



2014-2016 Community Health Assessment Implementation Plan

Every three years Speare Memorial Hospital conducts a Community Health Assessment in collaboration with the Central New Hampshire Health Partnership. The most recent assessment was completed in the fall of 2014.

The Community Health Assessment identified the following significant health needs:

- Access to mental/ behavioral health care
- Physical activity
- Diet/nutrition

Other areas of need that underscore the promotion and support of a healthier lifestyle include:

- Better management of chronic disease, including diabetes, cardiovascular and cardiopulmonary health issues.

Underlying socio-economic issues identified as barriers in the community include:

- Transportation
- Unemployment
- Food assistance

Significant Health Needs Identified in 2014 Community Health Assessment
Access to mental health / behavioral health care services
Physical activity / recreational opportunities / active living
Fragile families / family stress
Diet and nutrition / access to healthy foods
Education
Access to health insurance
Access to dental care services
Poverty

The Central New Hampshire Partnership is comprised of:

- Community Action Program Belknap-Merrimack Counties
- Communities for Alcohol- and Drug-free Youth (CADY)
- Genesis Behavioral Health
Mid-State Health Center
Newfound Area Nursing Association
- Pemi-Baker Community Health
Speare Memorial Hospital

The partnership addresses each significant health need holistically, with the goal of improving population health overall.

ACCES TO MENTAL HEALTH / BEHAVIORAL HEALTH CARE SERVICES

COMMUNITY HEALTH ISSUE	Access to mental health / behavioral health care services
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from Head Start, Senior and Education Communities in particular
COMMUNITY HEALTH STATUS INDICATORS	About 16% of adults in the region report not receiving adequate social or emotional support; Rates of emergency department use for mental health conditions in the region are generally lower than rates for NH overall

Implementation Strategy	Speare Memorial Hospital and the Central New Hampshire Health Partnership plan to address the community health need of access to mental health / behavioral health care services holistically with the goal of improving population health overall.
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PHYSICAL ACTIVITY / RECREATIONAL OPPORTUNITIES / ACTIVE LIVING

COMMUNITY HEALTH ISSUE	Physical activity / recreational opportunities / active living
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from Business, Faith and Head Start Communities in particular
COMMUNITY HEALTH STATUS INDICATORS	About 1 in 5 adults in the CNHHP Region can be considered physically inactive – a rate similar to the rest of New Hampshire

Speare Memorial Hospital plans to address the community health need for physical activity, recreational opportunities, active living with the following implementation strategies:	
Implementation Strategy 1	Community Health Education
Implementation Strategy 2	Shamrock Shuffle 5K Health Walk/Run Established this fun 5K walk/run in 2014. Nearly 150 people participated in the most recent event.
Implementation Strategy 3	Financial contributions
Implementation Strategy 4	Coalition building

FRAGILE FAMILIES / FAMILY STRESS

COMMUNITY HEALTH ISSUE	Fragile families / family stress
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from Education and Business Communities in particular
COMMUNITY HEALTH STATUS INDICATORS	All but one of the CNHHP Region communities have median household incomes less than the median household income for New Hampshire overall.

Implementation Strategy	Speare Memorial Hospital and the Central New Hampshire Health Partnership plan to address the community health need of access to mental health / behavioral health care services holistically with the goal of improving population health overall.
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DIET AND NUTRITION / ACCESS TO HEALTHY FOODS

COMMUNITY HEALTH ISSUE	Diet and nutrition / access to healthy foods
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from Mental Health and Business Communities in particular
COMMUNITY HEALTH STATUS INDICATORS	About 70% of adults in the region self- report consuming less than 5 servings of fruits and vegetables each day. About 1 in 5 people can be considered to have limited access to healthy foods.

Speare Memorial Hospital plans to address the community health need of diet and nutrition / access to healthy foods with the following implementation strategies:	
Implementation Strategy 1	Community Health Education Diabetes education and support
Implementation Strategy 2	Coalition building Food assistance
Implementation Strategy 3	5-2-1-0 Healthy NH Initiative Working with school nurses in SAU 48, Speare created an awareness campaign to help educate students on 5-2-1-0. The Foundation for Healthy Communities program that focuses on four key messages to help children and their healthier lives: Eat five or more servings of fruits and vegetables a day; limit screen time to two hours per day; get at least one hour of physical activity per day; limit sugary drinks.

