



# Presbyterian Healthcare Services Community Health Needs Assessment (CHNA)

Plains Regional Medical Center  
2016-2019

 **PRESBYTERIAN**

[www.phs.org](http://www.phs.org)

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## Executive Summary

In alignment with our purpose to improve the health of the communities we serve and in compliance with the IRS, Plains Regional Medical Center will complete a Community Health Needs Assessment (CHNA) and Community Health Implementation Plan (CHIP) every three years. The CHNA describes the community served, Curry County, the process for conducting the needs assessment, as well as a general description of the resources that exist in the community to meet the identified needs.

Plains Regional Medical Center partnered with the Curry County Health Council to complete a community health assessment and identify significant community health needs. The top five community health needs identified by the Council are:

1. Increase physical activity among adolescents
2. Reduce diabetes-related hospitalizations
3. Nutrition education and access to affordable healthy food
4. Reduce teen birth rates
5. Reduce the occurrences of elderly falls

Given the Presbyterian investment in the community health priorities of healthy eating, active living, and prevention of unhealthy substance use, and the alignment of these priorities with the Curry County community needs, we will continue our focus on these existing priorities.

For 2016-2019, the Plains Regional Medical Center community health priorities for Curry County will be:

1. Healthy eating
2. Active living
3. Prevention of unhealthy substance use

New Mexico is ranked 37<sup>th</sup> in the country for overall health and often has some of the worst rankings for social indicators of health including child poverty. Curry County is ranked 13<sup>th</sup> among 33 other counties in the state for overall health. This CHNA presents significant health data to give an overview of the health status of the community served and provide context for the selection of health priority areas. Many of these indicators relate directly to health priorities determined at national ([www.Healthypeople.gov](http://www.Healthypeople.gov)), state, and county levels, as well as to the PHS health priorities.

The Community Health Improvement Plan (CHIP) that accompanies this CHNA is a comprehensive plan that PHS developed with community partners to impact the prioritized health needs from the CHNA. Please see the Curry County CHIP on our website [www.phs.org](http://www.phs.org) for detailed goals, intervention strategies, and resources PHS has committed for 2016-2019 in order to improve the health of the community we serve.

## Acknowledgements

The 2016-2019 CHNA process could not have been completed without the help and input from the county health councils, the volunteer community leaders that make up each of PHS's hospital Boards of Directors, community organizations and community members and representatives from the New Mexico Department of Health. Presbyterian is very grateful for the support of each county health council and their willingness to partner. Through close and continued collaboration, PHS, with the help of community partners, hopes to have a lasting and meaningful impact on health and equity in New Mexico.

## Community Health Needs Assessment

The purpose of this document is for Plains Regional Medical Center to meet the IRS requirements for Form 990 Schedule H related to the Community Health Needs Assessment (CHNA). The CHNA describes the community served, the process for conducting the needs assessment and a general description of resources that exist in the community to meet the identified needs.

Presbyterian operates eight hospitals in the metro regions of Albuquerque, Clovis, Española, Rio Rancho, Ruidoso, Socorro and Tucumcari; a statewide health plan; a growing multi-specialty medical group; and three community ambulance systems. Presbyterian is the second largest private employer in New Mexico with more than 9,500 employees and provides services to one in three New Mexicans.

Plains Regional Medical Center (PRMC) is a general, acute care hospital located in Clovis, New Mexico about 90 miles from both Amarillo, New Mexico and Lubbock, Texas. As a not-for-profit hospital with 106 licensed beds, PRMC exists to improve the health of the patients, members and communities it serves in Eastern New Mexico and West Texas.

Plains Regional Medical Center's quality and values are made possible through a partnership between the County of Curry, a local Board of Trustees, and Presbyterian Healthcare Services, which has owned and managed hospital operations since 1975. Because Plains Regional Medical Center is owned by the community it serves, it is governed and guided by community leaders including business owners, government and administrative officials, and medical professionals who serve on the Community Board of Trustees. The not-for-profit structure and community-based governance ensures healthcare resources are adapted to best meet the community's healthcare needs.

In addition to the expansion of community health priorities for the next three years, PHS designated a new Center for Community Health in 2016 with a focus on community health improvement. The Director, Leigh Caswell, MPH, has over 10 years of public health experience in New Mexico. The Center for Community Health is staffed by individuals with public health experience and expertise, including a Community Health Epidemiologist hired in 2016. The Presbyterian Center for Community health is committed to community health improvement

## Section 2: Community Health Needs Assessment

through community engagement and sustainable collective impact.

The Presbyterian Center for Community Health assisted Plains Regional Medical Center to complete and report the Community Health Needs Assessment (CHNA) and the Community Health Implementation Plan (CHIP) for 2016-2019. Plains Regional Medical Center will continue to receive support for community health needs assessment and plan implementation and evaluation from the Center for Community Health.

There are multiple existing measures and resources within the PRMC to support Presbyterian in meeting the identified community health needs. These are expanded on in the Community Health Implementation Plan (CHIP) developed from this CHNA. To access the CHNA and CHIP, visit the Presbyterian website at [pchs.org](http://pchs.org) or call (505) 559-6852 to request a paper copy.

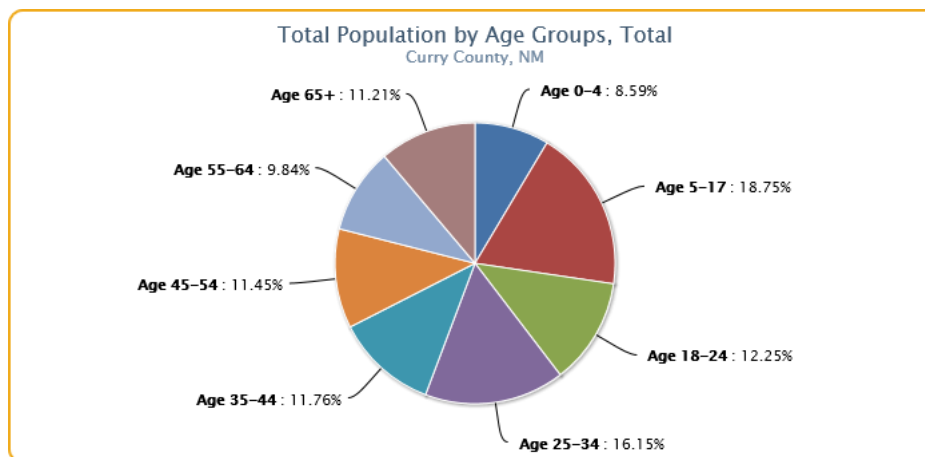
## Description of Community Served

For the purposes of the Community Health Needs Assessment and the implementation plan, PHS has generally defined the “community” of each hospital as the county in which the hospital is located. Plains Regional Medical Center defines its community as Curry County, New Mexico. Plains Regional Medical Center (PRMC) is a general, acute care hospital located in Clovis, New Mexico about 90 miles from Amarillo, New Mexico and Lubbock, Texas. As a not-for-profit hospital with 106 licensed beds, PRMC exists to improve the health of the patients, members and communities it serves in Eastern New Mexico and West Texas.

Plains Regional Medical Center offers a variety of health services including but not limited to cancer treatments, family medicine, orthopedics, behavioral health services, kidney services and sleep medicine. The surrounding community offers a variety of counseling services, a branch of the American Cancer Society, assisted living, rehabilitation centers, senior services, support groups for Diabetes, Autism, and Alzheimer’s, and various substance abuse support programs. Due to the population size of the county, services are often limited and suffer from a lack of trained personnel and funds.

## Demographics

According to U.S. Census Bureau 2015 estimates, Curry County has a population of 50,398<sup>1</sup>, is considered a rural county<sup>2</sup>, a health professional shortage and a medically underserved populations area by the federal government<sup>3</sup>.



County population estimates show a slightly higher proportion of younger residents and fewer older adults 55 and older compared to the state averages.

