

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

March 19, 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. Live Well San Diego Example
- 5. Demographics Summary and Discussion
- 6. Public Comment





Live Well San Diego

Community Health Assessment

- Demographic Profile
- Morbidity and Mortality
- Areas of Influence

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Live Well San Diego

"Areas of Influence" are focus of dashboard reporting.

Table 1. Indicators by Area of Influence.

Areas of Influence	Definition	Top 10 Indicators
HEALTH	Enjoying good health and expecting to live a full life	Life ExpectancyQuality of Life
KNOWLEDGE	Learning throughout the lifespan	Education
STANDARD OF LIVING	Having enough resources for a quality life	Unemployment RateIncome
COMMUNITY	Living in a clean and safe neighborhood	SecurityPhysical EnvironmentBuilt Environment
SOCIAL	Helping each other to live well	 Vulnerable Population Community Involvement



Live Well San Diego Top 10 Indicators











HEALTH

Enjoying good health and expecting to live a full life Learning throughout the lifespan

LIVING Having enough resources for a quality life

Living in a clean and safe neighborhood

Helping each other to live well

Select area from the drop-down below. If data is not available, a "(Blank)" will appear.

Select Area:

San Diego County ∨

Life Expectancy

82.6

Average number of years a baby born today is expected to live.

Education

86.5%

Percent of population ages ≥25 with at least a HS diploma or Equivalent.

Unemployment Rate

15.5%

Percent of the total labor force that is unemployed. Security

2032.6

Number of crimes per 100,000 people, reported to law enforcement.

Vulnerable Populations

37.6%

Percent of population within ≤200% of poverty line who've experienced food insecurity.

Community Involvement

25.5%

Percent of population

who volunteer.

Quality of Life

94.9%

Percent of Population Sufficiently Healthy to Live Independently.

Income

56.9%

Percent of population spending <1/3 of household income on housing.

Physical Environment

6.8%

Percent of days air quality rated as unhealthy for sensitive populations.

Built Environment

61.6%

Percent of population living within 1/4 mile of a park or community space.

https://www.livewellsd.org/content/livewell/home/data-results/Indicator-Home.html



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

Demographics

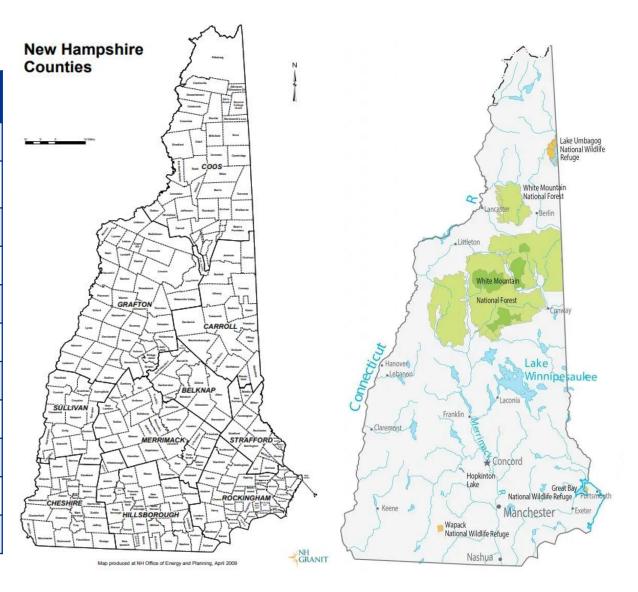
The Demographics section of the SHA provides an overall description of the state in terms of its geography, its population, and what makes it unique considering both of those dimensions. This summary highlights the ways that uniqueness benefits the state and the challenges that result from it.

Includes: Geography; Population Distribution; Age; Race and Ethnicity; Foreign Born Population; Language; Sex; Gender Identity, Gender Expression, and Sexual Orientation; Disability Status; Veteran Status; Household Composition



NH Geography

Geographic Area	Land area in square miles, 2010 (% of NH total NH)	Rank of Land Area
NEW HAMPSHIRE	8,952.7	
Belknap County	400.2 (4.5%)	9
Carroll County	931.1 (10.4%)	4
Cheshire County	706.7 (7.9%)	6
Coos County	1,794.7 (20.0%)	1
Grafton County	1,708.8 (19.1%)	2
Hillsborough County	876.1 (9.8%)	5
Merrimack County	934.1 (10.4%)	3
Rockingham County	694.7 (7.8%)	7
Strafford County	369 (4.1%)	10
Sullivan County	537.3 (6.0%)	8



https://www.census.gov/quickfacts/fact/table/US,NH/PST045219



Population Distribution

Geographic Area	Population estimates 2019 (% of NH total)	Population Rank	Population per square mile, 2010
NEW HAMPSHIRE	1,359,711		147.0
Belknap County	61,303 (4.5%)	7	150.1
Carroll County	48,910 (3.6%)	8	51.4
Cheshire County	76,085 (5.6%)	6	109.1
Coos County	31,563 (2.3%)	10	18.4
Grafton County	89,886 (6.6%)	5	52.2
Hillsborough County	417,025 (30.7%)	1	457.4
Nashua	89,355 (6.6%)		2,803.7
Manchester	112,673 (8.3%)		3,310.0
Merrimack County	151,391 (11.1%)	3	156.8
Rockingham County	309,769 (22.8%)	2	425.0
Strafford County	130,633 (9.6%)	4	333.7
Sullivan County	43,146 (3.2%)	9	81.4

