

# North Country Region Community Health Needs Assessment



## *What are we going to discuss today?*

- *Overview of the CHNA purpose and process*
- *Key inputs of the assessment*
  - *Community demographics*
  - *Health behavior and outcomes data*
  - *Community survey results*
- *Review 2022 significant health needs and priorities to address them in the future*
- *Answer any questions on the assessment*

# CHNA Purpose and Process

A Community Health Needs Assessment (CHNA) is designed to provide information about the community's current health status, needs, and disparities and is a requirement of all non-profit hospitals to be completed every 3 years.

**1** 

**Identify and survey local stakeholders**

- **65** local experts completed the CHNA survey.

**2** 


**Solicit feedback from the broader community**

- **283** additional community members provided information on top community health needs.

**3** 

**Analyze health factor and community data**

- **737** different data points were analyzed during the CHNA process.

**4** 

**Determine top health needs**

- **7** health factors were identified as being the top needs in the community.

**5** 

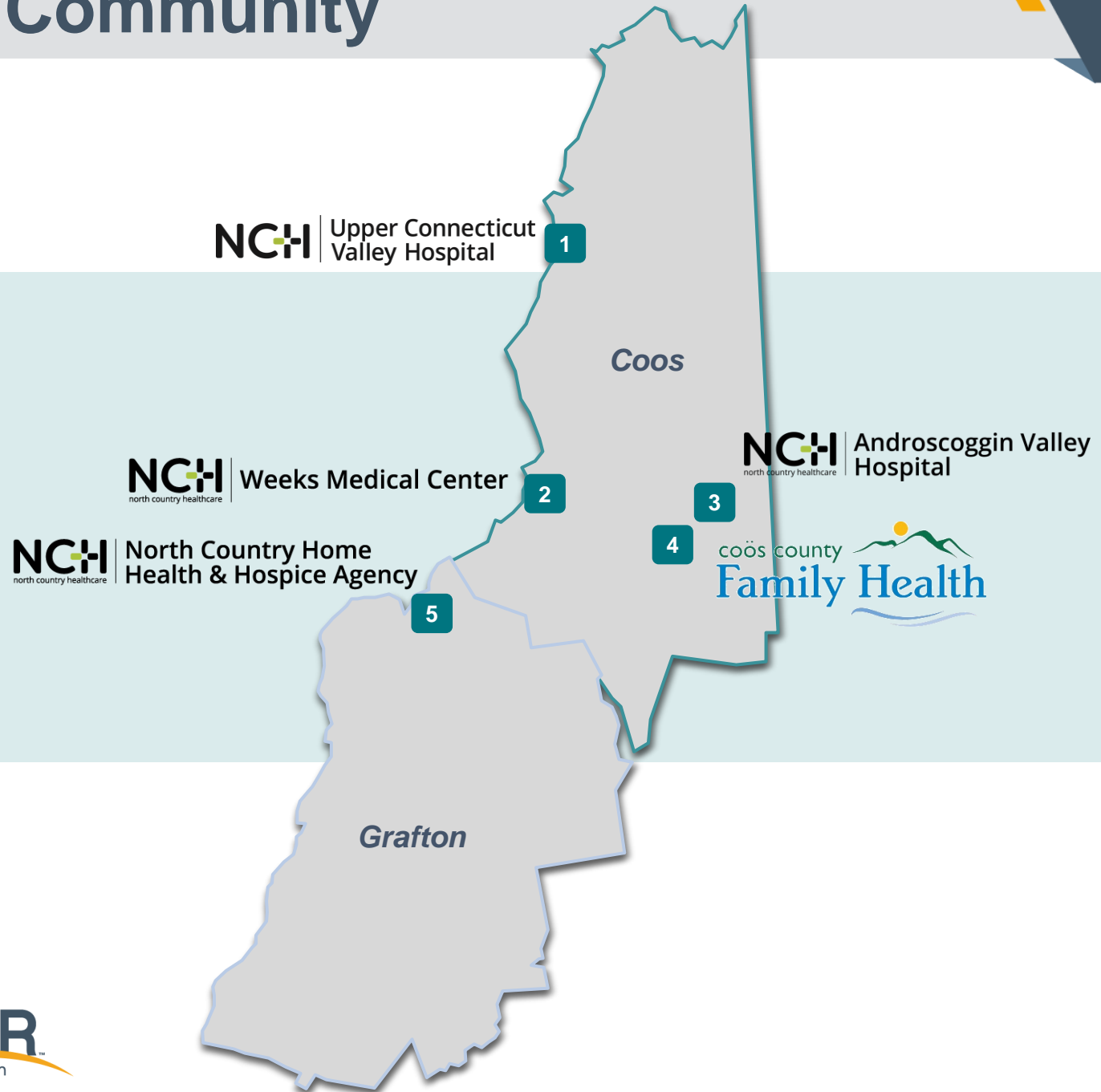
**Develop an implementation plan**

- **3** strategies were developed to address the top health needs in a targeted and efficient way.

# Assessment

*Community Demographics, Health Behavior and Outcomes  
Data, Community Survey*

# The Community



**North Country Healthcare**  
*Mission*  
The mission of North Country Healthcare is to improve lives by assuring consistently excellent, integrated healthcare.

