2012 Community Benefit Report —
Improving health in our communities

Minnesota hospitals’ community contributions total $3.6 billion

The 144 hospitals and health systems which are members of the Minnesota Hospital Association provide access to health care 24 hours a day, seven days a week. In addition to serving as the safety net, hospitals are an economic contributor to the community. Many of our members are the largest employer in their communities, and our employees have a great stake in the community they live and work in. Throughout the state, your local hospital is a partner in the health and well-being of the community.

Minnesota hospitals have a tradition of partnering with their communities to help meet the specific need of their communities. In addition to caring for patients within the walls of the hospital, we know that health often happens outside the doctor’s office. That’s why this year, our report shares some examples of how our hospitals and their employees are helping to improve the health of the people in their communities.

According to a report from the Robert Wood Johnson Foundation, approximately 26 percent of Minnesotans are obese, and by 2030 that number is projected to climb to 54.6 percent. The report concluded that by reducing the state’s average body mass index by 5 percent, it could save $11.6 billion in obesity-related disease rates and health care costs. Hospitals understand they play a critical role in helping reverse this trend and are working to promote healthier lifestyles through programs designed to get people to increase their physical activity and eat the right foods.

Programs to address the health and wellness of communities are just one way in which hospitals benefit their communities. Each year, Minnesota’s hospitals provide contributions in the form of medical research projects, physician training initiatives and programs to care for those who cannot pay. Minnesota’s hospitals continued to aid their communities with compassion and commitment.

This report covers community benefit contributions made by Minnesota’s hospitals in 2011 — the most recent year for which data are available.

Uncompensated care — $509.5 million
Every day without fanfare, hospitals offer their care at no cost. In 2011, Minnesota hospitals provided $509.5 million to patients who didn’t have health insurance or the means to pay for their care. In the past 5 years, uncompensated care has increased 10 percent.
Services responding to specific community needs — $354.8 million
Health screenings, health education and health fairs, immunization clinics, subsidized health services and other community outreach programs fall under this category, which totaled $354.8 million in 2011.

Education and workforce development — $397 million
Minnesota’s health care workforce will take care of new people who gain insurance as a result of the Affordable Care Act and an aging population. In 2011, Minnesota hospitals spent $397 million to help train doctors, nurses and other highly skilled health care professionals to care for our residents.

Research — $515.5 million
In 2011, Minnesota hospitals spent $515.5 million on research to support the development of better medical treatments and to find cures for disease.

Government underfunding — $1.5 billion
When hospitals treat patients on Medicare or Medicaid, those government health care programs do not reimburse hospitals the full amount it costs the hospitals to provide the care. In 2011, such government underfunding to Minnesota hospitals exceeded $1.5 billion, or 7.5 percent of the hospitals’ operating expenses.

We hope the stories in this report will inspire you to support local hospitals so they can provide the critical community health care services to improve health status, access to care, and quality of life in our communities.

Lawrence J. Massa
President and Chief Executive Officer
Minnesota Hospital Association
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### Minnesota hospitals’ 2011 community contributions

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<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
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<tr>
<td>Charity care</td>
<td>$227,723,414</td>
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<td><strong>Total value of community contributions</strong></td>
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HealthEast Passport program helps adults stay active, provides social interaction to fight loneliness and depression

HealthEast Care System, St. Paul

The HealthEast Care System Passport program is a free membership program for people age 50 and over. Started in 1989, the program aims to help keep adults active, encourage socialization, establish new friendships, become engaged in the community and become more knowledgeable on how to manage their health. Currently, Passport has more than 34,000 members primarily in the East Metro community with 3.4 dedicated staff.

HealthEast accomplishes these goals by offering social opportunities, educational seminars, day trips, overnight trips, opportunities to meet other members and volunteer. Benefits include health education, screenings, defensive driving classes, social events, excursions into the community, “City Passport” center, “Advisor” newsletter, and volunteer opportunities such as making newborn hats for hospitals, memory boxes, or afghans for the emergency department.

