

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 | Atascosa'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 | Atascosa remains committed to delivering meaningful, measurable impact.

The Community Health Needs Assessment and the full Community Health Improvement Plan for Methodist Hospital | Atascosa, along with Methodist Healthcare System's system-wide plan, are available at SAHealth.com.

Greg Seiler

Methodist Hospital | Atascosa 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

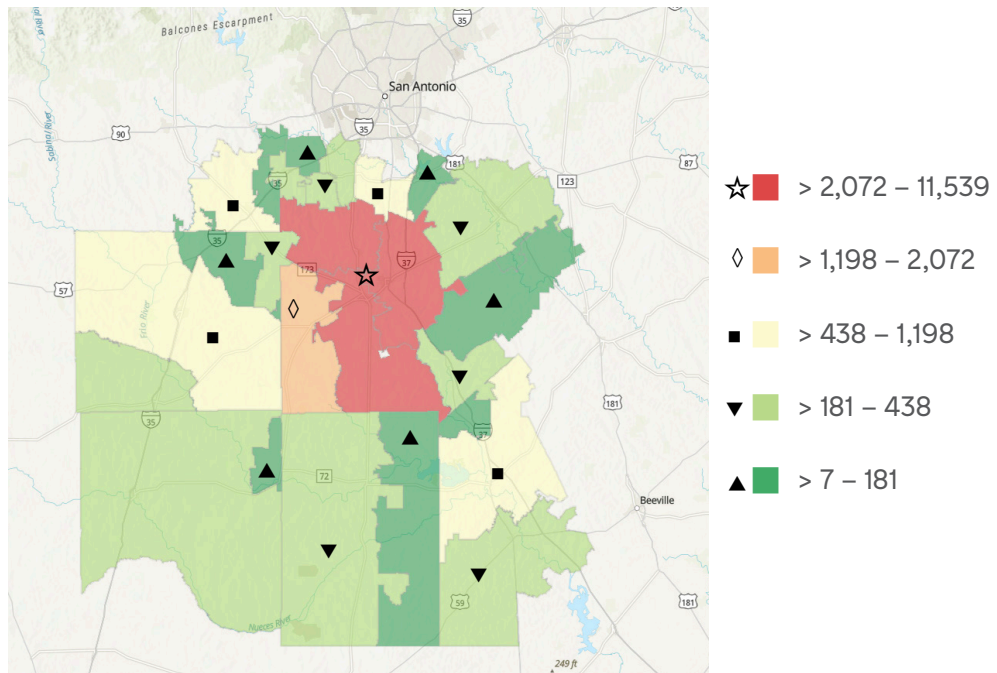
In 2025, Methodist Hospital | Atascosa served¹

Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
25,598	1,511	20,744	640	48,493

Methodist Hospital | Atascosa serves an estimated population of 181,000 people in the following counties: Atascosa, Bexar, Frio, Karnes, La Salle, Live Oak, McMullen, Medina, and Wilson.

¹ Source: MHS Same Store QMIRS Operating Indicators, 2025 (Combined data with Methodist Hospital + Methodist Children’s Hospital + Methodist Hospital | Landmark)

Figure 1 Geographical Illustration of Population Served²



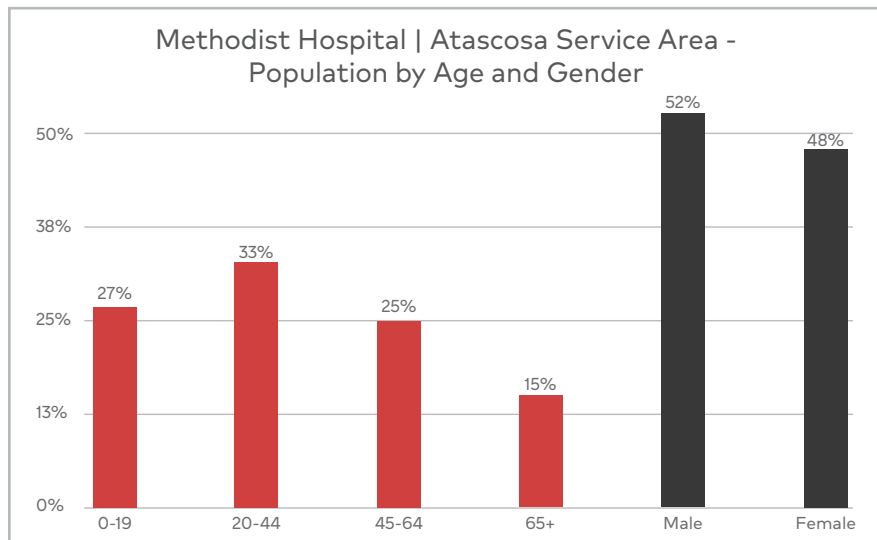
²Source: Advisory Board Demographics Data, 2025

