

# Lakes Region Community Health Assessment 2013

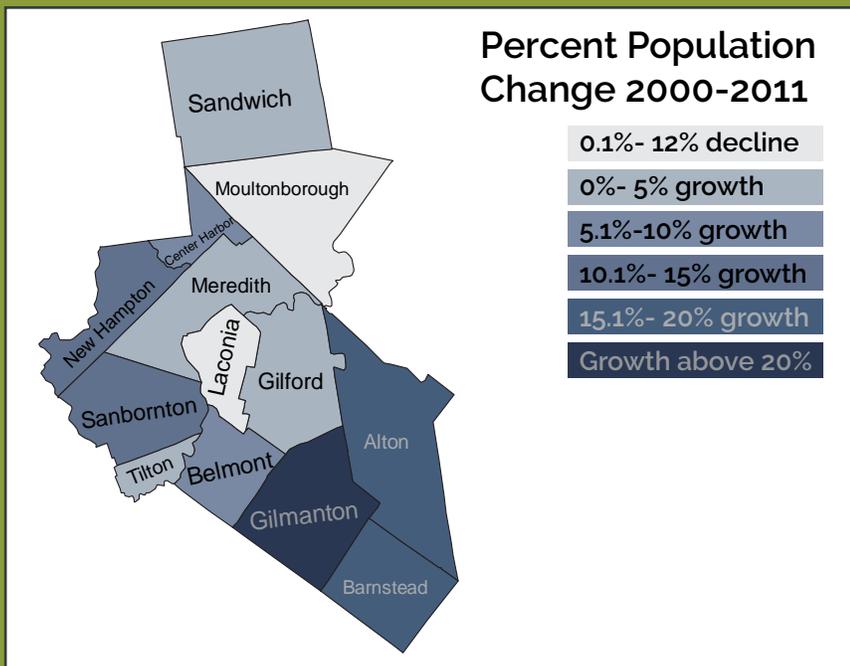
## Are We Healthy?

The demographic and social characteristics of a population, including such factors as income, age and education, influence the health status of the population. The Lakes Region is similar on many measures of health status when compared with the State of NH, but has room to improve.

### The demographics: What does the future look like?

We are getting older! Compared to the population of New Hampshire as a whole, the population of the Lakes Region is somewhat older, with approximately 17.0% of the population over the age of 65, compared to the NH average of 13.3%. Similarly, the proportion of Lakes Region residents under the age of 20 is lower than the state average.

#### Percent Population Change 2000-2011



The Lakes Region Health Data Collaborative has assessed many factors relating to our health of our region. We are pleased to share this report on how we are doing.

Our numbers are growing! According to the U.S. Census, from 2000 to 2011, the number of people in the Lakes Region increased by approximately 5.1%, with many towns experiencing double digit population growth. There is significant variation in population growth in the area, ranging from Moultonborough which has seen a population decline of 10.9% to Gilmanton that has grown by 22.9%. Population growth is slightly slower than the state overall, which has grown by 6.9%.

# How's our health? Lakes Region Health Assessment

Are we building strong families?

Poverty  
Children in Poverty  
Teen Pregnancy Rate  
Educational Attainment

Are we eating right and getting enough exercise?

Fruit and Vegetable Intake  
Physical Activity  
Overweight and Obese

Are we misusing drugs and alcohol?

Adult Heavy Alcohol Use  
Smoking  
Youth Alcohol Use  
Youth Marijuana Use

Are we burdened by preventable diseases?

Premature mortality  
Heart Disease  
Diabetes  
Asthma

Are we able to access the care we need?

Health Insurance Coverage  
Primary Care Capacity  
Behavioral Health Care Capacity  
Oral Health Capacity

Indicator	Lakes Region	State
Percent 200% federal poverty level	24.8%	20.6%
Children below 100% federal poverty level	11.4%	10.8%
Per 1,000 girls age 15-19	20.5	15.7
Age 25+ with no high school diploma	10.5%	9.1%
Inadequate fruit/vegetable consumption	74.7%	71.5%
Percent physically inactive	22.0%	21.0%
Adults overweight and obese	64.2%	62.7%
Children age 2-5 overweight or obese*	36.7%	31.5%
Adults binge drinking in past 30 days	15.9%	15.5%
Adults who are current smokers	18.2%	16.4%
Youth consuming alcohol in past 30 days	42.0%	37.9%
Youth using marijuana in past 30 days	31.0%	27.6%
Deaths per 100,000 before age 65	192.8	173.0
Heart disease related inpatient hospital utilization per 100,000	177.0	213.2
Diabetes related deaths per 100,000	56.5	67.7
Percent of adults with asthma	17.0%	15.3%
Under age 65 without insurance	15.1%	12.5%
People per primary care provider	1502:1	1102:1
People per behavioral health provider	801:1	438:1
People per dentist	1717:1	1560:1

When compared to the state, more households in our region has low income.