“By focusing on the psychological, social and spiritual well-being of people age 50 and older, the Passport program minimizes loneliness and depression, which have a wide range of negative effects on both physical and mental health,” said program manager Renee Skoglund. Some of the health risks associated with loneliness include depression, suicide, cardiovascular disease, stroke, increased stress levels, substance abuse and memory disorders.

“By focusing on the psychological, social and spiritual well-being of people age 50 and older, the Passport program minimizes loneliness and depression, which has a wide range of negative effects on both physical and mental health.”

Renee Skoglund,
Passport program manager
Beginning in 2005, a partnership between HealthEast, the city of Saint Paul, and the leasing company (for the space) was formed. City Passport-Downtown is a nationally recognized site that records more than 16,000 visits every year, and has hosted Gov. Dayton’s town hall forum. City Passport is a community center that provides a place to socialize, learn and get involved in the community for people age 50 and older. The center includes a classroom, private conference room, computer lab and a social area with periodicals and a large television. The Passport Program is proud to have City Passport programming also held in five additional cities in the East Metro area without any additional costs to the cities or HealthEast.

One of the most successful elements of the Passport program is the Passport Nurse. While based at the City Passport location in downtown St. Paul, she also provides screenings at other community centers. This concept has proven to be a safe, convenient place for members to receive health screenings and health conversations. Accomplishments included 622 blood pressures taken, 185 blood sugars measured, 125 health conversations held, and six emergency department visits avoided.

The annual value of the Passport program is approximately $500,000. Some of the programs are offered at no cost, or at a reduced rate, to ensure accessibility for members of all socio-economic communities.

To learn more, visit www.healtheast.org/passport.
Meeker Memorial Hospital helps healthy eating take root

Meeker Memorial Hospital, Litchfield

As part of its Statewide Health Improvement Program (SHIP) participation, the Meeker Memorial Wellness team identified a need to improve the nutrition of meals and access to fresh vegetables served at its Prairie Winds Café. In an effort to promote wellness and connect with the community, the Meeker Memorial Hospital Foundation partnered with the Litchfield Future Farmers of America (FFA) program to develop a garden-to-table program.

The "Taking Root" program aims to expand the students' knowledge of the agricultural food system and create an understanding that good nutrition comes from the soil by growing healthy food. The program involves eighth-grade students, students from the Alternative Learning Program, FFA members, FFA alumni, Meeker Memorial volunteers and staff to plant, care for and harvest the garden. Involving students increases their knowledge of community and the community needs through service. The garden bounty is served to Meeker Memorial Hospital patients and others in the Prairie Winds Café, providing them fresh, nutritious meals.
The Taking Root program was initially funded by a grant from the Minnesota Agricultural Education Leadership Council (MAELC), a 16-member legislative council dedicated to improving and restructuring agricultural education in Minnesota. Since the initial grant, Meeker Memorial Hospital has supported the program to serve staff, volunteers and the community through staff time, preparation of food, and nutrition labeling and education.
Lakeview Health helps kids “PowerUp” for a healthy lifestyle

Lakeview Health, HealthPartners Family of Care, Stillwater

More than a year ago, Lakeview Health faced a staggering statistic: the children of today are projected to live shorter and less healthy lives than today’s adults. “PowerUp” is a community-wide, long-term effort by Lakeview Health, with the support of the Lakeview Foundation and HealthPartners, to make changes that benefit kids in the communities of Stillwater, Mahtomedi and Somerset, Wis. Its goal is to make the St. Croix Valley a place where it’s easy for youth to eat well and be active.

“PowerUp” is committed to helping inspire families and the community to “do better” for kids — to reverse the trend of a less healthy life. The program teaches kids and families that they can PowerUp by counting down:

- Five fruits, roots and vegetables — Find fabulous fruits like melon, citrus, grapes, berries and apples. Try yummy roots like potatoes, sweet potatoes, carrots and turnips; and super vegetables like beans, peas and greens.
- Four colors or more — Make a rainbow with your plate with RED apples, grapes, beets, cherries, peppers, papaya; BLUE/PURPLE blueberries, plums, eggplant, figs, pomegranate; YELLOW/ORANGE corn, squash, carrots, mango, melon, oranges; GREEN broccoli, spinach, kiwi, avocado, leeks, zucchini.