Total Population by Age Groups, Percent

Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Curry County, NM	8.59%	18.75%	12.25%	16.15%	11.76%	11.45%	9.84%	11.21%
New Mexico	6.73%	17.83%	10.06%	13.2%	11.85%	13.33%	12.81%	14.19%
United States	6.36%	17.13%	9.96%	13.47%	12.96%	14.09%	12.29%	13.75%

Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

According to 2015 Census estimates, Curry County is a racially and ethnically diverse community. The racial/ethnic breakdown from the 2015 Census is: Non-Hispanic White (49.2 percent), Hispanic (40.9 percent), Black (6.8 percent) and American Indian and Alaska Native (2.1 percent). Due to the large ethnic diversity, 6.24 percent of the population 5 years and older live in limited English households, higher than the state percentage of 4.72.<sup>4</sup>

The major city in Curry County is Clovis, which has a population of 39,480.<sup>1</sup> The main industries in Clovis are retail trade, transportation and warehouse, and construction.

<sup>1</sup> Curry County, New Mexico Quick Facts, U.S. Census Bureau <http://quickfacts.census.gov/qfd/states/35/35009.html>

<sup>2</sup> HRSA Office of Federal Rural Health Policy <http://www.hrsa.gov/ruralhealth/aboutus/definition.html>

<sup>3</sup> HRSA Data Warehouse HPSA Find <https://datawarehouse.hrsa.gov/Tools/Analyzers/hpsafind.aspx>

<sup>4</sup> Community Commons (2016). Data Source: US Census Bureau, American Community Survey. 2010-14.

## Process and Methods for Conducting the Assessment

In 2016, as part of the Community Health Needs Assessment (CHNA) process, Plains Regional Medical Center and the Presbyterian Center for Community Health contracted with the Curry County Health Council to complete a community health assessment and identify significant community health needs.

Significant health priorities were determined by the Curry County Health Council CHNA steering committee with the help of Ervin Garcia, an epidemiologist with the New Mexico Department of Health.

### Curry County Health Council CHNA Steering Committee

Andrews	Jaime	Health Council Coordinator
Garcia	Ervin	SE Region Community Epidemiologist, Dept. of Health
Marney	Terri	Nursing Director, PRMC
Blaschke	Dianna	Pregnancy Resource Center
Swopes	Danielle	United Way Eastern NM

Publicly available epidemiologic data, the results of a community survey, as well as health council discussion and local narratives, were used by the health council to determine and prioritize significant health needs. The committee reviewed state and national health priority areas for alignment. Additional details can be found in Appendix A.

The top five community health needs for 2016-2019 identified by the Council are:

1. Increase physical activity among adolescents
2. Reduce diabetes-related hospitalizations
3. Nutrition education and access to affordable healthy food
4. Reduce teen birth rates
5. Reduce the occurrences of elderly falls

The Center for Community Health worked with PRMC leadership to review and prioritize the significant health needs for 2016-2019. Per IRS requirements, PRMC heavily weighted community input in identifying and prioritizing significant health needs. The importance to the community as well as consideration of size and severity of the need community assets, alignment with PHS purpose, vision, and values, existing interventions, sustainability, resources, and potential for greatest impact informed the selection and prioritization of three significant health needs PRMC will address in Curry County.



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Based on community input, alignment with county priorities, the potential to impact significant health issues in New Mexico, and the substantial investment in these areas in 2013-2016, Presbyterian will continue to focus on healthy eating, active living and prevention of unhealthy substance use as its community health priority areas in Curry County for the next three years.

As part of the Community Health Needs Assessment process, a community health forum facilitated by the Director of the Presbyterian Center of Community Health and the Community Health Epidemiologist was held to gain insight into the specific barriers, opportunities and potential strategies for achieving the stated priorities in each community. Input affirmed the health priority areas and provided valuable information on community assets and potential partners for community health improvement plans. As outlined in the IRS requirements, forum participants included:

- People with special knowledge of or expertise in public health
- Federal, tribal, regional, state, or local health or other departments or agencies with current data or other information relevant to the health needs of the community served by the hospital facility
- Leaders, representatives or members of medically underserved, low-income and minority populations, and populations with chronic disease needs, in the community served by the hospital
- Business and economic development professionals and non-profit leaders

A summary of the community health forum including a list of participants can be found at the end of this report (Appendix B). Community members, forum participants, and those unable to attend forums were encouraged to contact the Center for Community Health with any additional comments and input. Additional input on the detailed implementation plans was gathered from the Curry County Health Council Coordinator and NM DOH representatives.

## Significant Health Data

### Data

This report relies heavily on the use of indicators of community health in the following categories: Clinical Care, Social & Economic Factors, Physical Environment, Health Behaviors, and Health Outcomes. Many of these indicators relate directly to health priorities determined at national ([www.Healthypeople.gov](http://www.Healthypeople.gov)), state, and county levels, as well as to the PHS health priorities. Most of the data presented in this report is from national data sets, prepared and presented specifically for use in CHNAs by non-profit hospitals, courtesy of Community Commons. Data, methods, and additional indicators can be found at [www.communitycommons.org](http://www.communitycommons.org). These indicators and mode of presentation were chosen for ease of comparison and clear visualization of data by county, state, and nation. Because many indicators are compared to both state and national rates, and national data are often released several years late, the years of data may be older than available data for county or state specific indicators. Aggregate data over multiple years is also often reported to ensure more stable rates and keep health events unidentifiable. Several national and state surveys are not conducted on a yearly basis and indicators reflect the most recently available information. Indicators have been reviewed against data available from the New Mexico Department of Health (NMDOH) surveillance and indicator based information system for consistency of trends. Supplementary information available from the NM DOH and from other sources is used when necessary for a comprehensive assessment of health needs in Curry County.

To highlight health issues in each of the counties, health indicators that indicate worse health than the New Mexico or national average will be emphasized. New Mexico health indicators are often worse than the national average.

Health indicators in this report are primarily reported by affected proportion of the population but may also be reported as a rate. Comparisons using stable and defined rates across different subgroups are more reliable. Comparing rates may reveal health concerns and the conditions which may lead to poor health. A rate for a health indicator can be calculated when the numerator is a subset of the total population of interest i.e. number of deaths due to heart disease out of the total number of deaths in a population.

## County Health Status

### Clinical Care

Residents in Curry County have limited access to healthcare. As of 2015, there is one Federally Qualified Health Center in the southeastern part of the county. A 40 bed US Air Force Hospital located on Cannon Air Force Base is also located in Curry County. PRMC is the only publicly available hospital located in Curry County. The nearest hospitals are located in adjacent counties: Roosevelt General Hospital (40 beds) in Roosevelt County, NM, Dr. Dan C. Trigg Memorial Hospital (25 beds) in Quay County, NM, and Muleshoe Area Medical Center (25 beds)

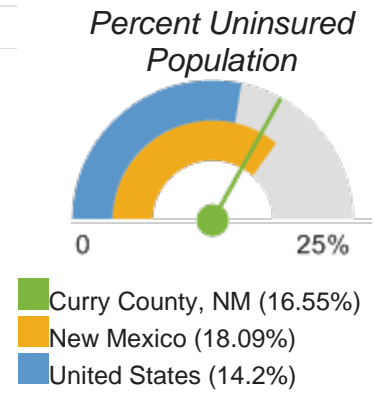
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in Bailey County, TX and Parmer County Community Hospital (25 beds) in Parmer County, TX.<sup>1</sup>

According to the most recent national estimates, approximately 16.55 percent of the population is uninsured. The lack of health insurance is considered a key driver of health status because lack of insurance is a primary barrier to healthcare access including regular primary care, specialty care, and other health services.

