



2023-2025 Community Health Improvement Plan (CHIP)

Working Together to Meet the Goals

I am proud to present Methodist Healthcare System's Community Health Improvement Plan (CHIP) that spans over the next three years. This document outlines our approach to addressing the barriers to good health in our community. Methodist Healthcare has adopted the health priority areas based upon the 2022 three-year Bexar County and Atascosa County Community Health Needs Assessments. In addition, each Methodist Healthcare hospital has their respective CHIPs to address their service areas.

This document is not inclusive of all efforts we are implementing in our communities but it does provide tactics to address those issues that are impacting our lives and the lives of those we serve.

A copy of the Community Health Assessments for Bexar and Atascosa Counties along with the complete CHIP for Methodist Healthcare System and all our facilities can be viewed by logging on to SAHealth.com.

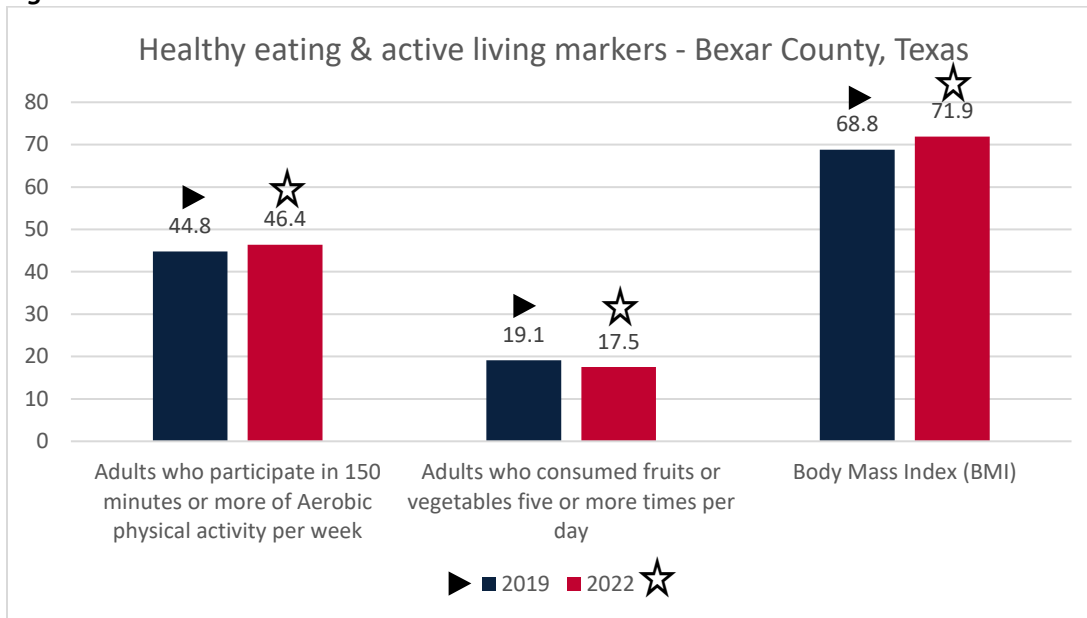
Dan Miller
Methodist Healthcare System President and Chief Executive Officer

The Five Community Health Priorities Methodist Healthcare Follows

Community Health Priority No. 1: Healthy Eating and Active Living

The percentage of adults who participate in 150 minutes or more aerobic physical activity per week is 46.4% in Bexar County, which is a slight increase from 2019 when it was 44.8%. The percentage of Bexar County adults who consumed fruits and vegetables five or more times per day has remained low over recent years and has decreased from 19.1% in 2019 to 17.5% in 2022. The percentage of adults who are categorized as overweight or obese based on their Body Mass Index (BMI) has slightly increased from 68.8% in 2019 to 71.9% in 2022. (Source: Behavioral Risk Factor Surveillance System)

Figure 1¹



Community Health Priority No. 2: Healthy Child and Family Development

Bexar County has seen a steady decrease in teen birth rate since 2016. The rate decreased between 2016 and 2020 by about 24% in the U.S. as a whole and 26% in Bexar County. The percent of births for which prenatal care began in the first trimester has continued to increase, but overall, more than one in three women were not beginning prenatal care in the first trimester. In 2019, 66.7% of women received prenatal care in the first trimester. The percent of births that were pre-term hovered at 12% to 14% between 2015 and 2019 (see chart below). In 2019, 13.2 % of births in Bexar County were pre-term. (Source: Texas Department of Health Services)

Community Health Priority No. 3: Safe Communities

The most recent data from Texas Department of Public Safety shows that 2020 had a slightly elevated crime rate than the previous four years. For 2020 there were 611.7 violent crimes reported per 100,000 people in Bexar County. Violent crimes include murders, rape, robbery, and aggravated assault.

