

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

TOGETHER WE'RE BUILDING A CULTURE OF HEALTH

- \$36.4M** Million in community benefit provided by Presbyterian and Presbyterian Kaseman Hospitals including financial assistance (2019)
- \$5.8M** Million in external funds leveraged for Community Health in Bernalillo County (2017-2019)
- 10,000+** Pounds of food purchased from South Valley Farmers for the Mobile Farmers' Market
- 6,192** Free Healthy Meals for Kids served at Presbyterian Hospital
- 810** Free Healthy Meals for Kids served at Presbyterian Kaseman Hospital
- 547** Patients served at the Presbyterian Food Farmacy
- 430** Presbyterian staff participated in Day of Service
- 28** Community Health Volunteers and Interns
- 25+** Organizations receiving community health funds

Bernalillo County



HEALTHY EATING AND ACTIVE LIVING IS EASIER IN BERNALILLO COUNTY

In 2019 the Wellness Referral Center (WRC), operated by Adelante Development Center, Inc., received 3,831 referrals from 37 community clinics to connect patients with chronic disease to evidence-based, community support services like 10 different cooking classes, 11 exercise and dance class options, and 8 options for Chronic Disease Self-Management sessions. Of those referred, 1,374 participated and qualified for rewards.



3,831

Wellness referrals in 2019, which is 53% of the referrals to date. (Since 2017)



7,895

Pounds of food sold at the Mobile Farmer's Market to date, the remainder was donated.



1,832

people biked, walked, and played at ABQ CiQlovía



24

people participated in 12 Chronic Disease Self-Management Workshops offered in Spanish.

FreshRx Prescriptions for healthy eating

29 patients **5** farmers' markets
\$9,734 REDEEMED

Food for Health Rio Grande Food Project

42,564 lbs. of healthy food distributed to food insecure families in 2019

Food Farmacy

In 2019, Presbyterian Community Health expanded the Food Farmacy, a healthy food pantry for Presbyterian Medical Group (PMG) patients with an identified food insecurity need. Patients attend once per week and receive a mixture of shelf-stable dry goods and fresh produce. Expansion to the program included moving into a dedicated space, adding additional cohorts on additional days, and expanding to the new Las Estancias clinic.

Community Health Resource Center

In June 2019, Presbyterian opened its first-ever Community Health Resource Center. This facility, located on the Presbyterian Kaseman Hospital campus, features community meeting space, a teaching kitchen where free cooking classes are led by Registered Dietitians, and Presbyterian's first Food Farmacy. Since October, the Resource Center has hosted more than 10 nutrition cooking classes with more than 80 attendees, Kids Cook! with about 30 people, and Gentle Flow Yoga, starting in November, with more than 10 attendees. Ongoing classes and activities include: dementia care giving workshops, Zumba, community gardening sessions, Chronic Disease Self-Management workshops, Mental Health First Aid trainings, and Community Health Worker Certification courses.

PMG Las Estancias

Opening in August, the PMG Las Estancias clinic has shown a dedication to our community's health by expanding community health programming. In addition to opening a Food Farmacy on Thursdays where they're serving more than 50 people weekly, they've also hosted a number of cooking classes in their brand new teaching kitchen including:



PREVENTION OF UNHEALTHY SUBSTANCE USE

Presbyterian Healthcare Services is committed to addressing unhealthy substance use. In the last three years we have established the Integrated Addictions Medicine Consult Team, the Opioid Stewardship Initiative, placed Peer Support Specialists in Emergency Departments, Behavioral Health clinics, and the Neonatal Intensive Care Unit, provided education and training available to the wider community to combat stigma and increase access to addiction/pain medicine, supported Mental Health First Aid training, supported and promoted positive youth development programs, and strengthened community partnerships.

In partnership with the New Mexico Department of Health Epidemiology and Response Division, Presbyterian Community Health began a Peer Support Specialist pilot project to provide assistance to patients with an opioid overdose or other substance-related needs.

Internships and Mentoring

Presbyterian supports a number of Positive Youth Development Programs in Bernalillo County including the CESSOS Leadership Development Institute, Youth Empowerment Project, and Future Focused Education. Through the Youth Empowerment Project, 7 interns helped develop community and household vegetable gardens among other community projects. Presbyterian Community Health professionals mentored 11 interns in 2019 including 8 High School and 3 graduate students interested in various health and nutrition related careers.

