



# Community Health Needs Assessment and Implementation Strategy

## Executive Summary

### Part 1: Summary of Community Health Needs Assessment (CHNA)

**The Community We Serve.** The mission of University Health is to improve the good health of the community through high quality, compassionate patient care, innovation, education and discovery. Our vision is to be one of the nation’s most trusted health institutions. University Health primarily serves the residents of Bexar County, which is the focus of this community health needs assessment (CHNA).

**Assessing Community Needs.** For more than 20 years, University Health has partnered with other hospitals and organizations in Bexar County to produce a shared CHNA. This is accomplished through mutual funding and support of the Health Collaborative. The Health Collaborative takes a comprehensive look at health to include the upstream drivers and downstream impacts. Local data are collected from available public use files and reports. Wherever possible, the data are analyzed with a focus on equity. Concurrently, insights from stakeholders and key informants are obtained through focus groups and interviews.

### Part 2: University Health’s Implementation Strategy

**Strategies Aligned with Community Needs.** University Health employs a comprehensive approach to address community needs and improve health for residents of Bexar County and beyond. While our primary focus is on the delivery of high quality health care to our patients, we are increasingly moving “upstream” and working to promote healthy behaviors, reduce harms and address social determinants of health for our patient population and community at large, especially where the greatest disparities are found.

University Health’s Implementation Strategy is organized to align with our organizational structure, culture and assets. It describes numerous activities that address:

- **Social Determinants of Health**, including economic stability, neighborhood and built environment, social and community context, educational access and quality, and health care access.
- **Health Behaviors and Risks**, including harm reduction and health promotion.
- **Health Care, Disease, and Mortality**, including infectious diseases, chronic diseases, cancer screenings, women and newborn health, mental and behavioral health, and oral health.

**Institute for Public Health.** In March 2022, University Health launched the Institute for Public Health (IPH). The mission of the IPH is to promote health, prevent disease and prolong life in our community through a compassionate, collaborative, trauma-informed, data-driven and evidence-based approach. The IPH serves as a critical hub for University Health, connecting patients with targeted education and resources. It also actively connects our internal staff, services and programs with external community partners. The IPH aligns and coordinates how University Health addresses community needs and helps patients achieve optimal health through delivery of the 10 essential public health services.



## Part 1: Summary of Community Health Needs Assessment (CHNA)

### The Community We Serve

Bexar County Hospital District, d.b.a. University Health, is located in San Antonio, Texas, and primarily serves the residents of Bexar County, which is the focus of this community health needs assessment (CHNA). University Health includes more than 40 San Antonio locations. Additionally, as the primary teaching facility for UT Health San Antonio and a Level I trauma center for adults and pediatrics in South Texas, we serve many patients outside of Bexar County who are referred or transported to us for specialized services.

The mission of University Health is to improve the good health of the community through high quality, compassionate patient care, innovation, education and discovery. Our vision is to be one of the nation's most trusted health institutions. Thinking beyond medicine, we remain committed to healing, advancing knowledge and discovery, preventing disease, promoting health and prolonging life. Above all, we strive to be compassionate professionals, fostering a culture of health excellence for our community and treating all who enter our doors with kindness and respect.

The population of Bexar County exceeded 2 million in 2019, growing nearly 6% since 2015. Roughly 25% of the population is children under 18 years of age, 62% is adults ages 18-64, and 13% is adults ages 65 and older. Sixty-one percent of the population is of Hispanic ethnicity. For adults over 24 years of age, 15% have less than a high school education while 36% have at least an associate's degree. Median household income in 2019 was \$58,964, a 13% increase since 2015. Unemployment declined between 2016 and 2019 but rose sharply to 7.5% in 2020 due to the COVID-19 pandemic. In 2019, 30% of families lived below 200% of the federal poverty level.

### Assessing Community Health Needs

For more than 20 years, University Health has partnered with other hospitals and organizations in Bexar County to produce a shared CHNA. This is accomplished through mutual funding and support of the Health Collaborative.<sup>1</sup> This non-profit organization facilitates the development of the CHNA with leadership from its Board of Directors, Data Steering Committee and Community Advisory Committee, each of which includes representation from University Health. The full 2022 CHNA is available at [Bexar County Community Health Needs Assessment \(www.healthcollaborativechna.com\)](http://www.healthcollaborativechna.com) or in printed form upon request.

The Health Collaborative takes a comprehensive look at health to include the upstream drivers and downstream impacts. The CHNA uses a framework from the Bay Area Regional Health Inequities Initiative (BARHII)<sup>2</sup> (Figure 1). For each component of the framework, local data are collected from available public use files and reports. Wherever possible, the data are detailed by race/ethnicity, age group, sex and geography (such as ZIP codes or census tracts), and analyzed with a focus on equity. Concurrently, insights from stakeholders and key informants are obtained through focus groups and interviews. This component is referred to as the "community voice." The quantitative and qualitative data are combined into the CHNA.

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<sup>1</sup> <http://healthcollaborative.net/>

<sup>2</sup> <https://www.barhii.org/barhii-framework>



Figure 1. Bay Area Regional Health Inequities Initiative’s Framework for Reducing Health Inequities

### Input Representing the Broad Interests of the Community

As a community non-profit organization, the Health Collaborative was formed to be a neutral facilitator of the CHNA. Its Board of Directors includes representatives from three major health systems, local universities, a Medicaid managed care organization, the San Antonio Metropolitan Health District and other community organizations. The Data Steering Committee and Community Advisory Committee include representatives from many of these same organizations, other community partners and the subcontractors gathering and synthesizing the data. The quantitative data were compiled by Community Information Now (CI:Now),<sup>3</sup> another local non-profit. CI:Now provides data, tools, analysis and training to inform decisions to improve Texas communities. The qualitative data were collected by Health Collaborative staff who conducted focus groups with community members from different sectors of the city. Key informants, typically community leaders and professionals, were also interviewed. The Data Steering and Community Advisory Committees gave recommendations of whom to include in the interviews and focus groups.

### Identified Community Needs

The Bexar County CHNA includes nearly 200 graphs and maps. Each visualizes either a unique indicator or indicators that have been disaggregated by age, gender, race/ethnicity, geography and/or time. The Data Steering and Community Advisory Committees were charged with the task of sorting through the breadth and depth of quantitative data and community voice themes. Upon review of preliminary findings, the committee members individually ranked the key areas being measured within the BARHII model, then came together to

<sup>3</sup> <https://cinow.info/>



discuss the results. The committees came to consensus on 20 priority indicators which are grouped into four categories of community needs aligned with the BARHII framework. These include:

Living Conditions
<p><b>Low income and poverty.</b> Median family income rose steadily between 2015 and 2019, but stark racial/ethnic and sex disparities are evident in the data, with females, Black or African Americans, Hispanics and other smaller race/ethnicity groups in Bexar County shouldering a higher burden of low income and poverty than males, Asians and whites.</p>
<p><b>Unemployment.</b> The unemployment rate increased from 3.1% in 2019 to 7.5% in 2020. In general, minorities and females face greater economic instability due to unemployment and barriers to labor force participation, defined as either employed or seeking work.</p>
<p><b>Lack of health insurance.</b> In 2019, the uninsured rate for Bexar County was 17%, and disparities by race/ethnicity are evident. Forty-two percent of insured people have insurance through their employer, while Medicaid covers 13% of residents, primarily pregnant women and children. Adults ages 19-65 are least likely to have health insurance.</p>
<p><b>Low educational attainment.</b> Fifteen percent of the population 25 years and older has less than a high school education. Data on COVID-19 show a ZIP code level correlation between low educational attainment and COVID-19 cases, likely in part due to many jobs with lower educational requirements being designated essential when other workers were being moved to a work-from-home format.</p>
<p><b>Housing insecurity.</b> Bexar County is experiencing an increasingly acute shortage of affordable housing, especially but not only for low- and moderate-income residents. The available data show that renters and people of color are especially likely to experience housing cost-burden, and these disparities are likely to have widened during the COVID-19 pandemic. The percentage of occupied housing units where housing costs or rent is 30% or more of household income continues to rise year-over-year.</p>
<p><b>Food insecurity.</b> In 2019, 14% of the total population was food insecure. San Antonio made national headlines for extremely long queues of people in cars needing food assistance in 2020 and 2021 due to the COVID-19 pandemic.</p>
<p><b>Poor air quality.</b> Some aspects of air quality temporarily improved with dramatically reduced driving in 2020, but the longer-term trend and problem are unchanged. In 2021, Bexar County experienced unhealthy air quality for 43% of days, up from 28% in 2017.</p>
<p><b>Rapidly growing population.</b> The Bexar County population grew 6% between 2015 and 2019. A substantial portion of Bexar County's growth is due to in-migration for good jobs and a relatively lower cost of living. These in-migrants tend to have higher incomes and higher education, which can result in improvements in snapshot measurements over time without meaningful positive changes having been experienced by longtime residents.</p>
Health Behaviors and Risks
<p><b>Substance use.</b> While the rate of opioid prescriptions per 1,000 adults declined 19% since 2016, the death rate due to poisoning by chemical substances (including drugs) increased 22%. Although data on substance abuse is scarce, racial/ethnic inequities are likely present, if for no other reason than unequal access to prevention and treatment. Although not discussed in the CHNA, substance use also has inequitable criminal justice consequences depending on race/ethnicity.</p>
<p><b>Unhealthy eating.</b> Fewer than 18% of adults reported consuming fruits and vegetables five times per day. An estimated 72% of adults reported being overweight or obese. Unhealthy eating is closely related to food insecurity.</p>

Health Care
<b>Preventive and primary care.</b> An estimated 74% of respondents reported visiting a medical provider in the last year.
<b>Cancer screenings.</b> An estimated 26% of women ages 50 and older had a mammogram within the past two years.
<b>Prenatal care.</b> An estimated 67% of births were to mothers who received prenatal care in the first trimester.
<b>Dental care.</b> Sixty-two percent of adults reported visiting a dentist or dental clinic in the past year. Thirty-six percent of adults reported having one or more teeth removed because of decay or disease.
<b>Chronic disease management.</b> An estimated 14% of adults reported having asthma, 13% reported having diabetes and 4% reported having heart disease. These conditions may be underreported and unmanaged. Diabetes, hypertension and cardiovascular disease are the leading causes of adult hospitalizations after mental illness and injury.
Disease, Injury and Mortality
<b>Low birthweight and premature birth.</b> In 2019, 8.9% of births were low birth weight and 13.2% of births were pre-term. Both are negatively impacted by late or inadequate prenatal care, and data for both measures shows evidence of racial/ethnic inequities.
<b>Mental illness.</b> In 2020, there were 59.9 hospital discharges per 10,000 population with a primary diagnosis of mental health/behavioral disorder in 2020. The rate was highest among adults 18-64 years of age. The suicide rate among males was nearly four times that of females. Rates of suicide for white residents were about twice as high as other race/ethnicity groups.
<b>Child and adult abuse and neglect.</b> Reports of child abuse or neglect decreased significantly in 2020 and 2021, however the rates of confirmed child abuse or neglect remained steady at 10.4 victims per 1000 children in 2021. Children in particular are vulnerable to ongoing abuse and neglect when the usual people who notice and report it, like school personnel, do not see and spend time with children, as was the case during the pandemic when learning was conducted virtually. The danger of abuse and neglect in both age groups may have been exacerbated during the pandemic when family members who normally go to work or school outside the home cannot do so, particularly in the context of extreme economic and health stressors.
<b>Mortality.</b> For children and teens ages one year and older, the top two causes of death in 2020 were homicide, including homicide by gunshot, and accidents. For adults, the top three causes were heart disease, cancer and COVID-19. Premature heart disease and cancer mortality are impacted by utilization of preventive and primary care, chronic disease management and cancer screening. Deaths from substance abuse have also risen in the past years, and racial/ethnic disparities are present.
<b>Life expectancy.</b> The 2019 overall life expectancy remained steady at 78.9 but varied widely by geography and race/ethnicity. Life expectancy is anticipated to decrease due to COVID-19, and disparities in life expectancy are expected to increase.

Appendix A compares these local measures to state and national performance.

