

**2026-2028**  
**Community  
Health  
Improvement  
Plan (CHIP)**

---

IMPLEMENTATION STRATEGY





## 2026-2028 Community Health Improvement Plan (CHIP)

### Working Together to Meet the Goals

I am proud to present Methodist Hospital | Hill Country's 2026–2028 Community Health Improvement Plan (CHIP). This plan reflects our ongoing commitment to improving the health and well-being of the community we serve and outlines our strategy for addressing the most pressing barriers to good health within our service area.

Guided by the findings of the most recent Community Health Needs Assessment, we have identified priority areas that reflect the unique needs of our patients, families, and neighbors. Our implementation strategies are designed to strengthen access to care, enhance community partnerships, and improve health outcomes across our region.

While this document highlights our key focus areas for the next three years, it represents only part of our broader dedication to advancing community health. Through collaboration with local organizations, providers, and community leaders, Methodist Hospital | Hill Country remains committed to delivering meaningful, measurable impact.

The Community Health Needs Assessment and the full Community Health Improvement Plan for Methodist Hospital | Hill Country, along with Methodist Healthcare System's system-wide plan, are available at [SAHealth.com](https://www.SAHealth.com).

Clint Kotal

Methodist Hospital | Hill Country Chief Executive Officer

# Organizational Profile

---

As the most preferred health care provider in San Antonio, the Methodist Healthcare System has been recognized by the community for its outstanding team of nurses, medical professionals and physicians for more than 50 years. Since opening its first hospital in 1963, Methodist Healthcare has provided quality care to residents of San Antonio and the 30 surrounding counties and patients from around the world. Methodist Healthcare System is the largest nongovernmental provider of Charity Care in the region it serves. We also are a designated “disproportionate-share provider” for both Medicare and Medicaid programs and qualify for the 340b drug discount program.

**Our Mission:** Serving Humanity to Honor God by providing exceptional and cost-effective health care accessible to all.

**Our Vision:** To be world-class

**Our Values:** I-CARE: Integrity, Compassion, Accountability, Respect, Excellence

**Our Core Competency:** Building partnerships to serve our community.

Methodist Healthcare began as Methodist Hospital, a single, five-story acute care facility that was chartered in 1955 and first opened its doors in 1963. In 1995, Methodist Healthcare was formed as a 50-50 partnership between the Methodist Healthcare Ministries of South Texas (MHM) and HCA. MHM is a private, faith-based, not-for-profit organization dedicated to providing medical and health-related human services to low-income families and the uninsured in South Texas. MHM is second only to the government in providing health care to the indigent population in a 74-county area. HCA, based in Tennessee, is the nation’s leading provider of health care services, composed of more than 190 hospitals and 2,400+ sites of care in 20 U.S. states and in the United Kingdom.

## Facilities

Methodist Healthcare is comprised of over 50 facilities, including eleven hospitals, each committed to serving the needs of the community. It is the largest health care system in South Texas, with 2,700 licensed beds and over 15,000 employees. Methodist Healthcare’s hospitals:

- |                                   |   |
|-----------------------------------|---|
| Methodist Children’s Hospital     | Methodist Hospital   Northeast                |
| Methodist Hospital                | Methodist Hospital   Specialty and Transplant |
| Methodist Hospital   Atascosa     | Methodist Hospital   Stone Oak                |
| Methodist Hospital   Hill Country | Methodist Hospital   Texsan                   |
| Methodist Hospital   Landmark     | Methodist Hospital   Westover Hills           |
| Methodist Hospital   Metropolitan |   |