**Coos County Family Health Services**  
*Mission*  
Improving the health and wellbeing of our community through the provision of health and social services of the highest quality.

# Community Demographics

## Coos County

Population: **33,196**  
5 Yr Growth: **-1.3%**

65+ Population: **8,209**  
5 Yr Growth: **+11.3%**

Insurance Coverage:  
Commercial: 45%  
Medicare: 15%  
Medicaid: 19%  
Uninsured/Other: 21%

Median Household Income:  
**\$47,405**



## Grafton County

Population: **93,750**  
5 Yr Growth: **+2.1%**

65+ Population: **20,272**  
5 Yr Growth: **+17.2%**

Insurance Coverage:  
Commercial: 58%  
Medicare: 14%  
Medicaid: 11%  
Uninsured/Other: 17%
















Median Household Income:  
**\$59,048**

# Leading Causes of Death

	Coos Co.	NH	U.S.
1.Heart Disease	<b>213.9</b>	146.5	168.2
2.Cancer	<b>184.3</b>	145.0	144.1
3.Accidents	<b>61.8</b>	58.1	57.6
4.Lung	<b>54.6</b>	33.4	36.4
5.Stroke	<b>35.9</b>	29.8	38.8
6.COVID-19	<b>34.7</b>	40.9	85.0
7.Alzheimer's	<b>33.6</b>	26.1	32.5
8.Diabetes	<b>24.2</b>	19.2	24.8
9.Suicide	<b>18.6</b>	16.4	13.5
10.Flu – Pneumonia	<b>17.9</b>	9.6	13.1

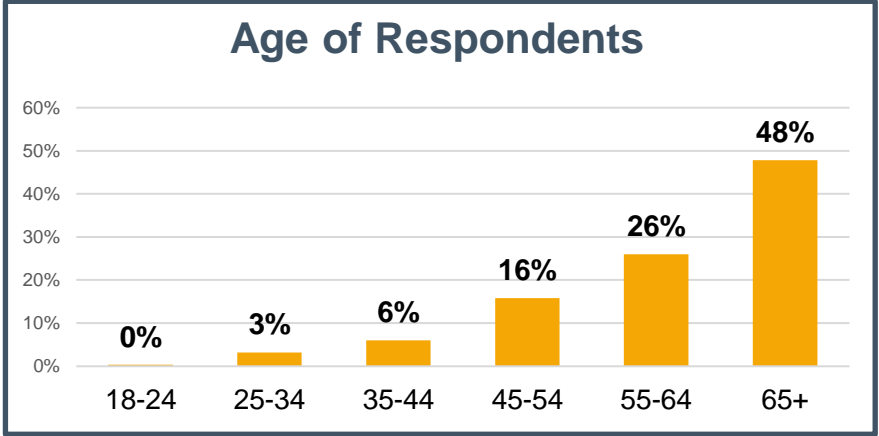
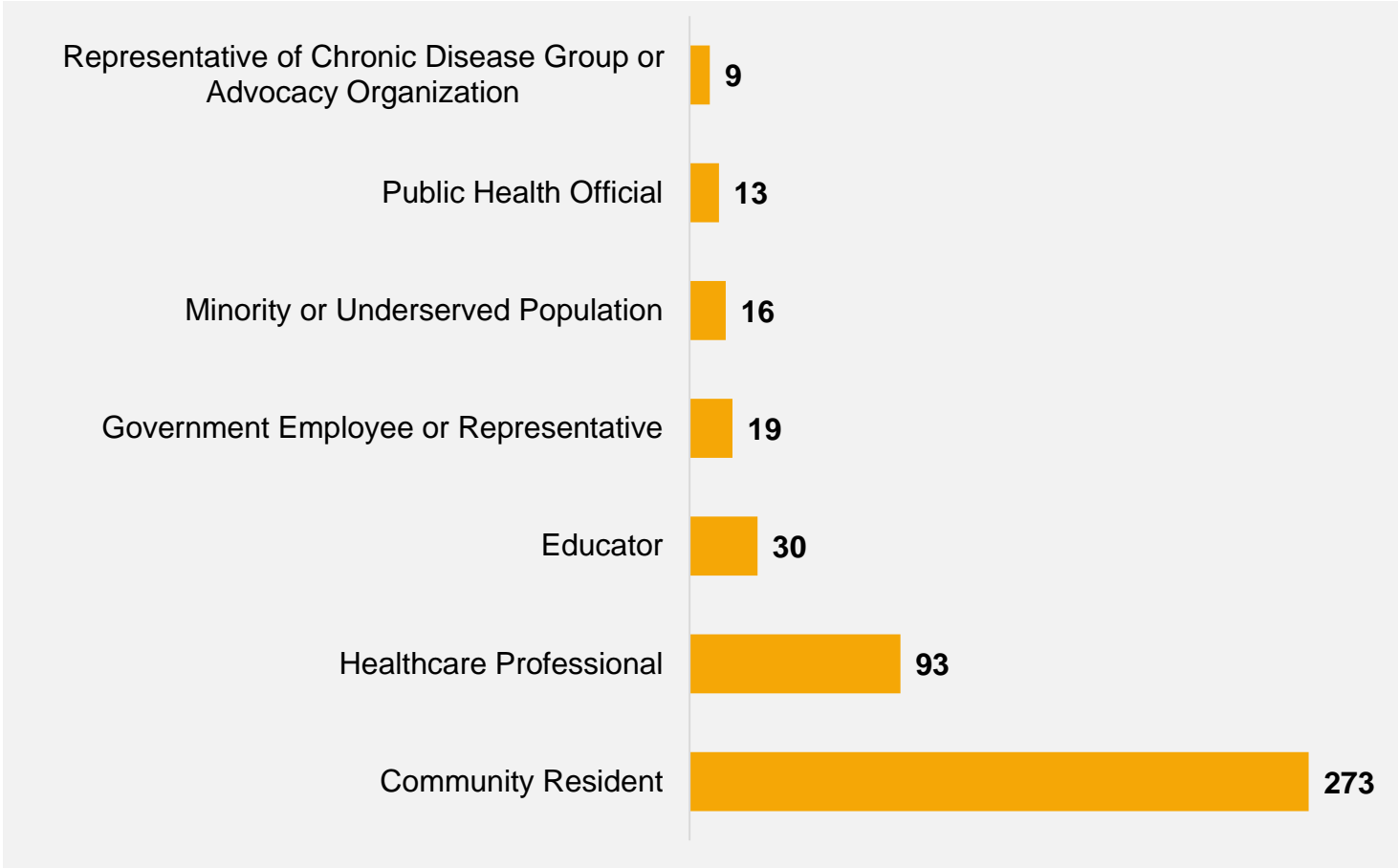
	Grafton Co.	NH	U.S.
1.Heart Disease	<b>162.0</b>	146.5	168.2
2.Cancer	<b>160.2</b>	145.0	144.1
3.Accidents	<b>39.3</b>	58.1	57.6
4.Lung	<b>37.9</b>	33.4	36.4
5.Stroke	<b>32.7</b>	29.8	38.8
6.Alzheimer's	<b>26.7</b>	26.1	32.5
7.Diabetes	<b>17.7</b>	19.2	24.8
8.Flu - Pneumonia	<b>13.4</b>	9.6	13.1
9.Suicide	<b>12.9</b>	16.4	13.5
10.Kidney	<b>9.3</b>	9.4	12.7