https://www.census.gov/quickfacts/fact/table/US,NH/PST045219



Age Distribution

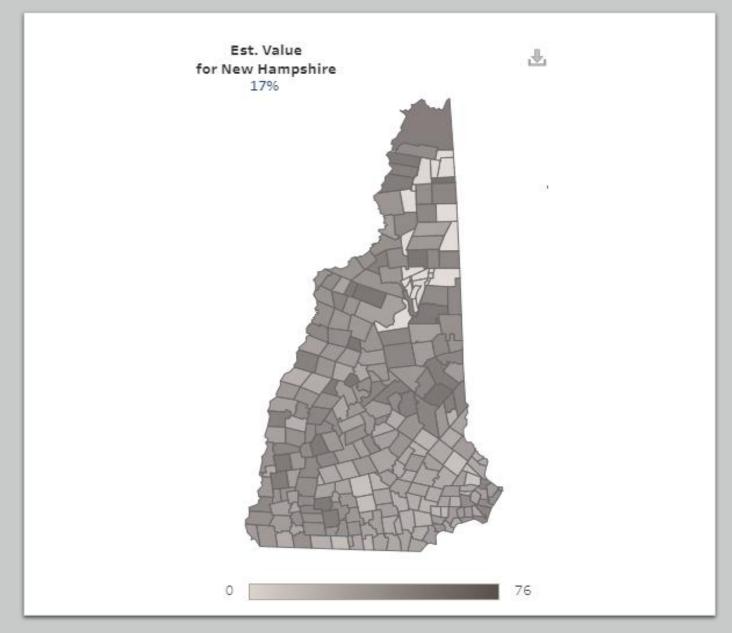
Geographic Area	% persons under 18 years	% persons 65 years and over	Median Age
United States	22.3%	16.5%	38.2
NEW HAMPSHIRE	18.8%	18.7%	43.1
Belknap County	18.3%	22.8%	47.1
Carroll County	15.3%	29.0%	51.7
Cheshire County	17.8%	20.7%	42.7
Coos County	16.1%	24.2%	48.1
Grafton County	16.0%	21.3%	42.9
Hillsborough County	20.2%	16.2%	41.1
Merrimack County	18.9%	18.7%	42.8
Rockingham County	19.1%	18.6%	44.8
Strafford County	18.2%	15.4%	36.9
Sullivan County	18.6%	22.1%	46.1

Census Quick Facts 2019 https://www.census.gov/quickfacts/fact/table/US,NH/PST045219

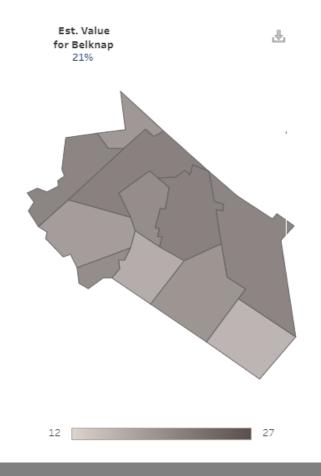


Variation in Age

- Percent of the Population over 65 years of age
- Town level data shows even greater variation
- DPHS WISDOM Dashboards, IN DEVELOPMENT
- Data from 2014-2018

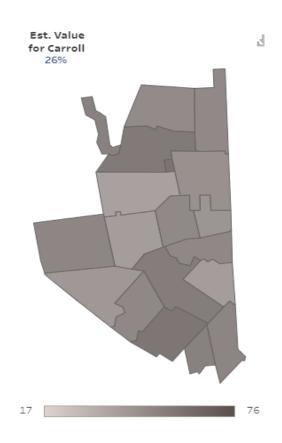






Overall, 21% of individuals are age 65 or over.

Ranges from 12% (in Barnstead) to 27% (in Center Harbor).

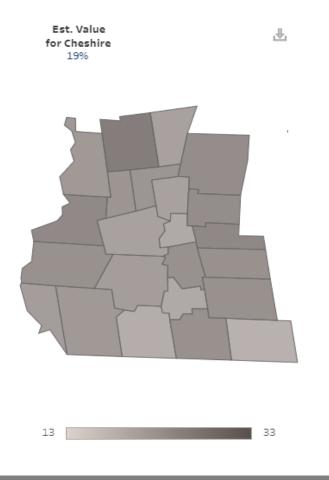


Overall, 26% of individuals are age 65 or over.

Ranges from 17% (in Albany) to 36% (in Wolfeboro).

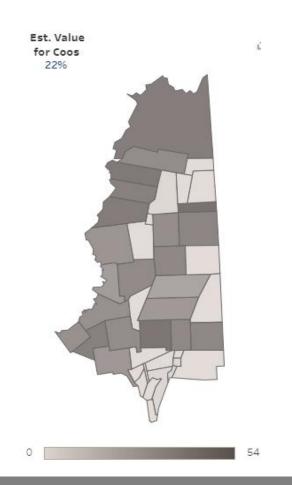






Overall, 19% of individuals are age 65 or over.

