PRESBYTERIAN
Center for Community Health

Santa Fe Medical Center
COMMUNITY HEALTH IMPLEMENTATION REPORT 2018

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

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

$ 164k	Community Benefit support for local organizations
$73.5k	Direct investment in youth programs
$50k	For the teaching kitchen at the United Way Parent Resource Center at Kaune
5,400+	Young people participated in supported programming
1,500	Free flu shots to the community at Party in the Park
350+	New jobs created
235	Reached through the FreshRx program
20+	Community partners in Santa Fe County

Santa Fe County
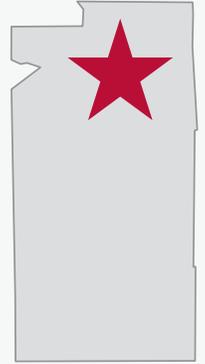
Santa Fe Medical Center (SFMC) opened October 1, 2018, complete with hiking and biking trails, a healing pathway, a community teaching kitchen, a rooftop healing terrace and community meeting spaces. The medical center was designed to be much more than a hospital. It's a beautiful and inviting place where community members can gather to pursue their own and the community's health and wellness goals. In addition to the creation of more than 350 jobs – including 62 new physicians and advanced practice clinicians, construction and other associated costs have infused millions of dollars into the Santa Fe economy.

HEALTHY LIVING IS EASIER IN SANTA FE COUNTY

Presbyterian Healthcare Services works with multiple organizations to increase access to healthy, affordable food for Santa Fe county residents.

Since 2017, we have partnered with the Santa Fe Farmers' Marketing Institute, La Familia Clinic, and the Santa Fe Food Policy Council to connect patients and their families to free produce at El Mercado Del Sur farmers' market through the Fresh Fruit and Vegetable Prescription Program "FreshRx." Over the course of two years, the program reached 235 participants. In 2018, an evaluation found that the 35 participants had a 98.5 percent redemption rate and **94 percent reported eating more vegetables during the program.**

The Santa Fe Farmers' Marketing Institute has been able to leverage the funding received from Presbyterian to attract additional support for their programming and continue to boost the local food economy. It has also increased access to healthy fruits and vegetables for New Mexicans trying to improve their health, while experiencing food insecurity.

In 2017, MoGro, with $12,000 in support from Presbyterian, delivered fresh- and locally-grown produce boxes to more than **800 families in central New Mexico**, including those living in rural parts of Santa Fe County. In 2018 Presbyterian matched canned food donations with a $1 donation and donated $500 to the Santa Fe Food Depot.

"(The best part about my visit to the Farmers' Market was) the variety of the fruits and vegetables available. This was a wonderful program and you have succeeded in changing my eating habits to more balanced meals containing a variety of fresh veggies!"

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

Investing in Young People Presbyterian supports a number of programs that not only encourage healthy eating and active living but also positively impact youth environments, relationships and opportunities to thrive, through early childhood programs, parent- and mentor-involved education, school-based programming and youth leadership opportunities. Positive youth development is now a leading strategy in prevention science. In the past, prevention efforts typically focused on single problems as they surfaced in youth, such as teen pregnancy, substance abuse, and juvenile delinquency. Over time, experts determined through research, that promoting positive asset building and considering young people as resources were critical

strategies to building resiliency and to better protect young people from risky behavior. This enables them to become healthy and successful adults. Resilience factors can protect against negative effects of adverse childhood experiences and disrupt cycles of substance use, violence, mental health issues and other stress.

United Way Early Learning Center and Parent Resource Center at Kuane Beginning in 2019, the United Way of Santa Fe County early childhood programming will include healthy cooking classes and education for parents at the Presbyterian Pathways to Health Demonstration kitchen, located in their Parent Resource Center. *"This support helps fulfill our vision of addressing all aspects of health for the children we serve, and food is an important part of that"* - Katherine Freeman, CEO.

Sembrando Semillas Program In 2017 Presbyterian sponsored the NM Acequia Association's Sembrando Semillas Program, which provided a number of events and camps for over **130 youth** living in Santa Fe and Rio Arriba Counties including 2 Los Jardines Institute youth leadership camps. Programming encourages leadership, literacy, healthy eating, knowledge of and sacred connection to the earth, intergenerational mentorship, and civic participation.

Cooking With Kids Over the last three years, Presbyterian has provided $30,000 in support for school-based, hands on cooking and nutrition instruction. During the 2017-2018 school year Cooking with Kids taught 1,584 classes with the help of 1,260 family volunteers to over **4,984 school aged kids** in 14 schools in Santa Fe and Rio Arriba counties. Programming includes an emphasis on locally grown, affordable fresh food – bringing in local farmers, working on farm to school in the cafeterias, and educating about SNAP. With an emphasis on hands-on learning, many students who are otherwise challenged in school experience success and confidence in Cooking with Kids classes.

Cooking with Kids and Presbyterian have partnered to provide free family cooking classes at the new Santa Fe Medical Center Teaching Kitchen.

Farm To Table – Farm to School programming Farm to Table has also been working with nine community and policy partners to incorporate healthy, local food into school settings throughout Santa Fe County. Presbyterian supported programming in **four schools located on the Southside of Santa Fe**. During the 2017-2018 school year, **more than 300 students** participated in hands-on, integrated gardening and nutrition education.

"I feel Cooking With Kids is a wonderful opportunity for family involvement in the school. Families are eager to come participate in these activities when it is sometimes difficult to get families involved at school. I think Cooking With Kids really helps add something different to the school and makes a positive impact on the whole school community."

– Kindergarten teacher, Sweeney Elementary School

STRONG PARTNERSHIPS IN SANTA FE COUNTY

Through collaboration with a number of organizations and coalitions in Santa Fe, Presbyterian supports and participates in a number of community coalitions, programs, and events that help link residents to community resources that address Presbyterian's community health priorities: **Active Living, Healthy Eating, and Prevention of Unhealthy Substance Use.** Additional partnerships include: Santa Fe Community Foundation, New Mexico Prescription Trails, Santa Fe Prevention Alliance, Santa Fe Food Policy Council, and the Santa Fe Accountable Health Communities.

Coming Soon!

- The Presbyterian Center for Community Health is working with the New Mexico Children, Youth, and Families Department, Nutrition Bureau and the USDA to see if Santa Fe Medical Center qualifies for the program and can begin to offer Free Healthy Meals for Kids at the new hospital.
- Santa Fe Medical Center will host the Mercado Del Sur farmers' market every Tuesday during the 2019 season and provide staff with wellness opportunities for free produce if they visit the market.
- Free cooking and other community classes and events held in the SFMC teaching kitchen and community room.

For more information, please contact:
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