Percent Uninsured Population

Report Area	Total Population (For Whom Insurance Status is Determined)	Total Uninsured Population	Percent Uninsured Population
Curry County, NM	47,775	7,909	16.55%
New Mexico	2,046,051	370,133	18.09%
United States	309,082,272	43,878,140	14.2%

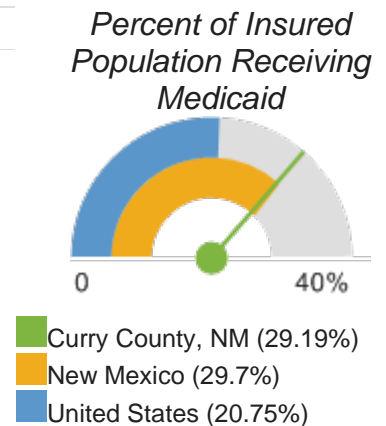


Note: This indicator is compared with the state average.  
 Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

The percentage of the population in the community with insurance enrolled in Medicaid (or other means-tested public health insurance) is approximately 29.19%. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.

Percent of Insured Population Receiving Medicaid

Report Area	Total Population (For Whom Insurance Status is Determined)	Population with Any Health Insurance	Population Receiving Medicaid	Percent of Insured Population Receiving Medicaid
Curry County, NM	47,775	39,866	11,637	29.19%
New Mexico	2,046,051	1,675,918	497,830	29.7%
United States	309,082,272	265,204,128	55,035,660	20.75%



Note: This indicator is compared with the state average.  
 Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

<sup>1</sup> Community Commons (2016). US Department of Health & Human Services, Center for Medicare & Medicaid Services, Provider of Services File: Sept. 2015

Curry County has better access to mental health care providers when compared to the state mental health care provider rate. The table below indicates the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.

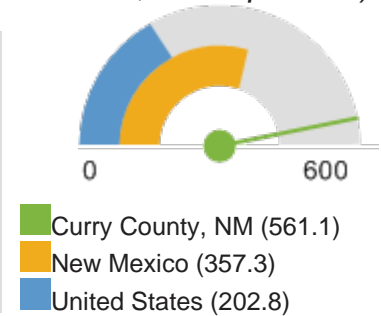
Access to Mental Health Providers

Report Area	Estimated Population	Number of Mental Health Providers	Ratio of Mental Health Providers to Population (1 Provider per x Persons)	Mental Health Care Provider Rate (Per 100,000 Population)
Curry County, NM	50,969	286	178.2	561.1
New Mexico	2,084,896	7,451	279.8	357.3
United States	317,105,555	643,219	493	202.8

Note: This indicator is compared with the state average.

Data Source: University of Wisconsin Population Health Institute, [County Health Rankings](#). 2016. Source geography: County

*Mental Health Care Provider Rate (Per 100,000 Population)*



Greater access to primary care could reduce hospital admissions. This indicator reports the discharge rate (per 1,000 Medicare enrollees) for conditions that are ambulatory care sensitive (ACS). ACS conditions include pneumonia, dehydration, asthma, diabetes, and other conditions which could have been prevented if adequate primary care resources were available and accessed by those patients.

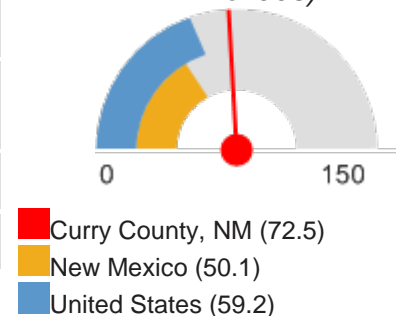
Preventable Hospital Events (Medicare Enrollees)

Report Area	Total Medicare Part A Enrollees	Ambulatory Care Sensitive Condition Hospital Discharges	Ambulatory Care Sensitive Condition Discharge Rate
Curry County, NM	4,815	349	72.5
New Mexico	184,599	9,250	50.1
United States	58,209,898	3,448,111	59.2

Note: This indicator is compared with the state average.

Data Source: Dartmouth College Institute for Health Policy & Clinical Practice, [Dartmouth Atlas of Health Care](#). 2012. Source geography: County

*Preventable Hospital Events, Age-Adjusted Discharge Rate (Per 1,000 Medicare Enrollees)*



Access to health services is impacted by social and environmental factors such as poverty, rural location, and availability of supportive government or institutional infrastructure.

### Social and Economic Factors

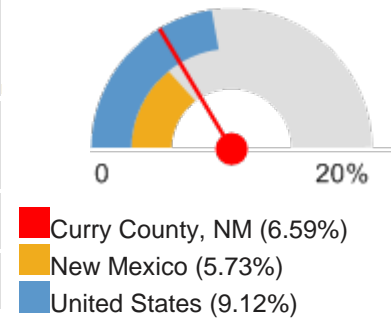
Economic and social insecurity are often associated with poor health. Poverty, unemployment, and lack of educational achievement affect access to care and a community’s ability to engage in healthy behaviors. Without a network of support and a safe community, families cannot thrive. Ensuring access to social and economic resources provides a foundation for a healthy community.

According to the latest 5-year American Community Survey estimates, many Curry County residents lack access to a vehicle which may prevent them from traveling to receive health services, buy healthy food, or other health promoting behaviors.

#### Households With No Motor Vehicle

Report Area	Total Occupied Households	Households with No Motor Vehicle	Percentage of Households with No Motor Vehicle
Curry County, NM	18,223	1,201	6.59%
New Mexico	764,684	43,800	5.73%
United States	116,211,088	10,594,153	9.12%

Percentage of Households with No Motor Vehicle



Note: This indicator is compared with the state average.

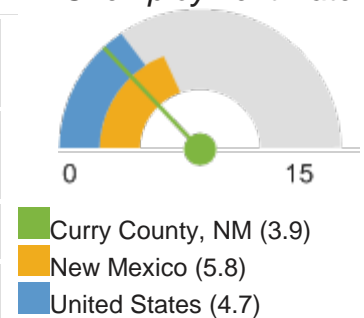
Data Source: US Census Bureau, [American Community Survey](#). 2010-14.

Total unemployment in the report area for April, 2016 was 864, or 3.9% of the civilian non-institutionalized population age 16 and older (non-seasonally adjusted). Unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.

#### Unemployment Rate

Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate
Curry County, NM	21,907	21,043	864	3.9
New Mexico	916,249	863,168	53,081	5.8
United States	159,624,372	152,082,706	7,541,666	4.7

Unemployment Rate



Note: This indicator is compared with the state average.

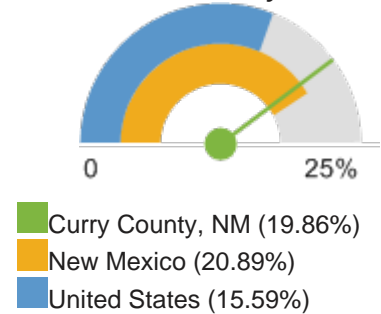
Data Source: US Department of Labor, [Bureau of Labor Statistics](#). 2016 - April. Source geography: County

Within the report area 19.86% or 9,712 individuals are living in households with income below the Federal Poverty Level (FPL). Poverty is considered a *key driver* of health status.

Population in Poverty

Report Area	Total Population	Population in Poverty	Percent Population in Poverty
Curry County, NM	48,910	9,712	19.86%
New Mexico	2,039,574	426,116	20.89%
United States	306,226,400	47,755,608	15.59%

Percent Population in Poverty



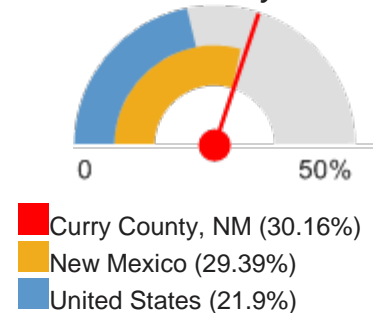
Note: This indicator is compared with the state average.  
 Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

While Curry County’s percentage of the population living below the poverty line is worse than the US and on par with NM, the high number of children living in poverty in Curry County poverty is an area of concern.

