



New Hampshire State Health Assessment and State Health Improvement Plan Advisory Council

January 15, 2021



Meeting Hygiene

- Be present
- Assume good intentions and take responsibility for impact (ouch and oops)
- Be able to express as much vulnerability as you are able to offer — It's ok to be raggedy
- Be open to another perspective
- Be ready to actively listen
- Expect and accept non-closure — we are a work in progress
- Honor Confidentiality
- Step Up/Step Back (3-4 voices before me)

Endowment for Health” Race & Equity in New Hampshire: Building Foundations for the Future.” <http://www.endowmentforhealth.org/what-we-fund/advancing-health-equity-for-racial-ethnic-and-language-minorities/symposium-on-race-and-equity-in-nh>



SHA Vision and Clarifying Statements

All people in NH have equitable opportunity to flourish and achieve optimal mental, physical, social, spiritual, and emotional wellness.

- Equity is shaped at state and local levels such that individuals and communities have equitable access to opportunities
- Wellness happens where people live, learn, work, and play
- People include individuals and families across the lifespan



Agenda

1. Welcome and *Virtual* Hellos
2. Approval of Minutes
3. Subcommittee on Community Engagement
4. Data Discussion on Domains 3 and 4
5. Public Comment



SHA Data Collection Domains and Subcategories

- Demographics
- Domain 1: Access to Opportunity
 - Subcategory: Education
 - Subcategory: Fiscal Health
 - Subcategory: Housing
- Domain 2: Community
 - Subcategory: Community Assets and Resources
 - Subcategory: Commuting Patterns
 - Subcategory: Crime
 - Subcategory: Environmental Health
 - Subcategory: Infrastructure
- Domain 3: Health Status and Outcomes
 - Subcategory: Access and Utilization
 - Subcategory: Birth Outcomes
 - Subcategory: Cost of Care
 - Subcategory: Health Outcomes
 - Subcategory: Healthy Living
 - Subcategory: Vaccination Rates
- Domain 4: Social Connectedness
 - Subcategory: Age Friendly Community
 - Subcategory: Civic Engagement
 - Subcategory: Spirituality



Domain 3: Health Status and Outcomes

- Who we are:
 - Among healthiest states in the US, but health outcomes vary by county
 - Rank 6th overall in America's Health Rankings (<https://www.americashealthrankings.org/learn/reports/2018-annual-report/findings-state-rankings>)
 - Among the highest costs of healthcare in the country
 - NH spends \$9,589 per capita compared to \$8,045 in the US overall Drug overdose deaths are high in NH, large disparities by geography (KFF, <https://tinyurl.com/y3rm8a3v>)
 - In 2018, NH had the 6th highest rate of death due to drug overdoses at 35.8 per 100,000 as compared to the overall US rate of 20.7 per 100,000
- Our strengths: Low infant mortality and low teen birth rates
- Our challenges: Healthcare access (L&D hospital closures, availability of mental health services), drug overdose deaths

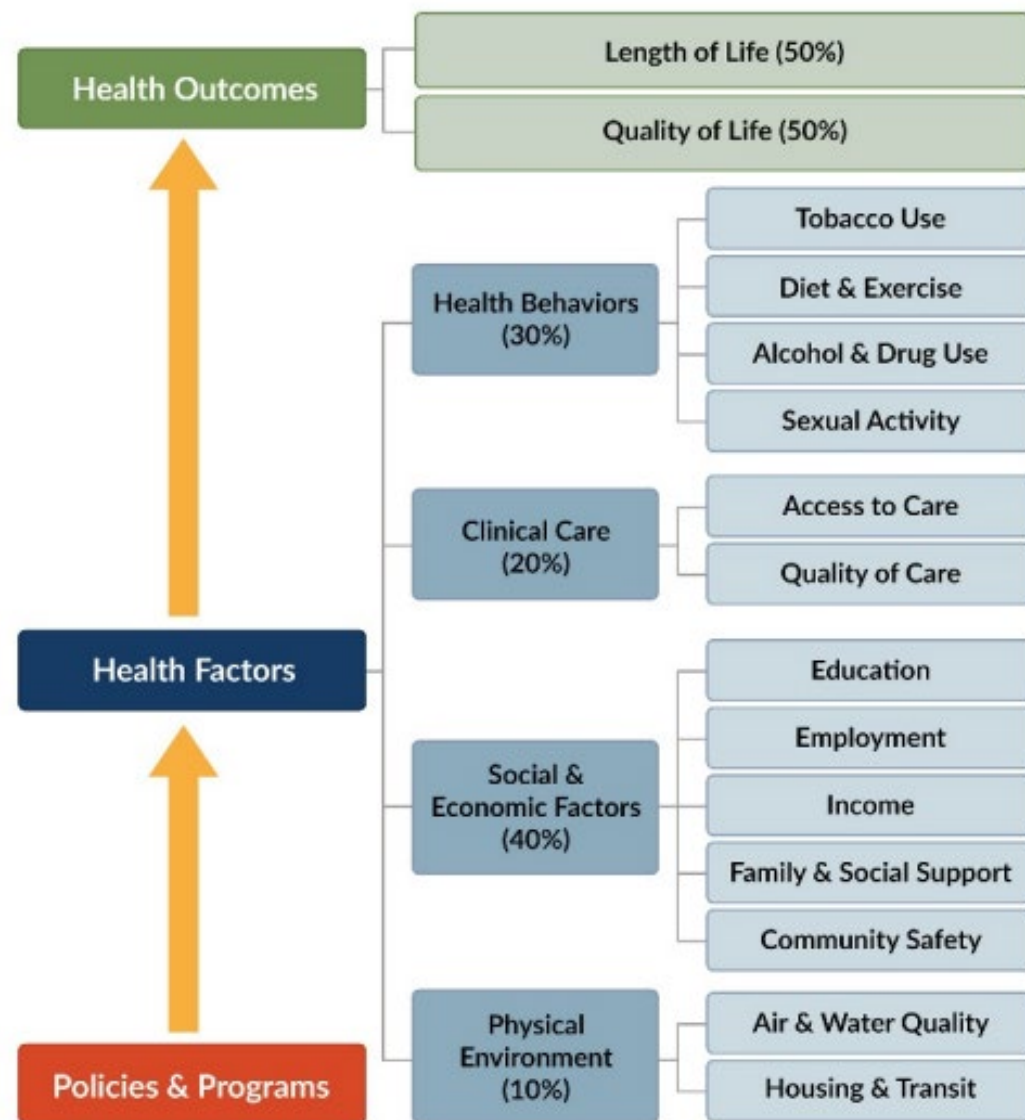
Outcomes			
Cancer Deaths	+++	192.3	28
Cardiovascular Deaths	+++++	226.0	8
Diabetes	++++	10.3%	18
Disparity in Health Status	+	30.9%	42
Frequent Mental Distress	++	13.8%	33
Frequent Physical Distress	++++	11.3%	15
Infant Mortality	+++++	3.9	2
Premature Death	++++	6,770	17
All Outcomes *	+++	0.063	21
Overall			
Overall *	+++++	0.605	6



Social Determinants of Health

County Health Rankings Model

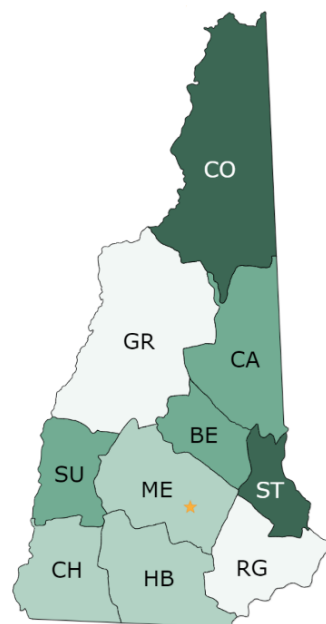
<https://www.countyhealthrankings.org/explore-health-rankings/measures-data-sources/county-health-rankings-model>



