

## Available Supporting Evidence

### Vail Health HCBA Report 2024

#### **1. Free or Discounted Health Services**

Items included here:

- Charity Care - Financial Assistance at Cost
- Cost of Medicaid

According to Healthy People 2030, people frequently forgo the health care services they need because of high costs, lack of insurance, and distance of available health care. By offering free or discounted health services through qualified financial assistance programs and accepting Medicaid, Vail Health can combat the financial barrier to accessing care and thus can help more people get the care they need. The Healthy People 2030 Objective around Health Care Quality and Access, and its related evidence-based resources, supports Vail Health's efforts to provide free or discounted health services to benefit our community. The evidence to support this community benefit can be found at:

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3909725/>

#### **2. Behavioral Health**

Items included here:

- Support Group/Cancer
- Eagle Valley Behavioral Health Contribution

Vail Health is committed to the behavioral crisis, which is particularly prevalent in our mountain community. Our support of Eagle Valley Behavioral Health promotes increased access to behavioral health services and community support and education related to behavioral health, inclusive of programs to prevent substance use and promote emotional well-being.

Additionally, support group type activities offered by Vail Health included in this category and overlapping with other categories are also part of meeting our community behavioral health needs. The evidence to support this community benefit can be found at:

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/addiction>

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/mental-health-and-mental-disorders>

#### **3. Social Determinants of Health**

Items included here:

- Cancer Education
- Consumer Health Library
- CPR/First Aid/Stop the Bleed Classes
- Parenting/Family/Sibling

- Comm Education/Lectures
- School based education - Sun safety
- Self Help/Injury prevention
- Transpo/Car Seat Safety Program
- Water Safety
- Women's Health Education
- Cash donations to community organizations
- In-kind donation to 501(c)(3) organization United Way of reduced rent
- In-kind donation of meeting room space to community 501(c)(3) not-for-profit groups
- Other related patient expense - transportation, clothing, etc

Vail Health's community benefit efforts related to Social Determinants of Health (SDoH) and supporting patients and the community in meeting their social needs that have direct impact on their health outcomes aligns with evidence that exists currently in the professional health care arena. The Centers for Medicaid and Medicare Services (CMS), the Agency for Healthcare Research and Quality (AHRQ), and Healthy People 2030 have embarked upon initiatives that are based on emerging evidence related to assessing and addressing health-related social needs at the patient and community level. These organizations are leading research on this topic as well as providing health care organizations with tools and best practices to promote their own efforts in incorporating SDoH into their practice. This research and tools support Vail Health's community benefit activities including educational programs, injury prevention activities, and financial support for transportation services and other social drivers. Additionally, although included in other categories, our efforts and support for improved access to care could also be categorized here. Access to care is a known social driver of health. We felt this best fit elsewhere. But there is clear overlap, and the evidence provided here is also in support of these contributions. The evidence to support this community benefit can be found at:

<https://www.ahrq.gov/sdoh/resources.html>

<https://www.hhs.gov/guidance/sites/default/files/hhs-guidance-documents/CMLN%20Social%20Determinants%20of%20Health%20Relevance%20and%20Resources%20Guide.pdf>

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/health-care-access-and-quality>

<https://health.gov/healthypeople/priority-areas/social-determinants-health>

#### **4. Community Based Health Care**

Items included here:

- Education: Senior Citizens
- Fitness/Exercise
- Health Fairs
- Immunization/Adult
- Nutrition/Weight Management
- Screenings-School based (Sports Physicals)
- Screening/skin cancer
- Support Group/Cancer

- Diversified Services Unrestricted Contribution
- The Steadman Philippon Research Institute (recognized globally for its pioneering research in osteoarthritis, healing, surgery, and injury prevention and rehabilitation).
- Project Cure

Vail Health is committed to funding programs that improve the health outcomes of our patients as well as the overall health of our community. These efforts include community education and programs to support health promotion as well as illness prevention. Vail Health's community benefit efforts also provide for access to specialty care that otherwise would not be available in our rural community. This facilitates education, prevention, and management of disease/illness and allows for necessary specialty referral follow up from primary care. Evidence to support this community benefit can be found at:

<https://pubmed.ncbi.nlm.nih.gov/20669491/>

<https://pubmed.ncbi.nlm.nih.gov/26378895/>

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity>

## 5. **Provider Recruitment, Education, Research and Training**

### **Items included here:**

- Medical students, Interns, Residents and Fellows
- Nursing Education
- Other Allied Health Professions
- Research
- In-kind donation to 501(c)(3) organizations Vail Summit Orthopedic Foundation and Steadman Philippon Research Institute of reduced rent

Vail Health's support of research that seeks to improve and optimize orthopedic patient outcomes aligns with this community benefit through its impact on expediting healing, facilitating aging in place, and promoting healthy lifestyles through improved mobility and pain reduction. Additionally, Vail Health's commitment to oncology research through our Shaw Cancer Center continues to expand in its efforts to impact quality outcomes for those community members diagnosed with cancer. Evidence to support this community benefit can be found at:

<https://www.sprivail.org/publications/research-reports>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9495472/>

[Clinical Trials | Shaw Cancer Center in Edwards, O](#)

With the provider and health care professional shortage continuing to rise, as well as it being difficult to hire health care staff in a rural, mountain community, Vail Health's commitment to building a workforce through a "grow our own" approach is the only way to ensure we are able to meet the health needs of our community for years to come. Developing and implementing programs that provide focused support, on-the-job training and mentoring, and overall competency achievement is what is needed to facilitate students and new professionals becoming long-term team members of our organization. Agencies like the AHA, ANA, AMA, and AAMC have all published literature that explains these shortages and how health care

institutions can build and support a quality clinical workforce in the effort to continue to care for their communities. This evidence can be found at:

<https://www.aha.org/news/headline/2023-04-13-study-projects-nursing-shortage-crisis-will-continue-without-concerted-action>

<https://www.aamc.org/news/press-releases/aamc-supports-resident-physician-shortage-reduction-act-2023#:~:text=According%20to%20AAMC%20data%2C%20the,increasing%20demand%20for%20physician%20services.>

<https://www.aha.org/fact-sheets/2021-05-26-fact-sheet-strengthening-health-care-workforce>

[https://www.ncsbn.org/public-](https://www.ncsbn.org/public-files/Spector%20New%20Graduate%20Transition%20into%20Practice%20Improving%20Quality%20and%20Safety.pdf)

[files/Spector New Graduate Transition into Practice Improving Quality and Safety.pdf](https://www.ncsbn.org/public-files/Spector New Graduate Transition into Practice Improving Quality and Safety.pdf)