



## **Lincoln County Community Health Council**

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### FY17 Officers

Shannon Dictson, Chair .....smdictson@matgc.org  
James Pawlak, Vice Chair..... james.pawlak@enmu.edu  
Brad Treptow, Secretary.....btreptow@phs.org  
Maury St. John, Treasurer.....dandmstjohn@wildblue.net

### Executive Committee

Ardena Orosco.....mescprevpg@matisp.net  
Dominique Taylor.....osochiro@gmail.com  
Scott Annala..... sannala@lincolncountynm.gov

## **What is the LCCHC?**

The Lincoln County Community Health Council is a collaborative effort by service providers and community members to promote cooperation and networking among agencies providing community health related services within Lincoln County.

**The Mission of the LCCHC** is to develop and update a comprehensive countywide plan to promote and strengthen the health, wellbeing, and quality of life of Lincoln County residents.

## **What are the benefits of joining the LCCHC?**

- Stay updated on current issues and trends in the Lincoln County health arena
- Understand the scope of health related challenges as well as progress towards meeting needs
- Enjoy networking with other agencies within the county
- Utilize opportunities to share from your area of expertise
- Learn effective ways of influencing the health of Lincoln County
- Obtain new referral sources and resources
- Utilize the opportunity to participate in health fairs and other community health activities

## **What are the priorities of the Community Health Council?**

The Council studies specific issues that are priorities for Lincoln County residents. We examine these through statistical reports, community assessments and prioritization, and professional evaluating tools. We then take action to make a difference. The LCCHC works through a monthly meeting, subcommittee meetings, teamwork, and community projects. The current priorities for LCCHC are:

- Substance Abuse
- Access to Care
- Family Stabilization

## **Who is part of the LCCHC?**

Our members and participants include representatives from dozens of health related resources and services. They are health care providers, educational institutions and organizations, youth organizations, private businesses, social services, government agencies, coalitions, and concerned individuals. All are welcome to participate because we are all responsible for the health of Lincoln County.

<b>LCCHC Members</b>	<b>Organization</b>
Andrea Fernandez	Health & Wellness Mentor
April Stirman	Region 9 School Based Health Center
Ardena Orosco	Mescalero Prevention Program

Barbara Mader	High Mesa Healing Center
Brad Treptow	LC Medical Center
Carol Kethcart	Community member/ fitness & health promotion
Clara Farah	Creative Aging
Debbie Nix	Sanctuary on the River- Life Coach
Dominique Taylor	Oso Chiropractic
Dwayne Morris	Healthy Kids Healthy Community
Eloise Damon	Mescalero Prevention Program
Isabel Guerrero	Mescalero Child Welfare & family services
James Pawlak	ENMU Librarian
John Buffington	COPE
Linda Hand	DWI Prevention
Lisa Daniel	Foster Care Case Manager
Lydia Radosevich	Ruidoso Physical Therapy
Martha Ordorica	Ruidoso DOH
Maury St. John	Community member
Melissa Gebhart	Education Consultant
Pius LaCroix Garcia	Mescalero Prevention Program
Sergio Castro	CYFD- Juvenile Justice
Scott Annala	LC Indigent Health
Shannon Dictson	Mescalero Responsible Gaming Program
William Hanson	LC DWI
Willymae Smith-McNeal	Mental Health Counselor
<b>Membership Approved: 2/07/17</b>	

Without collaboration and networking, agencies, non-profits and community organizations often go in different directions, duplicating efforts and leaving gaps in service. However, organizations that collaborate can be more effective in working toward common goals, thus avoiding gaps and duplication.