## Focus Group Findings

The 2022 Bexar County CHNA incorporated qualitative analyses of five focus groups and five key informant interviews from community members, including community health workers, people over age 65, young adults ages 15-18 and Mayor Ron Nirenberg. The focus groups and interviews were moderated by staff at the Health Collaborative and analyzed by CI:Now. Healthy child and family development, housing and mental and



emotional health were the priority topics of the focus groups and interviews. There were many themes that emerged from each of these, including:

- **Access to programs.** There are many options for health care, health programs and health initiatives in Bexar County. However, community health workers noted there are difficulties with clients accessing health services and health care. There are barriers in general awareness, transportation, waitlists, time and affordability. An additional barrier is knowledge that the resource exists at all. It is not enough to provide resources. Participants would like more effort placed in linking resources to the community by increasing capacity of current health providers, increasing awareness of health initiatives, especially to those with barriers in language and technology and meeting citizens where they are in terms of schedules, transportation and income.
- **Income disparities.** It is widely recognized by participants that money plays a large role in people's access to healthy foods. They understood the importance of eating healthy and saw a need for residents, especially children, to eat more vegetables. Other participants noted how wealthier sides of town have more variety and access to healthy foods, making it clear that income and place are closely related in Bexar County, creating disparities across economic and social conditions of health.
- **Parent-child relationships.** Parents have a large impact on how their children view health and engage with healthy behaviors. Participants felt strongly about the responsibility of parents to set a good example for their children by eating and providing healthy foods. Children also indirectly affect parents' health when poor access to childcare limits employment opportunities. Parent-child relationships are a large factor in healthy child and family development. Participants would like to see health initiatives place more emphasis on strengthening parents' abilities to care for their children, and ultimately themselves as well.
- **Infrastructure, development and safety.** It is easier to live a healthy life when your environment is conducive to healthy behaviors. The lack of infrastructure and development in particular areas of Bexar County has made it difficult for some residents to live healthy lives. Additionally, the lack of investment and infrastructure in lower-income areas of Bexar County has led to some participants having concerns for their safety, particularly the people over age 65. They noted the lack of jobs, services and community engagement.
- **Mental and emotional health programs and resources.** Programs and resources were the most common themes for mental and emotional health. Participants explained how mental health resources are sometimes indirect, including reliable transportation, programs for domestic violence and safe spaces for self-expression. Participants from different age groups and cultural backgrounds agreed that social support was fundamental to health, especially mental health.
- **Social media and technology.** Technology can be a beneficial resource to mental health and other health care services, but knowledge and access to it are not evenly distributed across Bexar County. Participants need services offered in multiple ways to help everyone of various backgrounds. While young adults may feel social media is a great tool for de-stigmatizing mental health, other residents feel it can be a hindrance when it is the only option for accessing services. The solution is not as simple as getting everyone educated about computers. People want to feel connected and familiar with those trying to help them, as a way of building upon their sense of community.
- **Housing availability and access.** Access to housing is inequitable, and housing programs can be difficult to navigate. While participants appreciate having resources, like other resources mentioned in this report, housing programs must do more than just exist. Bexar County needs a way of ensuring those most in need of housing are able to get it – safely and affordably. Housing access and availability is



more complex than simply making more houses or apartments. People in Bexar County need help finding housing, applying for housing and not losing the housing they already have. Income is the main obstacle participants pointed to as a barrier to safe, clean and affordable housing. Availability and access are two of the most common barriers to acquiring safe housing. A common barrier to safe housing is income. It can be difficult to gather all the money required to begin living in an apartment, which can include first and last month's rent as well as a security deposit. In addition to income, it can be difficult for some immigrants in Bexar County to wade through the bureaucratic steps it takes to obtain housing assistance. While investment in lower-income communities can help with access and availability of housing, it can also make it worse depending on the type of investment. Participants explained how the only investment they are seeing in their neighborhoods is from gentrification, which is pricing them out of places they have lived their whole lives.

- **Equity and the pandemic.** The pandemic exacerbated problems that were already present. There was much awareness about equity and how socioeconomic disparity is related to health outcomes. Additionally, the pandemic has uncovered, for some, just how inequitable it is to access resources.
- **Collaboration and funding.** Organizations frequently collaborate with one another on projects, and while that can create wonderful opportunities, collaboration can also slow down progress. Additionally, the funding that organizations may receive directly affects their ability to provide resources and can negatively impact their efforts to collaborate. However, even if funding sometimes hinders collaboration, participants recognized that partnerships are imperative to reaching communities and ensuring funding was being allocated to the people and areas most in need.

## University Health Facilities and Resources

For more than 100 years, University Health has been here to heal, improve health, lead, innovate and advance the practice of medicine. Above all, the people of University Health are here to serve all who entrust us with their health and lives with the highest-quality care, respect and compassion. As the only locally owned and operated health system in San Antonio and Bexar County, University Health takes to heart its responsibility to serve the health needs of our community today and into the future.

Doing business today as University Health, we are officially the Bexar County Hospital District. While Bexar County is in our name, we are a separate governmental entity and a political subdivision of the State of Texas. We are governed by a seven-member Board of Managers who are appointed by the Bexar County Commissioners Court. Thanks to strong leadership and support, our network of health care services includes dozens of primary, specialty and walk-in centers, mobile health units and an academic hospital that has earned its place among the top in the nation and recognized as the most preferred hospital in San Antonio.<sup>4</sup> University Hospital is proud to serve as the region's only Level I trauma center for both adults and children. The physicians of UT Health San Antonio serve as the medical staff for the University Hospital trauma program. This means specialists in every trauma-related field are in the hospital 24/7 to treat the most complex injuries. University Health also has an affiliation with Texas A&M University-San Antonio that supports initiatives related to public health, including collaborations to offer training and practical experiences for undergraduate and graduate students, as well as alignment with the ASPIRE partnership, which develops educational programs and services for school districts in South Bexar County. The Robert B. Green Campus in downtown San Antonio serves as the

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<sup>4</sup> NRC Health Market Insights 2021



hub for our ambulatory care network. In addition to our hospital and network of health centers, University Health also includes:

- Community First Health Plans, the only local non-profit health plan, serving people in Bexar County and surrounding communities.
- University Medicine Associates, a non-profit provider group practice, caring for adults and children in University Health locations across the community.
- University Health Foundation, a 501c3 charitable organization supporting the University Health mission.

All University Health locations and providers are connected through Epic, the most robust electronic health records system. With Epic, complete medical records are immediately available for the health care team at every visit. University Health's patient portal and smartphone applications allow patients to book appointments, message their doctors, refill prescriptions, view test results and so much more.

University Health has earned many awards and recognitions. We are proud to offer the highest quality health care, founded on respect and empathy. These awards and recognitions serve as proof of our commitment to our San Antonio community.

- University Health is recognized as a three-time Magnet health care organization by the American Nurses Credentialing Center. As a Magnet hospital, University Health attracts the best and brightest health care talent from around the nation.
- The American Nurses Credentialing Center's Commission on Accreditation in Practice Transition Programs accredited University Health's Nurse Residency Program with Distinction as a Practice Transition Program.
- University Health is the first and only health organization in Texas to be certified as a Level 10 Most Wired health system by the College of Healthcare Information Management Executives (CHIME). Level 10 is the highest certification possible. The Most Wired certification follows a rigorous evaluation of University Health's adoption, integration and impact of technology.
- The Joint Commission and the American Heart Association/American Stroke Association certified University Health as a comprehensive stroke center.
- All University Health dialysis locations earned the highest five-star recognition from the Centers for Medicare and Medicaid Services.
- University Hospital is San Antonio's first Level IV Maternity Center. The Texas Department of State Health Services awarded University Health this distinction, the highest a health facility can earn. The Texas Department of State Health Services also recognized University Hospital as a Level IV Neonatal Intensive Care Unit.
- University Hospital was named one of Newsweek's best maternity hospitals in 2022 with a five-ribbon performance. We are the only hospital in San Antonio to earn this recognition. University Hospital was also named one of the nation's best hospitals for maternity care by The Leapfrog Group and Money.
- In 2022, University Hospital ranked High Performing in Maternity Care (Uncomplicated Pregnancy) in U.S. News & World Report. Our pregnancy and childbirth providers earned this distinction by





performing fewer Cesarean sections, fewer early deliveries and seeing fewer newborn complications than other hospitals. In 2020, University Hospital ranked #19 for best hospitals in Texas.

- In 2021, the Institute for Healthcare Improvement recognized University Hospital as an Age-Friendly Health System.
- University Health is certified in providing palliative care by The Joint Commission. We are the third health care organization in Texas to achieve this award, which recognizes University Health’s excellence in being able to provide palliative and support care to patients of all ages.
- University Health’s Hospital at Home program was honored with the Bill Aston Award for Quality at the Texas Hospital Association Conference in 2023. This award honors hospitals’ success in improving quality and patient outcomes through the implementation of evidence-based patient care initiatives at the national or state level. University Health launched Hospital at Home during the early days of the COVID-19 pandemic as a way to provide acute care at home and open up in-hospital beds for more critical patients.

## Impact Evaluation

The most recent community health improvement plan (CHIP) was produced in 2017 following publication of the 2016 CHNA, which identified five priority areas: behavioral and mental well-being; healthy child and family development; healthy eating and active living; safe communities; and sexual health. A community-wide CHIP was not produced following publication of the 2019 CHNA due to the COVID-19 pandemic, which also complicated the ability to conduct an impact evaluation.

In our 2020 implementation strategy, University Health described numerous activities intended to address the priority needs identified in the 2019 CHNA. Each has had a meaningful impact on community health.

Living Conditions	
Program	Impact
Trauma-Informed Care Initiative	The Institute for Trauma-Informed Care has provided the necessary training, technical assistance, and coaching tailored to the culture and demographics of San Antonio and Bexar County to support organizations interested in completing an evidenced-based Trauma-Informed Care certification.
Mobile Health Care – Women’s Health	University Health’s healthyUexpress mobile health care program has increased access to cancer screenings and aided in improving health outcomes related to cancer. The healthyUexpress van provides well-women exams, clinical breast exams and satellite technology for same-day or next-day results, especially for women who have difficulty accessing care.
Mobile Health Care – Primary Care	The healthyUexpress primary care mobile health vehicle extends University Health’s school-based and primary care services. It has aided in improving access to health care, improving health outcomes and reducing school absences.
School-Based Health Clinics	University Health expanded its school-based health clinics to include five clinics located on school campuses designed to meet the health needs of students and their families. The school-based clinics have improved access to health care, improved child health outcomes and reduced school absences.



Nurse-Family Partnership (NFP)	Through education, skills development and monthly check-ups, this grant-funded program has helped in equipping first time mothers for parenthood. NFP has improved pregnancy outcomes, improved child health and development, improved family economic self-sufficiency and stability, and reduced the incidence of child abuse and neglect.
CMS Connecting Kids to Coverage Outreach and Enrollment	Through outreach, Connecting Kids to Coverage has provided education, enrollment and retention in Medicaid and CHIP for eligible children and parents through culturally sensitive and health literacy appropriate events.
CareLink	This financial assistance program has increased access to care for those who qualify. CareLink enrolls residents of Bexar County who do not have private or public health insurance. Over 38,000 unique members were enrolled in CareLink in 2022.
Enroll SA Coalition	University Health participated in Enroll SA, a coalition of health care, faith-based and community organizations with the goal of increasing health coverage in San Antonio and surrounding communities.
The CASE (CAre, houSing, Employment) Management Initiative	CASE increased access to health care through carefully designed interventions aimed at providing assistance to obtaining suitable housing, gainful employment and adequate HIV primary care.
Mayor's Housing Policy Task Force	This community effort developed a plan to improve access to affordable housing in San Antonio.
BiblioTech	University Health placed electronic kiosks inside facilities to promote reading and access to books and library resources.
Older Adult Fall Prevention	The Older Adult Fall Prevention Program raised awareness on common household slip, trip and fall hazards to empower community-dwelling older adults to prevent falls in their homes. Through classes and programs, Injury Prevention staff provided information and resources for older adults on mobility and balance, increased annual eye exams and improved home safety.
Valero Texas Open	University Health sponsored this professional golf event to raise money for local non-profits. University Health helped raise funds and awareness for partnering organizations working to impact community health needs.

<b>Health Behaviors and Risks</b>	
<b>Program</b>	<b>Impact</b>
Community Health Fairs	Through sponsorship and participation in community health fairs, University Health promoted healthy behaviors, provided health education, conducted screenings and helped residents identify risks for disease and injury.
Back to School Health Events	University Health provided sports physicals and other screenings to ensure children were healthy and prepared for school and school-related activities. Our staff administered vaccinations to prevent COVID-19 and other diseases.
H-E-B Body Adventure Powered by University Health	This innovative health exhibit at the Witte Museum, which serves as a fun and engaging experience, also generated data on the health of the community. This initiative educated participants on healthy behaviors to reduce childhood obesity, including healthy eating and physical activity.
San Antonio Zoo Fitness Trail	This one-mile loop around the San Antonio Zoo provides guests with a way to combine fitness and fun, promoting sun protection, hydration, physical activity, safety and other



	positive health behaviors. Additionally, University Health provided medical supplies for the Zoo's first aid program.
SeaWorld San Antonio Program	University Health supported the First Aid Program at SeaWorld and promoted sun protection, hydration, physical activity, safety and other positive health behaviors.
Tobin Fine Arts Fitness on the Plaza	Monthly Fitness on the Plaza classes promoted movement and physical activity in an open community setting.
San Antonio Sports Go Kids! Challenge	This initiative promoted physical activity in elementary schools by providing incentives to kids for completing and documenting physical activity.
Community Walks and Runs	University Health sponsored and participated in various community events to promote local non-profit organizations, raise awareness and encourage healthy activities.
Doctor's Pantry	These online healthy cooking demonstrations promoted healthy behaviors, especially healthy eating.
Healthy Cooking Classes	Healthy cooking classes were taught by registered dietitians at the Texas Diabetes Institute teaching kitchen and encouraged healthy eating habits.
Wear the Gown	This partnership with KENS5-TV provided numerous health education videos to the community. The health series addressed areas of prevention, treatment and the latest research. Wear the Gown increased awareness and understanding of health topics, including knowing when to see a doctor.
KSAT Community Events	In partnership with a local television station, University Health is one of three local businesses that promoted local non-profit organizations and community events. These events increased awareness about community health needs and resources. Some of these events included book festivals, teen dating violence prevention, health screenings and mental health awareness.
Joint Opioid Task Force	University Health co-chaired this City-County task force, which brought together community partners to develop and implement actions to address the opioid epidemic at the local level. The Joint Opioid Task Force worked to reduce deaths related to opioid overdose, reduce substance use and abuse, and increase access to treatment services.
Linking and Uniting Communities for Healthy Actions (LUCHA)	LUCHA addressed structural and interpersonal conditions that affect access, service use and positive health outcomes for youth and young adults through reduced system barriers and integrated web-based services and patient navigation. The program provided substance use education, HIV education and preventive services such as HIV and viral hepatitis testing. LUCHA also established a social marketing awareness campaign. This program prevented and reduced the onset of substance use and transmission of HIV/AIDS among youth and young adults ages 13-24 years in Bexar County.
Navigate, Engage, Connect, Test (NExT) Program	NExT provided peer-navigation for men ages 18-24 years at risk for substance abuse and HIV, including outreach, intensive case management, testing for HIV and viral hepatitis, evidence-based substance abuse and HIV prevention education, referrals for housing support services, and help with obtaining HIV and hepatitis care. This program prevented substance misuse and the transmission of HIV and hepatitis.
Texas Wears Condoms (TWC)	The Texas Wears Condoms program distributed condoms to individuals in Texas free of charge via online ordering. TWC also provided free HIV test kits for those who qualified. TWC improved knowledge, destigmatized condom use and reduced the spread of HIV and sexually transmitted infections in Texas.