## Community Benefits Committee – Guiding Community Outreach

---

The Methodist Healthcare System Core Competency, building partnerships to serve our community, enables achievement of the mission of service to the community (Serving Humanity) through compassionate service, efficiency, and effectiveness with a servant leadership attitude (being responsible stewards of Methodist Healthcare’s assets while honoring God). The Mission supports regular, consistent impactful contributions to strengthen the health of the community guided by the Community Benefits Committee. Formed in 1995 as a result of the partnership agreement, the Community Benefits Committee is a standing committee of Methodist Healthcare. The committee meets quarterly to review community benefits provided by Methodist Healthcare. Members include

representatives from Methodist Healthcare’s Community Board, Board of Governors and leadership from Methodist Healthcare and Methodist Healthcare Ministries, as well as key staff members from each organization. An annual community report is submitted by the president and CEO of Methodist Healthcare, to the Community Benefits Committee, Board of Governors, Community Board, and MHM recapping the complimentary programs offered to the community, a great many of them directed to those less fortunate. In addition to the annual report, a quarterly report is presented on various aspects of Methodist Healthcare’s community involvement focused on measuring community activity that benefits the underserved.

# Population Served

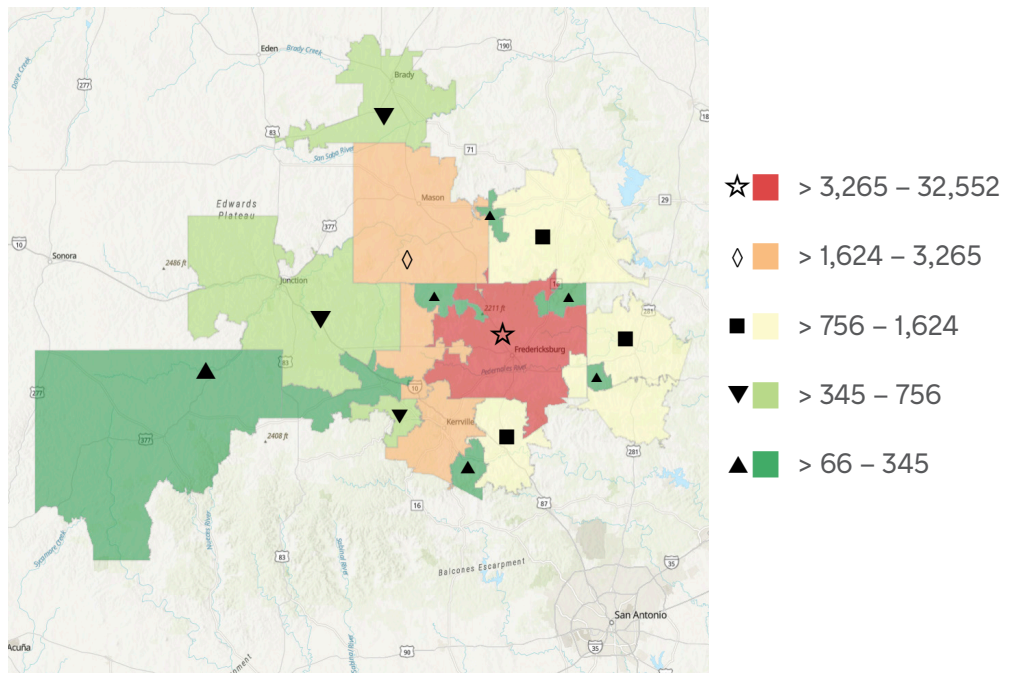
In 2025, Methodist Hospital | Hill Country served<sup>1</sup>

Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
15,838	2,201	53,797	2,326	74,162

Methodist Hospital | Hill Country serves an estimated population of 119,000 people in the following counties: Blanco, Edwards, Gillespie, Kendall, Kerr, Kimble, Llano, Mason, and McCulloch.