County Health Rankings model © 2014 UWPHI



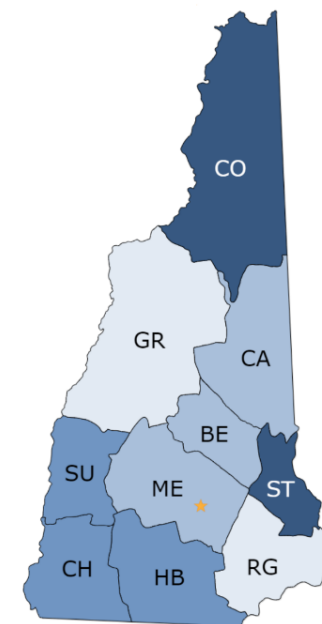
2020 Health Outcomes - New Hampshire



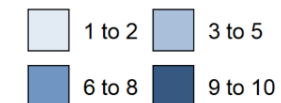
Health Outcome Ranks



2020 Health Factors - New Hampshire



Health Factor Ranks





Health Outcomes

What are Health Outcomes?

Everyone wants to experience long and healthy lives, yet places have different resources and opportunities. To understand the health outcomes in a community, we measure both length and quality of life by county within New Hampshire.

Length of Life

Premature death
*(years of potential life lost
before age 75)*

Quality of Life

Self-reported health status

Percent of low birthweight newborns

University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019. www.countyhealthrankings.org.



Health Outcomes

2020 County Health Rankings for New Hampshire: Measures and National/State Results

Measure	Description	US	NH	NH Minimum	NH Maximum
HEALTH OUTCOMES					
Premature death*	Years of potential life lost before age 75 per 100,000 population (age-adjusted).	6,900	6,500	5,600	8,000
Poor or fair health	Percentage of adults reporting fair or poor health (age-adjusted).	17%	13%	9%	15%
Poor physical health days	Average number of physically unhealthy days reported in past 30 days (age-adjusted).	3.8	3.7	2.9	3.8
Poor mental health days	Average number of mentally unhealthy days reported in past 30 days (age-adjusted).	4.0	4.1	3.6	4.5
Low birthweight*	Percentage of live births with low birthweight (< 2,500 grams).	8%	7%	6%	8%

University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019. www.countyhealthrankings.org.



Health Factors

What are Health Factors?

Many factors shape our opportunities to be healthy and influence how well and how long we live. Health factors represent the things we can change to improve health for all, like opportunities for quality education, good paying jobs, access to quality clinical care, healthy foods, green spaces, and secure and affordable housing. We measure four health factor areas.

Health Behaviors

Tobacco use

Diet & exercise

Alcohol & drug use

Sexual activity

Clinical Care

Access to care

Quality of care

Social and Economic Factors

Education

Employment & income

Family & social support

Community safety

Physical Environment

Air & water quality

Housing & transit

University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019. www.countyhealthrankings.org.



Health Factors

2020 County Health Rankings for New Hampshire: Measures and National/State Results

Measure	Description	US	NH	NH Minimum	NH Maximum
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	Percentage of adults who are current smokers.	17%	16%	12%	17%
Adult obesity	Percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2.	29%	28%	24%	34%
Food environment index	Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).	7.6	9.0	8.2	9.0
Physical inactivity	Percentage of adults age 20 and over reporting no leisure-time physical activity.	23%	21%	19%	27%
Access to exercise opportunities	Percentage of population with adequate access to locations for physical activity.	84%	88%	74%	93%
Excessive drinking	Percentage of adults reporting binge or heavy drinking.	19%	21%	16%	22%
Alcohol-impaired driving deaths	Percentage of driving deaths with alcohol involvement.	28%	30%	14%	41%
Sexually transmitted infections	Number of newly diagnosed chlamydia cases per 100,000 population.	524.6	328.6	185.2	444.0
Teen births*	Number of births per 1,000 female population ages 15-19.	23	11	6	22

University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019. www.countyhealthrankings.org.



Health Factors

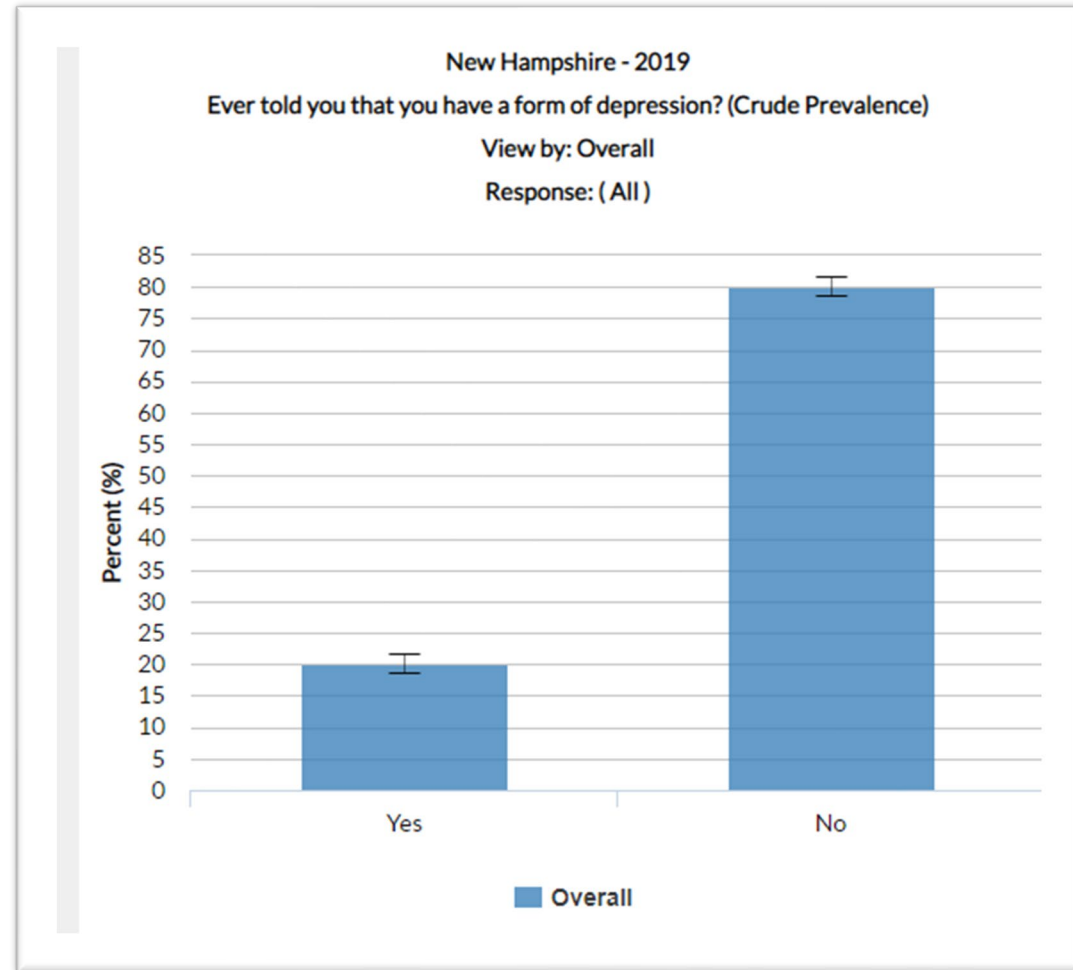
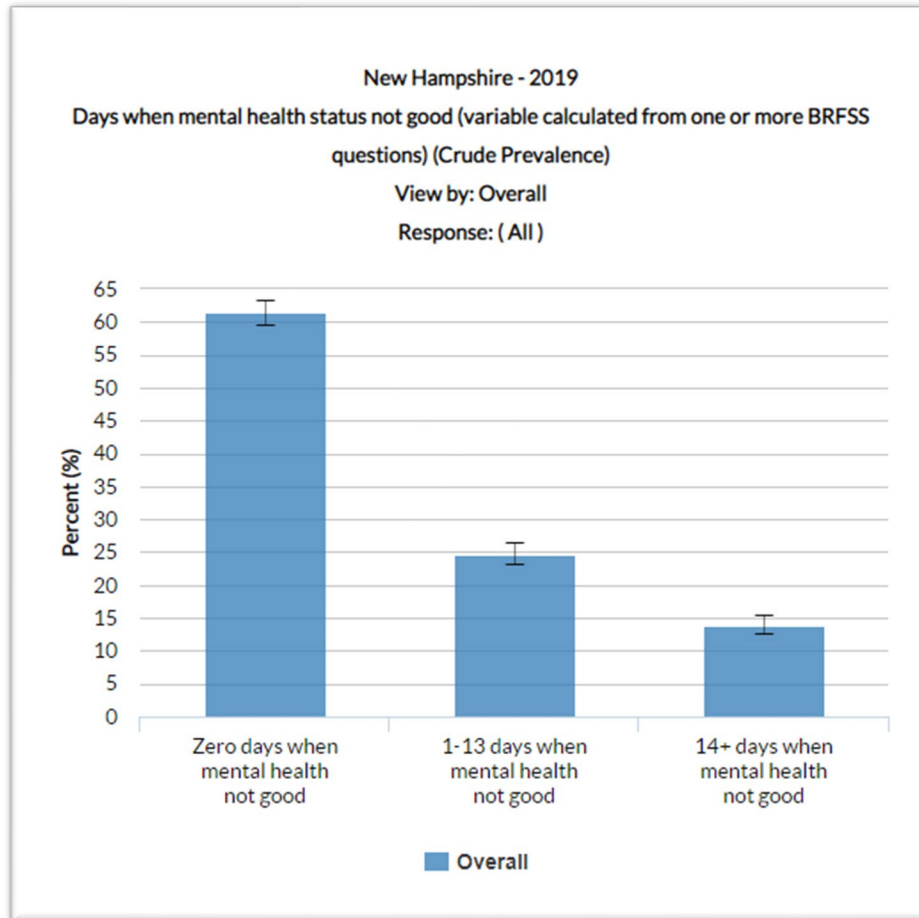
2020 County Health Rankings for New Hampshire: Measures and National/State Results