Collaborative Commission on Domestic Violence	This community task force increased awareness of domestic violence, increased support for victims and reduced/prevented domestic violence. The collaborative improved reporting, early identification, communication and coordination among responders.
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Disease, Injury and Mortality	
Program	Impact
COVID-19 Prevention and Treatment	University Health’s collective response to COVID-19 began in 2020 with the release of community guidance and implementation of health and safety precautions. University Health, along with our UT Health San Antonio partner, was among the first in the nation to conduct a COVID-19 treatment clinical trial of Remdesivir in early April 2020. During Phase 2 of the Remdesivir trials, University Health was the largest clinical site in the world. University Health also played a pivotal role in administering the COVID-19 vaccine to first responders, vulnerable populations and to the Bexar County community. After initial vaccine distribution began and COVID-19 vaccines became readily available, University Health sought to ensure that all community members were educated on the importance of vaccines and had access to the COVID-19 vaccines through a mass-vaccine distribution site at Wonderland Mall. University Health also leveraged community outreach specialists to host COVID-19 vaccine events throughout Bexar and surrounding counties.
Flu Vaccination Drive-Thru	In partnership with the Bexar County Judge and Commissioners Court, University Health hosted four drive-thru flu vaccination events, at no cost, in commissioners’ precincts (North, South, East and West). These events allowed the community to receive flu shots without leaving their vehicles.
Community Mental Health Services	University Health has supported efforts at Haven for Hope, Respite Care San Antonio and Center for Health Care Services to improve access to physical and mental health care services. These services included expansion of jail outreach beds and development of a care coordination transition program at Haven for Hope, increased access to primary and behavioral health care, and improved access and services for foster children and children with special needs.
South Texas Crisis Coalition	The South Texas Crisis Coalition organized and provided timely and appropriate crisis stabilization services, including funding for residential treatment, emergency psychiatric beds, a Rapid Access Clinic and domestic violence call in systems. The Coalition improved access to services at the right level and place, improved navigation and coordination of care for patients with intensive needs and improved community services infrastructure.
Hepatitis Viral Infection and Systematic Treatment Alliance (HepVISTA)	HepVISTA addressed the higher prevalence of hepatitis C virus (HCV) and hepatocellular cancer (HCC) by decreasing barriers to screening and treatment. This program targeted baby boomers in Bexar County to increase HCV screening and reduce disparities in the prevention of liver cancer.
Ryan White Program	The Ryan White program at University Health provided continued access to primary care and support services for people living with HIV. Ryan White programs have increased access to health care, improved health outcomes for individuals living with HIV and reduced incidence of HIV.



StrongARM (Addiction Recovery for Men)	StrongARM has expanded and enhanced substance abuse treatment, behavioral health and HIV services for adult men with substance abuse disorders who were at risk or living with HIV. StrongARM provided services such as peer navigation, case management, peer recovery support, trauma-related services, HIV and hepatitis testing and linkage to care. StrongARM enrolled 45 new clients into the program in 2022, and staff provided a total of 380 hours of program outreach, 1,333 hours of client engagement services and 653 hours of client assessments.
The Zero Suicide Program	The Zero Suicide Program provided a comprehensive, multi-setting approach to suicide prevention. This program raised awareness, established referral processes and improved care and outcomes for patients at risk for suicide. Over the five-year lifespan of the grant, Zero Suicide screened over 200,000 patients for suicide risk. Of those screened, 9,561 patients were referred for behavioral health services.
Youth Suicide Prevention	University Health worked with targeted Bexar County schools to host an <i>Angst</i> film screening, panel discussion and resource fair to help parents and students explore anxiety, its causes, effects and available support resources. <i>Angst</i> is an IndieFlix Original documentary designed to raise awareness about anxiety.
Reentry Opportunities and Recovery Services (ROARS)	ROARS provided screening and treatment for nearly 200 Bexar County inmates with mental illness and substance use disorder and provided linkage to services following their release into the community. In 2022, more than 2,000 women received services.
Chronic Care Management	University Health provided education and support to help patients with diabetes, heart disease, asthma and other chronic diseases manage their health, prevent complications and improve quality and length of life.
Breast and Cervical Cancer Services	These services at University Health provided breast and cervical cancer screenings as well as diagnostic services, including case management for uninsured women of Bexar County. These services increased cancer screenings and aided in improving health outcomes related to cancer.
Rural Maternal and Obstetric Maternal Strategies (RMOMS)	The Rural Maternal and Obstetric Maternal Strategies (RMOMS) grant established a network of rural maternal care providers who partner with University Health to provide a comprehensive continuum of care for women throughout their reproductive life stages. RMOMS improved infant and maternal health outcomes and reduced infant and maternal mortality.
Stop the Bleed Campaign	This campaign trained community members on how to respond to life-threatening blood loss until emergency responders can arrive. Stop the Bleed has reduced mortality and improved health outcomes following trauma. University Health collaborated with Bexar County school districts, as part of a University Health initiative to train lay people on how to become a life-saver in emergency situations. Texas House Bill 496 required Texas schools to develop a comprehensive plan to provide Stop the Bleed training for their staff and students and ensure bleeding control kits are placed in appropriated locations. Each district developed a “wish list” of requested supplies based on their individual plans and needs. University Health procured more than 850 Stop the Bleed training kits and school kits, which included chest seals and Mylar blankets.
GunSafety4Bexar Campaign	This campaign educated and empowered the public to reduce firearm-related injuries and deaths due to accidental discharges and self-harm. GunSafety4Bexar has made it more difficult for individuals to use a stolen weapon through education and distribution of gun locks in Bexar County. The campaign focused on safe gun storage by encouraging citizens to store guns locked, unloaded and separate from ammunition as a means to protect

	children and people experiencing depression and dementia. This program reduced firearm injuries and deaths through the distribution of gun locks.
Buckle UP Program	The Buckle UP Program provided comprehensive child passenger safety through prenatal education and outreach. This program distributed car seats, provided family support, offered discounts for families in need, conducted community car seat checks and offered technical training to parents and community partners. The Buckle UP Program reduced motor vehicle crash-related injuries and deaths.
SAFE 2 SAVE	This community program, sponsored by University Health, promoted safe driving through enrollment in an online incentive program. Enrollees earned points and discounts for not texting while driving. The SAFE 2 SAVE program prevented motor vehicle accidents, injuries and deaths.
CarFit for Older Drivers	CarFit provided education and training to older adults on how to assess how well their personal vehicles "fit" them. The CarFit technicians utilized a 12-point checklist to evaluate factors that improve driver safety such as seat belt placement, distance from the airbag and ability to effectively use side mirrors. Through education and implementation of safety measures, this program reduced motor vehicle crash injuries and deaths among older adults in Bexar County.
Safe Kids San Antonio	Through a partnership with Safe Kids Worldwide, University Health served as the lead organization for Safe Kids San Antonio. Through this partnership, Safe Kids San Antonio implemented programs to prevent childhood injuries including bike safety, drowning prevention, safe sleep, home safety, medication safety, poison prevention and sports safety.
Safe Kids San Antonio–Burn Prevention Program	Through a partnership with Safe Kids San Antonio, University Health provided burn education and awareness within the community. Safe Kids San Antonio and University Health participated in Burn Awareness Week and National Fire Prevention Week, as well as community events that promoted burn safety. This burn prevention program also distributed smoke alarms and hot water testers in the community to reduce pediatric burns in Bexar County.
Safe Kids San Antonio–Walk to School Day	In October 2019, Safe Kids San Antonio used International Walk to School Day to kick off a month-long effort to promote safer routes for students to walk and bike to school. University Health worked with area schools, businesses, community organizations and parent groups to bring attention to pedestrian safety issues. This initiative educated parents and children on the importance of using crosswalks, looking “left, right, left” and being visible to reduce pedestrian injuries.



## Part 2: University Health’s Implementation Strategy

### Alignment with Community Needs

The 2022 Community Health Needs Assessment (CHNA), conducted by the Health Collaborative in coordination with key partners, identified four categories of community needs for Bexar County: Living Conditions; Health Behaviors and Risks; Health Care; and Disease, Injury and Mortality. For each category of need, the CHNA highlighted two to six priority areas.

To align more efficiently with our organizational structure, culture and assets, University Health uses the following crosswalk to address community priorities through its implementation strategy.

Community Health Needs and Implementation Strategy Crosswalk	
Community Health Needs Assessment	University Health’s Implementation Strategy
<b>Living Conditions</b> <ul style="list-style-type: none"> <li>• Low income and poverty</li> <li>• Unemployment</li> <li>• Lack of health insurance</li> <li>• Low educational attainment</li> <li>• Housing insecurity</li> <li>• Food insecurity</li> <li>• Poor air quality</li> <li>• Rapidly growing population</li> </ul>	<b>Social Determinants of Health<sup>5</sup></b> <ul style="list-style-type: none"> <li>• Economic stability, focused on low income/poverty, unemployment, housing insecurity and food insecurity</li> <li>• Neighborhood and built environment, focused on violence, safety, internet access, water quality, air quality and motor vehicle crashes</li> <li>• Social and community context, focused on health communication, health literacy and population growth</li> <li>• Educational access and quality, focused on educational performance and graduation rates</li> <li>• Health care access, focused on health coverage and health disparities</li> </ul>
<b>Health Behaviors and Risks</b> <ul style="list-style-type: none"> <li>• Substance use</li> <li>• Unhealthy eating</li> </ul>	<b>Health Behaviors and Risks</b> <ul style="list-style-type: none"> <li>• Harm reduction, focused on substance use, risk behaviors, injuries, violence, abuse and neglect</li> <li>• Health promotion, focused on healthy eating and physical activity</li> </ul>
<b>Health Care</b> <ul style="list-style-type: none"> <li>• Preventive and primary care</li> <li>• Cancer screenings</li> <li>• Prenatal care</li> <li>• Dental care</li> <li>• Chronic disease management</li> </ul>	<b>Health Care, Disease, and Mortality</b> <ul style="list-style-type: none"> <li>• Infectious disease prevention and treatment, focused on COVID-19, HIV and hepatitis</li> <li>• Chronic disease prevention and management, focused on diabetes, cardiovascular disease and asthma</li> <li>• Cancer screenings</li> <li>• Women and newborn health</li> <li>• Mental and behavioral health</li> <li>• Oral health</li> </ul>
<b>Disease, Injury and Mortality</b> <ul style="list-style-type: none"> <li>• Low birthweight and premature birth</li> <li>• Mental illness</li> <li>• Child and adult abuse and neglect</li> <li>• Mortality</li> <li>• Life expectancy</li> </ul>	

<sup>5</sup> Based on the Healthy People 2030 model <https://health.gov/healthypeople>



University Health is committed to serving the people of Bexar County and achieving optimal health and equity by addressing these needs with activities outlined in our Implementation Strategy.<sup>6</sup> As the county-owned non-profit health system, all of University Health’s resources are committed to improving the health of our patients and community. The physical assets, staff, supplies, grant funding, programs, sponsorships and other investments are approved by the Board of Managers and Bexar County Commissioners Court through the annual budget process.

## The Institute for Public Health

In March 2022, University Health launched the Institute for Public Health (IPH). The mission of the IPH is to promote health, prevent disease and prolong life in our community through a compassionate, collaborative, trauma-informed, data-driven and evidence-based approach. The IPH is guided by the following values:

- We build trust through kind and compassionate care that is trauma-informed and culturally appropriate.
- We invest in and implement data-driven, community-centered solutions.
- We pursue opportunities to contribute what we are learning to the evidence base.

**The Institute for Public Health Vision:**

We are leading the way to improve the good health of our community by eliminating health disparities and achieving health equity.

The IPH serves as a critical hub for University Health, connecting patients with targeted education and resources. It also serves to actively connect our internal services and programs with external community partners (Appendix B). The IPH aligns and coordinates how University Health addresses community needs and helps patients achieve optimal health through delivery of the 10 essential public health services.<sup>7</sup>

Further, the IPH serves as resource for all University Health leaders. Using our Health Improvement Model (Appendix C) we assist the organization through the various steps to serve the areas of greatest need with the efficient use of resources:

- Assess health status, needs, trends and disparities
- Assess relevant services and assets available in our community
- Identify gaps, emerging threats and opportunities, goals, partners, evidence-based solutions and sustainable funding
- Develop, implement, support and invest in evidence-based interventions
- Evaluate impact on access, health status, outcomes, disparities and equity

The IPH is led by Dr. Roberto Villarreal, Chief Public Health Officer; Dr. Carol Huber, Deputy Chief Public Health and Equity Officer; and Dr. Leo López, III, Medical Director for the IPH and School-Based Health. The IPH is actively engaged in identification and coordination of key strategies. Many of University Health’s strategies address multiple areas of need, however each activity is listed only once. Website links for many of the strategies are included in Appendix D. University Health will regularly add to or modify this Implementation Strategy to address emerging community needs.

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<sup>6</sup> A digital version of the adopted CHNA and Health Improvement Plan are available to the public on University Health’s website. A printed version is available upon request.

<sup>7</sup> CDC - 10 Essential Public Health Services - CSTLTS





## Strategies

### A Comprehensive Approach to Addressing Community Needs

University Health employs a comprehensive approach to address community needs and improve health for residents of Bexar County and beyond. While our primary focus is on the delivery of high quality health care to our patients, we are increasingly moving “upstream” and working to promote healthy behaviors, reduce harms and address social determinants of health for our patient population and community at-large, especially where the greatest disparities are found.

As a business, University Health employs more than 9,200 individuals, most of whom are residents of Bexar County. In 2023, University Health invested more than \$719 million in wages and benefits which are reinvested into our local economy. Recognizing that our employees are also valuable members of our community, our Employee Health and Wellness program supports our employees to keep them safe and healthy.