# Health Status Indicators

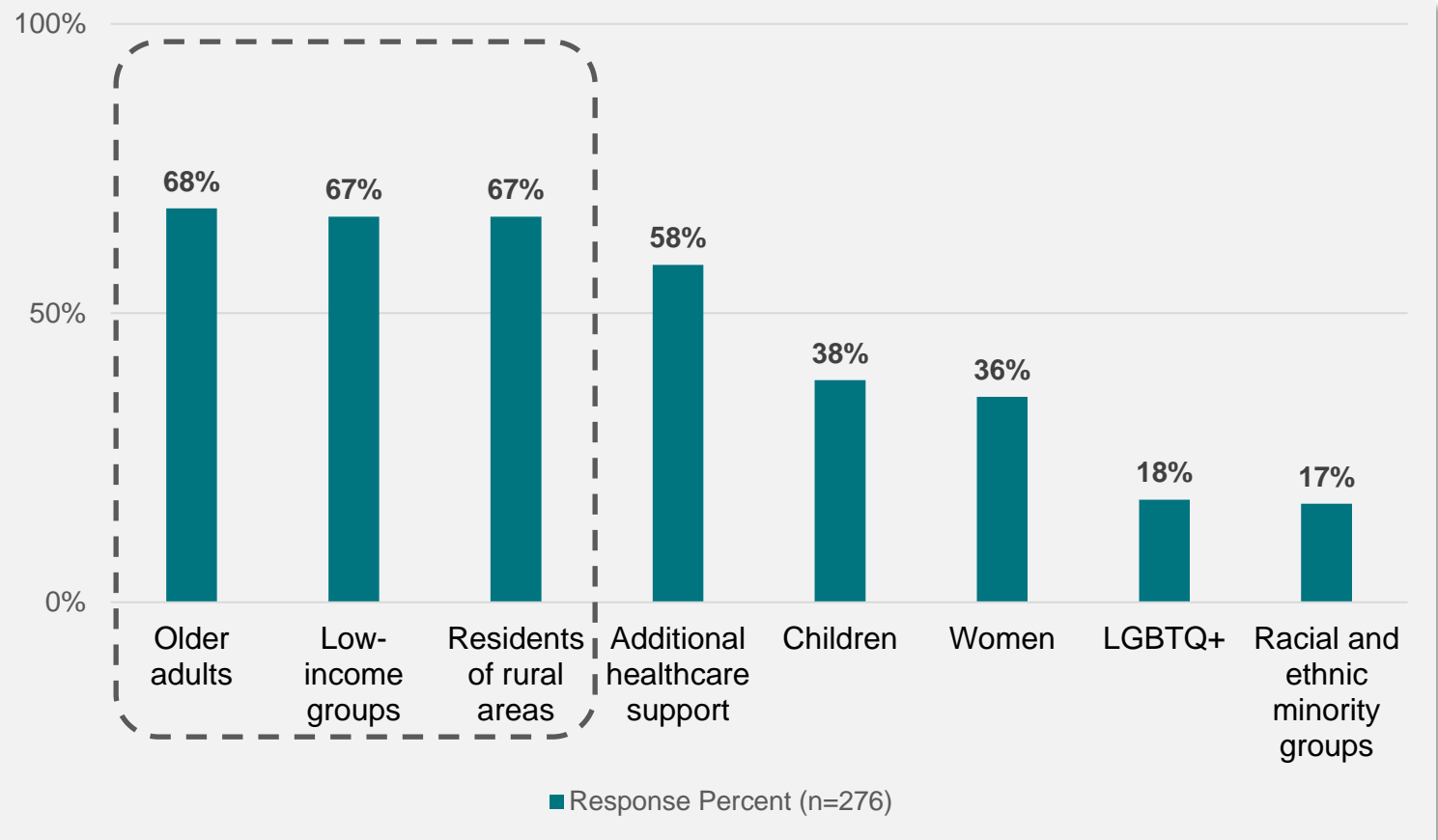
Coos	Grafton	Coos	Grafton	Coos	Grafton	Coos	Grafton	Coos	Grafton
18%	14%	27%	23%	7%	7%	4.4%	3.3%	81%	84%
									