Measure	Description	US	NH	NH Minimum	NH Maximum
CLINICAL CARE					
Uninsured	Percentage of population under age 65 without health insurance.	10%	7%	6%	9%
Primary care physicians	Ratio of population to primary care physicians.	1,330:1	1,100:1	1,570:1	510:1
Dentists	Ratio of population to dentists.	1,450:1	1,340:1	2,540:1	1,210:1
Mental health providers	Ratio of population to mental health providers.	400:1	330:1	580:1	180:1
Preventable hospital stays*	Rate of hospital stays for ambulatory-care sensitive conditions per 100,000 Medicare enrollees.	4,535	4,032	3,060	5,029
Mammography screening*	Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening.	42%	50%	42%	54%
Flu vaccinations*	Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.	46%	49%	31%	53%

University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2019. www.countyhealthrankings.org.



Mental Health Status



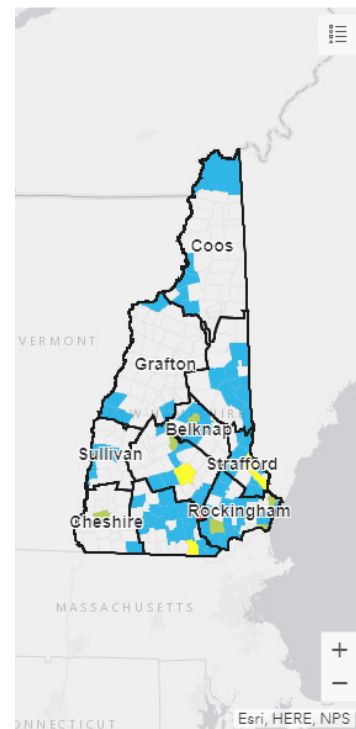
<https://www.cdc.gov/brfss/brfssprevalence/index.html>



New Hampshire Drug Monitoring Initiative

Drug Overdose Deaths ---- Data Source: NH Medical Examiner's Office

Overdose Deaths by Town* - 2020 +

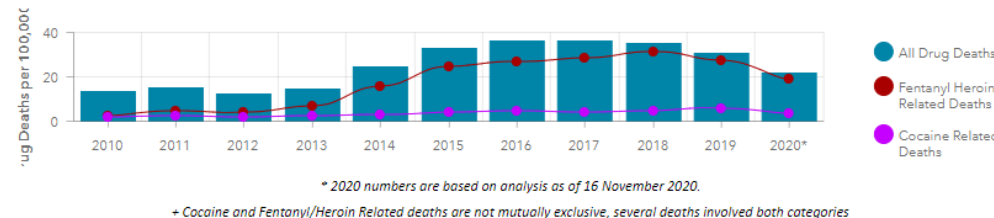


*Location where the drug(s) is suspected to have been used.
+2020 data was reported on December 18, 2020

74 CASES PENDING
33 cases have an unknown location
Data Source: NH Medical Examiner's Office

Overdose Deaths by Year per 100,000 Population

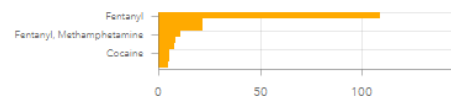
Data Source: NH Medical Examiner's Office



* 2020 numbers are based on analysis as of 16 November 2020.

+ Cocaine and Fentanyl/Heroin Related deaths are not mutually exclusive, several deaths involved both categories

Cocaine and/or Fentanyl Combination Related Drug Deaths 2020*

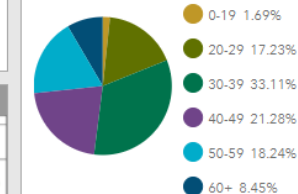


*2020 numbers are not finalized and are based on analysis as of 16 November 2020.

Source: NH Medical Examiner's Office

Overdose Deaths by Age 2020*

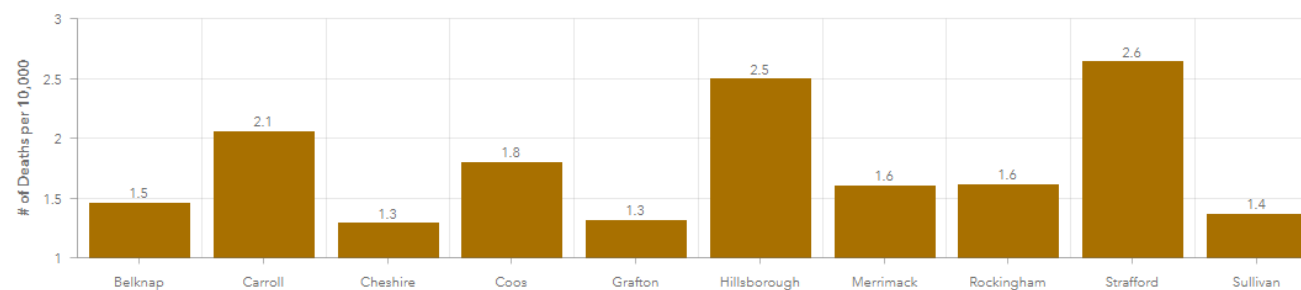
*2020 numbers are not finalized and they are based on analysis as of 16 November 2020