<sup>1</sup> Source: MHS Same Store QMIRS Operating Indicators, 2025

**Figure 1 Geographical Illustration of Population Served<sup>2</sup>**



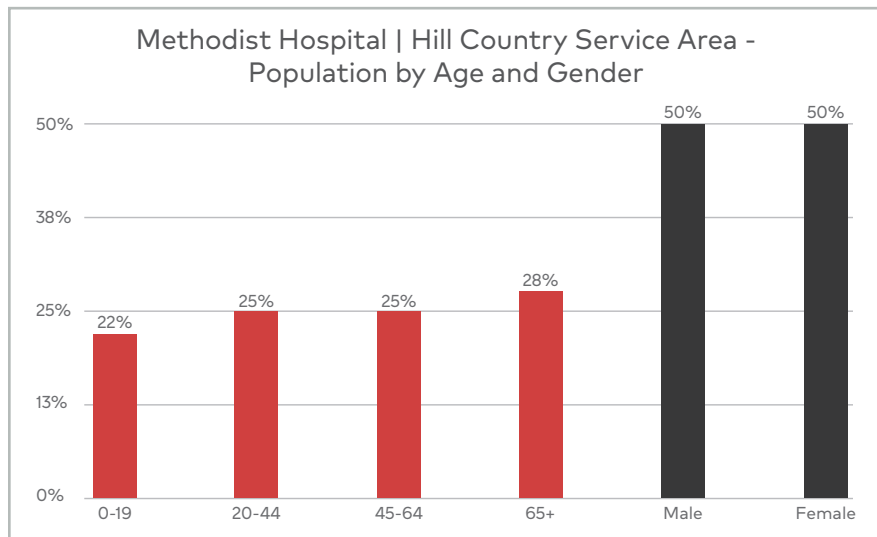
<sup>2</sup> Source: Advisory Board Demographics Data, 2025

## Figure 2 Population Ethnicity<sup>3</sup>

2025 Estimated Population by Ethnicity	119,119
White	94,214
Black	684
Asian	1,242
Other	7,080
American Indian	2,050
Pacific Islander	57
Two or more races	13,799
<hr/>	
<b>2025 Estimated Population Hispanic or Latino</b>	<b>28,896 (24%)</b>

<sup>3</sup> Source: Advisory Board Demographics Data, 2025

## Figure 3 Population Age and Gender<sup>4</sup>



<sup>4</sup>Source: Advisory Board Demographics Data, 2025

To help meet the needs of our rural communities, Methodist Healthcare manages Medina Regional Hospital in Hondo, Texas, Cuero Regional Hospital in Cuero, Texas, Dimmitt Regional Hospital in Carrizo Springs, Texas, and Frio Regional Hospital in Pearsall, Texas. This enables these hospitals to provide the community with resources that otherwise may not be available.

Methodist Healthcare provides a neuro telemedicine program, Tele-Stroke, to Connally Memorial Medical Center (Floresville, Texas), Guadalupe Valley Regional Medical Center (Seguin, Texas), Fort Duncan Regional Medical Center (Eagle Pass, Texas), Dimmitt Regional Hospital (Carrizo Springs, Texas), Laredo Medical Center (Laredo, Texas), Medina Regional Hospital (Hondo, Texas), Frio Regional Hospital (Pearsall, Texas), Methodist Hospital Atascosa (Jourdanton,

Texas), Memorial Hospital (Gonzales, Texas), Uvalde Memorial Hospital (Uvalde, Texas) and Cuero Community Hospital (Cuero, Texas). The Tele-Stroke program provides these rural Texas hospitals access to Methodist Healthcare neurologists who can remotely diagnose and treat stroke patients when minutes count.

Methodist AirCare is proud to serve Texas communities in need of advanced emergency health care and rapid transport. Methodist AirCare bases are located at Frio Regional Hospital (Pearsall, Texas), and at Methodist Hospital and Methodist Children's Hospital (San Antonio, Texas).

In partnership with South Texas Radiology Group, Methodist provides picture archive (PACS) services and radiology services to Medina Regional Hospital in Hondo, Texas, Val Verde Regional Medical Center in Del Rio, Texas and Frio Regional

Hospital in Pearsall, Texas in an effort to expand the depth and breadth of radiology specialty services and providing a safer continuum of care for patients originating in these communities.