Poor or Fair Health NH: 14%		Physical Inactivity NH: 21%		Uninsured NH: 6%		Unemployment NH: 3.5%		Broadband Access NH: 89%	
7%	7%	21%	16%	831:1	508:1	19%	11%	14%	13%
									
Low Birthweight NH: 7%		Adult Smoking NH: 17%		Primary Care Provider Ratio NH: 1,111:1		Children in Poverty NH: 8%		Severe Housing Problems NH: 14%	
5.1	4.6	42%	30%	439:1	194:1	17%	19%	77%	73%
									
Poor Mental Health Days (past 30 days) NH: 4.8		Driving Death Involving Alcohol NH: 33%		Mental Health Provider Ratio NH: 288:1		Children in Single Parent Households NH: 19%		Driving to Work Alone NH: 80%	
<b>Quality of Life</b>		<b>Health Behaviors</b>		<b>Clinical Care</b>		<b>Socioeconomic Factors</b>		<b>Physical Environment</b>	
Coos County ranks <b>10<sup>th</sup></b> out of 10 Counties in NH		Coos County ranks <b>10<sup>th</sup></b> out of 10 Counties in NH		Coos County ranks <b>6<sup>th</sup></b> out of 10 Counties in NH		Coos County ranks <b>10<sup>th</sup></b> out of 10 Counties in NH		Coos County ranks <b>4<sup>th</sup></b> out of 10 Counties in NH	
Grafton County ranks <b>6<sup>th</sup></b> out of 10 Counties in NH		Grafton County ranks <b>2<sup>nd</sup></b> out of 10 Counties in NH		Grafton County ranks <b>4<sup>th</sup></b> out of 10 Counties in NH		Grafton County ranks <b>3<sup>rd</sup></b> out of 10 Counties in NH		Grafton County ranks <b>2<sup>nd</sup></b> out of 10 Counties in NH	



**348** survey responses were gathered from the following groups:



## Identification of Priority Populations and Their Specific Needs



### Identified Needs

**Transportation**  
*“We are a very spread-out community. These groups don't always have transportation or support from family members.”*

