

2023 Community Benefit Annual Report

12/2023



Introduction

Rehabilitation Hospital of Indiana (RHI) is an acute care rehabilitation hospital for inpatient and outpatient rehabilitation. RHI specializes in brain injury, spinal cord injury, stroke, and comprehensive medical rehabilitation for injuries or illnesses resulting in loss of function. The hospital has 91 licensed beds and is a community collaboration between Indiana University Health and St. Vincent Health.

RHI is dedicated to the community it serves. The hospital conducts a Community Health Needs Assessment (CHNA) every three years to understand the current community health needs and to inform strategies designed to improve community health. The CHNAs are conducted using widely accepted methodologies to identify the significant needs of the community served by the hospital. The assessments are also conducted to comply with federal laws and regulatory requirements that apply to tax-exempt hospitals.

RHI follows federal guidelines for reporting community benefit – programs designed to improve health and increase access to healthcare services, improve community wellness – and other community investments. As defined by these guidelines, community benefit includes charity care, financial assistance, unreimbursed costs of government-sponsored programs, support for medical research, and other services that provide care or promote health and/or wellness in response to identified community needs.

“Positively Impacting Our Community”

The following highlights programs and activities implemented by RHI this past year to impact the priority needs identified by the most recent CHNA:

Obesity and Diabetes

Health & Wellness Program - RHI team members participated in a Health and Wellness Program for 4th, 5th and 6th grade students at Jonathan Jennings Elementary School 109. The program is aimed at reducing the risk of developing Type II Diabetes and Obesity through education. A total of 150 students learned that children ages 6-17 need 60 minutes of exercise per day and the importance of fueling your body with good nutrition. Healthy snack recipes were shared and students tasted samples of healthy snacks made with ingredients found at Dollar General and Meijer, which were identified as primary grocery stores serving the local community. Snacks included roasted chick peas, peanut butter banana and oat energy bites, and mandarin orange & Greek yogurt parfaits. The kids really enjoyed them tasting them and learned how they can make these easy inexpensive snacks at home! We also provided 150 pedometers to the school. Students participated in a step challenge in their PE classes. Goodie bags were provided to each

student which included exercise and nutrition handouts in English and Spanish to take home for families to read as well. This Health and Wellness program was led by RHI Dietitian Amanda Propes and team members Rosa Meza, Mora Byers, Lynn Allbright, Nancy Cook, Candra Cook, Kim Woodard, Cindy Smith, and Cindy's granddaughter Kristiana.



IPS Sports Physical Screens - RHI's Community Benefit program is focused on carrying our mission outside the walls of our hospital to serve our community and the top health needs identified in the recently conducted Community Health Needs Assessment (CHNA). One specific health need the CHNA identified as significant in our community is the prevalence of obesity and diabetes. In America's Health Rankings, Indiana ranks 41st for diabetes and 40th for obesity. Both are known risk factor for stroke and contribute to risks associated with falls and other injuries. To help promote access to physical activity for high school students, RHI team members partnered with our wonderful colleagues at IU Health on Wednesday, May 17th at Crispus Attucks High School to provide free sports physical screens for IPS students from local schools. Volunteer roles included greeting, screening for vision and measuring the height, weight and blood pressure of student athletes. Because of these collaborative efforts, we helped 44 Marion County high school students pass the required physicals that will allow them to stay active and participate in sports activities.



Social Determinants of Health

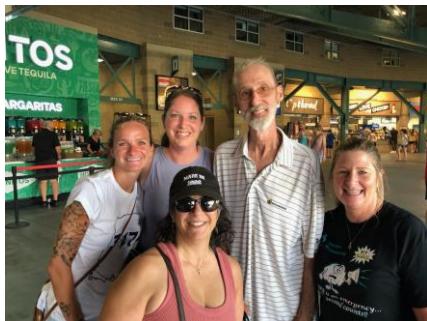
Spring Volunteer Reading Program - In the recently conducted Community Health Needs Assessment (CHNA), Indiana ranked in the bottom half of states for a variety of Social Determinant of Health issues. One specific issue was the fact that educational achievement (high school graduation rates) in Marion County is below the U.S. average. A lack of educational achievement complicates efforts to assure community members are aware of health issues and injury prevention strategies. RHI was proud to continue the partnership with Jonathan Jennings Elementary School 109 for the Spring Volunteer Reading Program. Our volunteers committed to assisting teachers and 52 students in the 2nd grade with reading, journaling, and other lesson planning activities. Research supports the benefits of volunteer reading programs and the impact on reading proficiency. It has been shown that students who are involved in such programs with adult reading volunteers demonstrate improved school attendance, a major predictor of graduation rates.



Habitat for Humanity - On Friday, August 25th, Team RHI members partnered with Greater Indy Habitat for Humanity to support a build day on the West side of Indianapolis. Volunteers got a great workout in 94-degree temperatures while sharing their time and talents in putting on the finishing landscape touches on the new homes of two local families. Activities included raking dirt and removing debris, cutting and laying sod, planting, and spreading mulch. RHI continues to welcome the opportunity to serve our community. In the most recent Community Health Needs Assessment, Marion County ranks poorly for severe housing problems and percent of households rent burdened. In addition to stable housing, research shows that homeownership leads to many additional benefits including improved mental health, decreased reliance on social services, and improved academic achievement of children.



