

Evidence of Investment Improvement in

Community Health Outcomes

Vail Health FY24 HCBA Report

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. To help ease the burden for community members, Vail Health provided hospital discounted care (HDC) and financial aid for 528 patients in 2024, including 381 HDC patients and 147 FA approved patients. Vail Health actively meets with policy makers at the state and federal level to discuss and support various healthcare policies that support enhancing access to care. Vail Health provided over 300 Medicaid enrollment referrals in this reporting year. Also provided was rent and logistical support to Mountain Family Health Center, the local Federally Qualified Health Center, for two locations in Avon and Gypsum. This allows them to provide access to care for the under- and un-insured in our community.

2. Behavioral Health

Recognizing behavioral health is the gateway to addressing whole person health, Vail Health continued its Behavioral Health service line (VHBH) by increasing its unique behavioral health sessions to approximately 26,000, up from 15,000 in FY23, including 8,700 psychiatry sessions, more than 14,000 therapy sessions, and 3,300 integrated behavioral health sessions in two locations, Edwards and Frisco. Vail Health is committed to the behavioral crisis, which is particularly prevalent in our mountain community, by expanding this service line with a 12% increase in staffing of full-time licensed providers that all accept commercial insurance and governmental programs. Our support of Eagle Valley Behavioral Health promotes increased access to behavioral health services and community support and education related to behavioral health. Also located on our community health campus are services provided by community partners of The Community Market (food bank) and My Future Pathways (an educational assistance program for students from low-income families). Vail Health partners with these programs for in-kind contributions for operating space. Vail Health Shaw Cancer Center's Spirit of Survival survivorship programming, a comprehensive wellness program that addresses the physical and emotional effects of cancer, long-term health goals, and the impact of cancer on day-to-day life, provided more than 3,200 sessions for cancer patients.

3. Social Determinants of Health

Through a collective impact model, Vail Health and its partners were able to help improve the health and wellness of our community members. By partnering with both Sylvan Lake and Eagle River Park (Town of Eagle), Vail Health continued to offer free life jacket rental stations, offering 81 life jackets total. Vail Health partnered with Shift Bikes and the Eagle Police

Department to promote e-bike safety, distributing 210 free bike helmets and educating parents across the valley on helmet safety. Vail Health continued its partnership with Vail Valley Charitable Fund to offer financial assistance to those Vail Valley residents who apply for direct aid with the Charitable Fund. 8 Eagle County residents used the funding to help cover rent, utilities, groceries, and ADA house improvements, among other things. Through a partnership with Eagle County schools and Mountain Youth, Vail Health Trauma team worked with 1,900 local high school students to promote safe teen driving through safety fairs. Vail Health supported the Education Foundation of Eagle County through STEM grants to classroom teachers. For the 2024-2025 school year, Vail Health funded \$15,000 STEM grants. Vail Health partnered with the emergency medical services in Eagle County to educate 160 students during the summer at Camp 911. The Vail Health trauma team also trained 676 people in Eagle County in 'Stop the Bleed' life-saving techniques. The Shaw Cancer Center Sun Safety program educated 1,080 kids on sun protection throughout the Eagle County School District. Vail Health educated more than 400 locals on men's and women's wellness topics like menopause, exercise, and mental health. Sessions were offered for free in English and Spanish. Through the Vail Health ThinkFirst program, 581 free bike helmets were distributed to children throughout the valley. In partnership with Vail Resorts, the Ski Safety program educated 2,430 students on mountain safety and responsible skiing and snowboarding. 192 ski helmets were also provided to support safer practices on the slopes. Vail Health supported 50 local youth by partnering with Eagle County Schools, Vail Valley Partnership, and their CareerWise program and supported 36 students with the Boy Scouts on their Explorer Program, which included job shadowing in Vail Health's healthcare facilities. These partnerships offered leadership and job shadow opportunities at the facilities. Vail Health is a community hospital in more ways than just caring for patients. Staff work with other local and state partners, like Eagle County Government, Four Rivers Emergency Management, and other local response agencies to prepare for, respond to, and recover from emergencies. These groups help Vail Health prepare to take care of locals if - and when - an emergency, like a wildfire or mass shooting, occurs in our county and surrounding counties. Operating in a nature-centric mountain region, Vail Health focused on environmental sustainability by partnering with Walking Mountains Science Center and the Eagle River Coalition to prioritize actions that promote a healthy environment. Vail Health's Injury Prevention program continues to monitor the impact to community outcomes alongside its Trauma and Quality leadership teams. These efforts continue to prove value in meeting the needs of our active community.

4. Community Based Health Care

Vail Health partnered with MIRA bus, Town of Silverthorne, Breckenridge Grand Vacations and the Eagle County school district to offer 5 wellness fairs to 1,000 community members. Vail Health opened a Mother's Milk Bank at the hospital's Family Birth Center to increase the number of breastmilk fed infants throughout the community and provide a convenient donation location for local mothers. During the past year, the Vail Health Family Birth Center site donated 4,200 oz of breast milk. Vail Health provided car seat education to 167 families upon discharge from the Family Birth Center and through community outreach events across Eagle County, helping parents understand proper installation and safe travel practices. Vail Health provides 3 Certified Athletic Trainers to engage high school student athletes in helping them overcome

injury and prevent them from having to come to a clinic for an appointment because of their injury. Vail Health partnered with The Steadman Clinic to offer free pre-sports physicals to 362 students. Eagle County's Family Connects Program offered 230 total integrated home visits in Eagle County, 135 of those were scheduled at the bedside of the patient before they left Vail Health. Vail Health supports continued cutting-edge medical research with more than 55 studies happening through its funding of the Steadman Philippon Research Institute. These studies are focused on orthopedic and cancer patient outcomes across multiple age groups to improve mobility and reduce pain. For the aging population specifically, Vail Health provided 25 balance/tai chi classes. Eagle County Healthy Aging and Vail Health partnered on the Aging Well Expo, which offered a health screening and resource fair to more than 120 aging adults in Eagle County, and a speaker series where Vail Health offered health and wellness speakers. Vail Health's Shaw at Home program is an at-home and community-based palliative care program for oncological patients and aims to make treatment a little bit easier for individuals and their families. Vail Health contributions allowed for expansion in Endocrinology and other specialty services. Additionally, Vail Health's program support of VVMC Diversified Services brought much-needed specialty healthcare such as Cardiovascular, Pulmonology, General Surgery, Plastics and Breast Surgery.

5. Provider Recruitment, Education, Research and Training

Vail Health hosted 66 students in clinical rotations and in observations for students enrolled in healthcare education, including nursing, certified nursing assistant, physical therapy, surgical tech, CT tech, lab and pharmacy. Vail Health's support of its orthopedic partners allows for continued cutting-edge medical research. Shaw Cancer Center ran clinical trials and research studies, during which 550 patients were enrolled in at least one study and followed by the Shaw research team during this reporting year. Vail Health staff submitted multiple research papers for professional journals, including three research papers written by Howard Head Sports Medicine staff published in medical publications focusing on: criteria-based progression after revision hip labral surgery; return to activity following ankle surgery; and shoulder strength related to active aging.