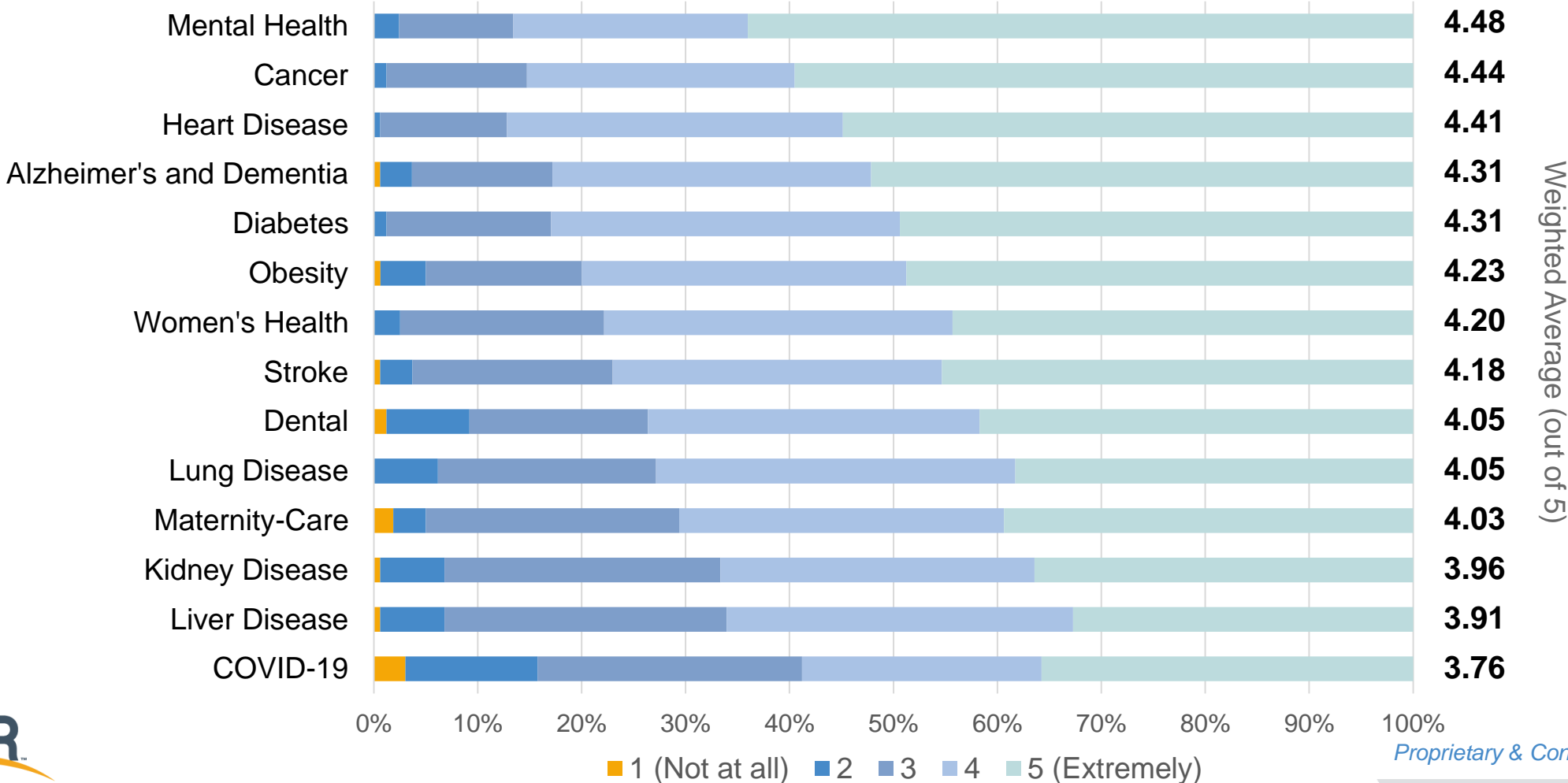
**Preventative Care**  
*“Preventative medicine for chronic disease.”*

**Access to Specialty Care**  
*“Access to care, especially to specialists.”*

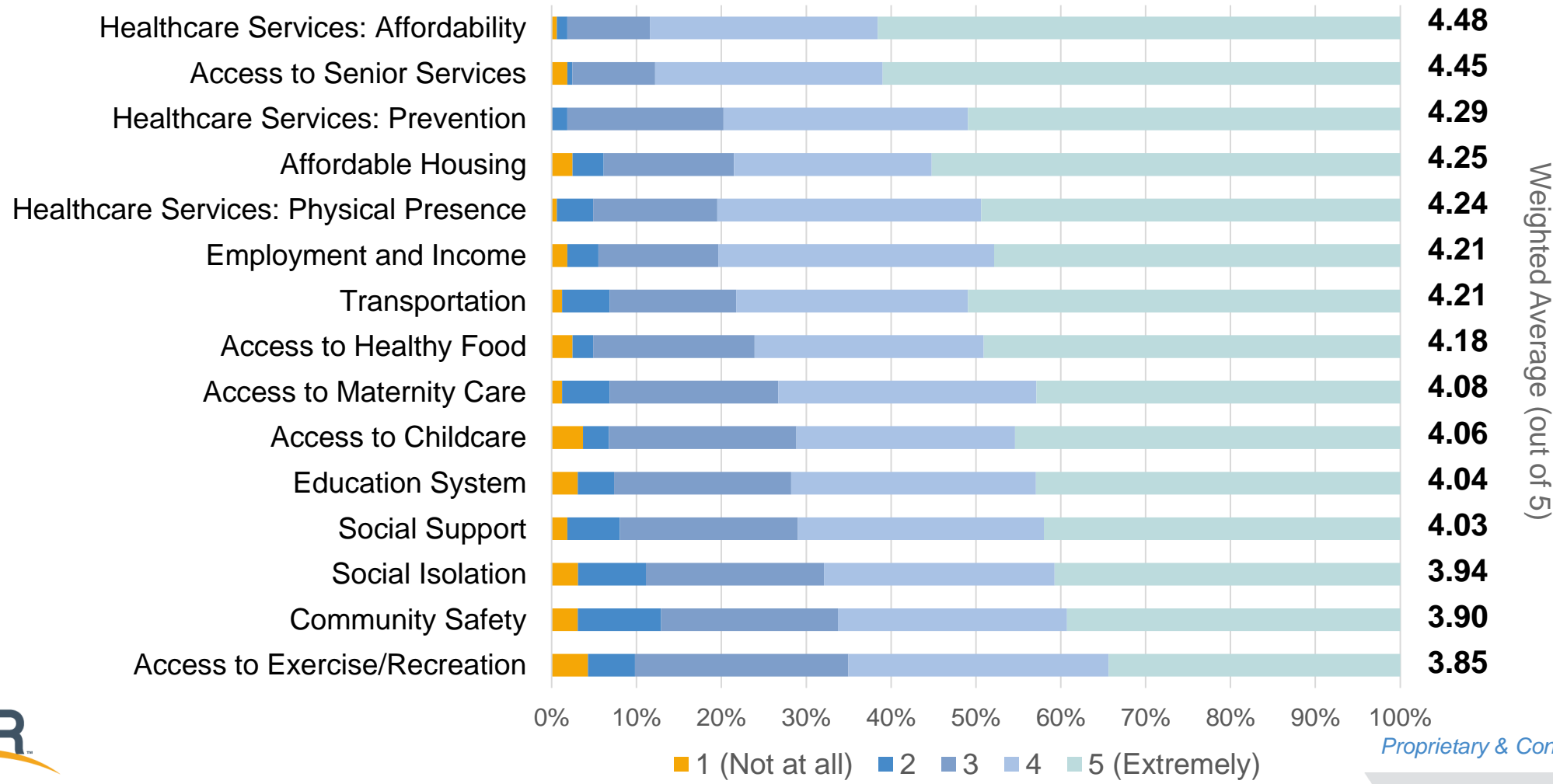
**Affordable Healthcare**  
*“Affordable, quality healthcare.”*

