

PLAN 2010

People-Powered Goals For San Antonio's Future





Plan 210 is the Beto for Mayor campaign’s policy platform, prioritizing public safety, infrastructure, and economic development. Launched on October 5, 2024—exactly 210 days before the municipal election—it reflects the insights and aspirations gathered from residents citywide during four months of community engagement.

HEALTH

A healthy San Antonio is one where your zip code no longer determines your life expectancy, and healthcare access is the same for everyone.



San Antonio, Texas, is experiencing rapid growth, with its population surging by over 8% from 2010 to 2020, making it one of the fastest-expanding metropolitan areas in the United States. This dynamic city is home to a diverse population, with over 65% identifying as Hispanic or Latino, necessitating culturally responsive public health strategies. However, the rapid growth has magnified existing challenges, including significant disparities in healthcare access, environmental quality, nutrition, and mental health resources.

Healthcare accessibility remains uneven across the city, particularly in the Southside, where limited medical infrastructure and high uninsured rates hinder equitable care. Environmental factors such as poor air quality, urban heat, and a scarcity of green spaces further strain public health, especially in underserved neighborhoods. Compounding these issues are food deserts that restrict access to nutritious foods, contributing to elevated rates of obesity and chronic illnesses.

Additionally, the mental health system is under-resourced, leaving many without adequate support for conditions exacerbated by socioeconomic stressors like housing insecurity and domestic violence. Together, these interrelated factors highlight the urgent need for comprehensive, equity-focused public health interventions tailored to San Antonio's unique demographic and environmental landscape.

Building on the City of San Antonio's SA Forward Plan, Plan 210 proposes key actions to improve access to health care, healthy food, mental health and domestic violence resources, and improved environmental factors in underserved neighborhoods.

ACCESS TO HEALTHCARE

Access to healthcare in San Antonio, Texas, reveals significant disparities that impact residents' well-being and highlight the urgent need for systemic improvements. Key challenges include geographic inequality, economic barriers, and provider shortages.

For example, the Southside experiences severe healthcare access issues, with only 100 of the city's 5,000 hospital beds located south of Highway 90. This region also faces a life expectancy gap of nearly 20 years compared to Northside residents, underscoring deep health inequities.

Approximately 17.4% of Bexar County residents are uninsured, well above the national average of 8%. This limits access to necessary care, especially among low-income families and marginalized groups.

STRATEGIC OBJECTIVES

1. **Expand Affordable Healthcare Services:** Improved access would reduce preventable conditions such as diabetes and heart disease, which disproportionately affect underserved areas.

KEY ACTIONS

- INCREASE FUNDING FOR FEDERALLY QUALIFIED HEALTH CENTERS (FQHCs) TO PROVIDE LOW-COST OR FREE MEDICAL, DENTAL, AND BEHAVIORAL HEALTH SERVICES.
- PARTNER WITH STATE AND FEDERAL PROGRAMS TO IMPROVE MEDICAID AND CHIP ENROLLMENT RATES.
- INCREASE FUNDING FOR THE COMMUNITY HEALTH WORKER HUB WITH THE GOAL OF HIRING 250 NEW COMMUNITY HEALTH WORKERS.

2. **Implement Mobile Health Clinics:** Foster partnerships with organizations currently operating mobile health clinics and secure resources to acquire a dedicated mobile clinic for the City of San Antonio.

KEY ACTIONS

- DEPLOY MOBILE CLINICS TO UNDERSERVED AREAS TO PROVIDE PRIMARY CARE, PREVENTIVE SERVICES, AND VACCINATIONS.
- INCLUDE TELEHEALTH OPTIONS IN MOBILE UNITS TO CONNECT PATIENTS TO SPECIALISTS.

- 3.** **Improve Health Literacy:** Improving health literacy empowers individuals to make informed decisions about their health, navigate the healthcare system effectively, and manage chronic conditions, which are particularly prevalent in underserved communities.

KEY ACTIONS

- LAUNCH COMMUNITY-DRIVEN HEALTH EDUCATION PROGRAMS THAT ADDRESS CHRONIC DISEASE MANAGEMENT, PREVENTIVE CARE, AND NAVIGATING HEALTHCARE SYSTEMS.
- COLLABORATE WITH LOCAL SCHOOLS AND COMMUNITY ORGANIZATIONS TO PROVIDE HEALTH WORKSHOPS TAILORED TO SPECIFIC CULTURAL AND LINGUISTIC NEEDS

NUTRITION AND ENVIRONMENT

Access to nutritious food and improvements in environmental factors like air and water quality are crucial for shaping public health outcomes and supporting sustainable, active lifestyles.

