



2023 – 2025 Community Health Improvement Plan (CHIP)

Working Together to Meet the Goals

I am proud to present Methodist Hospital | Stone Oak'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.

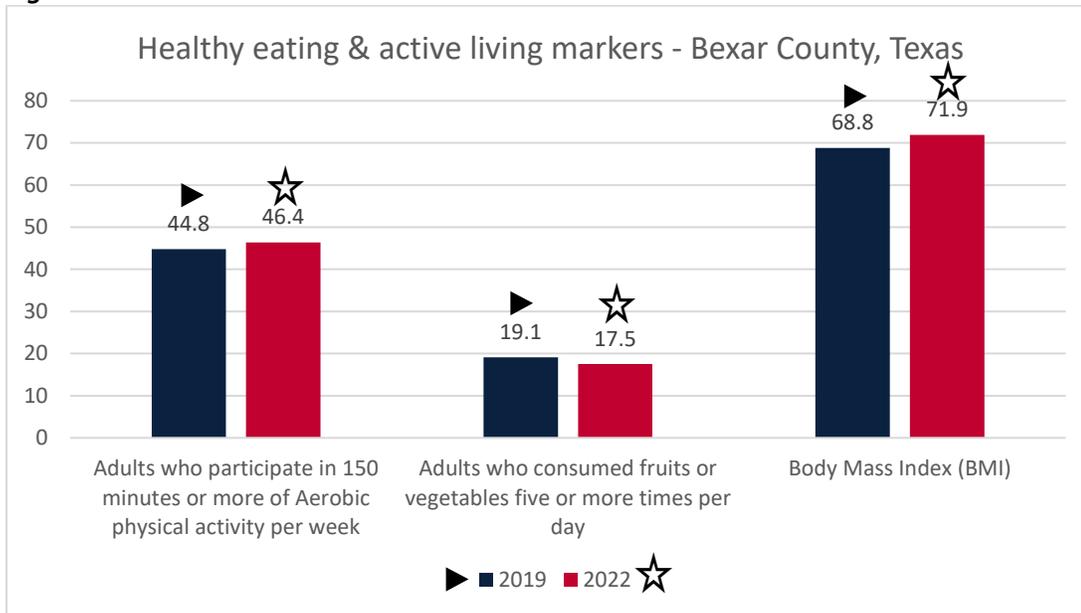
Jeff Wilson
Methodist Hospital | Stone Oak, Chief Executive Officer

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.

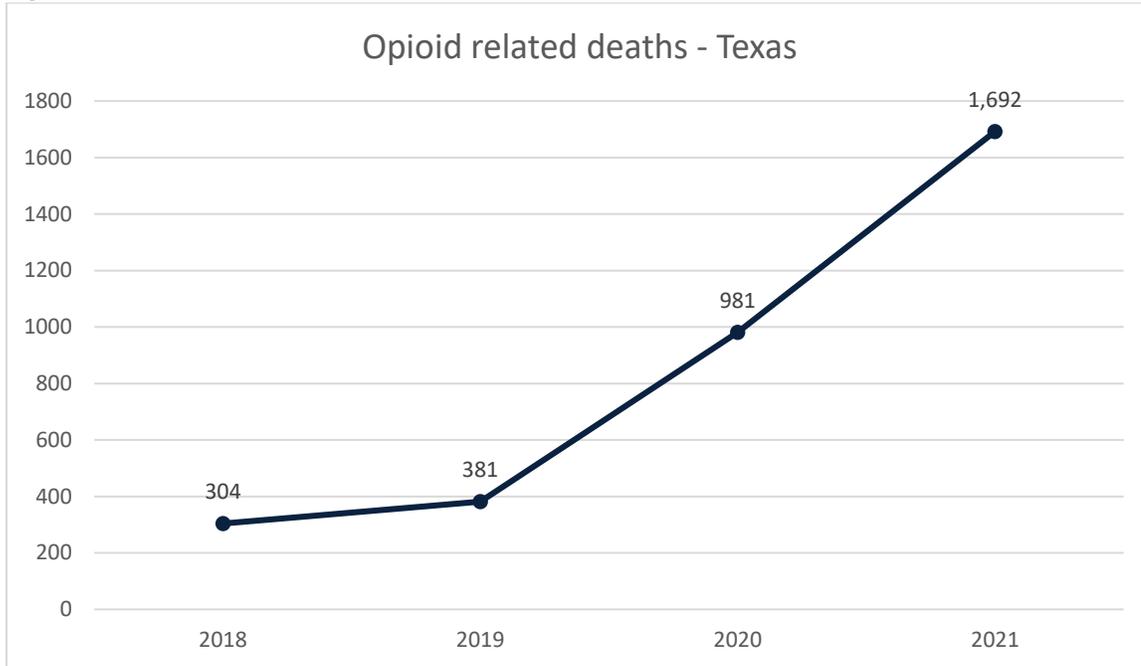
The rate of sexual assault dropped significantly during the first year of the pandemic (2020) to 81.3 sexual assault crimes committed per 100,000 Bexar County residents from 109.1 the prior year (2019). “Stay at home” orders and widespread business and school closures during the COVID-19 pandemic in 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 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