**Mental Health Access**  
*“Mental health and stress related to Covid.”*

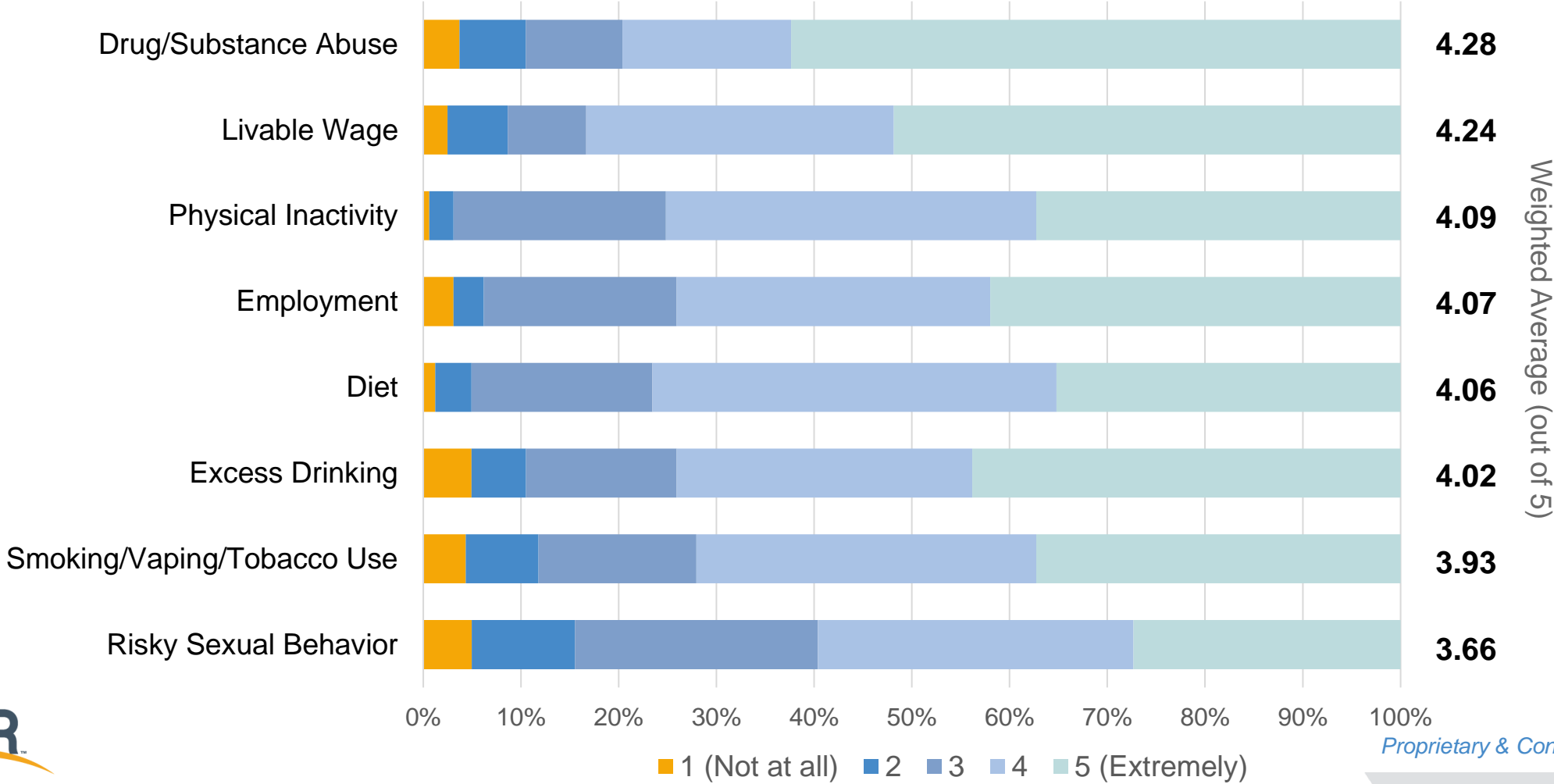
**Question: "Please rate the importance of addressing each health factor on a scale of 1 (Not at all) to 5 (Extremely)."**



