



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

September 24, 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
2. Approval of Minutes
3. Regroup on Process and Timeline
4. Summary from Subcommittee on Community Engagement
5. Key Findings Discussion
6. Suggestions for Legislative Needs
7. Health Care Assessment Subcommittee Vote
8. Public Comment



Regroup on Process and Timeline

35:1 State Health Improvement Plan; State Health Assessment and State Health Improvement Plan Advisory Council. RSA 126-A:87 and RSA 126-A:88 are repealed and reenacted to read as follows:

IX. The commissioner, in consultation with the state health assessment and state health improvement plan advisory council, shall release to the public, the state health assessment no later than 12 months after the effective date of this section and the state health improvement plan no later than 24 months after the effective date of this section. The plan shall be reviewed annually and updated every 5 years, or earlier if determined necessary by the commissioner.

35:2 Effective Date. This act shall take effect upon its passage.

Approved: May 17, 2021

Effective Date: May 17, 2021

Summary from Community Engagement Subcommittee



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

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.
 - Over half of state's land is in the three Northern counties of the population, while over half of the state's population lives in the three Southern counties.
 - The median age in NH (43 years old) is older than the United States overall (38 years). The median age in counties ranges from 37 years old (Stafford County) to 52 years old (Carroll County).
 - Almost 10% of the NH population is BIPOC. This varies by county, ranging from 4% to 16%, with similar variation within county.
- There are shifts and changes happening in the demographic profile.
 - Increases in the population have been in southeast and urban areas of the state.
 - The 50 and older population has grown the most over the past 10 years.
 - Each of three racial and ethnic populations – people who are Hispanic, African American, and Asian -- nearly doubled in size between 2000 and 2017.

Demographics – Strengths and Challenges

- NH's population has changed in its composition over the past 10 years. Different parts of the state have had different experiences. Some areas have had population growth; others have had attrition.
- The shifting demographics of the state has leads to different needs for supports and services.
- The impacts of COVID on migration into the state is unclear.

Demographics - Plans and Resources

What plans does NH have to address this?

- [NH State Plan on Aging](#)
- [Strategic Plan for Early Childhood](#)

What resources are important for people to have?

- [Office of Health Equity](#)
- [Bureau of Elderly and Adult Services](#)
- [NH Dept of Education English for Speakers of Other Languages](#)

Access to Opportunity

The Access to Opportunity section of the SHA describes some of the key factors that enable the achievement of optimal mental, physical, social, spiritual, and emotional wellness. Many of these factors are referred to as the “Social Determinants of Health.” This section summarizes how these factors vary across the state.

Includes: Education, Computer and Internet Access, Income, Employment, Poverty, Food Insecurity, Housing

Access to Opportunity – Major Themes

- Overall, NH's does better than the US overall in many social determinants. However, there are subpopulations that are not experiencing the same positive outcomes.
- NH is an overall well-educated state.
 - Geographic and demographic groups vary. The range for the population not graduating with a high school diploma is 5% (Rockingham County) to 12% (Coos County). Statewide, 79% of people of Hispanic or Latino origin have a high school degree, compared to 94% of people who are White.
- While income is high at the state level, the percent of people living at the Federal poverty rate is higher than the state average (7.6%) in several counties, including Coos (12.5%) and Sullivan (11.7%).
- Housing availability and affordability are particularly important issues in NH.
- While most of the state reports having computer access, some areas of the state lack broadband access.

Findings from the Survey: Access to Opportunity

“The issues below all play a part in our health and wellness. We want to know what issues you think are highest priority for the state to address to help people be healthy and well.”

Among 27 health and wellness issues...