Figure 2 Population Ethnicity³

2025 Estimated Population by Ethnicity	181,493
White	101,916
Black	1,822
Asian	1,864
Other	27,671
American Indian	5,168
Pacific Islander	97
Two or more races	42,962
2025 Estimated Population Hispanic or Latino	
	115,005 (63%)

³Source: Advisory Board Demographics Data, 2025

Figure 3 Population Age and Gender⁴



⁴Source: 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.

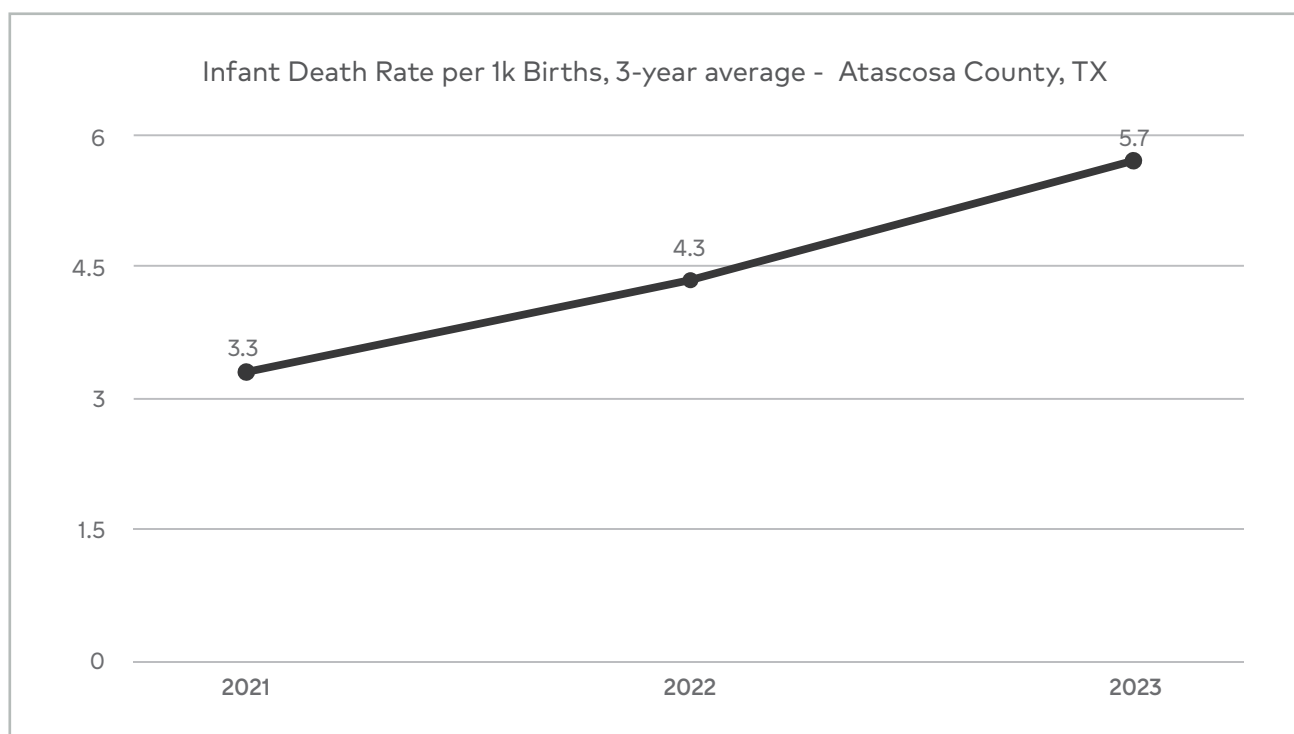
Community Health Priority No. 1: Healthy Families and Communities