Source: NH Medical Examiner's Office

2020* Overdose Deaths by County per 10,000 Population

* 2020 Numbers are based on analysis as of 16 November 2020



Source: NH Medical Examiner's Office

<https://nhvieww.maps.arcgis.com/apps/MapSeries/index.html?appid=fc64bc08d7724f0d8a47c128832a98a2&folderid=8056bfb06d3a4d7da45a32253ddb47d4>



Episode Treatment Groups, Commercial Claims

Data Source: NH
Comprehensive
Information System

Commercially-insured
population

July 2018-June 2019

<https://chhs.unh.edu/institute-health-policy-practice/focal-areas/health-analytics-informatics>

Integrated Delivery Network	Episode Treatment Group (ETG)	% of Member Months with Condition Previous Period	Conditions Costs Previous Period	All Costs for Members with Condition Previous Period	PMPM - Conditions Costs for Total Population Previous Period
<input type="checkbox"/> 1 - Monadnock, Sullivan, ...	Routine exam	41.08%	\$60,890,433	\$1,019,989,108	\$11
<input type="checkbox"/> 2 - Capital	Hypertension	15.35%	\$33,693,128	\$593,603,055	\$6
<input type="checkbox"/> 3 - Nashua	Screenings & immunizations incidental to other services - immunizations	11.47%	\$2,693,641	\$288,404,632	\$0
<input type="checkbox"/> 4 - Derry and Manchester	Non-routine inoculation	8.53%	\$4,437,962	\$231,814,106	\$1
<input type="checkbox"/> 5 - Central, Winnepesaukee	Non-malignant neoplasm of skin	7.65%	\$11,740,607	\$200,533,838	\$2
<input type="checkbox"/> 6 - Seacoast and Strafford	Tonsillitis, adenoiditis or pharyngitis	7.77%	\$15,677,898	\$184,973,618	\$3
<input type="checkbox"/> 7 - North Country and Ca...	Visual disturbances	7.78%	\$5,673,585	\$204,978,596	\$1
<input type="checkbox"/> Massachusetts	Mood disorder, depressed	7.03%	\$40,032,695	\$301,433,774	\$7
<input type="checkbox"/> Maine	Isolated signs, symptoms & non-specific diagnoses or conditions	7.10%	\$9,919,656	\$278,469,291	\$2
<input type="checkbox"/> Vermont	Other inflammation of skin	6.92%	\$11,567,923	\$229,834,109	\$2
<input type="checkbox"/> Other States	Other disorders of ear/nose/throat	6.59%	\$18,444,066	\$272,462,314	\$3
	Obesity	6.54%	\$19,220,043	\$271,542,869	\$3
	Joint degeneration, localized - back	6.81%	\$57,425,857	\$309,146,441	\$10
	Conditional exam	6.12%	\$5,913,562	\$269,930,931	\$1
	Diabetes	6.60%	\$32,232,897	\$274,262,946	\$6
	Anxiety disorder or phobias	6.15%	\$18,080,669	\$202,031,199	\$3
	Cataract	6.41%	\$12,527,349	\$147,308,383	\$2
	Hyperlipidemia, other	5.91%	\$4,291,656	\$180,497,200	\$1
	Screenings & immunizations				

Age category

- ☐ 0-4
☐ 5-17
☐ 18-24
☐ 25-34
☐ 35-44
☐ 45-54
☐ 55-64
☐ 65+



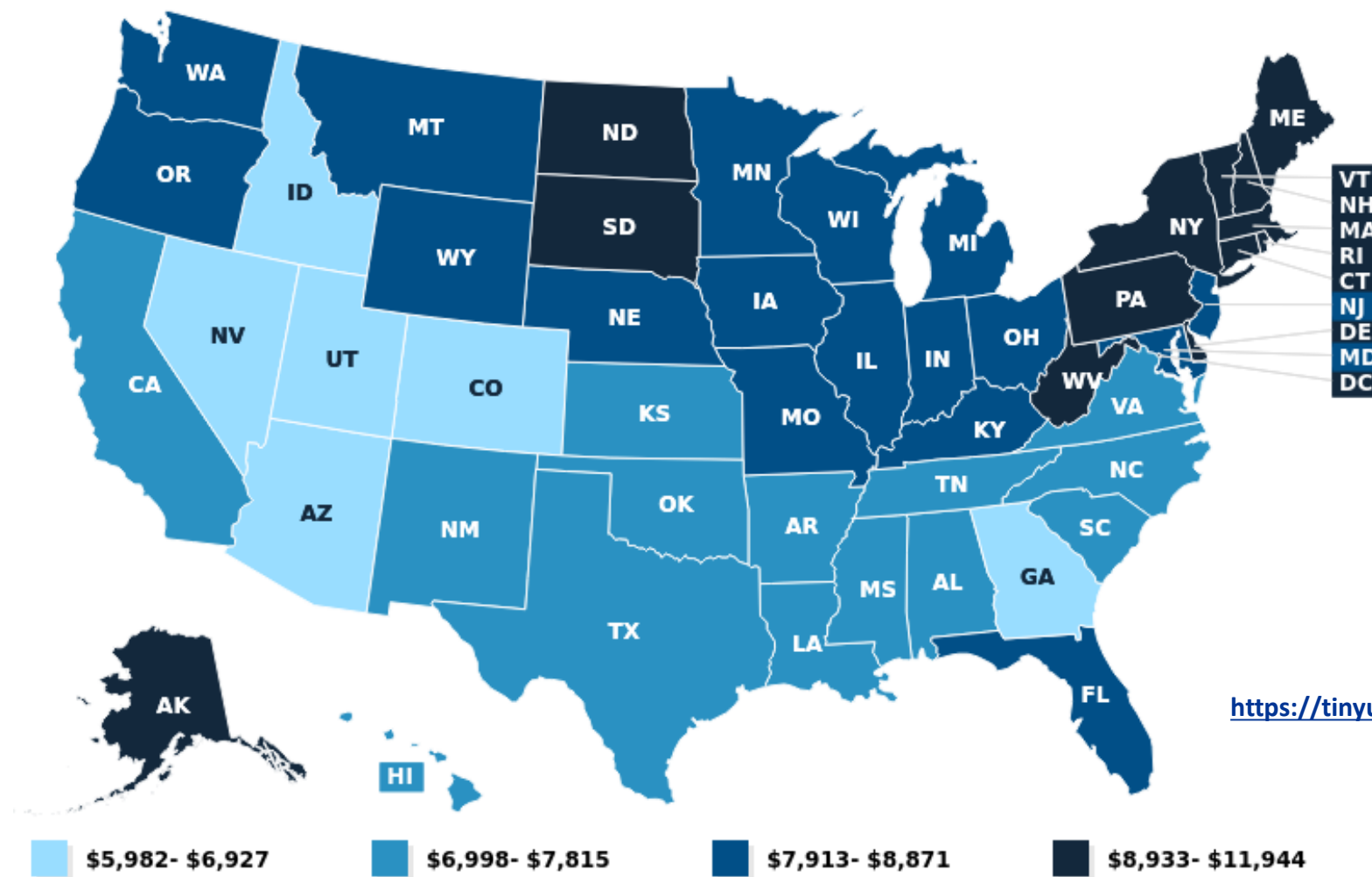
Additional Example Health Condition Topics

- Alcohol Misuse
- Asthma
- Birth Conditions and Outcomes
- Cancer
- COPD
- Diabetes
- Heart disease and stroke
- Marijuana and Other Drug Misuse
- Obesity
- Older adult falls
- Opioid use
- Oral Health
- Pediatrics
- Poisonings
- Pregnancy
- Reproductive and Sexual Health
- Spinal Cord Injury
- Suicides
- Tickborne Disease
- Tobacco Use
- Traumatic Brain Injury



