



**Methodist Children's Hospital  
2020-2022**

**Community Health Needs Assessment and Implementation Strategy**

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recapping the complimentary programs offered to the community, a great many of them directed to those less fortunate. The report includes a summary trend chart of actual services. 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<sup>2</sup>

In 2017, Methodist Children’s Hospital served<sup>3</sup>

Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
130,491	37,201	101,350	24,333	293,375

In 2018, Methodist Children’s Hospital budgeted for

Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
131,574	38,113	103,015	25,104	297,806

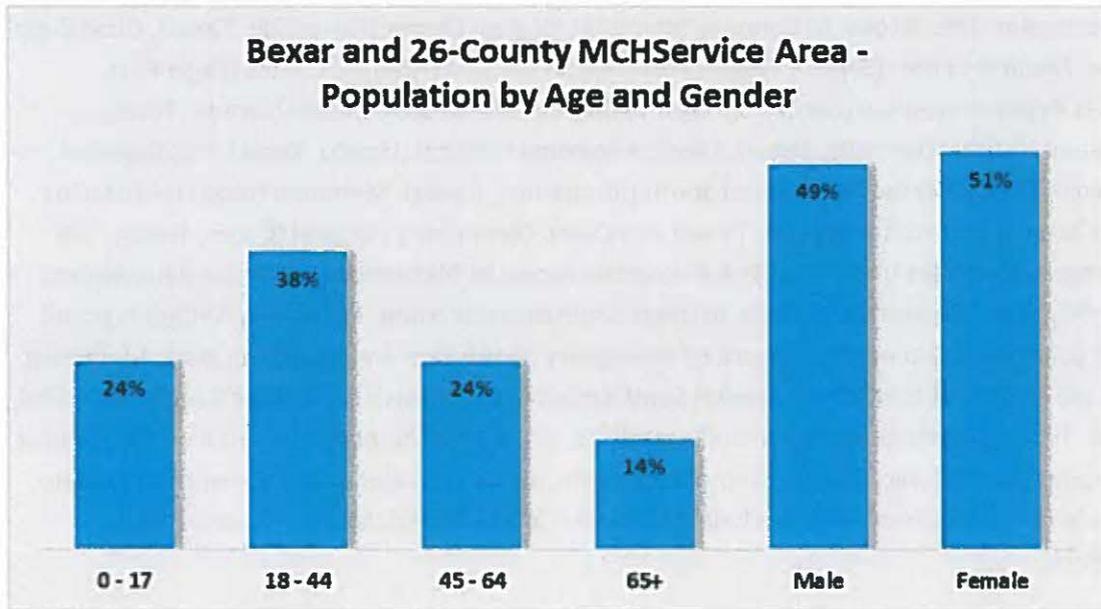
Methodist Children’s Hospital serves an estimated population of nearly 2.5 million<sup>4</sup> with 117 zip codes in Bexar, Wilson, Atascosa, Medina, Bandera, Comal, Guadalupe, Kendall counties. Our service area also includes underserved rural areas.

<sup>2</sup> The numbers are representative of Methodist Hospital and its campus Methodist Children’s Hospital combined.