The majority of the population Methodist Healthcare serves is Hispanic. In order to meet the needs of those whose primary language is not English, Methodist Healthcare offers:

- Language interpretation – 200 languages available 24/7, 365 days a year through a relationship with AMN Healthcare. Methodist Healthcare has video remote interpretation (VRI) throughout the organization, for patients and families requiring language assistance.
- Materials in Spanish - Most forms are available in Spanish (additional languages upon request).

## Community Needs Assessment Methodology, Process and Community Involvement

---

Methodist Healthcare is a founding member of The Health Collaborative (THC), a nonprofit convening organization that brings together hospital systems, other health care organizations, local government and nonprofit organizations in Bexar County to identify and solve community health issues through collaboration. The Health Collaborative has conducted the Bexar County CHNA since 1998 and the Atascosa County CHNA since 2019. In 2025, it also facilitated a Hill Country CHNA following Methodist Healthcare's 2023 acquisition of Methodist Hospital | Hill Country. Methodist Healthcare has used these in-depth assessments of local health to analyze, prioritize and act on the health-care needs of the community. Conducted every three years, these assessments have evolved into a national model recognized for its comprehensiveness and for

the community engagement and collaboration it has fostered. The qualitative analysis for the 2025 Bexar County Community Health Needs Assessment was based on meetings with focus groups, key informant interviews from community members, including community health workers, people over 65, young adults 15 to 18, and local elected officials. The focus groups and interviews were moderated by staff at The Health Collaborative and analyzed by Community Information Now (CI:Now).

Beyond conforming with federal requirements, the 2025 assessment is intended to help stakeholders understand local trends and demographic and geographic disparities in a broad range of social, economic, and environmental determinants of health; health related behaviors; well-being, illness, and injury; and death.

The 2025 CHNA report was released and shared with the community in November 2025. City, County, philanthropy, hospital and community leadership were invited to learn about the key findings and engage in a discussion around social determinants of health and collaboration. The report was made public on the Health Collaborative website (<https://www.healthcollaborativechna.com/>), accessible through member websites and available for digital download in other community partner sites. In addition, the Health Collaborative will have hard copy reports available for dissemination in community. The 2025 CHNA is incorporated by reference into this MHS CHIP.

## **Identified Community Needs: Working Together to Meet the Goals**

---

In order to work collaboratively with other health care systems and organizations, businesses and nonprofits and make a true impact in our community, Methodist Healthcare has adopted the health priority areas based upon the 2025 three-year Community Health Needs Assessments.

