



NEW HAMPSHIRE  
**DHHS**  
DEPARTMENT OF  
**HEALTH & HUMAN SERVICES**

# New Hampshire State Health Improvement Plan

---

*Intersections with the Council for Thriving Children*

October 2, 2023

# What is a State Health Improvement Plan (SHIP)?

➤ The vision of the State Health Improvement Plan - to create a place where everyone lives well - will be realized through the collective action of partners across sectors. This framework creates a comprehensive, inclusive plan in which any group working to effect positive change in New Hampshire might see their interests reflected.

- State Health Improvement Plans (SHIP) are multi-year strategic plans developed in collaboration with a diverse partnership of stakeholders.
- The SHIP reflects a data driven comprehensive process for establishing and maintaining public health programs and policies.
- The SHIP identifies priorities and includes goals, objectives, and strategies for improving the priorities identified..



**2022  
New Hampshire  
Health Assessment  
and Improvement Plan**

# Who participated?

- Bipartisan policy makers
- Leadership from the Departments of:
  - Health and Human Services, Education, Insurance, Business and Economic Affairs, Safety, Corrections and Justice
- Local health departments and public health advocacy organizations
- Experts in:
  - Housing, Fiscal Policy, Education, Environmental Health, Substance Misuse Prevention and Treatment and Behavioral Health
  - Specialists focusing across the lifespan from young children through elders
- Medical providers and hospital systems



# 2023-2028 NEW HAMPSHIRE HEALTH IMPROVEMENT PLAN



## ACCESS TO OPPORTUNITY

Every person living in New Hampshire has what they need to meet their basic needs - such as safe housing, and enough food to eat.



## COMMUNITY

All people are surrounded by healthy built and natural environments and live in a community with supports and services that adapt to meet their current and changing needs.



## HEALTH STATUS & OUTCOMES

Every person has equitable access to affordable, effective, high-quality resources and services delivered by sustainable systems.



## SOCIAL CONNECTEDNESS

All people feel a sense of community and belonging because our state celebrates all types of diversity; communities are engaged to eliminate isolation and build personal resilience.

# PARTNER-ALIGNED PLANNING

The priorities, strategies, and action items elevated by the SHIP workgroups are intended to be implemented with the following universal conditions:

- > Center approaches that eliminate inequities and reduce disparities.
- > Leverage innovative cross-sector partnerships.
- > Incorporate innovative or novel approaches to deliver services, when possible.
- > Grounded by data that fully and accurately reflects the communities being served.



## People take advantage of opportunities to reach their full potential because their basic needs are met.

- Remove barriers limiting access to safe, affordable, disaster-resilient shelter.
- Expand infrastructure and programs that promote financial independence and self-sufficiency.
- Expand efforts to improve nutrition security and promote healthy dietary patterns.



## Nurturing environments enhance health and wellness across the lifespan.

- Expand foundational resources for families to support their children's social and emotional development.
- Expand programming to offer lifelong learning and enrichment.
- Reduce exposure to environmental contaminants.
- Reduce barriers that limit access to State Parks and other natural resources.
- Reduce geographic barriers that limit individuals' ability to access their preferred resources.



## Culturally-appropriate and trauma-informed care, supports, and services are equitably accessible across the state.

- Expand access to comprehensive, affordable insurance coverage.
- Increase the affordability of healthcare services.
- Increase accessibility to a continuum of behavioral health services, from screening to wraparound recovery supports.
- Expand closed-loop systems that reduce administrative redundancies.
- Expand access to quality prenatal, labor and delivery, and postpartum care.
- Conduct universal, age-appropriate screenings to identify early interventions.
- Ensure a well-trained workforce prepared to meet the cross-cultural needs of communities.



## People feel a sense of belonging and are empowered to thrive.

- Ensure community spaces and resources are accessible to all people.
- Build communities where people can age safely in their home and their community.
- Ensure decision-making is representative of all dimensions of diversity within a community.
- Leverage connections between community members to strengthen resilience.



## Nurturing environments enhance health and wellness across the lifespan.

### Where can we begin to address inequity in NH?

*\*data sources are hyperlinked*

#### 16%

of [Hispanic](#) 4th graders with reading proficiency (statewide, 38%)

#### 5%

elevated blood lead levels in children under 6 in [Carroll County](#) (statewide, 3%)

#### 0.1%

in [Sullivan County](#) use public transit to travel to work (statewide, 0.7%)



Visit the [Community](#) page on [NHLivesWell.org](#) to learn more about important inequities across NH.

Nurturing environments foster learning and development, protect people from environmental contaminants and offer accessible resources. When people are immersed in healthy social and physical environments, they are better able to make meaningful contributions to their community - either individually, or as part of a group.