Strike Out Stroke - On Thursday, August 24th, RHI collaborated with a numerous local hospitals and health organizations to support the annual Strike Out Stroke event at Victory Field. This event coincides with the Indianapolis Indians game and aims to engage and educate the public on the importance of knowing the signs and symptoms of stroke. Total attendance for this year's event was over 5,500 fans. Stroke education centered on the BE FAST acronym (Balance loss, Eyesight changes, Face drooping, Arm weakness, Speech difficulty, Time to call 911) for identifying acute stroke symptoms. Volunteer efforts included distributing BE FAST educational materials to game attendees as well as completion of 10 blood pressure screenings. The committee also worked with the Mayor's Office to get an official Mayoral Proclamation declaring Thursday, August 24th, 2023 as Strike Out Stroke Day at Victory Field. The Mayoral Proclamation was presented to Dr. Meredith Cousin and the other event volunteers on-field prior to the game. As an added bonus, Jon Small, a former patient at RHI, was nominated to be this year's stroke survivor. Jon was featured at various points throughout the game, including throwing out the first pitch and participating in an in-game interview discussing his experience and overall recovery.



Blessings in Backpacks – Indiana's overall food insecurity rate is significantly higher than the national rate and has continued to increase over the past decade. RHI team members continue their relationship with Jonathan Jennings Elementary School to fight food insecurity in our local community by providing the students with backpacks of ready to eat and easy to prepare food. A total of 100 backpacks were delivered to the school in October and December for distribution

for the students of the school. This initiative provided food for the children while the school was out of session over the extended Fall and Holiday breaks.



Junior Achievement JobSparks - In the most recently conducted CHNA, a number of Social Determinants of Health were identified as significant in our community. Specifically, educational achievement (high school graduation rate) in Marion County is below the U.S. average, which complicates efforts to assure community members are aware of health and injury prevention strategies. On September 26th and 27th, RHI team members partnered with other local organizations and industry leaders to support the 2023 JA JobSparks event at the Indiana State Fairgrounds. We had the opportunity to collaborate with several other local hospitals to support the Health and Life Sciences cluster. This two-day career event impacted over 13,000 Indianapolis eighth graders by providing hands on learning experiences meant to “spark” an interest in students and provide a greater understanding of the coursework and skills required to be successful in a wide range of careers. RHI was able to contribute to the event by demonstrating and educating the students in the areas of occupational therapy. Research shows when students have an idea of what they might want to do after high school, they are more likely to stay in school and graduate.



Servants at Work (SAW) - Unsafe housing conditions can result in injury/falls and can impact the need for rehabilitation services. This was a specific community health need identified in the most recent CHNA. As part of RHI's commitment to increasing the health and well-being of the community by addressing social, economic, physical, and/or environmental factors that impact health, on Friday, October 6th, RHI volunteers collaborated with Servants at Work to sponsor and build a ramp for Gary and Rose Watson at their home in Indianapolis, Indiana. The ramp will be

a benefit to both Gary and Rose. The steps out of their house are a barrier to safe movement. Both use canes in and around the house. Now that the ramp is in place, both plan on getting scooters that will allow for navigation in and out of house and to safely navigate community distances.



Fall Volunteer Reading Program - In the recently conducted CHNA, Indiana ranked in the bottom half of states for a variety of Social Determinant of Health issues. One specific issue was the fact that educational achievement (high school graduation rates) in Marion County is below the U.S. average. A lack of educational achievement complicates efforts to assure community members are aware of health issues and injury prevention strategies. RHI was again proud to partner with Jonathan Jennings Elementary School 109 for the Fall Volunteer Reading Program. Our volunteers committed to assisting teachers and students in the 2nd grade with reading, journaling, and other lesson planning activities. Research supports the benefits of volunteer reading programs and the impact on reading proficiency. Additionally, students who are involved in such programs with adult reading volunteers demonstrate improved school attendance, a major predictor of graduation rates. We were able to impact approximately 50 students during this Fall Program in 2023.



Student Book Gifting Program – As part of RHI's continued commitment to support educational achievement, RHI was happy to sponsor in 2023 an annual Book Gifting Program for the students at Jonathan Jennings Elementary School 109. In December, RHI donated funding to provide new, age-appropriate books to each of the 303 students at the school. In addition to the books that were given to the students, RHI also funded a second reading venture for the school and students. This 2nd initiative provided to support to the school by funding books to be stocked in the school's new book vending machine. This machine allows selected students to be rewarded with additional new books throughout the school year. When the students achieve a success (identified by the school), they are rewarded with the opportunity to select books from the vending machine at no charge to the students. This is the fourth year RHI has supported the book gifting initiative and we are pleased that we are able to help provide students with high quality reading resources. Research suggests that 60% of students in the United States do not own a book at their reading level at home and this statistic is greater for low income households. RHI looks forward to supporting future programs and initiatives that contribute to the educational successes of students in Marion County.