Ranges from 13% (in Rindge) to 33% (in Harrisville).



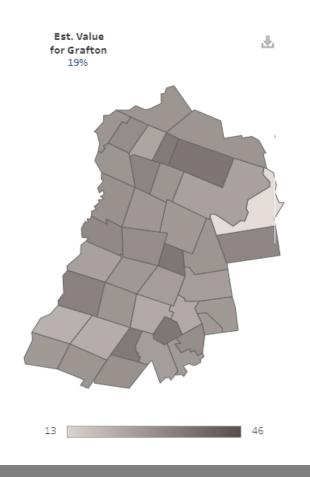
Overall, 22% of individuals age 65 or over.

Ranges from 16% (Milan) to 54% (Wentworth's Location).



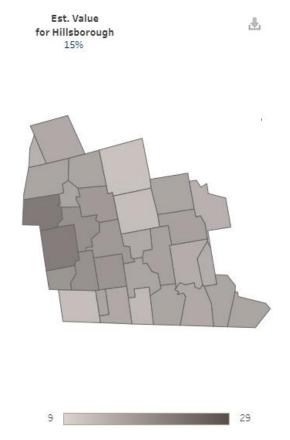






Overall, 19% of individuals are age 65 or over.

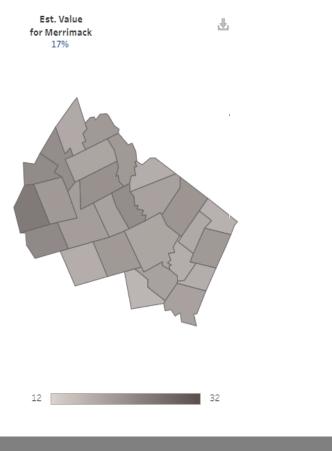
Ranges from 13% (in Hanover) to 46% (in Benton).



Overall, 15% of individuals are age 65 or over.

Ranges from 9% (in Weare) to 29% (in Hancock).





Est. Value for Rockingham 17%

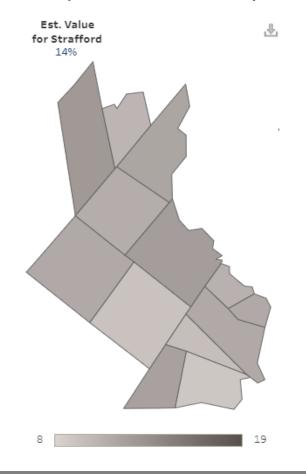
Overall, 17% of individuals are age 65 or over.

Ranges from 12% (in Dunbarton) to 32% (in New London).

Overall, 17% of individuals are age 65 or over.

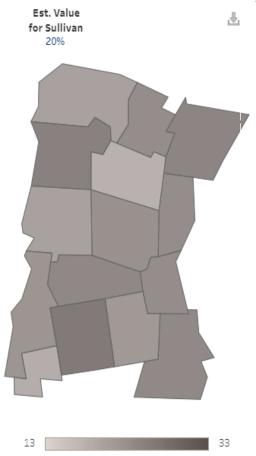
Ranges from 11% (in Newfields) to 42% (in New Castle).





Overall, 14% of individuals are age 65 or over.

Ranges from 8% (in Durham) to 19% (in New Durham).



Overall, 20% of individuals are age 65 or over.

Ranges from 13% (in Croydon) to 33% (in Unity).



