

# FACT SHEET

## 2025 Hill Country Community Health Needs Assessment: Mason

Produced by

**Health Collaborative**  
Bexar County's Community Health Leadership



### KEY MESSAGE

Mason County's 2025 Community Health Needs Assessment shows a community in transition, with a rapidly growing and aging population.

Health indicators reveal concerning trends, particularly among working-age adults and men, including poor physical and mental health, high hospitalization rates, and substance abuse issues.

These trends emphasize the need for preventive care, expanded mental health access, and resources to support the county's growing older population.

### DATA HIGHLIGHTS

#### **Population Overview**

- Mason has the second-largest share of residents that is 65 or older
  - The share of residents aged 65+ grew from 24% to 31%, while those aged 75+ grew from 9% to 12%
- Mason has the largest share of residents under 18 among the assessment counties

#### **Housing & Economic Stability**

- Mason has the highest rate of new residents who have moved in from outside the county.

#### **Education**

- Educational attainment is split:
  - Mason shows both the highest share of people without a high school diploma, but also the highest with a graduate degree



#### **Safety & Wellbeing**

- Reports of older adult abuse or neglect are among the highest in the region, while child abuse and neglect reports are the lowest.



#### **Community Health**

- Adults 18–64 show high hospitalization rates
- Respondents reported low access to mental health care
- Substance abuse was identified as a major issue
- Survey results show that Mason residents – especially men – were least likely to report good or very good physical health
- Diabetes was cited as a leading concern



#### **CRITICAL ISSUES**

##### **HEALTH DRIVERS**

- Access to healthy fresh food
- Connections to others
- Social isolation among males
- Access to quality medical care

##### **HEALTH OUTCOMES**




- Mental health
- Chronic Pain
- Diabetes

Source: 2025 Hill Country CHNA (The Health Collaborative, Create Healthy, CINow)

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REPORT  
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