Children in Poverty

Report Area	Total Population	Population Under Age 18	Population Under Age 18 in Poverty	Percent Population Under Age 18 in Poverty
Curry County, NM	48,910	13,457	4,058	30.16%
New Mexico	2,039,574	504,947	148,427	29.39%
United States	306,226,400	72,637,888	15,907,395	21.9%

Percent Population Under Age 18 in Poverty



Note: This indicator is compared with the state average.  
 Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

Within the report area 6,803 public school students or 66.16% are eligible for Free/Reduced Price lunch out of 10,282 total students enrolled.<sup>1</sup>

<sup>1</sup> Courtesy Community Commons (2016). Data Source: National Center for Education Statistics, [NCES - Common Core of Data](#). 2013-14.

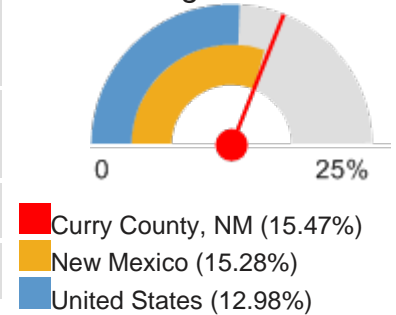
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Additionally 15.47% of households in Curry County receive SNAP benefits commonly known as food stamps or EBT.

Households Receiving SNAP Benefits

Report Area	Total Households	Households Receiving SNAP Benefits	Percent Households Receiving SNAP Benefits
Curry County, NM	18,223	2,820	15.47%
New Mexico	764,684	116,864	15.28%
United States	116,211,088	15,089,358	12.98%

Percent Households Receiving SNAP Benefits



Note: This indicator is compared with the state average.

Data Source: US Census Bureau, [American Community Survey](#). 2010-14. Source geography: Tract

### Environmental Indicators

A community’s health is also affected by the physical environment. A safe, clean environment that provides access to healthy food and recreational opportunities is important to maintaining and improving community health.

In addition to having economic barriers to accessing nutritional food, Curry County residents have less access to food retailers where fresh, healthy food is affordable and easy to access.

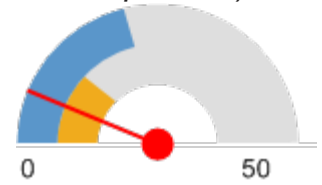
In Curry County there are 6.20 grocery stores per 100,000 people. This is half the average rate for New Mexico and less than one third of the national rate. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Included are delicatessen-type establishments. Convenience stores and large general merchandise stores that also sell food, such as supercenters and warehouse club stores are excluded.

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Grocery Store Access

Report Area	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Curry County, NM	48,376	3	6.20
New Mexico	2,059,179	252	12.2
United States	312,732,537	66,286	21.2

Grocery Stores, Rate (Per 100,000 Population)

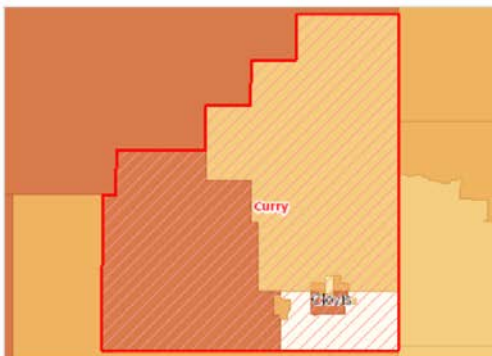


- Curry County, NM (6.20)
- New Mexico (12.2)
- United States (21.2)

Note: This indicator is compared with the state average.

Data Source: US Census Bureau, [County Business Patterns](#). Additional data analysis by [CARES](#). 2013. Source geography: County

As previously stated, Curry County is a rural county with the majority (78%) of the population clustered near the largest city, Clovis. Proportions of the population living in census tracts designated as food deserts are depicted in the figure below (higher food insecurity is depicted by darker colors). A food desert is defined as a low-income census tract where a substantial number of residents have low access to a supermarket or large grocery store. This highlights populations and geographies within the community facing food insecurity.



Population with Limited Food Access, Percent by Tract, FARA 2010

- Over 50.0%
- 20.1 - 50.0%
- 5.1 - 20.0%
- Under 5.1%
- No Low Food Access
- Report Area



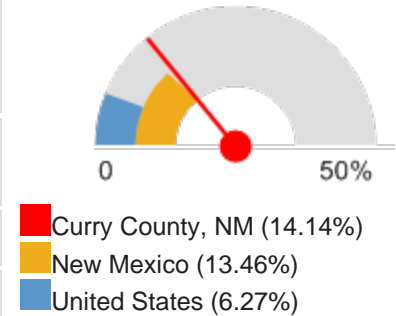
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Many low income residents also have the least access to fresh, healthy, or affordable food.

### Low Income Population with Low Food Access

Report Area	Total Population	Low Income Population with Low Food Access	Percent Low Income Population with Low Food Access
Curry County, NM	48,376	6,840	14.14%
New Mexico	2,059,179	277,210	13.46%
United States	308,745,538	19,347,047	6.27%

Percent Low Income Population with Low Food Access



Note: This indicator is compared with the state average.

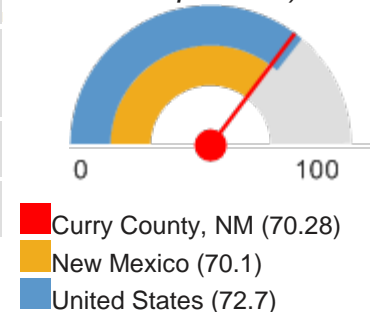
Data Source: US Department of Agriculture, Economic Research Service, [USDA - Food Access Research Atlas](#). 2010. Source geography: Tract

While there are only 6.20 grocery stores per 100,000 Curry County residents there are 70.28 fast food establishments per 100,000 Curry County residents. This data supports narratives collected by the health council and by PRMC at the community forum that convenience foods with low nutritional value are a major contributor to poor health in the community.

### Fast Food Restaurant Access

Report Area	Total Population	Number of Establishments	Establishments, Rate per 100,000 Population
Curry County, NM	48,376	34	70.28
New Mexico	2,059,179	1,444	70.1
United States	312,732,537	227,486	72.7

Fast Food Restaurants, Rate (Per 100,000 Population)



Note: This indicator is compared with the state average.

Data Source: US Census Bureau, [County Business Patterns](#). Additional data analysis by [CARES](#). 2013. Source geography: County

These indicators provide measures of healthy food access and environmental influences on dietary behaviors.

## Health Behaviors

Health behaviors such as poor diet, a lack of exercise, and substance abuse contribute to poor health status.

In the report area an estimated 25,352, or 79.4% of adults over the age of 18 are consuming less than 5 servings of fruits and vegetables each day. Current

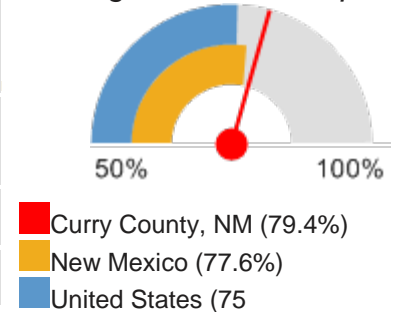
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behaviors are determinants of future health, and unhealthy eating habits may cause of significant health issues, such as obesity and diabetes.

Inadequate Fruit and Vegetable Consumption (Ages 18+)

Report Area	Total Population (Age 18+)	Total Adults with Inadequate Fruit / Vegetable Consumption	Percent Adults with Inadequate Fruit / Vegetable Consumption
Curry County, NM	31,929	25,352	79.4%
New Mexico	1,460,839	1,133,611	77.6%
United States	227,279,010	171,972,118	75.7%

Percent Adults with Inadequate Fruit / Vegetable Consumption



Note: This indicator is compared with the state average.

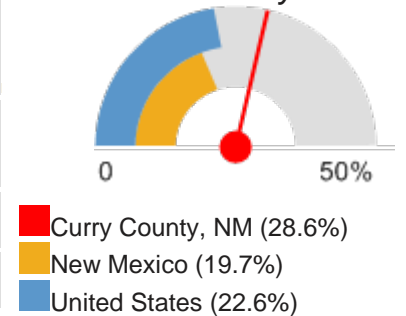
Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). 2005-09. Source geography: County

Almost one third of adults aged 20 and older in Curry County self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?". Low levels of activity are linked to significant health issues, such as obesity and poor cardiovascular health.