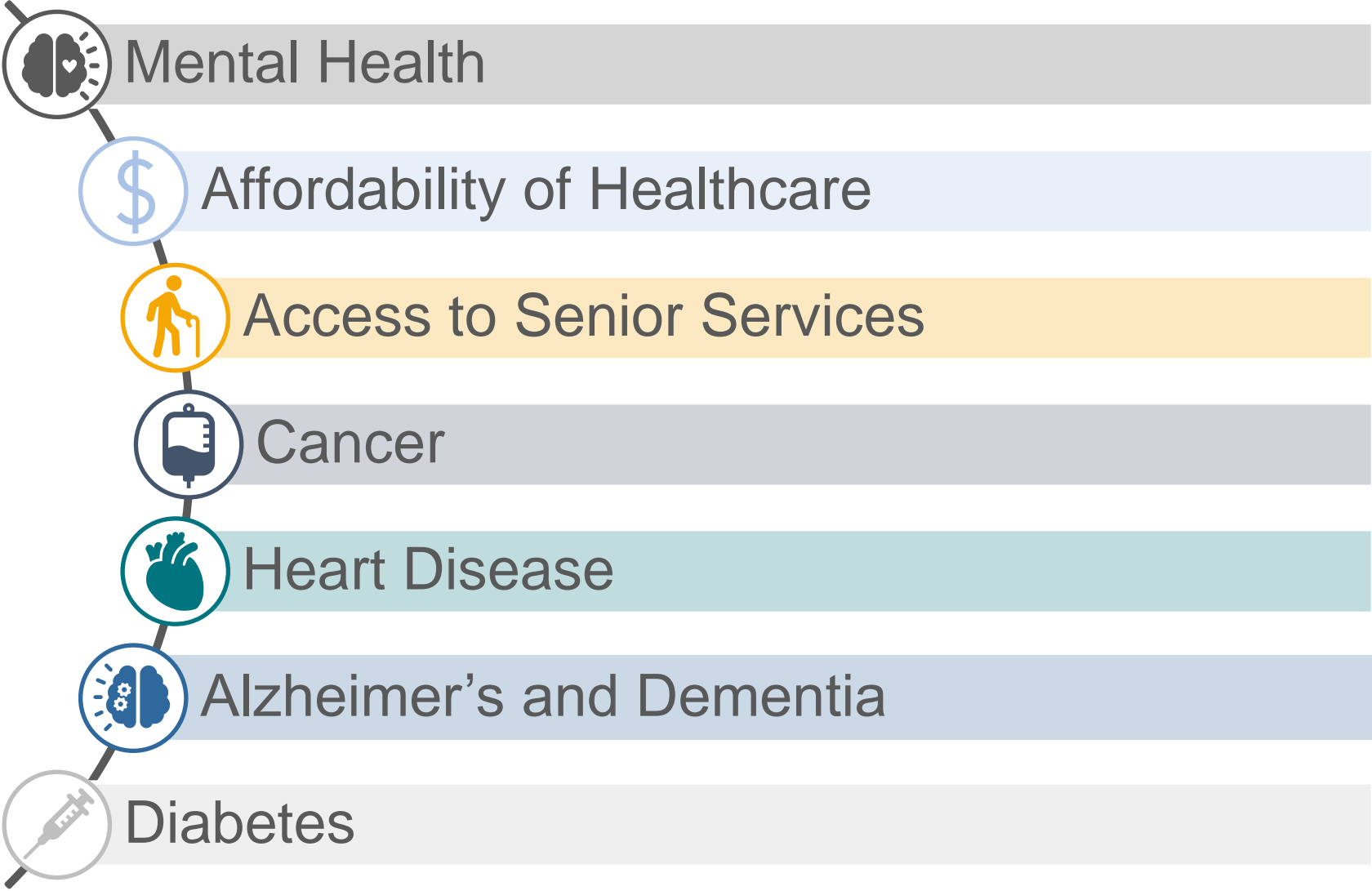
**Question: “Please rate the importance of addressing each community factor on a scale of 1 (Not at all) to 5 (Extremely).”**



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# Identified Significant Health Needs