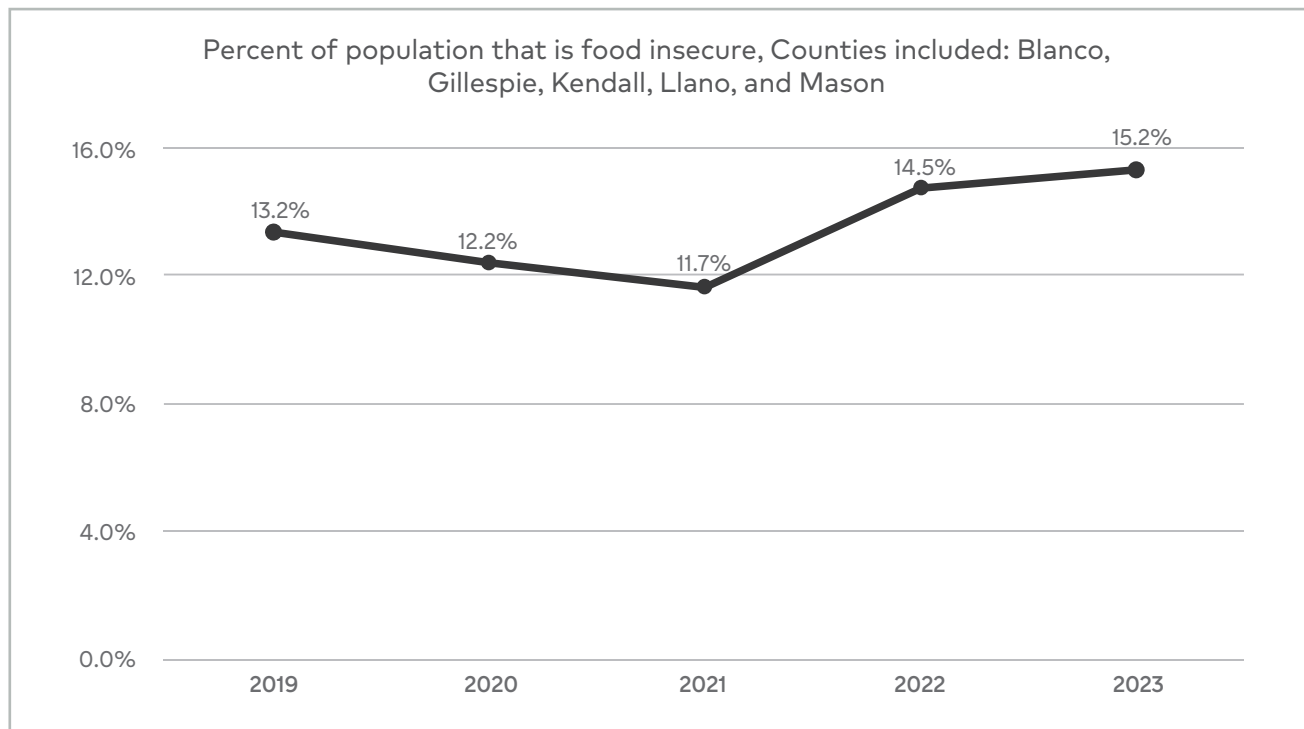
## Community Health Priority No. 1: Healthy Families and Communities

**Data Snapshot:** Access to fresh, healthy, and affordable food is one of the most fundamental building blocks of community health. As shown in the chart, the percentage of residents experiencing food insecurity across the Hill Country region increased from 11.7% in 2021 to 15.2% in 2023, reflecting a growing number of individuals and families who may not have consistent access to adequate nutrition.

Food security emerged as a top concern across all county surveys, focus groups, and key informant interviews. Healthy, fresh food was consistently identified as one of the most needed resources for

improving health outcomes. Without reliable access to nutritious food, families face higher risks of chronic disease, developmental challenges in children, and increased stress that affects overall well-being.

For these reasons, Methodist Hospital | Hill Country is prioritizing Healthy Families & Communities in the 2026–2028 Community Health Improvement Plan, with efforts focused on strengthening partnerships, expanding access to nutritious food resources, and addressing the underlying factors that impact family stability and health.



Source: Feeding America

**Goal:** Reduce barriers, support parents and caregivers, and strengthen community stability, with a focus on maternal/child safety, transportation, food security, and basic needs.

### Strategies:

1. *Family Safety & Support* (prenatal/parenting education, car seats, safe sleep).
2. *Access & Navigation* (transportation, consult lines).
3. *Basic Needs* (food and school supplies).
4. *Workforce Pathways* (exposure to health careers). (Strategy framing derived from your program groupings.)

## Priority Need: Healthy Families & Communities

Focus: Reduce barriers, support parents and caregivers, and strengthen community stability.

Program Name	Program Description	Community Partner	Measurement
<b>Food Drives</b>	To help reduce food insecurity by supporting access to essential nutrition for families in need, we will increase participation and visibility of the systemwide food collection initiative.	SA Food Bank	Number of servings collected
<b>School Supply Drive</b>	We host school supply drives across our facilities to support local schools and help equip students with the tools they need to succeed.	Hill Country Community Needs Council	Number of items collected
<b>Host Annual Girl Talk Youth Education Event</b>	To support healthy development and promote open communication, Methodist Hospital   Hill Country will host the annual 'Girl Talk' event—an educational and interactive opportunity for girls ages eight and older, accompanied by a parent or guardian, to learn about the physical and emotional changes of growing up.	Fredericksburg ISD	Number of attendees

### Equity Lens & Expected Impact:

- MHS will prioritize outreach and education in communities identified in the 2025 CHNA as experiencing higher maternal and infant health disparities and limited access to reliable health information. By strengthening navigation support, transportation access, and culturally appropriate health education, we aim to reduce preventable risks and improve family wellbeing across the region.