No Physical Activity (Ages 20+)

Report Area	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity
Curry County, NM	35,211	10,000	28.6%
New Mexico	1,510,916	304,908	19.7%
United States	231,341,061	53,415,737	22.6%

Percent Population with no Leisure Time Physical Activity



Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2012. Source geography: County

In addition to indicators of poor nutrition and low physical activity, Curry County has a large proportion of adult residents who use legal substances.

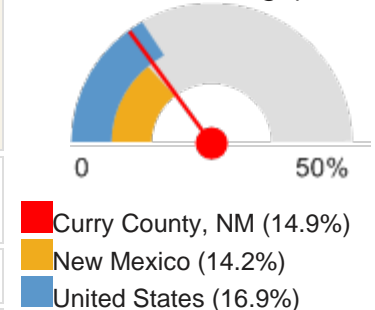
Section 2: Community Health Needs Assessment

This indicator reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day on average for men and one drink per day on average for women). This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.

Adults Drinking Excessively

Report Area	Total Population Age 18+	Estimated Adults Drinking Excessively	Estimated Adults Drinking Excessively (Crude Percentage)	Estimated Adults Drinking Excessively (Age-Adjusted Percentage)
Curry County, NM	34,146	5,088	14.9%	14.9%
New Mexico	1,521,911	208,502	13.7%	14.2%
United States	232,556,016	38,248,349	16.4%	16.9%

Estimated Adults Drinking Excessively (Age-Adjusted Percentage)



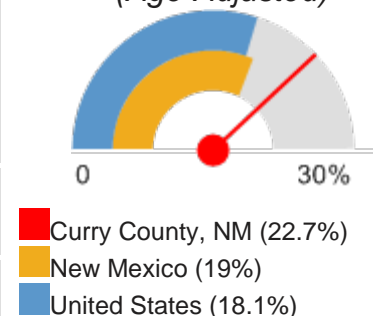
Note: This indicator is compared with the state average.  
 Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). 2006-12. Source geography: County

In the report area an estimated 7,717, or 22.6% of adults age 18 or older self-report currently smoking cigarettes some days or every day. Tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.

Adults Smoking Cigarettes

Report Area	Total Population Age 18+	Total Adults Regularly Smoking Cigarettes	Percent Population Smoking Cigarettes (Crude)	Percent Population Smoking Cigarettes (Age-Adjusted)
Curry County, NM	34,146	7,717	22.6%	22.7%
New Mexico	1,521,911	284,597	18.7%	19%
United States	232,556,016	41,491,223	17.8%	18.1%

Percent Population Smoking Cigarettes (Age-Adjusted)



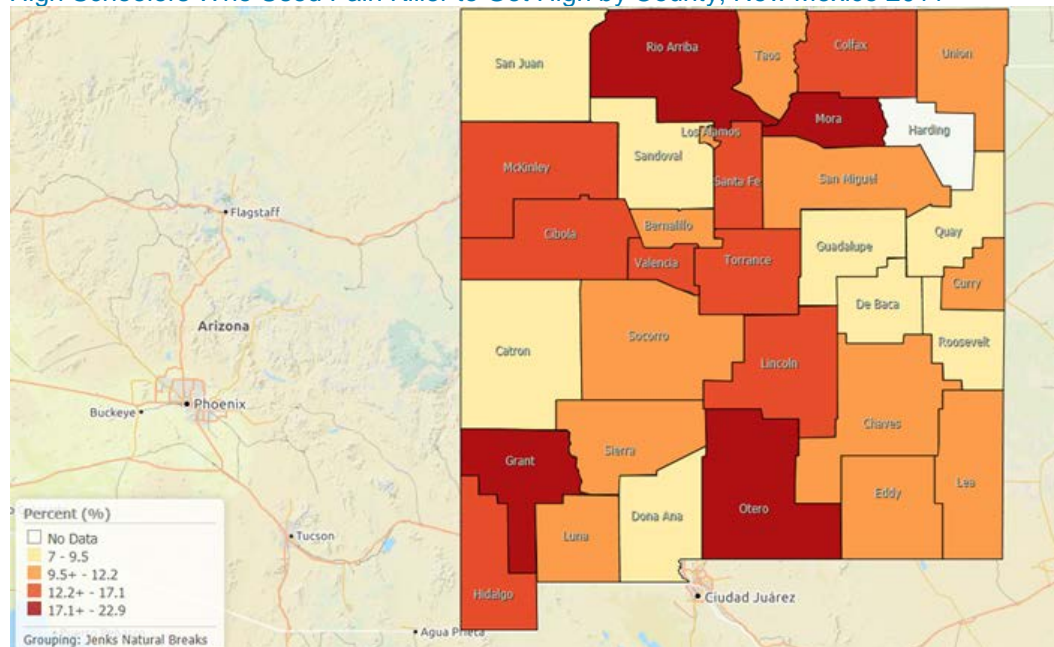
Note: This indicator is compared with the state average.  
 Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Accessed via the [Health Indicators Warehouse](#). US Department of Health & Human Services, [Health Indicators Warehouse](#). 2006-12.

## Section 2: Community Health Needs Assessment

Illicit drug use in New Mexico is indicated by the mortality rate due to drug overdoses. According to the New Mexico Department of Health, the state's drug overdose death rate has been one of the highest in the nation and has tripled since 1990. Prescription drug overdose deaths have increased substantially while deaths due to illicit drug overdoses have remained about the same. In 2007, it was estimated that prescription opioid abuse, dependence, and misuse cost New Mexico \$890 million. Curry County has an overdose mortality rate of 10 deaths due to overdose per 100,000 people. Curry County has one of the lower overdose mortality rates in the state.<sup>1</sup>

Youth Risk and Resiliency Survey data from 2001 – 2011 (collected in odd numbered years and aggregated for stability) helps indicate substance use and risky behaviors among young people (grades 9-12). In 2011, 10.2% of Curry County high school students reported using pain killers to get high and 17.5% reported binge drinking alcohol in the past 30 days. The figure below illustrates pain killer misuse among youth in Curry County in relation to other counties in New Mexico.

High Schoolers Who Used Pain Killer to Get High by County, New Mexico 2011



Map courtesy NM-IBIS. Retrieved from [www.ibis.health.state.nm.us](http://www.ibis.health.state.nm.us) (2016). Data Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department 2011

Other indicators such as the number of students reporting being sold or given illicit drugs on school property may illustrate rates of substance use. Data is unavailable for this indicator in Curry County. Substance abuse among youth remains a major public health problem because it can increase the risk for injuries, violence, HIV infection, and other diseases.

<sup>1</sup> Bureau of Vital Records and Health Statistics (BVRHS). 2010-2014. New Mexico Department of Health IBIS

## Health Outcomes

According to the New Mexico Indicator Based Information System run by the NM Department of Health, the three leading causes of death in Curry County are heart disease, cancer, and chronic lower respiratory disease. Curry County has higher rates of deaths due to heart disease, chronic lower respiratory disease, and diabetes when compared to the State of New Mexico.<sup>1</sup>

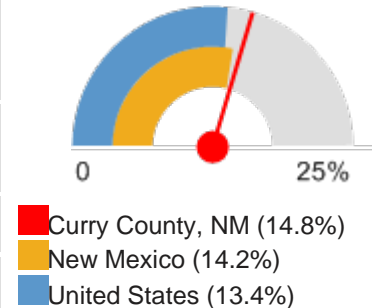
Measuring morbidity and mortality rates allows assessing linkages between social determinants of health and outcomes. By comparing, for example, the prevalence of certain chronic diseases to indicators in other categories (e.g., poor diet and exercise) with outcomes (e.g., high rates of obesity and diabetes), various causal relationships may emerge, allowing a better understanding of how certain community health needs may be addressed.

Approximately 14.8% of adults aged 18 and older in Curry County self-report that they have ever been told by a doctor, nurse, or other health professional that they had asthma.

