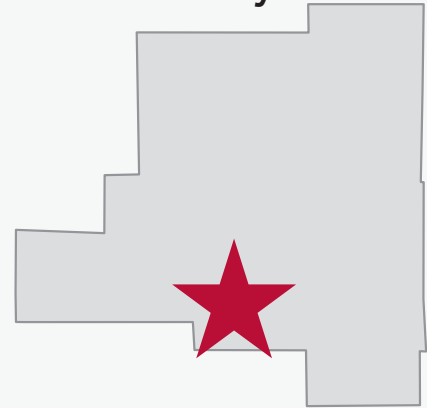


Presbyterian exists to improve the health of the patients, members and communities we serve.

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$5.7M** Community benefit in 2018 including financial assistance
- 7,000** Health & Wellness Guides Printed and Distributed
- 1,070** Households received food through the Mobile Food Pantry
- \$40k** To support Lincoln County Health Council activities (2017 – 18)
- 500** Free flu shots county-wide
- 479** People Received Diabetes Education from Registered Dieticians
- 429** Community Members utilized the Lincoln County Assistance Program
- 300** Freshman Toolkits Distributed
- 141** Free meals given to kids
- 36** LCMC Volunteers for the Yearly Day of Service (2018)
- 6** Communities Impacted: Ruidoso, Ruidoso Downs, Carrizozo, Capitan Hondo and Mescalero

Lincoln County



In 2017 and 2018, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided \$40,000 of support to the Lincoln County Health Council to conduct activities that align with our community health plans and address priority health needs in their community.

ACTIVE LIVING AND HEALTHY EATING IS EASIER IN LINCOLN COUNTY

2018 Health and Wellness Guide

With the help of funding from the Presbyterian Center for Community Health, the Lincoln County Community Health Council published the annual Health & Wellness Guide that acts as a resource directory of Lincoln County health services and wellness programs across the county and Mescalero. In addition to community fitness campaigns that promote prescription trails and fitness infrastructure, the health council has partnered with the Village of Ruidoso to co-sponsor an outdoor weather resistant fitness station, slated for installation in late December.



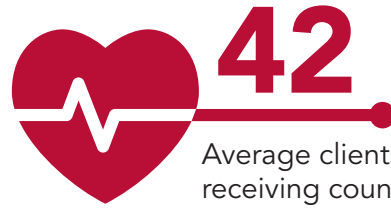
479
People better managing diabetes through nutrition

53,500
Pounds of Free Food provided by Mobile Food Pantry

79
Participants at Community Cooking Classes featuring Mobile Food Pantry items like spaghetti and acorn squash

PREVENTION OF UNHEALTHY SUBSTANCE USE

In addition to providing counseling and crisis services, Lincoln Medical Center promotes positive youth development to help youth build resilience and avoid risky behavior. Additional support includes scholarships and experiential education to help young people pursue health careers, supplies for Freshman tool kits, Maze of Life, and support for the health council partnership with Natural Helpers, a peer support program in schools.



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

Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development

FREE COMMUNITY-WIDE EVENTS

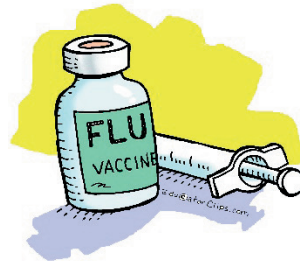
Lincoln County Medical Center hosts a number of free health fairs and community events in Ruidoso, Carrizozo, Corona, and Capitan including free flu shot clinics, and the Annual Run for the Mountain. The health council partners with the medical center and countless other community organizations to bring the whole community together for the annual **Stepping Into a Better You Health Fair** in Ruidoso.



74 Diverse health-related booths



827 visitors



237 flu vaccinations provided



36 Day of Service Volunteers



36 Women got a mammogram



32 individuals donated blood



31 participants in 5k run/walk



20 Zumba participants

For more information, please contact:

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