- **The highest rated priority issues included:**
 - Access to quality education
 - Reducing and/or eliminating child abuse or neglect
 - Cost of health care and health insurance
 - Access to good jobs
 - Access to mental health services
- **The lowest rated priority issues included:**
 - Access to worship or other faith gatherings
 - Access to volunteer opportunities
 - Too much construction where I live

Access to Opportunity – Strengths and Challenges

- Many people in NH are doing well in the factors related to access to opportunity, but there are subpopulations in demographic and geographic subgroups with worse outcomes.
- NH has historically had a low unemployment rate. While the unemployment rate has somewhat normalized from the extreme level seen at the beginning of the COVID pandemic, the long-term impact from COVID, especially in certain industries, is unclear.
- Broadband access is unequal across the state and addressing that issue requires developing infrastructure in some parts of the state, and access to existing infrastructure in other parts of the state.
- The lack of available housing, both in rental and home purchasing markets, is causing housing costs concerns for many demographic and geographic groups in the state.

Access to Opportunity - Plans and Resources

What plans does NH have to address this?

- [NH Strategic Plan for Early Childhood](#)
- [NH Economic Recovery & Expansion Strategy](#)

What resources are important for the public to know about to address these topics?

- Housing Insecurity: [NH Housing Finance Authority](#)
 - [Local housing authorities across the state](#)
- Food Insecurity: [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- Poverty: [Financial Assistance to Needy Families \(FANF\)](#)

Community

The Community section of the SHA describes characteristics of the communities in which the people of New Hampshire live, learn, work, and play. This includes the infrastructure and assets, as well as how people interact and feel about resources in their communities.

Includes: Physical infrastructure, social service infrastructure, safety, environment, and transportation.

Community – Major Themes

- NH's geography allows for natural recreational space.
 - The physical infrastructure provides recreational areas across the state.
- NH has many social service agencies, spanning all regions of the state, focusing on specific topics. There is a regional approach, with varying geographies covered in the region definitions.
 - Includes Regional Public Health Networks, Area Agencies, Doorways, Family Resource Centers, ServiceLink Resource Centers, Community Action Agencies, and Food Security Resources (food pantries, kitchens, etc.).
- NH is a safe place to live.
 - Relative to the US, crime rates are low.
- Environmental exposures exist, and some are related to land type and use.
- NH is dependent on personal vehicles; public transportation is minimal. The impact of COVID on commuting patterns and the shift to telework in the states is unclear.

Findings from the Survey: Community

Please tell us which services or resources you needed OR received in the last year

Among 17 community services and resources...

- The service most frequently needed and/or received included:
 - Health and dental insurance
 - Health care and dental health care services
 - Reliable internet
- The service least frequently needed and/or received included:
 - Substance use and addiction services
 - Childcare
 - Services for older adults
 - Public transportation options

The need for services and resources varied by county, race, and ethnicity.

More than 80% of participants expressed feeling safe in their town or region.

Community – Strengths and Challenges

- Need for services varies by geography and demographic groups.
 - It is unclear how easy or difficult it is to access those services. The survey indicates some difficulty with access, but the sample sizes are small.
 - Community and social service delivery areas vary.
- The clinical impact of environmental exposures, especially combined exposures, is unclear.
- The feeling of how safe NH is, as a place to live, may vary between geographic and demographic groups.

Community - Plans and Resources

What plans does NH have to address this?

- NH Statewide Comprehensive Outdoor Recreation Plan
- Ten-Year Transportation Improvement Plan

What resources are important for the public to know about to address these topics?

- Regional Planning Commissions
- Regional Public Health Networks
- Area Agencies
- Doorways
- Family Resource Centers
- ServiceLink Resource Centers
- Community Action Agencies
- Drinking Water and Groundwater Advisory Commission

Health Status and Outcomes

The Health Status and Outcomes section of the SHA describes the physical and mental health, as well as the healthcare experience, for the people of New Hampshire.

