



**Methodist Hospital | Metropolitan  
2020-2022**

**Community Health Needs Assessment and Implementation Strategy**

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## Organizational Profile

Located near downtown San Antonio, Methodist Hospital | Metropolitan is a 330-bed hospital providing a complete range of health care services in San Antonio and to the many neighborhoods and businesses that border its centralized location. Methodist Hospital | Metropolitan is part of the Methodist Healthcare<sup>1</sup> family of hospitals. Easy freeway access makes Methodist Hospital | Metropolitan convenient for patients, visitors and physicians from all parts of the city. In 2005, Methodist Hospital | Metropolitan opened the Methodist Hospital | Metropolitan Women's Pavilion, the only facility in downtown San Antonio completely dedicated to the health of women and their newborn babies. Methodist Hospital | Metropolitan offers outstanding cardiac care, general and surgical care, neurosurgery, inpatient rehabilitation services, sleep disorder evaluation and the largest emergency department in downtown San Antonio.

**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.

## 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

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<sup>1</sup> Methodist Healthcare is comprised of 29 facilities, including nine hospitals. Methodist Healthcare was formed as a 50-50 co-ownership between the Methodist Healthcare Ministries (MHM) of South Texas 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 72-county area. HCA, based in Tennessee, is the nation's leading provider of health care services, composed of more than 250 hospitals and freestanding surgery centers in 20 U.S. states and in the United Kingdom.

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. 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

In 2017, Methodist Hospital | Metropolitan served<sup>2</sup>

Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
64,072	17,220	8,874	5,155	95,321

In 2018, Methodist Hospital | Metropolitan budgeted for

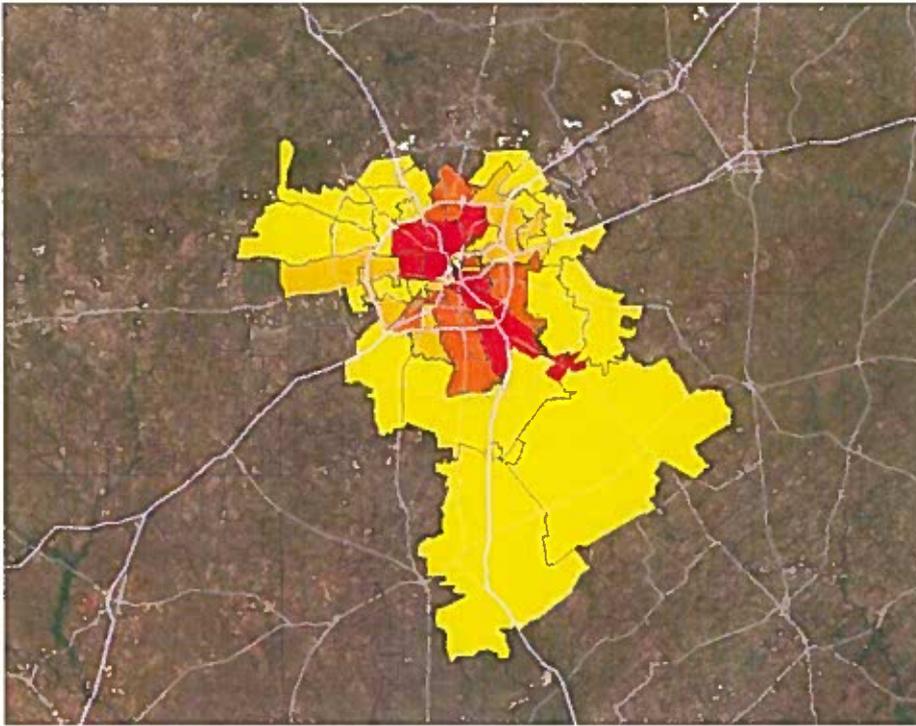
Emergency Department Patients	Inpatients	Outpatients	Outpatient Surgery	Total
63,588	16,577	9,144	5,095	94,404

Methodist Hospital | Metropolitan serves an estimated population of nearly 1.7 million<sup>3</sup> with 54 zip codes in Bexar, Atascosa, and Wilson counties. Our service area also includes underserved rural areas.

<sup>2</sup> Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

<sup>3</sup> Source: ESRI population and demographics data. 2019.