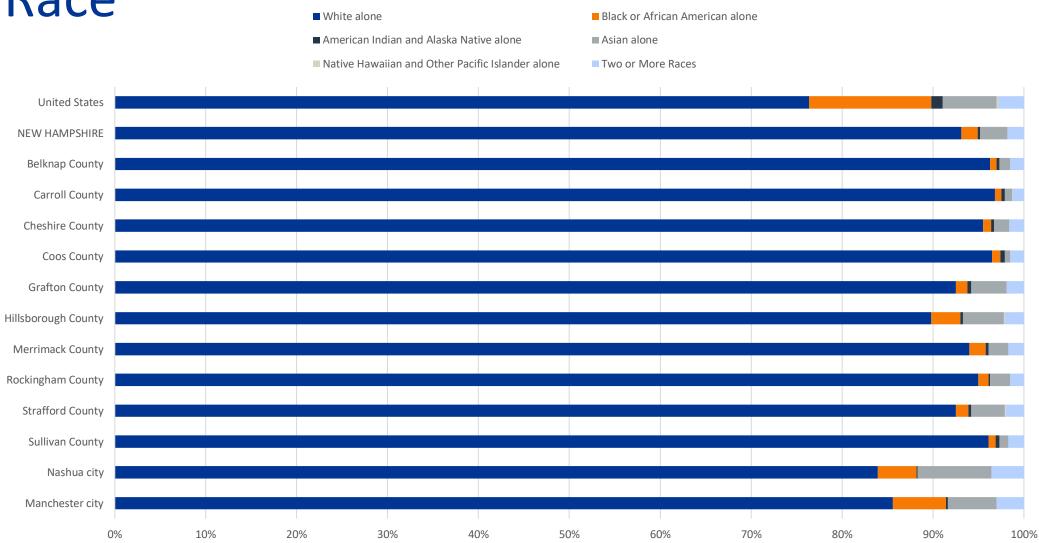
Race and Ethnicity

		Black or African	American Indian and Alaska Native		Native Hawaiian and Other Pacific	Two or More	Hispanic or	White alone, not Hispanic
Geographic Area	White alone	American alone	alone	Asian alone	Islander alone	Races	Latino	or Latino
United States	76.3%	13.4%	1.3%	5.9%	0.2%	2.8%	18.5%	60.1%
NEW HAMPSHIRE	93.1%	1.8%	0.3%	3.0%	Z	1.8%	4.0%	89.8%
Belknap County	96.3%	0.7%	0.3%	1.2%	Z	1.5%	1.8%	94.8%
Carroll County	96.9%	0.7%	0.4%	0.8%	Z	1.3%	1.6%	95.6%
Cheshire County	95.4%	0.9%	0.3%	1.7%	Z	1.6%	2.0%	93.8%
Coos County	96.4%	0.9%	0.5%	0.6%	Z	1.5%	1.9%	94.8%
Grafton County	92.5%	1.3%	0.4%	3.9%	Z	1.9%	2.5%	90.4%
Hillsborough County	89.9%	3.2%	0.3%	4.5%	0.1%	2.1%	7.3%	83.8%
Merrimack County	94.0%	1.8%	0.3%	2.2%	Z	1.7%	2.3%	92.1%
Rockingham County	94.9%	1.1%	0.2%	2.2%	Z	1.5%	3.3%	92.20%
Strafford County	92.5%	1.4%	0.3%	3.7%	0.1%	2.0%	2.8%	90.2%
Sullivan County	96.0%	0.8%	0.4%	1.0%	Z	1.7%	1.7%	94.6%
Nashua city	82.5%	4.2%	0.1%	8.0%	0.0%	3.5%	12.9%	73.4%
Manchester city	84.8%	5.8%	0.2%	5.3%	0.0%	3.0%	9.9%	77.2%

Census Quick Facts 2019 https://www.census.gov/quickfacts/fact/table/US,NH/PST045219



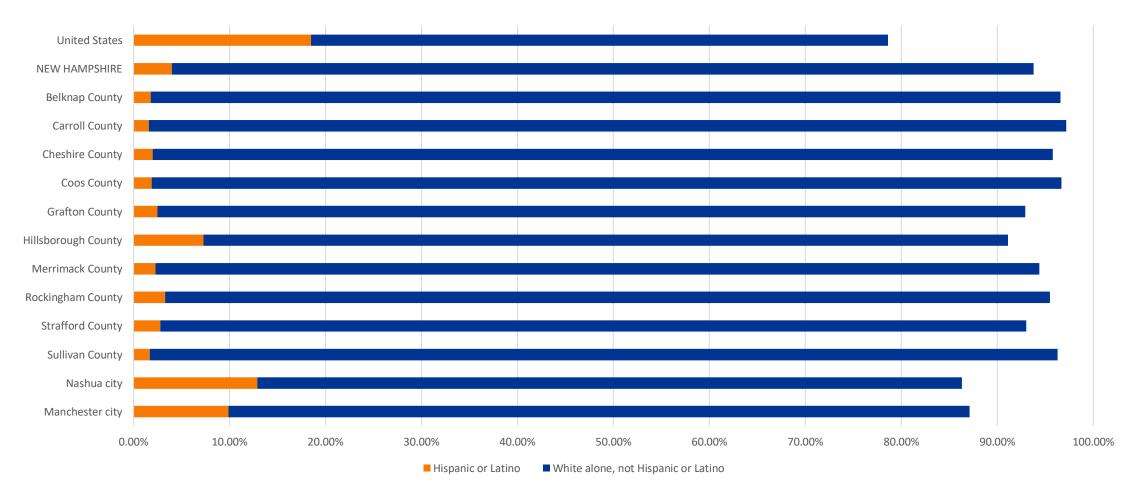
Race



Census Quick Facts 2019 https://www.census.gov/quickfacts/fact/table/US,NH/PST045219
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Ethnicity



Census Quick Facts 2019 https://www.census.gov/quickfacts/fact/table/US,NH/PST045219



Race and Ethnicity

County	% Non-White Race and/or Hispanic	Range, by Town within County
Belknap	5%	2% (Alton) - 8% (Barnstead)
Carroll	4%	0% (Jackson) - 11% (Albany)
Cheshire	6%	0% (Roxbury) - 9% (Nelson, Keene, and Troy)
Coos	8%	0% (Millsfield, Drummer, and Wentworth's Location) - 27% (Pinkham's Grant)
Grafton	9%	0% (Ellsworth) - 23% (Orford)
Hillsborough	15%	0% (Sharon) - 27% (Hollis)
Merrimack	7%	2% (Hill, Danbury, Salisbury, Bradford, and Loudon) - 13% (Concord)
Rockingham	7%	0% (New Castle) - 13% (Salem)
Strafford	9%	2% (Milton) - 17% (Somersworth)
Sullivan	5%	0% (Springfield) - 9% (Newport)