# Implementation Plan

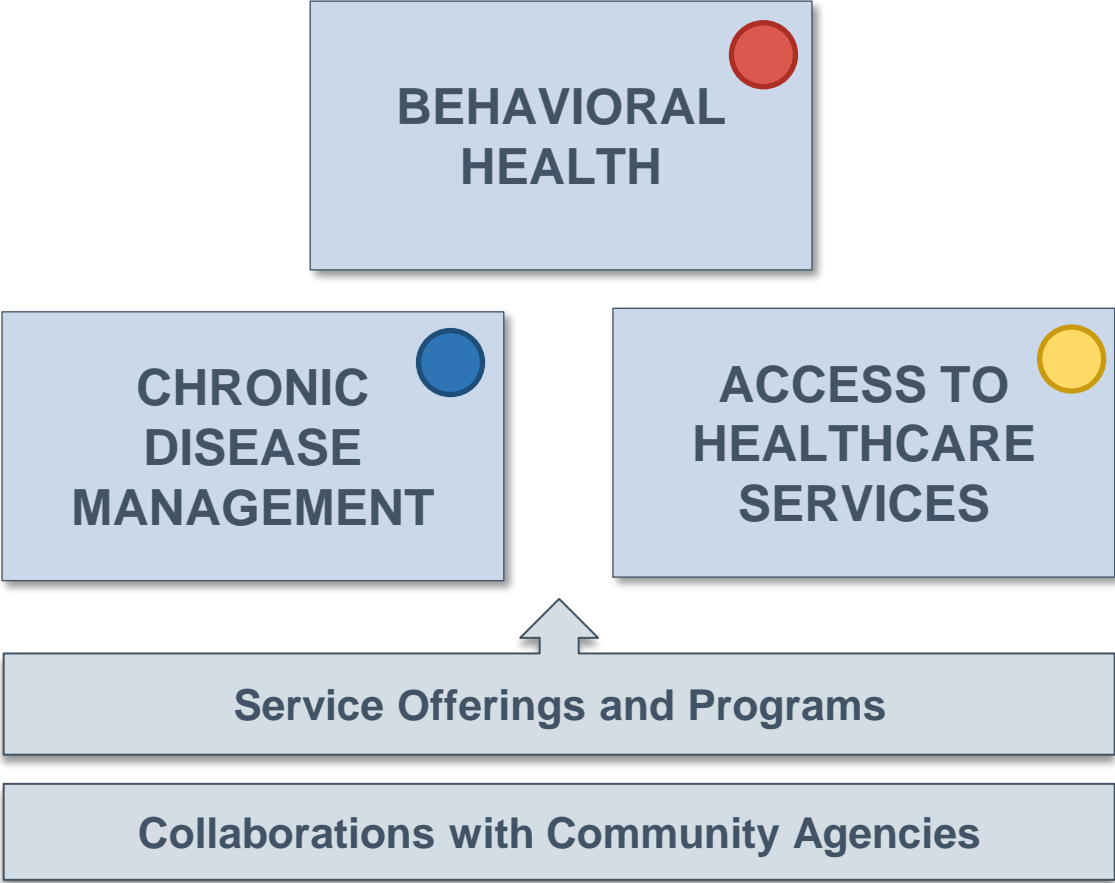
*Current and Future Resources to Address Health Priorities*

# Implementation Plan Framework



-  **Mental Health**
-  **Affordability of Healthcare Services**
-  **Access to Senior Services**
-  **Cancer**
-  **Heart Disease**
-  **Alzheimer's and Dementia**
-  **Diabetes**

## Implementation Plan Framework







## Behavioral Health

	Coos County	Grafton County	New Hampshire
Mental health provider ratio	439:1	194:1	288:1
Average number of mentally unhealthy days (past 30 days)	5.1	4.6	4.8
Suicide mortality (per 100,000)	18.6	12.9	16.4

### North Country Healthcare

#### Key Priorities

- Recruit mental health and substance use disorder (SUD) professionals to provide services in the community.
- Open additional locations for primary care and behavioral health to increase access points to care.
- Develop targeted interventions in local schools to provide education and prevention services for mental health and substance use.
- Provide education and awareness of local behavioral health services available in the community:
  - Telepsychiatry services
  - The North Country Recovery Center
  - The Doorway Program
  - Medication drop boxes
  - Medication-assisted treatment (MAT) program

### CCFHS

#### Key Priorities

- Provide psychiatric and substance abuse counseling services to meet the needs of the community.



## Chronic Disease Management

	Coos County	Grafton County	New Hampshire
Cancer mortality (per 100,000)	184.3	160.2	145.0
Heart disease mortality (per 100,000)	213.9	162.0	146.5
Alzheimer's mortality (per 100,000)	33.6	26.7	26.1
Diabetes mortality (per 100,000)	24.2	17.7	19.2

### North Country Healthcare

#### Key Priorities

- Increase the presence of primary care throughout the region.
- Provide specialty service offerings to the community to limit residents need to travel far for care.
- Invest in wellness center initiatives to promote healthy living and reduce chronic disease burden in the community.
- Provide education and awareness of local services available in the community:
  - Community health fairs
  - Prescription food program
  - Screening/prevention services
  - Diabetes education and support

### CCFHS

#### Key Priorities

- Provide primary care, education, and care coordination services to chronic disease patients to improve health outcomes.
- Assist diabetes patients in reaching wellness goals through health coaching.



## Access to Healthcare Services

	Coos County	Grafton County	New Hampshire
<i>Uninsured</i>	7.3%	6.9%	5.8%
<i>Median household income</i>	\$47,405	\$59,048	\$77,879
<i>% of the population 65+ in 2021</i>	24.7%	21.6%	19.2%
<i>5-year projected increase in 65+ population</i>	+11.3%	+17.2%	+19.0%

### North Country Healthcare

#### Key Priorities

- Utilize mobile health clinic van to increase regional access to vaccines, health screenings, and primary care.
- Provide transportation to and from medical appointments for rural residents to increase access to care.
- Provide appropriate services and educational programming to meet the healthcare needs of the growing senior population.
- Provide education and awareness of local services available in the community:
  - Financial assistance, sliding scale fee, payment plans
  - Home medication delivery, home monitoring programs
  - Same day appointments

### CCFHS

#### Key Priorities

- Open a clinic location in Colebrook and assist patients with travel to appointments to increase access to care for area residents.
- Meet patients' immediate healthcare needs through evening and weekend hours.
- Provide affordable dental care to the community.

Questions?

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**Thank You**