**Figure 1 Geographical Illustration of Population Served<sup>4</sup>**



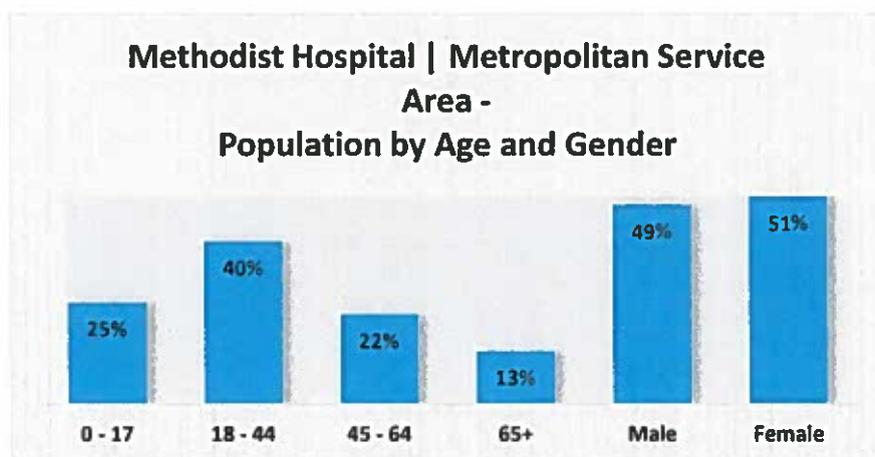
**Figure 2 Population Ethnicity<sup>5</sup>**

<b>2019 Estimated Population by Ethnicity</b>	<b>1,703,396</b>
White	1,185,288
Black	144,781
Asian	42,605
Other	330,722
<hr/>	
<b>2019 Estimated Population</b>	
<b>Hispanic or Latino</b>	<b>1,108,049 (65%)</b>

<sup>4</sup> Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

<sup>5</sup> Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

**Figure 3 Population Age and Gender<sup>6</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 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), Peterson Regional Hospital (Kerrville, Texas), Medina Regional Hospital (Hondo, Texas), Frio Regional Hospital (Pearsall, Texas), Methodist Hospital South (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 Methodist Hospital South (Jourdanton, Texas), Guadalupe Regional Medical Center (Seguin, Texas), Frio Regional Hospital (Pearsall, Texas), and at Methodist Hospital and Methodist Children’s Hospital (San Antonio, Texas). Methodist Healthcare also has abdominal transplant program satellite clinics in numerous Texas cities including Lubbock, Corpus Christi, McAllen, Laredo, Waco, Austin and El Paso.

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

<sup>6</sup> Source: MHS Same Store QMIRS Operating Indicators, 2017-2018.

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

## **Community Needs Assessment Methodology, Process and Community Involvement**

### **Methodology**

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. THC has conducted its Bexar County Community Health Needs Assessment (BCCHNA) since 1998, and at Methodist Healthcare's request in 2019, its Atascosa County Community Health Needs Assessment (ACCHNA). 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.

Members of THC include: Methodist Healthcare, MHM, Appdiction Studio, Baptist Health System, Bexar County Department of Community Resources, CHRISTUS Santa Rosa Health System, Community 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 sites. In addition, the Health Collaborative will have hard copy reports available for dissemination in community. In addition, there will be five neighborhood town halls to share the information with residents and collect feedback that will further inform our community about needs and services.

In order to assess the rural areas Methodist Healthcare serves, University Health System's (UHS) Regional Healthcare Partnership (RHP) 6 plan was utilized. The Texas Health and Human Services Commission established geographic boundaries for new Regional Healthcare Partnerships (RHP). Each RHP has developed a plan that identified the participating partners, community needs, proposed projects and funding distribution. RHP 6 is anchored by University Health System and includes the following counties: Atascosa, Bandera, Bexar, Comal, Dimmit, Edwards, Frio, Gillespie, Guadalupe, Kendall, Kerr, Kinney, La Salle, McMullen, Medina, Real, Uvalde, Val Verde, Wilson, and Zavala.