Health Spending Per Capita

Health Care Expenditures per Capita by State of Residence: Health Spending per Capita, 2014

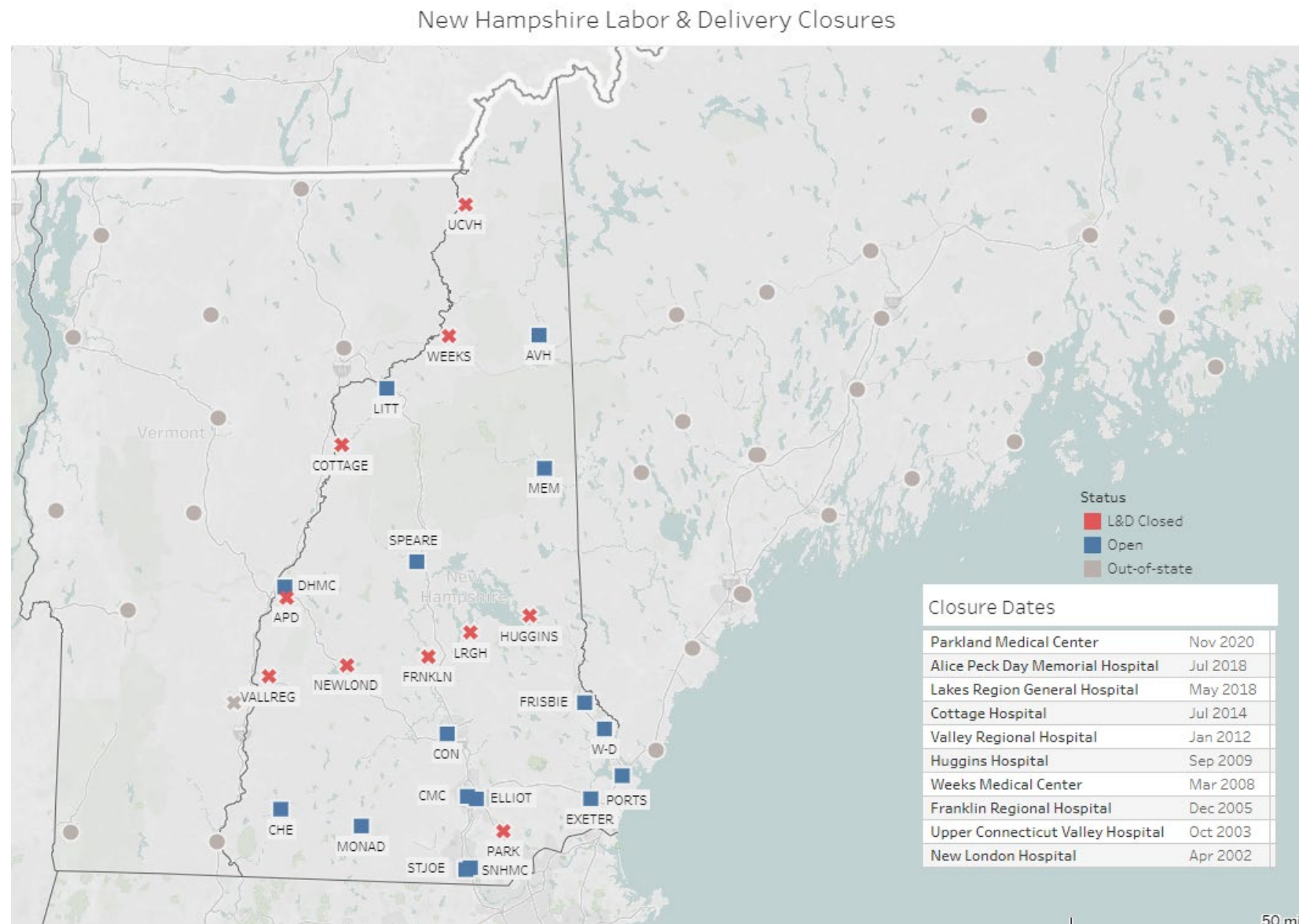


<https://tinyurl.com/y3rm8a3v>

SOURCE: Kaiser Family Foundation's State Health Facts.



NH Labor and Delivery Unit Closures

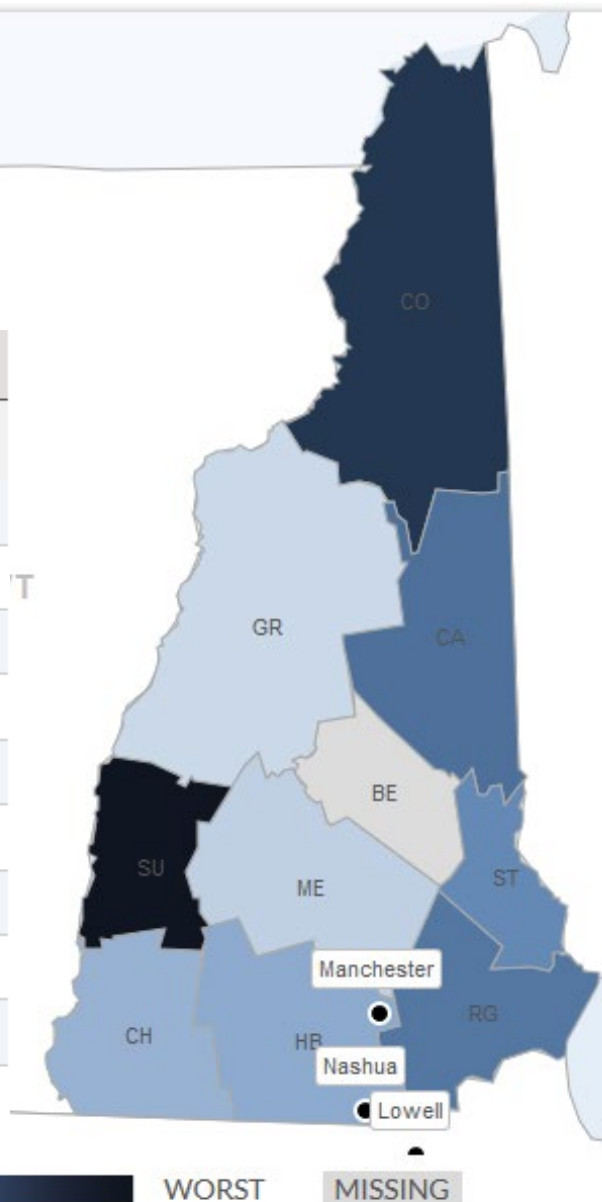


LaFlamme, David: <https://public.tableau.com/profile/david.laflamme.personal#!/vizhome/NHClosuresLandD/LDClosuresPrintLndscp>