## Community Health Priority No. 2: Mental Wellness & Support

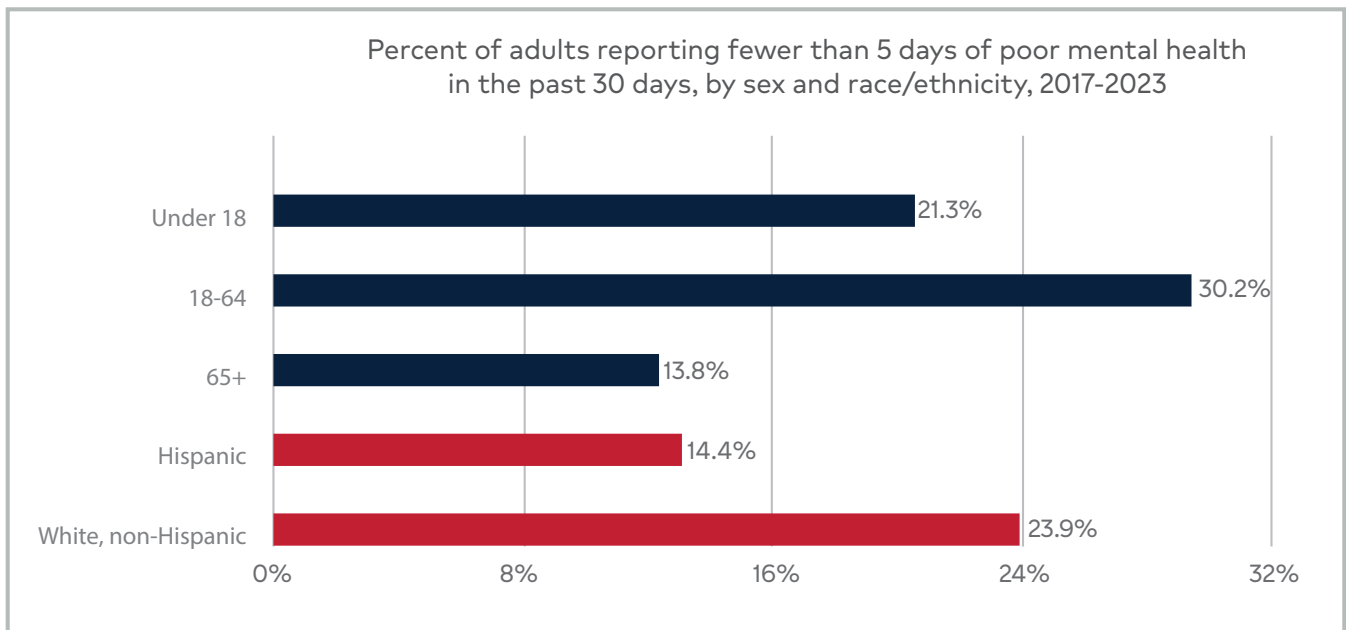
**Data Snapshot:** Mental health plays a critical role in overall well-being, influencing relationships, economic stability, physical health, and quality of life. As shown in the chart, area-wide mental illness hospital discharge rates are highest among adults ages 18–64 (30.2 per 10,000), followed by youth under 18 (21.3 per 10,000), indicating significant need across both working-age adults and younger populations. Disparities are also present by race and ethnicity, with higher rates among White, non-Hispanic residents (23.9 per 10,000) compared to Hispanic residents (14.4 per 10,000).

Left unaddressed, mental health conditions can worsen chronic disease, contribute to substance use,

and place strain on families, schools, hospitals, and social services. Community feedback highlighted persistent barriers to care, including limited local access to specialty services, geographic challenges, and financial constraints. Many residents must travel outside the region for mental health care, while others forgo needed services altogether.