Figure 4 CHNA Timeline

	Sept 2018	Oct 2018	Nov 2018	Dec 2018	Jan 2019	Feb 2019	Mar 2019	Apr 2018	May 2019	Jun 2019	July 2019	Aug 2019	Sept 2019	Oct 2019	Nov 2019	Dec 2019	Jan 2020	Feb 2020	March 2020
<b>Community Health Assessment</b>																			
Building Relationships	X	X	X	X	X	X	X	X	X										
Qualitative Data Collection					X	X	X												
• Key Informant Interviews						X	X												
• Focus Groups							X	X	X										
• Community Dialogues								X	X										
• Photovoice										X	X								
• Data analysis																			
Draft CHA Qualitative Report											X	X							
CHA Community Release													X						
<b>Community Health Improvement Plan</b>																			
Project Mgmt & Partnership Dev													X	X	X				
CHIP Planning Sessions													X	X	X	X	X		
CHIP Report Development																	X	X	
CHIP Community Release																			X
<b>CHA/CHIP Evaluation</b>																			
Planning Sessions																X	X	X	X
Plan Development																	X	X	X

### Community Partners

<b>One-on-One Setting Interviews with Key Regional and City Officials</b>	<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>
<b>Discussion Group Lead Agencies</b>	<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.

### **Community Health Priority No. 3: Safe Communities**

Although the numbers point to crime rate decreasing overall in both Bexar County and Atascosa County, there are other contributing factors to “Safe Communities”. The number of sexual assaults per 100,000 population in Atascosa County has more than tripled since 2013 (35.7 per 100,000 population in 2013 and 112 per 100,000 population in 2017), while the number of sexual assaults per 100,000 population has slightly decreased in Bexar County. Motor vehicle accidents are a common cause of death among children age one to 14, pointing to the importance of child safety seats and seat belts as well as adult and older teen driver behaviors. Transportation is seen as one of the greatest challenges for the region for those who do not have private vehicles or easy access to public transportation.

### **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. Little local data is available on the prevalence of mental illness in the general population, but the

U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) estimates that 18.3% of U.S. adults have experienced any mental illness (AMI) within the past year, and 4.2% have experience serious mental illness (SMI). Both AMI and SMI are defined as a mental, behavioral, or emotional disorder, but AMI includes all diagnosable mental illnesses regardless of type or level of impairment, while SMI is characterized by serious functional impairment. The goal is to improve comprehensive behavioral health services and access for all.

## **Community Health Priority No. 5: Sexual Health**

The number of new cases of sexually transmitted diseases continues to be on the rise in both Bexar County and Atascosa County. Chlamydia incidence in Atascosa County has dramatically increased since 2016, while incidence rates have slightly decreased in Bexar County. The pattern is the same for gonorrhea and HIV rates – a dramatic increase in Atascosa County and a slight decrease in Bexar County. Syphilis rates have increased in both Atascosa County and Bexar County. While the teen birthrate – the number of live births per 1,000 girls aged 15 to 19 – continues to drop in both Atascosa County and Bexar County, it is still a community health concern. Human papillomavirus (HPV) vaccination rates are rising but remain quite low. Approximately four in 10 Bexar County 13- to 17- year olds are appropriately vaccinated against HPV (data is not available for Atascosa County). The goal is to ensure that males and females have access to education and resources to promote sexual health.

## Area Health Services<sup>7</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
- 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

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<sup>7</sup> The area health services listed is a sampling of the represented services available and is not all inclusive

# Methodist Hospital | Metropolitan Community Health Improvement Plan based on the Community Health Needs Assessment

## 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 improve the amount of community members engaged in physical activity and increase the number of Bexar County residents who eat healthy.

**Strategy:** To provide education and awareness through screenings, literature, partnerships within our community and by providing free informational sessions.