Our adult obesity rate is similar to the state average, but the childhood rate is higher.

Our reported rates of youth substance use exceed the state in every category measured.

In our region, diabetes-related deaths are lower, but emergency visits are higher.

The rate of uninsured residents in the area is higher than NH overall.

\* Nutritional status of low-income children, CDC, Pediatric Nutrition Surveillance System, 2011.

## Based on our Health Assessment, these priorities have been identified for the region:

Youth Alcohol and Drug Abuse Prevention      Functional Issues of Aging and Disability  
Access to Behavioral Health Care Services      Improve Inter-agency Coordination  
Access to Health Insurance      Reduce System Complexity  
Diabetes, Heart Disease and Stroke Prevention (Need for Community Advocates, Navigators)

### What is being done?

- School districts, child care centers, businesses, municipalities and non-profit organizations such as Community Action Program are making positive changes in food offerings and vending machines, starting gardening projects, teaching classes on healthy meal preparation and increasing access to parks and trails.
- Alcohol and drug abuse is being addressed in our schools and communities through Community Coalitions, Lock It Up Campaigns and placement of Drug Drop Boxes in our local police departments.
- Increased support for individuals with long term medical concerns through Care Coordination and follow-up in patient homes, hospital, physician practices and Chronic Disease Self-Management courses.
- Availability of primary care services to individuals who are uninsured or underinsured through our federally qualified community health center, HealthFirst Family Care Center.
- Increased access to health care services in the evening and weekend.
- Services and supports to older adults and family caregivers including in home assessment, support groups, information and referral, access to assistive technology at ServiceLink and Telehealth at Central NH VNA and Hospice and other agencies.

- Development of “Assertive Community Treatment” (ACT) team at Genesis Behavioral Health to expand services for patients in need of mental health care.
- Lakes Region Financial Stability Partnership, supported by Granite United Way with involvement from the Family Resource Center and other agencies, is working to reduce poverty and ensure health equity.

### What will be done?

- Development of a Regional Public Health Council to assess community health needs; advocate for programs, practices and policies to improve health outcomes and advance the coordination of services among partners. (Fall, 2013).
- Federal Health Insurance Marketplace will provide a way to find affordable health coverage. Navigation assistance services will be provided by HealthFirst Family Care Center and other agencies in the region (Fall, 2013).
- Establishment/enhancement of school and worksite wellness policies and practices.
- Opening of a new psychiatric unit at Franklin Regional Hospital to help address critical shortage of mental health services.

## What Can You Do?

- Make just one positive change a day to improve your health. Small things such as eating healthy foods, engaging in regular physical activity, avoiding tobacco and staying up-to-date on vaccines can make a big difference in helping you live a longer, healthier life.
- YOU have the power to make positive preventive changes in your community. Think about what your community needs most, more bike lanes, increased access to healthy foods, safer places to play, more substance abuse prevention activities and brainstorm solutions. Tell others about your ideas and take action!

To learn more about what you can do or how to get involved, contact the Lakes Region Partnership for Public Health at (603) 528-2145 or [lmorris@lrpph.org](mailto:lmorris@lrpph.org).

Visit the Lakes Region Partnership for Public Health website for more reports on our health and additional information:

[www.lrpph.org](http://www.lrpph.org)

## Are we healthy?

Look inside to see how our community is doing.

Created by Lakes Region Health Data Collaborative:

- Lakes Region Partnership for Public Health
- Central NH VNA and Hospice
- Community Action Program, Belknap and Merrimack Counties
- Genesis Behavioral Health
- Granite United Way
- Health First Family Care Center
- Lakes Region Community Services
- LRGHealthcare