For these reasons, Methodist Hospital | Hill Country is prioritizing Mental Wellness & Support in the 2026–2028 Community Health Improvement Plan, with a focus on improving access to care, strengthening early intervention efforts, and expanding equitable, community-based mental health resources.

**Figure 5<sup>5</sup>**



<sup>5</sup>Source: Texas Health Care Information Collection Hospital Discharge PUDF

**Goal:** Expand mental health education, access, and crisis support across the MHS service area.

**Strategies:**

1. *Early Education & Stigma Reduction* (schoolbased curricula).
2. *Access Expansion* (telepsychiatry consults).
3. *Recovery & Resilience Supports* (pastoral care, facility therapy dogs)

## Priority Need: Mental Wellness & Support

Focus: Expand mental health education, access, and crisis care.

Program Name	Program Description	Community Partner	Measurement
<b>Behavioral Health Access Support (Frontera Partnership)</b>	Through a financial investment and in-kind donation of clinic space, we support Frontera in expanding outpatient behavioral health services in Fredericksburg by funding three Licensed Professional Counselors (LPCs). This proactive approach increases access to timely behavioral health care with the goal of reducing emergency department utilization for behavioral health crises.	Frontera Community Health Center	Number of patients seen through outpatient behavioral health services at the Frontera clinic
<b>Pastoral Care Services</b>	Our pastoral care team delivers spiritual and emotional support guided by their "Serving Humanity to Honor God" mission, with chaplains available for crisis intervention, end-of-life care, and spiritual assessments.	Methodist Pastoral Care Team	Number of patients reached

### Equity Lens & Expected Impact:

- Leverage telepsych and school partnerships to reach youth and adults in areas with provider shortages; integrate pastoral care and therapy dogs as traumainformed supports.

## Community Health Priority No. 3: Prevention & Healthy Living

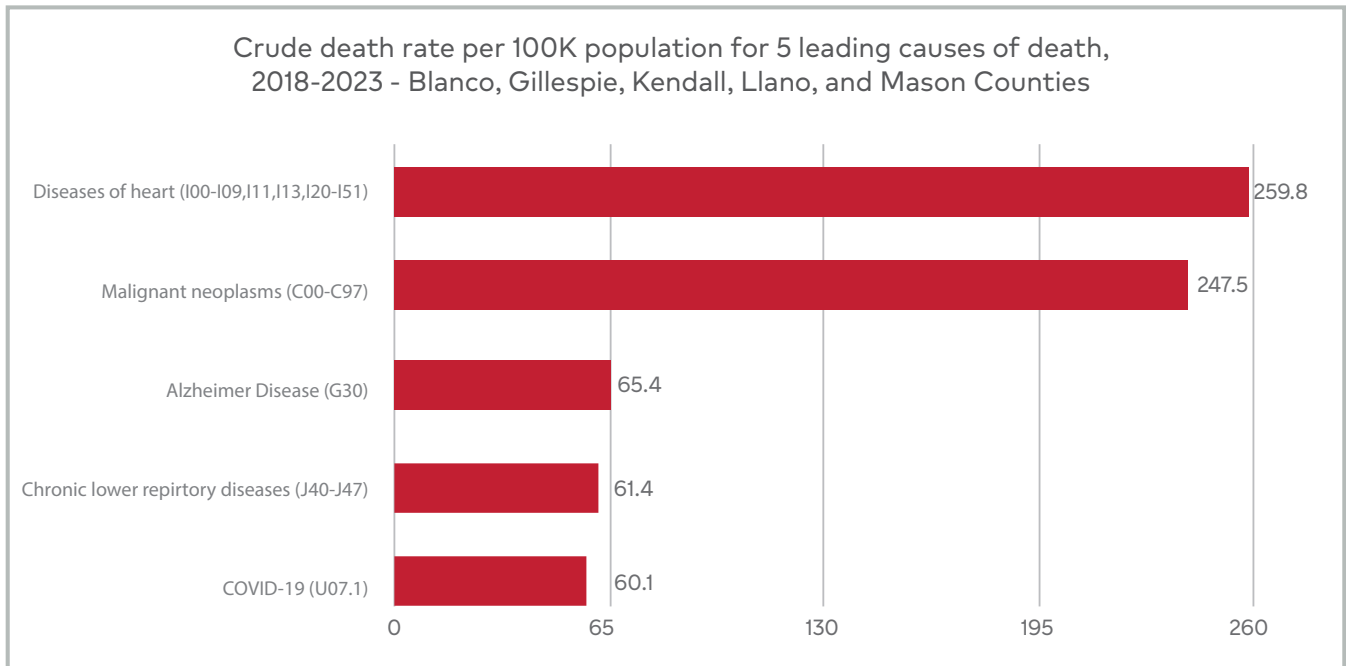
**Data Snapshot:** Chronic diseases remain the leading causes of death both nationally and within the Hill Country region. As shown in the chart, heart disease is the leading cause of death at 259.8 deaths per 100,000 population, followed closely by cancer at 247.5 deaths per 100,000. Together, these two conditions account for more deaths than the other leading causes combined, underscoring the significant burden of chronic disease in the community.

