

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

**TOGETHER WE'RE BUILDING A CULTURE OF HEALTH**

- \$7.7M** Community benefit including financial assistance (2019)
- \$60,000** To support Quay County Health Council activities (2017 - 2019)
- 692** Free flu shots given in the community
- 210** Participants in the Smithsonian Museum special fitness event
- 132** Kids & families ran in the Fun Run
- 73** Community & regional partners
- 65** Fun run volunteers
- 15** Presbyterian staff participated in a Day of Service
- 26** People competed in the 2019 Step Into Spring Challenge
- 3+** Communities impacted: Tucumcari, Logan & Mosquero
- 1** New trail mapped

**Quay County**



**CARING FOR OUR COMMUNITY**

In addition to providing critical access to care and serving as a hub of the community, Dr. Dan C. Trigg Memorial Hospital proudly sponsored a number of health-related events in 2019 including:

- 3 flu shot clinics around the county where a total of 692 free flu shots were given:

**395** in Tucumcari  
 **184** in Logan  
 **50** at the Mosquero health fair

- Day of Service – facilitated fun and educational healthy eating and active living activities at Tucumcari Elementary School
- Community blood drive



- Sponsored the 2019 Tucumcari Public Library Summer Reading Program:

**253** kids started  
**115** kids completed

- Logan High School's Junior Class Golf Tournament

- Quay County on the Move Fun Run and Walk attended by 132 participants



“ One mother who has recently begun working on her fitness - to address overweight for her health - chose to do the 2.5K. Her family came out to walk with her for support. She was beaming with pride as she crossed the finish line. ”

## STRONG PARTNERSHIPS FOR SUSTAINED IMPACT

For the past three years, as part of our system-wide strategy to build local leadership and capacity, Presbyterian has provided \$60,000 of support to the Quay County Health Council to conduct activities that align with our 2016-2019 community health plans and address the community health priorities of Access to Care, Healthy Eating, Active Living, and Prevention of Unhealthy Substance Use.



Impacts and successes include:

- Quay County Health Council has assessed needs, developed plans of action, and implemented direct services in partnership with community agencies and leveraged \$21 million dollars for the last 17 years.
- New fall prevention program and media campaign to prevent older adult injury in 2019.
- More effective use of available resources through community partnerships.
- Increased membership by local organizations in health council by 39 local organizations, mailing list updated to 97 individuals in 2019.
- Strengthened the regional partnership between Curry and Quay County Health Councils and Presbyterian’s hospitals, Dr. Dan C. Trigg Memorial Hospital and Plains Regional Medical Center.
- Obesity rate among Quay County adults decreased since 2011 by 13%.

## MORE OPPORTUNITIES TO LIVE ACTIVE LIFESTYLES

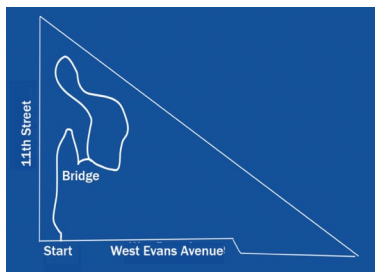
Presbyterian, in partnership with the Quay County Health Council and the Quay County Extension Service, supports “Quay County on the Move”. This includes community events, coordinated campaigns and the mapping and distribution of walking trail maps and brochures made available to local clinics, community groups and the Chamber of Commerce. The result is more social physical activity and increased walking by previously less-active residents.

- **New** Move Your Way Campaign tailored to seniors and others who are less active.
- Monthly sponsored walks include walk with: “a Teacher”, “Hospital Staff”, “Cancer Survivors”, “ EMS”, “a Dog”, and more.

- Walking scavenger hunts – Smithsonian Museum Day with over **210 participants**.
- Third annual Step Into Spring Challenge competition.

In addition to signs posted at trail sites, prescription pads and rack cards are distributed by all local medical providers. This provides the opportunity to discuss the importance of active living for health in a clinical setting.

**26** people participated in the **Step Into Spring Challenge**



**1 New Trail Mapped  
Outdoor Classroom Trail**  
Maps can be accessed via the Viva Connects App



## ASSESSING COMMUNITY HEALTH NEEDS AND ASSETS IN QUAY COUNTY

Quay County Health Council partnered with Dr. Dan C. Trigg Memorial Hospital and Presbyterian Community Health to conduct a Community Health Assessment (CHA) and draft Community Health Implementation Plans (CHIPs) for the next 3 years.

The process included:

- engaging the community with health statistics.
- asset mapping.
- formation of a new public education and resource directory committee.

As a result of this process, the Quay County Health Council expanded their participation to new community members and organizations they previously had not engaged.

- 2 community-wide forums.
- 45+ community members actively participated.
- 20+ organizations represented.

The new Community Health Priorities for Quay County for 2020-2022 are:



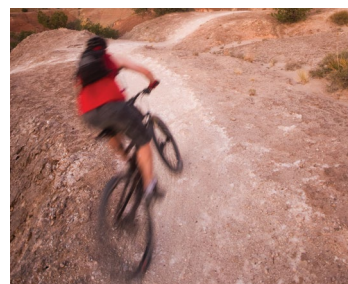
Behavioral Health



Access to Care



Social Determinants of Health



Healthy Eating/  
Active Living

*All numbers are for 2019 unless otherwise noted*

### For more information, please contact:

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