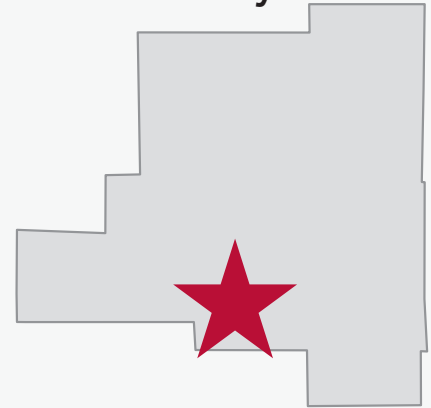


Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- 6,000** Prescription Trail Booklets Printed and Distributed
- 783** Community Members utilized the Lincoln County Assistance Program in 2015 and 2016
- 592** People Received Diabetes Education from Registered Dieticians
- 160** Women and Children Receiving Creative Stress Reduction & Fitness Programming at the Nest Domestic Violence Shelter
- 55** LCMC Volunteers for the Yearly Day of Service (2016)
- 40** Community & Regional Partners
- 14** Prescription Trails Mapped
- 10+** Programs & annual community events addressing prioritized needs
- 6** Communities Impacted: Ruidoso, Ruidoso Downs, Carrizozo, Capitan, Hondo and Mescalero

Lincoln County



ACTIVE LIVING IS EASIER IN LINCOLN COUNTY

Between 2013 and 2016, in partnership with the Lincoln County Health Council and numerous others, **fourteen prescription trails were mapped throughout the region, including in Ruidoso Downs, Alto, Capitan, Carrizozo and Mescalero.**

Walking trail guides address safety concerns like lighting, accessibility, mileage and level of difficulty. Guides provide helpful information about outdoor infrastructure, including amenities and public facilities that might further encourage physical activity.

More than 6,000 trail brochures have been printed and distributed.

The trail maps also provide an unexpected economic benefit for the community by highlighting recreation spots as well as nearby local businesses and help enhance the tourism economy.



592
People better managing diabetes through nutrition

3 Schools offering FREE sports physicals

39

Average clients per month receiving counseling and crisis resources with the Lincoln County Assistance Program

STRONG PARTNERSHIPS

Through incredibly successful partnerships, like the vital collaboration with the Lincoln County Health Council, Lincoln County Medical Center (LCMC) supports a number of community programs and events and helps link residents to community resources that address Presbyterian's three community health priorities: Active Living, Healthy Eating, and Prevention of Unhealthy Substance Use.

In addition to programs and services provided directly by LCMC, support by the wider community address social determinants of health, link people to services and promote resiliency to toxic stress. Programs supported include:

- Maze of Life
- Freshman Tool Kits
- Natural Helpers
- Mobile Food Pantry
- Health & Wellness Guide

Lincoln County Medical Center 2013-2016 Community Health Implementation Evaluation	
Strategy or Intervention	Status
Increase healthy eating among diabetic Lincoln County residents	
Diabetes Education meetings	G
Offer Presbyterian-developed nutrition webinars to all hospitals and partner providers in the community, free of charge (system-wide)	R
Increase opportunities for physical activity for Lincoln County residents	
Support Prescription Trails in Lincoln County	G
Support the prevention of substance abuse and associated behaviors among Lincoln County residents	
Contract with Diamond Healthcare to provide a short-term, outpatient behavioral health program—the Lincoln County Assistance Program (LCCAP) - which has been embraced by Lincoln County residents of all ages including those dealing with substance use/abuse issues LCCAP provides triaging & face-to-face therapy session in Ruidoso, Carrizozo, and Capitan	G
Encourage all Presbyterian providers to take the New Mexico Department of Health Continuing Education class on a brief intervention for tobacco cessation (system-wide)	Y
Provide Continuing Education opportunities related to behavioral health to providers system-wide	R
Support community initiatives related to healthy eating, active living, and prevention of unhealthy substance use	
Hospital staff will participate on the Lincoln County Health Council and partner on relevant activities	G
Support the self-management of chronic diseases (diabetes, arthritis, COPD, etc.) in Lincoln County	
Partner with the Department of Health Chronic Disease Prevention Bureau to provide the My Chronic Disease program in Presbyterian communities. Develop a three-year plan for the expansion of the MyCD program	Y
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:

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