“Better eating and more physical activity are at the heart of the change and we know that it will pay off for kids today and in the future.”

Marna Canterbury, MS, RD, director of community health and wellness, Lakeview Foundation.
• Three meals every day — Don’t skip! Breakfast and other meals give an energy boost and help you eat better and are great for connecting with your family.

• Two hours of screen time or less each day — Power down the computer, television, cell phone, electronic games, notebooks and tune in to talking, playing and moving more. Keep an eye on the clock (or use a timer) and enjoy family time without the screens.

• One hour of play — Dance, run, skip, kick … just get moving and have some fun. Take a family walk, play a yard game, collect rocks or leaves, or play tag. Get moving to power up your mind and your body.

• Zero sugary drinks — Skip the soda sports drinks, sweet tea or “fruit drinks.” Refresh with water, milk (1% or skim) or a small glass of 100% fruit juice.

“Better eating and more physical activity are at the heart of the change and we know that it will pay off for kids today and in the future,” said Marna Canterbury, MS, RD, director of community health and wellness, Lakeview Foundation. “That means working with schools, restaurants, families, clubs, teams and the entire community to make small and big changes like offering fruits and vegetables with meals, serving water (not sweetened) beverages, and incorporating fun physical activity into every day.”

“PowerUp” has reached more than 5,000 families through Summer Tuesdays, fairs, runs and veggie giveaways. Lakeview Food Service has started to PowerUp with half-priced salad, hummus cups, fresh veggies and more. And approximately 1,400 children at three elementary schools were reached with the “yumPower School Challenge,” which challenged kids to make a measurable increase in their intake of fruits and vegetables; and 13 more schools are in line to participate. Partnerships have been formed with restaurants that are no longer serving sweetened soda and veggies with every kid’s meal. Schools have also opened their gyms on weekends during the winter for free gym time. PowerUp also plans to implement an early childhood curriculum throughout the community to get kids engaged at an early age.

PowerUp also has a website with activity ideas, recipes and other ways to power up. It also keeps the community engaged through social media. Learn more at powerup4kids.org.

The program is funded through $6 million in designated funds of the Lakeview Foundation and HealthPartners with planning and oversight by the Lakeview Foundation Health and Wellness Advisory Committee.
Helping patients take control of their own health

Ortonville Area Health Services

Each year in May, Ortonville Area Health Services celebrates health care throughout the month. In addition to activities celebrating its employees and their dedication, one of the community events is the Annual Health Fair where people can come to learn about a variety of health-related topics and services. The health fair provides an opportunity for Ortonville Area Health Services to reach out to members of the community about their health and well-being. It is a comfortable, relaxed environment where they can voice health concerns or just obtain information about resources available to them, and it provides an opportunity to educate people about their health and prevention.

The Annual Health Fair is also a way for Ortonville Area Health Services to involve its community partners and form a collaborative approach to ensuring wellness throughout the community. The event attracts a variety of health partners including dentists, massage therapists, chiropractors, nutritionists, fitness, health technology and much more.
To help engage patients in their care, Ortonville offers electronic health records and gives patients access to their charts during the fair. "We have access to ‘My Chart,’ which allows them to access certain portions of their medical chart. We provide training on how to use ‘My Chart’ and staff are available to help them sign up and answer any questions," said Donna Moberg, public relations and marketing specialist, Ortonville Area Health Services.

In addition to the health fair, Ortonville hosts regular "lunch and learns" that are open to the public at no cost. The lunch and learns serve as a way to educate the public about various health topics while they enjoy a free lunch. They hear from a specialist about breast health awareness, female incontinence, the basics of allergies and asthma, and concussion treatment and prevention, to name a few. The events are held every two to three months and draw 15-55 people.