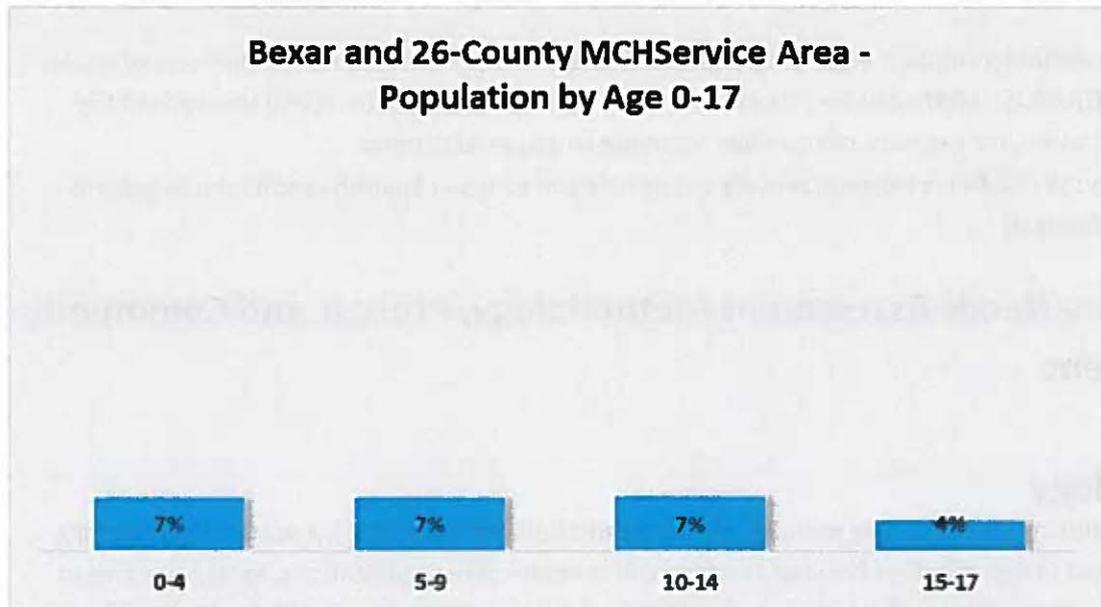
<sup>3</sup> Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

<sup>4</sup> Source: ESRI population and demographics data.

**Figure 3 Population Age and Gender<sup>7</sup>**



**Figure 4 Population Age 0-17<sup>8</sup>**



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

<sup>7</sup> The numbers are representative of Methodist Hospital and its campus Methodist Children’s Hospital combined. Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

<sup>8</sup> The numbers are representative of Methodist Hospital and its campus Methodist Children’s Hospital combined. This graph represents population by age 0-17. Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

First Health Plans, Our Lady of the Lake University, the City of San Antonio Metropolitan Health District, University Health System, University of Texas Health Science Center at San Antonio Department of Family and Community Medicine, University of the Incarnate Word School of Osteopathic Medicine, SA Clubhouse, Community at Large; Pilar Oates, Charles Kight, Doug Beach and the YMCA of Greater San Antonio. Historically, funders of the THC Community Health Assessment have been Baptist Health Foundation of San Antonio, Bexar County, the Kronkosky Charitable Foundation, the United Way of San Antonio, San Antonio Metro Health Department and Methodist Healthcare Ministries of South Texas Inc.

THC bases its community health assessment on the social determinant model, which views outcomes as a product of health-related behaviors and the behaviors themselves as a likely product of social dynamics at the level of the social context of the neighborhood. The BCCHNA and ACCHNA uses data from the San Antonio Metropolitan Health District's annual Health Profiles, a report which looks at health trends, area demographics, information on prevalence of disease, and other findings. Health Profiles looks at the population by age, by gender and by race/ethnicity as it relates to current population, projected population, birth, education, ZIP code and census tract. It also provides an in-depth look at birth trends, including fertility rates, maternal health, maternal age and ethnicity, teen births, low birth weight and premature trends and mother's BMI and weight gain. Youth indicators examined include juvenile probation, family violence, immunization rates, and child abuse. Deaths are examined by infant mortality rate and causes, life expectancy by race/ethnicity and gender, all causes of death, and years of potential life lost. The BCHNA and ACCHNA also draw from the following data sources: Population and housing data from the U.S. Census Bureau; population estimates and projections from the Texas State Demographic Center at the University of Texas at San Antonio; social and economic conditions data from the U.S. Census Bureau American Community Survey; crime data from the U.S. Department of Justice Uniform Crime Report; vital statistics, Behavioral Risk Factor Surveillance System (BRFSS), injury, hospital discharge, hospital bed, and health professions data from the Texas Department of State Health Services; Medicaid and public benefits data from The Texas Health and Human Services Commission; and communicable disease and vital statistic data from the San Antonio Metropolitan Health District.

