

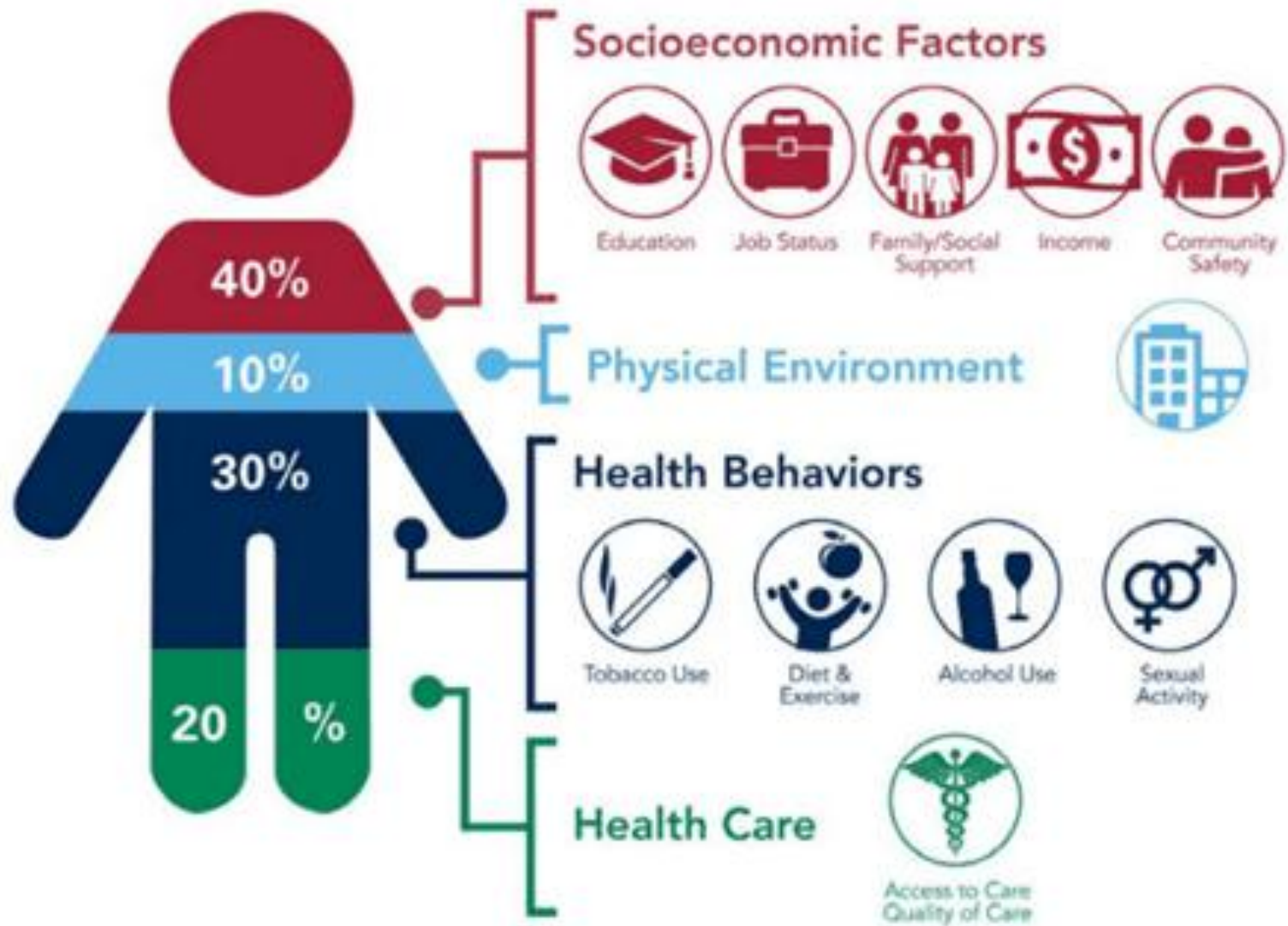


PRIMARY HEALTH NETWORK

# Building Health That Lasts: From Urgent Services to Vital Conditions

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*A compassionate care model for long-term wellness*



# What Are Vital Conditions?

## *The Vital Conditions for Health and Well-Being Framework:*

These are the essential elements every person needs to reach their full potential.



# Urgent Services vs. Vital Conditions

*Urgent Services respond to crises. Vital Conditions build stability and opportunity.*

Urgent Services	Vital Conditions
ER visits, prescriptions	Safe housing, good jobs
Short-term fixes	Long-term foundations
Crisis-driven	Prevention- and opportunity-driven
High-cost	High-impact

# Breaking the Cycle – From Urgent Services to Vital

## *Why This Shift Matters*

<b>Urgent Services ...are essential in crisis, but</b>	<b>Vital Conditions ....build the foundation for health</b>
Treat symptoms, not causes	Build resilience and agency
Create dependence long-term	Prevent crisis care needs
Burn out systems and staff	Enable upward mobility
Fail to restore true wellness	Strengthen communities

**“No amount of urgent care can substitute for stable housing, meaningful work, or belonging.”**

# Initiatives That Advance Vital Conditions

*Community partners can drive upstream impact through programs such as:*

- **Workforce Development**
  - Train and employ community health workers and peer navigators.
- **Mobile and Home-Based Care**
  - Bring services directly into rural homes, schools, and workplaces.
- **Integrated Behavioral Health**
  - Embed trauma-informed mental health in all care settings.
- **Transportation Access**
  - Partner with local transit or rideshare to eliminate barriers to care and opportunity.

# Initiatives That Advance Vital Conditions Continued

- **Nutrition & Food Systems**
  - Support healthy food access through gardens, vouchers, farm-to-clinic programs.
- **Health Education & Literacy**
  - Empower patients with the tools to navigate health systems and make informed choices.
- **Civic Engagement & Belonging**
  - Host community townhalls, listening sessions, and cultural events that foster connection.
- **Built Environment Advocacy**
  - Work with partners to improve walkability, parks, broadband, and environmental health.

# Why This Framework Matters in Rural Communities

## **Rural communities often lack access to vital conditions**

- Fewer jobs, providers, and transportation options
- Higher rates of poverty and social isolation
- Chronic stress and “band-aid” medicine dominate
  - People live in survival mode

**“We can’t expect wellness where the conditions for it don’t exist.”**

# Community Health Centers – More Than a Clinic

***Community Health Centers are embedded in communities. They deliver more than treatment—they build local health ecosystems.***

- Offer integrated care (medical, behavioral, dental, and specialty care)
- Serve vulnerable populations, regardless of ability to pay
- Partner with community orgs to address non-medical drivers
- Are rooted in prevention and equity

# The Ask

***Why This Matters to You? Collectively we're uniquely positioned to:***

- Invest upstream—in the conditions, not just the crises
- Cultivate partnerships to scale what works
- Shift the rural health narrative from reaction to resilience

**“Every dollar spent on vital conditions is a step toward generational wellness.”**

# The Vision for Rural Health

## ***Communities where:***

- Health is grown, not just repaired
- Services are seamless and local
- People feel belonging, dignity, and opportunity
- Together we act as engines of hope and healing



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