“Events such as the Annual Health Fair and lunch and learns are important learning tools for our community,” said Moberg. "It is our goal to engage patients in their own health care and by offering events such as these they are becoming more knowledgeable.”
<table>
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<tr>
<th>Description</th>
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<tr>
<td>Charity care</td>
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<td><strong>Total value of community contributions</strong></td>
<td>$55,583,908</td>
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Community Behavioral Health Hospital - Bemidji • Essentia Health Ada • Essentia Health Fosston • Essentia Health St. Mary’s Hospital - Detroit Lakes • Kittson Memorial Healthcare Center, Hallock • LakeWood Health Center, Baudette • LifeCare Medical Center, Roseau • Mahnomen Health Center • North Valley Health Center, Warren • RiverView Health, Crookston • Sanford Bagley Medical Center • Sanford Bemidji Medical Center • Sanford Thief River Falls Medical Center

* "Other community benefit programs and activities" comprises the following: MinnesotaCare provider tax; other public programs below cost; community services; subsidized health services; education and workforce development; research; cash and in-kind donations; community buildings; and other community benefit costs.
Charity care ................................................................. $ 17,715,162
Medicaid (costs in excess of payments + surcharge) .... $ 71,677,123
*Other community benefit programs and activities ........ $ 48,745,817

**Total cost of community benefits**
(as defined by the IRS) ........................................... $ 138,138,102

Percent of total operating expenses .................. 8.69%
Community building ........................................ $ 636,633
Costs in excess of Medicare payments ............... $ 108,000,247
Other care provided without compensation (bad debt) .... $ 31,819,108

**Total value of community contributions** ............... $ 278,594,090

Bigfork Valley Hospital • Community Memorial Hospital, Cloquet • Cook County North Shore Hospital,
Grand Marais • Cook Hospital & C&NC • Ely-Bloomenson Community Hospital • Essentia Health Deer
River • Essentia Health Duluth • Essentia Health Northern Pines, Aurora • Essentia Health Sandstone
• Essentia Health St. Mary’s Medical Center, Duluth • Essentia Health-Virginia • Grand Itasca Clinic
and Hospital, Grand Rapids • Lake View Memorial Hospital, Two Harbors • Mercy Hospital, Moose
Lake • Rainy Lake Medical Center, International Falls • Range Regional Health Services, Hibbing •
Riverwood Healthcare Center, Aitkin • St. Luke’s Hospital, Duluth

*“Other community benefit programs and activities” comprises the following: MinnesotaCare provider tax; other
public programs below cost; community services; subsidized health services; education and workforce development;
research; cash and in-kind donations; community buildings; and other community benefit costs.
Charity care ......................................................................................... $ 24,282,398
Medicaid (costs in excess of payments + surcharge) ........ $ 73,979,709
*Other community benefit programs and activities .......... $ 52,226,033

Total cost of community benefits
(as defined by the IRS) ................................................................. $ 150,488,140

Percent of total operating expenses ................................. 6.93%
Community building ................................................................. $ 594,853
Costs in excess of Medicare payments ......................... $ 107,814,696
Other care provided without compensation (bad debt) ..... $ 33,313,906

Total value of community contributions ......................... $ 292,211,595

Albany Area Hospital and Medical Center  •  Buffalo Hospital  •  Cambridge Medical Center  •  CentraCare Health System - Long Prairie  •  CentraCare Health System - Melrose  •  CentraCare Health System - Sauk Centre  •  Community Behavioral Health Hospital - Alexandria  •  Community Behavioral Health Hospital - Annandale  •  Community Behavioral Health Hospital – Baxter  •  Community Behavioral Health Hospital - Fergus Falls  •  Cuyuna Regional Medical Center, Crosby  •  Douglas County Hospital, Alexandria  •  Essentia Health  •  St. Joseph’s Medical Center, Brainerd  •  Fairview Lakes Health Services, Wyoming  •  Fairview Northland Medical Center, Princeton  •  FirstLight Health System, Mora  •  Glacial Ridge Health System, Glenwood  •  Lake Region Healthcare, Fergus Falls  •  Lakewood Health System, Staples  •  Meeker Memorial Hospital, Litchfield  •  Mille Lacs Health System, Onamia  •  New River Medical Center, Monticello  •  Paynesville Area Health Care System  •  Perham Health  •  Prairie Ridge Hospital and Health Services, Elbow Lake  •  Sanford Wheaton Medical Center  •  St. Cloud Hospital  •  St. Cloud VA Health Care System  •  St. Francis Healthcare Campus, Breckenridge  •  St. Gabriel’s Hospital, Little Falls  •  St. Joseph’s Area Health Services Inc., Park Rapids  •  Stevens Community Medical Center, Morris  •  Tri-County Health Care, Wadena