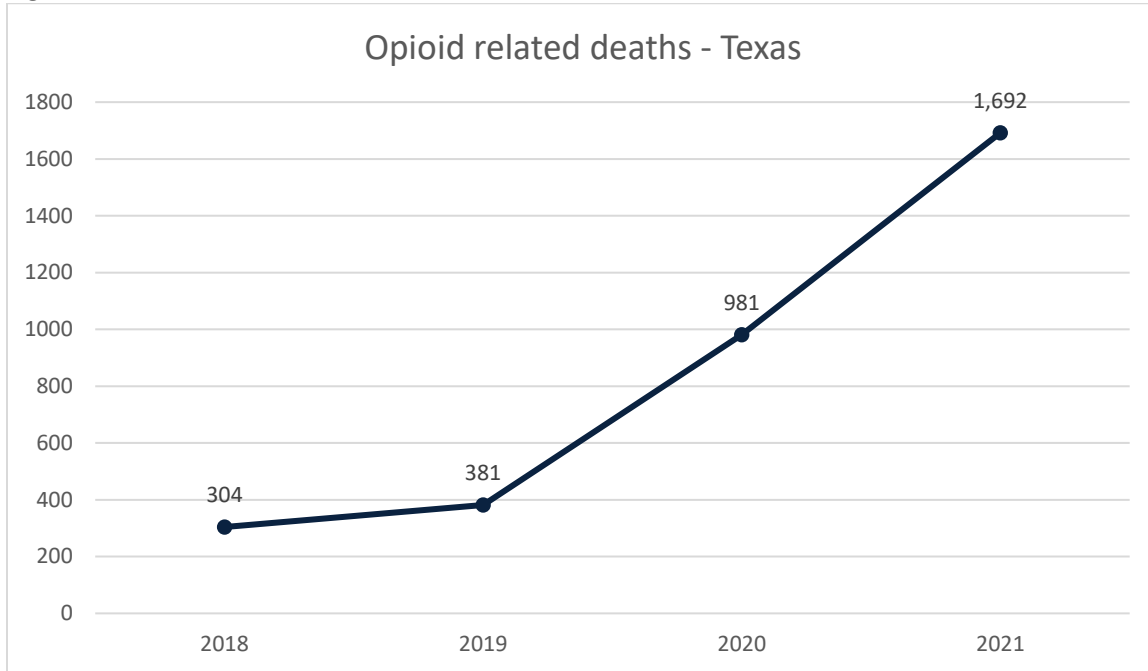
The rate of sexual assault dropped significantly during the first year of the pandemic (2020) to 81.3 sexual assault crimes committed per 100,000 Bexar County residents from 109.1 the prior year (2019). “Stay at home” orders and widespread business and school closures during the COVID-19 pandemic in 2020 may have influenced this trend, but this measure is also vulnerable to changes in proportion of sexual assaults that are reported.

During the pandemic we also saw a sharp rise in opioid related overdoses. In 2020, Texas Health and Human Services reported 981 opioid related deaths in the state, and in 2021 that number rose to 1,692 (see table below). In Bexar County, we have seen the rate of opioid prescriptions fall significantly in the last five years. In 2016 there were 546

¹ Source: 2022 Bexar County Health Needs Assessment Report

prescriptions per 1,000 adults and in 2020 that number had dropped to 441. (Source: Center for Disease Control and Prevention)

Figure 3²



Community Health Priority No. 4: Behavioral and Mental Well-Being

Health is about more than the physical body. Mental health is related to how people think, feel and act as they cope with life – how they manage stress, relate to others and make choices. There is growing clinical recognition of the impact of mental health conditions and disorders on overall health status and costs.

Survey participants from the Community Health Needs Assessment from different age groups and cultural backgrounds agreed that social support was fundamental to health, especially mental health. There were many quotes from individuals experiencing stress, anxiety, and depression as a result of feeling alone and not having access to the mental health resources which may have alleviated them.

In Bexar County, the rate of hospital discharges with a primary discharge diagnosis of a mental health or behavioral disorder is 59.9 per 10,000 patients. Although twice as high in the population aged 18 to 64, the rate is a sizable 34.9 per 10,000 among young people under 18 years old (see table below).

