



2023 – 2025 Community Health Improvement Plan (CHIP)

Working Together to Meet the Goals

I am proud to present Methodist Hospital'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.

Ryan Simpson
Methodist Hospital, Chief Executive Officer

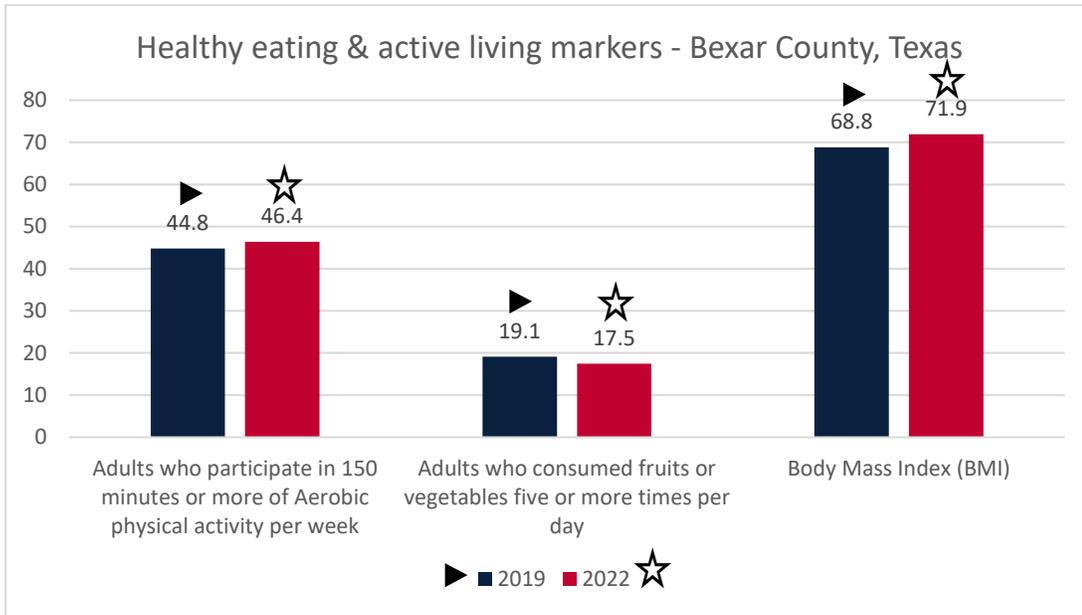
The Five Community Health Priorities Methodist Healthcare Follows

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

¹ Source: 2022 Bexar County Health Needs Assessment Report



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)

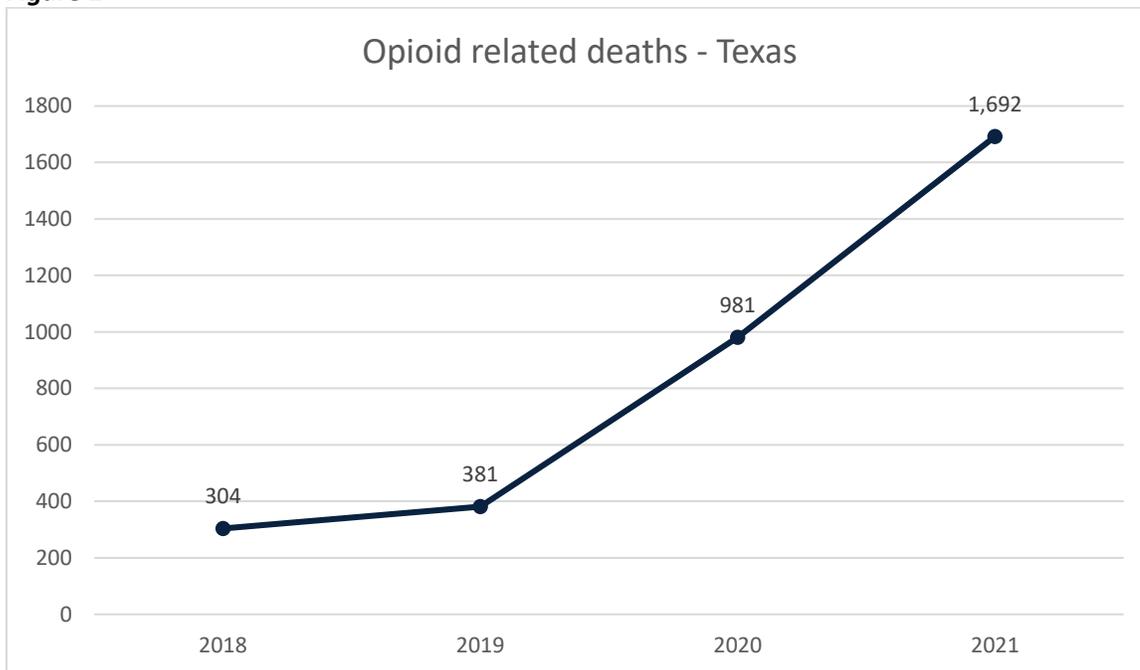
Community Health Priority No. 3: Safe Communities