Data Snapshot: Infant mortality is a key indicator of community health, reflecting access to quality healthcare and broader social and economic conditions. As shown in the chart, Atascosa County's infant death rate has increased steadily from 3.3 deaths per 1,000 live births in 2021 to 5.7 in 2023 (3-year averages), signaling growing concerns in maternal and infant health.

Infant deaths include both neonatal and post-

neonatal causes, often linked to pregnancy complications, prematurity, SIDS, unintentional injuries, and gaps in prenatal care and family support.

This upward trend highlights the need to strengthen maternal health services, expand caregiver education, and improve access to resources that support family stability. For these reasons, MHS is prioritizing Healthy Families & Communities in the 2026–2028 Community Health Improvement Plan.



Source: CDC WONDER Linked Birth/Infant Death Records dataset

Goal: Reduce barriers, support parents and caregivers, and strengthen community stability, with a focus on maternalchild 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
Food Drives	Continue to host annual food drives that benefit local food pantries in Atascosa County	Atascosa County Food Pantries	Number of servings collected
School Supply Drive	We host school supply drives across our facilities to support local schools and help equip students with the tools they need to succeed.	Jourdanton ISD, Poteet ISD, Pleasanton ISD	Number of students reached
Serve on a School Health Advisory Council	By serving on the local School Health Advisory Council (SHAC), our staff member remains actively engaged with community partners, helping to align school health initiatives with identified community needs while offering ongoing expertise, collaboration, and support.	Jourdanton ISD	Number of meetings attended

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

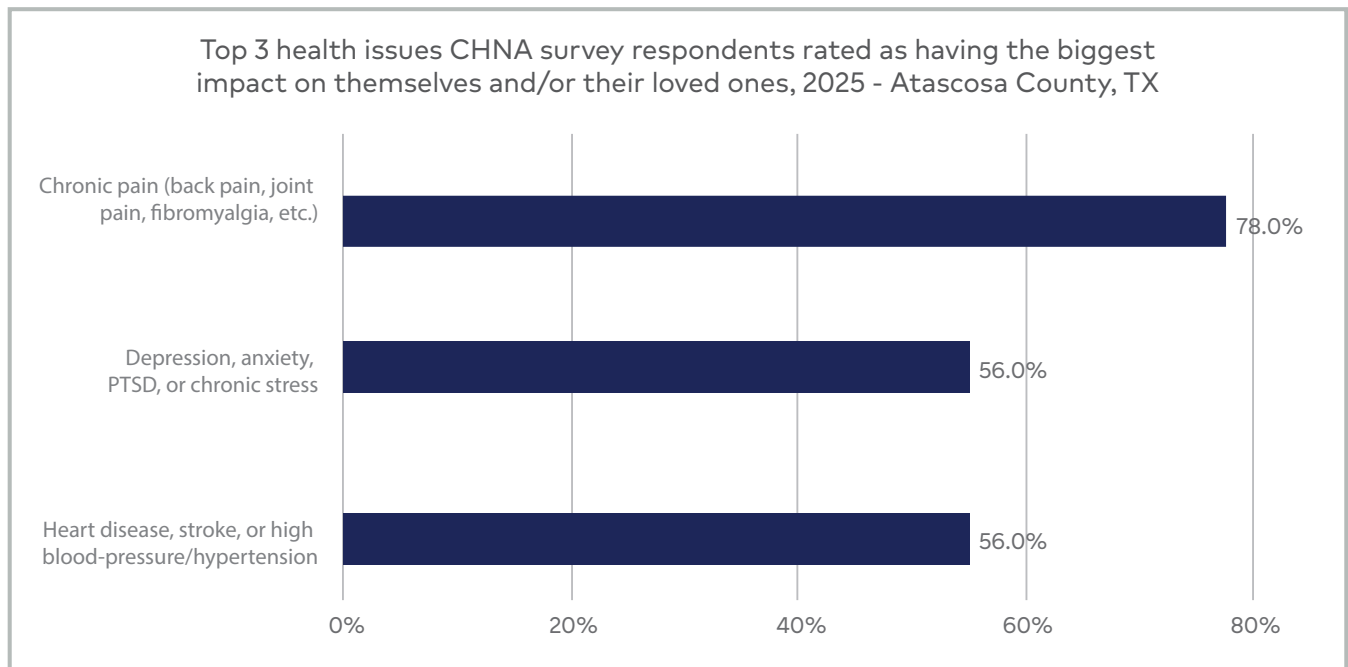
Data Snapshot: Mental and behavioral health concerns are among the most pressing issues in Atascosa County. As shown in the 2025 CHNA survey results, 56% of respondents identified depression, anxiety, PTSD, or chronic stress as one of the top health issues impacting themselves or their loved ones. Mental health challenges ranked alongside other leading concerns, underscoring the significant impact on daily functioning and overall well-being.