Source: DPHS WISDOM Dashboards, IN DEVELOPMENT; Data 2014-2018



Foreign-Born Population

Geographic Area	% Foreign Born
NEW HAMPSHIRE	6.4%
Belknap County	3.0%
Carroll County	2.6%
Cheshire County	3.3%
Coos County	3.3%
Grafton County	6.0%
Hillsborough County	9.7%
Merrimack County	5.2%
Rockingham County	4.9%
Strafford County	5.2%
Sullivan County	2.9%

Place of Birth Among Foreign Born in NH					
Place of Birth	Number	%			
Foreign-Born; Region of Birth (Excluding born at sea)	86,906				
Born in Africa	6,503	7.5%			
Born in Asia	30,719	35.3%			
Born in Europe	20,646	23.8%			
Born in Latin America (South America, Central America, Mexico, and the Caribbean)	20,602	23.7%			
Born in Northern America (Canada, Bermuda, Greenland, and St. Pierre and Miquelon)	7,865	9.1%			
Born in Oceania	571	0.7%			

Census Quick Facts 2019

https://www.census.gov/quickfacts/fact/table/US,NH/PST045219

https://www.migrationpolicy.org/data/state-profiles/state/demographics/NH#top



Language Spoken at Home

Geographic Area	% of Population 5 years and over that speak English only	% of Population 5 years and over that speak language other than English spoken at home	% of Population 5 years and over that speak Spanish at home	% of Population 5 years and over that speak Other Indo-European Languages at home	% of Population 5 years and over that speak Asian and Pacific Islander Languages at home	% of Population 5 years and over that speak other Languages at home
United States	78.5%	21.5%	13.3%	3.6%	3.5%	1.1%
NEW HAMPSHIRE	92.1%	7.9%	2.2%	3.6%	1.5%	0.6%
Belknap County	96.6%	3.4%	0.6%	1.9%	0.5%	0.3%
Carroll County	97.2%	2.8%	0.8%	1.3%	0.5%	0.2%
Cheshire County	97.1%	2.9%	0.4%	1.5%	0.9%	0.1%
Coos County	88.8%	11.2%	0.5%	8.6%	0.4%	0.2%
Grafton County	93.3%	6.7%	1.1%	2.9%	2.2%	0.4%
Hillsborough County	87.1%	12.9%	4.3%	5.5%	2.1%	1.0%
Merrimack County	94%	6.0%	1.0%	3.4%	1.1%	0.5%
Rockingham County	94%	6.0%	1.4%	2.6%	1.1%	0.3%
Strafford County	93.4%	6.6%	1.1%	2.4%	2.7%	0.4%
Sullivan County	96.1%	3.9%	0.5%	1.7%	0.9%	0.8%

ASC 2014-2018 https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/

Language and English Proficiency

Most Common Languages other than English:

- Spanish
- French, including Cajun
- Chinese (including Mandarin, Cantonese)
- Nepali, Marathi, or Other Indic Languages
- Portuguese

New Hampshire 2019

United States 2019

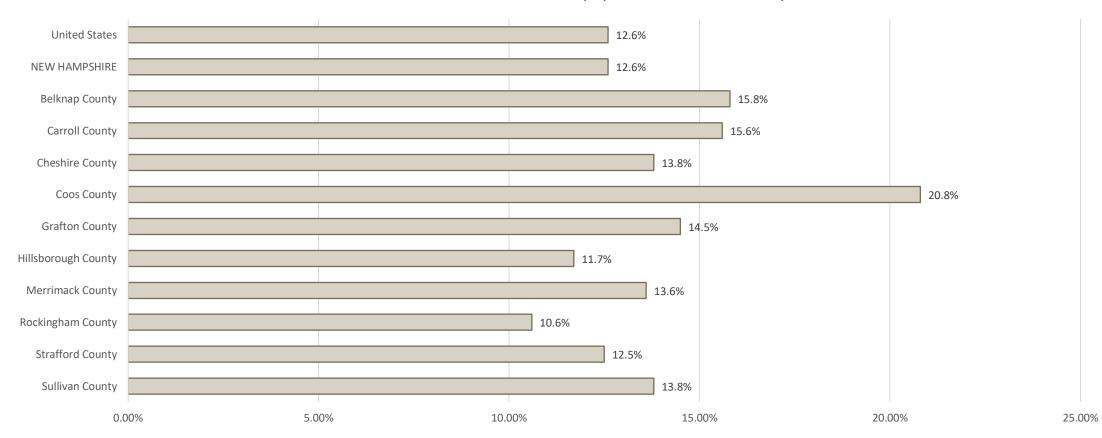
Language & Education

English Proficiency	Foreign Born	U.S. Born	Foreign Born	U.S. Born
English Proficiency (age 5 and older) (%)	86,721	1,208,790	44,634,617	264,200,07
Speak only English	29.6%	96.1%	16.4%	88.59
Speak English "very well"	41.3%	3.3%	37.1%	9.89
Speak English less than "very well" (LEP)	29.1%	0.6%	46.4%	1.89
Limited English Proficient (LEP) Population: Change over Time				
% change: 2000-2019	63.8%	-43.8%	32.3%	-16.29
% change: 1990-2000	54.1%	-12.2%	71.8%	17.69
English Proficiency of the Foreign Born by U.S. Citizenship Status (age 5 and older)*	9			
Naturalized citizens	49,606		23,134,974	
Speak only English	36.4%		20.9%	
Speak English "very well"	40.7%		42.6%	
Speak English less than "very well" (LEP)	22.9%		36.5%	
Noncitizens	37,115		21,499,643	
Speak only English	20.4%		11.6%	
Speak English "very well"	42.1%		31.3%	
Speak English less than "very well" (LEP)	37.5%		57.1%	