### Adults with Asthma

Report Area	Survey Population (Adults Age 18+)	Total Adults with Asthma	Percent Adults with Asthma
Curry County, NM	30,682	4,541	14.8%
New Mexico	1,543,499	219,680	14.2%
United States	237,197,465	31,697,608	13.4%

Percent Adults with Asthma



Note: This indicator is compared with the state average.

Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Additional data analysis by [CARES](#), 2011-12. Source geography: County

Curry County has a much higher rate of asthma hospital discharges for children ages 0-14 (51.5 per 10,000 children, 200-2013) than the state as a whole (17 per 10,000 children, 200-2013)<sup>1</sup>. Asthma is a prevalent problem in the U.S. that is often exacerbated by poor environmental conditions.

<sup>1</sup> <https://ibis.health.state.nm.us/community/highlight/report/GeoCnty/9.html>

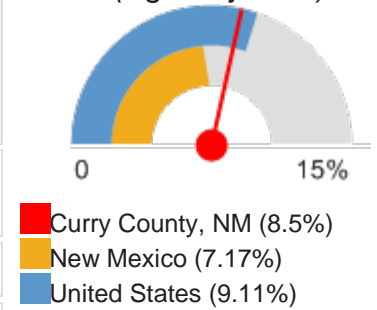
Section 2: Community Health Needs Assessment

There are a higher percentage of adults with diabetes compared to the state of NM.

Adults with Diabetes

Report Area	Total Population Age 20+	Population with Diagnosed Diabetes	Population with Diagnosed Diabetes, Crude Rate	Population with Diagnosed Diabetes, Age-Adjusted Rate
Curry County, NM	35,289	2,929	8.3	8.5%
New Mexico	1,513,983	119,287	7.88	7.17%
United States	234,058,710	23,059,940	9.85	9.11%

Percent Adults with Diagnosed Diabetes (Age-Adjusted)



Note: This indicator is compared with the state average.

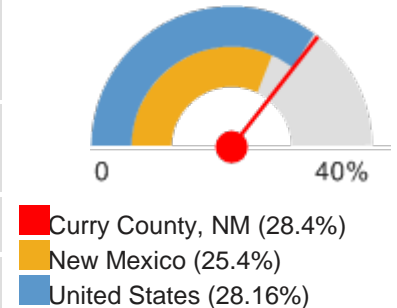
Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2012. Source geography: County

In Curry County, 28.4% of adults aged 18 and older have ever been told by a doctor that they have high blood pressure or hypertension.

Adults with High Blood Pressure

Report Area	Total Population (Age 18+)	Total Adults with High Blood Pressure	Percent Adults with High Blood Pressure
Curry County, NM	34,146	9,697	28.4%
New Mexico	1,521,911	386,565	25.4%
United States	232,556,016	65,476,522	28.16%

Percent Adults with High Blood Pressure



Note: This indicator is compared with the state average.

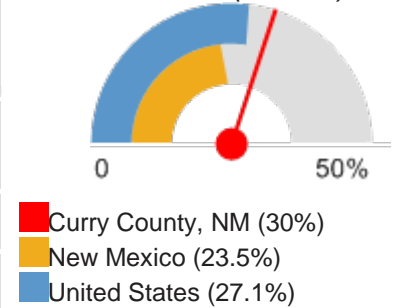
Data Source: Centers for Disease Control and Prevention, [Behavioral Risk Factor Surveillance System](#). Additional data analysis by [CARES](#). 2006-12. Source geography: County

While the percentage of adult residents who are overweight (35.5%) is on par with the state and national average (35.8%), the percentage of obese adults in Curry County is higher than the state or national averages. Thirty percent of adults aged 20 and older self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese) in the report area. Excess weight may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.

Adult Obesity

Report Area	Total Population Age 20+	Adults with BMI > 30.0 (Obese)	Percent Adults with BMI > 30.0 (Obese)
Curry County, NM	35,237	10,571	30%
New Mexico	1,512,995	356,345	23.5%
United States	231,417,834	63,336,403	27.1%

Percent Adults with BMI > 30.0 (Obese)



Note: This indicator is compared with the state average.

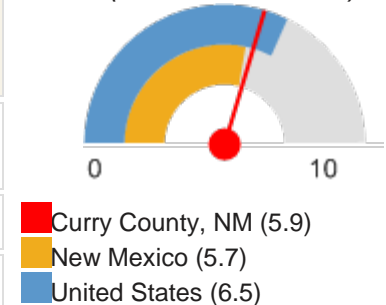
Data Source: Centers for Disease Control and Prevention, [National Center for Chronic Disease Prevention and Health Promotion](#). 2012. Source geography: County

This indicator reports the rate of deaths to infants less than one year of age per 1,000 births. This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.

Infant Mortality Rate

Report Area	Total Births	Total Infant Deaths	Infant Mortality Rate (Per 1,000 Births)
Curry County, NM	4,305	25	5.9
New Mexico	147,195	839	5.7
United States	20,913,535	136,369	6.5
<a href="#">HP 2020 Target</a>			<= 6.0

Infant Mortality Rate (Per 1,000 Births)



Note: This indicator is compared with the state average.

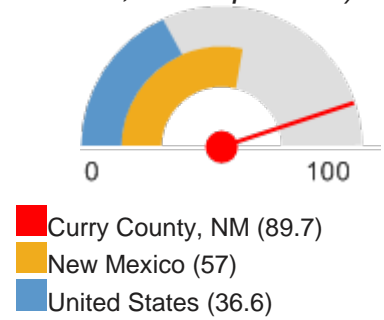
Data Source: Centers for Disease Control and Prevention, [National Vital Statistics System](#). Accessed via [CDC WONDER](#). Centers for Disease Control and Prevention, [Wide-Ranging Online Data for Epidemiologic Research](#). 2006-10. Source geography: County

This indicator reports the rate of total births to women age of 15 - 19 per 1,000 females age 15 - 19. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support service needs. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.

Teen Birth Rate

Report Area	Female Population Age 15 - 19	Births to Mothers Age 15 - 19	Teen Birth Rate (Per 1,000 Population)
Curry County, NM	1,672	150	89.7
New Mexico	73,069	4,165	57
United States	10,736,677	392,962	36.6

Teen Birth Rate (Per 1,000 Population)



Note: This indicator is compared with the state average.

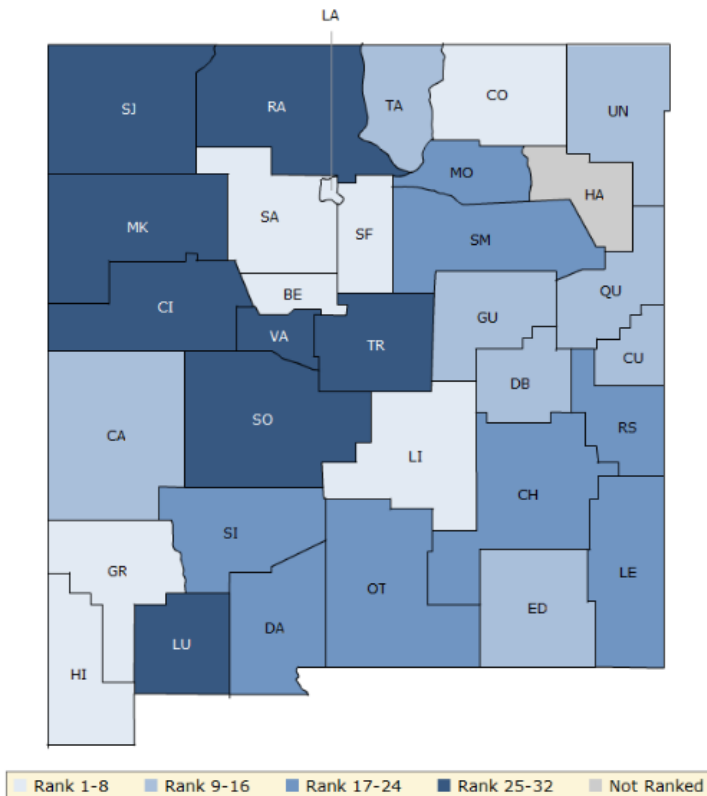
Data Source: US Department of Health & Human Services, [Health Indicators Warehouse](#). Centers for Disease Control and Prevention, [National Vital Statistics System](#). Accessed via [CDC WONDER](#). 2006-12. Source geography: County