Our Procurement Services contracts for goods and services, with a targeted focus on companies certified as Small, Minority, Women and Veteran-owned businesses, using our capital to catalyze the local community. Our Protective Services unit works daily to keep our staff and patients safe. Our Spiritual Services team provides critical grief and spiritual support to patients and staff who face unexpected trauma, long-term health issues and the stresses that come with caregiving.

University Health supports and participates in numerous community- and statewide coalitions to improve health. As a member of the South Texas Regional Advisory Committee (STRAC), University Health works with local partners to develop, implement and maintain the regional trauma and emergency health care system for 22 counties. As a member of Teaching Hospitals of Texas, University Health works to secure funding, establish and maintain clinical training grounds and ensure a strong health care system for all Texans. As a member of the Health Collaborative, University Health works to assess the health needs of the community and develop and implement strategies to improve health. University Health regularly partners with local organizations which include the San Antonio Metropolitan Health District, Bexar County, San Antonio Food Bank, United Way, Witte Museum, American Heart Association, American Cancer Society and so many more.

The University Health Foundation helps businesses and the community connect to their individual charitable interests. The Foundation works to inspire donors to participate in advancing exceptional and compassionate care to patients, employees and the community. The Foundation supports special projects and funds including primary care, spiritual health, pediatric services, injury prevention, child life and neonatal intensive care. The Foundation also supports special projects such as the Uvalde Victims Relief Fund, COVID-19 Relief Fund, Stop the Bleed Fund and the Women and Children’s Hospital Fund.

Community First Health Plans manages the health of more than 185,000 Medicaid and CHIP members in the Bexar Service Delivery Area, which represents roughly 42% of the market. Community First was recognized in 2022 as a Healthy People 2030 Champion by the United States Department of Health and Human Services Office of Disease Prevention and Health Promotion (ODPHP) for its efforts to improve population health. As an active member of the Texas Association of Community Health Plans (TACHP), Community First engages with other Texas-based health plans in collective efforts to improve the health and well-being of Texans through accessible, quality and cost-effective health care. Community First Health Plans has earned the reputation as a leader in the Bexar County community through its dedication to consumer focused health care and through an emphasis on partnerships with providers.

## Social Determinants of Health (SDOH)

Factors such as food insecurity, housing instability, low health literacy and socioeconomic status can have a negative impact on people's health, exacerbate social inequities and decrease life expectancy. These factors, known collectively as the social determinants of health (SDOH),<sup>8</sup> often lead to a poor quality of life, increased morbidity from chronic conditions and increased costs to health systems.

**Social determinants of health** are the conditions in the environments where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

University Health aims to reduce disparities<sup>9</sup> and achieve health equity by directing financial, staff and technology resources to better integrate medical and social care for patients. University Health is implementing multiple strategies and initiatives through a system-wide approach of Awareness, Adjustment, Assistance, Alignment and Advocacy.<sup>10</sup> While we will work to connect patients to any services they may need, we are focusing our SDOH activities on financial, food, transportation and housing instability.

**Health disparities** are the preventable differences in the burden of disease, injury, violence or opportunities to achieve optimal health experienced by socially disadvantaged racial, ethnic, and other population groups.

**Awareness.** These activities identify the social risks and assets of defined patients and populations.

- **Screening for SDOH:** University Health is testing strategies to screen patients for SDOH using evidence-based survey questions. For example, all clinics have access to screening tools in the Epic electronic medical record. A pilot program using the MyChart online application was launched at University Health's Southeast Clinic. Other clinics focus on the food insecurity domain. We are evaluating these strategies to design and standardize the most effective, trauma-informed and culturally appropriate approach for University Health's patients.
- **Education and Communication:** Corporate Communications is designing an IPH website to share information with the community on how social factors impact health.
- **Community Health Needs Assessment:** University Health supports the Health Collaborative and leads efforts to conduct the triennial CHNA and community health improvement plan. In collaboration with key partners, we establish a shared vision, select relevant indicators, identify the important drivers of health in our community and develop strategies to achieve optimal health and equity.

**Assistance.** These activities reduce social risks by providing assistance in connecting patients with relevant social care to address social determinants of health.

- **Care Coordination Services:** Within University Health, patients who request assistance are referred to a social worker. The social worker uses FindHelp.org to assist the patients with referrals to services

<sup>8</sup> Social Determinants of Health - Healthy People 2030 | [health.gov](https://www.health.gov)

<sup>9</sup> Health Disparities | Healthy Aging | CDC

<sup>10</sup> National Academies of Sciences, Engineering, and Medicine. 2019. Integrating Social Care into the Delivery of Health Care: Moving Upstream to Improve the Nation's Health. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25467>.



available in the community. University Health is implementing Compass Rose, a care coordination module in Epic, to achieve improved referral tracking and verification that services were received.

- **Patient Navigators:** These staff assist pregnant patients throughout the prenatal care process and help arrange transportation to appointments.
- **OASH - Building Bridges to Better Health:** This program focuses on research, development and testing methods of informing limited English proficient (LEP) individuals about the availability of language access services. It aims to address health disparities among racial and ethnic minority populations and demonstrate the impact of those efforts on outcomes and health equity.
- **Connecting Kids to Coverage:** This program works to reduce the number of children who are eligible for, but not enrolled in, Medicaid and the Children's Health Insurance Program (CHIP), and to improve retention of eligible children who are enrolled in the programs. The San Antonio Food Bank is a key partner.
- **Get Covered San Antonio (SA):** University Health partners with Get Covered SA to ensure that all residents of Bexar County are insured. Get Covered SA offers one-on-one assistance throughout the application process to eliminate errors that may impact enrollment in Medicaid, CHIP and Medicare.
- **Charity Care and CareLink Financial Assistance Program:** These programs offer financial assistance for patients who are unable to pay for all or a portion of their health care.
- **Ryan White - Housing Opportunities for Persons with AIDS (HOPWA):** The Housing Opportunities for Persons with AIDS (HOPWA) program provides housing assistance and related supportive services for low-income persons living with HIV/AIDS and their families. Key partners include B.E.A.T. AIDS Coalition Trust, San Antonio AIDS Foundation, University Health FFACTS Clinic, Alamo Area Resource Center, Centro Med and Maverick County Hospital District.
- **Refugee Health Services:** The refugee health clinic provides refugees assistance in completing health histories and obtaining mental health assessments, physical exams, vaccinations, labs and infectious disease screenings.
- **SA Kids BREATHE:** San Antonio Kids BREATHE (Building Relationships, Effective Asthma Teaching in Home Environments) is a program offered by San Antonio Metropolitan Health District with the primary goal of improving the quality of life for children with asthma. The program includes home visits and helps families improve living conditions to reduce asthma triggers. Dr. Mandie Tibball Svatek serves as medical director of the program, and the program is a key referral source for University Health patients and Community First Health Plans members.
- **San Antonio Food Bank Food Box Distributions:** Registered dietitians at University Hospital distribute food boxes to patients who are experiencing food insecurity.
- **Food Vouchers:** Through a partnership with the American Heart Association, the Texas Diabetes Institute Cardiology Clinic distributes vouchers to patients who express food insecurity. With the vouchers, the patients can access healthy foods such as fruits and vegetables through a local mobile market program.
- **Community First Food Pantries:** Community First Health Plans Food Pantries are accessible 24/7 at weather proof, free-standing and convenient locations. Each pantry is free and no registration is required, so those in need can access food and other items when needed.
- **BiblioTech:** University Health partners with BiblioTech to help our patients access online resources.



**Adjustment.** These activities focus on altering clinical care to accommodate identified social barriers. University Health implements strategies to help patients receive care in new and innovative ways.

- **NurseLink:** NurseLink gives residents direct access to the nursing expertise of University Health. Our telephone triage system is available for our patients 24 hours a day.
- **Telemedicine:** Patients who have transportation challenges may be accommodated through the use of telemedicine appointments and messaging with their provider through MyChart. MyChart is the digital application available through Epic that allows patients to communicate with providers and efficiently schedule appointments for those who have digital access and literacy to use the tool.
- **Epic Link:** Epic Link is a secure web portal that connects community providers to information about our shared patients. Through this tool, providers can submit referrals to specialists, order labs and imaging and view patient records. This process reduces the cost of care to patients and the overall system, and eliminates unnecessary travel and other barriers patients may experience.
- **Extended Service Hours:** University Health provides flexibility to patients through expanded access to services after regular business hours and on weekends.
- **Hospital at Home:** Launched during the COVID-19 pandemic, University Health is expanding its Hospital at Home program, which provides high-quality, hospital services to patients in their homes.
- **School-Based Health:** University Health operates a network of five school-based health clinics which provide convenient access to care for students, staff, families and members of the community in underserved neighborhoods across Bexar County. The school-based health program is deploying TytoCare devices to school campuses at Southwest Independent School District, empowering school-nurses to facilitate high-quality virtual health care visits with University Health school-based providers using this innovative technology. School-based clinic locations include Collier school-based clinic, Davis school-based clinic, Shirley A. Schreiber school-based clinic at Jones Middle School, Southwest school-based clinic and Tafolla school-based clinic.
- **Mobile Family Clinic – healthyUexpress:** The healthyUexpress fleet brings primary care to families in their own neighborhoods. This mobile service allows community members to schedule appointments for preventive health services, diagnostics and treatment.
- **Acute Inpatient Rehabilitation:** Through a joint venture with PAM Health Warm Springs, University Health offers inpatient rehabilitation services at locations across the community, making it as convenient as possible for patients to receive care close to their homes.
- **Ambulatory Outpatient Rehab:** University Health offers outpatient rehabilitation in facilities around San Antonio. The treatments include prevention and rehabilitation of acute or prolonged dysfunction.
- **Language Assistance and Interpreters:** These services promote effective communication between the patient and care team.

**Alignment.** These activities help us understand existing social care assets in the community, organize them to facilitate synergies and invest in and deploy them to positively affect health outcomes.

- **Institute for Public Health:** University Health launched the Institute for Public Health in March 2022 to align community health initiatives. In addition to developing a county-wide Implementation Strategy using the current CHNA, the IPH is conducting a Community Health Needs Assessment focused



specifically on South Bexar County. These findings will inform programs and services for University Health's new public health facilities and community hospital which are being constructed in this underserved area. As part of this effort, the IPH is inventorying all assets, partnerships and programs directed toward community needs and public health to identify gaps and new opportunities.

- **SDOH Consortium:** University Health is participating in the development of a new SDOH Consortium, which brings together a group of community-based organizations to understand and address SDOH collaboratively across Bexar County.
- **Institute for Trauma-Informed Care:** University Health trains employees and community organizations to understand what it means to be trauma-informed and how to implement trauma-informed care principles in the workplace with patients, co-workers and all individuals they encounter. Key partners include the San Antonio Metropolitan Health District, South Texas Trauma-Informed Care Consortium and the Ecumenical Center.
- **Project MEND:** Through Project MEND (Medical Equipment Network for those with Disabilities), individuals living with disability and illness can receive free or low-cost refurbished medical equipment. University Health's Chief Information Officer, Bill Phillips, currently serves as vice president on the Project MEND board of directors.
- **Big Brothers Big Sisters San Antonio:** Big Brothers Big Sisters serves the San Antonio community and aims to provide children facing adversity with strong and enduring, professionally supported one-to-one mentoring relationships that help them reach their full potential. Cynthia de la Peña of Community First Health Plans currently serves on the board of directors at Big Brothers Big Sisters of San Antonio.
- **San Antonio Food Bank.** University Health is a sponsor of the San Antonio Food Bank Mobile Mercado and Fruit and Vegetable Prescription Program, bringing fresh fruits and vegetables to residents who are food insecure.

**Advocacy.** These activities promote policies that facilitate the creation and redeployment of assets or resources to address health and social needs.

- **Value-Based Payment and Quality Improvement Advisory Committee:** Dr. Huber chairs and Dr. Villarreal serves on this statewide committee. In December 2022, the committee published its biennial legislative recommendations for Medicaid managed care organizations (MCO) to include SDOH in their alternative payment models and for the Texas Health and Human Services Commission (HHSC) to pursue a request to the Centers for Medicare and Medicaid Services to use the "in lieu of services" lever which would allow Medicaid to pay for activities that address SDOH. HHSC is currently implementing the first recommendation and will award "points" to MCOs that incorporate SDOH into their alternative payment models.
- **Membership with BioMedSA:** BioMedSA serves as the hub for the health care and bioscience industries in San Antonio and the surrounding region, connecting people, opportunities and resources, facilitating key collaborations, advocating for industry needs and convening industry leader forums to conquer challenges. Ted Day, vice president of Strategic Planning and Business Development, serves as chair on the BioMedSA board of directors.
- **SA Digital Connects:** SA Digital Connects is a public, private and community initiative that aims to close the digital divide by securing funding for access, ensuring affordability and encouraging adoption of digital skills. Representatives from University Health and Community First Health Plans currently serve on the SA Digital Connects Community Advisory Board.



- **Bexar Health Coalition:** University Health participates on this coalition of community organizations that work together to advocate for policies and funding to support access, equity, health outcomes and SDOH.
- **Chambers of Commerce.** University Health actively participates with local Chambers of Commerce to improve the quality and economic conditions of the community. These include the San Antonio Chamber of Commerce, North San Antonio Chamber of Commerce, San Antonio Hispanic Chamber of Commerce, South Texas Business Partnership and Alamo City Black Chamber of Commerce.

