

Access to Care – General

COMMUNITY INVESTMENTS THEORY OF CHANGE

Commitment to Health Equity

Methodist Healthcare Ministries of South Texas, Inc. believes that to improve the wellness of the least served and fully live out its mission of “Serving Humanity to Honor God,” it must recognize the inequities inherent in its communities that contribute to poor health outcomes. **Health Equity is both the process and goal by which Methodist Healthcare Ministries seeks to carry out that purpose.** Health Equity is a framework of thought and action that strives to reduce racial and socio-economic disparities and create fair and just opportunities for every person to reach their full potential.

Current State

- As of July 2021, 249 of Texas’ 254 counties have areas with shortages of primary care physicians
- Texas had an estimated 35% of adults report a BMI ≥ 30 kg/m² in 2019, compared to the national average of 31.9%
- Texas had an estimated 11.5% of adults report having diabetes in 2019, compared to the national average of 10.4%
- Texas had an estimated 22.1 teen births per 100,000 females aged 15-19 in 2020, compared to the national average of 15.1
- Texas had an estimated 68.4% of births for which prenatal care began in the 1st trimester in 2020, compared to the national average of 76.6%
- Texas has higher prevalence of women impacted by intimate partner violence of 40% compared to the national prevalence of 37%
- 18.6% of the population within MHM’s 74-County Region are uninsured



Desired Future State

All people in MHM’s service area have equitable access to holistic approaches to health care to optimize long term health

Vision

To be the leader for improving wellness of the least served



OBJECTIVE 1

Increase Access to Services to Achieve Desired Future State

PRIORITIES

- Establish or expand care coordination
- Support victims and survivors of domestic violence
- Provide direct clinical care such as medical, dental, vision, or religious/spirituality interventions [RSI]

OBJECTIVE 2

Prevent and Reduce Severity of Chronic Disease to Achieve Desired Future State

PRIORITIES

- Offer screening services
- Provide outreach and education around health behavior
- Establish or expand evidence-based interventions

OBJECTIVE 3

Improve Women’s and Family Health to Achieve Desired Future State

PRIORITIES

- Establish evidence-based prenatal and maternal care programs
- Provide family planning support
- Improve early childhood outcomes

*MHM investments prioritize efforts serving economically disadvantaged, geographically underserved, and historically disenfranchised populations

OBJECTIVE 1: Increase Access to Services to Achieve Desired Future State

Increase number of adults in MHM service receiving healthcare services including but not limited to primary care, vision, and dental care

Priority	Establish or expand care coordinations Improve knowledge of, enrollment in, and connection to existing services Examples: community collaboratives, outreach and engagement efforts, transportation assistance
Priority	Support victims and survivors of domestic violence Provide wrap around resources to facilitate safe environments
Priority	Provide direct clinical care such as medical, dental, vision, or RSI Increase number of patients receiving care
Metrics	Closed referrals, new patients reached and/or enrolled, residents connected to care, safety plans created, survivor awareness of risk increase, actual risk decrease, crime victim's compensation applications completed, patients served and outcomes

OBJECTIVE 2: Prevent & Reduce Severity of Chronic Disease to Achieve Desired Future State

Reduce instance and severity of chronic disease in MHM service area including but not limited to diabetes, obesity, heart disease, and cancer

Priority	Offer screening services Including but not limited to mobile units and/or events focused on diabetes, obesity, heart disease and cancer
Priority	Provide outreach and education around healthy behaviors Programs focused on increasing knowledge and awareness of disease risk and healthy lifestyle choices
Priority	Establish or expand evidence-based programs Results should reduce A1c, BMI, and/hypertension levels to healthy ranges
Metrics	Numbers of patients screened and reached, disease management knowledge improvement, A1C reduction, BMI reduction to healthy ranges, physical activity classes held and participation rates, fruits and vegetables distributed, healthy behavior and habit improvement, blood pressure improvement

OBJECTIVE 3: Improve Women's and Family Health to Achieve Desired Future State

Increase number of women in MHM service receiving prenatal and maternal services and family planning support

Priority	Establish evidence-based prenatal and maternal care programs Home visiting programs, doulas, breast feeding support
Priority	Provide family planning support Contraceptives, STI tests, family planning counseling
Priority	Improve early childhood outcomes Screenings, interventions, support services
Metrics	Healthy birthweight outcomes, maternal well-being, % of women receiving prenatal care, unintended pregnancy prevention, early childhood screenings and interventions