Heart disease and cancer share many preventable risk factors, including poor nutrition, physical inactivity, tobacco use, and chronic stress. Early detection

and routine screening are critical for reducing complications, improving treatment outcomes, and supporting long-term disease management.

For these reasons, Methodist Hospital | Hill Country is prioritizing Prevention & Healthy Living in the 2026–2028 Community Health Improvement Plan, with a focus on health education, preventive screenings, wellness initiatives, and empowering residents with the knowledge and skills needed to live longer, healthier lives.

**Figure 6<sup>6</sup>**



<sup>6</sup>Source: CDC WONDER Underlying Cause of Death File, 2018-2023

**Goal:** Keep people healthy through education, screening, fitness, and lifesaving skills.

**Strategies:**

1. *Healthy Eating & Activity* (youth and family programs).
2. *Disease Prevention & Early Detection* (HRAs, cancer screening).
3. *Community Readiness & Safety* (CPR, Stop the Bleed, drug takeback).

## Priority Need: Prevention & Healthy Living

Focus: Keep people healthy through education, screening, fitness, and lifesaving skills.

Program Name	Program Description	Community Partner	Measurement
<b>Provide Teen Heart Screening Event</b>	Through a Heart Month partnership with AugustHeart and Austin Heart – Fredericksburg, Methodist Hospital   Hill Country will provide teen heart screenings to support early identification of cardiac risk factors and increase community awareness of heart health and emergency response.	AugustHeart, Austin Heart	Number of screenings done
<b>Host Community Blood Drives</b>	We will conduct community blood drives to strengthen the local blood supply, increase community participation in donation, and ensure timely access to lifesaving blood products for patients in need.	South Texas Blood and Tissue Center	Number of units collected
<b>Participate in Crush the Crisis</b>	To improve community safety by reducing access to unused medications and preventing misuse, we will partner with local law enforcement agencies to host an annual Medication Take-Back Day. This initiative increases awareness of safe medication disposal options and helps remove unused or expired medications from households	SAPD, DEA	Number of pounds collected
<b>Provide Hands-Only CPR Training</b>	Methodist Hospital will offer Hands-Only CPR training to equip community members with the knowledge and skills needed to respond quickly during a cardiac emergency, strengthening bystander intervention and improving outcomes for sudden cardiac arrest.	American Heart Association, Fredericksburg ISD	Number of people trained

### Equity Lens & Expected Impact:

- Target screening access and lifesaving skills to neighborhoods with higher chronic disease burden and longer EMS response times; pair education with navigation to care.

# 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](http://www.SAHealth.com). A printed version will be distributed to employees and will be available to the public upon request.

### Approval:

Methodist Hospital | Hill Country Chief Executive Officer

By: Clint Kotal