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

Figure 2²



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

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

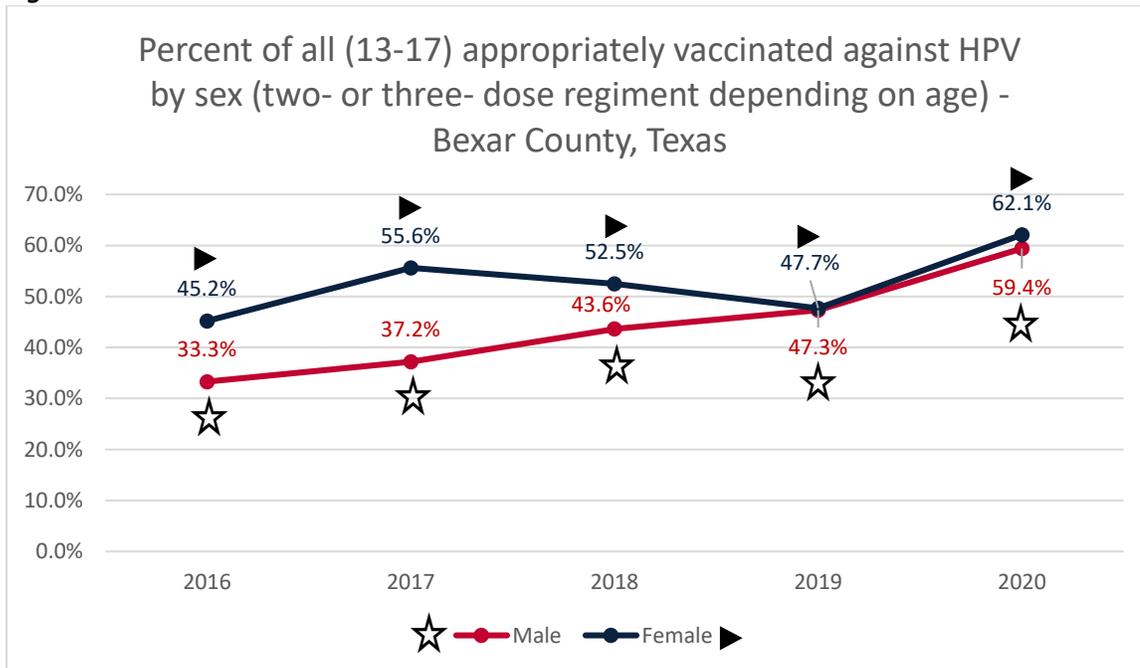
² Source: Texas Department of State Health Services

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 support food assistance organizations helping community members in need, providing education through our subject matter experts, and hosting physical activity opportunities.

Tactics and Measurements: Methodist Hospital 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
- Participate in a monthly “Walk with a Doc” program where community members are invited to walk for 45 minutes and then hear a 15-minute educational presentation by a Methodist Hospital doctor covering various health topics.
 - Measurement: Number of participants at the monthly walks.
- Provide diabetes education to patients and community members to talk about risks, living with, and preventing diabetes.
 - Measurement: Number of people reached with diabetes education

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

Key Partners:

- SA Food Bank
- Walk with a Doc

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 increase awareness and access to health information and services that are accurate, accessible, and actionable; address social determinants of health specific to family and healthy children development by collaborating with community organizations.

Strategy: Provide resources and education to parents and support families in need by partnering with local organizations who directly provide support.

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

- 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 Glen Oaks Elementary to provide support through a back-to-school supply drive.
 - Measurement: Number of items donated during the drive.
- Participate in an annual Christmas Tree Giveaway event where staff decorate artificial trees and donate them to Methodist Healthcare Ministries who give them to families in need.
 - Measurement: Number of Christmas trees donated.
- Support continued education efforts by awarding a local student with an annual \$1,500 scholarship to attend schooling after graduating high school.
 - Measurement: Identifying the annual award recipient.

Impact: Through the tactics listed above, Methodist Hospital 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:

- Glen Oaks Elementary
- Methodist Healthcare Ministries

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,

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 Hospital will implement the following tactics and measurements, with yearly updates through 2025:

- 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.
- Partner with Methodist Healthcare Ministries to host a car seat safety day event to show families how to properly and safely install car seats in their vehicles and also provide car seats free of charge to those who need theirs to be replaced.
 - Measurement: Number of cars that we install car seats in and number of car seats given free of charge.
- Continue participation in the Safe Sleep Program to provide new parents with a free pack-and-play for them to take home to provide a safe sleep environment for their baby.
 - Measurement: Number of pack-and-plays provided.
- 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.

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

Key Partners:

- Methodist Healthcare Ministries
- DEA
- SAPD

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

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

Objective: To offer support for children and families dealing with mental illness, stress, or anxiety in the Methodist Hospital service area communities and build better lives.

Strategy: To provide and promote behavioral offerings and programs to the patients and families that may need the additional support.

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

- Utilize our facility/therapy animals to help patients and visitors to control daily anxiety, regulate emotional arousals, and improve mood.
 - Measurement: Number of contacts made by each animal.

Impact: Through the tactics listed above, Methodist Hospital will work to provide support to those who are in crisis or struggling to manage day to day stress and anxiety.

Key Partners:

- PAWS for Service

Community Health Priority No. 5: Sexual Health

This community health priority is addressed as a system. Please refer to the Methodist Healthcare System plan, Community Healthy Priority No. 5.

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, Chief Executive Officer

By: Ryan Simpson