## State Health Status

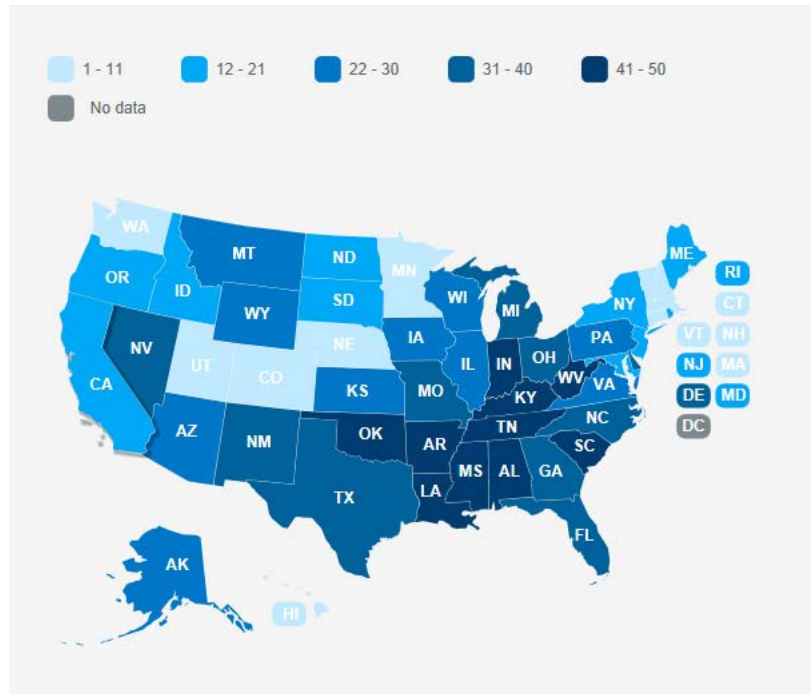
### County Rankings

The Robert Wood Johnson Program, County Health Rankings and Roadmaps ranks the overall health of each county in New Mexico. The overall rankings in health factors represent what influences the health of a county. They are an estimate of the future health of counties as compared to other counties within a state. The ranks are based on four types of measures: health behaviors, clinical care, social and economic, and physical environment factors. The following figure provides a snapshot of overall state health by county. Curry County is ranked 13th for overall health out of 33 counties in New Mexico.



### State Ranking

In 2016 United Health Foundation ranks New Mexico 37<sup>th</sup> in the nation for overall health. America's Health Rankings use key outcome, social, environmental, clinical, behavioral, and other indicators like those used in this report to rank overall health of each state in the United States. They list statewide strengths as: Low levels of air pollution, low rate of cancer deaths, and low prevalence of excessive drinking. Statewide challenges include: Low rate of high school graduation, high violent crime rate, and high rate of drug deaths.



[www.americashealthrankings.org](http://www.americashealthrankings.org)

## Significant Policies and Events

Statewide there have been several significant policy events that have impacted health and public health in New Mexico. Two circumstances in particular have been repeatedly highlighted at community forums and in other venues as major barriers to improving health in New Mexico.

A fraud investigation begun in 2013 and concluded in 2016 by the New Mexico Human Services Department of 15 behavioral health agencies in New Mexico resulted in a major disruption of behavioral health services and permanent closure of service providers around the state. The New Mexico HSD froze Medicaid payments to providers and temporarily outsourced behavioral health services to out of state companies during this time resulting in disrupted service to an estimated 30,000 people and a disjointed mental health service infrastructure.<sup>1,2</sup> In contrast, NM HSD has released numbers that indicate a 75% increase in the number of New Mexicans receiving mental and behavioral health services from 2013 to 2015.<sup>3</sup>

Additionally, in 2016 state lawmakers are facing an unexpected budget crisis with approximately 10% less revenue than expected. Revenue shortfalls are attributed to lower oil and gas prices.<sup>4</sup> The budget crisis is expected to affect health in many ways including through cuts to education spending, other government programs and services as well as have consequences for the

<sup>1</sup> <http://www.thenationalcouncil.org/capitol-connector/2016/04/independent-commission-recommends-changes-medicare-part-d/>

<sup>2</sup> <http://www.fronterasdesk.org/content/9471/new-mexico-guilt-fraud-audits-and-behavioral-health>

<sup>3</sup> [http://www.hsd.state.nm.us/uploads/PressRelease/2f473c14ee654f868b5a25b3cfd15a6d/BH\\_increase.pdf](http://www.hsd.state.nm.us/uploads/PressRelease/2f473c14ee654f868b5a25b3cfd15a6d/BH_increase.pdf)

<sup>4</sup> <http://www.abqjournal.com/795247/legislators-fear-additional-cuts-may-be-needed.html>

general economy. The budget shortfall has several specific and direct effects on health through cuts to the state department of health and reduction of spending for Medicaid. The detailed overview of the New Mexico Human Services Department’s mandate to reduce Medicaid payments to providers can be found here:

[http://www.hsd.state.nm.us/uploads/files/Medicaid\\_Provider\\_Rate\\_Proposal\\_042616.pdf](http://www.hsd.state.nm.us/uploads/files/Medicaid_Provider_Rate_Proposal_042616.pdf)

Public health officials and others are concerned about possible negative impacts on health in the state.

## Potential Measures and Resources

There are multiple existing measures and resources within the community to support Presbyterian in meeting the identified community health needs.

The Curry County Health Needs Assessment as well as the PHS hosted Community Forum in May 2016, identified a number of resources currently available to the community to help address significant health needs.

The health council identified the following existing health care facilities and other health related service organizations in the community:

Medical	Dental	Optometrist
Plains Regional Medical Center	Dr. James Jennings (Orthodontics)	Dr. James Simnacher
Plains Regional Cancer Center	Powell Family Dentistry	Dr. Keith Barker
Women’s Medical Center	Familia Dental	Clovis Vision Associates
Cannon AFB Clinic	La Casa Family Health Center	Wal-Mart Vision Center
Trinity Family Medicine	Drs. Brian and Michael Zarikta	Dr. Joseph Pope
Clovis Family Healthcare	Kidskare PC	Dr. Larry Bussanmas
New Mexico Department of Health	Dr. Barbara Smith	
Covenant Medical Group	Dr. Jeremy Burgin	Pharmacies
La Casa Family Health Center	Dr. Glen Hisel	Presbyterian
Dr. Leslie Donaldson (Internist)	Dr. Ken Merritt	Roden Smith Pharmacy
Dr. Graham Oswald (General Practitioner)	Dr. Mark Waters	Walgreens
Dr. Sinha Jayashree (Rheumatologist)		Walmart

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Dr. Charles Hillis (General Practitioner)	<b>Food Resources</b>	
Dr. Tobore G. Kokoricha (Internist)	Food Bank of Eastern New Mexico	<b>Other</b>
Dr. David B. Vickers (Pediatrician)	Bread of Life Distribution	6 Fire Stations (Clovis)
Dr. Luu Thien (Pediatrician)	Texico Senior Citizens Food Distribution	Volunteer Firefighters (Texico, Melrose and Grady)
Dr. Kathryn Winters (Pediatrician)	Senior Meal Site, Clovis, Melrose, Grady, and Texico	Cannon Air force Base Fire Station
Dr. Renee Bjorklund (Pediatrician)	Lighthouse Mission	Indigent Services through Curry County Administration
Melrose Clinic	Salvation Army	
<b>Mental</b>	Our Lady of Guadalupe Catholic Church	
Clovis Counseling Center	Sacred Heart Catholic Church	
Mental Health Resources	16 <sup>th</sup> and Pile Church of Christ	

Some educational services are available such as Kitchen creations annual cooking classes. There are three certified diabetes educators in the county. Additionally, the Health Council has begun partnering with the Clovis Community College in the annual Back to School Health Fair during which children and adults are given information, tools, and health screenings, including the opportunity to be immunized for the upcoming school year. A group of volunteers under the Wellness Council have developed activities focused on informing teens about the negative consequences of becoming teen parents. Such activities include setting up laptops so that teens can take the National Campaign Online Quiz in the prevention of teen pregnancy, developing conversation starter cards and supporting the Stay Teen campaign. To help residents locate the health and human services they need, 2-1-1 is a non-emergency phone number that people can call for information. The service is free and confidential.