**Tactics and Measurements:** Methodist Hospital | Metropolitan will implement the following tactics and measurements, with yearly updates through 2022:

- Continue to provide free health screenings at reoccurring community events. Screening include vision exams, blood pressure screenings, glucose readings, physical activity sessions, rehabilitation sessions, yoga sessions, massage therapy, and body mass index screenings.
  - Measurement: Number of health screenings per year, number of health screening participants, conduct a post screening evaluation to participants.
- Partner with the YMCA Living Center to register bariatric patients in the *Healthy Living* program.
  - Measurement: Number of bariatric patients registered in the *Healthy Living* program, number of participants in each *Healthy Living* class, administer post-program BMI tests in participants, and conduct post-program evaluations to measure knowledge and skills gained.
- Continue to improve access to primary care with Methodist Family Health Centers that provide free services for, and health education on, diabetes, body mass index, and high blood pressure.
  - Measurement: Number of clinic visits and prescription refills for diabetes and blood pressure management.
- Promote the *Walk with a Doc* series, which will encourage our community to engage in physical activity while providing a free lecture on different topics each month from a Methodist Hospital | Metropolitan physician.
  - Measurement: Number of attendees who participate in *Walk with a Doc* program and administer a post-walk evaluation to measure knowledge gained.
- Continue to promote breast cancer awareness through the distribution of educational literature as well as participating in a number of community events such as, *Pink in the Rink*, *Susan G. Coleman Race for the Cure*, *Real Men Wear Pink*, and *Pearl Goes Pink*.

- **Measurement:** Conduct monthly focus group sessions at Methodist Hospital | Metropolitan Cancer Survivors meetings to evaluate the perceived impact Methodist Hospital | Metropolitan is contributing to regarding breast cancer awareness.

**Impact:** Through the tactics listed above, Methodist Hospital | Metropolitan will bring awareness to healthy eating and active living issues, as well as contribute to the decrease of obesity and diabetes rates.

**Key Partners:**

- YMCA
- Communicare
- American Society for Metabolic & Bariatric Surgery Foundation
- Walk With a Doc Organization
- The Pearl
- Silver Ventures
- American Cancer Society
- Susan G. Coleman

## **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 provide free education and resources to support healthy families within our communities.

**Strategies:** To provide resources and education to new families within the community by providing prenatal care classes, keeping youth healthy with free resources, and promoting positive changes in early childhood development.

**Tactics and Measurements:** Methodist Hospital | Metropolitan will implement the following tactics and measurements, with yearly updates through 2022:

- Continue to provide free influenza vaccines to uninsured walk-in patients at the Metropolitan Methodist Emergency Center at the Quarry, annually, October through December.
  - **Measurement:** Number of free influenza vaccines administered to uninsured walk-in patients.
- Provide a free Teddy Bear Clinic, annually, for children to learn about the importance of checkups and to encourage families to include children in the healthcare providing process.

- Measurement: Number of children enrolled in the Teddy Bear Clinic, administer pre- and post-interviews with a sample of children to measure feelings and knowledge about the importance of checkups.
- Continue partnership with Booker T. Washington Elementary School to provide school supplies, food for school celebrations, participate in career day events, and provide health education classes on healthy eating to students and their parents.
  - Number of items donated, number of events in which food is provided, number of health fairs attended, number of career days participated, number of health education classes offered, number of attendees in each class, and conduct a post-evaluation to measure knowledge gained at the health education class.
- Continue to provide free pregnancy tests, physician referral programs, Affordable Healthcare Plan registration, and free parenting classes at Methodist Family Health Centers.
  - Measurement: Number of free pregnancy tests provided, number of positive pregnancy tests, number of physician referrals, number of patients enrolled in Affordable Healthcare, number of free parenting classes, number of attendees in each class.
- Implement the Baby Closet, to provide baby essentials to community members in need.
  - Measurement: Number of items donated to the Baby Closet and number of items given to community members.
- Implement the Centering Pregnancy approach at Methodist Family Health Centers.
  - Measurement: Conduct pre- and post-evaluations to measure knowledge gained, and facilitate focus group sessions to measure feelings of readiness for parenthood.

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

**Key Partners:**

- Communicare
- Women Infant Children (WIC) Program
- Booker T. Washington Elementary School
- Methodist Family Health Centers
- Tobin Hill Association
- Affordable Healthcare Plan Associates
- Edison High School

### **Community Health Priority No. 3: Safe Communities**

**Community Goal:** To develop safe neighborhoods by identifying what works locally, planning how to replicate successes in our neighborhoods, and enhancing systems that respond effectively to community-identified safety needs.

**Objective:** To provide education and resources necessary to keep the environment safe for guests, patients and our growing community.

**Strategies:**

- To provide education to the community.
- To partner with organizations in our community such as Tobin Hill Association, The Pearl, VisitSA, San Antonio Police Department, and the LGBTQ community.