Community Health Priority No. 5: Sexual Health

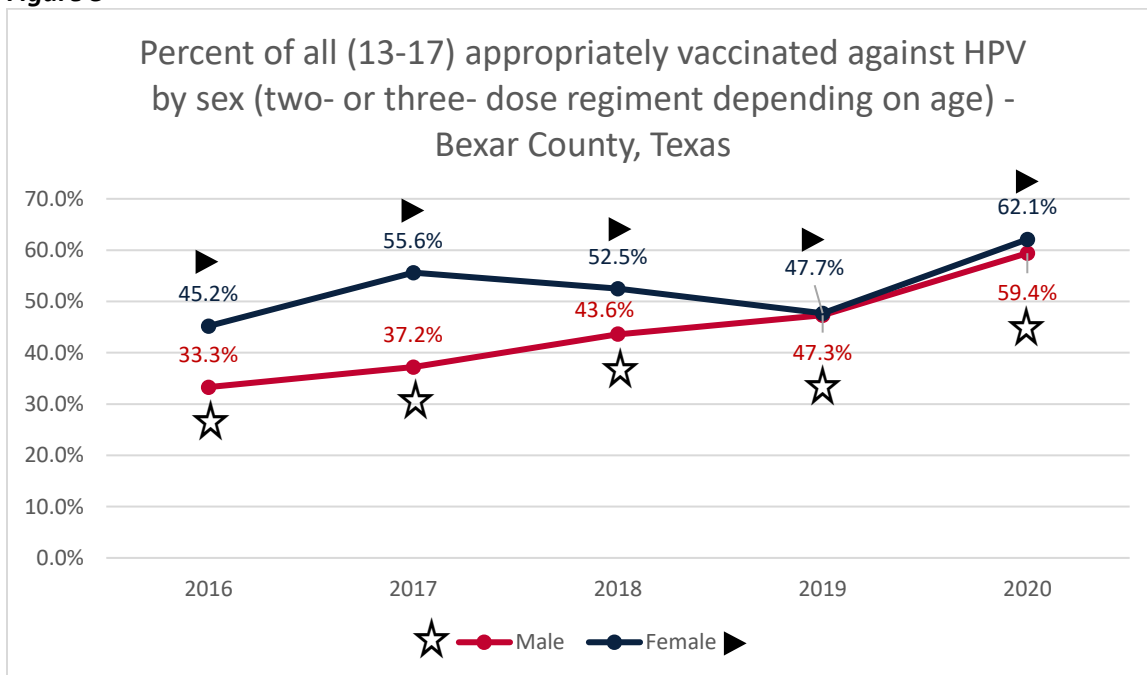
² Source: Texas Department of State Health Services

The most recent data available on sexually transmitted diseases for Bexar County is from 2018, predating the COVID-19 pandemic. The effects of the pandemic on transmission, screening, detection, and case investigation are not yet known. However, as testing is conducted in primary care settings, mobile settings, as part of the blood donation process, and even in emergency departments, any decrease in care utilization will decrease testing and detection rates. The effect is likely to be an incidence rate that significantly underestimates the true burden of illness.

When comparing newly diagnosed cases of Chlamydia, Gonorrhea, and Syphilis (primary and secondary) in Bexar County there has been a decrease in all three diseases from 2017 to 2018. When looking at new cases of HIV in Bexar County there was a small uptick from 2018, 16.4 new cases per 100,000 residents, to 17.1 new cases per 100,000 residents in 2019.

While the HPV vaccination rate increased among females between 2016 and 2020 (45.2% to 62.1%) much of the five-year gain in the overall rate can be attributed to the rising rate among males (see table below). Virtually equal rates in 2019 and 2020 erased the HPV vaccination gap between males and females. We will continue to educate parents and guardians to vaccinate both males and females to increase vaccination rates in the county.

Figure 3³



³ Source: 2022 Bexar County Community Health Needs Assessment Report

The Plan

Community Health Priority No. 1: Healthy Eating and Active Living

Community Goal: To foster social change and strengthen positive behaviors around healthy eating and active living to ensure access to nutritious foods and built environments that enable all residents to make healthy choices and lead healthy lives.

Objective: To encourage and promote the number of residents in our community who eat healthy and engage in physically active behaviors.

Strategies: To provide education and assistance through literature, speaking seminars, health fairs, programs, and partnering with organizations in the community.