NH Mental Health Providers by County

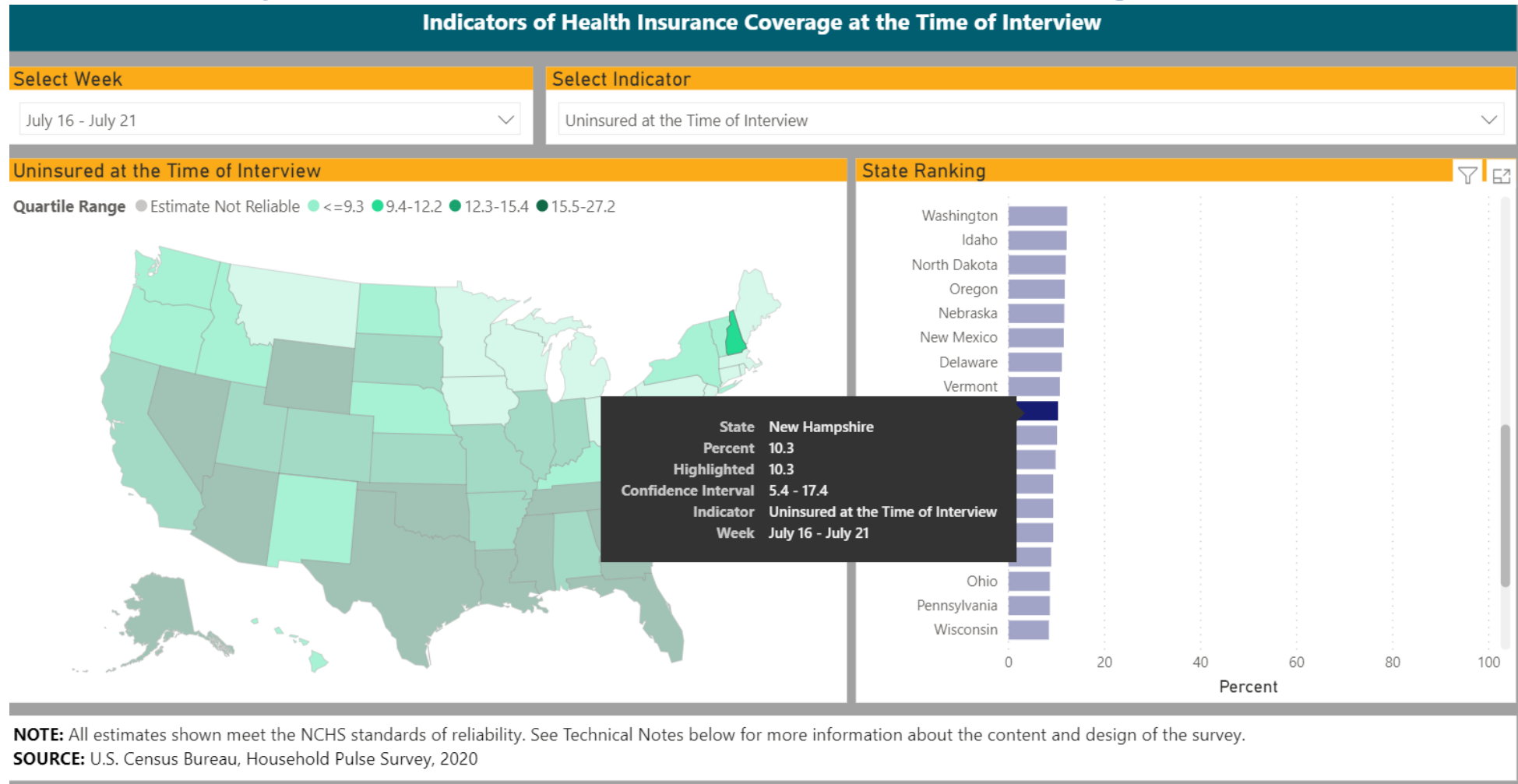
Mental Health Provider Ratio			
County	# Mental Health Providers	County Value	Z-Score
Belknap	333	180:1	-1.92
Carroll	111	440:1	0.68
Cheshire	250	310:1	-0.13
Coos	60	530:1	0.99
Grafton	401	220:1	-1.11
Hillsborough	1,270	330:1	0.04
Merrimack	620	240:1	-0.81
Rockingham	717	430:1	0.65
Strafford	326	400:1	0.49
Sullivan	75	580:1	1.12



<https://www.countyhealthrankings.org/app/new-hampshire/2020/measure/factors/62/map>



