<u>Available Supporting Evidence</u>

<u>Vail Health HCBA Report 2023</u>

1. **Free or Discounted Health Services**

    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, Health Fairs, School Based Screenings/Physicals, and Cardiac Rehabilitation, 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. **Health Behaviors or Risk**

    Vail Health is committed to funding programs that address health behavior or risk in an effort to 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 and injury 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. Additionally, supporting 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. Finally, 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. The evidence to support these community benefit activities can be found in research from the NCBI, CDC, WHO, and others. A few examples that support Vail Health's efforts can be found at:
    https://pubmed.ncbi.nlm.nih.gov/20669491/
    https://pubmed.ncbi.nlm.nih.gov/26378895/
    https://www.sprivail.org/publications/research-reports
    https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9495472/
    https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity
    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**

   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, support groups, and financial support for transportation services and other social drivers. Additionally, although included in the above categories 1 and 2, 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 in the above categories. 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. **Other Community Identified Needs**

   With the nursing 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-files/Spector_New_Graduate_Transition_into_Practice_Improving_Quality_and_Safety.pdf