Tactics and Measurements: Methodist Healthcare will implement the following tactics and measurements, with yearly updates through 2025:

- Continue to host annual food drives that benefit the San Antonio Food Bank
 - Measurement: Number of servings collected
- Continue involvement with the Healthy Me program in partnership with the Health Collaborative in efforts to decrease the prevalence of overweight and obese youth through program in area school districts
 - Measurement: Number of Healthy Me programs, number of attendees at each program
- Continue running the *kids teaching kids* program focusing on the 21-day healthy snack challenge partnering with High School culinary students who create recipes for elementary school students to try during the challenge.
 - Measurement: Number of elementary schools students who participate in the challenge
- Engage local employers in our Health Matters program to attend employee health fairs/benefit fairs, as well as send email about healthy habits, relevant blogs, and links to take risk assessments.
 - Measurement: Number of employees reached.

Impact: Through the tactics listed above, Methodist Healthcare will bring awareness to healthy eating and active living as well as contribute to the decrease in obesity, hypertension, and diabetes rates.

Key Partners:

- San Antonio Independent Schools Districts
- The Health Collaborative
- SA Food Bank
- Local employers

Community Health Priority No. 2: Healthy Child and Family Development

Community Goal: To make pregnancy and early childhood the focus of system level changes that support healthy child and family development.

Objective: To promote family stability by supporting education classes that promote mental health, community resources and health conditions for children.

Strategy: Provide resources through Methodist Family Health Center, Methodist Women and Teen Centers, Methodist Healthcare Health Line services, and Methodist Healthcare student work programs.

Tactics and Measurements: Methodist Healthcare will implement the following tactics and measurements, with yearly updates through 2025:

- Continue to offer free limited health care through Methodist Family Health Center.
 - Measurement: Number of patient visits.
- Continue to offer Call-A-Nurse for Children Health Line telephone services, which offers free medical advice to sick or injured adults and parents of sick or injured children.
 - Measurement: Number of calls to the Call-A-Nurse phone line.
- Continue to offer the community parenting classes, car seat installations, car seat distributions, and lactation consultations.
 - Measurement: Number of classes and attendees, number of car seat installations and distributions, and number of lactation consultations done.
- Partner with American Cancer Society to educate parents on the HPV vaccine and encourage them to get their child(ren) vaccinated.
 - Measurement: Number of presentations given and attendees who received the information.
- Support the Enroll SA program in partnership with the Health Collaborative to enroll community members through the Affordable Care Act to receive health insurance.
 - Measurement: Number of enrollees.
- Continue awareness campaign every year to encourage women to schedule their mammograms for Breast Cancer Awareness Month in October. Community would be reached through health fairs, social media, emails, commercials, and ad space in magazines.
 - Measurement: Number of mammograms scheduled through South Texas Radiology Imaging Centers (STRIC) in the month of October.
- Continue partnering with the Health Collaborative to offer the Pathways Community HUB to help community members connect to multiple resources.
 - Measurement: Number of clients served through the HUB.
- Continue partnership with American Cancer Society to help identify community members at high risk of colon cancer to receive free colonoscopies.
 - Measurement: Number of free colonoscopies given.

Impact: Through the tactics listed above, Methodist Healthcare will bring awareness to healthy children and family development, as well as continue the decrease of complications in pregnancy, in infant mortality rates, and improved access to healthcare services needed.

Key Partners:

- The Health Collaborative
- American Cancer Society
- STRIC

Community Health Priority No. 3: Safe Communities

Community Goal: To develop safe neighborhoods, by identifying what works locally, planning how to replicate success in our neighborhoods, and enhancing systems that respond effectively to community identified safety needs.

Objective: To reduce prevalence of overprescribed medication in households, to educate the community on first-aid skills and tactics, and provide transportation safety for children and adults.

Strategy: Identify factors related to health, wellness, and mental health that affect the development of safe communities then cultivate and support programs in response to them.

Tactics and Measurements: Methodist Healthcare will implement the following tactics and measurements, with yearly updates through 2025:

- Work alongside the Drug Enforcement Agency (DEA) and partner with local police departments to host an annual medication take-back day to reduce the prevalence of unused/expired medications in households.
 - Measurement: Number of pounds collected.
- Partner with the American Heart Association to offer hands-only CPR classes to the community.
 - Measurement: Number of classes offered and number of attendees at each class.
- Partner with the South Texas Regional Advisory Council (STRAC) to offer Stop the Bleed programs to the community.
 - Measurement: Number of classes offered and number of attendees at each class.
- Continue to provide free transportation for patients needing rides to appointments, hospital admissions, or to patients who are discharging from our facilities.
 - Measurement: Number of passengers who receive free transportation.