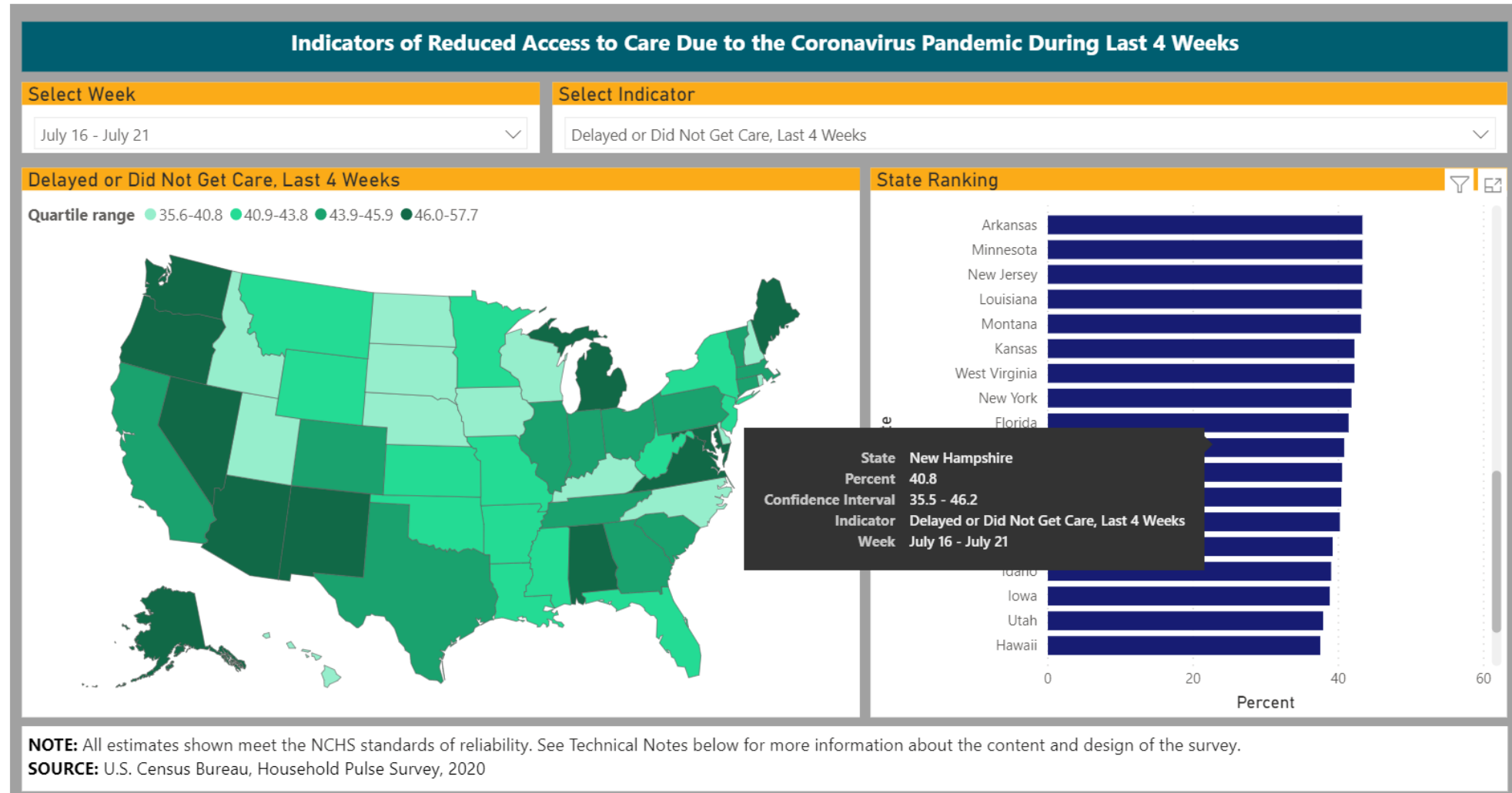
COVID Impact: Insurance Coverage



<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>



COVID Impact: Delayed or Did Not Get Care

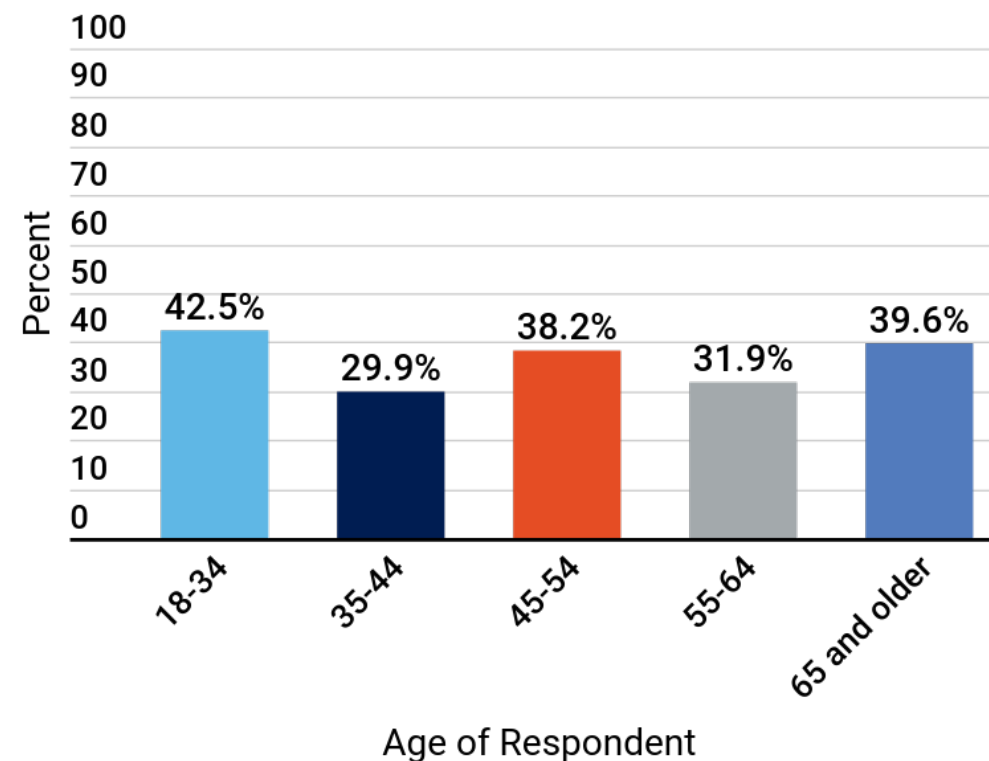
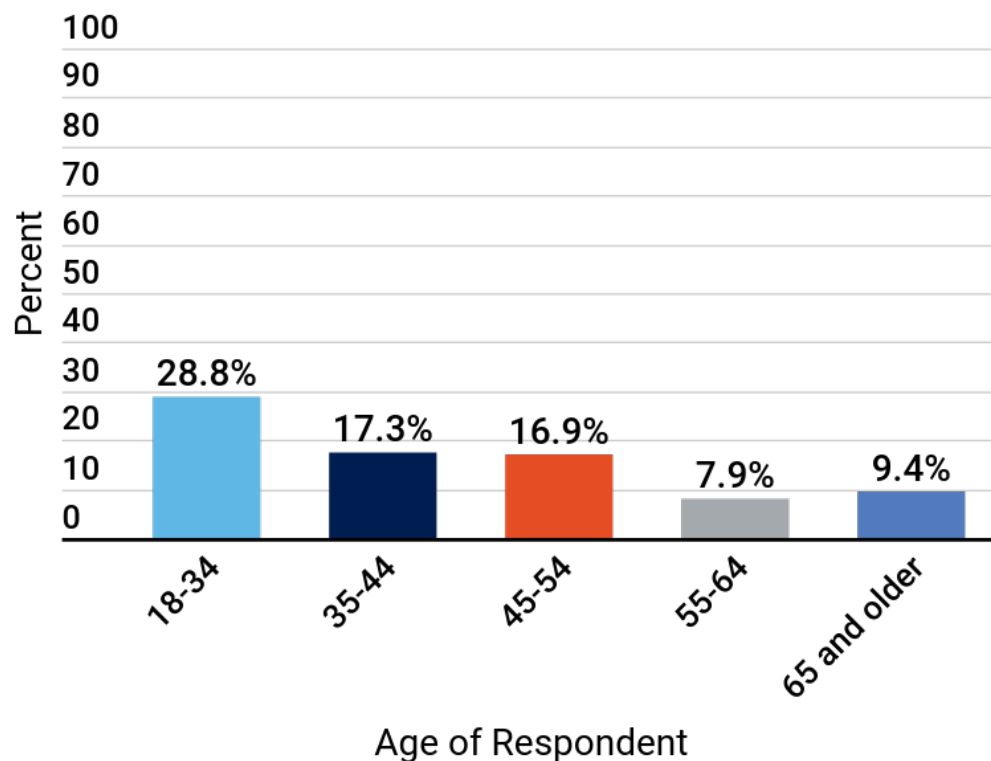


<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>



COVID Impact: Healthcare Delivery - Telehealth

37% of survey respondents had a medical appointment moved to telehealth. Almost 17% had a behavioral health appointment moved to telehealth (COVID-19 Impact for NH Adults, UNH IHPP Survey, June 2020, <https://chhs.unh.edu/institute-health-policy-practice/covid-19-data>)





Domain 4: Social Connectedness

- Who we are:
 - Community Resilience estimates shows geographic variation
 - Coos County has a higher % of residents with 3 or more risk factors, making the community less resilient (2018 ACS, <https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles>).
 - Risk of social isolation among older adults varies geographically
 - The risk of social isolation is increased in Coos County, compared to the other counties in NH
 - Still exploring the Inclusiveness Index
- Our strengths: Economic indices are favorable for NH
- Our challenges: Likely an area where qualitative information will fill in this story

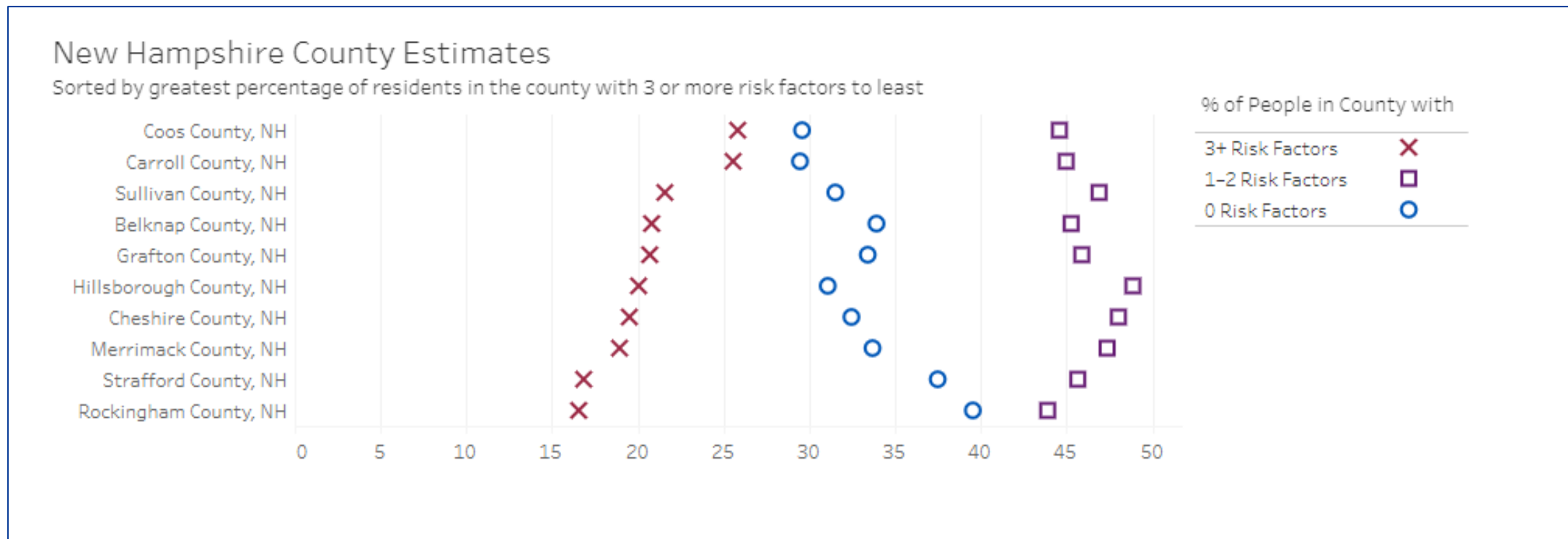
<https://www.rwjf.org/en/cultureofhealth/about.html>