## Health Behaviors and Risks

### Harm Reduction – Substance Use

- **Opioid Family Planning:** The Integrated Family Planning Opioid Response (IFPOR) program combines prevention, treatment and recovery support services with a primary focus on reducing overdose deaths. Key partners include UT Health San Antonio and the San Antonio Council on Alcohol and Drug Awareness.
- **Opioid Treatment & Recovery Services (OTRS):** The OTRS program provides resources to help expand or enhance access to Medications for Opioid Use Disorder (MOUD). This program decreases illicit opioid use and prescription opioid misuse. Key partners include River City Rehabilitation Center, UT Health San Antonio, Rosetta’s Key and San Antonio AIDS Foundation.
- **StrongARM (Addiction Recovery for Men):** StrongARM expands and enhances substance abuse prevention education, testing and treatment, behavioral health and HIV services for adult racial/ethnic minority men with substance use/co-occurring disorders who are at risk or living with HIV/AIDS in Bexar County. The primary goals of StrongARM are to prevent or reduce substance use, increase access and engagement in HIV care, improve quality of life and reduce hepatitis C virus and HIV risk. Key partners include University Medicine Associates and Lifetime Recovery.
- **Reentry Opportunities and Recovery Services (ROARS+):** This program aims to increase access to and retention in substance use treatment and recovery support services. The primary goal is to prevent/reduce the use of substance use among adult racial/ethnic minority offenders with substance use/co-occurring disorders reentering the community from the Bexar County Adult Detention Center. Key partners include Detention Health Services, Crosspoint Inc. and Rosetta’s Key.
- **Navigation to Cessation (N2C):** N2C increases tobacco prevention awareness, increases tobacco screening and increases tobacco cessation among people living with HIV in Bexar County. This program helps reduce the rate of tobacco use and reduce the high rates of lung cancer among this population. Key partners include UT Health San Antonio, UT Austin and UT Arlington.
- **South Texas Overdose Prevention Program (STOP):** The STOP program’s main objective is to enhance overdose prevention and other types of activities to help control the spread of infectious diseases and the consequences of these diseases for individuals with or at risk of developing substance use disorders. Key partners include Alamo Center Education & Treatment, San Antonio AIDS Foundation, Bexar Area Harm Reduction Coalition and the Texas Department of State Health Services.
- **Substance Misuse Awareness & Sexual Health (SMASH):** The SMASH program provides evidence-based substance misuse education combined with HIV and hepatitis programming to reduce infections and increase protective factors using the Substance Abuse and Mental Health Services Administration’s Strategic Prevention Framework. The services are provided to racial/ethnic minority males at risk for



HIV/AIDS with an emphasis on individuals who are not in stable housing and reside in communities with high incidence rates of HIV. Key partners include University Medicine Associates, Rosetta's Key, Alamo Center Education and Treatment and Lifetime Recovery.

- **Navigate Engage Connect Test (NExT):** The NExT program prevents substance misuse and the transmission of HIV and hepatitis among men who are at risk for substance abuse and HIV/AIDS. This is accomplished by providing culturally gender- and age-appropriate evidenced-based HIV and substance abuse prevention interventions, implementing environmental/social media strategies, and collaborating with local community organizations and universities. The Alamo Area Resource Center is a key partner.

### Harm Reduction – Injury Prevention

- **How I Stay Safe:** This annual contest helps teachers incorporate injury prevention lessons into their curriculum to promote injury prevention awareness with kids ages 4-12 and reinforce the importance of practicing safety at home, on the road and at school. Key partners include the San Antonio Police Department and Bexar County elementary and middle schools.
- **Injury Prevention (Adult):** University Health helps older adults avoid falls, which is a major cause of disability and death. We also support a community-wide commitment to safer driving.
- **Distracted Driving Initiative:** University Health partners with SAFE 2 SAVE, an app that rewards users for safe driving to encourage accountability throughout South Texas. This program offers incentives and rewards for focused driving.
- **Safe Kids San Antonio:** University Health partners with other organizations in the community to prevent trauma. Our staff provides hundreds of car seats and classes on how to properly install them. Our staff visits schools and talks to children and teens about the consequences of distracted driving. A key partner for this initiative is SafeKids Worldwide.
- **GunSafety4Bexar:** GunSafety4Bexar keeps the public informed about efforts to prevent unintentional firearm injuries and provides information to prevent injuries in homes. Gun locks are distributed free of charge to the public. The Bexar County Sheriff's Office Crime Prevention Program is a key partner.
- **Stop the Bleed:** The purpose of the Stop the Bleed program is to empower individuals to provide an immediate response to life-threatening bleeding until emergency responders arrive.
- **Level I Trauma Services:** University Hospital, in partnership with UT Health San Antonio, provides a dedicated system of trauma care for patients of all ages, led by a group of surgeons committed solely to the provision of trauma and emergency surgical care.

### Harm Reduction – Violence, Abuse and Neglect

- **Collaborative Commission on Domestic Violence:** This collaborative works to prevent, combat and respond to domestic violence through a joint county/city effort. University Health's President and Chief Executive Officer, George B. Hernández Jr., is co-chair of the health care strategies committee.
- **Family Violence Prevention Services:** University Health supports the Bexar County Battered Women and Children's Shelter which serves those experiencing domestic violence.



- **Texas Home Visiting (THV) - Healthy Families Bexar:** The THV program enhances maternal and child health, child development, children’s school readiness and family well-being. The THV program includes home visiting programs, parent education and support, and community-level approaches to reduce risks and improve outcomes for young children and families.

## Health Promotion – Healthy Eating and Physical Activity

- **Salud por Vida:** Salud por Vida (Health for Life) is a 12-week health promotion program for CareLink members who have diabetes or hypertension. The program focuses on self-management practices and healthy lifestyle behaviors, including healthy eating and physical activity.
- **Diabetes Program Fitness Center:** Fitness professionals provide patients and employees with personally designed exercise plans and supervised training to help meet wellness goals safely. The fitness center is equipped with a variety of equipment and amenities.
- **FitLink:** FitLink offers exercise programs for CareLink members. In partnership with the Texas Diabetes Institute fitness center, the CareLink staff assist members in their journey to improve overall health.
- **Witte Museum – The H-E-B Body Adventure Powered by University Health:** This is an innovative health exhibit at the Witte Museum, offering an engaging experience that also generates data on the health of the community which has helped to identify and target new initiatives and educate patrons on healthy behaviors.
- **San Antonio Zoo Fitness Trail:** This one-mile loop around the San Antonio Zoo provides guests a way to combine fitness and fun.
- **Go Kids! Challenge:** This challenge promotes physical activity in elementary schools and provides incentives to kids for completing and documenting physical activity. Key partners include San Antonio Zoo, Frost, Valero Energy Foundation, Xerox Business Solutions Southwest, Ancira, CPS Energy, Burdick Custom Homes, Subway, The PM Group, Fox 29, CW 35 and News 4 San Antonio.
- **Mayor’s Fitness Council:** University Health participates in the Mayor’s Fitness Council, a community committee promoting wellness and community activities that motivate people of all ages, backgrounds and abilities to live a healthy lifestyle.

## Health Care, Disease and Mortality

### Infectious Disease Prevention and Treatment

- **Hepatitis Screening/Treatment Program:** This program aims to prevent liver cancer in adults by screening for and treating hepatitis at University Health primary care clinics through comprehensive education, one-on-one patient navigation support and access to treatment services.
- **Hepatitis C - C.A.R.E (Colonias Advancing & Restoring Esperanza):** Hepatitis C – C.A.R.E draws upon the successful implementation of the previously funded University Health Hepatitis Viral Infection and Systematic Treatment Alliance (HepVISTA) program. It addresses liver cancer prevention by expanding Hepatitis B and C Virus (HBV and HCV) care using an established model-based prevention framework for screening and vaccination services, patient and provider education, and culturally and linguistically tailored patient navigation services. Key partners include Mid Rio Grande Border Area Health Education Center, City of Laredo and UT Arlington.





- **GILEAD FOCUS Program:** GILEAD FOCUS provides adult routine screening for HIV in the Emergency Department and HIV/hepatitis screening in ambulatory clinics. Navigators will help link patients who test positive to treatment.
- **Helping Underrepresented Populations with Substance Abuse Treatment and Linkage to Care (HUSTLE):** The HUSTLE program's main objective is to increase engagement in care for racially/ethnically underrepresented individuals with substance use disorders and/or co-occurring substance use and mental disorders who are at risk for or living with HIV/AIDS and receive HIV/AIDS services/treatment. Key partners include University Medicine Associates, Rosetta's Key, Alamo Center Education and Treatment and Lifetime Recovery.
- **Texas Wears Condoms:** This program offers activities to control and prevent the spread of HIV/AIDS. Prevention strategies include condom distribution and health education. These strategies target people who are at greater risk of acquiring and/or transmitting the HIV infection. The Department of State Health Services is a key partner.
- **Family Focused AIDS Clinical Treatment Services (FFACTS) Clinic:** The FFACTS clinic is an outpatient HIV/AIDS clinic that provides medical care, case coordination and social support services to improve the lives of people living with HIV/AIDS and their families. The FFACTS clinic offers leading edge treatment based on the most current research.
- **Ryan White (Parts A and B):** This program provides optimal care and treatment for people living in the San Antonio transitional grant area with HIV/AIDS who are low-income, uninsured and underserved to improve their health outcomes. Key partners include B.E.A.T. AIDS, UT Health San Antonio, Euclid Media Group, Alamo Area Resource Center and the San Antonio AIDS Foundation.
- **Ryan White (Part D):** This program provides optimal care and treatment for people living in the San Antonio transitional grant area with HIV/AIDS who are low-income, uninsured and underserved to improve their health outcomes. Part D targets women, infants, children, youth and affected family members. Key partners include B.E.A.T. AIDS Coalition Trust, San Antonio AIDS Foundation, the University Health FFACTS Clinic, Alamo Area Resource Center, Centro Med and Maverick County Hospital District.
- **Ryan White (Fam 210):** This program offers peer support and monthly support groups including speakers, educational activities and resources. It assists clients with finding resources such as housing, utilities, HIV care, employment, etc. Key partners include B.E.A.T. AIDS, UT Health San Antonio, Euclid Media Group, Alamo Area Resource Center and the San Antonio AIDS Foundation.
- **Ending the HIV Epidemic Operation BRAVE:** This program seeks to improve access to HIV treatment in Bexar County. Key partners include B.E.A.T. AIDS, UT Health San Antonio, Euclid Media Group, Alamo Area Resource Center and the San Antonio AIDS Foundation.
- **Positive Links for Youth and Emerging Adults (PL4Y):** The main purpose of PL4Y is to adapt an existing mobile health intervention to the specific needs and developmental stage of youth and emerging adults with HIV in South Texas. UT Health San Antonio is a key partner.
- **Immunize San Antonio (SA) - Immunization Outreach, Education and Partnership (IEOP):** University Health partners with San Antonio Metropolitan Health District to support Immunize SA, which strives to reduce missed vaccine opportunities, increase vaccinations rates and decrease the rate of vaccine-preventable diseases in the community.

## Chronic Disease Prevention and Management

- **Diabetes Research:** The University Health diabetes research team collaborates with physicians, groups and institutions to identify new information and medicines, prevent, treat, control and find a cure for diabetes.
- **Diabetes Education:** University Health’s diabetes education program is an American Diabetes Association recognized education and support program. Patients benefit from our Certified Diabetes Care and Education Specialist’s (CDCES) knowledge and training. Diabetes Self-Management Education aims to provide patients with the skills necessary to improve their quality of life by covering the following topics: diabetes basics, nutrition, blood glucose testing, medications, physical activity and complication prevention.
- **Clinical Research Department:** Each clinical trial is designed to answer specific scientific questions and to find better ways to prevent, detect or treat diseases and improve care. Current trials include amyotrophic lateral sclerosis, Alzheimer’s, breast cancer, depression, diabetes, immune system, leukemia, liver cancer, obesity, post-traumatic stress disorder, stroke and substance abuse.
- **Managing your Medication Therapy:** Medication Therapy Management at University Health helps patients with multiple chronic conditions manage their medications. The program aims to increase patient comfort and safety by reducing the possibility for drug-related complications.
- **South Texas Asthma Coalition (STAC):** This coalition, chaired by Dr. Mandie Tibball Svatek, engages a coalition of community-based organizations to improve the health of individuals with asthma by raising public awareness of asthma and conducting outreach and education.
- **Asthma Education:** Asthma education classes, led by respiratory therapists, are presented twice a month at the Robert B. Green campus.
- **Silent But Deadly:** In partnership with the Texas Kidney Foundation, University Health provides free screenings throughout Bexar County for early detection of kidney disease.
- **Stroke Support Groups:** Survivors of strokes and their guests are invited to monthly meetings geared toward education and encouragement. These meetings are offered online and in-person at University Hospital. A Spanish interpreter is in attendance at each meeting.
- **Patient Education:** The Patient Education department offers individual appointments with a registered nurse, registered dietitian or health educator. Appointments cover various topics, but most commonly focus on weight management, meter training, insulin use, healthy eating, medication, gestational diabetes, hyperglycemia, hypertension, hypoglycemia and tube feeding.

## Cancer Screening and Treatment

- **Breast and Cervical Cancer Services:** University Health provides education on breast health, guides on when to get a clinical breast exam and mammograms. We deliver exceptional treatment for all types of breast and cervical conditions.
- **Mobile Mammography:** Our mobile mammography unit provides access to cancer screenings closer to where patients live, work and learn.
- **GetFIT:** GetFIT is a comprehensive evidenced-based outreach, education, navigation and colorectal screening program. The GetFIT Program aims to increase cancer prevention by providing colorectal



cancer screenings and early detection for men and women primarily in the form of fecal immunochemical tests (FIT). Key partners include UT Arlington and Maverick County Hospital District.

- **Hope Hits Harder:** University Health sponsors this program through the Child Life Center at University Hospital with a goal to remove burdens from families who have just found out their child has cancer.
- **Gabriella's Smile Foundation:** This foundation aims to improve the lives of children battling cancer and support their families. Their mission is to help families, fund research and raise awareness for pediatric cancer. A representative from Community First Health Plans serves on their board of directors.
- **Adolescent and Young Adult (AYA) Cancer Care:** University Health's AYA program is the only one of its kind in South Texas. Our doctors are renowned for their expertise, knowledge and experience in treating a wide range of blood disorders and cancers. By focusing on the unique needs of patients ages 15-39, we can provide superior, tailored medical treatment.