EDUCATION

COMMUNITY HEALTH ISSUE	Education
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from the Faith Community in particular
COMMUNITY HEALTH STATUS INDICATORS	About 9% of the population aged 25 and older in the region do not have a high school diploma (or equivalency)

Speare Memorial Hospital plans to address the community health need for health education with the following implementation strategies:	
Implementation Strategy 1	Community-based clinical service
Implementation Strategy 2	Diabetes education and support
Implementation Strategy 3	Provision of Clinical Settings for Undergraduate Training
Implementation Strategy 4	Childbirth classes
Implementation Strategy 5	Car seat program
Implementation Strategy 6	Men's health programs "It's a Guy Thing"
Implementation Strategy 7	Women's health programs "Wine, Women, Wisdom"
Implementation Strategy 8	5-2-1 program
Implementation Strategy 9	Plymouth Area Community Conversations
Implementation Strategy 10	Oncology outreach and education
Implementation Strategy 11	Cash Donations
Implementation Strategy 12	Community service organization meeting space

ACCESS TO HEALTH INSURANCE

COMMUNITY HEALTH ISSUE	Access to health insurance
COMMUNITY DISCUSSION GROUPS	Access to Health Insurance selected as a top priority for community health improvement by community discussion group participants and by participants from the Business Community in particular
COMMUNITY HEALTH STATUS INDICATORS	About 1 in 7 people in the region (13.5%) did not have health insurance in 2012; and the uninsurance rate exceeded the overall rate for New Hampshire (10.5%) in the majority of communities in the service area

Implementation Strategy	Speare Memorial Hospital and the Central New Hampshire Health Partnership plan to address the need for access to health insurance holistically with the goal of improving population health overall.
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ACCESS TO DENTAL CARE SERVICES

COMMUNITY HEALTH ISSUE	Access to dental care services
COMMUNITY DISCUSSION GROUPS	Selected as a top priority for community health improvement by community discussion group participants overall and by participants from Mental Health and Senior Communities in particular
COMMUNITY HEALTH STATUS INDICATORS	About 26% of adults in the region have not received dental care within the past year and about 15% can be considered to have poor dental health.

Speare Memorial Hospital plans to address the community health need of access to dental care services with the following implementation strategies:	
Implementation Strategy 1	Subsidized Health Services School Dental Program
Implementation Strategy 2	Charity Care Free & Discounted Health Care Services

POVERTY

COMMUNITY HEALTH ISSUE	Poverty
COMMUNITY DISCUSSION GROUPS	Poverty selected as a top priority for community health improvement by community discussion group participants.
COMMUNITY HEALTH STATUS INDICATORS	Nearly a third (32.7%) of individuals in the region are living at or below 200% of the federal poverty level and about 1 in 7 children (13.8%) in the region are living in households below the poverty level.

Speare Memorial Hospital plans to address the community health need of those in poverty with the following implementation strategies:	
Implementation Strategy 1	Community Health Services Health Care Support Services
Implementation Strategy 2	Subsidized Health Services
Implementation 3	Primary Care Clinic
Implementation 4	School Dental Program
Implementation 5	Breast Cancer Screening
Implementation Strategy 6	Financial Contributions Scholarships Grants
Implementation Strategy 7	Government-Sponsored Health Care Medicare Costs exceeding reimbursement Medicaid Costs exceeding reimbursement
Implementation Strategy 8	Bone density services
Implementation Strategy 9	Cardiopulmonary services
Implementation Strategy 10	Charity Care Free & Discounted Health Care Services
Implementation Strategy 11	Lab screening Lipid/Glucose/PSA
Implementation Strategy 12	Medication donations to community non-profit agencies
Implementation Strategy 13	Plymouth Free Clinic