People with Disability

% of civilian noninstitutionalized population with a disability



ASC 2014-2018 https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/



Sex

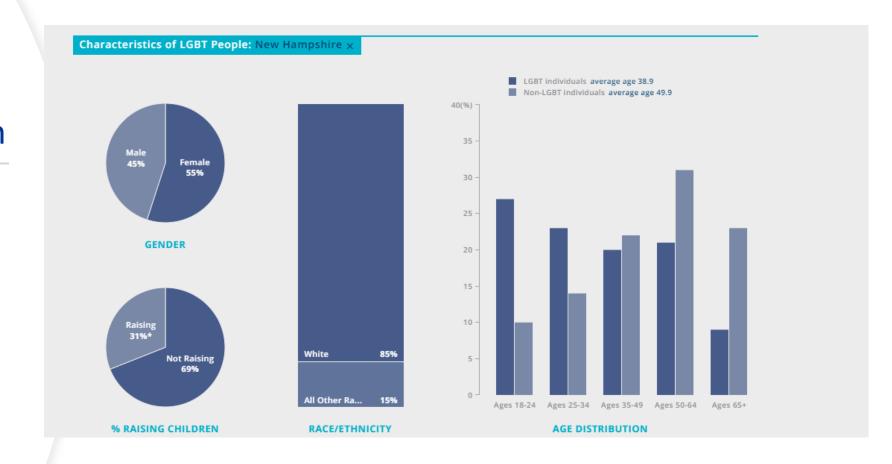
- Male and Female Distribution Fairly Equal
- Counties mirror the state
- Coos has more males than females

Geographic Area	% Females	% Males
United States	50.8%	49.2%
NEW HAMPSHIRE	50.4%	49.6%
Belknap County	50.6%	49.4%
Carroll County	50.6%	49.4%
Cheshire County	51%	49%
Coos County	47.4%	52.6%
Grafton County	50.6%	49.4%
Hillsborough County	50.3%	49.7%
Merrimack County	50.6%	49.4%
Rockingham County	50.5%	49.5%
Strafford County	50.9%	49.1%
Sullivan County	50.5%	49.5%

Census Quick Facts 2019 https://www.census.gov/quickfacts/fact/table/US,NH/PST045219

Gender Identity, Gender Expression, and Sexual Orientation

- Adults
 - 4.7% NH adult population identified as LBGT
 - Source: Gallup poll
- High School Students
 - 2.3% gay or lesbian
 - 9.3% bisexual
 - 4.4% not sure
 - Source: Youth Risk Behavior Survey



https://williamsinstitute.law.ucla.edu/visualization/lgbt-stats/?topic=LGBT&area=33#density
https://www.cdc.gov/healthyyouth/data/yrbs/2019_tables/students_by_sexual_identity.htm



Veteran Status

- NH has higher rate of veterans in the Civilian Population over 18 than the US
- Every county is higher than the US rate

Geographic Area	% of Veterans in the Civilian Population 18 years and over
United States	7.5%
New Hampshire	9.0%
Belknap County	11.8%
Carroll County	10.4%
Cheshire County	9.0%
Coos County	11.8%
Grafton County	8.3%
Hillsborough County	8.3%
Merrimack County	9.1%
Rockingham County	8.9%
Strafford County	8.9%
Sullivan County	10.9%

ASC 2014-2018 https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/



Household Make-Up

Geographic Area	% Family households	% Households with married couple with own children of the householder under 18 years	% Households with single parent with own children of the householder under 18 years	% Householder living alone	% Householder living alone 65 years and over	Average household size
United States	65.7%	19.0%	9.0%	27.7%	10.7%	2.6
New Hampshire	66.1%	18.1%	7.3%	26.0%	10.7%	2.5
Belknap County	66.3%	15.0%	6.2%	26.3%	12.1%	2.4
Carroll County	64.4%	13.0%	6.1%	27.8%	13.1%	2.2
Cheshire County	61.4%	15.1%	7.5%	29.9%	13.1%	2.4
Coos County	61.2%	12.4%	8.1%	32.4%	14.8%	2.2
Grafton County	61.7%	14.5%	6.6%	31.2%	11.8%	2.4
Hillsborough County	66.3%	19.7%	7.9%	25.4%	9.5%	2.5
Merrimack County	66.6%	19.0%	7.2%	25.8%	11.4%	2.5
Rockingham County	70.0%	20.5%	6.8%	23.1%	10.2%	2.5
Strafford County	63.2%	17.9%	7.0%	26.2%	9.5%	2.5
Sullivan County	65.5%	13.2%	9.1%	28.0%	11.1%	2.4