Finally, data is collected at the neighborhood level with the intent of describing the social contexts that possibly give rise to health-related behaviors described in the Health Profiles and BRFSS survey data. Discussion groups and interviews were conducted city-wide with over 80 residents in the community and 7 Key Leaders. These interviews and meetings took place during February and May of 2019. The Health Collaborative contracted with Community Information Now (CI:Now), a local data intermediary serving south central Texas, for quantitative data collection and analysis and for development of the assessment narrative.

The 2019 CHNA report will be released and shared with the community in Thursday September 26<sup>th</sup>. City, County, philanthropy, hospital and community leadership is invited to learn about the key findings and engage in a discussion around social determinants of health and collaboration. As in previous years, soon after the Leadership Breakfast, the report will be made public on the Health Collaborative website, accessible through member websites and available for digital download in other community partner

## Community Partners

<p><b>One-on-One Setting Interviews with Key Regional and City Officials</b></p>	<ul style="list-style-type: none"> <li>• Bryan Alsip, MD - University Health System</li> <li>• Colleen Bridger, Assistant City Manager</li> <li>• Nelson Wolff, JD - Bexar County</li> <li>• Jennifer Herriott, San Antoni Metro Health</li> <li>• Rev. Ann Helmke, Faith Based Initiative</li> <li>• Sarah Barray, Pre-K for SA</li> </ul>
<p><b>Discussion Group Lead Agencies</b></p>	<ul style="list-style-type: none"> <li>• Taking Care of Home Neighborhood Community Center</li> <li>• Madonna Neighborhood Center (English Participant Group)</li> <li>• Madonna Neighborhood Center (Spanish Participant Group)</li> <li>• Grandparents Raising Grandchildren</li> <li>• San Antonio Food Bank</li> <li>• Martinez Street Women’s Center</li> <li>• Grace Tabernacle Church</li> </ul>

## 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 2019 three-year Bexar County and Atascosa County Community Health Needs Assessments. The health priority areas for our hospitals listed in priority order (these same five priority areas have not changed since the last community health improvement plan adopted in 2016):

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

The percentage of Bexar County adults (19.1%) and Atascosa County adults (9.2%) who consumed fruits and vegetables five or more times per day has remained low over recent years. The percentage of Bexar County adults who participate in 150 minutes or more of aerobic physical activity per week is 44.8%, and the percentage of Atascosa County adults who participate in 150 minutes or more of aerobic physical activity per week is 31.9%. About seven in 10 adult Behavioral Risk Factor Surveillance System (BRFSS) respondents in both counties report a height and weight that puts their Body Mass Index (BMI) in the overweight or obese range, 68.8% for Bexar County adults and 71.3% for Atascosa County adults.

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

In both Bexar County and Atascosa County, the birthrate among females aged 15 to 19 continues to decline. In addition, the percentage of births to mothers receiving prenatal care in the first trimester, in both Bexar County and Atascosa County has also declined, leading to an increase in the rate of hospitalizations for complications of pregnancy or childbirth.

## Area Health Services<sup>9</sup>

A listing of existing health care facilities and other resources:

The Primary and Core Based Statistical Area offers the following health facilities and resources:

- Methodist Healthcare System
- Methodist Healthcare Ministries
- Wesley Health and Wellness Center
- Bishop Ernest T. Dixon Jr. Clinic
- San Antonio Metropolitan Health District
- Bexar County Department of Community Resources
- Guadalupe County (Guadalupe Regional Medical Center)
- Kendall County
- Medina County (Medina Healthcare)
- Wilson County (Connally Memorial Hospital)
- County Health Departments
- University Health System
- Audie L. Murphy Memorial VA Hospital
- San Antonio Army Medical Center
- CHRISTUS Santa Rosa
- Baptist Health System
- Nix Health
- Southwest General Hospital
- San Antonio State Hospital
- Barrio Comprehensive Family Health Center
- Centro Med
- La Mision Family Health
- Adolescent Pregnancy and Parenting Program
- Father Flanagan's Boys Town
- Center for Health Care Services
- Child Guidance Center
- Southwest Mental Health Center
- Warm Springs
- Frio County (Frio Regional Hospital)
- Kerr County (Peterson Regional Hospital)
- Kinney County
- Maverick County (Fort Duncan Regional Hospital)
- Uvalde County (Uvalde Memorial Hospital)
- Val Verde County (Val Verde Regional Hospital)
- Zavala County