## Projects:

### Mobile Food Pantry

Monthly Totals for 2016

#### **Lincoln County Community Health Council Mobile Food Pantry**

<u>Month &amp; Year</u>	<u>Adults Served</u>	<u>Children Served</u>	<u>Total Households Served</u>	<u>Total Paid by LCCHC</u>
January 2016	112	64	57	\$250.00
February 2016	134	78	67	\$75.00 (\$175 credit)
March 2016	130	71	67	\$250.00
April 2016	178	106	78	\$175.00
May 2016	102	49	45	\$175.00
June 2016	112	63	58	\$175.00
July 2016	91	42	49	\$175.00
August 2016	156	80	78	\$175.00
September 2016	130	77	58	\$175.00
October 2016	141	88	72	\$175.00
November 2016	143	81	66	\$175.00
December 2016	142	81	62	\$175.00
2016 TOTALS	1571	880	757	\$2,150.00
2016 Averages	131	73	63	\$179.00

## **Natural Helpers**

Natural Helpers is a peer-to-peer helping program. An anonymous school-wide survey identified a cross-section of students and school adults that the student body trust and that they would go to for help. Then these identified persons are invited to attend training where they learn listening skills, knowing when friends need help, expressing care and concern, recognizing situations that need professional help and contacting these resources.



## **Freshman Tool-Kits**

The Substance Abuse Committee of the Lincoln County Community Health Council worked collaboratively to create the “Freshman Toolkit” for each 9<sup>th</sup> grader in all Lincoln County schools. The Committee packed approximately 300 Toolkits for distribution throughout the County and Mescalero. The transition from middle school to high school is a challenging time in the lives of students and parents. To support both groups, the committee felt it would be beneficial to create a resource packet. The following groups worked to put the Toolkit and materials together:

- Lincoln County Community Health Council
- Lincoln County DWI Prevention Council
- Eastern New Mexico University
- Mescalero Prevention Program
- Mescalero Responsible Gaming
- Children’s Dental Clinic of Ruidoso
- Region IX Education Cooperative Prevention Program /School Based Health Services
- New Mexico Department of Health
- Blue Cross Blue Shield
- Lincoln County Medical Center
- Safer New Mexico
- Molina Health Care
- COPE

Examples of materials include brochures on safe driving, communication, drug use prevention, asset development, resources, pens, pencils, highlighters, stickers and tips for being successful in high school. Also included is a graduation year sticker to encourage them toward their goal of high school graduation.

The Committee hopes that each freshman and his parent will receive a Toolkit at Freshman Orientation or on the first day of school. The materials in the toolkit are resource materials for both students and parents. Materials for the Toolkit were based on issues that parents and teens have addressed and will continue to face during the high school years.



## Health and Wellness Guide

**It's time once again for the**

**LINCOLN COUNTY**

**HEALTH & WELLNESS**

**guide**

Available June 13, 2017  
by direct mail and at events  
throughout Lincoln County.

Advertising and Copy Deadline:  
April 24, 2017 • 5 p.m.

Back Cover: \$799  
Inside Front or  
Inside Back: \$724  
Full Page: \$650

7.875" x 10.375"

Half Page: \$440  
H: 7.875" x 4.862"  
V: 3.937" x 10.112"

Quarter Page: \$247  
H: 7.875" x 2.337"  
V: 3.937" x 4.862"

Eighth Page: \$137  
H: 3.937" x 2.337"  
V: 1.844" x 4.862"

2.54" x 1" (black  
& white only)

Directory Ad: \$45  
Ads are full color  
(except Directory Ads)