ASC 2014-2018 https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/;; See this for definitions



Grandparent Involvement

Geographic Area	Number of grandparents living with own grandchildren under 18 years	% of grandparents who are living with own grandchildren under 18 years where the grandparents responsible for grandchildren
United States	7,249,122	34.8%
New Hampshire	23,092	32.3%
Belknap County	964	48.1%
Carroll County	548	36.5%
Cheshire County	1,121	40.0%
Coos County	478	55.9%
Grafton County	1,333	38.8%
Hillsborough County	8,133	27.6%
Merrimack County	2,597	26.6%
Rockingham County	5,171	26.5%
Strafford County	1,963	50.3%
Sullivan County	784	35.5%

ASC 2014-2018 https://www.census.gov/acs/www/data/data-tables-and-tools/data-profiles/

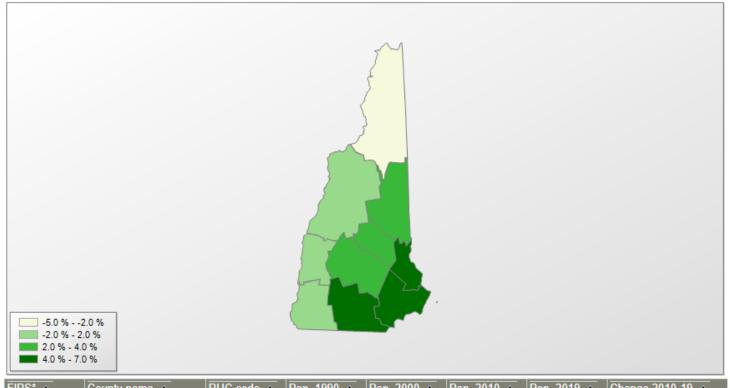
Demographics – Major Themes

- Although it is a small state, NH is anything but homogenous.
- Variation exists across the state across all areas described in the demographics.
- There are shifts and changes happening in the demographic profile.

Changes in Population Vary

USDA Economic Research Services Accessed 02/26/2021 at

https://data.ers.usda.gov/reports.aspx?ID=178 54



FIPS* ⊕	County name 🚊	RUC code 🛊	Pop. 1990 🛊	Pop. 2000 🛊	Pop. 2010 🛊	Pop. 2019 🛊	Change 2010-19 🛊
33000	New Hampshire		1,109,252	1,235,807	1,316,462	1,359,711	3.3%
33001	Belknap County	4	49,216	56,268	60,075	61,303	2.0%
33003	Carroll County	6	35,410	43,697	47,823	48,910	2.3%
33005	Cheshire County	4	70,121	73,811	77,122	76,085	-1.3%
33007	Coos County	7	34,828	33,089	33,052	31,563	-4.5%
33009	Grafton County	5	74,929	81,764	89,139	89,886	0.8%
33011	Hillsborough County	2	335,838	380,856	400,706	417,025	4.1%
33013	Merrimack County	4	120,240	136,264	146,451	151,391	3.4%
33015	Rockingham County	1	245,845	277,388	295,204	309,769	4.9%
33017	Strafford County	1	104,233	112,235	123,151	130,633	6.1%
33019	Sullivan County	7	38,592	40,435	43,739	43,146	-1.4%



Summary – from What is New Hampshire?

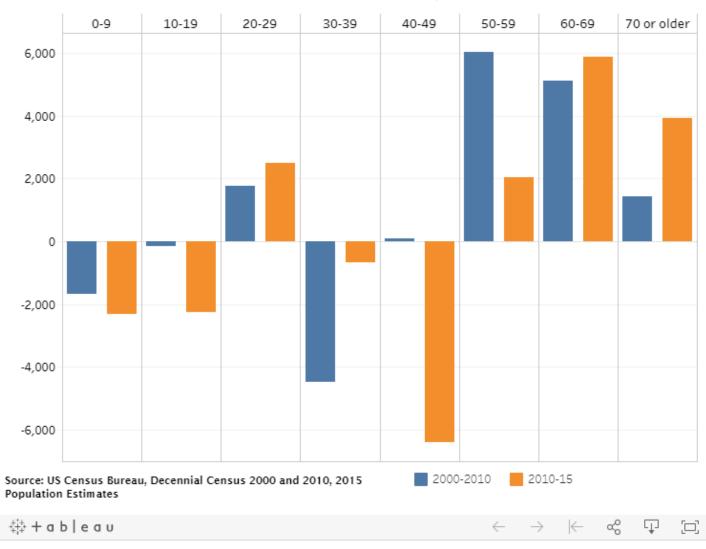
"Population gains in New Hampshire are stimulated by two factors. The first is the peripheral sprawl of the **Boston metropolitan area...** including much of southeastern New Hampshire. The second is the attraction of recreational areas in central New Hampshire. The selective de-concentration of population in the state is consistent with national trends, which show high growth in lower-populationdensity recreational areas and along the urban edge coupled with population stagnation or loss in remote lower-population-density areas that depend on extractive industries such as forest products, farming, and mining." (emphasis added)