**POSITIVE EXPERIENCES
+ POSITIVE RELATIONSHIPS
+ POSITIVE ENVIRONMENTS
= POSITIVE YOUTH DEVELOPMENT**

PARTNERING FOR A HEALTHIER BERNALILLO COUNTY

Health Council Support

In 2019, as part of our system-wide strategy to build local leadership and capacity, Presbyterian provided support to one tribal health council, the county health council, and a number of community organizations to conduct activities that align with our community health plans and address priority health needs in our community.

\$42,000

Bernalillo County Community Health Council



Healthy Neighborhoods Albuquerque

Healthy Neighborhoods Albuquerque includes six anchor institutions –Presbyterian Healthcare Services, Central New Mexico Community College, UNM Health Sciences Center (HSC), Albuquerque Public Schools, First Choice Community Healthcare and the City of Albuquerque who are committed to developing partnerships and collaborative projects that leverage anchor institutions’ capacities to buy local and hire local, as well as promote business development in underinvested neighborhoods. In 2019, there were three Food System Action Labs held in the summer, spring, and fall to work to identify items that could easily be replaced with locally sourced produce and value-added products, and work on adopting language that incorporates local purchasing in bids, internal policies and contracts.

Day of Service

For the last seven years, the Day of Service has been one way that our leaders give back to the community. This year, over 430 Presbyterian leaders served the community at a local food pantry, Governor Bent Elementary Fun Run, Habitat for Humanity, Roadrunner Food Bank, Presbyterian’s Food Farmacy, Syringe Pickup with Bernalillo County Community Health Council, Albuquerque Public Schools Supply Warehouse, and the Healthy Here Mobile Farmer’s Market.

430

Presbyterian leaders served the community

CENTER FOR COMMUNITY HEALTH – LEVERAGING FEDERAL FUNDS FOR NEW MEXICO

A few of these initiatives include: Spreading Community Accelerators through Learning and Evaluation (SCALE)

SCALE was generously funded by the Robert Wood Johnson Foundation and a collaborative effort between Institute for Healthcare Improvement, Communities Joined in Action, Community Solutions, and the Network for Regional Healthcare Improvement. From 2018-2019 SCALE focused on a partnership with New Mexico Department of Health, New Mexico Alliance of Health Councils, and International District Healthy Community Coalition to increase capacity for county and tribal health councils to focus on their program of choice.

Spreading Community Accelerators through Learning & Evaluation

Bernalillo County Community Health Council
& To'hajiilee Tribal Health Council



\$2,000 each



2 Action Labs



Violence Prevention



Youth & Elder programs

Bernalillo County Accountable Health Communities (BC-AHC) \$4.5 Million over 5 years

Having good health is difficult when health-related social needs go unaddressed. The BC-AHC project- a partnership between PHS, UNM HSC, and the health council- with more than 10 community partners, screen Medicaid and Medicare beneficiaries for housing, food insecurity, personal safety, utilities, and transportation. Skilled Community Health Workers aid the care team to address needs.

More than 9,000 screenings were completed in the first year.



BERNALILLO COUNTY
Accountable Health Communities
LINKING OUR COMMUNITIES TO HEALTH & WELLNESS

USDA Connecting Harvest to Health/Conectando Cosechas con la Salud match \$400,000 with Presbyterian providing \$400,000 in matching funds over 4 years

Presbyterian Center for Community Health has partnered with Meals on Wheels, Three Sisters Kitchen, and Encuentro to support and promote local agriculture, increase free, healthy meals for low-income seniors, and support a local health workforce by providing training and internships for Home Health Aids (HHA). In 2019, the first year of the project, 15 HHAs were trained, 3,078 lbs of local food was purchased for senior meals, 120 seniors were connected with meals, and 24 local growers provided produce to the program.

Additional \$1.6 Million from the CDC awarded to Presbyterian to support Healthy Here initiative

In 2019 work began on the first of three years of renewed funding (An additional \$1.6 Million) from the CDC for the Racial and Ethnic Approaches to Community Health initiative, called Healthy Here in Bernalillo County. This continues and scales existing and successful Healthy Here activities and partnerships to reach additional neighborhoods in Bernalillo County.

These are only some of the external dollars leveraged by Presbyterian to support Community Health in Bernalillo County and beyond.

All numbers are for 2019 unless otherwise noted

For more information, please contact:

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