**Tactics and Measurements: Methodist Hospital | Metropolitan will implement the following tactics and measurements, with yearly updates through 2022:**

- Provide informational literature and magnets to residents of the Pearl and Tobin Hill areas to increase awareness of the Emergency Departments available in the community
  - Measurement: Number of literature and magnets provided to the Pearl and Tobin Hill community residents.
- Partner with San Antonio Independent School District to facilitate free *Stop the Bleed* courses.
  - Measurement: Number of attendance at the *Stop the Bleed* events, conduct a pre- and posttest evaluation to measure knowledge and skills gained.
- Participate in Tobin Hill National Night Out event and provide flashlights to attendees.
  - Measurement: Number of attendance at the National Night Out event and number of flashlights provided.
- Participate in Tobin Hill Community Cleanup.
  - Measurement: Number of community cleanups Methodist Hospital | Metropolitan participates in each year.
- Continue to provide transportation through Methodist Hospital | Metropolitan Health Bus.
  - Measurement: Number of Health Bus riders per year.

**Impact:** Through the tactics above, Methodist Hospital | Metropolitan will bring awareness to safe community issues as well as contribute to safer neighboring communities and access to care.

**Key Partners:**

- The Cellars at the Pearl
- Can Plant residences
- Tobin Hill Association
- San Antonio Independent School District

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

**Community Goal:** To improve comprehensive behavioral health and to encourage mental well-being.

**Objective:** To provide the community with access to behavioral health resources, education, and support on achieving and maintaining mental health.

**Strategy:** To provide postpartum support to new or preexisting mothers within the community who may experience postpartum depression.

**Tactics and Measurements: Methodist Hospital | Metropolitan will implement the following tactic and measurement, with yearly updates through 2022:**

- Provide a community based support system for mother who experience postpartum depression through Methodist Family Health Center's *Centering Pregnancy* approach.
  - Measurement: Measure progress and improvement thought support group meetings after delivery by facilitating focus group sessions.

**Impact:** Through the tactic listed above, Methodist Hospital | Metropolitan will bring awareness to postpartum depression and possible treatment plans to alleviate the feelings of isolation in new mothers.

**Key Partners:**

- Communicare

## **Community Health Priority No. 5: Sexual Health**

**Community Goal:** To ensure that males and females have access to education and resources to promote sexual health.

**Objective:** Increase community awareness in regards to teen pregnancy and the importance of knowing/understanding sexually transmitted disease (STD) status.

**Strategy:** Promote sexual health awareness amongst the youth and LGBTQ communities.

**Tactics and Measurements: Methodist Hospital | Metropolitan will implement the following tactics and measurements, with yearly updates through 2022:**

- Continue to provide free pregnancy tests and free sexually transmitted disease (STD) test referrals at the Methodist Family Health Centers.
  - Measurement: Number of free pregnancy tests administered, number of pregnancy tests with a positive result, number of sexually transmitted disease (STD) test referrals.
- Partner with the San Antonio Independent School District to provide *Ask a Nurse* sessions to create a safe environment for students to ask sexual health questions to an RN.

- Measurement: Number of student attendees at our *Ask a Nurse* sessions and conduct post evaluations to measure knowledge gained.
- Provide free human immunodeficiency virus (HIV) screening tests in Methodist Hospital | Metropolitan Emergency Department.
  - Measurement: Number of human immunodeficiency virus (HIV) tests provided in Methodist Hospital | Metropolitan Emergency Department and number of HIV tests with a positive result.

**Impact:** Through the tactics listed above, Methodist Hospital | Metropolitan will bring awareness to sexual health issues as well as contribute to the decrease in teen pregnancies and sexually transmitted diseases.

**Key Partners:**

- Methodist Family Health Centers
- City of San Antonio
- San Antonio Independent School District

## 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 the Methodist Healthcare Strategic Planning and Market Services Department to implement and monitor the plan. The hospital chief financial officer also has appointed a representative to attend the meetings to monitor budget adherence. These individuals form a committee that will meet twice a year.

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 Hospital | Metropolitan Chief Executive Officer  
By: Greg Seiler

  
\_\_\_\_\_  
Date: 11/14/19