<sup>9</sup> The area health services listed is a sampling of the represented services available and is not all inclusive

## 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:** Increase community awareness of different access points to support healthy pregnancy and early childhood development.

**Strategy:** To create access points throughout the community and surrounding areas to give children and families access to Methodist Healthcare quality prenatal and primary care.

**Tactics and Measurements:** Methodist Children's Hospital will implement the following tactics and measurements, with yearly updates through 2022:

- Evolve the Methodist Women and Teen Centers to provide San Antonio communities with access to free pregnancy tests and prenatal care.
  - Measurement: Number of patients served at Methodist Women and Teen Center.
- Provide improved access to maternal and fetal medicine through Telemedicine Clinics.
  - Measurement: Number of patients served at Telemedicine Maternal and Fetal Medicine Clinics.
- Continue to implement the *Well Waldo's Wheels* program by offering free transportation for children and families to doctors' offices and/or the hospital.
  - Measurement: Number of transportation rides provided to families.
- Continue to provide prenatal classes and mother/child classes.
  - Measurement: Number of classes, number of attendance, and pre/posttest evaluations to measure knowledge and skills gained.
- Provide free Grandparents as Parents classes, monthly at Methodist Women and Teen Centers.
  - Measurement: Number of classes, number of attendance, and pre/posttest evaluations to measure knowledge and skills gained.

**Impact:** Through the tactics listed above, Methodist Children's Hospital will bring awareness to healthy child and family development issues, as well as contribute to the decrease of complications in pregnancy, infant mortality rates, and preventable childhood developments will decrease.

### Key Partners

- Grandparents as Parents, Inc.

**Strategy:** To promote behavioral offerings to the public to increase awareness and participation.

**Tactics and Measurements:** Methodist Children's Hospital will implement the following tactics and measurements, with yearly updates through 2022:

- Continue to provide free counseling services for mothers, couples, and families at the Methodist Women's Center.
  - Measurement: Number of patients enrolled in free counseling services and facilitate a focus group with attendees two-months after services to evaluate the impact of the services.
- Continue to provide monthly *Beyond Baby Blues* support group sessions for women experiencing symptoms of postpartum depression
  - Measurement: Number of attendees to *Beyond Baby Blues* support group sessions and facilitate a focus group with attendees two-months after services to evaluate the impact of the support group.
- Establish the *Sensory Friendly Hospital* program that provides pediatric patients in the Methodist Children's Hospital Emergency Department access to customize sensory-sensitive plans of care.
  - Measurement: Number of patients enrolled in the *Sensory Friendly Hospital* program and facilitate a focus group with parents of children enrolled in the program.
- Continue to provide emotional support to patients with Methodist Children's Hospital facility dogs.
  - Measurement: Number of patients who received emotional support from the Methodist Children's Hospital facility dogs, annually, and facilitate an annual focus group with patients who received emotional support from the facility dogs.
- Continue to implement the therapeutic art program and the therapeutic video game program.
  - Measurement: Conduct pre/post-verbal questionnaires to evaluate the impact of the therapeutic programs.

**Impact:** Through the tactics above, Methodist Children's Hospital will continue to improve comprehensive behavioral health services and access for children.

**Key Partners**

- Canine Assistants
- Child's Play Charity
- Tracy's Kidd

Methodist Healthcare's implementation strategy for each hospital facility includes:

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

Additional 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 physicians and will be available to the public upon request.

### Approval:

Methodist Children's Hospital Chief Executive Officer

By: Court Lemaistre

  
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Date: 12/31/2019