### Women and Newborn Health

- **Healthy Texas Women:** This program provides women's health and family planning services at no cost to eligible women in Texas to increase health care access and avert unintended pregnancies, positively affect the outcome of future pregnancies and positively impact the health and well-being of women and their families.
- **Family Planning (Title X):** This program provides quality, comprehensive, low-cost and accessible family planning and reproductive health care services to women and men in Texas. These services help people plan the number and spacing of their children, reduce unintended pregnancies, improve future pregnancy and birth outcomes and improve general health.
- **Prenatal Care Program (Title V):** This program provide services to low-income women that will reduce infant mortality and provide comprehensive care before, during and after pregnancy and childbirth.
- **Rural Maternity and Obstetrics Management Strategies (RMOMS) Program:** RMOMS is developing an obstetric service network to provide a comprehensive continuum of maternal and obstetrics care for women of child-bearing age in rural South Texas counties. Key partners include Uvalde Memorial Hospital, Val Verde Regional Medical Center, United Medical Centers, Sage Family Medicine Associates and UT Health San Antonio.
- **Texas Nurse-Family Partnership (TNFP):** TNFP works closely with the other two Nurse Family Partnership teams in San Antonio: Catholic Charities and The Children's Shelter. This program improves pregnancy outcomes, child health and development and families' economic self-sufficiency. TNFP has a Community Advisory Board consisting of representatives from school districts, universities, the juvenile detention center, health insurance companies and other community partners.
- **OASH - Mujeres Con Confianza:** Mujeres con Confianza is an evidence-based program that focuses on improving women's health and provides education on endometriosis, fibroids and polycystic ovary syndrome while addressing and reducing disparities. UT Health San Antonio is a key partner.
- **Mommies Program:** The Mommies Program is a collaboration between University Health and the Center for Health Care Services which assists pregnant women addicted to opiates. The Mommies Program provides counseling, medication assistance treatment and prenatal care and BabyU education classes.



- **Texas Maternal Mortality and Morbidity Review Committee:** This statewide committee, co-chaired by Dr. Patrick Ramsey, studies and reviews cases of pregnancy-related deaths; trends, rates and disparities in pregnancy-related deaths and severe maternal morbidity; health conditions and factors that disproportionately affect the most at-risk populations; and best practices and programs operating in other states that have reduced rates of death related to pregnancy.
- **CenteringPregnancy:** This program, partially funded by the March of Dimes, offers group prenatal care with other moms-to-be and instruction on newborn care, nutrition and more. University Health is the only non-military health system in San Antonio to offer the innovative CenteringPregnancy program for expectant mothers in our area.
- **Maternal Fetal Medicine Program:** Through this service, University Health offers free pregnancy tests at all OB-GYN clinics, breastfeeding coaching from certified lactation consultants, infant palliative care and grief support in cases of serious illness or loss of a baby, and specially trained perinatal coordinators who help manage high-risk pregnancies and attend appointments with the patient.
- **Texas AIM:** University Hospital participates in this statewide initiative which helps hospitals and communities improve maternal safety by implementing best practices. The goal of this program is to end preventable maternal deaths and severe maternal morbidity.
- **Texas Collaborative for Healthy Moms and Babies:** The mission of this collaborative is to advance health care quality and patient safety for all Texas mothers and babies through the collaboration of health and community stakeholders. University Health is sponsoring the 2023 annual summit.

## Mental and Behavioral Health

- **South Texas Crisis Collaborative (STCC):** This is a community coalition that organizes and provides timely and appropriate crisis stabilization services. It includes funding for residential treatment, emergency psychiatric beds, a Rapid Access Clinic, domestic violence call-in system and more. University Health's Chief Operating Officer Ed Banos serves on the STCC Steering Committee. Chief Behavioral Health Officer Dr. Sally Taylor serves as the chair of the Behavioral Health Workgroup.
- **Zero Suicide:** This program implements a comprehensive, multi-setting suicide prevention and intervention approach under the framework of the seven essential elements of the Zero Suicide Model. The goals are to raise awareness, establish referral processes and improve care and outcomes for patients at risk for suicide. Key partners include University Medicine Associates and the Veteran's Administration.
- **Adolescent Behavioral Health Counseling:** University Health provides medical and behavioral health services to clients ages 13-19. It provides contraceptive care to teens and counseling services to decrease the number of unplanned first and second teenage pregnancies and improve teenagers' mental wellness. A key partner for this counseling is UT Health San Antonio.
- **Clarity Child Guidance Center:** Clarity Child Guidance Center is a non-profit mental health treatment center for children ages 3-17 in South Texas. Clarity aims to ensure that every child and family receives services for mental health regardless of their ability to pay. University Health's Chief Financial Officer Reed Hurley serves as a chair-elect on the Clarity Board of Directors.
- **Behavioral Health Consortium:** Staff representing University Health and Community First Health Plans participate in the Bexar County Behavioral Health Consortium. This group of community organizations



meets every other month to identify, discuss and address local behavioral health issues in Bexar County.

- **Center for Health Care Services:** University Health is a sponsor of the Center for Health Care Services and financially supports the comprehensive mental and behavioral health services provided to the community.

## Oral Health

- **Oral Health Services.** University Health's oral and maxillofacial surgeons diagnose and treat a wide range of conditions, injuries and diseases that affect the mouth, teeth, jaws, face, head and neck. Our oral surgeons are experienced dental specialists who provide advanced preventive, reconstructive and emergency care. We treat congenital defects, such as cleft lip and cleft palate; impacted wisdom teeth; injuries caused by trauma; jaw or facial bone fractures; mouth and jaw tumors or cysts; side effects caused by radiation, chemotherapy and bone marrow transplants; temporomandibular joint (TMJ) disorder; toothaches and tooth infections.

## General Health

In addition to the activities described above, the following initiatives address multiple community needs and deliver crucial education, services and supports to patients and community residents.

- **University Health Library:** Our online library contains detailed information on a wide range of health conditions, illnesses and treatments.
- **HealthFocus SA Blog:** This online resource is a trusted source with health news, information for patients and featured patient stories.
- **Wear the Gown:** We partner with KENS5-TV for our health series Wear the Gown. This series is aimed at reducing stigma and encouraging the community to take health into their own hands. We address all types of health topics in the areas of prevention, treatment and the latest research.
- **En Familia con Monica:** We partner with local media personality Monica Navarro and Spanish-language station Univision for the health series En Familia con Monica. This series reaches a large Spanish-speaking audience through a trusted voice to deliver relevant and practical health information on all types of health topics including maternal health, prevention, treatment and safety.
- **Patient Empowerment Project:** This initiative will involve a range of University Health experts and target patients, blog readers and social media followers with practical information on self-advocacy in health care settings through blogs, podcasts, social media posts and other forms of outreach.
- **University Health Media Communications:** In times of public health crises with high media and public interest, the team promotes subject matter experts as available for interviews and creates Q&A videos with them to release the information to media contacts on a large scale. These videos are then adapted by media outlets and shared to wider audiences.
- **University Health Social Media:** Our social media platforms act as channels to deliver educational, informational and inspirational content to our community. This includes content from our blog, health related infographics, information about crisis response, upcoming health events as well as patient testimonials.



- **Health Fairs:** University Health participates in health fairs throughout Bexar County and beyond. More than 30 programs and service lines provide education, screenings, vaccinations and navigation of resources to community members in attendance.
- **Sponsorships:** University Health sponsors a variety of local organizations and their events, including walks/runs, conferences and symposiums. These organizations are aligned with University Health’s mission to improve the good health of the community through high-quality, compassionate patient care, innovation, education and discovery.
- **Blood Drives:** University Health is the largest blood transfuser in the greater San Antonio area. In addition to facility-based blood donation centers, University Health hosts blood drives throughout the county, allowing community members the opportunity to donate blood needed to perform lifesaving procedures, save high risk pregnancies and help transplant patients.

## Additional Opportunities

Using our Health Improvement Model, University Health will continue to identify and evaluate how we can most effectively address community needs through the 10 essential public health services. Additional opportunities include:

**Health Literacy.** Improving health literacy can transform health and achieve health equity. University Health will seek opportunities to expand access to health education, workforce training and resources in Bexar County. We will expand digital access and training so more patients can use our MyChart patient portal and mobile application to make appointments, communicate with their providers, refill prescriptions and access their medical records.

**Community Health Workers.** Community Health Workers increase access to health services and address the public health needs of underserved communities all over South Texas. University Health will explore opportunities to develop this critical public health workforce.

**Community Capacity.** As we move further “upstream” to address social determinants of health, it is more important than ever to leverage our assets to catalyze the community, ensuring that when we refer our patients to vital social services, there are organizations ready to meet their needs.

**Chronic Diseases.** The Institute for Public Health is poised to conduct focus studies on chronic diseases to ensure a comprehensive and equitable approach to prevention, management and treatment.

**Behavioral Health and Trauma.** University Health will continue to partner with local organizations to provide increased access to mental health treatment and necessary support services that promote healing and resilience in our community.

**Health Informatics.** University Health holds a wealth of patient data in the Epic electronic medical record. We can leverage these and other community data to generate meaningful insights on where to target specific services and interventions to improve access and health.

**Advocacy.** The Texas State Health and Human Services Commission regularly seeks applications for participation on advisory committees. Some committees University Health staff may apply for include the Texas Diabetes Council, Texas Council on Cardiovascular Disease and Stroke, Statewide Behavioral Health Coordinating Council, Texas Health and Human Services e-Health Advisory Committee and Texas Department of State Health Services’ Newborn Screening Advisory Committee.



## Appendix A. Local Community Health Data Compared to State and National Performance

The Health Collaborative’s CHNA includes nearly 200 graphs and maps. Each visualizes either a unique indicator or indicators that have been disaggregated by age, sex, race/ethnicity, geography and/or time. The Data Steering and Community Advisory Committees were charged with sorting through the breadth and depth of current quantitative data and community voice themes. Upon review of preliminary findings, the committee members individually ranked the key areas being measured within the BARHII model, and then came together to discuss the results. The committees arrived at consensus on four categories of community needs aligned with the BARHII framework: Living Conditions; Health Behaviors and Risks; Health Care; and Disease, Injury and Mortality. For each category, priority measures published in the CHNA are summarized to show trend, relative comparison to performance at the state and national levels, and if disparities (geographic, race/ethnicity, or other) are present in the data. The most recently available comparative data are sourced from the CI:Now “Viz-a-lyzer” tool ([Community Information Now - Data Visualization \(cinow.info\)](https://www.cinow.info)) and County Health Rankings Reports ([County Health Rankings & Roadmaps](#)).

### Living Conditions

**Low Income and Poverty:** Median household income rose steadily between 2015 and 2019, but stark racial, ethnic and sex disparities are evident in the data, with females, Black or African Americans, Hispanics and other smaller race/ethnicity groups in Bexar County shouldering a higher burden of low income and poverty than males, Asians and whites.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Median Household Income	Improving	Worse	Worse	Yes
Children in Poverty	Improving	Same	Worse	Yes
Income Inequality	Steady	Same	Better	Yes
Population Below 100% Poverty	Improving	Worse	Worse	Yes

**Unemployment.** The unemployment rate increased from 3.1% in 2019 to 7.5% in 2020. In general, non-whites and females face greater economic instability due to unemployment and barriers to labor force participation, defined as either employed or seeking work.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Unemployment	Worsening	Worse	Worse	Yes

**Lack of health insurance.** In 2019, the uninsured rate for Bexar County was 17%, and disparities by race/ethnicity are evident. Forty-two percent of insured people have insurance through their employer, while Medicaid covers 13% of residents, primarily pregnant women and children. Adults ages 19-65 are least likely to have health insurance.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Uninsured Rate (under age 65)	Worsening	Better	Worse	Yes
Uninsured Adults	Worsening	Same	Worse	Yes
Uninsured Children	Worsening	Better	Worse	Yes



**Low educational attainment.** Fifteen percent of the population 25 years and older has less than a high school education. Data on COVID-19 show a ZIP code level correlation between low educational attainment and COVID-19 cases, likely in part due to many jobs with lower educational requirements being designated essential when other workers were being moved to a work-from-home format.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
High School Completion	Steady	Same	<b>Worse</b>	<b>Yes</b>
3 <sup>rd</sup> Grade Reading Scores	Not Available	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>
3 <sup>rd</sup> Grade Math Scores	Not Available	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>

**Housing insecurity.** Bexar County is experiencing an increasingly acute shortage of affordable housing, especially but not only for low- and moderate-income residents. The available data shows that renters and people of color are especially likely to experience housing cost-burden, and these disparities are likely to have widened during the COVID-19 pandemic. The percentage of occupied housing units where housing costs or rent is 30% or more of household income continues to rise year-over-year.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Severe Housing Problems	Not Available	Same	Same	Not Available
Housing Affordability	<b>Worsening</b>	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>
Homeownership	Not Available	<b>Worse</b>	<b>Worse</b>	Not Available
Households with a computer and broadband	<b>Improving</b>	Same	Same	<b>Yes</b>

**Rapidly growing population.** The Bexar County population grew 6% between 2015 and 2019. A substantial portion of Bexar County’s growth is due to in-migration for good jobs and a relatively lower cost of living. These in-migrants tend to have higher incomes and higher education, which can result in improvements in snapshot measurements over time without meaningful positive changes having been experienced by longtime residents.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Traffic Volume	Not Available	<b>Worse</b>	<b>Worse</b>	Not Available
Vacant Housing Units	Steady	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>

**Food insecurity.** In 2019, 14% of the total population was food insecure. San Antonio made national headlines for extremely long queues of cars lined for food assistance in 2020 and 2021 due to the COVID-19 pandemic. In 2021, Bexar County experienced unhealthy air quality for 43% of days, up from 28% in 2017.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Food Environment Index	Not Available	<b>Better</b>	<b>Worse</b>	Not Available
Population Food Insecure	<b>Worsening</b>	Same	<b>Worse</b>	<b>Yes</b>