<https://www.census.gov/data/experimental-data-products/community-resilience-estimates.html>

<https://assets.americashealthrankings.org/app/uploads/2020-senior-state-summaires-download.pdf>



Community Resilience Estimates



Source: Community Resilience Estimates, Social, Economic, and Housing Statistics Division, U.S. Census Bureau <https://www.census.gov/data/experimental-data-products/community-resilience-estimates.html>. June 17, 202

Community resilience is the capacity of individuals and households to absorb, endure, and recover from the health, social, and economic impacts of a disaster such as a hurricane or pandemic.

Technical notes at <https://www2.census.gov/data/experimental-data-products/community-resilience-estimates/2020/technical-document.pdf>



Example: Inclusiveness Index

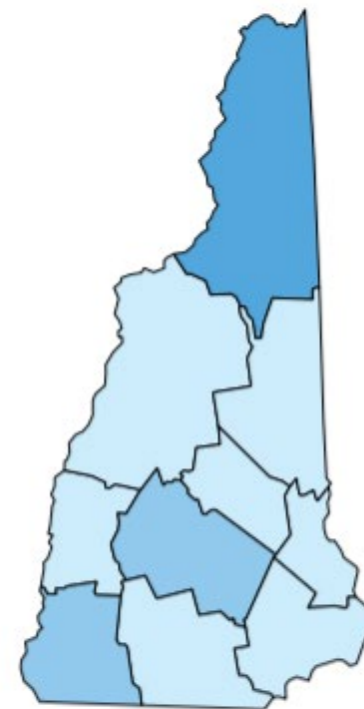
- New Hampshire 2019 general score= 0.1697 (Medium-High) 2018 general score= 0.1710 (High) . NH had the 13th highest score in US in 2019
- Index developed by Belonging Institute at Berkley (<https://belonging.berkeley.edu/inclusivenessindex/about>)
- Inclusiveness Index represents the Institute's efforts to measure and more deeply understand the dynamics of inclusion and group-based marginality within the United States and across the globe
- The index holistically examines the experiences of groups across a range of social dimensions, including gender, race/ethnicity, religion, disability, and sexual orientation
- Inclusiveness Index is a unique measure of inclusivity with a focus on policy, laws, and institutions rather than economic forces that shape inequality (race, gender, sexual orientation, religion and disability)
- Can look at score by individual factors too (race, gender, sexual orientation, religion and disability)



Risk of Social Isolation, Older Adults

New Hampshire

Risk of Social Isolation by County



Percentile of the mean z-scores for the following risk factors in adults ages 65 and older: poverty; living alone; divorced, separated or widowed; never married; disability; and independent living difficulty, relative to all U.S. counties

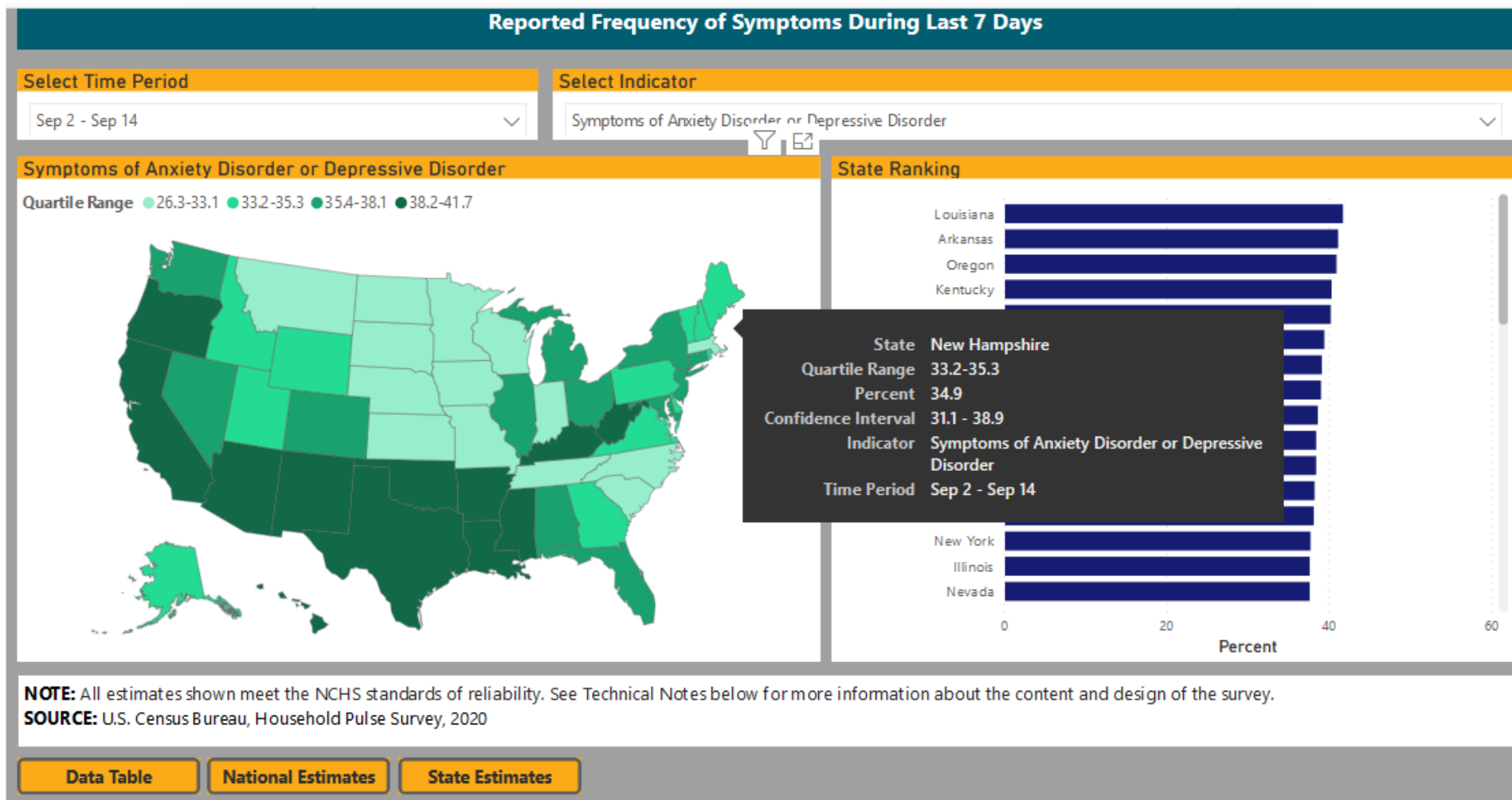
■ ≤ 18th ■ 19th to 38th ■ 39th to 57th ■ 58th to 77th ■ ≥ 78th

Source: U.S. Census Bureau, American Community Survey, 2014-2018

https://www.america'shealthrankings.org/explore/senior/measure/isolationrisk_sr/state/NH



COVID Impact: Anxiety and Depression During COVID



<https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>



Public Comment



Next Steps

- Upcoming Meetings:
 - February 19
 - March 19
 - April 16