While focus group participants acknowledged the availability of crisis-level services, they identified a critical gap in long-term support. Short-term

stabilization options are available; however, individuals are often discharged without consistent follow-up care or ongoing services to maintain stability. This lack of sustained support creates barriers to long-term recovery and mental wellness.

For these reasons, MHS is prioritizing Mental Wellness & Support in the 2026–2028 Community Health Improvement Plan, with a focus on strengthening continuity of care, expanding access to long-term services, and improving coordination of behavioral health resources.

Figure 5⁵



⁵Source: CHNA Atascosa County Survey

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
Offer the One-Eighty Recovery Program	Continue offering the One-Eighty program through Impact Healthcare Management at Methodist Hospital Atascosa to provide support and recovery resources to inpatients experiencing alcohol or narcotic withdrawal who choose to pursue treatment.	Impact Health Management	Number of patients enrolled in the program
Sponsor Safer Path Shelter Night & Awareness Outreach	Annually sponsor a night of shelter services at Safer Path, covering the cost of care for all residents for one evening. As part of this partnership, Safer Path staff are invited to Methodist Hospital Atascosa to provide education and awareness to hospital staff and community members about domestic violence, available resources, and pathways to support.	Safer Path	Number of people reached
Offer SANE Exams at our Facility	Sexual Assault Nurse Examiner (SANE) exams are now conducted onsite at Methodist Hospital Atascosa rather than requiring patient transport outside the community. This approach improves timely access to trauma-informed forensic care and allows patients to receive specialized services close to home.	STRAC	Number of patients that receive SANE exams at Methodist Hospital Atascosa
Pastoral Care Services	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