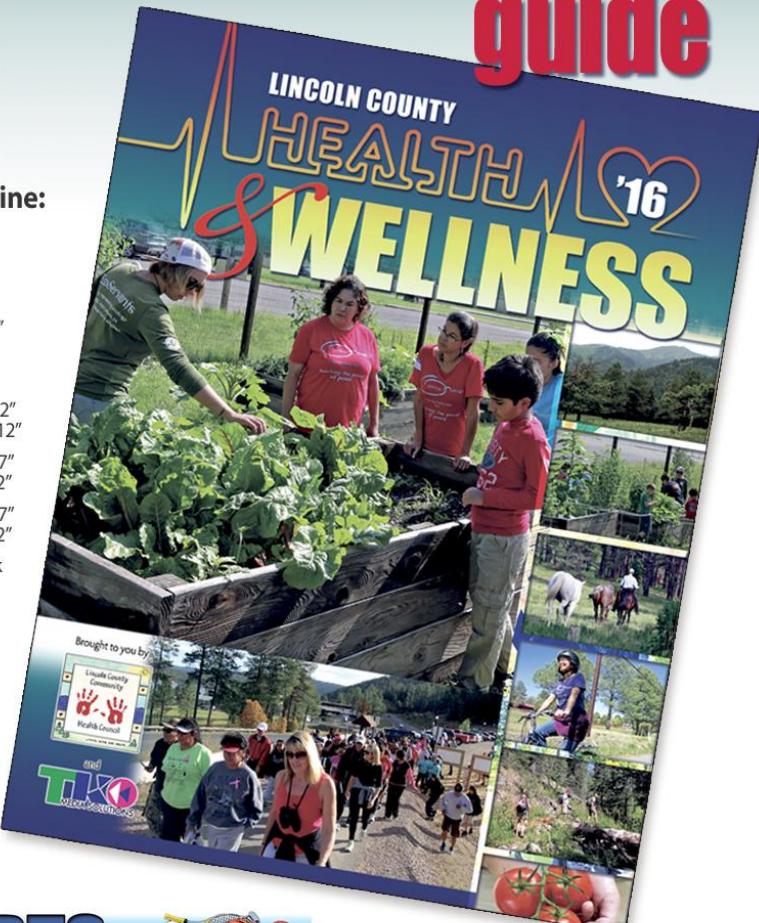
Brought to you by

 Lincoln County Community Health Council

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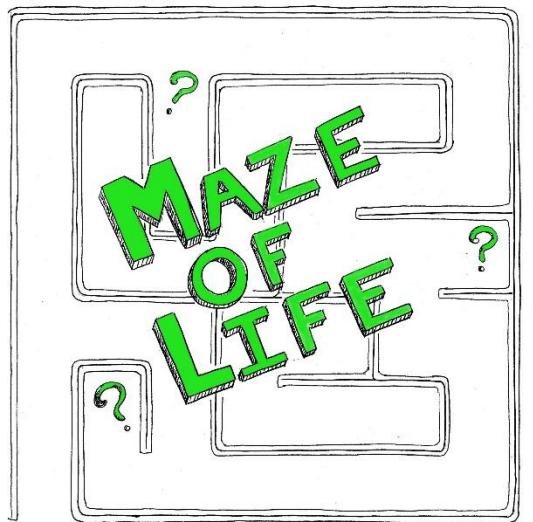
## Adopt-A-Highway

The health Council is committed to cleaning our mile once every quarter. It's great PR and a way to help keep our community clean.



## Maze of Life

An interactive day for 8<sup>th</sup> graders from throughout the county & Mescalero to play games of chance and experience real life situations and choices they may face.



## **Annual Health Fair**

### **A recap of the “Stepping into a better YOU” Health Fair: 2016**

We had a great day with the fun walk starting at 9:00 a.m. with **50** walkers. The health fair had **786** visitors who signed into visit the **83** diverse group of health booths. Lincoln County Medical Center gave **141** flu vaccinations, Indian Health Services (IHS) gave **41** flu vaccinations. **40** kids and **20** adults received vision screenings. **54** women received their mammogram from the Assured Imagining Mammogram Coach. **27** brave individuals donated blood. **45** Zumba and MIXXEDFIT participants danced for Breast Cancer Awareness.

**Escape TO WELLNESS**

**OCTOBER 29**

Health & Wellness Fair

**Power in Pink**

**5th Annual Stepping into a Better You Health Fair**

**"5K Stride for a Cure" Fun Walk/Run**

REGISTRATION 8:00AM WALK/RUN 9:00 AM

First 100 Fun Walk Participants will receive a T-shirt

- Starting across from Golf Shop at Carrizo Walking Path

**"One Dream One Team" 5K Challenge**

REGISTRATION 8:00AM 9:00 AM

- Gravel parking above Hunt Lodge, mid-pt. Carrizo Walking Path

4-MAN TEAM RACE FOR CHARITY - Invited Local Police and Fire Department challenge to win cash for your charity of choice on our list of local non-profits, including \$1,000 for 1st place, \$500 for 2nd and \$300 for third.