**Poor air quality.** Some aspects of air quality temporarily improved with dramatically reduced driving in 2020, but the longer-term trend and problem are unchanged.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Air Pollution – Particulate Matter	<b>Improving</b>	<b>Better</b>	<b>Worse</b>	Not Available



## Health Behaviors and Risks

**Substance use.** While the rate of opioid prescriptions per 1,000 adults declined 19% since 2016, the death rate due to poisoning by chemical substances (including drugs) increased 22%. Although data on substance abuse is scarce, racial/ethnic inequities are likely present, if for no other reason than unequal access to prevention and treatment. Although not discussed in this report, substance use also has inequitable criminal justice consequences depending on race/ethnicity.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Opioid Prescriptions	Improving	Not Available	Not Available	Not Available
Excessive Drinking	Not Available	Better	Better	Not Available
Drug Overdose Deaths	Not Available	Same	Better	Yes
Deaths Due to Poisoning by Chemical Substances	Worsening	Not Available	Not Available	Not Available

**Unhealthy eating.** Fewer than 18% of adults reported consuming fruits and vegetables five times per day. An estimated 72% of adults reported being overweight or obese. Unhealthy eating is closely related to the food insecurity.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Limited Access to Healthy Food	Not Available	Worse	Worse	Yes
Adult Obesity	Not Available	Worse	Worse	Yes

## Health Care

**Preventive and primary care.** An estimated 74% of respondents reported visiting a medical provider in the last year.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Primary Care Physicians	Improving	Better	Same	Yes
Flu Vaccination	Steady	Worse	Worse	Yes
Preventive Hospital Stays	Improving	Better	Better	Yes

**Cancer screenings.** An estimated 26% of women aged 50+ had a mammogram within the past two years.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Mammography	Steady	Worse	Worse	Yes

**Prenatal care.** An estimated 67% of births were to mothers who received prenatal care in the first trimester.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Births to Mothers Receiving No Prenatal Care in First Trimester	Worsening	Not Available	Not Available	Yes
Births to Mothers with BMI $\geq 30$ Before Pregnancy	Steady	Not Available	Not Available	Yes
Teen Births	Improving	Same	Worse	Yes

**Dental Care.** Sixty-two percent of adults reported visiting a dentist or dental clinic in the past year. Thirty-six percent of adults reported having one or more teeth removed because of decay or disease.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Dentists	Improving	Better	Better	Not Available
Adults Visiting a Dentist	Not Available	Not Available	Not Available	Yes

**Infectious Disease.** COVID-19 brought renewed public attention to infectious diseases. Viral infections, such as hepatitis and HIV, and bacterial infections like chlamydia also continue to exist in our community. Rates of syphilis are increasing.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
COVID Cases	Not Available	Not Available	Not Available	Yes
HIV Prevalence	Improving	Same	Worse	Not Available
Chlamydia Cases	Improving	Better	Better	Not Available
Syphilis Cases	Worsening	Not Available	Not Available	Not Available

**Chronic Disease.** An estimated 14% of adults report having asthma, 13% report having diabetes and 4% report having heart disease. These conditions may be underreported and unmanaged. Diabetes, hypertension and cardiovascular disease are the leading causes of adult hospitalizations after mental illness and injury.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Diabetes Prevalence	Not Available	Worse	Worse	Yes
Asthma Hospitalization	Improving	Worse	Not Available	Yes
Diabetes Hospitalization	Worsening	Worse	Not Available	Yes
Hypertension Hospitalization	Worsening	Better	Not Available	Yes

## Disease, Injury and Mortality

**Low birthweight and premature birth.** In 2019, 8.9% of births were low birth weight and 13.2% of births were pre-term. Both are negatively impacted by late or inadequate prenatal care, and data for both shows evidence of racial/ethnic inequities.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Low Birth Weight	Steady	Worse	Worse	Yes

**Mental illness.** In 2020, there were 59.9 hospital discharges per 10,000 population with a primary diagnosis of mental health/behavioral disorder in 2020. The rate was highest among adults 18-64 years of age. The suicide rate among males is nearly four times that of females. Rates of suicide for white residents are about twice as high as other race/ethnicity groups.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Mental Health Providers	Not Available	Better	Worse	Yes
Mental Health Hospitalization	Improving	Worse	Not Available	Yes

**Abuse, neglect and violence.** Reports of child abuse or neglect decreased significantly in 2020 and 2021, however the rates of confirmed child or abuse or neglect remained steady at 10.4 victims per 1000 children in 2021. Children in particular are vulnerable to ongoing abuse and neglect when the usual people who notice and report it, like school personnel, do not see and spend time with children, as was the case during the pandemic when learning was conducted virtually. The danger of abuse and neglect in both age groups may have been exacerbated during the pandemic when family members who normally go to work or school outside the home cannot, particularly in the context of extreme economic and health stressors.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Confirmed Victims of Child Abuse and Neglect	<b>Worsening</b>	Not Available	Not Available	<b>Yes</b>
Juvenile Arrests	Not Available	<b>Worse</b>	<b>Worse</b>	Not Available
Violent Crime	Steady	<b>Worse</b>	<b>Worse</b>	Not Available
Family Violence Crimes	Steady	Not Available	Not Available	<b>Yes</b>
Social Associations	Not Available	<b>Worse</b>	<b>Worse</b>	Not Available

**Mortality.** For children and teens aged one year and older, the top two causes of death in 2020 were homicide, including homicide by gunshot and accidents. For adults, the top three causes were heart disease, cancer and COVID-19. Premature heart disease and cancer mortality are impacted by utilization of preventive and primary care, chronic disease management and cancer screening.

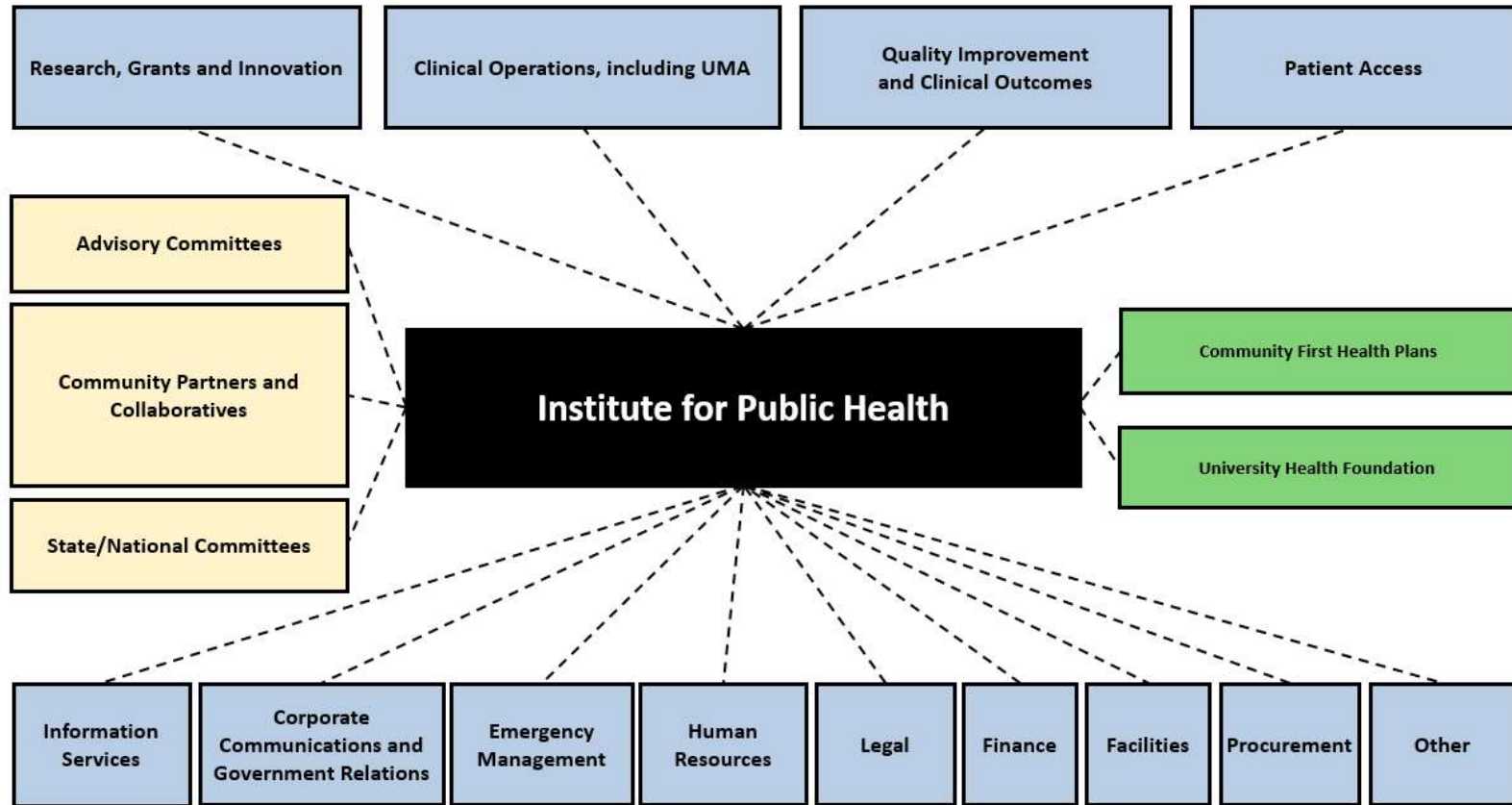
Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Infant Mortality	Not Available	Same	Same	Not Available
Child Mortality	Not Available	Same	Same	Not Available
COVID-19 Mortality	Not Available	<b>Better</b>	<b>Worse</b>	<b>Yes</b>
Injury Deaths	Not Available	Same	<b>Better</b>	<b>Yes</b>
Drug Overdose Deaths	Not Available	Same	<b>Better</b>	<b>Yes</b>
Homicides	Not Available	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>
Suicides	Not Available	Same	<b>Better</b>	<b>Yes</b>
Firearm Fatalities	Not Available	Same	<b>Worse</b>	<b>Yes</b>
Motor Vehicle Crash Deaths	Not Available	<b>Better</b>	Same	<b>No</b>
Alcohol-impaired Driving Deaths	<b>Improving</b>	<b>Worse</b>	Same	Not Available

**Life expectancy.** The 2019 overall life expectancy remained steady at 78.9 but varies by geography and race/ethnicity, and is expected to decrease due to COVID-19.

Bexar County Measure	Trend	Compared to Texas	Compared to US	Disparities Present
Life Expectancy	<b>Steady</b>	<b>Worse</b>	<b>Worse</b>	<b>Yes</b>