* “Other community benefit programs and activities” comprises the following: MinnesotaCare provider tax; other public programs below cost; community services; subsidized health services; education and workforce development; research; cash and in-kind donations; community buildings; and other community benefit costs.
Charity care ................................................................. $ 134,544,735
Medicaid (costs in excess of payments + surcharge) ........ $ 432,969,799
*Other community benefit programs and activities .......... $ 367,200,187

**Total cost of community benefits**
(as defined by the IRS) .................................................. $ 934,714,721

Percent of total operating expenses ................................. 10.13%
Community building ...................................................... $ 4,556,795
Costs in excess of Medicare payments ............................ $ 433,403,508
Other care provided without compensation (bad debt) ...... $ 132,546,040

**Total value of community contributions** ......................... $ 1,505,221,064

Abbott Northwestern Hospital, Minneapolis  •  Anoka Metro Regional Treatment Center  •  Bethesda Hospital, Saint Paul  •  Children’s Hospitals and Clinics of Minnesota, Minneapolis  •  Fairview Ridges Hospital, Burnsville  •  Fairview Southdale Hospital, Edina  •  Gillette Children’s Specialty Healthcare, Saint Paul  •  Hennepin County Medical Center, Minneapolis  •  Lakeview Hospital, Stillwater  •  Maple Grove Hospital  •  Mercy Hospital, Coon Rapids  •  Minneapolis VA Health Care System  •  North Memorial Medical Center, Robbinsdale  •  Park Nicollet Methodist Hospital, Saint Louis Park  •  Phillips Eye Institute, Minneapolis  •  PrairieCare, Maple Grove  •  Regina Medical Center, Hastings  •  Regions Hospital, Saint Paul  •  Ridgeview Medical Center, Waconia  •  Shriners Hospitals for Children, Minneapolis  •  St. Francis Regional Medical Center, Shakopee  •  St. John’s Hospital, Maplewood  •  St. Joseph’s Hospital, Saint Paul  •  United Hospital, Saint Paul  •  Unity Hospital, Fridley  •  University of Minnesota Medical Center, Fairview, Minneapolis  •  Woodwinds Health Campus, Woodbury

*“Other community benefit programs and activities” comprises the following: MinnesotaCare provider tax; other public programs below cost; community services; subsidized health services; education and workforce development; research; cash and in-kind donations; community buildings; and other community benefit costs.*
Charity care .......................................................... $ 5,887,122
Medicaid (costs in excess of payments + surcharge) $ 24,006,744
*Other community benefit programs and activities .... $ 17,919,631

Total cost of community benefits
(as defined by the IRS) ........................................... $ 47,813,497

Percent of total operating expenses ...................... 7.46%
Community building ........................................... $ 250,898
Costs in excess of Medicare payments ................... $ 15,159,846
Other care provided without compensation (bad debt) ... $ 12,736,791

Total value of community contributions ................ $ 75,961,032

* “Other community benefit programs and activities” comprises the following: MinnesotaCare provider tax; other public programs below cost; community services; subsidized health services; education and workforce development; research; cash and in-kind donations; community buildings; and other community benefit costs.
Regional 6 Community Contributions

Charity care .......................................................... $ 43,807,672
Medicaid (costs in excess of payments + surcharge).... $ 146,852,385
*Other community benefit programs and activities .... $ 995,407,528
Total cost of community benefits (as defined by the IRS) .......................................................... $ 1,186,067,585
Percent of total operating expenses........................ $ 20.06%
Community building .............................................. $ 1,987,198
Costs in excess of Medicare payments .................. $ 174,720,865
Other care provided without compensation (bad debt) .... $ 65,018,190
Total value of community contributions .................. $ 1,427,793,838