### Priority improvement strategies and examples of action items

- Reduce exposure to environmental contaminants.
  - Increase resources available to mitigate and remediate environmental contamination.
  - Require lead, air, and water testing at time of purchase for homes considered at risk.
  - Add questions about environmental exposures to standard screenings.
  - Regulate private drinking water wells.
  - Increase access to capillary blood lead testing.
- Reduce geographic barriers that limit individuals' ability to access their preferred resources.
  - Expand availability of safe, accessible alternative travel pathways (e.g. sidewalks, bike lanes).
  - Increase access to on-demand public transportation in rural communities.
- Expand resources to bolster caregivers' capacity to support their children's social and emotional development.
  - Expand resources to support strong family relationships
- Expand programming to offer lifelong learning and enrichment.
  - Increase the use of the "Community Schools Model."
  - Expand adult learning opportunities and modalities.
  - Expand high-quality early education options.
- Reduce barriers that limit access to State Parks and other natural resources.

# HEALTH STATUS & OUTCOMES



**Culturally-appropriate and trauma-informed care, supports, and services are equitably accessible across the state.**

## Where can we begin to address inequity in NH?

*\*data sources are hyperlinked*

**82.1%**

people who are multiracial have a dedicated health care provider (statewide, 90.9%)

**34.6**

drug overdose deaths, per 100,000 in Stafford County (statewide, 27.0)

**22.4**

male suicide mortality rate per 100,000, age-adjusted (statewide female rate, 5.4)

**27.9%**

of people making less than \$25,000 report being in physical distress 14 or more days per month (statewide 9.6%)

Equitable access to a full range of care, supports, and services is critical to support every individual in achieving optimal health and wellness. Access means being able to receive care that is affordable, high quality, comprehensive, inclusive and delivered by a person-centered, well-trained workforce.

## Priority improvement strategies and examples of action items

- Expand access to comprehensive, affordable insurance coverage (health, dental, vision, behavioral, etc.)
- Increase the affordability of healthcare services.
  - Expand community-based prevention and chronic disease self-management resources.
  - Reduce barriers that limit someone's ability to make healthy choices.
- Increase accessibility to a continuum of behavioral health services, from screening to wraparound recovery supports.
- Expand closed-loop systems that reduce administrative redundancies.
- Expand access to quality prenatal, labor and delivery, and postpartum care.
- Conduct universal, age-appropriate screenings to identify early interventions (e.g., developmental, trauma, behavioral, cancer, cognitive, etc.)
  - Increase awareness of screenings and home-based monitoring activities.
  - Expand pathways that connect people to resources that support needs identified by screenings.
- Ensure a well-trained workforce prepared to meet the cross-cultural needs of communities.
  - Expand number of providers with specialized training to provide faith-specific, gender-affirming, etc., care.
  - Promote training and education that prepares professionals to engage with marginalized communities.
  - Grow the workforce pipeline to ensure cultural representation in the workforce.

See what community members said about inclusive systems of care at [NHLivesWell.org](https://www.nhliveswell.org)!



# DHHS Alignment with the SHIP and Council For Thriving Children

- **Improve maternal health**

- Increase the proportion of individuals that receive early and adequate prenatal care (Medicaid and Commercial Insurance)
- Reduce severe maternal complications identified during delivery hospitalizations (Medicaid and Commercial Insurance)

- **Improve access to high quality, preventative care**

- Reduce the number of individuals who do not have a personal medical care provider (rural/non-rural)
- Increase the number of individuals with an annual dental visit (age cohort, rural/non-rural)

# DHHS Alignment with the SHIP and Council For Thriving Children

- **Opportunities for healthy food, safe housing and reliable transportation**
  - Increase the number of eligible households that participate in WIC
  - Increase the number of eligible households that participate in SNAP
- **Detecting and responding to environmental health threats**
  - Increase blood lead testing for one and two year olds
  - Increase the number of households that test their personal well water

# NH's Early Childhood Strategic Plan

## Shared Measures of Success

Priority Outcome 3: Increase comprehensive wellness of young children		
Measure of Success	Target	Responsible Entity
Increase in number of women receiving early (1 <sup>st</sup> trimester) prenatal care		DHHS
Increase in number of women enrolling in WIC (prenatal and overall)		DHHS
Decrease in percentage of children under age 6 with elevated blood lead levels		DHHS
Decrease in percentage of young children with no health insurance		DHHS
Increase in number of Ages & Stages Questionnaires (ASQ-3) administered and Ages & Stages Questionnaires: Social Emotional (ASQ:SE-2) administered not resulting in monitoring or referral		DHHS

So we have a plan, and some  
measures of success,  
what comes next?