Appendix B. Approach to Public Health and Equity

### University Health’s System Approach to Public Health and Equity



Appendix C. Health Improvement Model

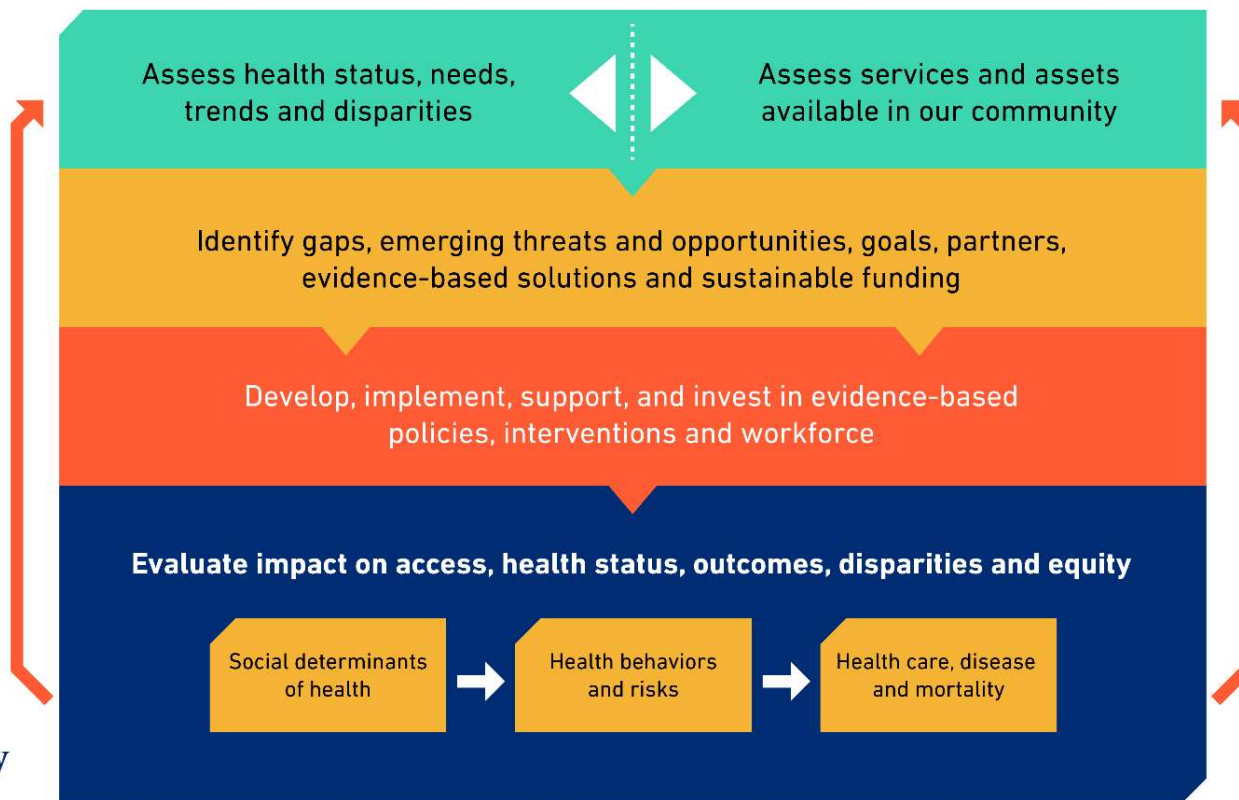
# Health Improvement Model

## Commitment

Engage internal and external stakeholders and partners

Share our successes and lessons learned

Deliver trauma-informed, culturally appropriate and compassionate care



## Deliverables

Community health assessments

Strategic planning

Leadership and alignment of community collaborations

Evaluation, research and dissemination



## Appendix D. Website Links to Key Strategies

Social Determinants of Health		
Awareness	Community Health Needs Assessment	<a href="https://www.healthcollaborativechna.com/">https://www.healthcollaborativechna.com/</a>
Assistance	Connecting Kids to Coverage	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Get Covered San Antonio (SA)	<a href="https://getcoveredsa.com/">https://getcoveredsa.com/</a>
	Charity Care and CareLink Financial Assistance Program	<a href="https://www.universityhealth.com/patient-visitor-resources/support/carelink">https://www.universityhealth.com/patient-visitor-resources/support/carelink</a>
	Ryan White - The Housing Opportunities for Persons with AIDS (HOPWA)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Refugee Health Services	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	SA Kids BREATHE	<a href="https://www.sanantonio.gov/Health/HealthServices/Asthma">https://www.sanantonio.gov/Health/HealthServices/Asthma</a>
	Community First Food Pantries	<a href="https://communityfirsthealthplans.com/food-pantry/">https://communityfirsthealthplans.com/food-pantry/</a>
	BiblioTech	<a href="https://bexarbibliotech.org/">https://bexarbibliotech.org/</a>
Adjustment	NurseLink	<a href="https://www.universityhealth.com/patient-visitor-resources/support/nurselink">https://www.universityhealth.com/patient-visitor-resources/support/nurselink</a>
	Telemedicine	<a href="https://www.universityhealth.com/patient-visitor-resources/telemedicine">https://www.universityhealth.com/patient-visitor-resources/telemedicine</a>
	Hospital at Home	<a href="https://www.universityhealth.com/patient-visitor-resources/hospital-at-home">https://www.universityhealth.com/patient-visitor-resources/hospital-at-home</a>
	School-Based Health	<a href="https://www.universityhealth.com/locations/southwest-school-based-clinic">https://www.universityhealth.com/locations/southwest-school-based-clinic</a>
	Mobile Family Clinic – healthyUexpress	<a href="https://www.universityhealth.com/pediatrics/services/mobile-clinic">https://www.universityhealth.com/pediatrics/services/mobile-clinic</a>
	Acute Inpatient Rehabilitation	<a href="https://www.universityhealth.com/services/rehabilitation">https://www.universityhealth.com/services/rehabilitation</a>
	Ambulatory Outpatient Rehab	<a href="https://www.universityhealth.com/services/rehabilitation">https://www.universityhealth.com/services/rehabilitation</a>



	Language Assistance and Interpreters	<a href="https://www.universityhealth.com/about-us/nondiscrimination-notice">https://www.universityhealth.com/about-us/nondiscrimination-notice</a>
Alignment	Institute for Public Health	<a href="https://www.universityhealth.com/news/bexar-county-and-university-health-announce-new-public-health-division">https://www.universityhealth.com/news/bexar-county-and-university-health-announce-new-public-health-division</a>
	Institute for Trauma-Informed Care	<a href="https://www.universityhealth.com/health-wellness/institute-for-trauma-informed-care">https://www.universityhealth.com/health-wellness/institute-for-trauma-informed-care</a>
	Project MEND	<a href="https://www.projectmend.org/">https://www.projectmend.org/</a>
	Big Brothers Big Sisters San Antonio	<a href="https://www.bigmentor.org/">https://www.bigmentor.org/</a>
	San Antonio Food Bank	<a href="https://safoodbank.org/">https://safoodbank.org/</a>
Advocacy	Value-Based Payment and Quality Improvement Advisory Committee	<a href="https://www.hhs.texas.gov/about/leadership/advisory-committees/value-based-payment-quality-improvement-advisory-committee">https://www.hhs.texas.gov/about/leadership/advisory-committees/value-based-payment-quality-improvement-advisory-committee</a>
	BioMedSA	<a href="https://biomedsa.org/">https://biomedsa.org/</a>
	SA Digital Connects	<a href="https://www.sadigitalconnects.com/">https://www.sadigitalconnects.com/</a>
<b>Health Behaviors and Risks</b>		
Harm Reduction – Substance Use	Opioid Family Planning	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	StrongARM (Addiction Recovery for Men)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Reentry Opportunities and Recovery Services (ROARS+)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Navigation to Cessation (N2C)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Substance Misuse Awareness & Sexual Health (SMASH)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
Harm Reduction –	How I Stay Safe	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Injury Prevention (Adult)	<a href="https://www.universityhealth.com/services/trauma/injury-prevention">https://www.universityhealth.com/services/trauma/injury-prevention</a>



Injury Prevention	Distracted Driving Initiative (SAFE 2 SAVE)	<a href="https://www.universityhealth.com/services/trauma/injury-prevention">https://www.universityhealth.com/services/trauma/injury-prevention</a>
	Safe Kids San Antonio	<a href="https://www.universityhealth.com/services/trauma/injury-prevention">https://www.universityhealth.com/services/trauma/injury-prevention</a>
	GunSafety4Bexar	<a href="https://www.universityhealth.com/services/trauma/injury-prevention">https://www.universityhealth.com/services/trauma/injury-prevention</a>
	Stop the Bleed	<a href="https://www.universityhealth.com/services/trauma">https://www.universityhealth.com/services/trauma</a>
	Level I Trauma Services	<a href="https://www.universityhealth.com/services/trauma">https://www.universityhealth.com/services/trauma</a>
Harm Reduction – Violence, Abuse and Neglect	Collaborative Commission on Domestic Violence	<a href="https://ccdvd.org/">https://ccdvd.org/</a>
	Family Violence Prevention Services	<a href="https://fvps.org/">https://fvps.org/</a>
	Texas Home Visiting (THV) - Healthy Families Bexar	<a href="https://www.dfps.texas.gov/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/thv.asp">https://www.dfps.texas.gov/Prevention_and_Early_Intervention/About_Prevention_and_Early_Intervention/thv.asp</a>
Health Promotion – Healthy Eating and Physical Activity	Salud por Vida	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Diabetes Program Fitness Center	<a href="https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes/exercise-program">https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes/exercise-program</a>
	FitLink	<a href="https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes/exercise-program">https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes/exercise-program</a>
	Witte Museum – The H-E-B Body Adventure Powered by University Health	<a href="https://www.witemuseum.org/">https://www.witemuseum.org/</a>
	San Antonio Zoo Fitness Trail	<a href="https://www.sazoo.org">https://www.sazoo.org</a>
	Go Kids! Challenge	<a href="http://www.sanantonioparks.org/gokidschallenge/play.html">http://www.sanantonioparks.org/gokidschallenge/play.html</a>
	Mayor’s Fitness Council	<a href="https://www.sanantonio.gov/Health/HealthyEating/Fitness">https://www.sanantonio.gov/Health/HealthyEating/Fitness</a>
<b>Health Care, Disease and Mortality</b>		
Infectious Disease	Texas Wears Condoms	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>





Prevention and Treatment	Family Focused AIDS Clinical Treatment Services (FFACTS) Clinic	<a href="https://www.universityhealth.com/services/infectious-diseases/hiv-aids-care">https://www.universityhealth.com/services/infectious-diseases/hiv-aids-care</a>
	Ryan White (Parts A and B)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Ryan White (Part D)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Ryan White (Fam 210)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Ending the HIV Epidemic Operation BRAVE	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Positive Links for Youth and Emerging Adults (PL4Y)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Immunize San Antonio (SA) - Immunization Outreach, Education and Partnership (IEOP)	<a href="https://www.sanantonio.gov/Health/HealthServices/Immunizations/Outreach">https://www.sanantonio.gov/Health/HealthServices/Immunizations/Outreach</a>
Chronic Disease Prevention and Management	Diabetes Research	<a href="https://www.universityhealth.com/services/diabetes-endocrinology/research">https://www.universityhealth.com/services/diabetes-endocrinology/research</a>
	Diabetes Education	<a href="https://www.universityhealth.com/services/diabetes-endocrinology/care-education">https://www.universityhealth.com/services/diabetes-endocrinology/care-education</a>
	Clinical Research Department	<a href="https://www.universityhealth.com/services/clinical-trials-research">https://www.universityhealth.com/services/clinical-trials-research</a>
	Managing your Medication Therapy	<a href="https://www.universityhealth.com/services/pharmacy/medication-therapy-management">https://www.universityhealth.com/services/pharmacy/medication-therapy-management</a>
	South Texas Asthma Coalition (STAC)	<a href="https://www.asthmacommunitynetwork.org/node/857">https://www.asthmacommunitynetwork.org/node/857</a>
	Asthma Education	<a href="https://www.universityhealth.com/services/lung-respiratory">https://www.universityhealth.com/services/lung-respiratory</a>
	Silent But Deadly	<a href="https://www.universityhealth.com/news/silent-but-deadly-campaign">https://www.universityhealth.com/news/silent-but-deadly-campaign</a>
	Stroke Support Groups	<a href="https://www.universityhealth.com/services/brain-and-spine/support-services">https://www.universityhealth.com/services/brain-and-spine/support-services</a>
	Patient Education	<a href="https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes">https://www.universityhealth.com/services/diabetes-endocrinology/care-education/classes</a>
	Breast and Cervical Cancer Services	<a href="https://www.universityhealth.com/services/breast-health">https://www.universityhealth.com/services/breast-health</a>
	Mobile Mammography	<a href="https://www.universityhealth.com/services/breast-health/mobile-mammography">https://www.universityhealth.com/services/breast-health/mobile-mammography</a>
GetFIT	<a href="https://www.universityhealth.com/news/colorectal-screening-for-hispanic-men">https://www.universityhealth.com/news/colorectal-screening-for-hispanic-men</a>	



	Hope Hits Harder	<a href="https://www.universityhealth.com/news/hope-hits-harder-will-make-it-a-little-easier-to-be-a-kid-in-the-hospital">https://www.universityhealth.com/news/hope-hits-harder-will-make-it-a-little-easier-to-be-a-kid-in-the-hospital</a>
	Gabriella's Smile Foundation	<a href="https://strongerthandipg.org/">https://strongerthandipg.org/</a>
	Adolescent and Young Adult (AYA) Cancer Care	<a href="https://www.universityhealth.com/services/cancer/aya-cancer-program">https://www.universityhealth.com/services/cancer/aya-cancer-program</a>
Women and Newborn Health	Healthy Texas Women	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Family Planning (Title X)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Prenatal Care Program (Title V)	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Rural Maternity and Obstetrics Management Strategies (RMOMS) Program	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>
	Texas Nurse-Family Partnership (TNFP)	<a href="https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support">https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support</a>
	Mommies Program	<a href="https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support">https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support</a>
	Texas Maternal Mortality and Morbidity Review Committee	<a href="https://www.dshs.texas.gov/maternal-child-health/maternal-mortality-morbidity-review-committee">https://www.dshs.texas.gov/maternal-child-health/maternal-mortality-morbidity-review-committee</a>
	CenteringPregnancy	<a href="https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support">https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support</a>
	Maternal Fetal Medicine Program	<a href="https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support">https://www.universityhealth.com/es-US/services/pregnancy-childbirth/support</a>
	Texas AIM	<a href="https://www.dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/texasaim">https://www.dshs.texas.gov/maternal-child-health/programs-activities-maternal-child-health/texasaim</a>
	Texas Collaborative for Healthy Moms and Babies	<a href="https://www.tchmb.org/">https://www.tchmb.org/</a>
Mental and Behavioral Health	South Texas Crisis Collaborative (STCC)	<a href="https://strac.org/">https://strac.org/</a>
	Zero Suicide	<a href="https://www.universityhealth.com/health-wellness/community-programs">https://www.universityhealth.com/health-wellness/community-programs</a>



	Adolescent Behavioral Health Counseling	<a href="https://www.universityhealth.com/pediatrics/services/psychiatry">https://www.universityhealth.com/pediatrics/services/psychiatry</a>
	Clarity Child Guidance Center	<a href="https://www.claritycgc.org/">https://www.claritycgc.org/</a>
	Behavioral Health Consortium	<a href="https://www.bexar.org/475/Mental-Health-Consortium">https://www.bexar.org/475/Mental-Health-Consortium</a>
	Center for Health Care Services	<a href="https://chcsbc.org/">https://chcsbc.org/</a>
Oral Health	Oral Health Services	<a href="https://www.universityhealth.com/services/oral-maxillofacial-surgery">https://www.universityhealth.com/services/oral-maxillofacial-surgery</a>
<b>General Health</b>		
General	University Health Library	<a href="https://healthinfo.universityhealthsystem.com/">https://healthinfo.universityhealthsystem.com/</a>
	HealthFocus SA Blog	<a href="https://www.universityhealth.com/blog">https://www.universityhealth.com/blog</a>
	Wear the Gown	<a href="https://www.universityhealth.com/health-wellness/wear-the-gown">https://www.universityhealth.com/health-wellness/wear-the-gown</a>
	En Familia con Monica	<a href="https://www.univision.com/local/san-antonio-kwex">https://www.univision.com/local/san-antonio-kwex</a>
	University Health Social Media	Facebook: @UniversityHealthSA - Facebook.com/UniversityHealthSA LinkedIn: University Health - LinkedIn.com/company/universityhealthsa Instagram: @UniversityHealthSA - Instagram.com/universityhealthsa Twitter: @UnivHealthSA - Twitter.com/univhealthsa YouTube: @UniversityHealth - Youtube.com/c/UniversityHealth TikTok: @UniversityHealth
	Blood Drives	<a href="https://www.universityhealth.com/blog/blood-donations-are-needed">https://www.universityhealth.com/blog/blood-donations-are-needed</a>
	Health Fairs	<a href="https://www.universityhealth.com/health-wellness/community-health-outreach/health-fair-request">https://www.universityhealth.com/health-wellness/community-health-outreach/health-fair-request</a>