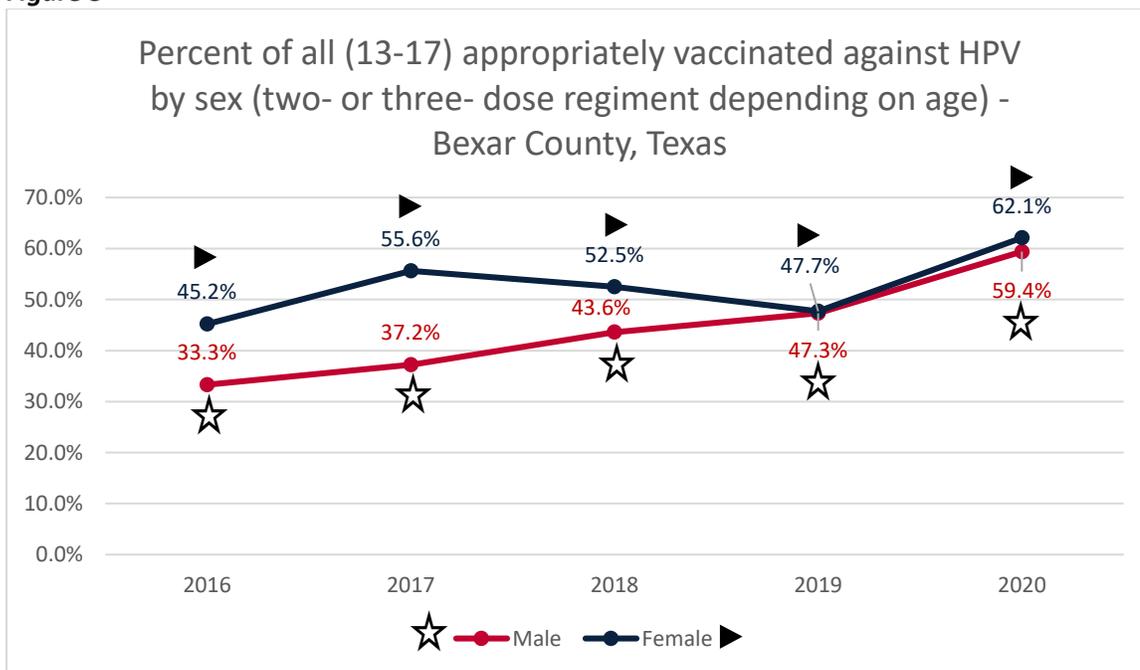
² Source: Texas Department of State Health Services

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 healthy meal options for staff and visitors at our facility and food assistance to community members in need.

Tactics and Measurements: Methodist Hospital | Stone Oak 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
- Offer a Heart Healthy menu option in the hospital café each day
 - Measurement: Number of people who purchase that item

Impact: Through the tactics listed above, Methodist Hospital | Stone Oak 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
- Sodexo

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 better educate the community on healthy child and family development and connect them with the available resources.

Strategy: To provide educational resources to parents and families and partner with local schools to encourage reading and learning.

Tactics and Measurements: Methodist Hospital | Stone Oak 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.
- Participate in Dr. Seuss Day in March by sending staff to read at local elementary schools.
 - Measurement: Number students reached during event

Impact: Through the tactics listed above, Methodist Hospital | Stone Oak 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:

- Local elementary schools

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 and keep children safe while in vehicles.

Strategy: Hold events that allow community members to safely dispose of unused medication to remove them from their house and educate families on the proper way to install car seats and booster seats in their cars.

Tactics and Measurements: Methodist Hospital | Stone Oak 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 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.

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

Key Partners:

- DEA
- SAPD
- MHM

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 Hospital | Stone Oak service area communities and build better lives for people with mental illness or seeking additional support.

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

Tactics and Measurements: Methodist Hospital | Stone Oak 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.
- Hold monthly support group meeting for community members affected by Parkinson’s, giving them a space to receive fellowship, share best practices, and learn more about support resources available.
 - Measurement: Number of attendees at support group.
- Hold monthly support group meeting for community members affected by stroke, giving them a space to receive fellowship, share best practices, and learn more about support resources available.
 - Measurement: Number of attendees at support group.
- Partner with Hearts Need Art to provide live music to patients and visitors in our facility as well as art projects for staff to help cope with stress and anxiety.
 - Measurement: Number of visits by musicians and number of staff participating in the art projects.

Impact: Through the tactics listed above, Methodist Hospital | Stone Oak 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:

- Heart Need Art
- 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 | Stone Oak, Chief Executive Officer

By: Jeff Wilson
