discrimination, as well as their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and healthcare.



**Behavioral Health** includes mental and psychological healthcare, mental well-being and substance use.

- Stigma
- Overdose
- Access to treatment
- Social support

<b>Peer Support Specialist Program</b>	Certified peer support specialists with “lived experience” have been trained to support those who struggle with mental health, psychological trauma, or substance use.	
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**Social Health** refers to environmental conditions where people are born, live, learn, work, play, worship and age that affect health, as well as quality of life outcomes and risks.

- Economic stability
- Housing
- Food access
- Transportation
- Built environment
- Safety/interpersonal violence
- Environmental health

<b>Emergency Funding</b>	Community Health Workers help patients access available resources to meet basic living and social needs. Once these resources are exhausted, patients become eligible for emergency funding, which can include financial assistance for things like housing down payments, utilities, car repairs and emergency housing.	
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**Physical Health** includes health conditions and factors that influence physical health and contribute to the development of chronic conditions.

- Diabetes
- Hypertension
- Vaccinations (flu, COVID-19, pneumonia)
- Food insecurity
- Healthy eating
- Active living

<b>Food as Medicine</b>	Presbyterian healthcare providers prescribe produce to patients through various programs throughout New Mexico. Our Food Farmacy, Northern Roots and FreshRx programs give food-insecure patients access to healthy food and resources for preventing and self-managing chronic disease.	
<b>Healthy Eating, Active Living &amp; Support (HEAL)</b>	HEAL programs promote personal and community wellness and include healthy eating, active living and well-being classes, along with support resources, all free of charge. Participants learn lifelong skills that support healthy habits and quality of life.	

## How to Help New Mexico Residents

Presbyterian Healthcare Foundation’s overall fundraising goal is **\$3 million** over three years, which will establish these priority programs for the long term and supplement our Community Health team’s ongoing efforts to secure additional funding through grants and other sources. The annual cost to take these programs to the next level is **\$816,000**. Funds raised in excess of annual program costs will be applied to the priority areas in subsequent years.