Includes: Access and utilization, birth outcomes, cost of care, health outcomes, healthy living, vaccination rates

Health Status and Outcomes – Major Themes

- NH is among healthiest states in the US, with measures of physical health and disease outcomes similar to, or better than, national averages.
 - Health outcomes vary by geography and demographic group.
- NH's rates of health behaviors are also similar to, or better than, national averages.
 - These outcomes also vary by geography and demographic group.
- Opioid-related overdose death rate among the worst in the country.
- Healthcare spending and costs in New Hampshire are rising, in some cases faster than the national average.
 - NH spends \$9,589 per capita compared to \$8,045 in the US overall.
- Healthcare access varies across the state and is changing as a result of changing health care systems.

Findings from the Survey: Health Status and Outcome

“Rank the areas of wellness as most to least important to you.” (Ranking)

“My current ___(health and wellness area)___ lets my body work at its best.” (Agree/Disagree/Neither)

“Which of the wellness areas limit how you do your everyday activities?” (Choose one)

“Please tell us about your experience with the services or resources you needed OR received in the last year.”

Collectively, participants:

- Ranked physical health as most important to them and social wellness as least important.
- Reported mental health and emotional wellness to be their greatest wellness areas and social wellness to be their poorest wellness area.
- Reported physical health to be their most limiting wellness area and spiritual wellness to be their least limiting area.

Other identified issues:

- The cost of services are too high. (health insurance, health care, dental insurance, dental care, mental health services).
- There are challenges with access to services. (mental health services, substance use and addiction services)
- They are uncomfortable communicating their need for services. (substance use and addiction services)

Health Status and Outcomes – Strengths and Challenges

- The picture of NH as a healthy state overall can mask how outcomes vary in demographic and geographic groups.
- The full picture of access to services is unclear.
 - Changing demographics, workforce shortages, and availability of certain services may lead to access concerns.
- The long-term impacts of COVID on the health of the population are unclear.
 - Anxiety and depression increased during the pandemic.
 - Many people delayed care.

Health Status and Outcomes - Plans and Resources

What plans does NH have to address this?

- [New Hampshire 10-Year Mental Health Plan](#)
- [New Hampshire State Plan on Aging](#)

What resources are important for the public to know about to address these topics?

- [NHID Marketplace Resources](#)
- [Resource Guides for Alcohol and Drug Prevention and Treatment Services](#)
- [Resource Guide for Consumers: How to Access Mental Health and Substance Use Disorder Benefits](#)

Social Connectedness

The Social Connectedness section of the SHA describes how involved people are and how they feel about their inclusion in communities.

Includes: Resilience, civic engagement, inclusiveness

Social Connectedness – Major Themes

- NH communities vary in the percent of the population with multiple risk factors that affect resilience, “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.”
- NH Residents are engaged – just not consistently across groups.
From the Civic Health Index:
 - “There was a large disparity between what Granite Staters did civically with friends and family compared with what they did with their neighbors...Part of this disparity may relate to trust—since 2001, Granite Staters’ trust in their neighbors has also declined.”
- Social isolation is an important issue, especially for sub-populations.

Findings from the Survey: Social Connectedness

Feelings of loneliness and isolation vary greatly by county, ethnicity, and age.

More than 90% of participants expressed experience with voting.

- 57% had experience with volunteer opportunities.
- 43% had experience with worship and faith gatherings.

73% said their town/region was a great place for families with young children to live.

- Good educational opportunities, inclusion, and programs for children and families were among other top-rated areas.
- Access to mental health care, good housing availability, and good work opportunities were among the lowest-rated areas.

Social Connectedness- Strengths and Challenges

- NH populations are engaged in civic life and community, but that varies in the types of involvement.
- There are many factors identified that make NH a good place to live, but there are areas of need.
- While many resources exist, it is unclear that people know how, or can, access those resources.

Social Connectedness - Plans and Resources

What plans does NH have to address this?

- [New Hampshire 10-Year Mental Health Plan](#)
- [New Hampshire State Plan on Aging](#)
- Regional Development Plans

What resources are important for the public to know about to address these topics?



Public Comment



Next Steps

Upcoming Meetings:

- Oct 15, 9:30-11:30AM
- Nov 19, 9:30-11:30AM
- Dec 17, 9:30-11:30AM