Community Behavioral Health Hospital - Rochester • Community Behavioral Health Hospital - St. Peter • District One Hospital, Faribault • Mayo Clinic - Rochester Methodist Hospital • Mayo Clinic - Saint Marys Hospital, Rochester • Mayo Clinic Health System - Albert Lea and Austin • Mayo Clinic Health System in Cannon Falls • Mayo Clinic Health System in Fairmont • Mayo Clinic Health System in Lake City • Mayo Clinic Health System in Mankato • Mayo Clinic Health System in New Prague • Mayo Clinic Health System in Red Wing • Mayo Clinic Health System in St. James • Mayo Clinic Health System in Waseca • Minnesota Valley Health Center, Le Sueur • New Ulm Medical Center • Northfield Hospital • Olmsted Medical Center, Rochester • Owatonna Hospital • River’s Edge Hospital & Clinic, Saint Peter • Saint Elizabeth’s Medical Center, Wabasha • Sibley Medical Center, Arlington • United Hospital District, Blue Earth • Winona Health Services

* “Other community benefit programs and activities” comprises the following: MinnesotaCare provider tax; other public programs below cost; community services; subsidized health services; education and workforce development; research; cash and in-kind donations; community buildings; and other community benefit costs.
Cash and in-kind donations
Money, food, equipment, supplies or services donated by the hospital to individuals, other nonprofits or the community at large.

Charitable organizations
Organizations that help the poor or underprivileged, advance education or science, lessen the burdens of government, decrease neighborhood tensions, or combat community deterioration.

Charity care
The cost incurred by a hospital in providing free or discounted health care to low-income people who qualify according to the hospital’s policies.

Community benefits
Programs or activities that provide treatment and/or promote health and healing and tend to generate little profit or lose money; respond to needs of low income or underserved people; provide services that would not be provided or would need to be provided by the government or other nonprofits if the decision was based on financial terms; respond to public health needs; or involve education or research that furthers community health.

Community building
Costs that the hospital incurs to support programs or activities intended to improve the overall community’s strength and security. Typical activities include addressing homelessness and poverty, supporting economic development or environmental protection efforts, or improving public spaces through revitalization, art, streets or lighting, or graffiti removal.

Community services
Services such as community health education, support groups, transportation, smoking or weight-loss programs that are provided by a hospital for little or no fees to improve community health.

Costs in excess of Medicaid payments
The financial loss suffered by hospitals resulting from the difference between payments received from Medicaid and the cost of care provided to low-income and medically indigent Medicaid enrollees.

Costs in excess of Medicare payments
The financial loss suffered by hospitals resulting from the difference between payments received from Medicare and the cost of care provided to Medicare enrollees.

Discounts offered to uninsured patients
Discounts from charges for hospital services provided to uninsured Minnesota residents who earn less than $125,000 per year.

Education and workforce development
Unpaid costs associated with providing clinical training, internships, residencies and scholarships for tomorrow’s health care workforce.

Medicaid surcharge
A tax paid by hospitals to the State of Minnesota to help pay for Medicaid coverage for low-income and medically indigent residents.

MinnesotaCare tax
A tax on all hospital services paid to the State of Minnesota to help pay for MinnesotaCare insurance coverage for low-income and medically indigent residents.

Other care provided without compensation (bad debt)
Charges for care provided to patients who neither pay their share of the hospital bill nor complete the steps necessary to receive charity care or public insurance.

Other community benefit costs
Administrative costs, including staff, for implementing, managing and documenting community benefit activities and programs.

Other costs in excess of public program payments
The financial loss suffered by hospitals resulting from the difference between payments received from public programs for those in need of support and the cost of care provided to those enrollees.

Research
Unreimbursed costs associated with clinical and community health research, including reducing disparities in health care and preventing illness, which results in knowledge that is shared beyond the hospital.

Subsidized health services
Health care, such as emergency and trauma, behavioral health or renal dialysis services, provided at a financial loss because they meet community needs or, if not provided by the hospital, would be unavailable in the community or would become the responsibility of government or another nonprofit.

Taxes and fees
Property taxes, fees in lieu of taxes and other fees or surcharges paid by hospitals to local or state government.