Impact: Through the tactics listed above, Methodist Healthcare will bring awareness to and educate the community on safety issues.

Key Partners:

- DEA
- SAPD
- American Heart Association
- STRAC

Community Health Priority No. 4: Behavioral and Mental Well-Being

Community Goal: To improve comprehensive behavioral health services and access for all.

Objective: To provide training and support groups to enhance mental health education for Methodist Healthcare service area communities and build better lives for people with mental illness.

Strategy: To educate the community through seminars and leverage current system wide initiatives.

Tactics and Measurements: Methodist Healthcare will implement the following tactics and measurements, with yearly updates through 2025:

- Continue Methodist Healthcare tele-psychiatry program to improve access to psychiatrists as well as placement to the appropriate setting.
 - Measurement: Number of calls to the tele-psychiatry program.
- Continue to provide an ongoing 24/7/365 Pastoral Care presence with patients, families, and health care professionals with chaplain clinicians.
 - Measurement: Number of pastoral care contacts made.
- Continue providing EVERFI's virtual Understanding Mental Wellness course to 8th - 10th graders across our city by partnering with their teacher and/or school.
 - Measurement: Number of students who participate in the course.

- Support the local chapter of the National Alliance on Mental Illness (NAMI) by printing their monthly newsletter free of charge.
 - Measurement: Number of copies printed free of charge.
- Utilize our facility/therapy animals to help patients, staff, and community partners control daily anxiety, regulate emotional arousals, and improve mood.
 - Measurement: Number of contacts made by each animal.
- Educate our community through presentations on basic mental health strategies, support opportunities, and how to handle crisis situations that arise.
 - Measurement: Number of attendees at presentations.

Impact: Through the tactics listed above, Methodist Healthcare will bring awareness to behavioral and mental-wellbeing issues as well as contribute to the general education about these topics. We will also work to provide support to those who are in crisis and those supporting people who have mental health needs.

Key Partners:

- EVERFI

Community Health Priority No. 5: Sexual Health

Community Goal: Ensure that the community has access to education and resources to promote sexual health.

Objective: To improve the sexual health of Methodist Healthcare’s community by offering free sexual health screenings, and education about getting vaccinated against HPV.

Strategy: To provide free or low cost sexual health services to the community.

Tactics and Measurements: Methodist Healthcare will implement the following tactics and measurements, with yearly updates through 2025:

- Provide free human immunodeficiency virus (HIV) screening tests to the community at two of our facility emergency rooms.
 - Measurement: Number of HIV screenings done.
- Partner with American Cancer Society and Methodist Healthcare Ministries to provide free education regarding the human papilloma virus (HPV) vaccine.
 - Measurement: Number of attendees reached at the presentations.
- Continue to offer free pregnancy testing and physician referrals through Methodist Women and Teen Centers.
 - Measurement: Number of patients seen, pregnancy tests, and physician referrals.

Impact: Through the tactics listed above, Methodist Healthcare will contribute to the decrease in sexually transmitted diseases and offer support and resources to women who think they are pregnant.

Key Partners:

- Methodist Healthcare Ministries
- American Cancer Society

Implementation of the Strategy

The implementation strategy, including an execution plan and prioritization of health needs, services and metrics for each hospital will be presented to and approved by the Community Benefits Committee, Methodist Healthcare Community Board, Methodist Healthcare Board of Governors, and Methodist Healthcare Ministries.

The chief executive officer at each facility has appointed an advocate to work with Methodist Healthcare Community Engagement department to implement and monitor the plan.

Methodist Healthcare's Implementation strategy for each hospital includes:

- Priority initiative works plans
- Role and responsibility assignments
- Measures/indicators for success along with baseline data

Monitoring of the plan will occur through the quarterly community benefits reports to the Community Benefits Committee and the annual charity care report compiled and distributed to the Community Benefits Committee.

Availability of the Community Health Needs Assessment and Implementation Plan

A digital version of the assessment and plan will be available on our website, www.SAHealth.com. A printed version will be distributed to employees and will be available to the public upon request.

Approval:

Methodist Healthcare System President and Chief Executive Officer

By: Dan Miller