https://carsey.unh.edu/what-is-new-hampshire/sections/demography35

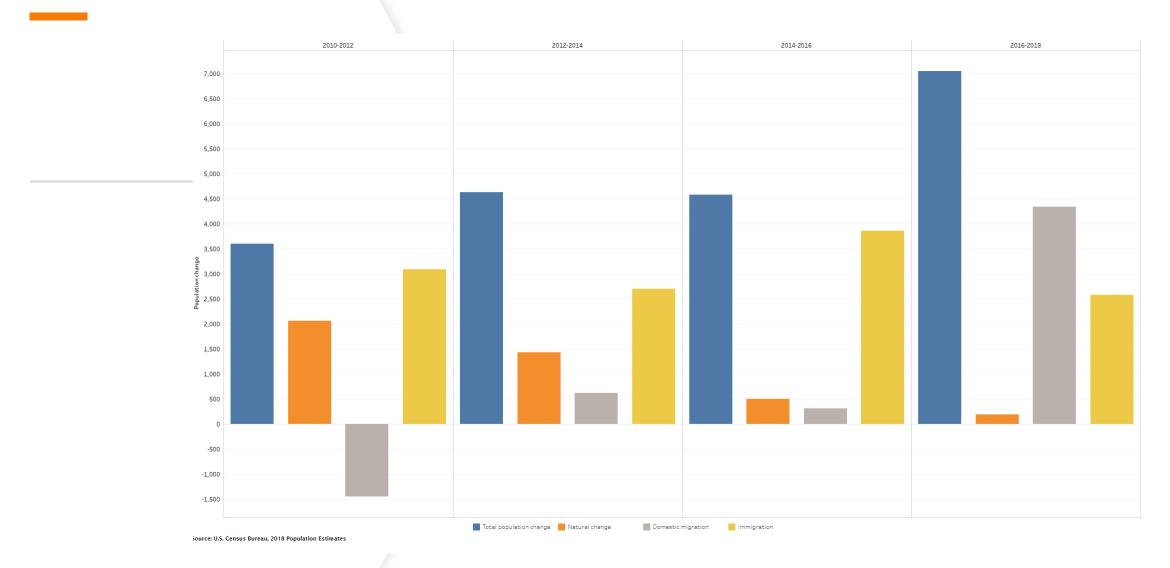
Change - Age

 Previous trend has been growth in older adults and decrease in younger groups

FIGURE 8. POPULATION CHANGE IN NEW HAMPSHIRE BY AGE, 2000-2015



Change – Migration and Immigration



https://carsey.unh.edu/what-is-new-hampshire/sections/demography-two



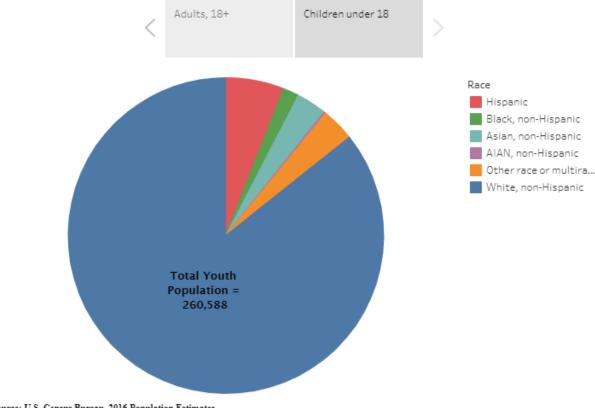
Race and Ethnicity Changes

From What is New Hampshire?

"Thus, though the relatively small minority population doubled from 61,600 in 2000 to 130,000 in 2017 and accounted for two-thirds of the small increase in the entire population, the impact on the overall makeup of the state was small relative to other states.

Hispanics are the largest minority population in New Hampshire with 50,300 residents, or 3.7 percent of the population. The Asian population is 35,600 (2.7 percent), and African Americans number 18,000 (1.3 percent). Each of these three groups nearly doubled in size between 2000 and 2017. "

FIGURE 13. NEW HAMPSHIRE POPULATION BY RACE AND HISPANIC ORIGIN, 2016



Source: U.S. Census Bureau, 2016 Population Estimates

https://carsey.unh.edu/what-is-new-hampshire/sections/demography

What do we need to know but don't yet?

- Population changes at the local and hyperlocal levels are hard to quantify (especially quickly) due to small numbers.
- What will the long-term impacts of COVID be on demographics?

What plans does NH have to address these issues?

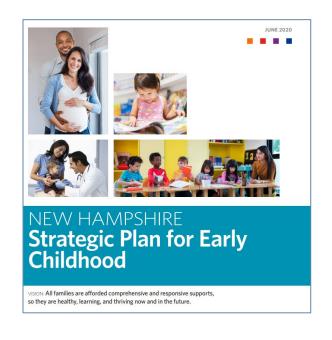
 NH State Plan on Aging at https://www.dhhs.nh.gov/dcbcs/beas/spoa.htm

 NH Strategic Plan for Early Childhood https://mypages.unh.edu/ /sites/default/files/pdg/files/nh ec strategic plan
 2020.pdf



New Hampshire State Plan on Aging

Advancing the state's efforts in understanding, serving, supporting and celebrating older individuals across the state





Public Comment



Next Steps

- Upcoming Meetings:
 - April 16
 - May 21