FOR MORE INFORMATION CONTACT: SHANNON DICTSON: 575-464-7106

#### New TEEN Hallway

This is to help educate and provide information to our youth on Substance Abuse, Pregnancy, Nutrition, Bullying, Suicide Prevention, and Educational Information. *This requires signed parental consent. Teens ages 13-19 only.*

#### Stepping Into a Better You Health Fair

##### • 10am- 2pm

- Men and Women's health related booths, alternative treatments or medicines:
- Assured Imaging Mammogram Coach
- Blue Cross/Blue Shield Van
- Mescalero Fire Rescue Firetruck
- Flu Shots
- Veterans Affairs Information
- Door Prizes, Giveaway Items and More
- United Blood Services Blood Drive

#### Zumba and Mixedfit • 12-2PM

WAIVERS MUST BE SIGNED TO PARTICIPATE  
This is a FREE EVENT - Sign up and have fun with these great exercise programs!



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**Lincoln County Community Health Council**

**assuredimaging**  
women's wellness

**PRESBYTERIAN**  
Lincoln County Medical Center

**Mescalero System of Care**  
"We are the people who care."

**NEW MEXICO DEPARTMENT OF HEALTH**

**United Blood Services**

**Mescalero Prevention Program**

## Infographics

# LINCOLN COUNTY'S TOP HEALTH CONCERNS

## ADULT HEALTH CONCERN

More than  
**50%**

of Lincoln County adults  
said they are concerned  
about **ACCESS TO CARE**

Over  
**31%**

of Lincoln County adults  
care about **NUTRITION &  
WEIGHT INFORMATION**

More than  
**27%**

of Lincoln  
County adults said they are  
interested in **AFFORDABLE  
RECREATION**

Almost  
**90%**



of Lincoln County residents  
surveyed in 2015 reported  
having some form of  
**HEALTH INSURANCE  
COVERAGE**

## CHILD AND YOUTH CONCERN



Almost  
**57%**

of Lincoln County  
youth surveyed in  
2015 reported they  
concerned about **DRUG AND  
ALCOHOL ABUSE**.

Over  
**45%**

of Lincoln County  
youth surveyed in 2015  
reported they were  
concerned about **BULLYING  
PREVENTION**



Almost  
**45%**

of Lincoln County youth surveyed in  
2015 reported needing more **AFTER  
SCHOOL/SUMMER PROGRAMS**

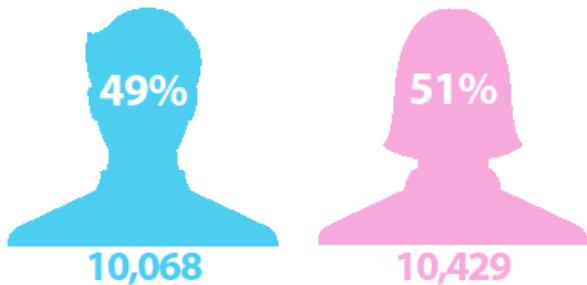


Source: Lincoln County Community Health Council Community Survey Report 2015.



# Lincoln County's Top Health Concerns

**POPULATION**  
**20,497**



## Top 3 Chronic Causes of Death



## What else should we know?



**3,010** residents  
**don't know**  
where their next meal will come from



**29%**  
of pregnant women

**smoke**



- \* Nationwide, tobacco use is the cause of about 22% of cancer deaths. [1] Another 10% is due to obesity, up our diet, lack of physical activity, and drinking alcohol.
- 1. Gundersen, C., E. Engelhard, A. Selsky, & E. Witten, Map the Meal Gap 2014: Food Insecurity and Child Food Insecurity Estimates at the County Level, Feeding America, 2014. This research is generally supported by the Howard G. Buffett Foundation and The Nelson Company.
- 2. New Mexico Birth Certificate Database, Bureau of Vital Records and Health Statistics, Retrieved on 1/18/2014 from New Mexico Department of Health, Indicator-Based Information Systems For Public Health website: <http://bvs.oph.state.nm.us/>
- 3. New Mexico Death Certificate Database, Bureau of Vital Records and Health Statistics, Retrieved on 1/18/2014 from New Mexico Department of Health, Indicator-Based Information Systems For Public Health website: <http://bvs.oph.state.nm.us/>
- 4. U.S. Census Bureau, American Community Survey, 2010 American Community Survey 1-Year Estimates, Profile of General Population and Housing Characteristics 2010; <http://factfinder2.census.gov/>; (5 January 2012).