As part of the CHNA process, the measures and resources for each significant health need weren't specifically identified. However, in the development and implementation of the Community Health Improvement Plans (CHIP), Presbyterian will identify specific measures and resources associated with each goal and plan for intervention. Some of the potential community partners and intervention opportunities related to the priority areas can be found in the community forum summary in Appendix B. The CHIPs can be found on the Presbyterian website at phs.org or by calling (505) 559-6852 for a printed copy .

## Appendix A: Health Priority Summary

In the New Mexico Department of Health (NMDOH) 2014-2016 Strategic Plan the department’s goal for Public Health: Health Promotion and Prevention is to see improved health outcomes for the people of New Mexico. NMDOH is prioritizing the following health objectives:

- Reduce tobacco use
- Prevent teen pregnancy
- Increase use of preventative services at school based health centers
- Encourage physical activity and healthy eating in elementary school students
- Increase immunizations among preschoolers
- Reduce infant pertussis cases
- Encourage effective management of diabetes
- Provide information and support on healthy practices for infants
- Reduce the risk of falls in older adults
- Prevent prescription opioid deaths
- Ensure effective asthma self-management among children
- Ensure the provision of quality laboratory practices
- Decrease sexual assault

The entire NMDOH strategic plan can be viewed here: <https://nmhealth.org/publication/view/plan/410/>

In 2014, the State of New Mexico asked its Health Councils to focus their efforts on specific outcomes in order to receive state funds. Curry County Health Council voted to make Obesity, Teen Birth Rate and Substance Abuse their three main priorities.

As part of the community health needs assessment, the Curry County Health Council conducted a community health survey in an effort to gain feedback and develop a health improvement plan. The survey was available on-line as well as paper copy in both English and Spanish. Responses were collected between January 1st, and March 30th, 2015.

Question: In your opinion, what are the 3 most important health related needs in Curry County? Listed below are the top ten answers from respondents, with the most common responses listed first. A total of 257 people responded to this survey.

Health Needs	% of Survey Respondents
Doctor Retention	14.9
Obesity	12.6
Substance Abuse	12.6
Satisfactory Patient Care	8.0
Diabetes	8.0
Lack of Specialty Doctors	7.0
Food/Nutrition Education	7.0
Mental Health	5.7
Transportation	4.6
Senior Health	4.6

The Curry County Health Council final priorities are detailed at the beginning of this report.

## Appendix B: Community Forum Summary

### Forum Details

As part of the community health needs assessment, a community health forum for Curry County was conducted in at the Carter-Clovis Library in Clovis, NM on May 17, 2016 to gain insight into the barriers, opportunities, and potential strategies for achieving the stated priorities.

Sixteen community members participated and the Director, Epidemiologist, and Community Engagement Specialist from PHS Center for Community Health facilitated. As outlined in IRS requirements, the forum participants included:

- Persons with special knowledge of or expertise in public health
- Federal, tribal, regional, state, or local health or other departments or agencies with current data or other information relevant to the health needs of the community served by the hospital facility
- Leaders, representatives, or members of medically underserved, low income and minority populations, and populations with chronic disease needs, in the community served by the hospital

Business and economic development professionals, non-profit leaders, and other community representatives also participated in the forums.

Evaluations of the forums as well as additional or anonymous comments were collected and compiled. The majority of participants reported that they learned a great deal and found the discussions valuable and practical to their professional or personal life.

### Health Challenges

Forum participants from Clovis recognize several and often interrelated challenges that residents face when making choices about their lifestyle and health behaviors.

- **Healthy Eating:** Lack of finances, time and knowledge are seen as the major obstacles to healthy eating in this community. The speed and convenience of fast food restaurants makes it easier to feed a busy family, but results in lower quality nutrition. There is not enough available information on how to identify and prepare nutritious foods. Tradition, cultural norms, local agriculture focused on cheese production, short growing seasons and lack of variety of foods contribute to unhealthy eating. Lack of accessible transportation and only one site inhibit access to the farmer's market. The community is aware that overweight, obesity, and diabetes are community problems but it is difficult for community members to change their behavior.
- **Active Living:** Weather and the infrastructure in this community is a challenge to outdoor exercise. The strong winds, lack of sidewalks and bike trails, and limited entertainment venues makes outdoor activities less pleasurable. Technology-based entertainment encourages people to stay home rather than go outdoors. The demands of multiple jobs, family responsibilities and limited income are also restrictions. Parents also fear for the safety of their children, and there are few organized youth activities that are free or affordable. There is little education on how to exercise to get results and a misconception that activity will be harmful when you have a chronic health condition.
- **Prevention of Unhealthy Substance Use:** There is a lack of resources for treatment and prevention of substance use in Curry County. Lack of medication management, education,

and lack of proper medication disposal have contributed to prescription misuse and overdoses. Youth and adults have few treatment or mental health options and self-medicate with substances.

### Possible Strategies

Forum participants discussed existing community-based interventions they feel are working and should continue to be supported or expanded. Also discussed were gaps in community based interventions. These ideas were discussed in small groups and reported back to the larger community for discussion. Below are the main ideas brainstormed by the forum participants for each priority area.

Healthy Eating	
Interventions to Support & Expand	Gaps or Areas for Improvement
Community gardens, like the one at the hospital	Cooking/nutrition education
Weight Watchers	Food for youth, especially when they are not receiving meals at school
Expand number and type of items available at the Farmer's Market	Farmer's market location(s)
Produce to People	Healthy, affordable food at grocery stores
Bountiful Baskets	Transportation

Active Living	
Interventions to Support & Expand	Gaps or Areas for Improvement
Organized events	Swimming pool availability
Bicycle lane striping	Driving Education
Fitbits (expand)	Pedestrian safety infrastructure
Employee wellness	Youth driven interventions and teen specific messaging
	Awareness of the importance of lifestyle changes for health and messaging for behavior change

Prevention of Unhealthy Substance Use	
Interventions to Support & Expand	Gaps or Areas for Improvement
Celebrating Recovery: "The Landing" teens	Lack of treatment or rehab resources
Prescription Monitoring	Youth Oriented Services and Recreation
Quit Now Hotline	Mental health and behavioral health services
DWI Prevention Programming	Support Groups

## Forum Participants

Donna Morrow  
RN/Manager  
*PRMC*

Jennifer Evans  
RN/Supervisor  
*PRMC*

LaDona Beevers  
CASA Program Manager  
*FCCS*

Susan Alma  
CCHC Coordinator  
*Curry County Health Council*

Suzanne Zamara  
CCHC/RSVP/FGP Director  
*Curry County*

Evan Bruce  
Executive Director  
*United Way Eastern NM & 211*

Tammy Phillips  
Risk Manager PRMC  
*PRMC*

Terri Marney  
DOPC  
*PRMC*

Stacy Swann  
RN/Clinical Supervisor  
*PRMC*

Jorge Cruz  
RN/Manager  
*PRMC*

Kris Vigil  
Women's Unit Manager  
*PRMC*

Mike Gray  
Exec. Dir Habitat for Humanity  
RCC

*Three 7 Project, Inc. HFHRCC  
(Roosevelt and Curry)*

Donna Horton  
Director  
*Hartley House*

Lubua Abdul  
PRMC Lab Manager  
*PRMC*

Vince DiFranco  
Administration  
*PRMC*

Bill Tryan  
E.R. Director  
*PRMC*