

Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$37.6 M** Boosting the economy through salaries, wages and benefits (2015)
- \$6.6 M** Community Benefit including financial assistance (2015)
- \$8,675** Direct and in-kind support for the Community Garden
- 2,860** Free Meals for Kids (2016)
- 1,500** Community Members participate in Day of Service
- 14** Trails Mapped
- 12** Schools with Open School Yard Agreements
- 8+** Yearly Community Events

Curry County



ACTIVE LIVING IS EASIER IN CURRY COUNTY

Plains Regional Medical Center (PRMC), and their partners, sponsor and promote numerous community opportunities for activity. They work to identify and improve infrastructure to promote increased activity among kids and their families, including:

- 12 schools with open school yard agreements
- Healthy Kids-related activities and events
- Health fairs and expos
- Annual Presbyterian Day of Service
- Community Garden
- PRMC hosts Run for the Zoo each year
- And many more community events!

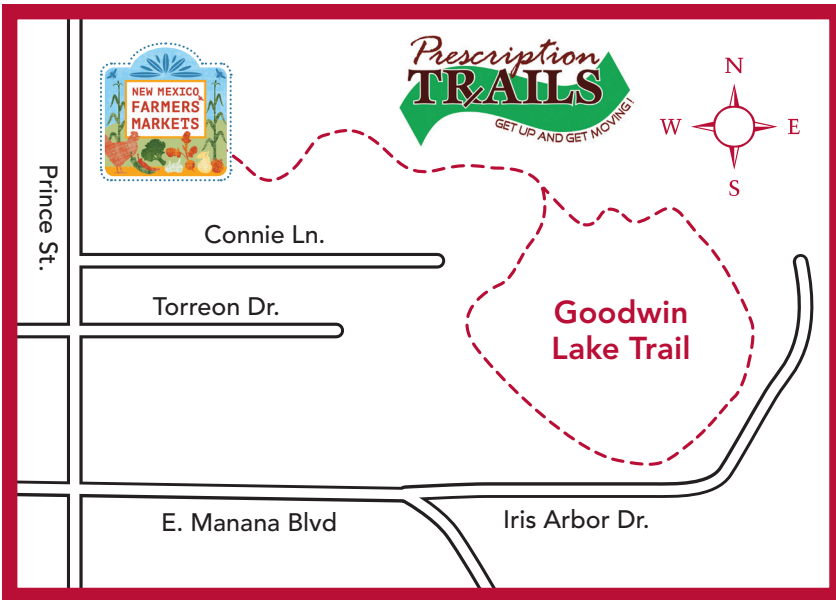


From 2013 to 2016, Presbyterian partnered with the Curry County Health Council, Prescription Trails, NM Department of Health, Curry County, La Casa Family Health Center, Healthy Kids NM, and the Con Alma Health Foundation to identify, assess and map trails throughout the county. As a culmination of this work, in 2017 walking guides were published and distributed to educate and encourage increased use of trails and physical activity for patients and residents.

Prescription Trails include walking and wheelchair rolling routes that meet strict criteria for accessibility and safety. Additional walking trails, safety tips, fitness challenges and mall-walking programs are all highlighted in 2017 Curry County Walking Trails Guide.

2RxTrails

12  **Multi-Use Trails**



The twice weekly farmers’ market sells locally grown produce in the parking lot of one of the recently mapped walking trails, Goodwin Lake.

Presbyterian Contributed \$1,500 to support the Double Up Food Bucks Program in Curry County



FREE HEALTHY MEALS FOR KIDS

All children can receive free meals in the Plains Regional Medical Center cafeteria. In 2016, PRMC partnered with the New Mexico Children, Youth, and Families Department, Family Nutrition Bureau to leverage federal funds to provide non-profit food service programs for children in the community.

2,860 Free Meals were served to Curry County Kids in 2016

This means that in under a year, Plains Regional Medical Center has potentially fed 70 percent of the children we identified as living poverty in our 2016 Community Health Needs Assessment.

“I’m in total amazement by this program. Thank you so much for doing this. I think this is one of the most fantastic initiatives for hungry children that I’ve ever witnessed. I couldn’t be prouder to be part of an organization that makes this a priority.”

– Presbyterian Pharmacist

CLOVIS COMMUNITY GARDEN

Hosted on the grounds of Plains Regional Medical Center, the 80 by 100 foot community garden grew from nothing in 2014 to a flourishing garden, community gathering space, and source of free, fresh vegetables for the community. Volunteers of all ages work together to grow herbs and fresh vegetables, be physically active, host nutrition and yoga classes, connect with others and give back to the community.

The garden produces many pounds of vegetables each year including: peas, cabbage, tomatoes, broccoli, green beans, squash, cucumbers and herbs that are free to anyone who needs them.



BUILDING KEY PARTNERSHIPS FOR COMMUNITY HEALTH

Plains Regional Medical Center and the Center for Community Health partner with more than 40 community and state partners to address the priority areas in Curry County.

BY THE COMMUNITY - FOR THE COMMUNITY

The partnership with the Curry County Health Council and associated organizations has been vital to implementation of healthy eating and active living priorities. Through successful statewide partnership with the New Mexico Department of Health, Presbyterian was able to help bring both English and Spanish language Chronic Disease Self-Management Workshops to Curry County.

Plains Regional Medical Center 2013-2016 Community Health Implementation Evaluation	
Strategy or Intervention	Status
Increase access to and consumption of healthy foods for Curry County residents	
Partner with the Community Transformation Grant Team to develop a community garden on the PRMC property	G
Increase physical activity for Curry County residents	
Support the development of Prescription Trails program in conjunction with community leaders	G
Open schoolyard through the Community Transformation Grant (CTG)	G
Prevent unhealthy substance use among Curry County residents	
Encourage Presbyterian Medical Group providers to take the New Mexico Department of Health Continuing Education (CE) class on a brief intervention for tobacco cessation (system-wide)	Y
Participate in local Health Council to support tobacco prevention initiatives	G
Support the self-management of chronic diseases (diabetes, arthritis, COPD, etc.) in PHS communities	
Partner with the Department of Health (DOH) Chronic Disease Prevention Bureau to provide the My Chronic Disease program in Presbyterian communities	G
Presbyterian and DOH will develop a three-year plan for the expansion of the My Chronic Disease (My CD) program (system-wide)	G

Evaluation Key
G = Successful strategies & activities.
Y = Partially successful strategies. Ideas good but either funding or staffing prohibited proper execution.
R = Unsuccessful strategies and activities. Were unable to implement.

For more information, please contact:

Leigh Caswell
 Director
 Presbyterian Center for Community Health
 lcaswell@phs.org
 (505) 559-6859

Meredith Root-Bowman
 Community Health Epidemiologist
 Presbyterian Center for Community Health
 mrootbowm@phs.org
 (505) 559-6857