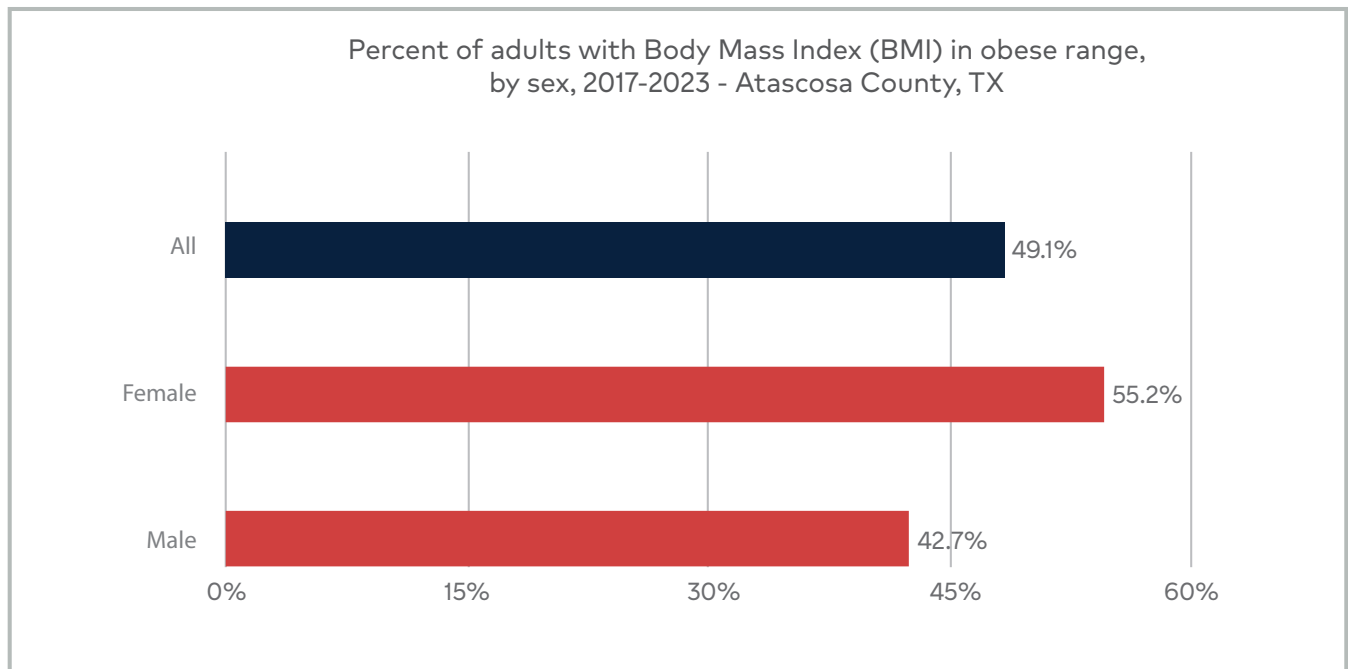
Data Snapshot: Maintaining a healthy weight is a key factor in preventing chronic disease and promoting long-term well-being. As shown in the chart, 49.1% of adults in Atascosa County fall within the obese range. Rates are higher among females (55.2%) compared to males (42.7%), highlighting notable disparities in health outcomes.

Obesity is associated with increased risk for conditions such as heart disease, stroke, diabetes, and high blood pressure — many of which were also identified as leading health concerns in

the community. These findings underscore the importance of prevention-focused strategies that address nutrition, physical activity, early screening, and health education.

For these reasons, MHS is prioritizing Prevention & Healthy Living in the 2026–2028 Community Health Improvement Plan, with the goal of keeping people healthy through education, screening, fitness opportunities, and lifesaving skills that empower individuals and families to take proactive steps toward better health.

Figure 6⁶



⁶Source: Behavioral Risk Factor Surveillance System (BRFSS)

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
Host the annual Susan G. Komen More Than Pink Walk	Host the annual Susan G. Komen More Than Pink Walk to promote healthy lifestyle habits, increase awareness of breast cancer prevention, and encourage routine mammogram screenings within the community.	Pleasanton Express, Jourdanton ISD	Number of people that attend
Participate in Local School Career Days	Attend a minimum of two career days annually at local schools within Atascosa County to promote health care career pathways, educate students about opportunities in the health field, and encourage workforce development within the community.	Local School Districts	Number of students reached
Partner with CommuniCare to Host Women's Health Clinic	Host a women's health outreach clinic at Methodist Hospital Atascosa, increasing access and education for women in the community.	CommuniCare (FQHC)	Number of patients reached
Provide Community Injury Prevention Classes	Provide quarterly 'STOP the Bleed' and fall prevention classes at Methodist Hospital Atascosa to educate community members on emergency response techniques and injury prevention strategies, helping to reduce preventable injuries and improve community safety	STRAC	Number of people that attend

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. A printed version will be distributed to employees and will be available to the public upon request.

Approval:

Methodist Hospital | Atascosa Chief Executive Officer

By: Greg Seiler