STRATEGIC OBJECTIVES

- 1.** **Increase Access to Healthy Food:** Food insecurity affects approximately 14% of residents in Bexar County, with the situation being even more critical for children, as more than 1 in 5 experience food insecurity. This lack of access to nutritious food contributes to higher rates of obesity, diabetes, and cardiovascular diseases, conditions that disproportionately impact these communities.

KEY ACTIONS

- EXPAND THE HEALTHY NEIGHBORHOODS PROGRAM.
- EXPAND FARMERS' MARKETS IN FOOD DESERTS AND PROVIDE SUBSIDIES FOR LOCALLY GROWN PRODUCE.
- PARTNER WITH GROCERY STORES TO IMPLEMENT "HEALTHY CORNER STORE" INITIATIVES IN LOW-INCOME NEIGHBORHOODS.
- IMPLEMENT POLICY TO DEVOTE PUBLIC LAND FOR AGRICULTURAL USE AS DETAILED IN THE 2023 "VIBRANT LAND" STUDY.

- 2.** **Environmental Factors:** Enhancing air and water quality, as well as addressing heat-related illnesses, is crucial for improving public health, especially as our region experiences the impacts of climate change.

KEY ACTIONS

- INCREASE HEAT-RELATED ILLNESS AWARENESS THROUGH PUBLIC CAMPAIGNS.
- DEVELOP AND IMPLEMENT RESILIENCE-BUILDING PROGRAMS FOCUSED ON VULNERABLE COMMUNITIES AND CRITICAL INFRASTRUCTURE.
- INVEST IN GREEN INFRASTRUCTURE, SUCH AS TREE PLANTING AND URBAN GREEN SPACES, TO MITIGATE HEAT AND IMPROVE AIR QUALITY.

COMMUNITY HEALTH

Health equity, expanding access to mental health care, and preventing domestic violence are critical to San Antonio’s future. Ensuring all residents have access to healthcare, support services, and safe environments fosters a healthier and more just community for everyone.

STRATEGIC OBJECTIVES

- 1.** **Expand Mental Health Resources:** Texas ranks among the worst states for mental health access, with limited insurance coverage and insufficient provider availability compounding the problem. San Antonio mirrors these issues, particularly for vulnerable groups like college students and low-income residents

KEY ACTIONS

- INCREASE FUNDING FOR MENTAL HEALTH CLINICS AND CRISIS INTERVENTION TEAMS TO MEET GROWING DEMAND.
- IMPLEMENT MENTAL HEALTH SERVICES IN SCHOOLS, ENSURING EARLY DETECTION AND INTERVENTION FOR CHILDREN AND ADOLESCENTS.
- INCREASE FUNDING AND RESOURCES FOR THE SAN ANTONIO POLICE DEPARTMENT’S AWARD WINNING MENTAL HEALTH UNIT.

- 2.** **Address Domestic Violence Through Prevention and Support:** Domestic violence remains a significant issue in San Antonio, with Bexar County ranking third in domestic violence-related deaths in the state, and accounted for half of Bexar County’s murders in 2024.

KEY ACTIONS

- CREATE PUBLIC AWARENESS CAMPAIGNS TO DESTIGMATIZE SEEKING HELP AND EDUCATE RESIDENTS ON RECOGNIZING ABUSE.
- INCREASING FUNDING FOR SHELTERS AND TRANSITIONAL HOUSING FOR SURVIVORS OF DOMESTIC VIOLENCE.
- INCREASE FUNDING FOR METRO HEALTH’S SURVIVOR-CENTERED DOMESTIC VIOLENCE INITIATIVE FOR ITS CRISIS ADVOCACY AND LONG-TERM CASE MANAGEMENT SERVICES.

- 3.** **Health equity and social justice:** Residents that experience social adversity, discrimination, and racism see a disproportionate increase in health risks.

KEY ACTIONS

- EXPEDITE THE USE OF A HEALTH EQUITY LENS WITHIN THE CITY OF SAN ANTONIO FROM FIVE TO THREE YEARS.
- SUPPORT THE EXPANSION OF THE OFFICE OF HEALTH EQUITY, IMPLEMENT THE HEALTH EQUITY ACTION PLAN, AND COMMIT TO DECLARATION OF RACISM AS A PUBLIC HEALTH CRISIS.